

"It's a Sad Heart
That Never Rejoiceth."

Annual Xmas Menu.

ELLIS & Co., Ltd.,

FAMILY GROCERS and WINE MERCHANTS,
203 Water Street.

Manhattan and Martini Cocktails.
Russian Caviare.
Fresh Oysters, Shrimps.
Lobsters in Aspic. Prawns in Aspic.
Hors D'Oeuvres.
Royans a la Bordelaise.
Fresh Salmon. Norwegian Anchovies. Fresh Cod.
Chicken Breasts.
Luxette. Norwegian Lax.
Aloutte and Caille au Perigord.
Real Turtle Meat and Real Turtle Extract.
Lusty's Choice Soups.
Partridge. Pheasants.
Red Currant Jelly.
Irish Hams. Irish Bacon.
Paysandu Ox Tongues. Ayrshire Bacon.
Turkeys. Cranberry Sauce.
Fresh Sausages. Scotch Beef Ham.
Chicken. Ducks.
Plain and Stuffed Olives.
Geese. Champignons.
French Truffles.
Sweet Potatoes. Brussels Sprouts. Cauliflowers.
Haricot Verts Extra.
Fresh Tomatoes. Eng. Garden Peas.
Peeled Asparagus and Tips.
Plum Pudding. Apple Pudding. Tart Fruits in Glass.
Mince Meat. Custard Powders.
Bartlett Pears. Pineapples.
Cherries in Creme de Menth.
Grape Fruit. Maraschino Cherries.
Fruit Salad in Glass. Pineapple in Maraschino.
Peaches and Pears in Brandy.
Purple and Green Grapes.
Dessert Apples. Bananas.
California Oranges. Tangerines.
Crystallized Asstd. Fruits. Compote of Fruit in Jelly.
Crystallized Cherries, Pears, Apricots, Greengages.
Canton Ginger. Imperial Fr. Plums.
French Plums. Tunis Dates.
Filled Turkish Figs. Filled Dates. Almond Paste.
Blanched, Salted and Jordan Almonds.
Naples Walnuts, Brazil Almonds and Hazel Nuts.
Stilton Cheese. Canadian Cheese.
English Cheddar Prize Cheese.
McLarren's Cheese. Ingersol Cheese. St. Ivel Cheese.
Mocha and Java Coffee. India, Ceylon Teas.

Wynne's

Lebrated Confectionery

WINES, SPIRITS and LIQUEURS.

Convido Port. Newman's Old Port.
Dry Sack Sherry. Don Carlos Sherry.
Madeira. Vintage Claret.
Moet & Chandon Champagne. 1904 and 1906.
Pommery & Greno. G. H. Munm Extra Dry.
Krug, Extra Quality Extra Dry.
Beaune. Pommard.
Sparkling Burgundy. Still Hocks and Moselles.
Russian Kummel. Cherry Brandy. Creme de Menth.
Orange Curacao. D. O. M. Benedictine.
Cherry Whisky. Blackberry Brandy.
Green and Yellow Chartreuse.
Italian and French Vermouth.
Anisette, Extra Dry. Absinthe.
Koosh Bitters. Angostura Bitters.
Sloe Gin—"Pedlar". Kirchenwasser.
Martell's & Hennessy's Brandies.
20 Year Old Liqueur Brandy.
20 Year Old Medicinal Brandy.
Ellis' Old Scotch Whisky.
E. C. Liqueur Whisky. Walker's Canadian Rye.
Johnnie Walker's Whisky—Black Label.
Plymouth, Old Tom, and London Dry Gin.
Schweppes Mineral Waters.
"Perrier", the Champagne of Table Waters.
Tennent's Lager Beer. Bass's Beers.

Cigars and Cigarettes.

"CALIXTO LOPEZ."

Havana Cigars. Flor Fina.
Panetelas Extra. Eminentes and Invincibles.
Regalia Reina Finn. Belvederes.

"La Sabrosa" Jamaica Cigars.

Governors—Conchas Especiales.
H. L. Savory's Egyptian, Turkish & Russian Cigarettes

A Merry Christmas to All!

Random Readings From the Reviews

THE BOREDOM OF MONOTONY.

A woman who is bored to death because she hasn't enough to do hasn't any excuse for living at all. She ought to be made to earn her bread by the sweat of her brow, and get some of the joy of life that comes from struggling against odds and overcoming them. This is what will happen to you if you continue being bored because you have not enough to do: You will get flabby of body and flabby of brain. We were made to use our strength and our ability until they grow with use. We are made to function. Whenever we do not, we have to live up. The body rebels against usefulness, first by this very discomfort of ennui, then by nervousness, then by deterioration. What you feel when you are not using all your abilities is the calling out of each cell for work to do, for a justification of its existence. It is a divine discontent. It is your abler self insisting on a chance to live.—Margaretta Tuttle, in The Girl's Own Paper and Woman's Magazine.

