

A Seasonable Offer!

For the balance of this month and February month, we offer

OUR ENTIRE STOCK OF

WHITE WOOL BLANKETS,

WADDED and EIDERDOWN QUILTS

at a discount of 20 p.c. for cash.

See Them.

We are not offering these lines as jobs, they are our regular lines of Winter Comforts.

No Approbation. This offer is for CASH ONLY, any Goods charged to account will be at the regular price.

Marshall Bros

Some Cures for Insomnia.

By RUTH CAMERON.



A letter from a friend who was kind enough to like the thoughts on "Sleep and Sleeplessness" which I scribbled down for you last week, wants me to tell you of his cure when the lessons in insomnia become more frequent than are needed for the purpose of sympathy.

"I go out," he says, "just before I go to bed, for as long a tramp as I can spare the time for. Then I come in and hustle my clothes off and hustle myself into bed before the effect of the air has had time to wear off."

That certainly sounds very good to me, and I shall try it. If I am forewarned of sleeplessness. As a rule, I don't suspect the danger until I get into bed and find my mind unexpectedly imitating a race horse instead of relaxing itself to slumber.

Fresh Air Helps Make You Drowsy.

Of course the fresh air always helps to make one drowsy, and I think that getting physically tired must be a help, for, with me at least, sleeplessness seems to be a state the mind is keyed up an unable to relax and the body isn't quite tired enough to drag it off into slumber against its will; and a walk both soothes the mind and makes the body healthily tired.

While we are on the subject, I am going to pass on my own special cures, though I think I have mentioned them before and though they are very simple and obvious, but if a single person finds relief from wakeful hours through them, surely it will be worthwhile.

Take warm milk before going to bed, or, if you find yourself wakeful, in the night.

Have Something To Nibble On.

If not convenient to have warm milk during the night, at least keep something to nibble beside your bed. You need to get the blood away from the head and giving your stomach work to do accomplishes that result. Put a hot water bottle to your feet to draw the blood from the head. Put something cold on your head. If your mind gets to racing like an unattached engine, get up and read.

for awhile if you have some warm place.

Avoid Plans Like Poison.

Above all things, don't let your mind get going on any form of plan. The shopping you want to do tomorrow, the gifts you must get for somebody's birthday. Nothing is more fatal than such activity. Think of dreamy things.

And now here is one more idea: If I wake in the night and find myself wakeful. I cry to think of the things I have just been dreaming about. There is something about their disconnected, vague character that seems to lure me back to dreamland again. Perhaps it's absurd. But, as a friend of mine used to say of her favorite pills, "They may help you and they can't hurt you."

Milady's Boudoir.

BEAUTY AND CIGARETTES.

Apart from the fact that the smoking of cigarettes is an unconventional habit for woman, and aside from all moral arguments, it is an injurious and beauty destroying practice.

The smoke drawn into the lungs causes them to become choked and stuffy. This results in improper breathing, and there are no end of troubles in store for milady who does not breathe deeply and sanely.

Smoking causes the teeth to become yellow. Could she lose a more valuable beauty asset than her white gleaming teeth?

Smoking dulls the lustre of the eyes and even causes them to become weak and watery. Is it worth the price?

Smoking upsets the digestive organs, and results in a soggy yellow complexion. Would milady sacrifice her pink cheeks just for the monetary pleasure of a bowing acquaintance with Madame Nicotine?

Smoking is injurious, unconventional, ill-bred, and repulsive for a dainty gentlewoman. Can she afford to do it?

KEEP YOUR HEALTH

TO-NIGHT TRY

MINARD'S LINIMENT

for that Cold and Tired Feeling.

Get Well, Keep Well.

Kill Spanish Flu

by using the OLD RELIABLE

MINARD'S LINIMENT CO., Ltd.

Yarmouth, N. S.

Shirriff's Jelly Powders, assorted,

\$20.00 Gross; \$1.70 Dozen.

White Laundry Starch.
Lux, Small and Large.
50 Cts. Eddy Safety Matches.
150 Boxes Sun Paste.
Campbell's Soups, viz.:
Tomato.
Ox Tail.
Mock Turtle.
Vegetable, etc.
FRESH EGGS.
FRESH RABBITS.

