

Picture Post Cards Free,

The Lipton Agency This Week!

These are beautiful coloured views of Lipton's various estates and plantations in Ceylon (The Garden of the World), which very interestingly portray tea-picking and growing, and also the life of the natives of Ceylon. Of these we shall be delighted to give any customer a dozen different cards upon request while they last.

It is but natural that in the "Garden of the World" the BEST TEA in the World should be grown, and the best is "LIPTON'S." Pure Ceylon Tea containing an extremely small percentage of tannin, put up in Air Tight and Dust Proof Packets, at 32c. 44c. 52c. lb. Try the Tea that has delighted and cheered thousands of customers continuously for the past 18 years, that is Lipton's Red Packet Tea, at 44c. lb.

LIPTON'S COFFEE ESSENCE. Superior to all other makes a Delicious Cup of Coffee in a minute, only 15c. and 28c. bottle.

The word "LIPTON" means HIGH-CLASS GOODS at a LOW PRICE.

LIPTON'S PURE COCOA, equal to any costing half as much again, 1-lb. tins, 20c.; 1/2-lb. tins, 35c.; 1-lb. tins, 70c.

LIPTON'S CHOCOLATE POWDER, in 1/2-lb. packets, at 7c. and 10c. each, and also in 10c. tins.

LIPTON'S TABLE JELLIES are the perfection of a Table Jelly, all flavors, in 1 pint tablets, 10c. each.

LIPTON'S CONFECTIONERY has a name above every other make, and the price is very low. Then our Confectionery is always fresh, we have shipments every fortnight.

LIPTON'S ASSORTED CHOCOLATES, every Chocolate tin foiled, 1-lb. boxes, 35c. each; 1-lb. boxes, 60c. each, equal to any at 90c. lb.

LIPTON'S CELEBRATED CARAMELS, in 1/2-lb. and 1-lb. tins at 10c. and 20c. each.

LIPTON'S DELICIOUS WALNUT TOFFEE, in 1-lb. tins, at 20c. each.

LIPTON'S UNSURPASSABLE MILK CHOCOLATE, the best of all Milk Chocolates, at 8c. pkt.

Henry Blair,

AGENT FOR LIPTON, LTD.

"Alligator" Chewing Tobacco.

The constantly increasing demand for "Alligator" Mahogany Chewing Tobacco is the best test of its superior quality.

We have another shipment to-day ex "Rosalind," from New York and will be pleased to have your further orders.

"Alligator" is put up in 5-lb. caddies, 16 sticks to the pound.

F. McNAMARA, Queen Street, Wholesale Distributor.

BUSINESS AND PLEASURE COMBINED!

Why not embrace it, and get one of our

MOTOR BOATS or MOTOR ENGINES?

Indispensable to the FISHERMAN, PLANTER, CLERGYMAN, TOURIST, and PLEASURE-SEEKER.

Place your order now for next season's wants.

Angel Engineering and Supply Co., Ltd.

COTTONS AND WOOLENS.

Best and Cheapest Wholesale House in the City.

A complete stock of the newest American and English Goods, embracing **Percales, Shirtings, Calicoes, Misprints.** Also **Tweeds, Dress Goods, Top Shirts, Flannellettes, etc.,** and **Fleece-lined Underwear—special make.**

Please See Our Prices.

Cutport Orders will have special attention.

W. A. Slattery,

Duckworth Street,
3 Doors East Seamen's Home Building

When You Think

Of the pain which many women experience with every month it makes the gentleness and kindness always associated with womanhood seem to be almost a miracle. While in general no woman rebels against what she regards as a natural necessity there is no woman who would not gladly be free from this recurring period of pain.

Dr. Pierce's Favorite Prescription makes weak women strong and sick women well, and gives them freedom from pain. It establishes regularity, subdues inflammation, heals ulceration and cures female weakness.

Sick women are invited to consult Dr. Pierce by letter, free. All correspondence strictly private and sacredly confidential. Write without fear and without fee to World's Dispensary Medical Association, R. V. Pierce, M. D., President, Buffalo, N. Y.

