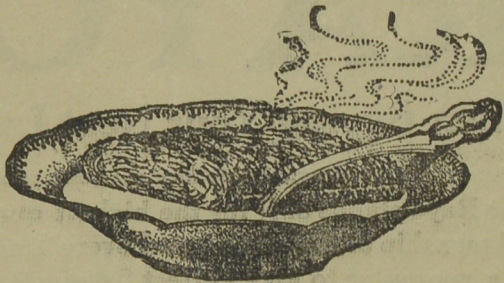


Fit for the Day's Work?



Physical and mental fitness for the job means a well balanced, well poised body, nourished by well balanced foods that supply just enough proteids to repair waste tissue and just enough carbohydrates to keep the body warm and vibrant with life and energy. Such a food is

SHREDDED WHEAT

made of the whole wheat grain ready-cooked and ready-to-serve. Being made in "little loaf" form it is so easy for the thrifty housewife to prepare a nourishing meal with it in a few moments. Always the same quality, always the same price.

For breakfast heat the Biscuit in oven to restore crispness and then pour hot milk over it, adding a little cream. Salt or sweeten to suit the taste. Better than mushy porridges that are bolted down without chewing. A hot, nourishing breakfast for a chilly day. Deliciously nourishing for any meal with sliced bananas, baked apples or canned or preserved fruits of any kind.

MADE IN CANADA

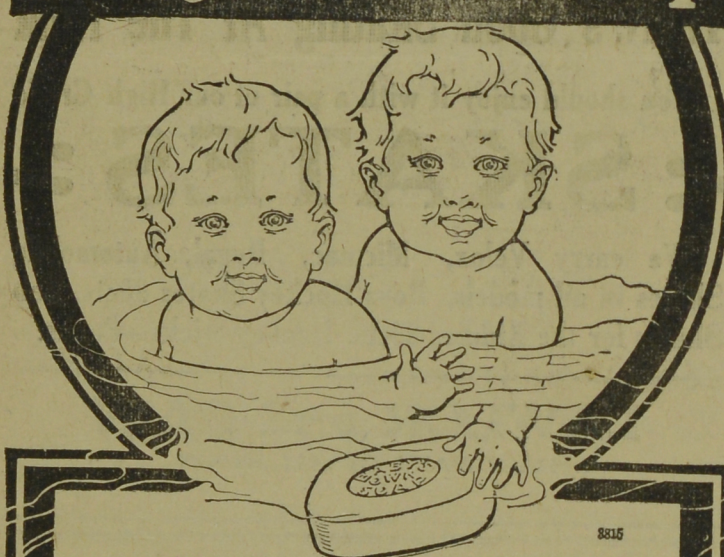
From the choicest Canadian Wheat by

The Canadian Shredded Wheat Company, Limited
Niagara Falls, Ont.

Toronto Office: 49 Wellington Street East

63-H

Baby's Own Soap



Baby's Skin Tests

Baby's Own Soap. Its creamy softening lather must cleanse his tender skin without injury—and it does. Four generations of Canadian mothers endorse Baby's Own Soap which comforts and whitens the most delicate skin.

IT'S BEST FOR BABY AND BEST FOR YOU

ALBERT SOAPS, LIMITED, MFGS., MONTREAL

EVENING SMILES

SOCIAL DEBTS.

Twenty-seven pastboards were
Left by her one day.
Thirty-five were left on her
While she was away.

Now she is eight calls behind,
A condition which
Shows that life is one long grind
For the hapless rich.

BEATING BACK.

"What's the matter, father? Re-
gretting those cigars you threw
away?"

"A little," he confessed.

"You'll find them on the top shelf
of the linen closet," said mother
with a well-concealed smile.

The inevitable is what men call the
sum total of all their mistakes.—
Puck.

SALINE PROPERTIES.

"I bin 'avin' a rave. I say, it does
make yer feet look funny after-
wards."

"Lah, 'ow?"

"Aw, wite like!"—London Opinion

"So poor old Henpeck has matri-
monial indigestion."

"Yes, his wife disagrees with him."

