

NOPE! YOU CAN'T FOOL 'EM!

When Twenty-five Millions Buy "Cascarets" They Must be "Just Right" for Liver and Bowels

Twenty-five million boxes of Cascarets were sold last year to folks who wanted relief from Constipation, Biliousness, Indigestion, Gases, Colds and Sick Headache without being shaken up and sickened all the next day. Cascarets work while you

sleep, removing the toxins, poisons and sour, indigestible waste without griping or inconvenience. Cascarets regulate by stimulating the liver and strengthening the bowel muscles. They never weaken or upset you like Salts, Calomel or violent Pills. Cascarets cost so little too.

Pay Day in the Navy.

BY PATRICK VAUX.
(In The Captain.)

To every day in the week the British Bluejacket renders its duties, and there is one day he likes above all others. It is "Jimmy-O'-gobins" day; "Jimmy-O'-gobins" being Jack Tar's term for sovereigns. On that day he gets paid for the past month's labors of his hand and brains.

Pay-day in the Royal Navy is always on the first of the month, except when that date falls on a Sunday. This has been the custom for more than a hundred years—the British Navy is full of traditional routine.

Punctually, then, at half-past twelve on the first of the month the men of the lower deck gather on the fore-castle and in waist of the ship for their dinner-hour smoke, and there wait for the call to form up in position to go aft to the pay-table. As in our great warships there are very many men, and the business of being paid has to be done orderly and quickly, and with as little loss of the men's spare time as is possible, they are all into what are called "hundreds," and

in these hundreds they go aft when required.

Meantime, during the forenoon the paymaster and his clerks, the assistant paymaster—and, beneath him, the writers, as they are called—have been busy in the ship's office over the ledgers, and counting out the money. Each man's cash is placed in a little compartment bearing the man's own number, and so many of these little compartments form trays or shallow, wide boxes. The ship's stewards, too, are also hard at it elsewhere, getting up, and preparing cases of tobacco and ship's soap, that Jack calls "Shobo," or "pusser's Vinolia." Every man gets enough tobacco and soap as he requires.

About two bells in the afternoon watch the men see the carpenters come along with the pay-tables. Usually there are three of them—one for the paymaster and the money boxes, one for the assistant paymaster, who has postal orders, and one for the saving's bank, which is in charge of a lieutenant of the marines. Quickly the tables, the boxes, and all the rest are arranged by the quarter deck. The order is given, "Pipe payment," the shrilling of the boat's whistle

takes the ear, and the call of "First hundred fall in for payment." Speedily the starboard battery is thronged by an orderly crowd of chief petty officers and first-class petty officers who form the first hundred, and stand four abreast, or "deep," in the same order as their numbers run on the ship's ledgers.

Immediately the paymaster's assistant, who is one of the writers, calls out the name and the amount due to it. It is the name of the first man in the front rank, and he answers by giving his number, at the same time taking off his cap, and smartly stepping forward. A compartment in one of the pay-trays bears his number, and into it the paymaster thrusts his fingers, takes the chief petty officer's wages out, and cleverly throws the money into the middle of the cap before him—or, again, he may place it on the pay-table, and C. P. O. sweeps it into his cap he then turns smartly to the right, and marches quietly away.

And so it goes on at the pay-table till every man has got his pay. Sometimes a man is ill in the sick-bay, and the sick bay attendant standing at the side answers for him, or, again, a man may be on duty, and then the reply is "Duty, sir." The men as they are paid go to the postal-order table, and those wanting orders to send away are quickly satisfied by the assistant paymaster. Some put their money in the savings bank, where the marine lieutenant attends to them; and sometimes there is a collection box for the bereaved relatives of sailors.

In the other battery, across the upper deck, are the stewards serving out the tobacco and soap; and here, also, the bluejacket has to take his turn according to his ship's number. Having got his tobacco and soap he goes forward and pays all his little accounts—and as often as not he has but very little over for his pocket-money.

The 'Flu is Here.

ARE YOU ALL WELL ENOUGH TO RESIST IT!

We all know the deadly danger of influenza, once the germs have found a breeding place within our bodies. What some of us do not realize is the ease with which we can make ourselves immune from the ravages of 'Flu.

Good health is the enemy of disease germs. Keep the blood pure; digestion sound, liver active and kidneys regular; avoid crowded places; be in the fresh air as much as possible; and there is not much likelihood of your coming down with influenza.

Make sure that the general system is kept in the best possible condition by taking a glass of Abbey's Effervescent Salt every morning. This reliable saline—so pleasant to the taste, and so invigorating in its action—cleans the body of all impurities and so keeps up the strength and vitality that the system has the power to resist disease.

Stratagem Used by Horse Thief.

Among the many interesting stories told by members of the Canadian Mounted Police is one that has to do with the cleverness of an Indian.

One snowy morning a band of Crees awoke to find that about a dozen of their ponies had been stolen during the night. A band to go in pursuit was immediately organized, and in the course of an hour the trail was struck. The band followed it for thirty miles or more, till it entered a river and headed for a little wooded island.

Smoke was rising from the trees, and an opening, apparently the mouth of a cave, was in plain view. Presently a Piegan Indian showed himself in front of the opening. At his heels was a dog.

