

### HEADACHE GLASSES.

The following is a quotation from a late work on the diagnosis and treatment of the diseases of the eye, by Edward Jackson, A.M., M.D.:

"It ought to be universally recognized that eyestrain is the common cause of headache, and from headache produced from fever toxemia and organic disease of the brain and its membranes, eyestrain is almost invariably a factor in the production of headache. The headache of eyestrain is not of any special character—it may be constant or intermittent, slight or severe, felt only on the use of the eye, or after their use, continuous or recurring irregularly, or at certain intervals. It is aggravated by many other causes, such as hunger, exhaustion, exposure to heat or cold, or indigestion; or it may seem entirely independent of other influences. In the majority of cases eyestrain is not the only factor in the production of headache, but it may be the only factor of practical importance, because it alone can be removed and its removal will give relief. Such headaches are generally felt in the frontal, temporal or occipital regions."

The eyestrain mentioned above is remedied by properly fitted glasses. For over twenty years it has been my work to study the various cases that come to me, and fit those who need them with the proper glasses. All who were fitted were at once relieved of headache. I make no charge for examination. The best and most up-to-date methods are used. We have the only plant in Newfoundland for grinding lenses for special and difficult cases. We carry the largest stock of rimless and other glasses in the country.

**R. H. TRAPNELL, - - - Eyesight Specialist.**

### Free Lessons to Purchasers

### Celebrated Columbia Zither,

At the Albion House, 13, New Gower Street,

**Arthur B. Walker,** Sole Agent for Newfoundland and Maritime Provinces.

No shop worn goods—Imported direct from factory. NOTE—The Columbia Zither is an improvement over the Autoharp and Regent Zither, and is also cheaper, size and durability being taken into account. FOR SALE—A few Secondhand Autoharps, in good condition. ap27,61



### Good Results

are obtained when Readymade Departments are stocked with Clothing made at our Factory.

### Our Clothing

enables dealers to make quick sales and gives you an ever increasing number of satisfied customers.

WHOLESALE ONLY.

**Newfoundland Clothing Factory, Ltd.,**

225 and 227 Duckworth Street.

### J. J. ST. JOHN.

HALIFAX SAUSAGES,

Valencia Onions,

Valencia Oranges,

Choice Canadian Butter,

Carrots, Parsnips, Beets.

10 BAGS

NEW TIMOTHY HAY SEED.

**J. J. ST. JOHN, 136 & 138 Duckworth St.**

### J. J. HENLEY,

The Leading Mattress Manufacturer.

Telephone, 642.

Factory and Office, Henry Street, St. John's, - - Nfld.

### To the Trade,--

If you want Mattresses that will sell quickly and give satisfaction to your customers, buy none but HENLEY'S

Having enlarged our Factory and installed the latest Machinery, we are now in a position to turn out any quality or quantity at the shortest notice.

We also carry a full line of SPRINGS, BOLSTERS, PILLOWS, COUCHES and CHAIRS.

We make a specialty of Steamship Upholstery.

## GREAT MUSIC SALE

MAY MONTH.

### 20 Per Cent. Discount

on all Folios and Sheet Music—Cash only.

### CHESLEY WOODS,

The White Piano and Organ Store.



### GO CARTS and CARRIAGES.

The new Go Carts and Carriages, all the new 1910 models are now on display. New styles and patterns. The finest line we have ever shown



in Rattan, Leather and Cloth Hood Carriages, Reclining Go Carts and Automobile Carriages. We have the greatest line of low priced Collapsible Go Carts ever shown here, simple in construction and durable, lightweight. Price, from \$3.75 up. See our window display.

**U. S. PICTURE & PORTRAIT CO.,** HOUSE FURNISHERS.

### NO THOUGHT READER

Can foretell the day or the hour when your property may burn. Most people are aware of this and make provision for the disaster by insurance. Why are you not so insured? I offer the lowest rates and strongest offices. The promptness and liberality of my settlements are well known.

**PERCIE JOHNSON, Insurance Agt.**

Office: corner Duckworth and Prescott Streets.

## Telegram Ads. Pay

### A. & S. RODGER.

### New Designs, New Shades, EXCEPTIONAL VALUE.

Summer Dress Materials, Muslins and Linens.

Dainty Shades in Silk Voiles with Spot, \$1.00 per yard.