If you want a book that tells all about women's diseases, and how to cure them at home, send 31 one-cent stamps to Dr. Pierce to pay cost of mailing only, and he will send you a free copy of his great thousand-page illustrated Common Sense Medical Adviser—revised, up-to-date edition, in paper covers. In handsome cloth-binding, 50 stamps.



The Evening Chit-Chat

By RUTH CAMERON



How strong and well you look, someone said to me a day or two ago.

It has been a tonic to me ever since.

I once heard of a man who was told by so many people that he looked very ill, that he finally was convinced that he must be ill, took to his bed and died.

I am not sufficiently a new thought-let to entirely credit that, but I do believe in the power of suggestion enough to think that it helps to be told you look well and does harm to be assured that you have the general appearance of having one foot in the grave.

People so seldom tell you how well you look. If you have been up late or overdoing or anything like that there is always someone to say, "What have you been doing to yourself?" or "You look terribly," or "You'd look better out or you'd be sick," but how seldom anyone says "How well you look."

Why not be original and reverse the process?

Why not say nothing at all on the subject of looks unless you can say something pleasant, but when you can say something pleasant, but when you can say something pleasant, never miss the chance.

Try it sometime.

Salute someone as I was saluted—"How strong and well you look."

You know it can't do any harm and you don't know how much good it may do.

Well, I shouldn't think the L's could afford a telephone. They live very simply and they dress almost shabbily. I should think Mrs. L. would rather have an occasional new suit than a telephone.

Hasn't that remark a familiar ring? I don't mean in substance but in spirit.

If you live with, or are an average woman, I'll wager it has. For rare indeed is the woman who doesn't occasionally find it incumbent upon her to criticize the way her neighbour spends her money.

And isn't it absurd?

If your neighbour, provided she pays her debts and does her duty towards her less fortunate fellow beings, chooses to spend her spare money for a yellow carpet bag or two or three tons of pickles, what is that to you?

And what right have you to say she is extravagant?

The only extravagance is in not getting as much pleasure or utility out of any sum of money as you could have by spending it at some other place or in some other way.

And how on earth are you to judge of what is pleasure or utility to your neighbour?

When I visited Vassar college not long ago I was deeply impressed by one thing and that was the custom of having the regular Sunday night Chapel preceded by an hour of twilight music.

The huge Chapel is left entirely in darkness. The girls drift quietly in from time to time. The latter service is compulsory, while this is not and yet practically all the girls attend it.

The music is always of the best, of course—produced by a skillful organist or a beautiful singer—and out of the twilight it comes with a doubled beauty.

"I like the silent Church before the service begins better than any preaching," Emerson said once.

I am sure he would have liked Vassar's Chapel in the music filled twilight even better than the silent Church.

I cannot imagine any more peace-bestowing service than this twilight music hour. I think it would appeal to many who do not enjoy formal services and I think every Church in the land would do well to adopt it.

"I like the silent Church before the service begins better than any preaching," Emerson said once.

Ruth Cameron

HOUSEHOLD NOTES.

If you desire to serve a baked fish whole, and have it stand upright on the platter, put a carrot inside the fish before cooking, and it will remain in position.

New shoes should be allowed to stand overnight in a pan in which just enough olive oil to cover the soles has been poured. They will last much longer and will never squeak.

When making lemonade one of the lemons may be peeled and run through meat chopper with a small piece of the peel. This will give the lemonade a delightfully piquant flavor.

When next cooking hominy, stir in a well-beaten egg just before serving. It will give the cereal a delicate yellow tinge, and the change in flavor will prove pleasing.

In making a shoe bag or laundry bag that is to hang flat against the door, use brass rings instead of loops for slipping over the nails. They will not pull out as the loops may.

A tasty salad made of cold boiled oyster plant, cut in pieces, pieces of cold boiled beets and sprays of cauliflower, dressed with oil and vinegar or with mayonnaise.

Embroidered table linens should never be folded when put away, but rolled in a long roll with tissue paper rolled up with it. This will save a great amount of pressing.