California Oranges.
California Lemons.
Table Apples.
Grape Fruit.
Finest P.E.L. Cheese.
"Salada" Tea, Brown Label, 70c. lb.
"Salada" Tea, Blue Label, 80c. lb.
"Salada" Tea, Red Label, 90c. lb.
"Salada" Tea, Gold Label, \$1.00 lb.
FRESH SALMON.
FRESH CODFISH.

C. P. Eagan

Duckworth Street and Queen's Road.

Eggs!

READY FOR DELIVERY TO-DAY:

70 Cases Fresh Eggs

'Phone 480 at Once for Quantity Required.

Soper & Moore
Wholesale Importers and Jobbers.



Just Folks

THE SPIRIT OF THE HOUSE.

It isn't the chairs and the books and the things.

Or the pictures that hang on the walls.

And it isn't the bird, although gayly he sings:

It's the laughter that rings in the halls.

It's the smile on the face of the mother at night.

And the joy in the little ones' eyes.

And our love for each other with all its delight.

That make up the home that we prize.

The house is just mortar and stone in itself.

And the fireplace like all of its kind;

There isn't a window or door or a shelf.

But many just like it you'll find.

But the home is endowed with a spirit that's rich.

And the commonest nook is aglow with the love and devotion and tenderness which

Make sacred the home that we know.

There are many who costlier furnishings own.

And many with treasures we miss.

But nowhere for us is such happiness known—

There dwell our contentment and bliss.

And we envy no mortal his station or place.

His home with our home can't compare.

For our house is blessed by an infinite grace

And enriched by the spirit that's there.

When you want Roast Beef, Roast Veal, Roast Mutton, Roast Pork, try ELLIS.

Woollens Higher.

The end of the war is not likely to bring down the prices of men's clothing for some time yet. On the contrary they are even likely to go somewhat higher according to some wholesalers. Canadian woollens, it is prophesied, will be at least fifteen per cent higher in the fall of 1919 than they were in the fall of 1918.

Fads and Fashions.

Organdy embroideries are the favorites.

Lingerie embroidered robes will be in favor.

Olive brown tricot is a favorite for tailored suits.

Silver lace is still much wanted for evening gowns.

Low-heeled oxford shoes are as much worn as high.

Long coats show the loose panel back set into a yoke.

The newest capes continue to be cut on familiar lines.

The popularity of silk-and-cotton mixtures is growing.

The new taffeta coat dresses have, often pleated tunics.

With the uneven tunic goes the very tight underskirt.

White and silver brocade makes lovely evening gowns.

Shiny patent-leather bookies trim the new taffeta belts.

Tricot is very successful developed in panne velvet.

The prettiest pink crepe lingerie has only self-trimmings.

Golden yellow is used for the vests on navy blue suits.

A dark blue silk umbrella has a rough gray wood handle.

Most of the new Spring shades are light and rather dull.

The new "cat's paw" is made of silk twisted in cables-design.

The high, plain black toque is popular for afternoon wear.

Ribbons will be much used on the Spring millinery and dresses.

The long, narrow skirts appear to be pretty thoroughly accepted.

The new shoe buckles may be of silverette set with rhinestones.

White Shetland wools are excellent for motor or travelling.

Voile and organdy are in strips and checks for Southern wear.

T. J. EDENS.

CAL. NAVAL ORANGES.

CAL. LEMONS.

25 BXS. TABLE APPLES.

GRAPE FRUIT.

CRANBERRIES.

P. E. I. POTATOES.

CARROTS.

PARSNIPS.

BEET.

KIPPED HERRING.

FRESH FROZEN CAPLIN.

FRESH FROZEN CODFISH.

20 BXS. CANADIAN CHEESE.

10 BXS. CREAMERY BUTTER.

2 lb. Prints.

By S. S. Adolph.

25 Cases C. D. S. Marmalade, 1 lb. Glass.

25 Cases Sliced Pineapple, 2 1/2 lb. Tin.

10 Cases Tomato Catsups.

3 Cases Honey.

Baker's Chocolate.

White Icing Sugar.

50 Cases Cal. Currants, 1 lb. Cartons.

20 Boxes Lux.

20 Boxes Sunlight.

100 Pairs Rabbits.

10 Cases Eggs.

T. J. EDENS.

Duckworth St. and Rawlins' Cross.

THE WRONG TOOL.

Since first the

kaiser donned

his crown his

talk had been of

swords; he glori-

ed in his war

lord frown, and

dreamed of

marching hordes.