—Tiger.

LADIES GOSSIP

BLOUSE SUGGESTIONS.

A number of specially pretty blouses
were seen last week. Lemon and
palest roses are favorite harmonies,
and look very attractive beneath
brown fur and there are some strik-
ing checkered patterns, showing in
solid and pale tints two tones of vio-
let, blue or the new mufberry shades.
To designs so striking no jabot is
given, but there are open-work seams
of the finest and narrowest lace to
take their place or inset "headings."

Those who feel the winter cold sever-
ely, even in the house, will find a
thin silk blouse preferable to one of
the thinner materials, or a heavy
make of crepe de chine would prove
very comfortable.

Lingerie waists always have been,
are this season and probably always
will be most popular and in the very
best taste. Satins and silks may
come and go, brilliant toned taffeta
may be popular and then forgotten,
but lingerie waists stay on forever.
The lingerie blouse, with its deceptive
air of inexpensive simplicity, remains
ever dear in the public heart. Ren-
dered costly by high priced.

PLEATS USED AS TRIMMING.

Few women realize the possibilities
of tucks and pleats as trimming.
They are used in the embellishment
of the separate blouse, in the fashion-
ing of summer frocks of sheer fabric,
but it is the exceptional afternoon
costume that includes them in its
modeling.

At more or less regular periods the
pleated tailored skirt appears but it
is a rare season when it achieves the
distinction of being called smart.
The truth of the matter is that
tucks and pleats are considered old
fashioned. And that classification is
entirely erroneous.

The fingers of the skilled style crea-
tor can accomplish wonders with
pleats and tucks. This is particu-
larly true in its application to the mod-
eling of afternoon frocks of soft silks
and cloths of supple texture. Cleverly
placed the pleat can have distinction
to the afternoon frock, giving
it a certain elegance of style that
otherwise cannot be imparted.

Now AS A MOTHER

don't you have the good of your
family at heart? Don't you want
to get for your family the very
best? For internal ailments—the
best medicine? For sores and skin
diseases—the best ointment? If so,
get Zam-Buk. Mothers who have
used Zam-Buk say there is nothing
to equal its soothing, healing power
in cases of skin diseases and in-
juries, and nothing so suitable for
sensitive skins.

This is because Zam-Buk is com-
posed entirely of medicinal herbal
essences and extracts, and is free
from the poisonous coloring mat-
ter and harsh minerals found in
ordinary ointments.

Children, having once used Zam-
Buk, will cry for it when they
meet with an accident. They know
how quickly it stops the pain, and
heals.

Use it for burns, cuts, bruises, skin
injuries, piles, eczema, blood-poison, ulcers,
chapped hands and cold sores.
50c. box, all druggists, or Zam-Buk Co.,
Toronto.

ZAM-BUK

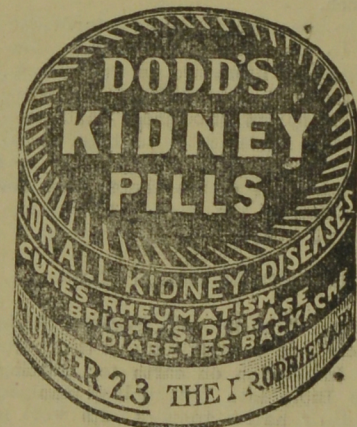
CANADIAN GOVERN- MENT RAILWAYS

Change of Time, Jan. 9th—Maritime
Express Daily—Ocean Limited
Daily Except Sunday.

On Sunday, January 9th, the Mar-
itime Express will run daily between
Halifax and Montreal leaving Halifax
at 3.00 p.m. Connection will be made
at Moncton to and from St. John
daily. The Ocean Limited will not
leave Halifax Sunday, January 9th,
but will leave on its present schedule
time 8.00 a.m. daily except Sunday
thereafter. Its continuance during
the winter months will be pleasing
news to thousands of travellers to
who the "Ocean" appeals as an ex-
press train of excellence in service
and comfort in travel.