Pretty soon the dog scented the Crees, who were lying low, and began growling and barking. The Piegan looked up, glanced about him for a moment and then instantly entered the cave. In about ten seconds another Piegan came round the rocks and also went in; then another, and another and another. The Crees lay silently in the bushes, counting, till upward of fifty Piegans had come round the rocks and gone into the cave, and still they kept coming. Each carried a rifle.

When at last seventy men had disappeared in the cave, the superstitious and cautious Crees concluded that the evil spirit had something to do with it. So thoroughly were they filled with this idea that even when reinforcements came, which was in a few hours, they were reluctant to attack the island.

That night, however, one Cree, less credulous than the others, crossed over the ice to investigate. On approaching the supposed cave, he found that it was no cave at all, but simply an opening leading some ten feet into the rock, where it made a turn and came out on the other side.

There was the remnant of a single camp fire, the ponies were gone, and not an Indian was in sight. The ingenious Piegan thief, by making the circuit of the passage and the end of the island seventy times, had so deceived his pursuers as to gain the time necessary for his escape.

The Price of Sugar.

(From the Toronto Globe.)

A despatch from Hamilton says there from 12 1/2 cents to 15 cents a pound on Saturday, and that refiners predicted an advance of 15 cents when they purchased new stock. The report calls for an investigation by the Board of Commerce at once. Sugar selling at 15 cents should be traced through the wholesaler to the refinery so as to locate the profiteering link or links in the chain. The whole sugar situation in Canada should be cleared up. There is a good deal that calls for explanation. The average import price of raw sugar in 1913 was 2,641 cents. In 1918 it was 4,836 cents. The average wholesale price of refined sugar in 1913 was 4,596 cents. The average in 1918 was 9,324 cents. The difference between the price of raw sugar and refined in 1913 was 1,955 cents, and in 1918 4,488 cents. These figures are very suggestive. They show an increase on the part of the refiners of 122 per cent, as between 1913 and 1918. Of course the cost of refining had undoubtedly risen, but it would be difficult to show that any labor conditions or other factors fully accounted for the enormous difference which accrued to the refiners between 1913 and 1918. In the United States the wholesale price of sugar has been fixed at 9 1/2 cents, and the refiners are allowed a profit of one cent per pound. In Canada the Board of Commerce permits by its recent ruling a maximum price of 11 cents a pound to refiners, which the Board says, will cut a net profit to the refiners of two-fifths of one cent a pound and a commission of not more than five per cent. to wholesalers or other distributors for the service of distribution to retailers and others. All sales by wholesalers may produce not more than five per cent. commission maximum. It must be paid by the wholesaler to the refiner, and will be included in the refiner's list price, which will be that at which the wholesaler will sell to the retailer. All sales by a retailer may be made at a price not greater than the last listed retail price of the refiner who produces the sugar, plus the actual freight paid or payable and plus one cent a pound as the retailer's net and only profit. A wholesale price of seven 1/2 cents seems too high, but a retail price of 15 cents in any point in Ontario reached by a railroad is a challenge to the Board of Commerce which it cannot overlook.

AT BALSAM PLACE.—The following are guests at Balsam Place:—Miss Ida Oake, Change Islands; Chas. F. Snelgrove, Catalina; Rev. H. H. Pittman, Elizabethtown, N.Y.; W. Munty, wife, Rotterdam, Phil.; Mrs. (Dr.) Levisconte, King's Cove.

When you want Sausages, why—get ELLIS'; they're the best.

Wesson's Oil—for cooking. Mapleine. Mol's Fresh Cakes—Plain and Sultana. Currants—Cleaned, Vostizkas; 1/2 lbs. ctns. Green Peas—Ex sifted, tins, 20c. tin.

New York Corned Beef. Family Mess Pork. Bologna Sausage.

FISH. KIPPERED HERRING. FINNAN HADDIE. NEW SALT COD.

GREEN TOMATOES. CRANBERRIES. GRAPE FRUIT. CAL. GRAPES. CAL. LEMONS. BANANAS.

FRESH RABBITS. FRESH COUNTRY EGGS.

T. J. EDENS, 151 Duckworth Street.

5 ROSES FLOUR, Pre-War Grade, barrels and 1/4 lb. sacks. ROBIN HOOD, Pre-War—barrels.

Wesson's Oil—for cooking. Mapleine. Mol's Fresh Cakes—Plain and Sultana. Currants—Cleaned, Vostizkas; 1/2 lbs. ctns. Green Peas—Ex sifted, tins, 20c. tin.

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T. J. EDENS, 151 Duckworth Street.

New Arrivals!

Currants	Rld. Oats	Flour	Bran	Oats
200 cs. cartons	400 barrels.	2700 barrels "WINDSOR PATENT"	1000 sacks	1000 sacks
200 cs. bulk.	400 halves.	The Real White Flour.	Canadian.	full 4 bushel.
Original Grecians	Ogilvie's.		Ogilvie's.	Excellent quality.

Harvey & Co., Ltd.

SHOES FOR EVERYBODY

We are now showing some very fine New Fall Models in Footwear for Men, Women and Children.

