

Doctor Tells How To Strengthen Eyesight 50 per cent In One Week's Time In Many Instances

A Free Prescription You Can Have
Filled and Use at Home.

Philadelphia, Pa. Do you wear glasses? Are you a victim of eye strain or other eye weakness? If so, you will be glad to know that according to Dr. Lewis there is real hope for you. Many whose eyes were failing as they had had their eyes restored through the principle of this wonderful free prescription. One man says, after trying it: "I was almost blind; could not see to read at all. Now I can read everything without any glasses and my eyes do not water any more. At night they would pain dreadfully; now they feel fine all the time. It was like a miracle to me." A lady who used it says: "The atmosphere seemed hazy with or without glasses, but after using this prescription for three days everything seems clear. I can even read fine print without glasses." It is believed that thousands who wear glasses can now discard them in a reasonable time and multitudes more will be able

to strengthen their eyes so as to be spared the trouble and expense of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefited by following the simple rules. Here is the prescription: Go to any active drug store and get a bottle of Don-Opto tablets. Drop one Don-Opto tablet in a fourth of a glass of water and allow to dissolve. With this liquid bathe the eyes two to four times daily. You should notice your eyes clear up perceptibly right from the start and inflammation will quickly disappear. If your eyes are bothering you, even a little, take steps to save them now before it is too late. Many hopelessly blind might have been saved if they had cared for their eyes in time.

Notes: Another prominent physician to whom the above advice was submitted, said: "Don-Opto is a very reliable remedy. Its constituent ingredients are well known to eminent eye specialists and widely accepted by them. The medicine guarantees it is stronger than 50 per cent in one week's time in many instances or return the money. It can be obtained from any good druggist and is one of the very best prescriptions I feel sure to be sent on hand for relief in almost every family."

Recruiting Party Leave

The following gentlemen left by this morning's train for Placentia where they will connect with the s.s. Fiona and proceed on a recruiting tour along the South West Coast. Going direct to Burgeo the party will cruise along the coast as far as Bay L'Argent calling at about forty places. The following is the party:—Mr. W. F. Bancroft, of Topsail; Mr. W. H. Cave, Supt. of Salvation Army Schools; Corporal Small, Private Gladney, D.C.M.; Royal Naval Reservist Deering and Private Hartery. Two more parties will shortly leave to cover the Coast from Garnish to Burin and the others will visit every town in the Placentia District.



Home Cure for Eczema.

You, who have suffered year in and year out with Eczema, here's good news for you. A simple antiseptic wash, the prescription of a famous skin specialist who has just given his secret to the world, is an absolutely reliable home remedy for all skin eruptions. It is called the D. D. D. Prescription for Eczema. If you are afflicted with skin disease—the kind that seems to baffle medical treatment, do not fail to investigate this wonderful new discovery which is now recommended by many of the best skin specialists, even in preference to their own prescriptions. A single bottle of D. D. D. Prescription will convince you that Eczema in all its forms, Psoriasis, Bad Leg, Ulcers, Scald, Ringworm, Sores and Itch of all kinds yield to D. D. D. and there is instant relief.

War Babies the Best.

Cambrian News:—The judge at a baby show in England has declared that the babies that have been born since the war are heavier, fatter and prettier than babies of the same age before the war. To this testimony an experienced nurse added facts of special interest to people devoting time and attention to infant welfare. "Every year," said the nurse, "we are getting more mothers to learn the lessons of healthy life, which means that fewer and fewer children are improperly fed. Improper feeding is a greater cause of infant mortality than inadequate feeding." The matter is of fundamental importance to the future life of the nation, for a nation, like an army, is judged by the inexorable law of existence, not by numbers, but by its effectiveness.

Indigestion Resulted From an Inactive Liver

The Bowels Became Constipated and With many people constipation becomes a habit. And it is a dangerous habit which is certain sooner or later to cause serious disease.

