

for  
**Colds  
chapped hands  
and chilblains**

BEFORE a cold "settles" on you—use Mentholatum. Apply it to the nostrils, inside and out, rubbing gently. Congestion subsides and free breathing is soon restored.

**A HEALING CREAM**  
**Mentholatum**

quickly and gently relieves chapped skin, chilblains and other "little ills." It is antiseptic and healing.

Opal Pots at all chemists  
Wholesale

**B. MITCHELL & SON, LTD., 327 Water Street, St. John's.**

### Talks by Tiberius.

**THE SABBATH—"WORK VESRUS PLAY?"**

Now that summer is coming, the notion of holidays naturally arises. Holidays are like the atmosphere, a necessity of life. Let the worker be as he may, a rest and change are needed; just as the balance wheel of a clock is needed to regulate the mere of action and consequently, the wear and tear of life. The man who works with his brain is just as much entitled to the judgment of the Most High, expressed in those words: "In the sweat of thy face thou shalt eat bread," as the man who works with his hands. There are times when each needs the other, but they need not be separated. Some are needed to do brain work, some are needed to do hand work, some a man cannot do both, and it is hard to him who is compelled to do it. That is where the idea of coming in; in being compelled by a set of circumstances to do it. Work is an ill, it is a good; life would be unbearable if men did not have a definite task to do, some interest in the production of something which would contribute to the summum bonum of the human race. The Co-operative Society in the Old Country, England, has as its motto and the picture of a Bee-hive, with the words: "Under the Hive are the words: 'Labour and walk.' Labour, hard and necessary in life's good and evil. But labour without rest would be the worst kind of slavery, would detrimentally affect the worker if insisted upon. 'All work and no play makes Jack a dull boy.' It is splendidly brought out in the idea of work in relation to play vice versa in the following:

Therefore all kinds of hand work however, necessary for the maintenance of life, those old words: "In the sweat of thy face thou shalt eat bread," indicate that the inherent nature of it is one of calamity; and that

"Doth God exact day-labor, light denied?" I fondly ask. But patience prevent That murmur, soon replies, "God doth not need Either man's work or His own gifts." Who best Bear His mild yoke, they serve Him best. His State is kingly; Thousands at His bidding speed, And post o'er land and ocean without rest; They also serve who only stand and wait."

They also serve who only stand and wait, but standing and waiting is hard labour minus a motive.

**THE SABBATH REST.**

The labourer is justified in seeking a rest one day in seven. He is supported in his claim of that day by every canon of life, commerce, industry, or whatever man's relationship might be; he is also supported by one of the laws of the Decalogue. There can be no successful attempt to deprive him of that day. Physically, mentally and morally, he needs it. The only question which remains is: What is a day of rest? and how is he to get it? These are vital questions.

(a) What is a day of rest? Having already dealt with the idea of rest, I shall now content myself by giving the idea, particular application.

1. He does not necessarily rest who spends the greater part of Saturday night in frivolous pursuits, and then spends the greater part of the following day in bed, laying and loafing and sleeping, "while the church bells ring." There is no real rest where there is religious indifference, or exhaustion from silly practices.

2. He does not rest who saunters out miles and miles countryward, pretending to find God in nature. The song of the bird and the scent of the flower have no deep significance where there is no spiritual perception. God is visible only to the spiritual eye.

3. Nor does he rest who hurries to and fro in pursuit of pleasure. The speeding of the auto, the rumbling of the train, the fast life of the low-down place, these contribute only to nervous disorder, and mental agitation. There is no rest to the wicked.

4. Rest is a mental attitude and he only rests who has learned to repose in the sense of eternal security and eternal right. A Sunday well spent, brings a week of content.

(b) How is the labouring man to get the day of rest?

1. By legal enactment. Newfoundland cannot boast of one Sabbath Law. The Lord's Day Alliance has been making some kind of an effort during the past few years to get a law on our Statute Book similar to the Lord's Day Act of Canada. Lately we have heard nothing about it. Something should soon be done, however, for we now have a Premier who represented (with others,) the Lord's Day Alliance before the Methodist Conference, held at Carbonear last June. He is also a Past Grand Master of the Grand Lodge of Orange-men, which august body, at its last session, spoke loudly and voted boldly in favour of Sabbath observance.

2. The Roids ought to be made to recognize the day, and no trains should be allowed to start on that day; nor should there be any freight handling.

3. The Syrians and foreigners, in our midst, and the grab-all merchants who open on Sundays, ought to be made to shut up. They will not shut up unless they are compelled.

4. Finally, my brethren working-men, if you would retain the Lord's Day as a day of rest, faithfully and loyally observe the day yourselves. The land which is your native land, is at heart a Christian land. Churches are open morning, noon and night, where men of business and men of care, may meditate and worship, and where in the highest service, services sanctified to the highest of all, they and you and all of us, may find rest and strength and hope.