To take axle grease out of goods,

rub the spot with lard. Rub the goods in the hand as if washing. Let stay in three hours, and then wash out in cold water, using plenty of soap.

For toast to be served with poached eggs, cut out the centre of slices of bread with a round biscuit cutter; toast these rounds either in the oven or over the coals before buttering them.

It is an excellent plan to cut the stems of flowers with a sharp knife rather than scissors. Scissors compress the stems and close the tiny pores to the life-giving water.

Keep a bottle of coal oil on the shelf in the bath room, and make it a rule that each member of the family, when the bath is finished, shall wipe out the tub with an oiled rag.

When preparing fish for broiling, split it open down the back. After washing and drying on a cloth, rub the fish well with oil and flour. This prevents it slipping from the broiler.

Clear soup should be strained without forcing through a folded towel. laid on a cullender; otherwise particles of the egg used in clearing will be forced through and spoil the soup.

Rice should be thoroughly washed before cooking, as this cereal nowadays is often coated with a preparation to improve its appearance. It will cook better if it is soaked for 30 minutes.

Two Trains Swept Off Track by Avalanche.

Cars With Seventy Sleeping Passengers Were Hurlled to the Bottom of the Canyon, Three Hundred Feet Below -- 23 Known Dead and 25 Missing.

Everett, Wn., March 2.—As further details of the disaster that overwhelmed two Great Northern passenger trains when an avalanche swept the trains and a portion of the town of Wellington at the west part of the Cascado tunnel down the mountain side are received, the horror grows. Twenty-three lives are known to have been lost when the mass of snow, loose stones and uprooted trees hurled the cars containing seventy sleeping persons over the narrow ledge of the high line down to the bottom of the canyon, 200 feet below, and when the last reports were received, twenty-five more were missing. A score more or less seriously injured.

Trainmaster Blackburn, Everett; A. E. Longjoy, secretary to Supt. O'Neill; Louis Walker, Everett, cook on Supt. O'Neill's car, were killed. Seriously injured: J. D. Kurde, fireman. The two trains that were carried by the great wave of ice and snow were the west bound Spokane Limited, and the west bound Trans-continental Fast Mail. The latter carried no passengers. Most of the dead and injured are believed to have been passengers on the Spokane Express, forty of whom were on the train at the time of the disaster. Besides these, thirty workmen who had been engaged in the battle against the drifts that had been holding the two ill-fated trains imprisoned in the mountains since February 24 were sleeping in the day coaches. The avalanche rolled down the mountain at 4.20 a. m.

The two trains with their locomotives, four powerful electric motors, the depot and the water tank, were swept off the ledge and deposited in a twisted mass of wreckage at the foot of the mountain. The noise from the slide, which was a mile long, could be heard through the valley, and Superintendent O'Neill, who was directing the work of the night shift, marshalled his men and hurried to the rescue.

The first news of the disaster was brought by John Wentzell, of Washington. He staggered into Skyholm, 18 miles from Wellington, yesterday. "All wiped out" he cried, "nothing but smooth snow where the track stood and the trains were dumped into the canyon." He was so exhausted from his long flight against the snow that it was several hours before he could give a coherent story.

Owing to the previous slides, which have blocked the road and swept away portions of the track, the rescue trains can get no further than Scenic, whence the rescuers have to make their way on foot over the snow.

Big Fish Merger Planned in N.S.

Montreal, Feb. 21.—Following close upon the announcement that a number of the large Nova Scotia firms handling dried fish had decided to form a merger, the announcement is now made that the fish companies will be taken over by a Montreal syndicate headed by the National Securities Company, of Montreal. It is planned to take over the Whitman

interests who are the biggest fish dealers in the Province of Nova Scotia and who own the largest cold storage warehouse in Canada, at Canso, and to buy out the fresh fish business of the Atlantic Fish Co.

Options have been obtained on the two companies and also on a number of small companies in Yarmouth and elsewhere.

One Million.

At the office of the National Securities Company in the Board of Trade this morning it was said that the au-

thorized capital of the new company would be one million dollars, and it would aim to make the fresh fish business of Nova Scotia of national importance. The Bank of Montreal, which controls the Atlantic Fish Co. is said to be behind the scheme.

