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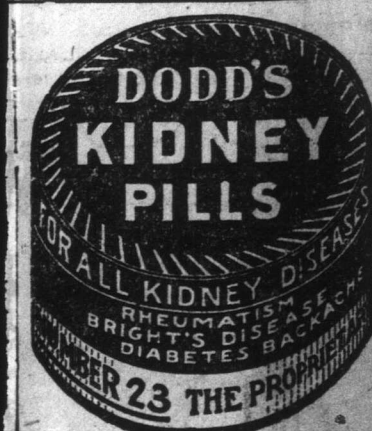
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First Opening of SPRING MILLINERY

You are cordially invited to attend our Spring Opening and see Fashions Favourite Fancies in
The Latest American Millinery.

The exhibit is most comprehensive and authoritative, embracing some of the most striking designs imaginable, yet an immense showing of smart, becoming models for those whose tastes are a little more conservative. Our Millinery Hats have always been noted for

Variety, Style, Quality and Moderate Price.

We are opening New Goods daily and advise
you to see them as soon as possible.

Marshall Bros

These Are Democratic Days.

By RUTH CAMERON.



Never in the history of the world was the saying, "Uneasy lies the head that wears a crown" truer. Which is a serious sounding prelude to what has always been considered a frivolous subject.

The throne of another monarch is threatened. This time it is a queen. But perhaps I go too far in saying her throne is in serious danger yet. But she is a movement on foot to limit the powers of her powers. The monarch whom I refer has been up to the present one of the few absolute monarchs left—Queen of Fashion.

Women Are Really Getting Discouraged with the Queen. The movement to limit her powers the expression of a growing sentiment and dissatisfaction among women with her freakish, utterly unmanageable and sometimes very annoying rule. The revolt has its headquarters at a certain women's club, one of the largest and most progressive in this country.

This club has prepared a platform dress reform. Though the club is very progressive one is startled at the mildness of its platform. It calls for the adoption of a few simple standards in dress which Queen Fashion shall not be allowed to discuss with. Briefly these are the points which are demanded.

We Will Not Be Hobbled. That the width of skirt around the bottom should allow for freedom of stepping.

That the width around hips should be sufficient to prevent drawing across the back.

That the fullness of the skirt should be so planned that the garment will not pull up or drop too low when one is seated.

That the length and fullness of street dress or business dress should be planned to avoid holding up, either going down or up stairs.

That waists and sleeves should allow for freedom of movement.

That pockets should be placed in dresses, suits and coats.

That light colored collars, cuffs, and linings should be detachable and cleanable.

Room for Our Toes. That shoes for street and business

should have low broad heels and plenty of room in the toe.

"That rapidity and convenience in dressing should be considered."

The Club which puts out this program is asking its members to sign their names to the resolution and ask their friends to sign.

I feel quite sure it would be glad to have any woman even though not thus connected with the organization do likewise.

Milady's Boudoir.

KEEPING THE HAIR FLUFFY.

It is the woman with fluffy hair who goes blithely about in summer scornful of a hat, while less fortunate souls live in the kindly Panamas which may be dragged down over unsightly hair.

A shampoo once a week will be the first requirement. Oily hair will really demand that amount of washing in sultry weather when the scalp perspires freely and dust is flying about everywhere. In winter a fortnightly shampoo is all that is necessary, but once a week is none too often for summer.

Have the water as hot as you can bear it, both for washing and rinsing, and do not rub soap directly on the hair. It is hard to get off, even with repeated rinsings and nothing makes the hair heavy, and limp like soap on it after the shampoo. Make a lather first by mixing some good prepared shampoo soap, or scraped castle soap boiled in water, with a pint of scalding water. Pour this into a basin of water ready for the shampoo and with a small brush, rub the lather well into the roots of the hair.

During this process the hair should be divided in two braids and parted from the forehead to the nape of the neck to prevent it from snarling.

When well soaped the braids should be loosened and the head plunged into the basin of soapy water, the whole head being rubbed into a fine lather with the finger tips. A pinch of borax in the water will help to cut the oil and make the hair more dry and fluffy after the shampoo.

At least five thorough rinsings must be given to remove every particle of oil and soap from the hair. Not until the hair gives out a squeaky sound when a strand of it is drawn between them and finger, is it completely rinsed and clean.

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

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After several years of waiting we can now offer

NESTLE'S

(Anglo-Swiss Company, by appointment to H. M. the King.)

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200 CASES—Large size.
100 CASES—Family size.
WHOLESALE ONLY.

Soper & Moore

Importers and Jobbers.

The Food Profiteers.

(From the Ottawa Citizen.)

Butter has reached a record retail price in Ottawa and is now selling at 65 cents a pound. Long since, of course, the public ceased to look to the Government for protection from food profiteering, and the only interference manifested in the steady increases of food prices is a pathetic speculation as to how far these may go before the consumer is compelled to place his family on a minimum diet, beyond which it would be positively dangerous to go. The time would not seem to be far distant. There are some elements in the population who appear to think that the sooner this state is reached the sooner the remedy can be applied.

Spanish Flu.

Claims Many Victims in Canada and should be guarded against.

Minard's Liniment

Is a Great Preventative, being one of the oldest remedies used. Minard's Liniment has cured thousands of cases of Grippe, Bronchitis, Sore Throat, Asthma and similar diseases. It is an Enemy to Germs. Thousands of bottles being used every day, for sale by all druggists and general dealers.

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Yarmouth, N.S.



THE CHANGED HOME.

The care has gone from mother's face, she's smiling once again. And father's full of fun once more, the happiest of men; The girls are singing cheerful songs the way they used to do Before my brother went away to see the big war through. For everything is all right now, there's nothing that we lack, And we can laugh around the house, we've got our doughboy back!