Rubbers for Everybody!

We have just finished opening up our big stock of Rubber Footwear. Black Rubbers, Tan Rubbers, White Rubbers, Low Rubbers, Storm Rubbers, High Heel Rubbers, Low Heel Rubbers. Secure a pair to-day.



JUST IN: LADIES' BLACK SATIN PUMPS. LADIES' BLACK SATIN OXFORDS. Just the thing for evening wear; also a big stock of Genuine Rhinestone Shoe Buckles.

Have you seen our New Styles in Ladies' High Cut Footwear? They're absolutely perfect models of High Class Footwear. Also a big assortment of Misses' and Children's High Cut Boots.

ALL MAIL ORDERS RECEIVE PROMPT ATTENTION.

F. Smallwood,

THE HOME OF GOOD SHOES,

218 and 220 WATER STREET, ST. JOHN'S.

What's Ensilage?

UP-TO-DATE FACTS ABOUT OUR HAY CROP AND ITS TREATMENT.

Some forty years ago we had a terrible series of wet summers, during which it was almost impossible to save hay. The result was a boom in ensilage.

Ensilage, let us explain, is grass, packed green and wet in a pit, or in a solid building of some sort. Thousands of pounds were spent all over the country in building silos, or pits, and for a time it was thought that the problem was solved, and that farmers could set at naught wet Junes and Julys.

The craze did not last, and before 1890 hardly any of the silos remained in use. The fact was that a great deal of the grass piled into them went sour, smelt abominably, and was refused by cattle.

During the Great War certain farmers have been driven, by lack of labour, to make fresh experiments in ensilage, and these experiments have been successful. The secret, it seems, is to make sure that your grass heats sufficiently. The temperature must rise about 122 degrees Fahrenheit.

The way to manage is this: The grass is put in—if possible on a dry day—and piled until about six or eight feet deep. Not more than this is put in at one time. An iron rod is used to test the temperature. At 122 degrees the iron is not enough to sting the hay; that touches it.

Shipping News.

The schooner Huntley, owned by Tessier & Co. arrived at Marselles, from the U.S.A., lumber laden. The S. S. Theba arrived at Hermitage yesterday with a cargo of coal from Sydney.

The S.S. West Cressy sailed last night for New York. Owing to the Longshoremen's strike at New York the S. S. Taunton did not get away as scheduled.

The Mary E. with 260 and the Portia, with 1300 qtls. codfish, are among the recent arrivals at Han's Hr. from Labrador.

The schooner J. Miller is now loading codfish from A. H. Murray & Co. for Greece.

The Elzlie E. has arrived at Westport with 560 qtls. codfish, from Labrador.

The Gommie G. with 3010 qtls. of codfish has left Gaultois for Oporto.

The Armaris has entered at Baldr's to load fish for Oporto.

The Dealind with 4635 qtls. codfish shipped by the Newfoundland Labrador Export Co., left Pogo for Oporto yesterday.

The S. S. Lake Fragon was expected to begin loading supplies, at Montreal, yesterday for this port.

The S. S. Johnson, and the Dextma, with 790 and 400 qtls. of codfish respectively, have returned from Labrador to their home port, Cork, 26th.

MIDWAY IN LIFE

Men and women at forty stand at the portal of a crucial period. Strength must be kept up, the body well nourished. SCOTT'S EMULSION is the tonic of wonderful helpfulness to those in middle life. SCOTT'S nourishes and invigorates and helps the body keep up with the daily wear and tear on strength. Let Scott's help you robust!

But the will not keep

Saturday

Side by Ruth

DO YOU WA There is a certain class problem to me comes to me often that ev at the risk of failing to interest some of my readers I am going to say what I have to say about it and I trust, for all.

Here is a typical example of the problem in letter I recently received. "For years I have been able to turn my thoughts into rhyme (poetry) I do not call it for I don't know whether it is that or not). I began writing little verses to my friends on the birthday, toasts to be read at parties etc. I have heard a friend heartily give her sympathy over the verses I have written and seen little children laugh aloud over some verses about a little brown dog. Now I would like to earn some money to give away so I have wondered if I could do anything with the little verses. Where would you advise me to go to have them criticized, and where can I see them? Will you tell me in your paper?"

If You Do This Is For You. The letter was not signed and I laid it aside perforce unanswered. But I have had so many inquiries as to the possibility of publication for songs, poems, stories, short prose matter, etc., that it seemed to me a few words on this general subject might be of interest.

In the first place let me say that there are two or three excellent little magazines conducted solely in the interests of the writing trade. They tell me the latest news of market, someone rhymes to novels; they publish all sorts of helpful essays on writing; they announce every sort of prize contest; they conduct literary bureaus. No one who is interested in marketing literary work can afford to be without at least one of these magazines. It is not possible for me to name them here but I will be happy to send the name to anyone sending me a stamped addressed envelope for the purpose.

I'VE BEEN FOUNDING PAPEMENT ALL DAY FOR A JOB SO I CAN SOME COIN AND TA AT LEAST ONE OF THE WORLD'S SERIES GAMES. I'M ALL IN.