

Why Do You Let The Wind and Weather Mar Your Skin?

This is the time when it is necessary to guard against the elements that spoil the complexion.

Penslar Almond and Cucumber Cream Prevents This

This is a liquid cream of refreshing fragrance that softens the skin and leaves it free from irritation.

Apply it to your face and hands and note how refreshing and effective it really is.

E. A. Foster The Penslar Drugstore Sunnyside

YOU'RE BILIOUS! LET "CASCARETS" LIVEN LIVER AND BOWELS

DON'T STAY HEADACHY, CONSTIPATED, SICK, WITH BREATH BAD AND STOMACH SOUR

Get a 10-cent box now. You men and women who can't get feeling right—have headache, coated tongue, bad taste and foul breath, dizziness, can't sleep, are bilious, nervous and upset, bothered with a sick, gassy, disordered stomach, or have a bad cold.

Are you keeping your bowels clean with Cascarets, or merely forcing a passageway every few days with salts, cathartic pills or castor oil?

Cascarets work while you sleep; cleanse the stomach, remove the sour, undigested, fermenting food and foul gases; take the excess bile from the liver and carry out of the system all the constipated waste matter and poison in the bowels.

A Cascaret tonight will straighten you out by morning—a 10-cent box from any drug store will keep your stomach sweet, liver and bowels regular, and head clear for months. Don't forget the children. They love Cascarets because they taste good—never gripe or sicken.

CURLIANA

The gentlemen curlers, after many conferences and much careful deliberation, decided yesterday to take up the gauntlet thrown down by the lady curlers a few weeks ago and which had since lain on the ice undisturbed and threatening to grow white feathers to the discomfiture of all the male frequenters of the rink.

The ladies' challenge was two lady rinks against two gentlemen rinks and the bout was pulled off last night. As was expected by all and feared by the gentlemen themselves, the latter were "licked." Needless to say the ladies are jubilant over their victory which they at first feared they were going to gain only by default.

Following are the line-ups and results: LADIES: Miss Hughes, Miss Haazard, Mrs. W. S. Grant, Mrs. Fitzgerald, Miss Thompson, Miss Dutcher, Mrs. Pethick, Miss McLeod.

GENTLEMEN: L. B. McMillan, W. S. Grant, Mrs. W. S. Grant, G. G. Hughes, G. D. Wright, C. H. Black, D. A. McKinnon, S. Grey.

Play in the points competition for President Paton's medal will start on Saturday afternoon next. Members who cannot play in the afternoon may play in the evening and intending competitors are asked to sign their names to the list now posted at the rink.

SIR SAM HUGHES TO THE BATTLE FRONT IN EARLY SUMMER

OTTAWA, March 1.—General Sir Sam Hughes, Minister of Militia, will be at the battle front with the Canadian overseas forces by the end of May or the beginning of June next. This important news was communicated through official channels last night.

Sir Sam will probably be accompanied by Captain Harold Daly, of the late Hon. T. M. Daly, of Winnipeg, and Captain John Basset, of the parliamentary press gallery, both of whom are attached at present to the headquarters staff of the Militia Department.

It is believed that the formal passports for General Hughes and his staff are already on the way and that all arrangements are being made to enable him to leave as soon as the work of the parliamentary session is over.

DISTRESS AMONG ATHENS INHABITANTS

ATHENS, March 1.—Barefoot and ragged women in large numbers, many with babies in arms, proceeded from the quarters of the working classes yesterday to parliament, stopped inquiring deputies and pleaded that the Chamber relieve the distress caused by mobilization of the men and non-payment of allowances to their families. There was no disorder. Several of the deputies, moved by the pitiful demonstration, addressed the women, promising relief.

A NEW SKI RECORD

VIRGINIA, Minn., March 1.—With a running jump of 170 feet on a scaffold slide, Lars Hagen, of Chippewa Falls, broke the world's ski record in the tournament held here yesterday. The former record was 169 feet, made by Ragnar Omstedt, in 1913.

THREE STEAMERS HELD THREE RELEASED

(Special to The Guardian) LONDON, March 1.—The Norwegian steamer Unita from Baltimore, February 8, for Aalborg with grain, the Danish steamer Oscar II. from New York for Copenhagen with a miscellaneous cargo, and the Norwegian tank steamer Conrad Mohr, from Bergen from New York with petroleum, have been detained at Kirkwall.

