

VANGOUVER TO MONTREAL

3600 MILES ON A BICYCLE

RIDER SAYS HE WOULD HAVE FAILED BUT FOR ZAM-BUK.

Mr. Thompson-Clarke, of Vancouver, Secretary of the British Columbia Football Association, has just reached London, Eng., after riding from Vancouver to Montreal—3,600 miles—on a bicycle.

Interviewed after his long ride, Mr. Thompson-Clarke told a story of terrible hardship, and showed how it was only by the aid of the great herbal healer, Zam-Buk, that he was able to finish his gigantic task. He said:—

"Before leaving Vancouver, I played in the Football Championship, and received a nasty kick on my leg. I banded it up and thought it was not sufficiently serious to upset my programme for my long cycle ride, but when I got to Salmon Arm, B.C., about 300 miles from Vancouver, I was hardly able to use the limb. The wound had been aggravated by the dust and friction of my stocking, and it looked as if I were going to have to abandon my trip altogether.

"At Salmon Arm, an Indian—one of the Thompson Indians—came forward and asked me what was the matter, and on hearing that I had a poisoned wound, suggested that I should use some salve which he said possessed extraordinary power.

"It proved to be a box of Zam-Buk, and he gave it to me in exchange for one of my photographs. I cleansed the wound and applied the Zam-Buk. It soothed the wound wonderfully and after a little delay I was able to cycle off with only slight discomfort.

"I continued the Zam-Buk treatment, and in ten days there was hardly a sign of the wound. Not only on that occasion, but later on throughout my arduous journey I found Zam-Buk an indispensable ally. I used it also for chapping of the face, caused by the ice-cold winds which I met with in the Rocky Mountains. In future, on my long rides I shall always carry a box of Zam-Buk after having thus thoroughly tested it and proved its great value.

"You can publish this letter along with photograph just as you wish."

(Signed) THOMPSON-CLARKE.

Wherever there is ulceration, blood-poison, festering inflammation or any wound on sore place, apply Zam-Buk, and like Mr. Thompson-Clarke and scores of other famous men and women who have done so, you will get relief.



ADDRESS ALL APPLICATIONS FOR SAMPLES AND RETAIL ORDERS TO T. MURDO & CO., ST. JOHN'S, N.F.L.

WHAT'S BRED IN THE BONE.

CHAPTER IX.
(Continued.)

"Yes; what have you to say to me?"

"That I love you—that I loved you long before he died—that since that day I have had no thought, wish, hope, ambition, that has not had its life-spring in you; I am not worthy of you; I know I can never be that. If I tell you I cannot live without you, you will have pity on me. I have proved dull, unattractive, wearisome and oppressive to most women with whom I have been brought into contact."

"Yes."

"My wife, you saw—oh, you saw well!—had not one interest, one sympathy in common with me. She was tired of me before we had lived a year—what am I saying?—a week together. This woman here, trained actress as she is—even with my comfortable home, my position, and ample fortune before her eyes can scarcely stifle her yawning, cannot hide the weariness that is consuming her during the long hours she devotes to me. Marie, it—it is a sacrifice I am asking of you; but you have often told me you were happy here, that you loved my children; you cried last night at the thought of leaving them. You have no other home but the close convent, where your heart is not. And—and, my dear, I love you so, I could guess—guess—"

"When I wanted to yawn, and so turn away your head? I whispered, raising his hand to my lips, for I was too deeply moved by the noble, delicate declaration—by the manner in which he teigned to ig—"

HEALTH RESTORED TO THIS FAMILY

Wife's experience with Dr. Chase's Nerve Food led to husband's cure.

"Since childhood I was afflicted with biliousness and sick headaches," writes Mr. A. K. Van Wyck, Park Hill, Ont., "and as all the doctors' medicines and prescriptions failed to do me any permanent good, I had lost faith in all medicines. It was by accident that I came to use Dr. Chase's Nerve Food, for it had been recommended for Mrs. Van Wyck and did her so much good that she wished me to try it.

"I did so, and was surprised at the results. It is now three years since I discontinued the medicine and I have not had an attack of the old trouble. I hope that others may benefit by my experience."

