

## The Evening Chit-Chat

By RUTH CAMERON

"A woman who does not please is a false note in the harmonies of nature."—Oliver Wendell Holmes.



"To attain perfect physical beauty is the bounden duty of every woman, and if nature is deficient in her gifts it is the woman's bounden duty to overcome the defects."

"The woman who does not make herself as beautiful as she possibly can be is not doing her duty by society."

"The study for the attainment and appreciation of physical beauty among women should be a special feature in our educational and religious training."

Such are the tenets of a novel women's club which is being promoted in Chicago by Dr. Helen Reynolds Kellogg and is to be called the "Society for the promotion of Physical Beauty."

Don't you think it is a splendid idea?

I do.

I wish there might be such a club in every town and city in the land.

And I wish that these clubs besides succeeding in making their members more beautiful would also succeed in changing the public attitude towards the woman who tries to be beautiful.

The painters and sculptors who, using paint and clay as their

mediums, set to work with the avowed purpose of creating something beautiful are looked upon as public benefactors and men worthy of honor.

The woman who with herself as medium bends her energies towards making that self as beautiful and pleasing a thing as possible, is regarded by a great many people as distinctly frivolous.

And yet surely no work of art that the painter or sculptor could produce could possibly be so beautiful or capable of producing as much pleasure as a beautiful woman.

Surely a beautiful woman, walking through the streets of a city, radiating loveliness, vibrating charm, adds much more to the sum of happiness of the community than the most perfect picture or most magnificent sculpture hidden away in the recesses of the art museum.

Wherefore, I salute the new club and wish it long life and many members and much success.

Are you still unconvinced that the promotion of beauty is as good an object for a club's effort as civic betterment or the study of Browning?

If you are, let me tell you another fact in its favor.

You have doubtless heard of cases where the end justifies the means. Well, this, on the contrary, if you still insist that the end needs justifying, is a case where the means justifies the end.

For if you do not approve of the end which is the pursuit of beauty you will surely approve of the means which is the pursuit of health.

Ruth Cameron

## Woman's Power Over Man

Woman's most glorious endowment is the power to awaken and hold the pure and honest love of a worthy man. When she loses it and still loves on, no one in the wide world can know the heart agony she endures. The woman who suffers from weakness and derangement of her special womanly organism soon loses the power to sway the heart of a man. Her general health suffers and she loses her good looks, her attractiveness, her amiability and her power and prestige as a woman. Dr. R. V. Pierce, of Buffalo, N. Y., with the assistance of his staff of able physicians, has prescribed for and cured many thousands of women. He has devised a successful remedy for woman's ailments. It is known as Dr. Pierce's Favorite Prescription. It is a positive specific for the weaknesses and disorders peculiar to women. It purifies, regulates, strengthens and heals. Medicine dealers sell it. No honest dealer will advise you to accept a substitute in order to make a little larger profit.

**IT MAKES WEAK WOMEN STRONG, SICK WOMEN WELL.**

Dr. Pierce's Pleasant Pellets regulate and strengthen Stomach, Liver and Bowels.

## HOUSEHOLD NOTES.

Tough steak should be chopped and mixed with diced potatoes and then baked. Grated cheese over this dish improves the flavor.

Four peppercorns, four cloves and one teaspoonful of mixed herbs are the proper flavouring for one quart of water for soup.

A saucer of baked beans can be heated with catsup in a pan and a spoonful of toasted crackers served nicely for the noonday luncheon.

When next frying oysters, dip them first in mayonnaise and then in crumbs before immersing in the deep fat. They will be found delicious.

When the eyes seem weak and watery, bathe them night and morning with a mild astringent, such as two grains of alum to two ounces of water.

Do not destroy any net from old curtains. Cut into squares of desired size and stitch together, and they will make excellent wash-cloths.

Be careful never to use too much butter in cakes. Use a scant amount rather than what the rule calls for, and it will save many a poor cake.

When frying doughnuts, French fried potatoes or anything of the kind, drain on brown paper and you will find the grease drawn out into the paper.

