Women Worry

More than men, says Dr. McComb, and one reason is that their nervous organizations are more delicate. True, and Hood's Sarsaparilla is just the nerve-builder, appetite-giver, and blood-purifier they need.

Ailing—"My mother had been sick for some time, when she gave Hood's Sarsaparilla a fair trial, with the result that she was rapidly restored to health." MIRANDA A. BROWN, 146 Market St., Hamilton, Ont.

Indigestion 3 Years—"I was troubled with indigestion for three years. I read of Hood's Sarsaparilla and tried it. After taking a number of bottles I was completely cured." MRS. J. H. HALLEY, DeSoto, Mo.

Nervous, In Pain, No Appetite—"Had poor health for years, pain in shoulders, back and hips, with constant headache, nervousness and no appetite. Took Hood's Sarsaparilla, gained strength and can work hard all day, eat heartily and sleep well." MRS. E. GUFFELS, Moose Lake, Minn.

Hood's Sarsaparilla is sold everywhere. 100 Doses One Dollar. Prepared only by C. I. Hood Co., Lowell, Mass., U. S. A.

SPORTING EVENTS.

Capitals Easily Defeat Marathons.

The champion Fredericton Capitals had little difficulty in defeating the Marathons on Saturday evening in the Glacier rink by the score of 10-2. There was only a small attendance and the game was a bad exhibition of hockey. The Capitals scored almost at will.

Fawcett, the Rothesay captain, played at point for the Marathons and put up a good game. Peters of the Charlottetown Victorias was on the locals' right wing. E. Mooney referred the game satisfactorily to both teams though he did not interfere with the checking and slashing which went on at times, and called no penalties.

MORNING COSTUME FOR THE COUNTRY.

This gown is of pink striped cotton material on a white ground. The demitrained skirt is slightly gored and the fulness suppressed by shirring about the waist. The skirt is finished at the bottom with a deep tuck overlapping a broad hem. The fronts of the bodice are cut somewhat on bolero lines and edged round the bottom by a narrow ruching of the material, headed by appliqued motifs. The short puffed sleeves are shirred and terminate in a similar manner. Tre turned-over collar of white embroidered muslin has an edge overlapping a closely gathered frill of Val. edging, and ifs inside edge is faced with a pale rose satin bias band. Pink and white striped linen sunshade, with ruffle of tucked white chiffon, finished with accordion-platted frill edged with narrow rose satin ribbon.

10c. The latest success.

Black Watch

The big black plug chewing tobacco.

2265

TERRIBLE CRIME OF FALL RIVER WOMAN

Kills Herself and Two Little Children With Illuminating Gas

Took Four-Year-Old Girl From Bed Where She Was Sleeping Beside Her Father to the Kitchen, Where Tragedy Occurred---Mother Thought To Be Demented Over Family Troubles.

Fall River, March 22—With her crucifix clasped in her right hand, and with a rosary hanging from her arm, Mrs. Florida Terrien, aged 25 years, and her four year old daughter Mary and two months old boy Joseph were found dead in the kitchen of their home at 56 St. Mary's street, early today by the woman's husband, Joseph Terrien. The coroner said, after an examination that the woman had killed herself and the two children with illuminating gas. The gas jets and the cocks of the gas stove in the room were turned on.

According to the story that Mr. Terrien told, the police he and his wife with the two children had spent the night with a friend, returning home at 1 o'clock this morning. He went to bed immediately, taking with him his daughter Mary. According to Terrien's story, he left his wife and the little boy, who slept together in another room, in the kitchen.

At about 7 o'clock this morning, Terrien said, he was awakened by a choking sensation and on recovering his senses more fully detected the odor of gas. His daughter Mary was not at his side and rushing out into the kitchen he found his wife in a chair clasping a crucifix and with a rosary thrown over her arm, and the children wrapped in blankets lying at her feet. All three were dead.

Terrien immediately notified the police and special officers and a coroner made an examination of the circumstances, at the conclusion of which it was decided that the woman had deliberately planned the deaths of herself and the two little ones. Waiting until her husband had fallen asleep, it is believed, the woman crept into the room and took away Mary without disturbing Mr. Terrien. Then, it is believed, the woman prepared herself and the little ones for death, with prayers and turning on the gas and closing the doors and windows, sat in a chair, with the two children curled up in blankets at her feet and awaited death.