"Daily movement of the bowels" is the first and most important rule of health. When the liver becomes torpid the flow of bile into the intestines is stopped and the bowels become constipated. But you can readily overcome this condition by using Dr. Chase's Kidney-Liver Pills. There is no treatment obtained which so promptly awakens the activity of the liver and bowels and thereby corrects derangements of the digestive system.

Mrs. Herbert Doherty of Beaver Brook, Albert Co., N.B., writes: "I can truthfully say that Dr. Chase's Kidney-Liver Pills are a great medicine for constipation. I have suffered from constipation ever since I can

remember, but got to using Dr. Chase's Kidney-Liver Pills and was so benefited that I began to study this malady. I found that the indigestion resulted from a bad case of inactive liver, and as soon as I got the liver working right I didn't have any stomach trouble or indigestion. I cannot praise this medicine too highly, and would advise anyone suffering from indigestion or constipation to use Dr. Chase's Kidney-Liver Pills. My husband also claims that these pills have done him more good than any medicine he ever used. You are at liberty to use this letter." Dr. Chase's Kidney-Liver Pills positively relieve and cure torpid liver, constipation, biliousness, indigestion, headache and kidney disease. Put it to the test. One pill a dose, 25 cents a box, all dealers, or Edman-son, Bates & Co., Ltd., Toronto.

Veterans Given a Big Reception Last Night.

At 8.45 o'clock last night the incoming express with the returned soldiers reached the city. They were given a right royal reception by the Ladies' Reception Committee, the Acting Premier and a large gathering of citizens. A platoon from the Regiment under Lieut. M. Churchill acted as a guard of honour. Hon. J. R. Bennett in extending a hearty welcome to the men who had done their bit, regretted that they were not here on Wednesday to witness the monster demonstration which had taken place. During his remarks he made a strong plea for recruits for the Navy and called upon every young man eligible to enlist in the Royal Naval Reserve. By doing so he would be giving a very fitting answer to the German butchers. Three hearty cheers were given for the returned veterans, after which they were placed in sleighs and driven to Government House where they were entertained by His Excellency the Governor and Lady Davidson. Their names are:—Sergeant-Major H. R. Peckham, L. Corp. J. MacKay, Pte. R. Wray, J. Oliver, Pte. Wm. Murphy, Pte. H. Hicks, Pte. J. Hennessey, Pte. R. Francis, Pte. J. Parsons, Pte. M. Murphy, Pte. Wm. Brown, Pte. H. Sexton, Pte. A. Bowers, Pte. J. Good, Pte. W. Rose, Pte. J. Quinn, Pte. J. Hickey.

Wins High Prize

Miss Eleanor Mews Carries off the
Palm in College Oration Contest.

At the Oration Contest, Victoria College, Toronto, which is open to all students of every course, the prize was carried off by Miss Eleanor Mews, of St. John's, who was the Jubilee Scholar of 1913. This is an annual event of some importance and the result says a great deal for the ability which Miss Mews possesses. The contest was held in Alumni Hall of the College and the judges were Professor Ford, Dr. DeWitt and Dr. Browne. The subject chosen by Miss Mews was "What music means to us." When the judges were giving their decision Dr. DeWitt said that the effort of Miss Mews was veritably an oration, not an Essay; that she had something to communicate and was sincere.

Since attending Toronto University, Miss Mews has taken high place in her studies, being in the Honours Division in every subject. Besides her literary work she is taking singing at the Toronto Conservatory, which is in affiliation with the University, and Harmony and Counter-point from Mr. Healey Willan. Although the war has lessened the number of students at the University the attendance is still very large, comprising some thousands, who come from all countries. Miss Mews finishes her course this year.

St. Andrew's Smoker.

A largely attended, enjoyable and successful smoking concert was held at St. Andrew's Club Rooms last night. Mr. John Browning occupied the chair, and outlined the object of the entertainment. The programme then commenced, comprising songs and recitations, contributed by Sergt. Edwards, Private T. McGrath, Messrs. C. J. Fox, F. J. King, Damar, Mcintosh, Ross, Tucker and Hamlin. Each number was well received. The proceeds were for the Daughters of Empire, members of which served refreshments during the evening. Cigars were distributed after the concert and the rendition of Auld Lang Syne and the National Anthem brought the affair to a happy termination.