From Montreal the Maritime Ex-
press will leave on its present sched-
ule, 8.15 a.m., daily except Satur-
day.

The wide skirt, pleated, takes on a
certain bouffant air that accentuates
the best features of the wide skirt
mode, yet stops short of anything
"fussy." In bodices tucks can be so
placed as to reveal and emphasize
one's best lines with charming sim-
plicity of effect.



OUR OBJECT

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Is to Better Sanitary Conditions, through Knowledge of the
Proper Installation of Sanitary Equipment.
Special Attention Given to Out-of-Town Work

D. J. SHEA & SON

SLEIGHS

We have a great variety to select from.

Sleigh Robes Harness

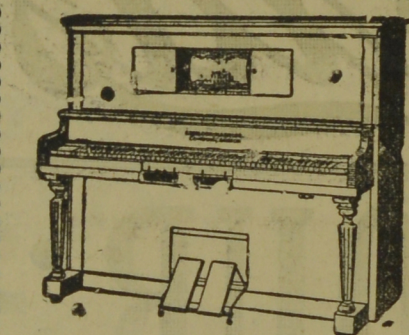
We are in a position to give the very best
possible value in Light Driving or Heavy
Working Harness and Harness Parts.

Horse Blankets Plush Rugs

A variety of styles and patterns priced to
suit you.

We have a number of Second Hand Sleighs
and Pungs that we must get rid of quickly to
make room.

J. Clark & Son Ltd.



A LEADER
Sherlock-Manning
20th Century
PLAYER PIANO
Sold Only By
E. O. MacDONALD
The Queen St. Music Store

WALKER BROS. MERCHANT TAILOR

QUEEN ST., WEST END
We have on hand a full range of Winter Over Coatings and Suits
in all the latest patterns. With 25 years experience in Tailoring we are
in a position to guarantee entire satisfaction.

SUITS . . . from \$18 to \$33.
OVERCOATS " \$20 to \$35.

Special Values That Should In- terest You.

LADIES' and CHILD- REN'S COATS

Reg. \$6.75 for . . . \$4.50
Reg. \$8.75 for . . . \$5.00
Reg. \$9.25 for . . . \$6.00
Reg. \$11.50 for . . . \$7.50
Reg. \$13.25 for . . . \$8.75

You may now step into this store
and select any Suit or Coat you
want, absolutely none reserved,
value up to \$17.25, -- \$10.50

and Coats, worth up to \$20.25—\$13.25
and Coats " " " 22.50 for 15.00
and Coats " " " 24.75 for 16.50
and Coats " " " 33.75 for 20.00

Children's Teddy Bear Sweater Suits
in white, brown, navy and scarlet, at
Bargain Prices \$1.50, 1.75, 2.00, 2.25.

A few Ladies Serge Dresses in navy,
brown and black. Special Prices from
\$5.00 up to \$8.50.

WE POSITIVELY REFUSE

to carry any garments over into next season. We will not deviate from our fixed
policy of selling every garment in the season for which it was bought.

Drop in and get introduced to the best clothes values in town.

A. MURRAY & CO.

WHERE COURTESY AND QUALITY GO HAND IN HAND

Provincial Convention OF THE Local Opposition Party

A convention of those opposed to the Local Government of New Brunswick
will be held **MONDAY and TUESDAY, January 10 and 11, 1916, at 101-107 Ger-
main Street, St. John.**

A representative delegation from every county is desired because the time has
arrived when, in spite of the earnest attention demanded by the whole Empire in
the war and its problems, our provincial affairs must have the consideration of
thinking men, and the discussion and preparation of policies best calculated to ad-
vance the interests and promote the prosperity of our province must be the first
business of the convention.

Resolutions touching upon many questions of importance have been consid-
ered and prepared by our executive committee, and will be submitted for approval.

The convention will open **MONDAY EVENING, January 10, at 8 o'clock.**

Tickets on I. C. R. and C. P. R. railways one first-class fare on standard cer-
tificate plan.

W. E. FOSTER,
Chairman of Executive Committee.

C. W. ROBINSON,
Opposition Leader.