

### Are You Troubled with INDIGESTION

Does Your Food Distress You After Eating? WOULD'NT YOU LIKE TO FEEL "GOOD AND HUNGRY" every time you sit down to your meals? That's the way one should feel, but you never can unless your digestion is perfect.



The Remedy is

## "JO-RI-CO" DYSPEPSIA TABLETS

Manufactured by The JOHNSON-RICHARDSON CO., Limited, Montreal, Can.

One of these Tablets taken about the middle of a meal, and one at the end, will digest your food perfectly. Digestion will not have been accomplished by these Tablets alone, as is the way with most Indigestion Tablets, but by their helping the stomach perform what it fails to do by itself. That's the splendid thing about these "Jo-ri-co" Dyspepsia Tablets. You don't "get the habit." They are not only an aid, but a cure for Indigestion and all Stomach Troubles. A trial proves it.

25 Cts. a Package, from Your Druggist, or Dealer.

### "Alligator" Chewing Tobacco.

The constantly increasing demand for "Alligator" Mahogany Chewing Tobacco is the best test of its superior quality.

We have another shipment to-day ex "Rosalind," from New York and will be pleased to have your further orders.

"Alligator" is put up in 5-lb. caddies, 16 sticks to the pound.

F. McNAMARA, Queen Street, Wholesale Distributor.

## Picture Post Cards Free,

AT

### The Lipton Agency This Week!

These are beautiful, coloured views of Lipton's various estates and plantations in Ceylon (The Garden of the World), which very interestingly portray tea-picking and growing, and also the life of the natives of Ceylon. Of these we shall be delighted to give any customer a dozen different cards upon request while they last.

It is but natural that in the "Garden of the World" the BEST TEA in the World should be grown, and the best is "LIPTON'S."

Pure Ceylon Tea containing an extremely small percentage of tannin, put up in Air Tight and Dust Proof Packets, at 32c., 44c., 52c. lb. Try the Tea that has delighted and cheered thousands of customers continuously for the past 18 years, that is Lipton's Red Packet Tea, at 44c. lb.

**LIPTON'S COFFEE ESSENCE.** Superior to all other similar preparations, makes a Delicious Cup of Coffee in a minute, only 15c. and 28c. bottle.

The word "LIPTON" means HIGH-CLASS GOODS at a LOW PRICE.

LIPTON'S PURE COCOA, equal to any costing half as much again, 1-lb. tins, 20c.; 1/2-lb. tins, 35c.; 1-lb. tins, 70c.

LIPTON'S CHOCOLATE POWDER, in 1/2-lb. packets, at 7c. and 10c. each, and also in 10c. tins.

LIPTON'S TABLE JELLIES are the perfection of a Table Jelly, all flavors, in 1 pint tablets, 10c. each.

LIPTON'S CONFECTIONERY has a name above every other make, and the price is very low. Then our Confectionery is always fresh, we have shipments every fortnight.

LIPTON'S ASSORTED CHOCOLATES, every Chocolate tin foiled, 1/2-lb. boxes, 35c. each; 1-lb. boxes, 60c. each, equal to any at 90c. lb.

LIPTON'S CELEBRATED CARAMELS, in 1/2-lb. and 1-lb. tins at 10c. and 20c. each.

LIPTON'S DELICIOUS WALNUT TOFFEE, in 1/2-lb. tins, at 20c. each.

LIPTON'S UNSURPASSABLE MILK CHOCOLATE, the best of all Milk Chocolates, at 8c. pkt.

## Henry Blair,

AGENT FOR LIPTON, LTD.

### SPRING SEWING!

BUY YOUR SEWING MACHINE AT THE White Store.

Only High Grades Kept. Best Quality. Lowest Prices.

## CHESLEY WOODS.

Feb 26, 11

## The Evening Chit-Chat

By RUTH CAMERON

"Sleep, that knits up the ravel'd sleeve of care, The death of each day's life, sore labor's bath, Balm of hurt minds, great nature's second course, Chief nourisher in life's feast." —Shakespeare.

I love that tribute of Shakespeare, for I am an almost fanatic believer in the supreme value of good sleep as a prime factor in every happy and successful life.

Show me a successful man, and in nine cases out of ten, I will show you a man who, whether he gets a great many hours' sleep or not, will tell you that he sleeps well and soundly.

Don't you want to sleep well? Or, if you do sleep well, don't you want to sleep better?

Then maybe a little suggestion, which a friend of mine, who has managed to keep well while doing the work of at least two women, will not come amiss.

For when I asked her how she accomplished this feat she thought a moment and then said, "Well, I think my nightcap walk has as much to do with it as anything."

"You see, just before I go to bed every night, I spend a few minutes out of doors."

"You know I do my husband's book-keeping in the evening and often I don't get through until eleven or twelve o'clock, but it doesn't make any difference how late it is I always take a few minutes walk before I go to bed."