It is not known just what caused the deed. Mrs. Terrien had been in good health, but it is thought that family troubles may have preyed upon her mind, until it became temporarily unbalanced.

Nickel's Wonderful Programme.

The Nickel will have a new vocalist today, James Maxwell, tenor, of Boston; four of the best motion photographs ever made, a grandly spectacular rendering of Rule Britannia, by Sydney Beckley, and a budget of late hits by the theatre's own crack orchestra. The management say that no programme yet attempted by a Canadian picture house approaches this in variety and genuine merit, and the wonder grows how the Nickel can afford to serve such superior entertainment for five cents. The song in which Mr. Maxwell will make his bow this afternoon will be a late popular ballad entitled Far Away, and the motion photographs are: The Idler (Pathe), the most marvellous bit of trick-photography yet to hand; Northern Venice (Pathe), an entrancing ten minutes in the land of boats; A Japanese Fantasy (Pathe), or the funny voyage to the stars and sea-bottom, of two Orientals—a colored film—and A Sad Awakening, the comedy of an Italian village. For variety, quality and newness this list of attractions is unapproachable.

THE SECRET OF CRISP PASTRY.

Keep three things in view, if you want unvarying success with your pastry—cold water, good shortening, and Blended Flour.

Ice water and butter are preferable, but it may be more convenient to use cold water and some other good shortening. But stick to the Blended Flour. It will never fail to give a light, flaky crust—so tender, it will break with a breath, and as easy to digest as it is delicious.

The wholesomeness of pie crust depends on the lightness of the flour—that is the crispy flakiness that you look for in pie crust must be made of flour having a large percentage of starch. Ontario fall wheat contains all the requisites for light pastry, cake and biscuits, while Manitoba wheat has the heavier properties required in a strictly bread flour.

Combine the two, and you will get a perfect flour, that has the full rich flavor and delicacy of Ontario fall wheat, and the strength of Manitoba spring wheat—an ideal combination.

With ordinary care in mixing and rolling the dough, Blended Flour will give you the most delicious pastry you ever ate. Many millers are now blending these two grades of flour scientifically, so do not attempt to do the blending yourself—it is no easy thing to get just the right proportions.

HOW TOMMY BURNS WINS HIS FICHTS

Tommy Burns, whose fifty-sixth fight, with Palmer, has left him in the undisputed heavyweight championship of the world, differs from most English prize-fighters in his method of training. Instead of putting himself unreservedly into the hands of a trainer and following implicitly the orders he receives for the various exercises as well as diet, he dispenses altogether with such assistance and trains himself. In this he follows the course adopted by some of the more modern American pugilists who argue that no trainer can so accurately gauge a man's capabilities for work on any given day as the man himself. For this reason, Burns often takes much less exercise than a trainer would give him, for if he feels at all stale he "takes things easy,' shortening his hours of work in the gymnasium and the distance he walks and runs, while on occasions he will do no work at all for a day. As a matter of fact, when he was training at Hampstead for the fight with Palmer, two days went by without his working, for he had hurt his leg and he was not willing to take any chances. As everyone knows, it is his extraordinary quickness on his feet which is one of his strong points and he has developed this by much practice. Not that he has neglected the use of his hands, for many experts say he is the cleverest man with his hands now before the public.

One great result of Burns' method is that he does not, like the men who are trained by others, have any desire to break his training rules and go off "on a batter." In the days when John L. Sullivan was the champion of the world it was often said that his trainers had a great deal of difficulty in keeping him in bounds. Burns, who is a man of superior calibre, realizes that the rigid training is necessary for him to achieve his object, and he goes cheerfully through it as a means to an end, that end being to retire from the prize ring without ever being defeated, a fate which is very rare, for as he has humorously put it: "After a man has been in the fighting game for a certain length of time he ain't there"—for he is superseded by a younger exponent of the "noble art."

Since he became a pugilist in 1900, Burns has more or less kept himself in condition all the time, but as he was an athlete before he was a pugilist, he has been more or less training all his life, a fact which undoubtedly helps him in standing the strain of preparation for a big event. At the same time when he has no fight in prospect, he does not mind putting on a little fat as he believes it is a good thing to have some weight to work off during his preliminary training.