A sword is but

a useless tool,

used in no hon-

est trade; and no

one but a knave

or fool pretends it

to a spade. There is no same, uplift-

ing job in which a sword's required,

and any dory sword-struck swab is

sure to make me tired. Had Wilhelm

clomped for a hoe, when he secured

his throne, he might not now be cloth-

ed in woe, an outcast, sad, alone. In-

stead of sending submarines to show

new curves in crime, he might have

hoed his stringless beans, admired in

every circle. Behind his Potsdam lin-

den trees he might have had a patch

of stringless beans or early peas that

would be hard to match. By toiling

for an hour or two, each morning,

briskly, there, he might have won the

ribbon blue at state or county fairs.

Had he insisted on a saw as emblem

of his power! But no, he must have

sword to draw, and flourish, by the

hour. He did not wish to hew the elm

in useful two-foot lengths; the sword

he must advertise his realm, its maj-

esty and strength. And now he has

no realm to boast, he cannot use his

sword; he's perched up on his lonely

roost dishonored, weary, bored.



THE WRONG TOOL.

Every Saturday evening after

7 o'clock, Choice Ends of Beef,

Mutton, Lamb, Pork will be sold

at cost. ELLIS & CO., LTD.,

203 Water Street—nov28.

Medal Given Stefansson.

WASHINGTON, Jan.—The National

Geographic Society has awarded

the Hubbard Gold Medal to Vilhjalmur

Stefansson, whose explorations dur-

ing the last five and a half years in

the Arctic regions have resulted in

the reduction of the unknown Polar

Regions of the Western Hemisphere

by approximately 100,000 square miles.

This is the largest contribution to the

geography of hitherto unknown areas

made in many years.

The Hubbard Gold Medal is the

highest honor within the gift of the

Society, and this is the first time in

ten years that it has been awarded, as

well as the fifth time in the history

of the society. It is always given to

some distinguished explorer in recog-

nition of additional contribution of

great value to the world's knowledge

of the earth's surface.

The only other men who have re-

ceived a similar honor from the Na-

tional Geographic Society are Rear

Admiral, then Commander, Robert E.

Peary, on Dec. 16, 1906, for his "faith-

ful North Pole record;" to Captain

Road Amundsen, on Dec. 14, 1907, for

the "northwest passage and location

of the magnetic pole;" to Grove Carl

Gilbert, on Dec. 15, 1909, for "ac-

complishing of physiographic re-

search;" and on Dec. 15, 1909, to Cap-

tain Robert A. Bartlett, for "reaching

high latitude of 87 degrees 40 min-

utes north.

The Hubbard Medal was presented

to Mr. Stefansson in the auditorium

of the new Masonic Temple. Two dis-

tinguished American explorers of

former years—Rear Admiral Peary

and Major Gen. A. W. Greely—were

present. Admiral Peary introduced

Mr. Stefansson at the latter's after-

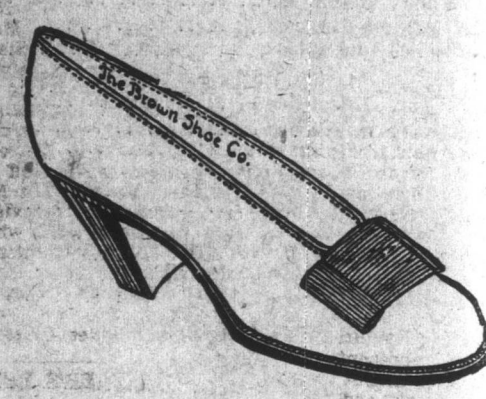
noon lecture, and General Greely pre-

sided to-night.

Many of the new blouses are fas-

tioned by one large pearl button.

INVEST YOUR MONEY IN SMALLWOOD'S BIG SHOE SALE!



LAST CALL TO OUR SATIN AND POPLIN FOOTWEAR SALE.

Ladies' Pumps, all shades, price \$1.50.

Ladies' Blk. Satin Butt. Boots, price \$2.50.

P. S.—This Shoe Sale will not in any way interfere with our regular Shoe Trade or our Ladies' Showroom, where the fitting of fine shoes is being done, but will be conducted in the outside Shoe Store, where these goods will be displayed.

F. Smallwood,

THE HOME OF GOOD SHOES.

Jan 15, 19.

Your Feet Will Never Behave

