"I Can Now Do My Work. Without Feeling Tired"

Mrs. A. Moffatt, Roxton Falls, Que., writes:



"I suffered from a run-down system and nervous debility. I could not sleep or rest at night, and felt so weak I could not

walk any distance. I took several tonics, but they only helped me while I was taking them. Mother advised me to take Dr. Chase's Nerve Food, and I felt great benefit from the first box, and continued taking several boxes. To-day I feel like a new woman, and

DR. CHASE'S NERVE FOOD

At all Dealers. GERALD S. DOYLE, DISTRIBUTOR

SIDE TALKS.

By Ruth Cameron.

A TERRIBLE EXTRAVAGANCE.



the way they use pose, that makes people more extravagant in the use of a charge

account than if they had to pay cash. And if the charge account didn't have to be paid up for 20 years or so, I suppose they might be even more

If one had difficulty in seeing one day because one had abused one's eyes the day before, one would probably be careful how one treated them

pay anything on our overdrawn ac-60 or 70, why should we think so

must always wear the glasses he has as you did at 17. given her for any close work. This is her reaction to that, "I wear them in my room sometimes, but never when anybody can see me. I hate glasses. Sometimes I have a little headache but most of the time I don't notice the

trouble if I didn't." should worry about that.

Outwitting the doctor, as it were.

Some day she will see things differ- Ryan. The affirmati young people who are reading this held and resulted as follows:doubtless think that is to be expected and that she should be resigned. Well, she isn't the least bit. She doesn't like the idea of blindness one bit better than you do. And the fact that she has her own carelessness in the use of her eyes when she was younger, her habit of working on dark things at night, of reading and sewing into the light instead of with the light coming over her left shoulder, does not make her any more resigned.

They Thought Me Queer. I went into a hospital once to select the room where I might spend some weeks after an operation. The room was pleasant except that the bed was placed so that one lay looking direct- tening at one side.

NEW GREEN CABBAGE.

LONG ISLAND CARROTS.

EXTRA FINE PARSNIPS.

FRESH TOMATOES.

VALENCIA ORANGES-30c. Dozen.

Extra Large SORRENTO LEMONS.

SMALL BEETS.

LOCAL CABBAGE.

principle. I sup- liv into the light. "If I took this room, turned around so that the light for reading would come from behind." Great surprise! They might do it, but

t always had been placed that way. Had no one ever asked to have it turned? I inquired. "Oh, no," they said. And yet presumably dozens of patients had occupied that hed and had, as one always does in such cir cumstances, spent hours in reading, Are You Guilty?

Reading with a high light instead of a low, shaded light, working at a desk that looks into the light, reading upwards lying flat on one's back-these are some of the forms of eye extravain the careless under 30 years, com-

count until we are 40 or 50, or even buked for eye extravagance, and she facture of fertilizer, county authormuch about it when we are 25 or 30? as I want them." Maybe they will and night fireman at the plant. Investigamaybe they won't, But don't forget tion is said to have disclosed that the A young girl whom I know has this, that if you are alive you will grinding machinery in the plant was been told by her occulist that she want them just as poignantly at 70

Gaelic League.

VERDICT FOR AFFIRMATIVE.

The members of the Gaelic League difference. I think doctors exaggerate held their first debate on Tuesday terribly. He told me I'd have a lot of night in the League club rooms. The subject for debate was: "RESOLVED If anyone should tell her that he that the study of the Gaelic language probably meant sometime later, she and customs will be beneficial to the would doubtless respond that she people of the Irish race in Newfoundland." The following speakers took And her air when speaking about it part:—Affirmative, D. J. O'Quinn, M. shows plainly that she thinks she is J. James, J. J. Fagan, and Mrs. M. being very clever and devil-may-care. Walsh; Negative, J. A. Gibbs, Thes. Kelly, J. J. St. John and Miss May ently. I know a woman of 74, who has substantial majority. Following the suffered some loss of sight. You debate the election of officers was

President-M. Breathnach. Vice-President-James A. Gibbs. Treasurer-D. J. O'Quinn. Asst. Treasurer-J. J. Fagan. Secretary-M. J. Power. Asst. Secretary-Miss L. Shortall. Guard-Leo Hickey. Director of Publicity-M. J. James

Director of Organization-Thomas Librarian-J. Targett. After several routine matters had been attended to the meeting adjourn-

camel's have a charning way of fas-

FRESH FRUIT, etc.

