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**SPRINGS, BOLSTERS, PILLOWS,  
COUCHES and CHAIRS.***

**We make a specialty of  
Steamship Upholstery.**

**The Evening Chit-Chat**

By RUTH CAMERON



I read in a newspaper the other day of the establishment of a "school of matrimony" which was to have courses in dress-making and millinery, in domestic science and in the nursing and care of children.

Isn't that rather short-sighted? Aren't we altogether too willing to regard the science of housekeeping as something that can be left at a standstill while all the other sciences in the world progress?

My ideal school would have courses in simple economical cooking, making a specialty of the use of left-overs and the study of scientific food values, in plain sewing, mending and altering, in economical and intelligent buying not only of provisions but also of materials, and advanced courses for those who wished them in hat-making, embroidery and dressmaking.

There are, of course, in some large cities industrial schools where these things are taught, but not in many, and only a small proportion of the girls even in these cities attend the industrial high.

I believe that such a school should be established in every city and town in the United States, and that a one year course in it should be made a requirement for a high school diploma for a girl, and graduate courses should be open to those who had time for them.

Why would not the study of the need of such a school and the possibility of having it established in your community be a good thing for the woman's club to which you belong?

Science as the experts who would be hired to teach them.

Now I know there are a good many people who are going to say that the new fangled ideas that these experts will teach our girls are all nonsense and that the young girl will do much better to learn the art of housekeeping just as her mother and grandmother knew it.

I set out at once to visit this school, and found it, after all, merely a figment of the editorial writer's active brain.

I wish there might be such a school publicly maintained in every city in the United States, and that a year or two at it might be considered as indispensable a part of the middle class girl's education as her high school course.

We say most emphatically that no man has a right to marry unless he can provide a suitable home for the girl.

Why has a girl any more right to marry when she is incapable of running the suitable home after he provides it?

Of course a girl might learn cooking and sewing, and all the other things that pertain to her profession of homemaker, right in her own home—and some girls do—but are the majority of girls left to learn the art of homemaking in this casual way, apt to put as much study and concentration upon it as if they were studying it in a regular school?

Besides, unless the mother is an exceptional housekeeper, it is unlikely that she would know much about each branch of domestic

Ruth Cameron

**Ill Health, Its Cause**

Sluggishness of Liver and Bowels.

It took me a long time to learn, and big doctors' bills in the bargain, written Mr. Ogilby, of Winnipeg, that the disturbance of any system was due simply to liver and bowel inactivity. A sleepiness and languor extinguished my old time ambition. I fear irritability of temper added little to the comfort of my family, yet the headaches, general misery and melancholy forebodings that weighed me down ought to be considered. Tonics, electric treatment and mineral waters in turn failing to cure me, the advertising of Dr. Hamilton's Pills and the testimonials supporting the claim of great medicinal virtue induced me to try them. The result of even the first box made clear that my own body was making its own poison, that by driving it from the system and removing the cause which undoubtedly resided in the liver and bowels, by Dr. Hamilton's Pills, my health would be as good as ever.

It seems certain to me that more than half the sickness we see about us is caused by carelessness in keeping the bowels open and the liver active. Dr. Hamilton's Pills I found do both, and do it better than other remedies.

**The Odd Fellows' Condolence.**

A deputation consisting of J. C. Phillips, P.G.D.D.G.M.; E. D. Spurrell, P.G., and D. Cook, R.S.S., from the Oddfellows of Newfoundland, went to Government House at 12.20 yesterday and presented the Governor, Sir Ralph Williams, with the following address, which was printed on parchment:—

To His Excellency  
Sir Ralph Williams, K.C.M.G.,  
Governor of Newfoundland.

Your Excellency,—  
On behalf of Atlantic Lodge, No. 1, of St. John's, and of Exploits Lodge, No. 2, of Grand Falls, of the Independent Order of Oddfellows, we beg to convey through you to His Majesty the King, the Dowager Queen Alexandra and the Royal Family, the sincere sympathy of the Oddfellows of Newfoundland on the death of our late beloved King, Edward the Seventh, and pray that the Supreme Ruler in His Mercy may sustain them in their bereavement.

We also wish to express our unswerving allegiance to our Sovereign Lord the King, George the Fifth, His Throne and the Empire to which we belong.

We have the honour to be,  
Your Excellency's  
obedient servants,  
A. ERNEST WHITE,  
Acting Noble Grand, Atlantic Lodge;  
GEORGE E. WHITE,  
Noble Grand, Exploits Lodge;  
EDWARD D. SPURRELL,  
Secretary, Atlantic Lodge;  
GEORGE P. HICKS,  
Secretary, Exploits Lodge;  
J. CHARLES PHILLIPS,  
District Deputy Grand Master,  
Oddfellows Hall, St. John's,  
May 9th, 1910.

