

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

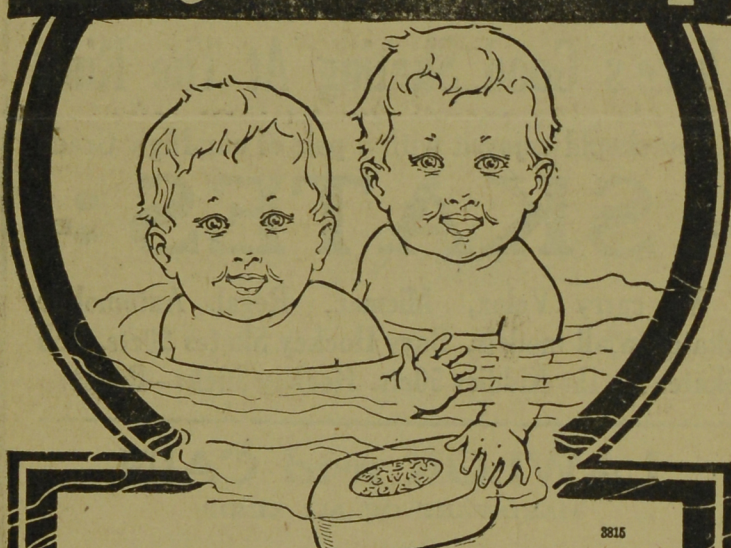
From the Choicest Canadian Wheat by

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

OBSERVED DAY OF NATIONAL PRAYER

The day of national prayer was observed in St. Paul's church on Sunday. Dr. Smith spoke of the elements entering into the nations' experiences as thanksgiving intercession and humiliation. All who believed in the higher ideals of Christian democracy were thankful that Britain did not shirk her duty of maintaining her ideals when threatened by Germany. Had she failed, the disaster would have been appalling. Intercession should be made for the empire that we might see, clearly the plan of God and worthily fulfill our part of it. Humiliation ought to have a prominent place, not as implying responsibility for this war, which was Germany's program, but as a confession of the unworthy manner in which we have failed to maintain high ideals in public service. Our public life has been tainted by individual greed and selfishness. We have failed to deal adequately with the liquor traffic. This day of prayer was a call to repentance for failure and a call to cleansing for effective service. It is not enough to have ideals individually or nationally. These, to have enduring value, must be lived. It is a sad mission to fight for the deliverance of Europe from the tyranny of a military system if we permit ourselves to be enslaved by other public vices. To fight the battles of the Lord our hands and hearts ought to be clean.

THE RUSSIAN WAR OFFICE STATEMENT

TELLS OF SHARP FIGHTING IN THE EAST

PETROGRAD, Jan. 3 (via London).—A statement given out by the Russian War Office tonight says: "In the Caucasus, on the Black Sea coast, during the night of the first of January, the Turks attempted to approach our positions, but were stopped by our fire. In the direction of Hamadan, Persia, southwest of the town of Azadabad, we attacked a body of 500 Persian gendarmes and drove them back towards the village of Chena, north of Kangawar, killing dozens of rebels and capturing prisoners and supplies. We suffered no losses."

WHEAT PRICES SHOW A DOWNWARD TENDENCY

Chicago, Jan. 4.—Wheat prices took a downward swing today, influenced by lower quotations from Liverpool, despite the fact that the foreign decline was said to be mainly a reflection of yesterday's weakness here.

Opening prices, which ranged from 1/4 off to 1/2 up, with May at 123 to 123 3/4 and July at 116 1/2, were followed by a decided general setback, and then a rally that failed to last.

TAKING COURSES AT HALIFAX.

Lieut. L. Thurrott, Lieut. J. C. McFadden, Lieut. A. N. Mungall, Lieut. McElvane and Lieut. Chas. FitzRandolph of Fredericton, Lieut. P. R. McLean of Moncton, Lieut. Elmer McLaughlin of St. George, and Lieut. John Yates of Stanley, appointed provisionally to the 71st York Regt., will qualify for their rank at courses opening at Halifax today. Lieut. M. L. Buchanan and Lieut. Campbell of Milltown, will take a course to qualify for the rank of captain. Sergt. M. C. Veness of Fredericton, and Sergt. James of St. Stephen, will take the N.C.O. course. Lieut. John C. Veness of the 78rd Northumberland Regt., is also taking a course at Halifax.



Wood's Phosphodine.

The Great English Remedy. Tones and invigorates the whole nervous system, makes new blood in old veins. Cures Nervous Debility, Mental and Brain Worry, Despondency, Loss of Energy, Palpitation of the Heart, &c. Price \$1 per box, six for \$5. One will please, six will cure. Sold by all druggists or mailed in plain pkg. on receipt of \$2.00 in money or money order. THE WOODS MEDICINE CO., FREDERICTON, N.B. (Formerly Windsor)

GIRLS! GIRLS! TRY IT!

STOP DANDRUFF AND BEAUTIFY YOUR HAIR

Hair Stops Falling Out and Gets Thick, Wavy, Strong and Beautiful.

Your hair becomes light, wavy, fluffy, abundant and appears as soft, lustrous and beautiful as a young girl's after a "Danderine hair cleanse." Just try this—moisten a cloth with a little Danderine and carefully draw it through your hair, taking one small strand at a time. This will cleanse the hair of dust, dirt and excessive oil and in just a few moments you have doubled the beauty of your hair.

Besides beautifying the hair at once Danderine dissolves every particle of dandruff, cleanses, purifies and invigorates the scalp, forever stopping itching and falling hair.

But what will please you most will be after a few weeks' use when you will actually see new hair—fine and downy at first—yes—but really new hair growing all over the scalp. If you care for pretty, soft hair—and lots of it surely get a 25-cent bottle of Knowlton's Danderine from any druggist or toilet counter—and just try it.

OUR OBJECT

HE
SANATION
L
T
H

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

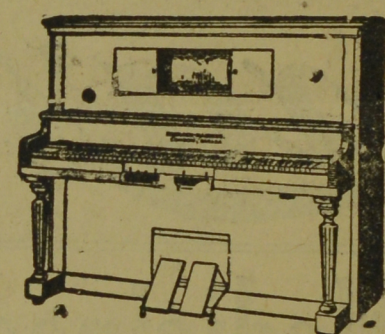
We are in a position to give the very best possible value in Light Driving or Heavy Working Harness and Harness Parts.

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 Suitings 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 Interest You.

LADIES' and CHILDREN'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, values up to \$17.25, -- \$10.50

All Suits and Coats, worth up to \$20.25--\$13.25
All Suits and Coats " " " 22.50 for 15.00
All Suits and Coats " " " 24.75 for 16.50
All Suits 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 Germain 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 advance 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 considered 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 certificate plan.

W. E. FOSTER,
Chairman of Executive Committee.

C. W. ROBINSON,
Opposition Leader.