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A Great Wearing Boot. Will Outwear Leather.

The Strongest Rubber Boot Made.

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Fresh Stock Arriving at Reduced Prices. Men's and Boys', Long and Hip.

YOUR ORDER WILL HAVE PROMPT AND CAREFUL ATTENTION.

J.B. ORR CO.,
Limited,
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SIDE TALKS.

By Ruth Cameron.

IT'S NOT A DUTY!

Mrs. C. told me to-day that she thought she would worry herself sick if her married daughter didn't have more help and take things easier.

"She'll break down," she forebodingly.

Mrs. C. knows that with five children and a small income, her husband cannot take things easier.

She also knows if she stopped worrying about it that if she really should be "worry herself sick" her husband would have to take things easier.

Mrs. C. is one of the large number of people who seem to think worry is a kind of duty, nay, a virtue over other people's.

The Old Idea of Worry.

Another once said during a lecture which had come within miles of her home that she ought to be worrying about her husband but somehow she didn't. She didn't know what to do with her. That was a good conception of worry at the time.

Worry Spoils Work.

That's the kind of thing worries are apt to do.

Worry and efficient work don't go together.

I have a friend who is 45 and looks not a day over 40. Had an easy life? Not a bit. She had five children who have had every variety of illness. She has a husband who has had bad luck in the matter of employment. She has to go out washing herself! She has a child who is at this moment at a sanatorium 50 miles away, fighting off T.B. and whom she cannot go to visit. I asked her how she did all the work she does and kept so young and happy. And this is what she said:

Let's Try This.

"I used to worry all the time. I

didn't see how we were going to get the coal bill paid. I didn't see how my strength would hold out. I was afraid Will wasn't trying hard enough to hold down his job. Finally when I was worn out with work and worry and almost sick, I just saw a light. I made up my mind I'd let other people do the worrying and I'd do the work. I don't worry now if things don't come out right. I can't help it. I've done my best. I just work and hope and let it go at that."

To the wives or husbands (it's usually the former, I think) who have regarded it as their duty to see that there was enough worrying done in the family I commend a study of that experience.

Skin Eruptions

Are Usually Due to Constipation

When you are constipated, there is not enough lubricant produced by your system to keep the food waste soft. Doctors prescribe Nujol because its action is so close to this natural lubricant. Nujol is a lubricant—not a medicine or laxative—so cannot gripe. Try it today.

Nujol
For Constipation

C. L. B.



OUTPOST COMPANIES.

We are glad to report Bonavista Company L is carrying on in good C.L.B. shape. Their annual concert and tea was held April 19th and the programme was varied, consisting of gymnastic exercises, physical and musical; tea was also served by the Bonavista C.L.B. Ladies' Auxiliary who should receive their official C.L.B. badges for their valuable help.

Easter Sunday Church Parade was up to full strength, the Company attending the 11 a.m. service in the Parish Church, conducted by Rev. Canon Bayly, M.A., Rector, and Brigade Chaplain. Officers from headquarters will likely have the pleasure of visiting Bonavista during the summer for the annual inspection, and hope to find the Bonavista lads maintaining the highest standards set by the Brigade.

RAY ROBERTS.

The officers and all other ranks of H Company met recently in the Parish school-room to say goodbye to Bandmaster Morgan who leaves shortly for the U.S.A. The Company Chaplain, Rev. J. O. Britnell, occupied the chair and expressed the appreciation and high esteem in which Bandmaster Morgan's services were held by all. He presented him with a purse subscribed to by the Com-

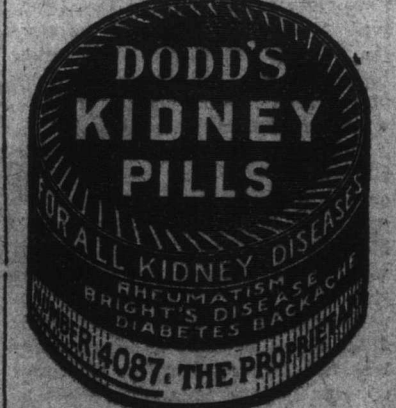
pany. Capt. French, Bandman W. J. Mercer, and Lieut. Butt, expressed the general appreciation in which the retiring Bandmaster's services were held. Supper was then served by the Ladies' Auxiliary and some band selections brought the evening to a close. Assistant Bandmaster Smith succeeds Mr. Morgan.

