

Freeman's Jelly Crystals

"Quality Tells" in a Jelly more than in most dishes. A jelly must be free from sediment, and of delicate flavour. A discriminating Hostess will be satisfied with none but the very best quality, and she will find her ideal in a "Freeman's" Jelly.

Freeman's English Foods

Gideon.

RIGHTY MAN OF VALOR.

THE fourth of Israel's sons, the son of Joshua and a descendant of Manasseh, was probably born in the middle of the thirteenth century B.C.

At this time the children of Israel were under Egyptian dominion and were worshipping Baal, the god of the sun. Gideon, however, was a worshipper of the Lord. He was a warrior and a leader of men. He was called upon to lead the children of Israel against the Midianites, who had oppressed them for many years.

Gideon, with the modesty of a prophet, protested, saying: "behold I am a poor man, and my strength is as weak as that of a dog." The Lord replied: "I will be with thee, and thou shalt be victorious." Gideon then led his army of three hundred men against the Midianites, and won a decisive battle.

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"Blue Nose" Table Butter, 2-lb. Prints, Fresh Stock Just in, 70c. lb.

- LOCAL CREAMERY BUTTER-Avalon or Victory46c. lb. "PURE GOLD" ICING SUGAR19c. pkg. CRESCENT SOAP-Cartons of 3-12 oz. tablets45c. carton CHOW CHOW or SOUR MIXED PICKLES, 2c. bottle. MAPLE BUTTER-1 lb. glass35c. jar MACKINTOSH'S TOFFEE-4 lb. decorated tins. Special price on application. BANANA FIGS20c. pkg. ROYAL EXCELSIOR DATES20c. pkg. M. CARONI15c. and 25c. pkg. VECIACELLI-Catelli's, 1 lb. pkg.20c.

C.P. EAGAN, Duckworth Street & Queen's Road

The Midianites fled, leaving much gold and treasure on the desert. Upon Gideon's return the Israelites wished him to become their king, but he refused, asking only for the golden ornaments-worth about \$15,000-which had been taken from the Midianites.

Gideon intended to devote this gold to the service of the Lord and with it mistakenly built an "ephod," an idolatrous symbol of Jehovah at Bethel, and thus gave occasion to the people to fall into idolatry and in the end to treat his house with the greatest unkindness and ingratitude.

Gideon spent the rest of his life in his own humble home. He died after judging, really ruling, over Israel for forty years.

Long Maiden Voyage of Permanencia.

The concrete steamer Permanencia, which sailed from here in January last for Fortune Bay, Nfld., and which met such boisterous weather on her maiden voyage, sustained minor injuries which delayed her sailing from Burgeo, after undergoing repairs at Grand Bruit, is at present at St. Pierre. The Permanencia has on board a cargo of 3,000 barrels of frozen herring which she took on board at Belleoram, and was on her way to Boston and New York when she was obliged to call at the French colony in order to replenish her fuel oil supplies. Capt. Ernest Young, who was chief officer on the North Sydney built concrete ship, has arrived home, having sailed to Halifax from St. Pierre on the steamer Pro Patria. Capt. Young, who is coming home to take command of his own schooner to engage in the coastal service this summer, is loud in his praises of the Permanencia. He is a veteran of many years' experience in all kinds of weather, and he speaks in glowing terms of the Permanencia as a staunch sea boat, adding that the gale she weathered on her maiden trip was one that few crafts could pass through uninjured, if, indeed, they could pass through at all.-North Sydney Herald.

HUNGRY BUT DAREN'T EAT

Take "Pape's Diapiespin" and eat favorite foods without fear

Your meals hit back! Your stomach is sour, acid, gassy and you feel bloated after eating or you have heavy lumps of indigestion pain or headache, but never mind. Here is instant relief. Don't stay upset! Eat a tablet of Pape's Diapiespin and immediately the indigestion, gases, acidity and all stomach distress caused by acidity ends.