The American steamer Platania from Philadelphia for Aarhus, the Danish steamer Gudrun from Baltimore for Sweden, and the Swedish steamer Hogland, New York, for Gothenburg, which had been held at Kirkwall, have been released.

PRESIDENT WILSON APPEALS TO CONGRESS

(Special to The Guardian) NEW YORK, March 1.—Nothing short of a vote by Congress on the resolutions warning Americans off armed ships of the belligerent nations will be acceptable to President Wilson. The President stated unequivocally to leaders of Congress that a compromise proposition such as a vote of confidence in his foreign policy will be unacceptable, that he will only take a vote which will show whether members of Congress favor or oppose his demands for the full observance of international law. The President absolutely refuses to continue negotiations with Germany until the attitude of Congress is settled.

SHORT GLIMPSE OF VERDUN BATTLE

PARIS, March 1.—"A frightful massacre" is how German soldiers taken prisoner in the battle of Verdun describe the effect of the French artillery, machine gun and rifle fire. But the impetus of the assaulting forces was not diminished thereby during the first four days, because fresh troops were thrown into the battle unceasingly.

"Advance, no matter what the losses may be," was the order given to the German troops before the attack. This is verified by documents found on one of the captured officers.

The most critical moment in the six days' action was when the Germans gained a footing in the entrenched camp by the capture of Fort Douaumont. The least hesitation on the part of the defenders would have been disastrous. The Germans redoubled their efforts to take advantage of any confusion, but the French immediately began a counter-offensive.

French infantry advanced at double-quick pace to the trumpet charge, and leaped at the first ranks of the Germans with irresistible fury. The clash was murderous on both sides. The thinned French ranks were not to be denied, but went on to the second German line, where reinforcements were hurried to their support.

The German lines wavered first west of Douaumont, then were driven out of the ruins of the fort. A cry of triumph went up all along the French line, and the ardor of the counter-attack was redoubled. In the meantime an artillery duel, surpassing in intensity any previous action of the war, added to the carnage.

BABY ALIVE, FOUND FLOATING IN THE WATER

LONDON, March 1.—The bodies of three more Lancasters of the crew of the Maloja have been washed ashore, making the total of bodies recovered 47.

Among those rescued yesterday was a baby, warmly clad, which was found floating on its back. The child was discovered by a patrol boat and was taken into the engine room. After being warmed it smiled at its rescuers and seemed none the worse for the immersion.

ALLOWED TO JOIN HUSBAND AND FATHER

NEW YORK, March 1.—The Russian government has granted permission to the wives and children of men who came to America before the war, to leave Russia and join their relatives in America, says Leon Sanders, president of the Hebrew Shelter and Immigration Society of America. The news came from Isidore Hersfield, a lawyer, who was sent by the society to give relief to the Jewish war sufferers in Poland and Galicia.



One of the Lion's Whelps

REFUSED \$60,000 FOR PETER MACK

LEXINGTON, Ky., March 1.—Captain David Shaw, of Cleveland, it was learned to-day, has just turned down an offer of \$60,000 for Peter Mac, a trotting stallion by Peter Mac the Great.

The offer was made by A. H. Gaffney, a wealthy glass manufacturer of Kane, Pa. Last year Shaw refused \$50,000 for Peter Mac, following Peter Mac's performance of trotting a mile in 2:03 1/2 at the Lexington track. Peter Mac never has started in a race for money.

Peter the Great recently was sold by W. E. D. Stokes, of the Patchen Wilkes farm, to Fletcher Stoughton, of Indianapolis, for \$50,000.

DUMA APPROVES LOAN OF 2,000,000,000 ROUBLES

LONDON, March 1.—The Finance Committee of the Russian Duma, presided over by Premier Sturmer, has approved the new loan for 2,000,000,000 roubles, says Reuter's Petrograd correspondent. The interest rate will be 5 1/2 per cent. The loan will run for ten years, with the same privileges as were given in connection with the previous issues.

GERMANY LOSES THIRTY ZEPPELINS

LONDON, March 1.—A despatch from Copenhagen to the Exchange Telegraph Company asserts that Germany has lost thirty Zeppelins since the war began, and that she now has sixty.