This training begins by taking some mild water for the purpose of thinning his blood. He always uses Rubinat which he takes on two successive mornings and during those days he has a walk of about three miles. In the afternoon he spends from half an hour to an hour in the gymnasium but this time is lengthened as his progress goes on. The exercise to which he particularly devotes himself is fighting the bag and his skill in hitting it makes him seem almost like a machine so accurately does he rain his blows on it. Some idea of the force of his right arm can be gained from the blows he delivers on the bag, which is suspended by a short rope at a convenient height in front of him. No one can fail to notice when he is punching the bag that he uses his right arm much more than his left, and his blows seem to be much harder on that side, though, occasionally, he puts in two or three very vicious and hard punches with his left. He also uses the skipping rope and the grace with which he skips must be seen to be appreciated. For the purpose of quickening his eye he uses a ball like a fives ball (handball) and practices as if he were playing a game of handball by himself. Exercises with pulleys are also done to give freedom to his arms, and though he uses dumbbells, most people would regard them as insignificant, for they only weigh half a pound each. These exercises are varied by "shadow boxing"—that is to say fighting with an imaginary opponent, and from the fantastic nature of the movements as he dodges curious blows, some of the people who used to watch him training at the gymnasium in the Finchley road, called it "playing the village idiot," and he also boxes three or four rounds with a good fighter. There are two sets of exercises to which Burns attaches great importance because they strengthen the abdominal muscles. One of these consists in lying flat on the back and coming to the sitting position, and without bending the knees, leaning forward until the tips of the fingers touch the toes. The other is, while still lying on the back, raising the legs until they are at right angles with the body and without bending the knees.

While he was working in the gymnasium at Hampstead, he chewed gum incessantly, and it is no doubt in part due to a free flow of saliva induced by this action that he completely digests his food and is able to do with so seemingly small a quantity—not more than an ordinary man leading an ordinary business life eats—if as much. In this respect his habit is in sharp contrast with that of many pugilists who eat abnormally large meals during their period of training.

In the morning Burns does what he calls "road work," which consists of walking and running from five to ten miles, though it is rare for him to go either extreme. As a rule he walks three and a half to four miles out and then turning homewards, keeps up a succession of sprints of about one hundred yards with about a quarter of a mile's walk between them. On returning home as well as after his work in the gymnasium, he has a cold shower bath, and is well massaged, all his muscles being thoroughly kneaded and not merely rubbed.

By these exercises, coupled with a simple diet, he is enabled to bring himself into the pink of perfection for a big fight in from three to four weeks. His breakfast, at 7.45 p. m., consists of a couple of boiled eggs with some toast and some stewed prunes or rhubarb. He drinks tea with a little milk but no sugar. At about 12 o'clock after resting from his morning's work, he has a cut off a joint or a chop, or a piece of steak, but he rarely or never eats more than a quarter of a pound of meat at one time, and with it he takes a green vegetable, but, of course, no potatoes. If he fancies it, he may take a small glass of light beer, but he rarely needs even this modicum of alcohol, and he has been heard to say that no man who is training ought ever to take more than a pint in two days, or a quart in a week, as more than that is likely to hurt him. At about 6.30 Burns has his supper, a simple meal consisting of chicken, or another chop, or a small piece of steak, with some toast and, as at breakfast and dinner, a cup of tea. At 10 o'clock he goes to bed and is up at 7, ready to begin the day's work, in which he takes a keen delight, for, as he says, no one forces him to do it and he realizes the force of the Shakespearian maxim that a merry heart goes all the day.

Invalid Ladies

This Is For You.

There are thousands of females who suffer untold miseries common to their sex.

This is largely due to the peculiar habits of life and fashion, and the improper training of girlhood. Then, too, the physical changes that mark the three eras of womanhood (the maiden, the wife, and the mother) have much to do with her sufferings, most of which are endured in silence, unknown by even the family physician and most intimate friends.

To all such whose hollow cheeks, pale faces, sunken eyes and feeble footsteps, indicate nervousness, palpitation of the heart, weak, faint and dizzy spells, we would earnestly recommend a course of Milburn's Heart and Nerve Pills.

Mrs. Jos. Sharp, Brighton, Ont., writes: "I was troubled with palpitation of the heart, weak spells and nervous trouble, and found no relief until advised to try Milburn's Heart and Nerve Pills. I got one box and that helped me so much I sent and got five more. I am now cured completely."