Pape's Diapiespin tablets are the surest, quickest stomach relievers in the world. They cost very little at drug stores.

A Town of Nymphs.

In the town of the Nymphs, as the settlement near the city of Ishinomaki in Japan is known, the women rule. The wives support the husbands and children, and are the acknowledged heads of the family. The husbands keep house, care for the children, and do other work that, in other places, is usually performed by women.

Because their business is to dive for pearls these women are called nymphs by the Japanese. The settlement is on Sekiam Bay, where pearl shells are numerous, and are taken from the bottom of the sea. In summer the women divers work in the water for ten hours a day, remaining for two or three minutes at a time below the surface.

The birth of a boy is considered bad luck, while great rejoicing attends the arrival of a baby girl. Men are regarded as inferior in every respect. At the early age of four, girls are taken to the sea and taught to swim and dive. When they get to fourteen they begin to work in earnest.

The women who are good divers can easily support their families. At forty they usually "retire." Very often they are already grandmothers at this age, and they spend the rest of their lives in educating their daughters and granddaughters, particularly in swimming and diving.

Dodd's Kidney Pills advertisement with logo showing a kidney and text: DODD'S KIDNEY PILLS, TRADE MARK, 23 THE BARRACKS.

Was Worth Weight in Gold, Declares Nova Scotia Man

Travel World Over And You Couldn't Find Equal Of Tanlac, He Says.

"If you travelled the world over I don't believe you could find a better medicine than Tanlac," was the emphatic statement made recently by Isaac Conrod, well known and prosperous farmer, living at Ch�zet-cooke, Halifax County, N.S. "I was troubled so bad with indigestion for four years I couldn't eat a thing without suffering the worst kind of pains afterwards. I had a disagreeable feeling like a lump of lead in my stomach after meals, and what I ate would sour and form gas that bloated me up until I was in perfect misery. I lost all desire for food and frequently had spells of nausea, when I could not retain what little I did force myself to eat. Just as soon as I lay down at night I had a feeling like I was going to smother and could get but very little rest on this account, and I always got up in the mornings feeling tired and worn out.

"So many people advised me to try Tanlac that I decided to do so, and it proved just the right medicine for me. I can now eat a good hearty meal and never suffer a particle from indigestion. I sleep like a log all night, have lost that tired, worn out feeling and feel one hundred per cent better in every way. Tanlac has been worth its weight in gold to me and I simply can't praise it enough." Tanlac is sold in St. John's by M. Connors; in Paradise, by Mrs. Martin F. Byrne; in Upper Gullies, by Heber Andrews; in Portland, by H. C. Haines; in St. Joseph, Salmonier; in Mrs. J. Gushue; in Marytown, by Exploits Valley Royal Stores, Ltd.; in Flat Islands, by William Samsom; in Jamestown, by Christopher Haines; and in Lewisporte by Uriah Freese.

St. Benedict.

Saint Benedict who was born in the year 480 A.D. Nursia, Italy, is always represented in art, with his sander on his lips and with his rule in his hand, or with the first words of that rule "Ausculta O filii!" issuing from his lips, and with a rose bush or a disciple, at his side.

Europe has never known a darker period than that when St. Benedict came upon the scene. Authority, morals, art, religion itself, all seemed on the verge of ruin.

Benedictus means the Blessed. On his father's side Benedictine belonged to the illustrious Anician family, on his mother's side, Benedictine was connected with the lords of Nursia. At the age of fourteen Benedictine, renouncing family, fortune and the gaieties of Rome, betook himself to a tomblike cave in the Appennine Mountains, where for three years he led the life of a hermit. His daily food was a loaf of bread brought to him by a monk, Romanus, who also gave him a hair shirt and a habit of skin.

But even here on the solitary mountain far from the madling crowd, temptations assailed him. One day the memory of a beautiful woman, he had known, so tormented him that, taking off his hair shirt and suit of skin, he jumped into the midst of a thorn bush growing by the side of his cave. Rolling his naked body among the thorns until he was wounded and bleeding, he thus extinguished as he hoped forever the fires of temptation from his heart.