The financial organization of the merger is being looked after by the National Securities Company and Mr. A. H. Brittain, the representative of the Atlantic Fish Company, in Montreal, is attending to the business end of the scheme, having been the original promoter. The result of the formation of the new company will be the doing away with a lot of the fluctuations in the price of fish. It will also do away with price cutting among the firms at present controlling the business and it is said it will also result in moderate prices being paid at all seasons. The organization is as yet in its early stages, but has gone far enough to make it certain that the plan will be carried through. "We have on the Atlantic Coast the greatest fisheries of the world, if properly explored. What the fish business there requires is capital and organization," commented Mr. A. H. Brittain, confirming the reported merger of the fish companies.

Large Company.

He said a large company was being formed to operate the fresh and smoked fish business along the Atlantic coast. This company would mean the merging of about four of the present companies.

"The proposed company should be a great benefit to the fishermen of the coast, as their supplies of fish will be paid for in cash, giving them money to live upon."

"With a well organized company and lots of capital to operate with, it will enable the fresh fish from the Atlantic coast to be delivered to the consuming public in Canada at lower prices. Extensive improvements are to be made with ample cold storage facilities to enable the fishermen to secure bait at points on the coast; the Dominion government has been endeavoring to foster this business and the proposed company will be of great assistance in the matter."

The new company will not be a trust, as there will be plenty of active competition.

Tobacco and snuff yield far more Customs' revenue than any other substance paying duty on entrance to this country, and sugar comes next.

A Single Cup Correctly Brewed

Prove the merit and satisfaction there is in Postum. But it is often only half brewed and the result is often unjust condemnation.

There are no "grades" of Postum. Every package is the same. It is the steady boiling, for at least fifteen minutes after boiling begins, that gives a cup of Postum its fine, snappy flavour.

If your first cup of

POSTUM

Was not satisfactory, the fault was in the brewing—it must be boiled until it is dark and rich—don't attempt to make it as you would make coffee, but remember—

The longer Postum is boiled the better it is!

Well-made Postum served with good cream, has a flavour distinctly its own, and not unlike that of mild, high-grade Java coffee.

The best proof of the value of Postum is found in the clear brain and steady nerves which follow its use as the regular daily beverage in place of coffee or tea.

Postum—made of clean hard wheat (including the bran-coat with its "vital phosphates," grown in the grain)—quickly assists in rebuilding the worn-out body cells, because it contains these valuable elements in liquid form; in fact, it is a very palatable liquid food.

After all arguments, 10 days' trial proves

"There's a Reason" for Postum

Postum Cereal Co., Ltd., Battle Creek, Mich.

HAVE IT RIGHT. Have Your Beverages Made Good Enough to Win You.

The rule about not boiling coffee leads many persons to prepare Postum in the same way.

This is a mistake and, of course, is unfair to Postum. Have it just right and it has much the same flavour as the mild and high-priced Java coffee, but never causes the troubles that coffee does.

An Illinois man found out how to make Postum so it tasted as good to him as his old-time coffee. He writes:

"For years I could not breakfast without my cup of coffee."

"During this time I was troubled with palpitation of the heart, with smothering and nervous spells. The doctor told me to quit coffee, but I did not."

"Finally, one time, while visiting, I was given Postum for breakfast. I can't say I enjoyed it at first—they only guessed how to make it. But when we followed the directions on the package, we all agreed that 'Postum was fine.'"

"Then I began to enjoy my meals. Could take plenty of substantial food besides the Postum and felt good afterwards. My headaches were gone, and gradually I forgot I ever had heart trouble."

"I have told persons we remarked Postum at our house and they remarked they did not know how we could 'use the stuff.' They did not get at its goodness because it was not made right."

"A lady tried to give Postum to a lot of hired men but they would not take it. I tasted it as she made it and didn't wonder—it didn't taste like ours. Asked about it, she said she never had paid much attention to directions on the package."

"The next time I saw her she had learned how to make Postum right and said the men folks asked for the second cup. Follow directions and you'll have good Postum." Have it right!