THE FOOD VALUE OF FRUIT.

Fruit of all kinds, when mature and fresh, is beneficial for healthful digestion, good quality of blood, and as a preventive of clogging of the liver, kidneys, and skin, and, last but not least, the brain. It is a mistake, however, to look on fruit as a source of nourishment; it should be looked on more as the lubricator which makes the machinery work harmoniously and without destructive friction. Some fruits may certainly be ranked as food, such as figs, dates, and perhaps bananas. Those in the tropics who live largely on the banana, we are told, develop considerable abdominal distention on account of the quantity taken. With the exception of the date and the fig, fruit should never be considered as a food. The taking of fruit often does good by lessening the amount of food taken. We are a generation of dyspeptics on account of excess of food, insufficient oxidation, and lack of proper supply of fruit and pure water.—W. Howard James, M.B., B.S., in Good Health.

KING GEORGE AND THE WAR.

In his private map-room in the heart of the Palace, a room to which only one or two private secretaries are ever admitted, His Majesty lives over again every moment of the fighting. He has no mean amount of military training and knowledge at his command, and with this and his maps, duly flagged almost from moment to moment as the news comes in, he can follow the course of the war with great closeness.—Agnes M. Miall, in The Sunday at Home.

THE SPIRIT OF SPORT AND THE WAR.

The real secret of the security of the British Empire is that we have acquired it not in the spirit of Hate, or the spirit of Conquest, or the spirit of Greed, but in the genial, good-natured spirit of sport, under which every man must play fair and under which every man gets his chance. I think one of the most severe charges you can make against a true-born Briton in any sphere of life or occupation is to tell him seriously that he is no sportsman; and it is because we have fought this war as sportsmen, in the true spirit of sport, that after it is over we shall command the respect not only of our Allies, but of our adversaries.—John Astley Cooper, in United Empire.

CHAPLAINS AT THE FRONT.

I have often talked to men in hospital about their chaplains at the front. Almost always they are spoken of favourably, and sometimes with delightful enthusiasm. But I cannot help noticing that it is not the spiritual work of the chaplains, earnest no doubt as it has been, which has made an impression upon the men among whom they worked. They praise their padre because he was a good sort, because he took a lead in organising concerts, because he was in the advanced trenches and showed no fear. In fact, he was a "thorough sportsman." "But I do wish—as he would wish—that I was told of his religious influence. One must allow, no doubt, for the men's reticence on such themes. And the spiritual work of the chaplains at the front must be extraordinarily difficult. Still, the bare fact remains that I have not often been able to trace its result. But I am content to hope that it must be there; the seed often ripens slowly.—Anthony Deane, in The Treasury.

THE PRUSSIAN GUARDS.

In the fights for Warsaw—each a battle of the first magnitude—the Prussian Guards took a prominent part, being included in those "divisions of death" that were hurled forward in dense masses by Hindenburg. Temporary victory or glorious failure has been their lot up to the present,

while from divisions they have dwindled to brigades—from brigades to regiments—from regiments to battalions. From March to August of last year their losses on the Eastern frontier alone amounted to 24,000 men. Yet we are not likely to have heard the last of them, and their remnants may yet be gathered together for a final stand before the fall of the Fatherland. Then perhaps he who has so ruthlessly sacrificed them may venture to play a soldier's part and, still with an eye upon the limelight, screw up his courage to do or die at the head of his "invincible" Guards. Perhaps!—W. E. Ineson, in Khaki.

INFANTILE PARALYSIS.

Infantile paralysis is an infectious disease, due to a definite and specific micro-organism or virus; recovery is accomplished by a process of immunisation which takes place during the acute period of the disease. The tendency of the disease is toward recovery, and it is chiefly or only because the paralysis in some instances involves those portions of the brain and spinal cord which control respiration or breathing and the heart's action that death results.—Simon Flexner, M.D., in Maclean's Magazine (Toronto).

GOING TO THE RACES IN ITALY.

All Neapolitans have a passion for horses, and the poorest will starve for a month if he can scrape together enough to put in an appearance on a racecourse. Some of the finest four-hands in Italy are owned by Neapolitans, and don't they just know how to drive them! Of all the queer sights, the Chials at Naples on the day of a race meeting is the most amusing. Splendid brakes and princely equipages flash past you in the brilliant sunshine, and behind and all around them in clouds of dust, cabs, dog-carts, donkey-carts, phaetons, omnibuses, and turnouts that have no name in the English language. Everybody must drive on the Chials that day, if he goes without his dinner for a week after. The quality of the vehicle or the species of quadruped that pulls it is of no importance, for both can be so smothered in flowers, bells, feathers, and paper decorations as to make the commonest wooden cart a thing of beauty and a joy for ever, and give the finest horse the appearance of a depressed cockatoo. In Naples I have often seen nine or ten people, who were to all appearances enjoying themselves amazingly, seated in a cart made to hold four, to which were harnessed two horses, a pony, a mule, and a cow!—The Badminton Magazine.