St. Francis, seven centuries later, visited the spot and seeing the thorn made sacred by St. Benedict, he planted beside it two rose bushes which grew and flourished and finally extinguished the thorn. Wherein is a parable for such as can read it.

In the early days of his retreat, St. Benedictine was visited only by the neighboring shepherds, but as the years went on his fame spread abroad and the monks of a neighboring monastery, persuaded him to become their ruler. However, his austerity so displeased them that they tried to kill him with a poisoned basin of broth. But as the saint manly the sign of the cross over the vessel it is said to have broken, as though struck by a stone. This episode led St. Benedictine to return to his cave, but so numerous were now his followers that he soon felt obliged to form a retreat for them. This developed into twelve monasteries, each inhabited by twelve monks.

St. Benedict's fame as a saint, prophet and miracle worker having spread abroad, the whole of that part of the world flocking to him, and many sons of the Roman nobility began to enter his monastery. Among these were one Maur and the youthful Placidus, who one day when drawing water from the Lake of Nero, lost his balance and fell into the lake. "St. Benedict," we are told, "ordered his faithful disciple, to run quickly and draw the child out. At the word of his master, Maur went away without hesitation, and full of confidence in the order, he had received, walked upon the water with as much security as upon the earth, and drew Placidus from the whirlpool, which would have swallowed him up."

However, Benedict had enemies as well as faithful followers, and an envious priest of the neighborhood, having failed in an effort to poison him, deliberately set to work to tempt and ensnare Benedictine's young followers.

St. Benedictine realizing that he must do something to foil so cruel an enemy, appointed superiors to the twelve monasteries which he had

founded and taking with him a small number of disciples, left forever the wild gorges of Schiaco, after thirty-five years of work there. Going South he decided to settle on Monte Cassino, where he found a sacred wood and pagans worshipping at the very ancient temple of Apollo. Benedict preached Christ to this forgotten people and persuaded them to cut down the grove and destroy the temple.

Benedict lived at Monte Cassino for twenty years, his life rather that of a missionary and apostle than of a solitary. He did not content himself with healing the sick, the lepers and the possessed, paying the debts of the oppressed, but he also collected and distributed large sums of money, coin and cloth throughout the neighborhood.

In 529 a great famine afflicted the Campania, and St. Benedict distributed all the provisions of the monastery, so that one day there remained only five loaves to feed all the community. The monks were dismayed but St. Benedict reproached them, "You have not enough to-day," he said to them, "but you shall have to-morrow." And sure enough next morning, they found, at the gates of the monastery, two hundred bushels of flour, bestowed by some unknown hand.

One day, shortly after this, when St. Benedict was returning to the monastery he met a poor peasant, who cried "Restore me my son!" "Have I carried thee away?" Benedict asked. "He is dead; come and raise him up," answered the peasant and he persisted until St. Benedict falling upon his knees, then laid himself down upon the body of the child, and rising up extended his hands to heaven, praying thus: "Lord look not upon my sins but upon the faith of this soul thou hast taken away from me." Scarcely was his prayer ended when the boy was restored to his father full of health.

These are only a few of the many miracles with which St. Benedict is credited. He foretold his own death and raging with fever had himself carried to the tomb he had built for himself, he died standing up, uttering a last prayer. He was buried by the side of his sister Scholastica in a sepulchre made on the spot where stood the altar of Apollo, which he had thrown down.