British Cruisers Sunk Gun Raider in Forty Minutes.

(By Charles P. Stewart, United Press Staff Correspondent.)

Buenos Ayres, Feb. 3.—Pernambuco despatches to-day quote a Belgian Consular clerk as declaring that the British cruisers Glasgow, Amethyst and Kent sunk the German raider in a forty minute naval engagement. The story is unconfirmed from other sources. According to the Pernambuco report, the three British cruisers laid a clever trap for the raider. Her whereabouts being rumored in a certain locality off the Brazilian coast, a British freight ship was used as a bait with which to draw the sea rover on. The warships kept just out of sight of the bait, which steamed slowly into the locality where the raider was supposed to be. The German sighted the freighter, ordered her to stop and formally took possession. By this time the freighter had wirelessed a coded message and within a short time the three powerful cruisers were within range of the raider. A running engagement ensued, according to the Belgian clerk. The cruiser Amethyst was greatly damaged in the fight, but the raider was sunk with her entire crew.

SUNLIGHT SOAP.



Reproduced from the original drawing
by Bert Thomas and S. E. Scott.

IN France you called this "Savon," Tommy, dear!
And the meaning of the word is very clear.
What saved the shirt you have on?
Why, good old Sunlight Savon.
It's the SAVON that you SAVE ON—Tommy, dear!

£1,000 GUARANTEE OF PURITY ON EVERY BAR.

The name Lever on Soap is a guarantee of Purity and Excellence.
LEVER BROTHERS LIMITED, PORT SUNLIGHT.

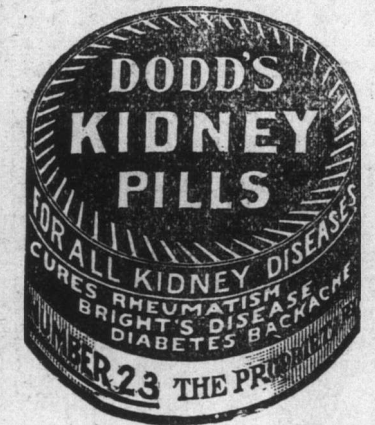
Island Made By Convicts

Where the Naval Gunners are Train-
ed.

(By John S. Margerison.)
Just a little way to the north of Portsmouth Harbor lies the Mecca of all sailors—Whale Island, termed by men who are trained there "The Gunners' School of the World."

When Portsmouth Dockyard was being extended the authorities were at a loss as to what should be done with the earth dug by the convict laborers out of the basins and locks. So, having nothing else to fall back on, they constructed a railway, and had all the shingle and sand taken across to where two mud banks showed just above the water at high tide, and, in the course of time, they built up an island.

There does not exist a finer school for the training of the Naval gunner than Whale Island. The staff of in-



structors retained there are amongst the finest gunnery experts in the whole world.

They take a class of men whose sole gunnery training up to now has been the handling of shells and cartridges for the guns of the ships in which they have served as ordinary seamen. When they have finished with them, some are expert shots and are allowed to take charge of any of the others are either highly efficient sightsitters, trainers, or breech-workers for turrets and other guns.

Every Kind of Gun.
The gunnery expert-to-be is first trained in the art of land fighting. He does the squad drill with and without arms. Then, having completed this phase, he learns all about the service revolver. The maxim gun and its little intricacies follows, and then comes field-gun drill.

There are eighteen men in a field-gun's crew, and before the week of instruction is finished every single man knows and can perform efficiently the duties of the whole eighteen. He can either take the part of the gunlayer or the breech-worker, or the trainer, or any of the fifteen other duties of the gun.

From here he goes to the West Battery, where guns of every size, kind and description are mounted simply and solely for the purpose of pulling them to pieces and finding out how they work.

Every gun is taken separately, and although six weeks is all the time allotted for the stripping and drill course, by the end of that period he knows all about the guns and their parts.

