

RUBBERS! RUBBERS!

Now is the time to secure a pair of the best Rubbers in the city to keep your feet dry.

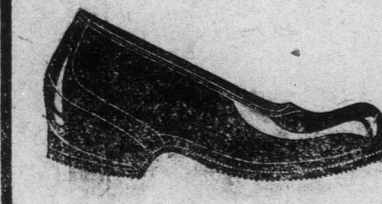
During the next TEN days we will offer 500 Pairs of the

Well Known "MERCHANT BRAND"

in Childs, Misses, Women's, and Men's, at Greatly Reduced Prices, and in Jobs we have 1,500 Pairs of Women's and Men's Low and Storm—Women's Low 47c, Storm 53c. Men's Low 68c., Storm 70c.

White Sale Prices are continued.

Marshall Bros



On Simplifying.

By RUTH CAMERON.



Why Not a Simple Dessert?

Couldn't you simplify and at the same time vary your desserts without working a hardship to your family?

Many housewives seem to feel that the pleasure experienced from a dessert is in direct ratio to the cost, and the time it takes to prepare it. I don't think this is necessarily so.

Suppose some night, instead of a pudding or pie, you try serving toast and honey or marmalade, and tea or coffee, and see if your family does not enjoy the change.

Whipped cream is a luxury in the average family. Cookies and cocoa with plenty of fluffy whip cream isn't such a bad dessert.

A very simple though rather inexpensive dessert for children is sweetened white of egg beaten up stiff, and orange juice.

"It is my personal experience that after a hearty meal a hearty pie or pudding is really more than the stomach requires. We eat it because we are used to it but I don't think you would find yourself hungry or dissatisfied if some light little top-off were occasionally substituted.

Balancing Meat and Dessert.

I know of one family where the housekeeper makes it a rule to balance the meat course and dessert. If she is to have a rather light dinner such as a stew or cold meat she serves a hearty dessert. If she is to have an especially hearty first course such as a hot roast or steak, potatoes and two vegetables, she serves simply cheese, common crackers and coffee, or fancy crackers and tea, or salted nuts and crackers, or simply fruit for a top-off.

In another family where they are fond of salads, dessert is often entirely omitted and the meal finished off with a salad and coffee.

The best time to eat candy is directly after a meal. In a family where there are children why not occasionally substitute a dish of fudge or molasses candy for the regular dessert. The children will probably be glad to make it themselves.

Questions and Answers.

Question. Mrs. F. O. B. wants to know where I can get a simple inexpensive book on food values.

Answer. You can get an excellent little book on this subject that will cost you nothing but a postcard. The United States Department of Agriculture publishes a pamphlet called "Principles of Nutrition and the Nutritive Value of Food." It is very simple, very clear and will be very helpful, if after you get it you will really study it. Write to the United States Department of Agriculture at Washington and ask for Farm Bulletin No. 142.

Question. A letter friend wants to know the birthstones of the various months.

Answer. I usually answer questions seeking my personal opinion rather than those dealing with mat-

ters of precise information which the inquirer could look up for himself. But in this case I happen to have a list at hand. January, garnet; February, amethyst; March, bloodstone; April, diamond; May, emerald; June, agate; July, ruby; August, sardonyx; September, sapphire; October, opal; November, topaz; December, turquoise.

Ruth Cameron
"Come and Do It."

London, Feb. 27.—Miss Jessie Pope, the clever English poetess, has contributed the following to the London press:

When Germany, six months ago, Observed our fighting force in France,

How bravely she began to crow, While laughter creased her countenance.

"That British army makes for mirth," She cried: "with utter scorn we view it."

"We're going to wipe it off the earth!" And England answered: "Come and do it!"

But German programmes change at will, New schemes Teutonic bosoms fired

The sack of England filled the bill, While Berlin shouted and admired.

"We'll smash your land with bomb and shell," They cried: "in little bits we'll hew it."

"We'll turn your London into hell!" And England answered: "Come and do it!"

Once more their plans they readjust, To-day another tune is played.

"We'll make you British bite the dust," They cry, "by means of a blockade! An iron belt we'll set about

Your shores, and tighter still we'll screw it. Until, like rats, we starve you out!"

And England answers: "Come and do it!"

YOUR BOYS AND GIRLS

A mother cannot be too careful about overcoming foul breath in her children. Strangers cannot with decency comment upon it, and it remains for the members of one's family to mutually guard the general public by preventing it in the home circle.

A charcoal tablet will temporarily remove the offense, until the stomach can be put to rights, and the mouth should be rinsed out frequently with a weak solution of soda—a teaspoonful of bicarbonate of soda to a pint of water.

Sometimes a foul breath is the result of decayed teeth and a visit to the family dentist is advisable.

FRENCH MEDAL FOR SIR JOHN FRENCH.

Paris, Feb. 20.—The Government has decided to confer the military medal on Field Marshal Sir John French, Commander-in-Chief of the British forces in the field.

Ward's Lignum Cures Diphtheria

MOTHERS!