An Easy Way to Get Fat and Be Strong

The trouble with most thin folks who wish to gain weight is that they insist on drugging their stomach or stuffing it with greasy foods; rubbing or useless "flesh creams" or following some foolish physical culture stunt, while the real cause of thinness goes untouched. You cannot get fat until your digestive tract assimilates the food you eat.

There is a preparation known to reliable druggists almost everywhere which seemingly embodies the missing elements needed by the digestive organs to help them convert food into rich fat-laden blood. This modern treatment is called Sargol and has been termed the greatest of flesh-builders. Sargol aims through regenerative, reconstructive powers to coax the stomach and intestines to literally soak up the fattening elements of your food and pass them into the blood, where they are carried to the starved, broken-down cells and tissues of your body. You can readily picture what result this amazing transformation should produce as with increased weight the cheeks fill out, hollows about neck, shoulders and bust disappear and from 10 to 20 pounds of solid, healthy flesh is added to the body. Sargol is absolutely harmless, inexpensive, efficient. Leading druggists of this vicinity have it and will refund your money if you are not satisfied, as per the guarantee found in every package.

NOTE—Sargol is recommended only as a flesh builder and while excellent results in cases of nervous indigestion, etc., have been reported care should be taken about using it unless a gain of weight is desired.

CARE OF HARNESS

Nothing adds more to the appearance of a nice, well-groomed horse than a neat, clean and proper fitting set of harness. A good teamster will pride himself on keeping his harness

AMHERST WOMAN ACQUITTED OF KIDNAPPING CHARGE

AMHERST, March 1.—At Truro Mrs. N. Purdy, formerly of Amherst, who was accused of unlawfully removing her seven-year-old son from the Protestant Orphanage at Bible Hill, was given her discharge. Mrs. Purdy was also alleged to have taken a second boy from the orphanage when she took away her own child. Both boys are back in the institution again.

URGE MORE WAR ECONOMY

LONDON, March 1.—The national war economy committee, which yesterday urged abstention from motoring for pleasure, issued to-night a series of new recommendations. These include the cutting down of domestic servants, male and female, and a general reduction in the scale of living in the large houses having gardens and outhouses, so as to liberate this labour or war purposes.

RETURN MAURETANIA TO HER OWNERS

LONDON, March 1.—The government has decided that the steamship Mauretania can be released from hospital duty and returned to her owners. This statement was made in the house of commons by Thomas J. Macnamara, financial under-secretary of the admiralty.

THE PLACE FOR SHEEP

It is coming to be more generally recognized by sheep men that soil and climate play an important part in modifying the character and type of sheep, and especially the wool. Nature always "adapt" itself to surroundings, and there is no doubt that a flock of sheep kept constantly for years in a hot country would develop a light wool, with other suitable changes.

Thus it is that the black-faced mountain sheep of Scotland fail to thrive in Wales, whereas the Cheviots do extremely well. That mountain sheep do wonderfully well on limestone soils is notorious, and it is for this reason that they succeed at high altitudes on mountain limestone; but it is equally well known that if the larger breeds of sheep common to the richer lowlands are taken to the mountains they rapidly change. This is not surprising, for there is no comparison in the feeding value of the herbage which grows upon the unmanured upland pastures and by arable crops upon which the sheep are fed.

Where the same breed of sheep is bred and fed in the East and West of England it is found that in the East the wool is closer and shorter than in the West, and there can be no doubt that the length and character of the wool are influenced by the climate.

It is precisely the same with cattle. The Kerry cow grazing on her native hills is small and poor and produces a small quantity of poor milk, but when transferred to the rich lowlands she increases in size, is much better fleshed and more symmetrical.

Nothing adds more to the appearance of a nice, well-groomed horse than a neat, clean and proper fitting set of harness. A good teamster will pride himself on keeping his harness

in good repair, and fitting his horses properly. Such negligence as allowing the harness to be repaired with binder twine or hay wire; a broken trace hitched short so as to cause the whippletree to knock the horse's heels; harness with the hames straps so loose that the hames will not stay on the collar; lines twisted and knus tied or a ripple splice, or used on a cross-line to shorten it instead of punching a new buckle-hole; crupper so slack that it will not stay on; breechings so large that they look like falling off, if the horse were to jump; broken hooks and rings in the back pads, which allow the lines to slip over, and the check reins too drop till the horse is in danger of stepping into the loop; all or any of these, show gross slovenliness on the part of the driver and owner. Even a respectable horse would feel disgraced to be harnessed with such an outfit, not to say anything of the sore shoulders and chafed skin from which he is liable to suffer through such negligence. By keeping his harness in repair the farmer improves the appearance of his farm generally, and many cases of nervousness, such as trouble of sore shoulders and chafed sides and legs, besides winning for himself the respect and commendation of his brother farmers. His good example will likely be followed to the great comfort and advantage of hundreds of horses.