The cures effected by Dr. Chase's Nerve Food are lasting because it builds up the system and removes the cause of trouble. 50 cents a box, 6 for \$2.50; at all dealers, or Edmanston, Bates & Co., Toronto.

The Bread and Butter Miss.

PART I.

Poor Gertrude Englewood, at that moment smilingly received her guests! She little knew how her great interest in the evening was trembling in the balance!

It was late when he arrived. Not that he had specially intended this. He cared too little about it to have considered whether he should be late or early, and, as he slowly made his way through the crowd at the doorway, he was conscious of but one wish—to get himself at once seen by his hostess, and then to make his escape as soon as possible. As the first part of this little programme there was no difficulty. Scarcely did the first syllables of his name, Mr. Despard Norreys, fall on the ear, before Mrs. Englewood's outstretched hand was in his, her pleasant voice bidding him welcome. Yes, there was something difficult to resist about her; it was refreshing, somehow, and—there lay the secret—it brought back other days, when poor Jack's big sister, Gertrude, had welcomed the orphan schoolboy just as heartily, and when he had glowed with pride and gratification at her notice of him.

Despard's resigned, not to say sulky, expression cleared; it was no wonder Mrs. Englewood's old liking for him had suffered no diminution; he did show at his best with her.

"So please you've come, so good of you," she was saying simply.

Her words made the young man feel vaguely ashamed of himself.

"Good of me!" he repeated, flushing a little, though the same or a much more fervent greeting from infinitely more exalted personages than Gertrude had often failed to disturb his

You Ought To Know

that empire food with its weakening results, unpleasant breath, headaches, uncleanly nights, poor appetite, sallow skin, pimples and depression, comes from constipation.

But positively rudeness were a woman was concerned did not come easy to him. He stopped, and muttered something indistinctly enough about the pleasure of a dance. The girl had grown pale again by this time, and in her eyes a half startled almost pained expression was reflected the glad expectancy. As he spoke however, something of the former look returned to them.

"I shall be very pleased," she said. "I am not engaged for anything."

"I should think not," he said to himself. "I am quite sure you dance strenuously."

But aloud he said with the slow, impressive tone in which some of his admirers considered him so to excel, that "Despard's draw" had its school

BEECHAM'S PILLS

have been doing good to men and women for many, many years and their value has been tested and proved. They remove the cause of physical troubles. A few small doses will show their safe tonic action on you. Beecham's Pills will surely help you to an active liver, a good stomach, a sweet breath, clear head and refreshing sleep. In young or old they will

Relieve Constipation

When You Feel Cross

And are worried and irritated you can get a liver right by using Dr. Chase's Kidney-Liver Pills.

Life is too short to be cross and grumpy. You not only make yourself miserable, but also those about you. Don't blame others. Blame yourself for not keeping the liver right.

There is nothing in the world which will more promptly afford you relief than Dr. Chase's Kidney and Liver Pills. This statement is true. A trial will convince you.

Mr. Theo. Bedard, Lac aux Saules, Portneuf County, Que., writes:—"I have found Dr. Chase's Kidney-Liver Pills the best treatment obtainable for indigestion and impure blood. They cured me of indigestion, from which I suffered for three years."

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of followers—

"Shall we say—the tenth waltz? I fear it is the first I can propose."

"Thank you, Miss Florde replied. She looked as if she would have been ready to say more had he in the least encouraged it; but he, feeling that he had done his duty, turned away—the more eagerly as at that moment he caught sight in the crowd of a lady he knew.

Mrs. Marrinder! What a goddess! he exclaimed.

He did not see Miss Florde's face as he left her, and had he done so, it would have taken her more than his very average modicum of discernment to have rightly interpreted the varying and curiously intermingling expressions which rapidly crossed it. Like cloud shadows alternating with dashes of sunshine on an April morning. She stood for a moment or two where she was, then glancing round and seeing a vacant seat in a corner she quietly appropriated it.

"The tenth waltz," she repeated to herself with the ghost of a smile. "I wonder—" but that was all.