After this course is completed, the ammunition that is fired from all kinds of guns forms the subject of

the next portion of his course; shells of all sizes and descriptions become common every-day things, as do also the different sizes of cordite and weights of charges used in the scores of different patterns of ordnance that the Naval Service boasts. Primers and fuses, the way they work and the proper method of setting them—all come under his heading.

A Miniature Sea Battle.

In a special section a miniature sea battle is in progress all day long; splashes of white cotton wool show the fall of the shot, short or over the target. Ranges are calculated, adjustments made on sights and guns controlled as they will be in action.

Then comes the inevitable examination, where shore and sea gunnery is tested and, this passed, the would-be gunnery expert is taken out into the Channel in a cruiser, and is allowed to fire real shot out of real guns at a target. On this firing depends

whether the sailor shall be still more highly trained until he reaches the higher ratings, or go to sea as a sea-man-gunner—another name for a specialist turned out in the Gunners' School of the World—Whale Island.

THE FIRST PAIR.

Don't make any mistake this year. Let your first pair of rubber shoes be Bear Brand. Times are too hard for anyone to take chances of being out of work for two or three weeks with a cold which could have been avoided by getting satisfactory rubber shoes. The good old BEAR BRAND shoes, which are becoming more widely known every day, are being sold in St. John's by:

John Anderson.
W. B. Goobie.
Nicholls, Inkpen & Chafe, Ltd.
Royal Stores, Ltd.
F. Smallwood.
Steer Bros.
Jesse Whiteway.

Wholesale by
CLEVELAND RUBBER CO.,
New Martin Bldg.
nov11,w.s.t.f

Your Boys and Girls.

Children should be taught to use individual judgment from early infancy when he should be taught to choose certain paths of action for himself. If he is continually and absolutely forbidden to do this and that he is sometimes seriously handicapped later, because he does not know how to use his own reasoning faculties in making these choices.

On the other hand obedience is one of the most necessary lessons for children to learn. For the most part the mother can exert her control otherwise than by commands, and if she does so her authority when examined will have greater force and instant obedience will be more readily given.

Most of the naughtiness of infancy can be traced to physical causes. Babies who are fussy and restless are usually either uncomfortable in some way because they have not been properly fed and taken care of, are sick, or have been indulged too much.

HOUSEHOLD NOTES.

A cracked egg can be boiled if salt is rubbed into the crack before boiling the egg.

A great mistake in child feeding with many mothers is the undue use of starchy foods.

Fluting frons are a good investment for the woman who likes daintily finished garments.

GinPills FOR THE KIDNEYS WHAT THE KIDNEYS ARE RESPONSIBLE FOR

The function of the kidneys is to purify the blood. Every three minutes, the entire blood stream passes through the kidneys and is relieved of its impurities by these busy organs. When the kidneys fail in their work, poison accumulates in the blood—poison is felt in the back, the head aches, the urinary system is deranged, the joints and muscles are apt to swell and there is grave danger of rheumatism, sciatica, and lumbago.

Gin Pills restore the kidneys to their normal activity, and should be taken as soon as any of the symptoms indicated above are felt. Gin Pills soothe and heal the kidneys. Don't neglect kidney trouble—you will only suffer needlessly.

All druggists sell Gin Pills—50c. a box, or 6 boxes for \$2.50. A sample will be sent free upon request to

NATIONAL DRUG & CHEMICAL CO. OF CANADA, LIMITED
Toronto, Ont.

U. S. Address—McDru-Co. Inc.
202 Main St., Buffalo, N.Y.



AN ECONOMICAL LUNCH

Take a few Oxo Cubes and save the expense of lunching out. A cup of Oxo and a few biscuits, or a sandwich, make a light inexpensive meal which will keep you satisfied and clear-headed, until your next repast.

A cup of Oxo is always good. It can be made with an Oxo Cube and hot water with very little trouble. When you reach home after a hard day at the office, a cup of hot Oxo will do you ever so much good, and lessen the risk of a chill.

An Oxo Cube in a glass of hot milk makes a pleasant change

A Cube to a Cup

Tins of 4, 10, 50 and 100 Cubes.

