

Reid-Newfoundland Co., Ltd.

WATER STREET STORES DEPARTMENT.

Just opened a new shipment of
CIRCULAR RIP and X-CUT SAWS,
MANDRELS, ROLLER BEARINGS,
STAR FRICTIONLESS & HIGH PRESSURE
BABBITTS,
FRICTION CARBON, 1-16" to 3-4",
RUBBER & LEATHER BELTING,
1" to 12".

We have on hand a number of Second-hand CIRCULAR SAWS which we are clearing out at rock bottom prices.

PRELIMINARY ANNOUNCEMENT.

On Saturday, January 29th, we will open a sale of RELIABLE BATTERIES for thirty days. Cash only. Sale Price 35c. each.

BRASS LAG SCREWS, 3/8 diameter, 3" to 5".
BRASS LAG SCREWS, 1/2 diameter, 3" to 4".
GALVANIZED LAG SCREWS, 3/8 diameter, 1 1/2" to 6".
GALVANIZED LAG SCREWS, 1/2 diameter, 1 1/2" to 5".
GALVANIZED LAG SCREWS, 5/8 diameter, 2 1/2" to 8".
GALVANIZED LAG SCREWS, 3/4 diameter, 5" to 10".
STOCK AND DIES to cut 1/4 to 3/4, 3/8 to 1, 1 1/2 to 1".
STEEL DRILLS from 1-16 to 1 1/2".
PIPE DIES from 1/8 to 1 1/2", 1 1/2 to 1 3/4", 1 3/4 to 2", and 2 1/2".

Also a fully supply of extra DIES for PIPE DIES. SINGLE and DOUBLE ACTING PUMPS complete. EXTRA FITTINGS for Pumps always on hand. STEAM and WATER PACKING, all sizes.

Reid-Newfoundland Co., Ltd.

WATER STREET STORES DEPARTMENT.

HEADQUARTERS FOR STEAM AND WATER HOSE.

Side Talks by Ruth Cameron

FOUR NEW OLD THOUGHTS.



RUTH CAMERON

I went to a health lecture on half the food that had formerly been thought necessary to maintain life without a bit of work, and still not be tired or lose a pound. Maybe you won't want to Fletcherize to the extent that he did, but surely you will feel that there is something worth while in a method that could produce these results. That may sound like a paradox, but it isn't. Maybe you will just try to chew more carefully.

For all four of us we were perfectly simple things that everyone has heard of a dozen times that he ought to do, and that not one person has ever done.

Will You Ever Forget Again?

The four points on which that lecturer's attention were:

1. The need of drinking more water. The lecturer insisted that everyone should drink two glasses of water before breakfast, to wash out the acids of the system. It needs as much as the outside. Then we should drink at least two quarts a day. Most of us do not. The very act of the body reeling with the flow of food, the flow of saliva for food, the flow of gastric juices. She suggested the idea that if you do not give the body with enough water, it will draw it back from the bowels, and that dark brown taste. It is not so, as I shall ever forget to drink water again.

2. Still Ourself of the One Free Thing.

The need of deep breathing. It means breathing so as to lift only the chest but the stomach. The body throws off carbonic gas and gets life-giving oxygen through the lungs. If you use only half your lungs, you keep half the poison in your system and get but half the energy you need. Poor vitality, poor memory, hardening of the arteries, some of the results of keeping only one thing in the world that is free to everyone. Why under the sun should we stultify ourselves to give up health?

3. The need of chewing our food properly. We have a vague idea that there was a crank named Fletcher who claimed we could attain perfect health by eating less and chewing food thoroughly. We need perspective. He was reminded that at the age of 70, after curing himself of chronic cases, he proved that he could go through the same exercises as a set

Thanksgiving Service.

(I.C.M.)

At Gower Street Church on Sunday last, the annual Thanksgiving services were held and the usual collections for that fund were taken up.

The morning service was conducted by the Pastor, Rev. Mr. Forbes, and the evening service by the Rev. D. B. Hemmison, the former pastor; and all combined, the day was a good one, and the people came away with much to think about. There were rich anthems by the choir, and splendid solos by two of our foremost city singers, viz. Miss Herder in the morning and Mr. Woods at night—each of whom added much to the impressions of the day and contributed of their talent to the edification of the congregations.

Both the sermons were in direct reference to Thanksgiving, and they contained many useful lessons on this becoming subject. The pastor, in his remarks, placed strong emphasis on the special feature of rejoicing, and of being glad and of doing good; and he pressed home the importance of gratitude for the blessings of every day life. Life's common mercies are among its best, and they call for thankfulness, and should permit of rejoicing—as with the Apostle, "In all things give thanks."

The evening sermon by Mr. Hemmison was of a wider range of thought than that of the morning, inasmuch as it treated upon the general world-wide conditions of society as well as upon the subject of thanksgiving, to which Mr. Forbes mostly confined himself. Mr. Forbes sent the congregation away with the note of rejoicing upmost in their minds but Mr. Hemmison's sermon was almost a challenge as to why men should rejoice. The sermon was sixty-two minutes in delivery, and every sentence of it was intensely followed by the large congregation present. The unrest of the world, the disputes of labour, the uncertainty of peace, the power of money, the suffering of the innocent and the horrible losses of the war, all received candid and impartial consideration from the preacher, and honesty and sincerity were visible upon every utterance.