The evening wore on. Miss Florde had danced once—but only once. It was with a man whom her host himself introduced to her, and though good-natured and unaffected, he was boyish and commonplace; and she had to put some force on herself to reply with any show of interest to his attempts at conversation. She was engaged for one or two other dances, but it was hot, and the rooms were crowded, and with a scarcely acknowledged reflection—for Miss Florde was young and inexperienced enough to think it hardly fair to make an engagement even for but a dance to break it deliberately—that if her partners did not find her it would not much matter, the girl withdrew quietly into a corner, where a friendly curtain all but screened her from observation, and allowed her to enjoy in peace the dangerous but delightful refreshment of an open window hard by.

composure. "No, indeed, very much the reverse. I'm sorry, with a glance round, to be so late, especially as—"

"No, no, you're not to begin saying you can't stay long, the very moment you've come. Listen, Despard," and she drew him aside a little. "I want you to do something to please me to-night. I have a little friend here—Miss Florde—that I want you to be very good to. Poor thing, she quite a stranger, knows nobody, never been out. But she's a nice little thing. Will you ask her to dance? or— for the shadow of a frown on her favorite's forehead became evident even to Mrs. Englewood's partial eyes—"

"I do not care to dance, will you tell her a little?" Anything, you know, just to please her!"

Despard bowed. What else could he do? Gertrude still her hand through his arm.

"There she is," she said. "That girl in black over there by the fireplace. 'Maidie, my dear' for a step or two had brought them to the indicated spot. 'I want to introduce my old friend, Mr. Despard Norreys, to you, Mr. Norreys—Miss Florde!' and as she pronounced the names she drew her hand quietly away, and turned back toward her post at the door.

Despard bowed and, with the very slightest possible instinct of curiosity, glanced at the girl before him. She was of middle height, rather indeed under than above it; she was neither very fair nor very dark; there was nothing very special or striking in her appearance. She was dressed in black; there was nothing remarkable about her attire, rather, as Despard did in an instant, an absence of style, of finish, which found its epitome at once in his thoughts—"country-fied, of course," he said to himself.

But before he had time to decide on his next movement she raised her eyes, and for half an instant his attention deepened. The eyes were strikingly fine; they were very blue, but redeemed from the shallowness of very blue eyes by the depth of the eyelashes, both upper and lower. And just now there was a brightness, an expectancy in the eyes which was by no means their constant expression. For, lashes notwithstanding, Miss Florde's blue eyes could look cold enough when she chose.

"Good eyes," thought Despard. But just as he allowed the words to shape themselves in his brain, he noticed that over the girl's clear, pale face a glow of colour was quickly spreading.

"Good gracious!" he ejaculated mentally, "she is blushing! What a bread and butter miss she must be—to blush because a man's introduced to her. And I am to draw her out! It is really too bad of Mrs. Englewood, and he half began to turn away with a sensation of indignation and almost of disgust.

But positively rudeness were a woman was concerned did not come easy to him. He stopped, and muttered something indistinctly enough about the pleasure of a dance. The girl had grown pale again by this time, and in her eyes a half startled almost pained expression was reflected the glad expectancy. As he spoke however, something of the former look returned to them.

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I dyed ALL these DIFFERENT KINDS of Goods with the SAME Dye.

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No Change of Method. Simple and Clean. Color Fast and Brilliant. Cleans and Brightens. The JOHNSON-RICHARDSON CO., Limited, Montreal, Can.

The draught betrayed its source, however. She was scarcely seated when voices approaching caught her ears.

"Here you are—there must be a window open, it is ever so much cooler in this corner. Are you afraid of the draught?" said a voice she thought she recognized.

"No—o—at least—oh, this corner will do beautifully. The curtain will protect me. What a blessing to get a little air!" replied a second speaker—a lady evidently.

"People have no business to cram their rooms so. And these rooms are—well, not spacious. How in the world did you get Marrinder to come?"

The second speaker laughed.

"It was quite the other way," she replied. "How did he get me to come? You might ask. He has something to do with our host, and made a personal matter of my coming, so, of course, I gave in."

"How angelic!"

"It is a penance; but we're going immediately."

"I shall disappear with you."

(To be continued.)

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And are worried and irritated you can get a liver right by using Dr. Chase's Kidney-Liver Pills.

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The Home Dressmaker should keep a Catalogue Scrap Book of our Pattern Cuts. These will be found very useful to refer to from time to time.

9151—A NEAT AND BECOMING HOUSE DRESS.