Copy of Address to Bandmaster Morgan.

Dear Mr. Morgan,—We have heard with profound regret, and may we say dismay, the news of your departure from our midst.

The success of the C.L.B. Cadets in Bay Roberts is to no small extent due to your untiring efforts, and we feel we cannot let you depart from us without some token of appreciation of your work.

We ask you to accept this small gift from us—not for its intrinsic value but as a remembrance of the many happy hours we have spent together, and we assure you that the name of



Bandmaster Morgan will not soon be forgotten by "H" Company.

Signed on behalf of the Officers —J. W. Dawe, Major, W.O.'s —Rouben Parsons, N.C.O.'s —W. Serick, Bandmen—W. Smith.

Aviation in Newfoundland.

(By J. P. TUPPER.)

This afternoon your correspondent had a chat with Capt. Roy Stanley Grandy, a native of Bay L'Anse-au-Fort, who went to Gallipoli with "C" Company of the Nfld. Regiment, and afterwards served with the 43rd Squadron of the Royal Flying Corps in France. At present he is a Flight Commander and one of the instructors in the Canadian Air Force at Camp Borden.

Your readers will be interested to know that with such a long and distinguished career in the flying service the point that Capt. Grandy emphasized most while talking about the possibilities of an Air Service in his native dominion of Newfoundland is that no pilot should be allowed to carry passengers who has not obtained a license to do so. In order to make this rule, it must be arranged that a Board of Examiners be appointed competent to test those desiring to carry on Commercial Aviation.

This is a very simple matter. Furthermore he was of the opinion that no machine should be allowed to fly unless it has been certified as airworthy by some authorized person. These regulations would be in keeping with what is at present required of sea captains and their craft. They

are also imperative in countries where Air Service is in common use.

When asked concerning the possibilities of "Aerial Mail Service," Capt. Grandy stated that if properly organized such a service could be easily conducted because of so many harbors along the coast and natural waterways through the interior, and would be very beneficial. He suggested a machine that could alight either on water or land for this purpose. His idea concerning the use of aircraft to locate seals is that one machine might be used in conjunction with about four vessels—a small machine similar to the one used by the late Sir E. Shackleton on his Antarctic Expedition. This would keep down expenses and in the event of a forced landing it would be an easy matter to get the crew. During the Great War men from Newfoundland distinguished themselves in the Air Service as well as in other branches and with such strides being made in aviation by foreign countries and throughout the British Empire it is a Science that should play an important part in life in Newfoundland.

MINARD'S LINIMENT FOR WARTS

Household Notes.

Eggs are delicious planked in mashed potatoes and garnished with radishes and parsley.

Muffins left over from the night before are delicious split and toasted and served for breakfast.

Stewed raisins make an excellent breakfast fruit. A slice of orange or lemon improves the flavor.

A delicious dish is crabflakes and diced celery cooked in a well-seasoned sauce of mushrooms.

A delicious scallop can be made with canned corn, tomato soup and breadcrumbs. Season with onion.

Strawberry Bavarian cream is attractive when molded and garnished with whipped cream and fresh strawberries.

If a half-inch piece of court plaster is placed on the inside of each finger tip of new kid gloves they will wear longer.

To lift doughnuts from the hot fat use an ice-pick. Two or three may be easily taken up at once, where a fork would only lift one.

NEW GOODS, FRUITS and VEGETABLES.

EX S. S. ROSALIND, May 19th:

FRESH SUPPLY JOHNSON'S FLOOR WAX, 1 lb. cans.
NARROWWAT GREEN PEAS.
FINEST NEW YORK STATE CARROTS.
FINEST NEW YORK STATE CABBAGE.
WINE SAP APPLES—Boxes, 75¢, 100¢, 125¢.
FLORIDA GRAPE FRUIT—Large, clean, fancy fruit.
FRESH TOMATOES, FRESH CAL. CELERY, FRESH CUCUMBERS.

MOIR'S FRESH CAKES—1's, slabs and pots.

PALM OLIVE SOAP.

PRINCES' SOAP CHIPS—Packages and by the lb.

LOCAL FRESH LETTUCE.

HAWAIIAN SLICED PINEAPPLE, 2's, 32c. can.

MAPLE CREAM—Glass jars, for pie filling, spread for bread. Oldsters as well as youngsters will like it, 28c. jar.

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

"REG'LAR FELLERS"

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By Gene Byrne