Milburn's Heart and Nerve Pills are 50c. per box or three boxes for $1.25, at all dealers or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

THE REASON.

Reggy—Why do you dislike cigawettes?

Kitty—Because they are dangerous.

Reggy—But I have smoked them for 10 years and they haven't killed me yet.

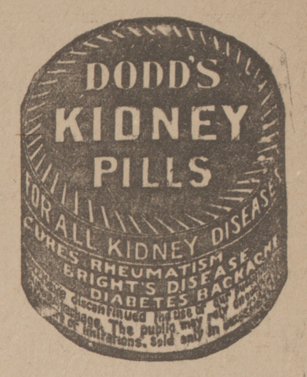
Kitty—Yes; I know; and that's one reason I object to them.

VERY TRUE.

The Man—Society is a funny thing.

The Maid—How so?

The Man—A girl is not "in it" until she has "come out."



M.R.A's Millinery Opening.

M. R. A's. spring display of lovely model hats from Paris, London and New York; also tailored headwear from the style centres, will be inaugurated tomorrow and is sure to be a most elaborate event. The hats to be shown at this opening fully represent the most authoritative modes, and even in Misses' and children's departments the closest attention has been given all details. The rooms in which M. R. A., Ltd., will hold their opening show, are to be specially adorned and lighted.

Tenders for School Building.

SEALED TENDERS, MARKED "TENDERS for Centreville School Building," will be received by the undersigned up to the 4th day of April, 1908, at noon, for building a new school house in Centreville, according to plan and specification to be seen at the office of the Secretary of Trustees, here, or at the office of H. H. Mott, architect, St. John. Two good sureties must be named in each tender. Not bound to accept lowest or any tender.

HIRAM J. CLARK,
Sec. to Trustees Dist No. 4, Centreville,
Carleton Co., N. B.

Everybody Is After
--- THE ---
"MERRY WIDOW"

This light opera of Franz Lehar's after being the sensation of the larger European cities is now entrancing New York audiences as never before in a generation.

The Columbia people have placed on the market a number of the choicest selections headed by the famous MERRY WIDOW Waltz and including the famous songs: WOMEN, and MAXIMS.

Even if you have not got a graphophone you should call in and ask to hear these selections.

Maritime Phonograph Co.
32 DOCK ST., - ST. JOHN.

Stores open during sale till 9 p. m., Saturdays, 11.

St. John, N. B., March 21st, 1908

J. N. Harvey's 7th Anniversary

Biggest Event of the Season in

Men's, Youths' and Boys' Outfittings!

Doors Open at 8.30 o'clock. Extra Help to Make Prompt Service a Surity

HERE ARE THE PRICES, NO FURTHER ARGUMENT NEEDED:

SWEEPING REDUCTIONS ON MEN'S SUITS.

$ 6.50 Suits, Sale Price .. .. $ 4.95
$ 6.00 Suits, Sale Price .. .. $ 4.95
$ 7.50 Suits, Sale price .. .. $ 5.85
$ 7.00 Suits, Sale Price $5.85
$ 8.75 Suits, Sale Price .. .. $ 6.98
$10.00 Suits, Sale Price.. .. .. .. $ 6.98
$12.00 Suits, Sale Price .. .. $ 9.85
$15.00 Suits, Sale Price $11.45
$13.50 Suits, Sale Price $11.45
$18.00 Suits, Sale Price $15.00
$22.00 Suits, Sale Price.. .. .. .. $18.00

YOUTHS' LONG PANTS SUITS.
Sizes 33 to 35.

$ 5.00 Suits, Sale Price .. .. $ 3.95
$ 4.50 Suits, Sale Price .. .. $ 3.95
$ 6.50 Suits, Sale Price.. .. .. .. $ 4.95
$ 6.00 Suits, Sale Price .. .. $ 4.95
$ 7.50 Suits, Sale Price.. .. .. .. $ 5.85
$ 7.00 Suits, Sale Price .. .. $ 5.85

$10.00 Suits, Sale Price .. .. $ 6.98
$ 8.75 Suits, Sale Price .. .. $ 6.98
$13.50 Suits, Sale Price $10.00
$12.00 Suits, Sale Price $10.00

BOYS' THREE-PIECE SUITS.
Age 11 to 14 years.

