

# Mattresses. High-grade-Hygienic.

Do you care what's inside your mattress? Would you knowingly buy a mattress filled with the cheapest of flock and excelsior improperly cleaned? In our store no such mattresses find room, nothing but first-class fillings, thoroughly cleaned and carefully sterilized by cold air processes are used in our mattresses.

We have all sizes and grades of mattresses in stock right now, all thoroughly hygienic, and recommended to give good wear and solid bed-time comfort.

U. S. Picture & Portrait Co., St. John's.

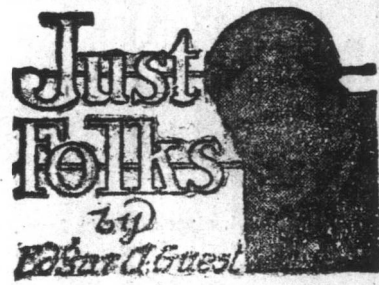
# Harris & Elliott, Ltd.

OFFER

## Floor Coverings 2 YARDS WIDE.

CHOICE PATTERNS.

Wholesale Only.



YOUTH.

Let 'em romp, an' let 'em race. Let 'em tear around the place. Better that an' all the care Than the silent dwellings where Old folks sit life's last years out With no little ones about. Time will stop 'em soon enough.

### "Flies in Father's Pants"

A Canadian millionaire had set his mind on his daughter marrying into the nobility. However, the young woman had other views, and had set her mind on her father's butler.

One day, having announced her decision to elope, she was locked in her bedroom; but the key was dropped on the lawn and discovered by the butler, who promptly released his lady-love.

"Now," he said, "we will turn the tables on your father," and advised the girl to don a pair of her father's trousers, etc., and escape in disguise.

The following morning the Canadian papers came out with an enormous headline referring to the elopement as follows: "Flies in Father's Pants."

CAR OWNERS.—Send your Tires and Tubes to J. McKINLAY'S to be repaired and get work that is guaranteed and will give satisfaction. First come, first served.—mar26,1m

### Why Our Teeth Chatter.

The little muscles which close the jaw are acted upon by the cold in such a way that they pull the jaw up and then let it fall by its own weight.

This, repeated many times, causes the teeth to click together and produce what we know as "chattering."

We think of it in connection with our teeth because it is the teeth which make the sound, but the cause lies in the muscles which we use in chewing or in opening our mouth when we speak.

The chattering occurs in spite of the will or brain. We have little control over it, and can stop it only by clenching the teeth. It is really a mild variety of spasm caused by the cold, which acts on the jaw muscles in much the same way that some poisons produce muscular spasms, which cannot be controlled.

MINARD'S LINIMENT BELIEVES DISTEMPER.

# Side Talks by Ruth Cameron

THE JOY OF LITTLE GIFTS.



RUTH CAMERON

How many ways are there of expressing yourself in giving? There are some people to whom the word "giving" suggests nothing except formal gifts, presents bought for Christmas or birthdays or weddings.

And there are other people who love to give in little ways.

For instance I have a friend who seldom writes to me without slipping into the letter a dainty little card on which some beautiful thought is printed. I have an idea that she keeps a stock of these little cards and does the same for all her close friends. Is not a beautiful thought exquisitely expressed by a master in the art of expression a gift worth giving?

Are You That Kind of an Uncle? I used to have a dear old uncle who never came to the house without having a bag of peppermints in his overcoat pocket. How we children did use to love to rummage for those peppermints. A very small gift but such a jolly one!

And then there was another friend of my mother's who used to contrive to bring some tiny gift to us children almost every time she came. Seldom anything of more value than five cents, a couple of gay paper napkins she had saved from a banquet, a

### Rather Die Than See a Doctor.

One of the reasons the Turks used to be such good soldiers was because contempt for life is the essence of the faith for which they fought.

"Divinely calm" are words that have been employed to describe the profound and complete resignation to "the will of the Allah," which fatalism is an integral part of the Mohammedan faith.

