

Pure Ceylon Tea,

Direct from the Gardens at
HENRY BLAIR'S.

Sunny Peak Ceylon Broken Orange Pekoe Tea, a delicious and precious beverage, only

50c. per lb.

Put up in 1 lb. Sealed Packages.

Mount View Finest Broken Orange Pekoe Tea, pure, fragrant, delicious flavour; best value in town, only

65c. per lb.

Put up in 1 lb. Sealed Packages.

Direct from the Hill Tea Gardens of Sunny Ceylon, where the

BEST TEA is grown.

HENRY BLAIR.

CEREALS

Cream of Wheat.
Force.
Grape-Nuts.
Quaker Oats.
Cornflakes.
Cornmeal (package).
Puffed Rice.
Oatmeal (Scotch).

PURITY MILK

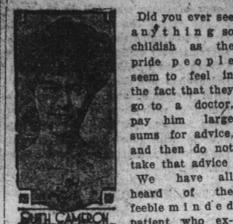
BRAN, pks, KRUMBLES,
25c. 15c. pk.

Blue Ribbon Peaches, 11 oz. pks., 26c. pk.	Glace Cherries, Shelled Walnuts, Strawberries (lms), Sliced Peaches, Knox Gelatine, Peanut Butter, Arline Honey.	Sunmaid Seeded Raisins, 15 oz. pks., 29c. pk.
--	--	---

BOWRING BROTHERS, Ltd.,
Grocery.

Side Talks by Ruth Cameron

OUTWITTING THE DOCTOR!



Did you ever see anything so childish as the pride people seem to feel in the fact that they go to a doctor, pay him large sums for advice, and then do not take that advice? We have all heard of the feeble minded patient who exulted because he had managed to fool the doctor about having taken his pills and had them all hidden in a pocket.

How many of us there are who put ourselves in a similar class by the way we treat the doctor's advice!

Here is an example: A woman whom I know has perfectly fearful headaches. They last sometimes several days and (according to her statement) drive her almost crazy with the pain.

She Thought That Was Clever.

We were talking about headaches one day and someone asked her why she didn't have her eyes examined. "Oh, I did have, years ago," she said.

"And there wasn't anything wrong with them?"

"Oh, yes," she said, "a stigmatism. The doctor gave me some glasses for it."

She laughed. "I detest glasses and they made me so nervous I couldn't stand them."

One could tell by her manner she

thought there was something awfully bright and amusing about her remark.

The doctor's examination cost her \$10 and the glasses \$8 more. Whenever she has a headache she has to leave some of her work for others to do.

She may be fool enough to be willing to stand the pain rather than try every way of finding what causes the trouble, but she certainly has no right to cause as much inconvenience to others.

Proud of Her Affliction.

Personally, I think she rather prizes those headaches as a mark of distinction. You should never speak of "my headaches" almost carelessly, and tell how many doctors she has consulted and what an odd case they consider hers.

No wonder, if she treats all their prescriptions the way she did the oculist, and I haven't much doubt of it.

This is, of course, an exceptional case, but I have heard a great many people speak in a way that showed they felt they had outwitted the doctor when they failed to follow his instructions.

But Is He!

I have read somewhere that when given medicine the savages think that if ten pills taken every hour will cure them, ten pills taken all at once will do the job the quicker, and therefore, they take them that way.

The average person thinks of himself as decidedly above the savage, the feeble-minded and the child. But he certainly does not always act so.

Produce and Provisions.

(From Friday's Trade Review.)

Codfish.—The exports this week amounted to 24,339 quintals. Of this amount, 48,026 quintals were shipped to Malaga for orders in the S.S. Daybark, by Messrs. Job Bros., Bowring Bros., Ltd., and the Monroe Export Co. In the outputs the schr. Lillian Richards at Burin took 3,564 quintals from Messrs. W. & T. Hollett for Oporto, and the Gordon M. Hollett loaded 2,749 qts. at the same place also for Oporto, where the consumption this week reached 6,000 quintals.

Cod Oil.—Prices are unchanged, around 50 to 55 cents per gallon in the New York market for Newfoundland Oil, according to quantity. The demand is still limited and decided concessions have been given for quoted prices for firm business. Offers from some holders have been reported at New York this week as low as 45 cents a gallon, but some question as to the quality of this oil has been raised.

Cod Liver Oil.—Prices are still weak at present levels. Consumers' ideas as to prices are lower and are determined by the present weakness of the market and the large catch reported from Norway. Spot barrels of Standard Norwegian Oil are \$21.00 to \$23.00 a barrel, while Newfoundland is quoted at \$23.00 to \$25.00. It will be noticed with satisfaction that our Newfoundland oil is quoted at \$2.00 above Norwegian.