**The Poet Laureate's Tribute to the King.**

London, May 9.—Alfred Austin, the Poet Laureate, has written the following poem on the occasion of the King's death, entitled "The Truce of God," with the sub-title, "A King's Bequest":—

When darkness deep as wintry gloom,  
O'er shadows joyous spring  
In vain the vernal orchards bloom,  
Vainly the woodlands ring;  
Round Royal shroud,  
A mournful crowd  
Is all now left of one but yesterday  
A King.

Thrones have there been of hateful  
fame  
Reared upon wanton war;  
He who have lost still linked his name  
With peace at home, afar:  
For peace he wrought,  
His constant thought  
Being how to shield his realm  
Against strife's hateful star.

So let us now all seek to rest  
From hateful feuds release;  
And mindful of his wise bequest,  
From factious clamors cease.  
Treading the path he trod,  
The sacred truths of God,  
The path that points and leads to  
patriotic peace.

**Up-et ick Feeling**

That follows taking a dose of castor oil, salts or calomel, is about the worst you can endure—Ugh—it gives one the creeps. You don't have to have it—CASCARETS move the bowels—tone up the liver—without these bad feelings. Try them. 914. CASCARETS 10c. a box for a week's treatment, all druggists. Biggest seller in the world. Million boxes a month.

**HOW CAN WE COUNTER-ACT**

**THE INCREASED COST OF LIVING?**

A second's reasoning will supply the answer. Beef and pork are dear and getting dearer all the time, and the cost is out of proportion with their food-value.

**EAT MORE BREAD.**

There is more nourishment in a shilling's worth of bread than a shilling's worth of beef or pork. But the problem is not done with yet. The shilling's worth of bread is not always the same value. Breadmade from

**ROYAL HOUSEHOLD FLOUR**

contains more nourishment than any other, because it contains the greatest amount of gluten, the health-giving nutriment of wheat.

**GREAT MUSIC SALE**

MAY MONTH.

**20 Per Cent. Discount**

on all Folios and Sheet Music—Cash only.

**CHESLEY WOODS,**

The White Piano and Organ Store.

**Notice to Anglers!**



We wish to inform you that our stock of Fishing Tackle has just arrived. The same has been personally selected and contains the largest variety ever imported.

We have secured a lot of SAMPLE RODS which are being sold far below regular price.

DON'T FAIL TO MAKE YOUR GUESS. See the Prize we offer now on Exhibition in our Window.

MARTIN HARDWARE COMPANY.

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We present to the Trade and Outport Dealers this Spring the largest, most varied, and best selection of English and American Cotton and Wollen Goods, as well as a complete line of all classes of Founds, Remnants and Seconds.

Balbriggan and Fleece-Lined Underwear a specialty. See our Stock of Muslins, Embroideries and Laces.

Please See Our Prices and Terms.

**Typewriting Paper and Ribbon.**

Invincible Typewriting Paper is the most satisfactory paper on the market. We keep it in laid, wove and linen finish, light, medium and heavy weight. Letter and Foolscap size.

**Ribbons for the Smith Premier, in**  
Black Record,  
Purple and Red Record,  
Blue,  
Purple Copy,  
Purple Non Copy,  
A to Purple Copy,  
Purple Non Copy.

**Ribbons for Remington,**  
Purple Copy,  
Purple and Red,  
Purple Non Copy,  
Blue.

**Ribbons for Empire,**  
Purple Copy,  
Purple Record.

Dan's Special Ribbons for Duplicators,  
Dan's Duplicators—\$7.50 each.

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The Sale of this delicious Cocoa is increasing daily. Have YOU tried it?

10 cents, 25 cents, 50 cents and \$1.00 tins.

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Can foretell the day or the hour when your property may burn. Most people are aware of this and make provision for the disaster by insurance. Why are you not so insured? I offer the lowest rates and strongest offices. The promptness and liberality of my settlements are well known.

**PERCIE JOHNSON, Insurance Agt.**

Office: corner Duckworth and Prescott Streets.

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**Homan's AUTOMOBILE EDUCATOR**

For Owners, Operators, Repairmen, and Intending Purchasers.

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This Work is now the accepted standard on the practical care and management of Motor Cars—explaining the principles of construction and operation in a clear and helpful way, and fully illustrated with many diagrams and drawings, making it of value to the intending purchaser, driver, and repairman. The subjects treat of the needs of the "Man Behind the Wheel," and are presented clearly, concisely, and in a manner easy to understand by the reader, be he a beginner or an expert.