Every farmer should have a harness repair outfit. There is plenty of time in the winter and rainy days in the spring and summer when repairing should be done. The outfit might consist of the following:—Half dozen sewing needles, 10 cents; half dozen awls, 10 cents; twoawl handles, 20 cents; one ball shoe thread, 10 cents; one ball shoe wax, 5 cents; one revolving punch, 70 cents, all costing the sum of \$1.25.—Maritime Farmer.

Good-Bye, Old Backache

Nerviline Will Fix You!

STIFFNESS IS RUBBED RIGHT OUT; EVERY SIGN OF PAIN DISAPPEARS.

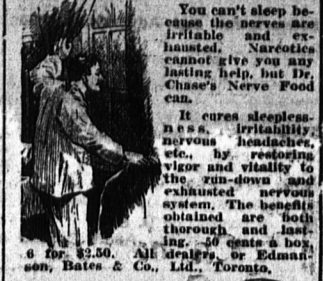
Ge-e whiz—think of it!! No more stomach dosing necessary to cure your lame back. Every trace of lameness every bit of stiffness, every sign of weakness in the back's muscles can be rubbed away for all time to come by good old "Nerviline."

No other liniment can do the work so quickly, can penetrate so deeply, can bring ease and comfort to the back-weary sufferer as Nerviline invariably does.

Backache isn't the only malady Nerviline is quick to cure. For lumbago or sciatica you would go far to find relief so speedy as Nerviline gives. For chronic rheumatism there are pain-destroying properties in Nerviline that give it first rank. The way it limbers up a stiff joint and takes soreness out of strained or rheumatic muscles is simply a wonder.

If you have an ache or pain anywhere, if you have a sore back, a stiff neck, a stub joint, a strained muscle—or sore throat—just try Nerviline. Rub it on plentifully—it won't blister, it can't do anything but cure you quickly. The large 50c family size bottle is the most economical, of course, but you can, from any dealer, also get the 25c. small size of Nerviline, the king of all pain-relieving remedies.

Sleepless Nights



Dr. Chase's Nerve Food

BERLIN, March 1.—In reply to the recent speech made in the Russian Duma by Foreign Minister Sazonoff, in which the Minister said that from the beginning of the war Russia "had inscribed on her banner the reunion of dismembered Poland," the Nord Deutsche Allgemeine Zeitung says: "The fate of Poland has ceased to lie in the hands of the Russian Ministry. The hands to which it is confided will protect it from a return to Russian misrule and will understand how to heat the outward and inward consequences of that misrule."

SAYS POLAND WILL NOT BE RETURNED TO RUSSIA

INTERNATIONAL LINE. S. S. North Star. Leave St. John Thursday at 9.00 a. m. for Lunenburg, Eastport, Portland and Boston. Return, leave Boston Mondays at 9 a. m. via Portland, Eastport and Lunenburg, Maine, due St. John, Tuesday afternoon.

MAINE STEAMSHIP LINE

Between Portland and New York. Steamship North Land and Herkan. Reduced Fares—Reduced State-room Prices. Schedule distributed—Information upon request. St. John City Ticket Office, 47 King Street.

Furness Sailings

From LIVERPOOL From HALIFAX Via St. John's Nfld. Via St. John's Nfld. Feb. 27th "Durango" Feb. 29th Feb. 29th "Tabasco" Mar. 19th Mar. 14th from Glasgow "Graciana" Mar. 23th Above sailings are not guaranteed, and are subject to change without notice.

Furness, Withy & Co., Ltd.

Halifax, N. S.

Jewelry

If you want honest goods at honest prices you will not forget us when about to purchase a Watch, Clock or article of Jewelry. Special attention given to repairing of Watches etc.

C. W. Patterson Jeweller

Bringing Up Father