Pork.—The market shows continued weakness. There is a persistent decline, owing to the accumulation of stocks at the packing centres. The domestic and export demand has slackened off, and in addition to this the weakness in feeds is having a lowering effect on hog prices. The imports to St. John's are so far slack for the season, the total since New Year being 3,055 barrels, as against 9,136 last year at same date. Prices are: Ham Butt \$41; Family \$38; Mess Short Cut and Fat Back \$34.

Feeds.—The weakness in pork is influencing the Beef market in the same

downward direction. The market is dull but steady as compared with pork. The handicap of U.S. Exchange around 13 per cent. prevents Beef, however, from being down to such a favorable basis as would obtain were the exchange par down to normal. Were it not for this circumstance both Beef and Pork would be nearly down to pre-war prices. The local quotations are: Bos, Flank \$35; Family \$34, and Boneless \$28.

Flour.—The Wheat market in Canada has been declining all the week at a steady rate, indicating cheap flour the coming summer and fall. The big winter wheat crop reported from all the continental wheat fields, is having an abnormal weakening effect on the market, and some dealers are predicting 1914 prices by next September, about \$8 a barrel. Experienced importers here say this is too drastic and it will be well if the price goes down to \$10.

Sugar.—A recent pronouncement by the F. C. Board indicates that the regulations on sugar imports will be removed about a month hence, May 20th. It is expected that the price per pound will then be about 12 cents. The prices meantime will be as usual, 2 1/2 cents wholesale and 25 cents retail.

Potatoes.—P. E. I. potatoes in large lots are expected to arrive in a few days, and it is believed by dealers, will sell for less than \$4.00 per barrel. The first shipment is due from Charlottetown about the end of April. Farmers and other holders of home-grown potatoes should meantime govern themselves accordingly, or they may find it difficult to sell later at anything like the prices that they have been getting.

Hay.—The price of Hay in the local market is \$4.00 per ton for No. 1, and \$4.00 to arrive. Advertisers from Canada this week indicate a little firmness but not quite higher. Farmers were not willing to sell at the bottom rates reached two weeks ago, saying that it does not pay. It is not likely then, that prices of last season's hay will go lower. By the last S.S. Manolis 630 bales were imported. There is an ample stock in the market.



Fresh Milk Always Handy on Your Pantry Shelf

Talk with your Grocer about this convenient milk supply

EACH day you require Milk. Some days you need more milk than others. Sometimes you need it unexpectedly. In winter—you have the annoyance of frozen milk. In summer—you know well how quickly milk is apt to "turn"

Your daily milk supply is quite a problem, isn't it?

Let your grocer solve it for you. He is the modern milkman. He can fill your needs for milk a week—or a month—ahead. He sells Carnation Milk—Nature's finest food in a safe, pure, convenient form.

CARNATION MILK is just pure "whole" milk from Canada's finest dairy farms. Our condensers are in the heart of the finest dairying centres. Milk reaches us while perfectly fresh.

Immediately part of the water is taken away by evaporation.

Then, this rich milk of creamy consistency is sealed in air-tight containers.

Made in Canada by **CARNATION MILK PRODUCTS CO., Limited, Aylmer, Ont.**

And, to make assurance doubly sure, it is then **STERILIZED.**

Note that nothing is added—no sweetening or preservative. Nothing but some of the water is taken away.

USE Carnation Milk just as it comes to you as cream for tea, coffee, cereals or fruit.

Dilute it with an equal part of water and it fills every milk requirement. Add still more water, and it makes a nourishing drink for the kiddies—as fresh as it is safe.

You'll find Carnation Milk economical, too, because it stays sweet for several days after the can is opened.

Begin to-day to get your milk from the modern milkman—your grocer. Phone now for half-a-dozen cans of Carnation Milk.



You'll Like These 100 Recipes

Not mere fancy dishes that call for time and money—but sensible, practical treats that you will gladly use to add variety to your meals. Send to-day for your copy of "The Story of Carnation Milk"—one of the most valued recipe books ever prepared.

Carnation

"From Contented Cows"



Milk

The label is red and white

Use Carnation Milk for—
Cereals, Puddings, Cream Sauces, Custards, Tea, Coffee, Fudge, Gravies
—For every milk use

OBLIGATIONS.