Received to-day (April 6) ex. S.S. Rosalind:

GRAPE FRUIT, Florin Fancy.

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IN STOCK:

VALENCIA ORANGES, Extra large-45c. Dozen.

C. P. EAGAN,

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Duckworth Street & Queen's Road

NESTLE'S EVAPORATED MILK-15c. Can.

CALIFORNIA PEARS.

NEW TIMOTHY HAY SEED.

HIGH GRADE SCRATCH FOOD

Favorite Poems

GOING ON AN ERRAND.

(For "Inquisitive.")
"A pound of tea at one-and three
And a pot of raspberry jam,
Two new-laid eggs, a dozen pegs,
And a pound of rashers of ham."

And then I'm sure not to forget, For if I chance to bring things wrong My mother gets in such a pet.

A nound of tea at one-and three. And a pot of raspberry jam, Two new-laid eggs, a dozen pegs, And a pound of rashers of ham"

There in the hay the children plays— They're having such jolly fun; I'll go there, too, that's what I'll do, As soon as my errands are done.

A pound of tea at one-and three, A pot of - er - new-laid jam, I'wo raspberry eggs, with a dozen pegs And a pound of rashers of ham."

There's Teddy White a-flying his kite. He thinks himself Grand, I declare; I'd like to try to fly it sky high, Than the old church spire,

pound of three and one at tea, A pot of new-laid jam. wo dozen eggs, some raspberry pegs, And a pound of rashers of ham."

ly into the light. "If I took this room," And run through my orders again—
I said, "I should have to have the bed I haven't forgot—no, ne'er a jot— It shows I'm pretty cute, that's plain,

> 'A pound of three at one and tea, A dozen of raspberry ham,
> A pot of eggs, with a dozen pegs,
> And a rasher of new-laid jam."

Man is Held on Mystery Death.

POLICE THINK DETROIT SUPT. WAS RUN THROUGH GRIND. ING MILL.

DETROIT, Mich., March 28 .- (Associated Press)-Acting on the story that Joseph A. Campbell, superingance that people, especially people tendent of a reduction company, who disappeared February 10, was slain and his body destroyed by running it I heard another young woman re- through machinery used in the manusaid: "Oh, I guess they'll last as long ities to-day detained George Reynolds, in operation from 11 p.m. until 5 a. m. on the night of February 10, contrary to custom.

> It is declared Campbell and Reynolds were alone in the plant that night and that no evidence can be bound that the superintendent ever left the place.

> > BUEN.
> >
> > The crime wave CRIME TO BUPN.



still keeps up its still keeps up its lick; the grim statistics make me sick. The o daily papers, all the time, produce red narratives of crime, andallthe morgues and all the jails are full of slain or slay-Mar. Hack ing males. And

as I go my humble way, the crime wave hits me every day. I'm often wave hits me every day. I'm often charged two bucks or more for meals that make my innards sore. Some restaurant hangs out a sign, and haply I go there to dine. The meat is tough and badly cooked, the fish was dead when it was hooked, the coffee's cold, of muddy hue, the piecrust tastes of liquid glue, and everything is stale and sour, there's nothing that I can devour. I dig two dollars from my rags, and sigh, "This crime wave never sags; it's up and coming all the time; some things wink out, but never crime." I travel much, through Suits of English homespun and time; some things wink out, but dales and dells, and sometimes stop at strange hotels, and often wonder where the host dug up the bed down which I coast. Just when I start to dream and snore I slide along and hit the floor; a circus actor might recline on such a bed, nor break his spine. When in the office I arrive and ask my bill, the host says, "Five!" Five smackers for a night of pain! The orime wave is on deck again!