The pious Mohammedan has ever present in his mind the end of earth and the beginning of life beyond. The Turk is said to consider himself as an individual camped in this world, as his nation has so long been camped in Europe. And he considers the joys of life only shadows in comparison with the everlasting delights which await him in paradise.

In the Koran is found the idea that on the brow of every human being are inscribed invisible characters, which decree the events of his life and his "appointed time." The first is termed "Kismet," the second "Fatej." From this belief springs unquestioned submission to the decrees of fate.

Death is considered by Moslems terrible only in the abstract and when viewed from a distance. In polite society it is never mentioned save under some poetical name. "Cup-bearer of the Sphere" is one of the more common phrases. And never is it mentioned except when preceded by the words "Far be it from you."

Such a view of life and death causes the common Turk to regard medicine and doctors with little respect. For, according to his belief, if he has heard the call "Return" he will die, doctor or no doctor. And if the appointed time has not yet arrived he will recover, so why be troubled with a "charmer" or his bill?

Thus it sometimes happens that when a more enlightened Turk strives to induce a dearly loved relative to call in a physician he is met with argument. Over and over again

# SHE HAD LOST HEART SAYS MRS. FREMEAULT.

Well Known Montreal Woman Had Been Going Down Hill For Over a Year—Tanlac Restores Her To Perfect Health.

"Tanlac has certainly made a well and happy woman of me," said Mrs. Alice Fremault, 564 Rivard St., Montreal, P.Q. Mrs. Fremault is in charge of the Industrial Relations Department of the Dominion Rubber System Company.

"For more than a year," explained Mrs. Fremault, "I suffered so from indigestion that I actually dreaded to go to the table. Frequently the very sight of food turned me sick at the stomach. I had no appetite and became so weak and thin it was alarming. My nerves were all upset and the least unexpected noise would almost get me wild. My liver and kidneys were all out of order and I suffered a great deal from pains in the back. I had very little energy and

just had to force myself to go to my work. In spite of everything I could do, I grew weaker and weaker until I lost heart completely. "But I heard so many good things about Tanlac I began taking it and my improvement was immediate. My stomach, liver and kidneys are now in splendid condition and I feel better than I have for years. I have gained ten pounds in weight, am all over my nervousness and despondent feelings and have new strength and energy, so that it is easy for me to do my work. I will always bless the day I got Tanlac."

Tanlac is sold in St. John's by M. Connors; in Paradise, by Mrs. Martin F. Byrne; in Upper Gullies, by Heber Andrews; in Portland, by H. C. Haines; in St. Joseph, Salmonier, by Mrs. J. Gushie; in Marystown, by Exploits Valley Royal Stores, Ltd.; in Flat Islands, by William Samsen; in Jamestown, by Christopher Haines, and in Lewisporte by Uriah Freake.—adv.

is repeated the belief expressed in the preceding paragraphs. The text of the Koran is quoted and expanded on, and so the contest of wits goes on and on. Rather would an old Turk die than call upon a doctor.

"Why should I try to cheat my appointed hours?" he cries.



IT WAS A COUGH THAT CARRIED HIM OFF. IT WAS A COUGH THEY CARRIED HIM OFF BY.

True to name—it's tasteless. That's one reason why people stick to Brick's.

Before Brick's Tasteless Extract of Cod Liver was perfected, people took cod liver oil under strong protest. Lemon juice, coffee, vinegar, wine—all were powerless to eliminate that nauseating oily taste. But now even the children do not know they are taking cod liver oil when they are given a dose of

BRICK'S TASTELESS EXTRACT OF COD LIVER. Right now, with the streets piled high with snow and deep slush under foot, people need Brick's Extract of Cod Liver to build up the system and strengthen the natural powers of resistance against attacks of Coughs, Colds, Grippe, Influenza, Pneumonia, etc.

All your friends and customers that, if they want to know the luxury of real, robust health this spring, they should take Brick's Extract of Cod Liver regularly.

DR. F. STAFFORD & SON, GEO. KNOWLING, Theatre Hill, Water St. & Duckworth St. JAS. WISEMAN, Top Carter's Hill. Price \$1.00 bot.; postage 20c. extra.