Regular $4.00, $4.50, and $5.00 Suits, Sale Prices.. .. .. $3.00 and $3.50

BOYS' TWO-PIECE SUITS.
Age 4 to 10.

Regular $2.00 and $2.25 Suits, Sale Price $1.49
Regular $2.50 and $2.75 Suits, Sale Price $1.98
Regular $3.00 and $3.50 Suits, Sale Price $2.49

BOYS' TWO-PIECE SUITS.
Age 11 to 16 years.

Regular $2.00 value, Sale Price.. .. $1.65
Regular $2.50 Suits, Sale Price $1.98

Regular $3.00 and $3.50 Suits, Sale Price $2.50
Regular $4.25 and $4.50 Suits, ... $3.50
Regular $4.75 Suits $3.75

NEW RAINCOATS AND SPRING OVERCOATS.

$7.50 Kind. Sale Price.. .. ..$5.85
$10.00 Kind. Sale Price $7.50
$12.00 Kind. Sale Price $9.85
$15.00 Kind. Sale Price $11.45

BOYS' SAILOR SUITS.

Regular $1.25 to $5.00 Suits for 98c., $1,50 to $3.50.

MEN'S EXTRA PANTS.

$1.25 Pants. Sale Price .. .. 98c.
1.65 and $1.75 Pants. Sale Price ..$1.49
2.50 and $2.75 Pants. Sale Price .. 1.98
3.50 Pants. Sale Price 2.50
3.75 and $4.00 Pants. Sale Price .. 2.98

BOYS SHORT PANTS.

Two Clean Sweep Prices .. ..39c. and 59c.

BOYS' RUSSIAN AND BUSTER BROWN SUITS.

In great variety. Sale prices from $2.00 up

REAL BARGAINS IN MEN'S FURNISHINGS.

Underwear.

Regular 50c and 60c. Wool and Fleece Lined .. .. 39c.
Regular 75c. S. and D. Pure Wool. Sale Price .. .. 59c.
Regular $1.00 and $1.25 S. and D. Pure Wool. Sale Price .. .. 79c.

WORKINGMEN'S TOP SHIRTS.

Regular 50c. and 60c. Shirts. Sale Price .. .. 39c.
Regular 7c. Shirts. Sale Price .. .. 63c.
Regular $1.00 and $1.25 Shirts. Sale Price .. .. 79c.

CARDIGANS AND SWEATERS.

Stanfield's $1.85 Cardigans. Sale Price 1.49
Hewson's $2.50 Coat Sweaters. Sale Price 1.98
75c. and 85c. Sweaters. Sale Price 63c.
A lot of fine Imported Worsted Sweaters, Boys' and Youths Sizes. $1.50 to $2.50

MEN'S AND BOYS' HOSIERY.

Boys' ribbed wool stockings, regular 25c. Sale price . ...19c.
Men's Black Cotton Socks. Sale Price 8c. a pair or 4 pairs for .. .. 25c.
Men's Working Gloves and Mitts, 15c. up.

NECKWEAR.

Regular 20c. Ties. Sale price 2 for . .25c.
Regular 25c. Ties. Sale price, ... 19c.
Regular 35c. Ties. Sale price ... . 25c.
Regular 50c. Ties. Sale price ... .. 35c.

FANCY VESTS IN GREAT VARIETY

Bargains in Men's Braces, regular 35c. Braces, Sale price ... ...23c.

NEW SPRING HATS
At Bargain Prices.

In order to introduce our new Hat department to the Public, we have placed our brand new spring Hats at your disposal at the following reduced prices:
Regular $1.00 Soft Hats. Sale price. . 73c.
Regular $1.50 Hats. Sale price $1,23
$2.00 Hats (soft or stiff) Sale price $1.69
$2.50 Hats (soft or stiff) Sale price . $1.98
These cut prices include the famous "Harvey Special," $2.00 and $2.50, every-one of which is guaranteed.

CAPS.

of every description at Bargain Prices.

All Original Prices, as well as Sale Prices, Marked in Plain Figures. You can see just what you are saving.

Sale opens Today at 8.30 a. m. Ends Saturday, March 28th, at 11 p. m.

Stores will be open every evening during sale until 9 p. m. to accommodate those who cannot come during the day.

J. N. HARVEY, TAILORING, CLOTHING AND FURNISHINGS
199, 201, 203 and 207 UNION STREET.