Ladies' House Dress with Three Piece Skirt.

Chambre,ingham, percale, flannellette, lawn and other wash fabrics are very appropriate for this design. The skirt and waist are joined under the belt. The waist has Gibson tucks and the popular coat closing. The model is easily made and very becomingly finished with a flat round collar. The Pattern is cut in 6 sizes: 32, 34, 36, 38, 40 and 42 inches bust measure. It requires 6 1/2 yards of 36 inch material for the 38 inch size. A pattern of this illustration mailed to any address on receipt of 10c. in silver or stamps.

Suitable materials for any of these patterns can be procured from A.V.R. & SONS, Ltd. Samples on request. Mention pattern number. Mail order promptly attended to.

9141—A PRACTICAL SUGGESTION FOR A NEGLIGEE.



Ladies' Dressing or House Sack.

Dotted Challie in pink and white is here shown. The fronts are slightly full and finished with a box plait over the centre. The sleeve may be cut long or short, and are finished with a rolling cuff. The Pattern is cut in 6 sizes: 32, 34, 36, 38, 40 and 42 inches bust measure. It requires 3 1/2 yards of 36 inch material for the 38 inch size. A pattern of this illustration mailed to any address on receipt of 10c. in silver or stamps.

PATTERN COUPON.

Please send the above-mentioned pattern as per directions given below.

No.

Size

Name

Address in full:

N.B.—Be sure to cut out the illustration and send with the coupon, carefully filled out. The pattern cannot reach you in less than 15 days. Price 10c. each, in cash, postal note, or stamps. Address: Telegram Pattern Department.

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ARTISTS MATERIALS

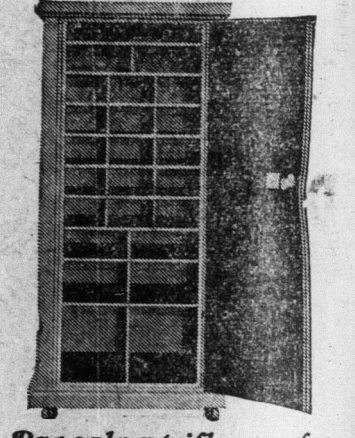
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Authentic and valuable information relating to Public Offices, Institutions, Banks, etc., of the Colony, together with a carefully revised

DIRECTORY

of all Towns, Villages and Settlements in the Island, and

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PERCIE JOHNSON, Agent

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By S. S. "ROSALIND."

New York Turkeys, New York Corned Beef, California Oranges, Green Grapes, Lemons, Cauliflowers, New York Wine Sap, Ripe Bananas, Celery, Fresh Oysters, Halifax Sausages, Ripe Bananas, Celery, Fresh Oysters.

PURITY BUTTER, 2 lb. Prints. 10 lbs.

5 Cases FRESH COUNTRY EGGS, 2000 lbs. FRESH HALIBUT, FRESH RAINBOW TROUT.

T. J. EDEN

FUSSELL'S GOLDEN PURE RICH CREAM

Is NOT a Make-shift nor a Substitute but PURE Mountain Pasture CREAM. Put up in Guaranteed Sterile Containers. Preservative. Keeps good anywhere.

NINE GOLD MEDALS.

GOSSAGE'S SOAP

Are the Best Soaps for sale in Newfoundland. Do not take other brands, and name Gossage's is on every tablet. Samples from

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THE Perfect Dress Form

Carefully dressed women demand first of all good Corset modish design. W. B. NUFORM CORSETS fulfil these numerous additional advantages to the wearer.

The quality of their fabrics and trimmings is unequalled. priced Corsets.

W. B. Nuform CORSETS

are made of fine durable batiste and coutil, artistically and ribbon. Their lines harmonize with your lines. Ward breaks or angles, for they follow the natural figure. They are beautiful and perfect, at the same time of comfort. The large variety of shapings and styles cannot be faultlessly fitted.

Try a W. B. CORSET and see how scientific corsetry is a garment combining perfect comfort with the correct latest mode.

Prices \$1.50 up

HENRY BL

Sole Agent in Newfoundland

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is for prompt relief in times of distress—when any of my policy holders have taken me to square up the am willing to stand or fall by my word.

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