The most interesting package landed from the S. S. "Stephano" this trip was a HUGE CASE of

89c.



89c.

Children's and Misses'

American Dresses.

They come in all the latest styles for the coming season—PLAIN LINENS, nicely piped and otherwise trimmed in that FAULTLESS AMERICAN Way—Others in pretty STRIPES and CHECKS—Some with Sailor Collars, others ordinary Low Neck, nicely trimmed, prettily cut Skirts.

Each little Dress has something Dainty and attractive about it. Values run from \$1.50 to \$1.80

James Baird LIMITED

Our Special Price. **89c.**

Charity Ice Sports.

The committee in charge of the Ice Sports, which will be run off on next Monday evening, weather permitting, held another meeting at the C.C.C. hand rooms yesterday afternoon. The sub-committee, appointed at the previous meeting, submitted their reports, which were most favorable. The ladies of the Avalon Nursing Brigade, have kindly offered to serve teas and give the proceeds to the benefit fund. This announcement was hailed with much enthusiasm. The first item on the programme outlined will be an inter-collegiate hockey match between the Methodists and a picked team from St. Bon's and B. P. Col-

leges. For the one mile race for boys under 16 and also for the all-comers 1 mile two prizes are offered through the kindness of Messrs. T. J. Duke, F. J. Martin, E. W. Ayre and Percy Johnson. Probably the most exciting event for the evening will be the ladies' hockey match for which special provision is being made. The fifth event will be a hockey match between six of the Fieldian team and a picked

DR. DEVAN'S FEMALE PILLS Reliable medicine for all Female Complaints. 25c a box, or three for \$1.00, at drug stores. Mailed to any address on receipt of price. THE SCHELL DRUG CO., St. Catharines, Ontario.

PHOSPHONOL FOR MEN Restores Vitality for Nerve and Brain. Increases "Grey Matter." A tonic will build you up. 25c a box, or two for \$1.00 at drug stores, or by mail on receipt of price. THE SCHELL DRUG CO., St. Catharines, Ontario.

six from the city selected by Messrs. J. Tobin and W. Herder. The final event will likely be a challenge race between representatives of the Parade and Prince's Rinks. Tickets are now on sale, all arrangements are practically finalized, officials are appointed and everything points to most successful sports, which should be largely patronized in view of the object alone, although the programme itself will be well worth the admission fee. The committee will meet again on Saturday night next.

Whether the blouse is of silk, tulle or crepe, the collars are shaped like the collar on a man's outing shirt and are held together in front with a bow, linked buttons or a long bar pin.

Fishery News.

The banking schooner Metamora, Capt. John Lewis, has arrived at a western port and reports for three hundred qtls. of fish. Capt. Lewis commenced winter fishing about the middle of the last month and so has landed a good trip.

Capt. Walter Kennedy, in the schr. Rustand, has arrived to land after the first winter trip and reports for a good catch.

To Cure a Cold in One Day Take LAXATIVE BROMO QUININE Tablets. Druggists refund money if it fails to cure. BROOK'S signature is on LINEN.

FRESH CHILLED HALIBUT, etc.

Things Seldom Just "Happen."

There are sound reasons if you look for them. Homestead Tea is as distinctive in cup quality as it is in name.

This didn't just "happen." The reason is that in Homestead we use a proportion of the rich, strong teas of Northern India—teas grown in the district of Assam, where the tea bush is said to have had its origin. These teas when blended with the finer sorts of Ceylon teas give that rich strength and pleasing flavour possessed by Homestead.

Ex s.s. Portia:

Fresh Chilled Halibut.

Fresh Codfish.

Fresh Cod Tongues.

Freshly Smoked Kipper Herring.

No. 1 Salt Herring.

Fish Sausages.

Smoked Caplin.

Cranberries, 40c. gall.

Evaporated Apples, 14c. lb.

Finnan Haddies.

C. P. EAGAN.
DUCKWORTH STREET & QUEEN'S ROAD.

Kerosene Engine for his Engine, and

For seven years Newfoundland fish "ONLY". But Fishermen users all over Such an enviable

The following ing from users:— (Copy.)

THE L. M. TRASK

Dear Sirs,—I stated you would of a FERRO engine same, and you would new make, or you would let you know 43263; it is a 7½ truth about the engine. We used it last on a deck boat about deep, and towed about 16 or 17 bars did good work fast H.P. P.—; and this a new trap skiff about wide, 33 inches deep and there is lots of quality.

The 8 H.P. A same size and they time the A.—; trouble, and we have since we had the best here.

Wishing you ever

Fishermen in sene Oil Engines

L. M.

140 Water ONLY EXCLUSIVE

WEDD

Certainly the less t



Every Ring per sign; 18k Ring send yo

Great Reduction in Price

Visit our Home Fur yourself our excellent qu BRASS and WHITE EN VASSTANDS, TOWEL FOLLOWS, CUSHIONS, CHAIRS, BOOKCASES, COUCHES, LIVING'S, And a splendid variety GOODS.

CALLAHAN
DUCKWORTH

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