### Household Notes.

A good pie is a pineapple custard. Mackerel and salmon have great food value.

Save old tissue paper for polishing mirrors.

Flavor junket with coffee for a pleasant change.

Be sure that the baby's room has plenty of sun in it.

Be sure to have a quince tree or two in your garden.

Add milk alternately with the flour in cake mixing.

Never use soda in washing woollens. It shrinks them.

Include a generous portion of fruit in the daily menu.

Dry fresh grated lemon peel to use for cakes and puddings.

Prunes and carrots belong to every proper diet for a child.

Always serve oyster stew in hot bowls, so that it will keep hot.

Pepper grass and watercress make good "green" sandwiches.

Serve grated pineapple with cold cereal, sweetened to taste.

Use the drippings from the roasted meat when making hash.

Canned apricots can be frozen like any other fruit for dessert.

When making sweet sandwiches, see that the jelly or jam is firm.

When beating whites for cakes, use a flat dish and a wire whip.

The eggs being saved for hatching should be turned every day.

All the trimmings of fish should be saved for the soup-stock kettle.

Your cake will be lighter if you beat rather than stir the batter.

Coddled, steamed and baked, is a good main dish for a spring dinner.

In most English meat pies sage has much to do with the savouriness.

Leave stems about an inch long on beets, else the color will cook out.

Retain the full flavor of new potatoes by boiling them in their skins.

Salad plants should be planted in relays, so that there is always plenty.

Egg shells are invaluable for clarifying drippings and cleaning bottles.

Spiced gooseberries make a most delightful accompaniment to cold meat.

An attractive salad is seasoned crab flake in tomato or green pepper cases.

Butter fat is very important for growing children and for most other people.

### British Columbia Woman Speaks Plainly.

Her Message is to Everyman.

Those who have found relief are the people who "wait all sufferers to know what they gained from their experience."

Mrs. E. Walters, of Sevens, B.C., writes: "I was taking Gita Pills for the immediate relief given by these splendid Pills. Mrs. Walters says:—

"I advise people who have not used Gita Pills to try them. I have been troubled for years with weak kidneys, and one box of Gita Pills cured me. I recommend them as an absolute and reliable cure."

Derangement of kidneys or bladder is so very serious that, at the first sign of pain in side or back, treatment with Gita Pills should begin. The duty of the kidneys is to cleanse the blood. If weak or inactive, uric acid and other poisons and waste are carried to the joints and muscles, causing inflammation, rheumatism, sciatica, neuralgia, headache, constant headaches, dizziness, floating specks before the eyes, gravel or stone in the bladder, general debility and lassitude. If you have any of these symptoms, get Gita Pills at once. Free sample on request. At druggists or dealers, 50c a box. Money refunded if not relieved.

The National Drug & Chemical Co. of Canada, Limited, Toronto, United States Address, Na-Dru-Co., Inc., 302 Main St., Buffalo, N.Y. 253

### Has Tried Them, Has Faith in Them.

**ERNEST SMITH TALKS OF DODD'S KIDNEY PILLS.**

Quebec Man, Grateful for the Benefit He Has Received, Pays Tribute to Dodd's Kidney Pills.

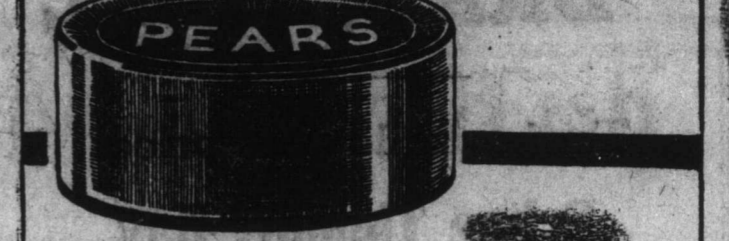
Grand Falls, West Que., April 30—(Special).—Mr. Ernest Smith, a highly respected resident here, is one of the many who have abiding faith in Dodd's Kidney Pills as a remedy for sick kidneys.

"I suffered from my kidneys," Mr. Smith says, "and I read that Dodd's Kidney Pills were good, so I tried them. They have helped me so much that I will continue to use them when my kidneys trouble me."

The kidneys require constant attention if good health is to be maintained and serious disease ward off. The kidneys perform a most important work in the human system. They strain all the impurities, all the acids of disease, out of the blood. When they are weak and unable to do their work the system clogs and sickness is the inevitable result.

Ask your neighbors if Dodd's Kidney Pills are not the best remedy for weak, disordered or diseased kidneys.

### Nature's Greatest Washers



The sea washes the world—Pears' Soap washes its inhabitants!