### Slightly Mixed.

"Monsieur requires—" asked the French waiter, vainly endeavouring to induce his stubborn customer to speak English.

"Voulez-vous," began the customer for the twentieth time, while the waiter's head swam.

At last a tourist opposite looked up from his Anglo-French pocket dictionary.

"If I may assist you, sir—" But the customer, swelling with importance, waved him haughtily aside. "Kindly allow me to use my own French," he snapped.

"By all means," answered the tourist, blandly. "But I wish to point out that you are asking for a staircase, when all you require is a spoon."

### A Big Game Drive.

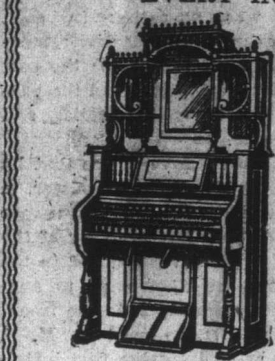
An extraordinary amount of game has been exterminated in Zululand as a result of the great drive carried out at the request of the Government with the object of striking at the devastating disease known as Nagana, which has played havoc with stock all over the country. Men from all parts of Natal took part in the expedition, the number of guns being estimated at 700. Men of the young farmer type predominated, but there was a rich sprinkling of the "old hands," and all were thoroughly equipped. The drive created a volume of protest, the S.P.C.A. and other bodies putting forward strong objections, all of which, however, were overruled.—Nairobi Farmers' Journal.

Save money by buying your Hood Dressing, Seat Dressing and Paint for your car from J. McKINLAY, Lime Street. mar26,1m

### How Animals Sleep.

Elephants sleep standing up. When in a herd a certain number will always stand watch while the others sleep. For the big powerful bears are timid and cautious at night and will not go to sleep unguarded. Bats sleep head downwards, hanging by their hind claws. Birds, with few exceptions, sleep with their heads turned tailward, the beak thrust beneath the wing. Storks, gulls and other long-legged birds sleep standing on one leg. Ducks sleep on open water. To avoid drifting ashore, they keep paddling with one foot, thus making them move in a circle. Foxes and wolves sleep curled up, their noses and the soles of their feet close together and blanketed by their bushy tails. Lions, tigers and cat animals stretch themselves out flat upon the side. Their muscles twitch and throb, indicating that they are light and restless sleepers. Owls, in addition to their eyelids, have screens that they draw sideways across their eyes to shut out the light, for they sleep in the daytime.

# Penman's Rebuilt Organs EVERY INSTRUMENT GUARANTEED.



Our Catalogue gives the opinions of some of our best musicians and will convince you we can save you money. It is yours for the asking.

MUSICIANS' SUPPLY CO., ROYAL STORES FURNITURE, DUCKWORTH STREET. jan26,ed,t

An old stove is wasteful, and no longer does its duty. It is false economy to keep it with coal so high, more especially when we are offering scores of our brand new

# Cooking Stoves and Ranges

AT DISCOUNT OF 25 per cent. (ONE QUARTER OFF). Now is the time to secure a real BARGAIN.