To wash water bottles or any vase having a long neck, fill with clear hot water and tiny bits of torn paper. Shake well and rinse in clear water.

Romaine served with French dressing is tasty. If grated pineapple

cheese is added it improves the flavor as well as the appearance of the dish.

Cold water, a teaspoonful of ammonia and soap will remove machine grease when other means would not answer on account of colors running.

Don't handle the dough any more than necessary when making biscuits, doughnuts and cookies. The more you handle it the tougher it will become.

Wipe off screens with a duster each morning and beat with a soft brush. The beating should be done lightly in order that the wire be not bulged.

If gull frames are coated with copal varnish it will preserve them and they can be washed with water without removing the luster from the gills.

A small piece of window glass is useful to hold the leaves of the cook-book apart so that one can read a receipt and not soil the book by handling.

A half can of tomatoes can be used to make tomato soufflé seasoned with salt and pepper, add butter, strain and add a cup of cream. Serve with salted crackers.

**HAS A CORN ANY ROOTS.** Yes, and branches and stems as well. Can it be cured? Yes, by applying Putnam's Corn Extractor; it's painless, safe and invariably satisfactory. Insist on only Putnam's.

Canned pears make a delicious salad. Serve them on lettuce leaves with a thin mayonnaise dressing in which tarragon vinegar instead of lemon has been used.

## STOPS FALLING HAIR

Ayer's Hair Vigor is composed of sulphur, glycerin, quinin, sodium chloride, capicum, sage, alcohol, water, perfume. Ask your doctor about this. Follow his advice. Promptly checks falling hair. Completely destroys dandruff. An elegant dressing.

**Does not Color the Hair**

## DOCTOR GAVE HIM UP A Terrible Experience with Kidney Disease and Dragging Backache.

Expected Death any Day.

To get well and keep well after being pronounced incurable by his physician was the wonderful experience of Mr. A. P. Chapman who was snatched from the very jaws of death by the timely use of Dr. Hamilton's Pills.

"For two years I had suffered from advanced kidney disease, was stooped, back weary, hollow eyed and completely played out. One Saturday night I was seized by an acute attack and became so sick I had to call in a physician. For a week he attended me constantly, but I grew weaker and sicker every day. The pains in my back, the blinding headaches, the awful weakness from which I suffered almost killed me—the doctor saw it was hopeless."

"As a last hope I was persuaded to take Dr. Hamilton's Pills. They brought back my strength, aided my stomach, created new appetite, cleansed my blood and gave me relief from pain. After I used Dr. Hamilton's Pills for a month I was like a new man. I continued the treatment for three months and was cured."

Surely there is an obvious moral and lesson here for all men and women. If you are suffering from any derangement of the system, if you are tortured and distressed by indigestion, if you are weakened by the ravages of constipation, kidney, liver or bladder complaint,—if your blood is weak and your system run down,—then use Dr. Hamilton's Pills, take them continually till you are fully restored to health again.

Give Dr. Hamilton's Pills an immediate and thorough trial, your faith in them will not be disappointed, 25c. per box, or five boxes for \$1.00 at all dealers or The Catarthozone Company, Kingston, Ont.

## Attempt to Pilot Dirigible Across Atlantic.

Fabrice has now definitely completed the plans for his adventurous attempt to cross the Atlantic in an airship, and the date of departure is fixed for the middle of May. The launching point has not yet been chosen, but it will be either on the coast of Portugal or the Island of Tenerife.

The balloon is elliptical in shape, 162 feet long and 49 feet broad, and contains 6,000 cubic metres of hydrogen. The basket takes the form of a gondola, shaped like a submarine boat, 28 feet long, 7 feet broad, fitted with a four horse-power motor. This engine will only be used to keep the balloon in the course of the African trade winds, the doctor's idea being to make the voyage entirely without mechanical propulsion by keeping within the air currents which took Christopher Columbus on his voyage of discovery.

To obviate all danger that might arise from the expansion of gas under the influence of changes of temperature, the balloon has two envelopes between which an air current constantly circulates. Water is to be used as ballast.