"The fresh air cools my head and makes me sleepy. And then, if it is pleasant, I can look up at the stars, and when you are tired and confused and fretted I don't know of anything that rests you like looking up at that great big peaceful dome and those beautiful stars."

"I don't let the weather make any difference at all about my going out. If it snows or rains or the thermometer goes down below zero, I simply dress for it and take my nightcap walk just the same."

"Of course, it makes me a few minutes later in getting to bed, but since I've taken the walk I drop to sleep the minute my head touches the pillow, and before I got the habit, I often used to toss and turn on the pillow for an hour. So in the end, you see, it is an economy of time, as well as making all the sleep I do get sweeter and more refreshing."

To those of us whose work does not extend into the evening, such a walk is not, of course, as necessary as it evidently is for this woman and anyone else whose working hours border on their hours for sleep.

But the same thing that makes sleep possible for her at all, may make someone's else sleep deeper and sweeter and more refreshing.

The same thing that makes it possible for her to keep up while doing a tremendous amount of work may make it possible for you to do the lesser amount that you do extremely well.

To succeed, to stand out pre-eminent one must have something unusual—an unusual talent, unusual opportunity, unusual equipment.

A brain that comes to work each morning perfectly rested is an unusual equipment.

Why not try and see if this won't help you to have it?

Ruth Cameron

### No Man is Stronger Than His Stomach

A strong man is strong all over. No man can be strong who is suffering from weak stomach with its consequent indigestion, or from some other disease of the stomach and its associated organs, which impairs digestion and nutrition. For when the stomach is weak or diseased there is a loss of the nutrition contained in food, which is the source of all physical strength. When a man "doesn't feel just right," when he doesn't sleep well, has an uncomfortable feeling in the stomach after eating, is languid, nervous, irritable and despondent, he is losing the nutrition needed to make strength.

Such a man should use Dr. Pierce's Golden Medical Discovery. It cures diseases of the stomach and other organs of digestion and nutrition. It enriches the blood, invigorates the liver, strengthens the kidneys, nourishes the nerves, and so GIVES HEALTH AND STRENGTH TO THE WHOLE BODY.

You can't afford to accept a secret nostrum as a substitute for this non-alcoholic medicine of known composition, not even though the urgent dealer may thereby make a little bigger profit. Ingredients printed on wrapper.

### Carnegie Offers Acroplane Prize.

Pittsburg, Feb. 25.—In order to develop any latent talent in the Carnegie Schools of Technology of this city and produce if possible a heavier than air machine that will be of commercial value, Andrew Carnegie has offered \$25,000 for the first of the pupils who shall produce a heavier than air machine that will fly.

It has been known for some time that the former steel king was taking a great interest in aerial navigation. When he recently he told one of the professors in the Carnegie "Tech" School that he hoped one day to see a pupil of the school startle the world by inventing a machine that would eclipse anything that has yet been turned out.

Mr. Carnegie believes the problem of aerial navigation is still in swaddling clothes and that possibilities are great. He predicts a great future for the man who will invent a machine that will be comparatively safe and of commercial value.

MADE THE BLOOD RICH AND RED.

Miss Cynthia Hutchinson, Hanceville, B. C., writes: "My system was so completely run down that my friends as well as myself thought I could never get better. All medicines failed to help me. A trial of Dr. Chase's Nerve Food benefited me and at the end of a month people scarcely knew me. I had improved so much. The blood was enriched, color improved, new flesh was added and I got strong and well."

### When Sleep Fails You

DR. CHASE'S NERVE FOOD will bring rest, comfort and vitality by building up the nerves.

Mr. Jas. Wesley Weaver, a veteran of the Fenian Raid, Port Dalhousie, Ont., writes:—"For years I was afflicted with nervousness and dreaded insomnia, so that I never knew for three years what a full hour's sleep was, never more than dosing for a few minutes at a time. Heart pains and headaches almost drove me wild. I had spells of weakness and cramps in stomach and limbs."

"Though I tried several doctors, it was money uselessly spent. Finally Dr. Chase's Nerve Food was brought to me and eight boxes cured me. It is simply wonderful what benefit I have obtained from this treatment." Sleeplessness and headaches are warnings of approaching nervous collapse. You can positively remove these symptoms and prevent prostration or paralysis by the use of Dr. Chase's Nerve Food. 50 cents a box, 6 for \$2.50, at all dealers or Edmanston, Bates & Co., Toronto. Write for free copy of Dr. Chase's Recipes.

### Fads and Fashions.

Semi-precious stones, set in exquisite filagree work, are in high favor as daytime ornaments.

Collarless frocks of handsome weaves in soft materials are still in vogue for all sorts of indoor occasions.

Very stunning are large gemmed hatpins. A single rhinestone is in the centre of the disk-shaped top.

The lingerie gown is promised a great vogue, and this, of course, means a great vogue for embroidery.

Embroidery that looks like rat-tail braid is being employed quite effectively on linen tailormades.

Spring coats will be lined with silk the same shade as the cloth, the same as has been done the past two winters.