JOHN CLOUSTON, 140-2 Duckworth Street, P. O. Box 1243. Phone 406. feb10,ed,t

# Reid-Newfoundland Company, Limited.

IN STOCK: Asbestos Rolled Board Packing, high grade. Belting, Bushes for pipe, Bolts; Blocks, Galvanized; Brick, Fire; Cement for rubber, Cocks, Brass; Cups, Oil and Grease; Couplings, Coils, Dies, Drills, Dividers, Deck Lights, Dressing for belting, Expanders, Elbows, Brass, Iron & Galv'd; Emery Cloth, Engines, Fibre, Files, Fasteners for belting, Furnaces for plumbers, Gauges, Greases, Graphite, Gaskets, Glasses for deck lights, Hammers, Engineer's, Sledge; Hack Saws, Hinges, Galvanized; Irons, Caulking; Injectors, Indicators, Speed; Injector Parts; Jack Screws, Jolting; Jaws for Sillson Wrenches; Knead-It for cleaning metals; Lacing, Rawhide and steel; Lubricators, Links, Leathers for Pumps; Mandrels, Metal Pins, assorted sizes and weights; Nipples, Nuts for bolts, Nuts for pipe, Nuts for pumps, Nozzles, Hose; Oils, Kerosene, Lubricating, Gasoline; Ollers; Packings, Water and Steam; Pipe, Iron and Galvanized; Pumps, Peavies; Queries promptly attended to. Reducing Couplings, Rubbers for Valves, Roller Bearings, Saws, Circular and Cross Cut; Screws, Wood and Lag; Saw Bits, Tees, Brass, Iron and Galvanized; Taps, bolt and pipe; Tube Brushes; Unions, Brass, Iron and Galvanized; Dart, Common and Flange; Valves, all kinds; Vises, Bench and Pipe; Vibrators, Wrenches, Stillson; Coes, Spanners, adjustable; Washers. Y-Pipe No. 428. Y-P. O. Box 944. Z-REID NEWFOUNDLAND COMPANY, LIMITED, Water St. Stores' department. mar5,12,18,25,31

Close-leaved vegetables, such as cabbage and cauliflower, should be soaked in salted water for twenty minutes before cooking. Boots for Boys and Girls PER CENT. OFF at SMAY WOOD'S Big Shoe Sale. mar28,t

# MUTT AND JEFF—THERE ARE TIMES WHEN CIRCUMSTANTIAL EVIDENCE IS PRETTY STRONG.



# Coffee is a curse.

In many ways coffee is the most pernicious of the five Central American crops, figured prominently in the recently published report of the Senate Foreign Relations Committee that the forced labor system in the West Indies and Central America is the most oppressive and inhumane in the world. It is a blessing to Guatemala in which it is brought much into vogue and has made the planting class exceedingly prosperous.

The plateau country of the apparently could be made to wheat, flour is imported. If other food products produced are also brought outside, could be grown in large quantities. The other part of the republic, in the east of the old Spanish vice-royalty, is a fertile land and the raising of coffee and the growing of all tropical, and temperate zone products, are all industries that have been developed.

production of bananas. American enterprise has in years built up a beautiful banana industry along the coast, in a region formerly considered worthless. The value of bananas exported now is only a fraction of what it was in the early days of the industry. Guatemala has an ocean to ocean railroad to two transatlantic highways in America, the growth, and the fact that the population of Guatemala was larger than that of the other four Central American countries when the Spaniards came is a noticeable effect on the institutions. The American federalists are wide-

of the Indian population (though legally free, usually in debt to the owners great coffee plantations, and they escape, the cost of their labor being added to their

alternative for the more of the Indians who work under conditions that are another or to be impressed into the wages received by the rural laborers are not equivalent to a few cents a day in the United States. The protective immunity given in 1920 has been described in art to the relatively large army of the country. The use of illiteracy has been a blot on the conditions, but the elections are held, and as long as the present system is in has seldom had any effective effect. Guatemala has an area of 48,290 miles, slightly larger than that of New York. It has a population of about 1,000,000, is approximately 10 per cent. of the population of Central

part of the population of Guatemala is of Indian descent, the remainder being of European descent. In Guatemala there are no neighboring nations, in which the majority of the population is of mixed blood, and in which the Indians were exterminated.

# Pawnbroker's Sign.

By Bud Fish. The Middle Ages in the Lombardy region of Italy, the pawnbroker's sign was a practice of lending a interest. The sign was the first to turn a practice profession. years before, towards the end of the 14th century, a commander of a mercenary band, who had killed the Duke of Burgundy, had three balls attached to it in order that it might be effective weapons. For this the military of the day adopted three balls, which were the device on their coats of arms. The appearance of the sign came to be recognized as a synonym for money-lending. Generally, the name of the pawnbroker has been further extended with the word "money" to the skill of the pawnbroker in the art of the sign. weigh yourself today you will find you are worth more than you think you are. Then weigh yourself again in two weeks later and you will find you are worth more than you think you are. jan27,t