Before embarking on this adventure, Dr. Gans-Fabrice will make a trial trip over some European sea.

## Electric Restorer for Men

restores every nerve in the body to its proper tension; restores vim and vitality. Premature decay and all sexual weakness averted at once. PHOSPHONOL will make you a new man. Price \$3.00 a box or two for \$5.00. Mailed to any address. The Seobell Drug Co., St. Catharines, Ont. m.w.f.

T. McMurdo & Co., Selling Agents for Newfoundland.

## Prejudice Against Sleep

Why can some men sleep at will and some nervous men too, while others, sometimes very "heavy" men, with apparently immovable nerves, are tortured by insomnia? Why too do some men seem to obtain sufficient rest with five hours sleep, while others require nine? Do some men "sleep slow," as Mr. Smedley jocularly argued in one of his amusing stories, or do they actually require more sleep?

The popular prejudice against sleep works an infinity of mischief. There are plenty of sluggards even among the cultivated class, but the sleep sluggard is in that class a very rare specimen. The tendency of the educated is to wakefulness, and the man who does intellectual work and exhibits what his friends think a disposition to oversleep is obeying a healthy instinct. Sleep recuperates him and he knows it.—From the Family Doctor.

**HIS 64th BIRTHDAY.**—We congratulate Inspector General Sullivan on the attainment of his 64th birthday. He was born at Trinity in 1846, the year of the great fire in St. John's.

## Picture Post Cards Free,

## 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, 4-lb. tins, 20c.; 1-lb. tins, 35c.; 1-lb. tins, 70c.

LIPTON'S CHOCOLATE POWDER, in 4-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, 4-lb. boxes, 35c. each; 1-lb. boxes, 60c. each, equal to any at 90c. lb.

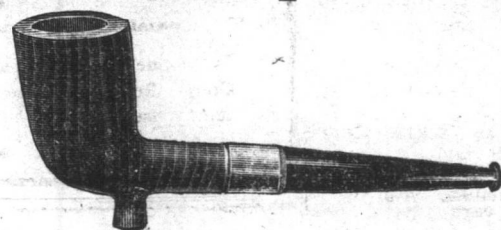
LIPTON'S CELEBRATED CARAMELS, in 4-lb. and 1-lb. tins at 10c. and 20c. each.

LIPTON'S DELICIOUS WALNUT TOFFEE, in 4-lb. tins, at 20c. each.

LIPTON'S UNSURPASSABLE MILK CHOCOLATE, the best of all Milk Chocolates, at 5c. pkt.

**Henry Blair,**  
AGENT FOR LIPTON, LTD.

## BRIAR PIPES!



WE OFFER A SPECIAL LOT OF  
**BRIAR PIPES**  
WHICH WE WERE FORTUNATE IN SECURING AT A LOW PRICE  
ALL SIZES AND SHAPES.  
EXCEPTIONAL VALUE.

WE CALL THE ATTENTION OF WHOLESALE BUYERS TO THIS LOT.

MARTIN HARDWARE COMPANY.

## ROYAL Society Floss,

The great substitute for Silk.

See our window for Centre Piece worked with ROYAL SOCIETY FLOSS.