When my old cow was lying ill, my neighbor, Chester White, came from his cottage on the hill, and watched throughout the night. He placed a poultice on her hump, and hushed her anguished groans, and helped to save that valued cow, which cost me forty bones. And when the long sad night was done, his hours of sorrow spent, and I produced my roll of money, he would not take a cent. "Nay, nay," he said, "we neighbors are, as neighbors long we've stood, and talk of pay would only mar the joy of doing good." And I admired him as he went, and said, "He beats two bands, the man who would not take a cent for lending helping hands!" And he restored the healthy faith I knew when I was young; my faith in man had grown a writh, so often I'd been stung. But now he comes to get my plow, my grindstone and my spade, reminding me that my old cow had died but for his aid. He borrows everything I have, my stove and rubber plant, my bitterns and my bees-wax salve, my washtub and my aunt. And now I don't allow a gent to work and draw no pay; though he has only earned a cent, he takes that cent away. If some one helps me crank my Ford, or get the butter churned, I take him where my coin is stored, and pay him what he's earned.

HOUSEHOLD NOTES.

It is much less tiring to use a sewing machine if the chair is of the right height.

Fish or eggs may be served in many ways as the chief course of a summer meal.

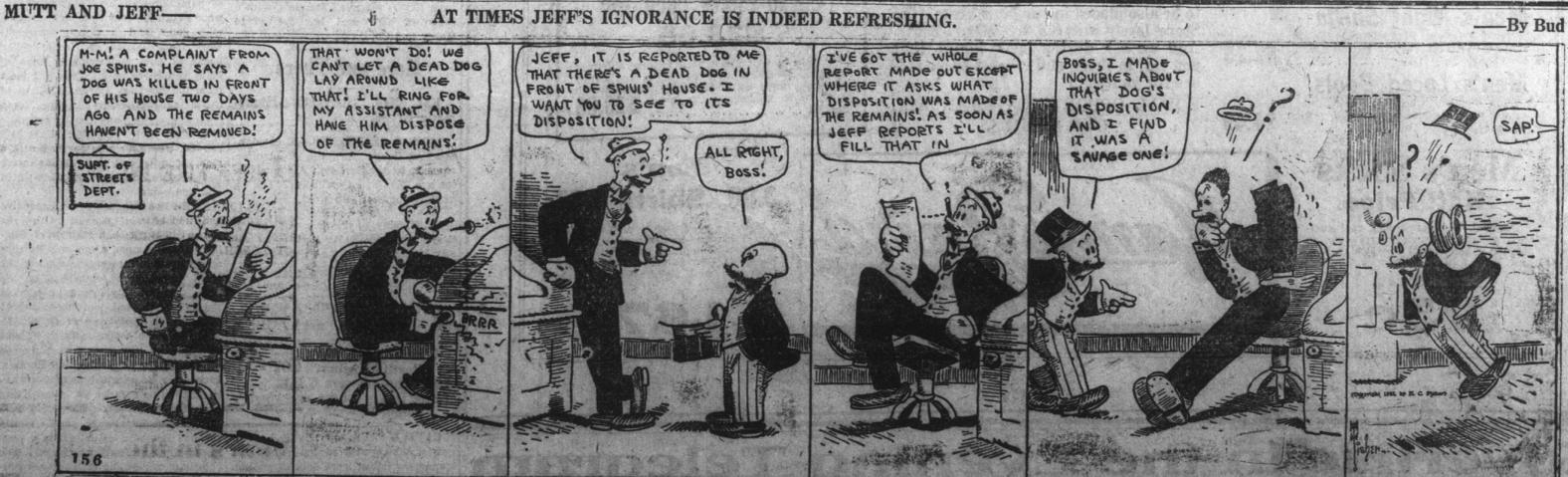
Slice bananas on lettuce, cover with mayonnaise and sprinkle with chopped nuts.

Peas and corn should always be canned a few hours after they are gathered.

A long-handled potted mop is excellent for polishing the car.

MUTT AND JEFF

AT TIMES JEFF'S IGNORANCE IS INDEED REFRESHING.



Chips are still flying from original prices. Moth Balls at Stafford's Drug Store for 30c. lb.—apr20,at

Biscuit or rolls will be golden if yolks of eggs are added. A portable fire extinguisher should be in every house.

Household Notes.

A dry sponge will remove the lint from clothing.

Lima beans are excellent served with tomato sauce.

Halved marshmallows are nice added to fruit salad.

It is said that an anemollette is the true test of civilization.

Comfort Your Skin With Cuticura Soap and Fragrant Talcum

—By Bud Fisher.