Exclusive Silk designs in "Tobralco," the Newest Dress Fabric, White, Ecru and Black, 30 cents yard. This material is a revelation in Wash Dress Goods.

Striped Dress Linens, pretty and extremely useful, 24 cents yard.

Plain Dress Linens, in Newest Colorings, 18 cents yard. Strong, Fast Colors and Washable, the most economical & useful material for Summer costumes.

### A. & S. RODGER.

### A Square Deal. THE GENUINE INGERSOLL IS O. K.

OUTPORT Customers can rest assured of a Square Deal when ordering from us. Large stocks of

**Dress Goods, Muslins and General Drapery Goods.**

Also, well equipped

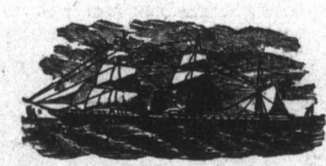
**Dressmaking and Millinery Departments**

Ready to serve you.

Patterns of Dress Goods, Muslins, etc., gladly furnished on application.

### ALEX. SCOTT,

Popular Drapery Store, 18 New Gower St.



THE STEAMER

### 'Prospero'

Will leave the wharf of

**BOWRING BROS., Limited,**

— ON —

Wednesday, the 4th of May,

at 10 a.m.

Calling at the following places, Ice and weather permitting:

Bay-de-Verde, Trinity, Catalina, Bonavista, King's Cove, Salvage, Greenspond, Wesleyville, Seldom-Come-By, Fogo, Change Islands, Herring Neck, Twillingate, Moreton's Harbor, Exploits, Fortune Harbor, Leading Tickle, Pilley's Island, Little Bay Island, Little Bay, Nipper's Harbor, Tilt Cove, LaSalle, Paquet, Bois Verte, Coachman's Cove, Seal Cove, Western Cove, Jackson's Arm, Harbor Deep, Englee, Conche, St. Anthony, Grignot.

Freight received until 6 p.m. on Tuesday.

For freight or passage apply to the Coastal Office of

**BOWRING BROTHERS, Limited**

Telephone, 306.

Job Printing of all kinds.

An acceptable Gift for Boy or Girl, Man or Woman, is an Ingersoll Watch. You make no mistake in buying one.

Note the Special Prices:

Men's Nickel, \$1.25; Oxydised, \$1.75; Gold Plated, \$1.75.

Boys' Special Extra Strong Nickel, \$2.50.

Ladies' Nickel, \$2.50; Oxydised, \$3.00; Gold Plated, \$3.

Sent per registered parcel post (carefully packed) on receipt of price.

We are the one store in Newfoundland where you are sure to get a Genuine Ingersoll Watch.

**S. E. GARLAND, Leading Bookseller.**

### HOW CAN WE COUNTER-ACT

### THE INCREASED COST OF LIVING?

A second's reasoning will supply the answer. Beef and pork are dear and getting dearer all the time, and the cost is out of proportion with their food-value.

### EAT MORE BREAD.

There is more nourishment in a shilling's worth of bread than a shilling's worth of beef or pork. But the problem is not done with yet. The shilling's worth of bread is not always the same value. Breadmade from

### ROYAL HOUSEHOLD FLOUR

contains more nourishment than any other, because it contains the greatest amount of gluten, the health-giving nutriment of wheat.

### AT THE POPULAR BOOKSTORE.

### Latest Magazines and Fashion Books!

Nash's, Royal, English Illustrated, Hampton's, All Story, Everybody's, McLure's, Strand, Windsor, New Cosmopolitan, Review of Reviews, Red, Munsey, Grand, Busyman's, London, Pearson's, Red-month-end, Red Book, Bystander, Sunday Strand, Lady's Realm, Woman at Home, Puck, Punch.

Girls Own Paper and Magazine, Weldon's Illustrated Dressmaker, Schild's Fancy Costumes, Weldon's Child's Fashions for May, Weldon's Bazaar of Fashions, Delinquent for May, Weldon's Home Dressmaker, Ladies' Home Journal—May, Girls Own Magazine.

### DICKS & Co.'s Popular Bookstore.

### We're Easy!

Five Dollar Greenbacks are Burning Holes in our Pockets.

### Do You Want One?

Save the Alphabet Cards in all pound packets of Union Blend Tea, bring to us and get the money.

**H. W. de FOREST TEA CO'Y.**

ap21,1f