The treatise on the Gasoline Engine (Bicycle Car) cannot fail to prove valuable to anyone interested in Explosive Motors.

The Book contains 608 pages, over 400 diagrams and illustrations, printed on fine paper, size 5 1/2 by 8 1/2 inches, with generously good binding. Highly endorsed. If you are interested ask for FREE circular, to be had at

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**"SWANHILD,"**  
52 TONS REGISTER.

Apply to

**GEO. M. BARR.**

**Strong Healthy Women**

If a woman is strong and healthy in a womanly way, motherhood means to her but little suffering. The trouble lies in the fact that the many women suffer from weakness and disease of the distinctly feminine organism and are unfitted for motherhood. This can be remedied.

**Dr. Pierce's Favorite Prescription**

Cures the weaknesses and disorders of women. It sets directly on the delicate and important organs concerned in motherhood, making them healthy, strong, vigorous, virile and elastic.

"Favorite Prescription" banishes the indispositions of the period of expectancy and makes baby's advent easy and almost painless. It quickens and vitalizes the feminine organs, and insures a healthy and robust baby. Thousands of women have testified to its marvelous merits.

It Makes Weak Women Strong. It Makes Sick Women Well.

Honest druggists do not offer substitutes, and urge them upon you as "just as good." Accept no secret nostrum in place of this non-secret remedy. It contains not a drop of alcohol and not a grain of habit-forming or injurious drugs. Is a pure glyceric extract of healing, native American roots.



**HOUSEHOLD NOTES.**

White paint, when dirty, should be washed with milk.  
Cold tea is excellent for washing colored paint surfaces.  
Baked custard served with a little caramel syrup is delicious.  
Clean mabogany with cold drawn linseed oil and polish with clean cloths.  
In warm weather put eggs in cold water and they will froth very much better.  
Rag and fibre rugs may safely be put into the wash tub and given a good scrubbing.  
To prevent pastry from burning, set in a pan of water in the oven while it is baking.  
Never try to ice a cake hot, and let layer cake get nearly cold before putting together.  
Always use lard to grease your

bake pans, as salt in butter causes it to stick to the pans.  
A pan of lime set on the shelves near jellies, fruits and jams will prevent their moulding.  
A small refrigerator, well stocked with ice, is more useful than a large one half full.  
Sash curtains are preferable to all others for the kitchen, as they are easily removed and washed.  
Cabbage cut up in shreds and creamed makes a tasty dish. Serve in the same way as creamed celery.  
Clean japanned traps by rubbing them over with a little olive oil and then polishing with a soft cloth.  
To clean dirty carved furniture, dip a fine paint brush in paraffin oil and paint over the carving with it.  
A little vinegar should be rubbed on the hands after they have been in strong soapy water for any length of time.  
Preserved ginger or a little currant jelly with tasty crackers passed with the cup of tea is a happy thought.  
White veils dipped into skimmed milk and pinned upon a sheet will be as crisp and fresh as new when they dry.  
Often times the burned part of a cake may be removed by scraping it with a grater when the cake is quite cold.  
Sails of lemon will remove ink stains from floors. Use two table-spoonfuls to a quart of water and use no soap.  
Kerosene will polish zinc if it is rubbed on with a soft cloth until clean, and then washing the zinc in boiling water.  
A woman who wishes to economize her strength should not stand while ironing. Use a stool just the right height.  
The outside of the molasses jug and of all fruit and jelly jars must be kept scrupulously clean if insects are to be kept away.

**Backache Suffering**

A wonderful medicine is this man's description of **DR. CHASE'S KIDNEY-LIVER PILLS.**

Mr. Fred. Gummer, Lillies, Ont., writes: "I can honestly say that Dr. Chase's Kidney-Liver Pills are a wonderful medicine. For six weeks last fall I could scarcely walk around for pain in the back and legs, and was almost completely unfit for work. Though I tried several medicines I got no better. I saw Dr. Chase's Kidney-Liver Pills advertised and bought five boxes. After I had used three boxes, I was greatly improved and by the time I had them all taken felt as well as I ever did. I would advise anyone suffering from kidney disease to use Dr. Chase's Kidney-Liver Pills."  
"We have also used Dr. Chase's Syrup of Linseed and Turpentine for bad colds and sore throat and would not be without these medicines for anything."  
Dr. Chase's Kidney-Liver Pills, one pill a dose, 25 cents a box, at all dealers or Edmondson, Bates & Co., Toronto. Write for a free copy of Dr. Chase's Recipe Book.

ASK FOR MINARD'S AND TAKE NO OTHER.