Ends Staborn Coughs in a Hurry

For real effectiveness, this old home-made remedy has no equal. Really and cheaply. You'll never know how quickly a bad cough can be conquered, until you try this famous old home-made remedy. Anyone who has coughed all day and all night, will say that the immediate relief given is almost like magic. It takes but a moment to prepare and really there is nothing better for coughs. Into a 16-oz. bottle, put 2 1/2 ounces of Pinex and 1/2 ounce of granulated sugar syrup to make 16 ounces. Or you can use clarified molasses, honey, or corn syrup, instead of sugar syrup. Either way, this mixture saves about two-thirds of the money usually spent for cough preparations and gives you a more positive, effective remedy. It keeps perfectly, and tastes pleasant—Marvel like it. You can feel this take hold instantly, soothing and healing the membranes in all the air passages. It promptly loosens a dry, tight cough, and soon you will notice the phlegm thin out and then disappear altogether. A day's use will usually break up an ordinary throat or chest ailment, and it is also splendid for bronchitis, croup, hoarseness, and bronchial asthma. Pinex is a most valuable concentrated compound of genuine Norway pine extract, the most reliable remedy for throat and chest ailments. To avoid disappointment, ask your druggist for "2 1/2 ounces of Pinex" with directions and don't accept anything else. Guaranteed to give absolute satisfaction or money refunded. The Pinex Co., Toronto, Ont. mar3/21

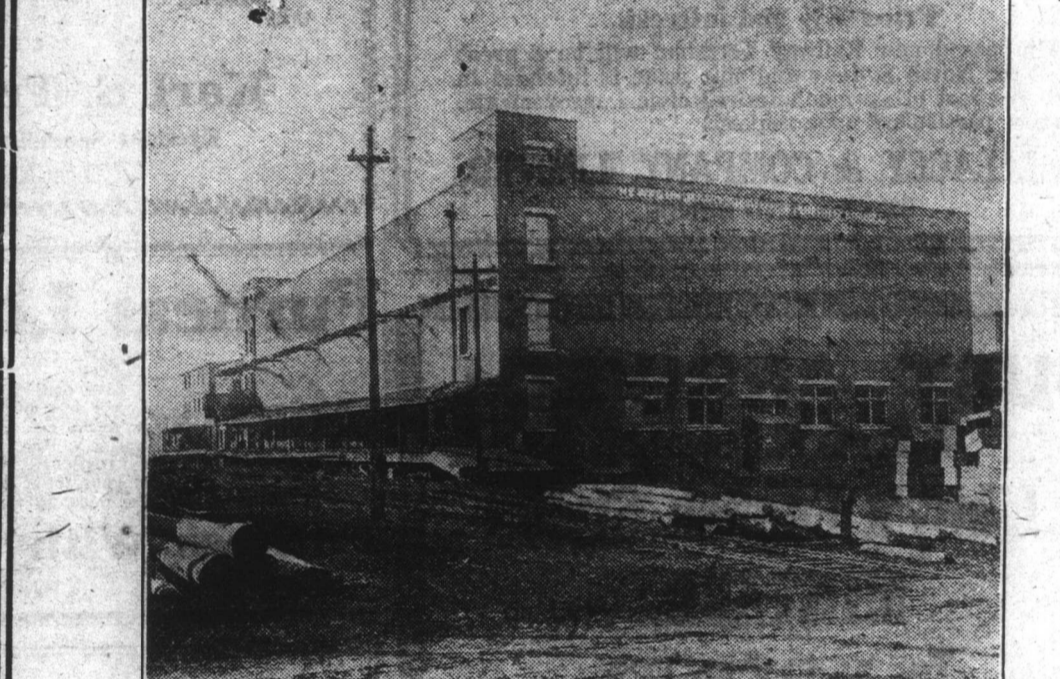
Fashions and Fads.