There was a time for months and months a joke was never heard. And sometimes we'd just sit and read the war is through. A letter now and then would come, and for a little while Both Pa and Ma would brighten up and maybe wear a smile. But mostly they were very sad. I guess they feared for Jack. But everything is all right now, we've got our doughboy back!

Pa's teasing us at dinner times, the way he used to do; And Ma's as happy as can be because the war is through. The old piano's open now, and every night we sing. And I can race around the house and play and everything. And Jack can have two hunks of pie and pancakes by the stack. The house is full of gladness now, we've got our doughboy back.

Conquer That "Won't."

"There is a lot of nonsense written and spoken about will-power and how to obtain it," says a mental specialist. "The training of the will is largely a matter of the individual. Each must ascertain the way which is most suitable in his or her own case."

"But one useful hint is quite simple. Do something that you don't like doing every day. It needn't be a big 'deed'; quite a small one is sufficient for a start. But never miss the exercising of your will-power by forcing yourself to face that unwelcome action."

"Then when the great emergency comes, if it ever should, you will find that you have subjected your body to the will. And you will need no more will-training."

MAY HAVE CARDS IN THE SLEEVE.

(From the Baltimore American.) Germany is talking as if she were going to make her own terms in the peace treaty. It is the nature of the Hun to bluff and he will do it to the last gasp.

Water Could Do.

Every stream that runs and ripples down a hillside is a potential source of warmth and light for our homes, and of power for our workshops. The aggregate water-power contained within the British Empire is calculated by the Government Water-Power Committee to amount to at least 50 to 70 million horse-power, but of this immense store of energy only about two million horse-power has been developed up to the present.

Our French allies, whose principal coal-mining districts were overrun by the German armies early in the war, have since increased their use of la bouille blanche—white coal, as they picturesquely term water-power—by about \$50,000 h.p., and have thus to some extent overcome the very critical conditions to which the loss of their coal-mines gave rise. France now has a total of over one and a half million horse-power derived from the power of running water, supplying light and energy to her cities and towns.

Sweden and Norway have each developed water-power to nearly the same total quantity as France, and they have available for further development about four and a half million and five and a half million horse-power respectively. A large part of the power already developed by these two countries is used in the extraction of nitrogen from the air, and its conversion into nitrates for fertilisers and other purposes, an industry that gives a good return for the outlay involved.

Japan is yet another country in which running water is being extensively harnessed to provide electric power, over one million horse-power having been developed or arranged for. In Switzerland and Italy, where coal is generally scarce and expensive, good use is being made of the mountain torrents for the same purpose, while among enemy countries both Germany and Austria possess many hydro-electric installations.

STAFFORDS' PHORATONE.

A reliable combination of expectorants for relief of pulmonary affections.

Coughs, Colds, Hoarseness, Bronchitis,

and other inflamed conditions of the lungs and air passages.

Manufactured only by

Dr. F. Stafford & Son,
Wholesale Chemists & Druggists,
St. John's, Newfoundland.

Born February 30!

(From the London Chronicle.)

"For such a beastly month as February, 28 days are as a rule sufficient," as the late Sir W. S. Gilbert once remarked. But nevertheless it is actually possible for there to be a February 30th. Everyone knows that in voyaging round the world a day has to be added or "heaved overboard," according to the direction travelled. The adjustment is invariably made when crossing the 180th meridian, almost midway between Japan and California, so a vessel on that spot on February 29th in Leap Year must accordingly have a February 30th. Indeed, February 30th does, in fact, appear on the ship menu. But it is hard lines on any baby born aboard that day, for it can never have another birthday, even if it lives to be a centenarian.

PUNISHMENT.



Sad and lonely Wilhelm's sitting in a gloom that's right and fitting; and the bats are round him flitting, as he broods alone; every moment's to him bringing recollections fierce and stinging, of the days when he was kinging on a richly cushioned throne. When he wakes and when he'd slumbered, bitter thoughts his mind encumber; once he was the warmest number, with a crown upon his brow; once he walked in pomp and splendor, biggest sample of his gender, and his smiles were legal tender, but he is a has been now. None to honor or revere him, none to jolly him or fear him, and the stolid Dutchmen near him wish he'd shoe himself away; this the end to all his scheming, and his soul's within him screaming, sobbing, when he hits the hay. Would his pain be half as bitter if we took this erring critter to a tree where robins twitter, there to swing him from a limb? Would the woe be any greater of this universal traitor, of this loathsome strafferhater, if we tarred and feathered him? Sad an lonely he is sitting with the hats around him fitting, and his princely teeth he's gritting when the Holland sun goes down; he has long bleak years before him, and a million thoughts to bore him, thoughts of stalwart hands that tore him from his spectre and his crown!

A good salad is made of peaches and cherries, the first pared and halved, the second pitted. Fill the cherries with Neufchatel cheese and lay them in the peach halves, then serve with sour cream dressing.

When potting plants, put a piece of coarse muslin over the hole in the pot before putting in the bits of stone and soil, which keeps the drainage good. The muslin prevents the earth from washing away.

Paint, no matter how hard and dry, can be taken out of woolen clothing by using a solution of equal parts of ammonia and turpentine. Saturate the spot two or three times, then wash out with soap suds.

To make a light sponge cake, take one cupful of flour, one cupful of sugar, two eggs. Mix flour well together, then add the eggs, well beaten. Beat all together and bake in a hot oven about fifteen minutes.

The juice can be drawn from beef by putting the chopped meat into a fruit jar, then screw the lid on and place the jar in a vessel of water, put this where the water will get hot. The heat will draw out the juices.

By Cowan