THE ONLY GOSPEL WITH POWER.

How was it that the Salvation Army first won the ear of the masses? It was because they put the Cross of Calvary in the forefront of their teaching, and even now one has only to listen at the street corner to one of the least instructed of their orators to discover that it is still Salvation through the Precious Blood which is at the heart and the core of their religious teaching. We plead most earnestly then for a sharp return to the old Gospel message during the National Mission. It is the only Gospel which can convert and save; it is the only Gospel with power.—The Churchman.

Several steamers, with German patronymics prior to commencement of the present war, changed their names; not so the British steamer Berlin, of Leith, and thereby hangs a tale: A seaman showing his discharge certificate from the vessel was met by this rejoinder, "I wouldn't serve in a ship which bore that name—wonder is she hasn't gone under." "That's where you make a big mistake, for last voyage out a German cruiser came alongside, noted the name, and steamed away without firing a shot."—The Nautical Magazine.

Thousands Are Ailing From Constipation

No condition causes so many diseases as constipation. It not only prevents proper kidney action, but causes Anaemia, Stomach Trouble and Indigestion.

Why not use Dr. Hamilton's Pills and get cured? This excellent medicine restores normal bowel action in one night; thousands say so. Just think of it! Your system will be pure and clean. You'll be free from headaches, sour stomach, biliousness—in short, you'll have jovial spirits and perfect good health. Get a 25c. box of Dr. Hamilton's Pills to-day. At all Dealers.

Everyday Etiquette.

"Should a girl allow a man to call more than once a week?" was Martha's question.

"If she finds his society agreeable there is no reason why she should not allow him the privilege of calling often," said her aunt.

THIS IS THE STORE WITH THE

Largest Stock of Xmas Goods

IN NEWFOUNDLAND.

The Christmas dinner is the event of the season and our stock of good things will help to make it a complete success.
Turkeys, Geese, Ducks, Chicken, Sausages, Ox Tongue.
Cul. Oranges, Grape Fruit, Pears, Apples, Bananas, Grapes, Lemons.
Walnuts, Brazil Nuts, Hazel Nuts, Peanuts, Chestnuts.
Figs, Dates, Crystallized Fruits, Table Raisins, Sultanias, Currants.
Cherries in Marisquin, Figs in Marisquin, Cherries in Creme de Menth.
Non-Alcoholic Wines—Sherry, Port, Black Currant, Ginger, etc.
McVitt & Price's Biscuits, Carr's, Huntley & Palmer's, Jacobs'.
Christmas Bon-Bons and Stockings in great variety.
Lovell & Covell's Chocolates and Caramels, 1/2, 1's, 2's, 3's, 4's and 5 lb boxes.
These Chocolates are absolutely the best in town; a splendid assortment.
Westminster Cigarettes, Turkish and Virginias, 10's, 25's, 50's and 100's.
Jamaica Cigars (Narima), pronounced by cigar smokers to be the best Jamaica Cigar imported, 25 and 50 in each box.

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TRAPNELL'S
Suggestions for Christmas.

Wrist Watches	Lornette Chains
Bracelet Watches	Neck Chains
Watch Chains	Charms
Watch Charms	Waldemar Chains
Gem Rings	Walking Sticks
Signet Rings	Fountain Pens
Pendants	Cigar Boxes
Chains	Shaving Glasses
Cuff Links	Photo Frames
Tie Pins	Cigarette Cases
Lingerie Pins	Purses
Hatpins	Manicure Pieces
Earrings	Hand Mirrors
Bracelets	Hair Brushes
Bangles	Ivoryd Toilet Pieces
Locketts	Tea Sets
Crosses	Coffee Sets
Rosaries	Cake Dishes
Tie Clips	Vases
Collar Buttons	Table Bells
Watch Fobs	Water Kettles
Watch Containers	Child's Cups
Eye-glass Chains	Rose Bowls

Numerous other things can be seen by a visit to
R. H. TRAPNELL'S.

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The very latest designs in:

Ladies' Lace Embroidered Collars, 25c. each.

Silk Knitted Scarfs, \$1.20.

Silk Blouses, \$2.50 and \$3.20.

Children's Teddy Bear Coats with Bonnet to match, \$3.90 and \$4.70.

Feather Hat Bands, 60c.

Xmas Cards, 25c. and 45c. box.

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