Coat-dresses continue to be worn. Double-faced ribbon is used for ties. Gray frocks feature the normal waistline. Long sleeves are bell-shaped at the hand. Round necks are finished with tiny ruffles. Cired satin is a favored fabric for spring. The slip-over dress is a favorite this spring. The straight-line silhouette is for street wear. Smart little turbans are hung with tassels. Gray is favored for street and indoor wear. For afternoon wear skirts are decidedly fuller. The black blouse is having a successful vogue. Ribbon-and-braid hats will be seen in March. Formal wraps are still influenced by the cape idea. The all-black dresses are still the craze in France. The deep rolling collar appears on spring wraps. Blouses of crepe are embroidered in gay mixed colors. Gay glass beads show Russian design and coloring. Every shade of red is seen in the new spring millinery. A smart color combination is beige and bottle green. Afternoon frocks will be six inches from the ground. Very new and smart is a platinum shade in crepe. Sports skirts have pockets and belts embroidered in wool.

JUST ARRIVED Best Quality Hay and Oats At Lowest Prices. Ayre & Sons, Ltd. STORE DEPARTMENT.

CARIBOU BRAND. THE N.F.L.D. ATLANTIC FISHERIES, LIMITED. Producers of FRESH FROZEN, SMOKED, SALT, MILD CURED and CANNED FISH.

Fresh Salmon, Smoked Salmon, Fresh Halibut, Smoked Halibut, Fillets, Fresh Codfish (Round), Fresh Codfish (Split), Smoked Codfish, Fresh Cod Fillets, Smoked Cod Fillets, Finnan Haddie, Kippered Trout, Kippered Herring, Red Herring, Bloaters, Fresh Herring, Fresh Codfish, Smoked Codfish, Boneless Tinned Codfish. . . . SQUID BAIT, ICE AND COLD STORAGE. THE LARGEST NEWFOUNDLAND DISTRIBUTORS OF FRESH FROZEN and SMOKED FISH.



COLD STORAGE CAPACITY SIX MILLION POUNDS. The Largest Cold Storage Plant and the only up-to-date Curing and Smoke House in Newfoundland. HEAD OFFICE AND-PLANT: ST. JOHN'S, NEWFOUNDLAND. London Office:— 83 Pall Mall London, S.W., England. T. E. COUSENS, Managing Director. W. L. McINTOSH, Manager. mar3/21

Germany's Plea of Poverty.

Is nobody paying Germany for her dyes? This is not an idle question. It is pertinent and timely in relation to the assertions of Dr. Walter Simons and other members of the government that Germany is poverty-stricken, industrially impotent, commercially crippled, a hopeless and helpless nation, utterly unable to pay anything like the amount of the debts which the Allies declare to be justly due. The Germans protest too much. There is less inability than unwillingness. Germany's principal industries are running full blast. Production is in many cases as large as it was before the war, and in some cases larger than then. This is proved by the figure in the reports of the experts attached to the reparations commission. Take the production of coal for dyes as an indication. The experts state that Germany is now producing more of these than she did in 1913.

GIN PILLS FOR THE KIDNEYS advertisement with logo showing a bottle of pills.

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Boats for Cowes Match.

Two of the four six-meter boats for the international match at Cowes, Eng., next August, were designed by Mr. Burgess. One, for F. C. Paine of the Corinthian Yacht Club of Marblehead, is plankled at Provincetown while that for Paul Hammond of New York is to be built by the Herreshoff Manufacturing Company at Bristol, R. I. This latter craft is said to be the first to be constructed at that yard from plans by an outside designer. Two other boats, completing the team, were designed by William Gardner for J. L. Salmon of Boston and for a Rhode Island yachtsman. There will be elimination races, it is understood. About 10 boats, from which to select a team, are building in England, three from designs by Nicholson, two by Fife, the others scattering and some designed by owners. N. L. Stone is head draughtsman for Mr. Burgess, who also has secured services of L. Francis Herreshoff, famous for his skill in tuning up small boats.

Diamond Dye All Your Old Things

Each package of "Diamond Dyes" contains simple directions to diamond-dye worn, shabby shirts, waists, dresses, coats, gloves, stockings, sweaters, draperies, coverings, everything, whether wool, silk, linen, cotton or mixed goods, new, rich, fadeless colors. Buy "Diamond Dyes," no other kind, then perfect results are guaranteed. Druggist has color card.