**CHARLES HUTTON,**  
Agent for Newfoundland.

## The Eternal Fires--By Victoria Cross

And other New Novels, by best Authors, Special Colonial Eds.—50c

A Winters Comedy, by Halliwell Sutcliffe.  
Scarlett Kiss, by Gertrude Wentworth-James.  
Eternal Fires, by Victoria Cross.  
The Great Gay Road, by Tom Gallon.  
The Mikado Jewel, by Fergus Hume.  
Retribution, by C. Ranger Gull.  
Lady Susan and not the Cardinal, by Lucas Cleeve.  
The Top Dog, by Fergus Hume.  
The Witch Queen of Khen, by Ena Fitz-gerald.  
Master John, by S. F. Bullock.  
Blinda Treherne, by L. T. Meade.  
The Matheson Money, by Florence War-den.  
Beauty Retire, by Dora Mellor.  
The Nest of the Sparrowhawk, by Baroness Ozezy.  
For Charles the Rover, by May Wynne.  
The Red Hot Crown, by Dorothea Gerard.  
Dora Q's Love Story, by K. & K. Prichard.  
The Adventures of Susan, by C. T. Brady.  
The Wanton, by F. T. Robertson.  
Key to the Unknown, by R. N. Carey.  
The Wild Widow, by G. Wenworth-James.  
Red Love.  
The Case of Miss Elliott—Baroness Ozezy.  
Henry of Navarre, by May Wynne.

**S. E. GARLAND, Leading Bookseller,**  
177, 179 Water Street.

## Job Printing Executed.

## The Festival of Empire.

How the Story of the Early Days of Britain and the Colonies Will Be Told—The Vast Scale of the Forthcoming Pageant—Preparing 15,000 Dresses.

Newfoundland—the oldest of our Colonies—Canada, Australia, New Zealand, South Africa and India are sending their sons and daughters to represent them in the great "Festival of Empire" at the Crystal Palace this summer.

This festival is to be the greatest pageant ever produced in this country. Its aim is to show in the most vivid possible manner the rise of the British Empire. It is to tell the story of our race in living pictures.

The pageant is a lesson in history, told not in colourless words, but by a series of colossal scenes in which whole armies of trained performers will take part. These performers would populate a fair-sized town.

Fifteen thousand citizens of London and another thousand or more from the Colonies, all dressed in accurate costumes of different periods, will show scene by scene the great story.

Princess Louise, Duchess of Argyll, has consented to become the head of the committee that will select the performers; Earl Roberts will give advice for the military scenes; Sir Edward Poynter, P.R.A., and Sir Walter Paratt, Mus. Doc., the King's musician, will advise on matters artistic and musical. The pictorial representation of the life and industries of the Overseas Dominions are to be arranged under the presidency of Lord Strathcona and Mount Royal, while the Duke of Norfolk, Duke of Devonshire, Duke of Fife, Marquis of Londonderry, Earl of Rosebery, Lord Avebury and General Sir John French are among the members of the council.

Mr. Frank Lascelles, "The Master of the Pageantry," explains that the aim is to illustrate the history of our people in chapters, that might be called "England," "Great Britain," and "Greater Britain." The first scene will be prehistoric London. Ancient Britons in their settlement on the River Fleet will hunt deer, and King Lud will appear in the flesh.

Then the scene will change to the London of the days of Roman occupation, and the struggle between the invading army of the Emperor Constantine and Allectus will be fought again.

Saxon London will next be reconstructed, and then one of the most dramatic scenes of the pageant—the Danish invasion. We shall see the Danes sailing in their great prowed boats till they are stopped by "London Bridge." The bridge, swarming with defenders, will break, its living load will be hurled into the water, and the boats of the Danes will advance again. For this scene the late in the grounds of the Crystal Palace will be used to represent the River Thames, and a replica of the London Bridge of those days will be built for the occasion. Now we reach the time of the Norman Conquest. We shall see King Harold marching out to meet William of Normandy, who presently makes his victorious entry with his knights and soldiers.

Scenes change, and presently we shall be watching a tournament in Cheapside before Edward II. and Queen Philippa. Knights on mailed horses will strive together on ground where the motor-omnibus throbs today and the victors will be rewarded amid the pomp and pride of tournament.

Again the scenes will change, and we shall watch the Canterbury Pilgrims; see the great rebellion of 1831, when Wat Tyler descends upon the city. The years will fly by; we shall see the triumphal return of Henry V. after his defeat of the French; the close of the Wars of the Roses, and then the dawn of a new era. The story of Great Britain begins now. We shall be shown the Court of King Henry VII. Ladies and gentlemen will be seen flaunting through the famous "Peacock Dance" when amid the tawdry pomp of silks and laces there appears one sturdy, sun-tanned figure. Among those courtiers and white-handed ladies he may look "a giant, and surely he should, for this is Cabot, who has just returned from his voyage of discovery, of and to Newfoundland.