For over a century, Pears' has been making its way round the world. Ask for it in your local store; it is there! From the Cape to Cairo, in the bazaars of India, throughout Australia, Canada, the U.S., and South America Pears' has made its way with civilization,—on merits!

Pears' Soap is transparent because it is pure; it is the most economical soap because it wears but does not waste. It cleanses and purifies the skin and freshens up body and mind.



is not heavily scented. Its delicate perfume comes from pure natural ingredients; the difference is important,—it means again that Pears' soap is pure.



Never be without Bovril. You are sure of being nourished if you take Bovril.

**BY APPOINTMENT**

**Take this Power in your hand.**

Pick up any Bovril bottle from the store counter, and let it rest on the palm of your hand. Then picture to yourself another bottle ten to twenty times as big.

That larger bottle would correspond to the proven Body-building Power of the Bovril actually in your hand.

**BOVRIL**

Independent scientific experiments have conclusively proved that the Body-building Power of Bovril is from 10 to 20 times the amount of Bovril taken.

### Wedding Bells.

A very quiet wedding took place at the Church of England Cathedral on Thursday, April 29th at 7 p.m., by the Rev. J. Brinton, when Miss Ellen Morris, daughter of the late Captain Stephen and Mrs. Morris, was united in Holy Matrimony to Captain John Gilliam of Channel. The bride was given away by her nephew, Mr. Herbert Crossman and attended by Mrs. Crossman as matron of honour. A reception was held at the residence of Mr. and Mrs. Crossman, Power St. Captain and Mrs. Gilliam remain in the city for a short time before proceeding to their future home at Channel.

### Promising Athletic Season.

This season promises to see more Athletic Associations in the field of sport than since 1914. The C.L.B., C.E.L., Star, B.I.S., St. Andrew's, and C.C.G. have already begun practice. It is likely that all these clubs will enter crews for the Regatta. Messrs. Duggan and Jackman, who were in Florence during the past week making arrangements for an outing to be held by the C.C.G. Old Comrades, returned to town by yesterday's train. Most of the clubs will hold outings during the season.

### AWARDED CERTIFICATES.

Messrs. C. E. Pope and M. G. Dalton have been granted certificates of competency, they having passed very successful examinations, as Master and Mate respectively, in the Mercantile Marine.

### GENUINE ASPIRIN HAS "BAYER CROSS"

Tablets without "Bayer Cross" are not Aspirin at all

Get genuine "Bayer Tablets of Aspirin" in a "Bayer" package, plainly marked with the safety "Bayer Cross."

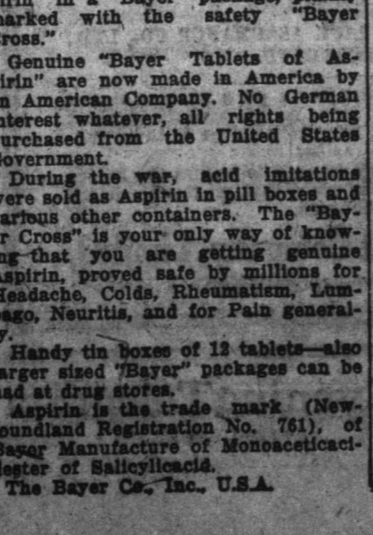
Genuine "Bayer Tablets of Aspirin" are now made in America by an American Company. No German interest whatever, all rights being purchased from the United States Government.

During the war, acid imitations were sold as Aspirin in pill boxes and various other containers. The "Bayer Cross" is your only way of knowing that you are getting genuine Aspirin, proved safe by millions for Headache, Colds, Rheumatism, Lumbago, Neuritis, and for Pain generally.

Handy tin boxes of 12 tablets—also larger sized "Bayer" packages can be had at drug stores.

Aspirin is the Trade Mark (Newfoundland Registration No. 761), of Bayer Manufacture of Monoacetic Acid, at Salicylic Acid.

The Bayer Co., Inc. U.S.A.



### Handy Manufacturing & Supply Co.,

86 LABELLE BLDG., WINDSOR, ONT.

### New Goods

SWEATERS, Silkenwool, 24 to 30 inch, \$4.20 each.

MIDDY BLOUSES, Coat style, 8 to 16 years, \$2.70 to \$2.90 each.

DRESS SKIRTS, nice check material, 24 to 30 inch waist, \$4.50 each.

SPORT STOCKINGS, \$1.05 pair up.

**SMITH'S Dry Goods Store**  
RAWLINS' CROSS.

### Suppose your property is destroyed by fire to-morrow, are you prepared to meet the loss? If not, why not let the

### ACADIA FIRE INSURANCE CO.

take the risk for a small remuneration?

**BAIRD & CO., Agents.**  
apr 23, 11

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