3,000 Mile ash by Mountie in Arctic.

DAWTON, Y.T.,-(Canadian Press) -Three thousand miles over snow and ice is the remarkable mushing record with a dog team being made by Corporal Paisley of the Canadian Mounted Police, according to advices from Rampart House on Porcupine River in the Arctic.

Corporal Paisley, who is in charge of the Police post at Rampart, is still mushing and will complete the three thousand miles by the time snow disappears next month.

During the winter he made three round trips between Rampart and Fort Yukon, each totalling 500 miles, one trip to Lapierre House and several to Old Crow. He is now travelling across the Arctic Divide en route to ferschel Island where he will spend

Supplies in the Rampart House are reported exhausted and the game has all trekked to other parts. The natives are compelled to go through the winter on a rabbit diet. Fortunately

9 to 12 O'clock Specials!

Ladies' Gloves

Colors of Grey, White and Black 18c

London, New York & Paris

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9 to 12 O'clock Specials!

Camisoles, 45c Child's

Panty Dresses Ages 2 to 6 years, 88c

NEW ARRIVALS

Women and Misses

New Spring SUITS

New Long COAT SUITS

Handsomely made Suits of Poiret Twill in the loose and graceful 36 inch Coats, made on Box lines, in Plain and slightly braided-or embroidered. Colors of Greystone, Fawn, Cocoa, Navy, Black. Sizes for Misses, Women's

New Tweed Suits

Smartly tailored, of Beautiful Tweeds, in Plain Greys Mixtures-or Checks. Silk lined.

NewTwoPieceSuits

Tricotine and Poiret Twill, plain tailored Blouse and Russian Blouse styles. Plain, embroidered, trimming effects. Sizes for Misses, Women and Stout Sizes.

Women and Misses COATS

and

WRAPS

Beautiful Spring Coats in the latest Straight Line, Bloused and Wrappy effects. Many fasten at the side. Some have wide or narrow rows of embroidery on the sleeves and collar. Newest Spirng shades are to be had and most fashionable Spring Fabrics.

FINE VELOURS

NORMANDY BOLIVIA POIRET TWILL. SUEDINE TRICOTINE. esday nig

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Sport and

Everybody needs one of these Fine Coats for sport wearfor motoring—for general utility, and the time to buy is NOW, and at this Store the SAVINGS will be worth your while. Materials of

POLAIRES OVERPLAIDS CAMELAIRES. IMPORTED OVERPLAIDS TWEEDS CLOTH

New Spring HATS for Children's

Wonderful assortment of attractive New SPRING HATS for Children. All the New Spring materials and colors-styles suitable for Dress, Sport, or Tailored wear.

Children's Party

Magnificent range on Display. Ages 4 to 17 years.

SALE NEW SPRING

DRESSES

We are placing on Sale several hundred of the most stunning New SPRING DRESSES that even this Store-NOTED FOR ITS WONDERFUL DRESS VALUES-has ever offered right at the beginning of the Spring Season. And before this exceptional purchase is all gone, we advise you to come and choose your New Spring Dress and at the remarkably low prices now prevailing.

The new EGYPTIAN PRINTS, PAISLEYS, CANTON CREPE, BEADED GEORGETTES, FLAT CREPES, TWILLS, TAFFETTA. Of course the Newest Spring Styles are here-

New Spring

\$3.98 up to \$6.98

They come in Milan, Hemp, Timbo and Transparent Hair. Some are combined with Crepe and Taffetta. Then again, there are adorable Hats of Leghorn and Taffetta combinations as All adorned in a most bewitching way with gay Fruits and Flowers, dashing ribbon bows and cocades.

All the Newest Spring Colors.

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