The new silk and cotton bengaline, very supple and in a wide range of colors, is quite a favorite for house gowns.

A novelty in trimming for lingerie frocks is a tiny cotton fringe, quite like that used on bedroom curtains and covers.

The favorite hat shape of Paris, and one likely to dominate the Easter season, is the Louis XVI. model, turned up at the back.

Fascinating dress stuffs, offered for

### DO YOU PERSPIRE EXCESSIVELY?

Don't Be Offenseive Any Longer—There is a Tonic Treatment That Cures.

"The least little thing would force me into a state of excessive perspiration," writes E. C. De Forrest, a well-known resident of Davenport. "Not only its profusion, but its offensiveness bothered me. I was then not overstrong and it might have been the result of a low sort of fever I had when I first moved into this section. Perhaps I was run-down and a little nervous. With any little start, or waking up at night in a half-dreamy condition, I would be simply bathed with perspiration. Looking around for a good tonic I saw 'Ferrozone' highly recommended. It's a great pleasure to testify that in my case it did splendidly. In general health Ferrozone quite set me up, owing no doubt to the stimulation Ferrozone gives ones appetite and digestion. I can't positively say how much I gained in weight, but I know it was considerable. My sleep improved, and as for my nerves they never bother me any more. It's a great blessing to get free from the excessive perspiration, and still more desirable to enjoy such excellent health as Ferrozone brought me."

You'll not regret using Ferrozone—get it to-day, fifty cents a box, six for \$2.50, at all dealers, or The Cattarhogue Co., Kingston, Canada.

### Better Be Safe Than Sorry.

Are you sufficiently protected from loss by fire? Why not cover your property adequately? The Winter Season with its fire hazard is now on. Strong Companies, low rates and prompt payments are good inducements. Look up our record and you will find how promptly we settle claims.

PERCIE JOHNSON, Agent.

Office: corner Duckworth and Prescott Streets.

### What About That Petition?


Editor Evening Telegram.

About two months ago we sent in a petition about our doctor here, signed by over four hundred voters, and have since heard nothing about it. We wish then to ask our members what about it. It is time that we should get the answer yes or no. Our members may not think so, but our wish should be their guide. We have here a doctor who in every way, both as a man and a doctor, is a superior man, and we consider the retaining of him in the district a very important consideration, as our petition signed by the vast majority of the people goes to prove. To have a good doctor here is more necessary for us than even the snorting of the iron horse. To a man in suffering the snorting of the iron horse along the beautiful valley of Bay Bulls is a very poor substitute for a doctor. The doctor at the other side of the district has been very generously treated by all governments, and without reflecting on that doctor, whom we know to be worthy of generous treatment, or on the people, who are worthy of the kindness shown them by the ruling powers, we might say that we have votes too, and we are as worthy of generous help in the matter of retaining a good doctor as they are. Hon. Mr. Cashin in his political campaigns has taken occasion to remind us of the many sacrifices he has made for love of the people. We have made him our representative, and now as our senior member we want to know from him what about our petition. Will he grant our request for love of us, or will he deny it? Which?

COM. Bread and Cheese, Bay Bulls, February 25th, 1910.

Avoid alcoholic and capsicum tonics which burn hair and scalp. Use Bearline, a bear's grease pomade, which feeds the roots and makes hair grow.

### FUSSELL'S FULL CREAM CONDENSED MILK IS THE CREAM OF MILKS



### COTTONS AND WOOLENS.

Best and Cheapest Wholesale House in the City.

A complete stock of the newest American and English Goods, embracing Percaloes, Shirts, Calicoes, Misprints. Also Tweeds, Dress Goods, Top Shirts, Flannellettes, etc., and Fleece-lined Underwear—special make.

Please See Our Prices.

Cutport Orders will have special attention.

## W. A. Slattery,

Duckworth Street, 3 Doors East Seamen's Home Building



### Simplicity, Strength and Durability

These are three of the distinctive features that combine to make the Singer the easiest sewing machine made. There is nothing intricate or fragile about it.

## Singer Sewing Machines

are sold only at Singer Stores or by Singer Salesmen—never through dealers or under other names.

Only Store in St. John's is at

### 339 Duckworth Street

### Better Be Safe Than Sorry.

Are you sufficiently protected from loss by fire? Why not cover your property adequately? The Winter Season with its fire hazard is now on. Strong Companies, low rates and prompt payments are good inducements. Look up our record and you will find how promptly we settle claims.

PERCIE JOHNSON, Agent.

Office: corner Duckworth and Prescott Streets.

### BUSINESS AND PLEASURE COMBINED!

Why not embrace it, and get one of our


## MOTOR BOATS or MOTOR ENGINES?

Indispensable to the FISHERMAN, PLANTER, CLERGYMAN, TOURIST, and PLEASURE-SEEKER.

Place your order now for next season's wants.

## Angel Engineering and Supply Co., Ltd.

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