To the foot of the throne his men bring "certain snares"—nets and traps such as are used by the natives in that fabled land to which the setting sun has guided the discoverers—and King and courtiers look curiously at those strange trophies and lean forward to listen to the words of the voyager whose eyes have seen so many wondrous sights.

Yes, this man has truly brought a new world within their ken. Soon all will be dreaming of the future Empire. The foundations of Greater Britain are laid.

of a hill in view of the fleet of Englishmen and strangers which were in number about thirty or forty sail"; and how being accompanied by his captains, masters, gentlemen, and soldiers, he caused "all to repair to his tent and then and there in the presence of them all he did cause his commission under the Great Seal of England to be opened and solemnly read unto them.

"The effect, whereof being signified unto the strangers and others by an interpreter, he took possession of the said lands in the right of the Crown of England by digging up a turf and receiving the same with a hazel wand."

Thus did Newfoundland become the first of the great family of British Colonies.

We shall see the return of the first expedition of the East India Company; the visit of the Virginian Princess "Pocahontas" to England; Captain Cook leaving Deptford on an expedition to the South Seas, during which he explored the coasts of New Zealand and Australia.

And finally, to end the great story that those scenes have told, we shall see symbolic figures representing all the Dominions Overseas, gathering to be welcomed in the Mother Country.

Australia will come bringing gold and wool, Canada laden with wheat and fruit, Africa bearing gold and diamonds, Newfoundland with fishing nets and the wood from which paper is made to-day, New Zealand, India—all these lands will send their own people to represent them in this great pageant, which is to be acted daily in May, June and July this year.

Nothing on such an enormous scale has been attempted before. A mere tally of figures seems to convey nothing. It is impossible to realise the amount of work involved by the necessary dresses alone. Fifteen thousand costumes have to be designed and made, and almost every one has necessitated a search for the correct data.

Five hundred horses, several elephants, and uncounted dogs are to appear. The pageant will literally be a living history, shown on a stage fifty acres in extent.—Daily Mail, Feb. 2.

## College Debate.

At Bishop Field College, Saturday night last, the students under the direction of Mr. R. E. Wood, the Principal, had a very interesting debate.

The subject was: "That the Cost Involved in Carrying out the C. H. E. Exams, is equal to the value Derived Therefrom." Mr. J. Joyce opened for the affirmative and made a telling and argumentative speech. Mr. R. H. Tait took the negative, and replying to the former speaker advanced some strong arguments to sustain his position. Several others spoke on each side. On the vote being taken 40 were found to be on the affirmative and 30 on the negative.

Piano solos followed by S. R. Steele and J. R. Emerson; E. W. Gillett recited and R. Tait sang.

## GET POWER

The Supply Comes From Food.

If we get power from food, why not strive to get all the power we can. That is only possible by use of skillfully selected food that exactly fits the requirements of the body.

Poor fuel makes a poor fire and a poor fire is not a good steam producer.

"From not knowing how to select the right food to fit my needs, I suffered grievously for a long time from stomach troubles," writes a lady from a little town in Missouri.

"It seemed as if I would never be able to find out the sort of food that was best for me. Hardly anything that I could eat would stay on my stomach. Every attempt gave me heart-burn and filled my stomach with gas. I got thinner and thinner until I literally became a living skeleton and in time was compelled to keep my bed."

"A few months ago I was persuaded to try Grape-Nuts food, and it had such good effect from the beginning that I have kept it up ever since. I was surprised at the ease with which I digested it. It proved to be just what I needed."

"All my unpleasant symptoms, the heart-burn, the inflated feeling, which gave me so much pain disappeared. My weight gradually increased from 98 to 116 lbs., my figure rounded out, my strength came back, and I am now able to do my housework and enjoy it. Grape-Nuts did it."

A ten days trial will show anyone some facts about food.

Look in pkgs. for the little book, "The Road to Wellville." "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.