In the light of these conditions

could men really be glad or could they be thankful. Here the preacher turned the tide of his discourse, and in language both assuring and graphic, he portrayed the higher ideals of life, and led his people onward and upward until they seemed to forget the shadows, and to see that in good living and personal service, the best was to be found and that amid it all there was ample room for Thanksgiving. The sermon revealed deep study and much careful preparation and was delivered with considerable zeal, and yet with commendable deliberation. Not only did the people hear what was said, but they also saw what was said. We have not the results of the collection at hand; but whatever the amount may be, we feel certain that the Thanksgiving services of Gower Street Church were truly helpful, and that the hands of the Pastor have been strengthened and that his heart has been cheered by the liberality of his people.

JUST ARRIVED: BRICK'S TASTELESS

A most palatable preparation containing the essence of alkaloidal principles of the most

COD LIVER OIL

with all its unequalled tonic, alternative and reconstructive properties, combined with phosphorus in the form of the compound syrup of hypophosphites, containing 1-100 gr. strychnine to each tablespoonful.

The nutritious liquid extract of malt fluid extract of wild cherry bark, and cod liver oil, is a most delicate stomachic, no unpleasant or injurious effects whatever following its use.

For sale by
DR. F. STAFFORD & SON,
Wholesale and Retail Chemists and Druggists,
St. John's, Newfoundland.
Price \$1.00 bottle; post paid 30c. extra.

GLENCOE'S PASSENGERS.—The S.S. Glencoe, from the Northward, arrived at Placentia yesterday at 6.50 a.m. with the following passengers:—Mrs. J. Crane, S. Pearce, Miss McDonald, A. Shepherd and wife and three children, J. Goodland, P. H. White, Miss M. Parsons, J. Marley, G. C. Harris and wife, P. Guinan, E. Duley and wife, A. Messery, J. Singleton, Rev. Fr. Deo. W. Crane.



THE WAY OF OTHERS.

Others have shown to me the way to bear the burdens of the day. This task of mine is nothing new. Others have had this work to do; Others have suffered here and wept. This is my time to meet the test, And I must face it as the rest.

Time was I thought that I might miss So terrible a task as this! Might go through life and never know The weight of care or hurt of woe. And once I fancied when I felt Across my back disaster's weight. That I was meeting there alone Such stings as no one else had known.

I cried aloud against my pain. But found my whimpering all in vain. And then I heard a voice declare: "Your lot is what all men must bear. Others have wept the time you smiled. Borne grief and have been reconciled. As they have done, so must you do. When care and sorrow come to you."

A Famous Astronomer.

Sir David Gill, K.C.B., who died on January 24, 1914, was born at Aberdeen in 1843, and educated there. He entered the private observatory at Aberdeen in 1868, and after a few years' experience he directed the private observatory of Lord Lindsay—afterwards Lord Crawford. He then undertook the huge task of connecting the longitudes of Berlin, Malta, Alexandria, Suez, Aden, Seychelles, Mauritius, and Rodriguez, and measured the base line for the geodesic survey of Egypt—near Cairo, for which he received from the Khedive the Medal of the Third Order. In 1877 he carried out an expedition to Ascension Island to determine the solar parallax by observations of Mars, for which he received the gold medal of the Royal Astronomical Society and the Valz prize of the Institut de France. Five years later he organized the Transit of Venus expeditions to South Africa, and in 1883 photographed the great comet. This led him to suggest the desirability of employing photography for the complete cataloguing of stars of any required order of magnitude. He directed the survey of Natal and Cape Colony, and in 1886, when the details of the survey of the boundary between Bechuanaland and German South-West Africa were to be arranged, Sir David was specially selected by the Colonial Office to head the mission to Berlin. The work was completed under his direction, and he then turned his attention to the geodesic survey of Rhodesia in 1898, when Mr. Frank M'Lean presented the large telescope which is now in use at the Cape Observatory. Sir David went there specially to superintend its erection. Besides his work in many parts of the world, Sir David found time to write many works on astronomical and scientific matters. His accomplishments received world-wide recognition. Britain honoured him with a knighthood, and presented him with the medal of the Royal Society. France bestowed on him the coveted honour of a Commander of the Legion of Honour. Germany gave him the Knighthood of the Prussian Order for Merit. America presented him with the Watson gold medal of the National Academy of Science; while Italy, Russia, Sweden, and Holland also honoured him. He held many public appointments in the United Kingdom, amongst them that of President of the Royal Astronomical Society and President of the British Association.

Try our Special Cambridge Sausages. Made fresh daily at ELLIS'.—nov10.11

ENGINE OWNERS!

Why not have your Engine thoroughly overhauled this winter; it means added years to its life of service. Our Repair Department can handle any kind of engine, marine or stationary, gasoline or crude oil.

All work done thoroughly by a staff of mechanics every one of whom are specialists in repairing and installing engines. No job too big, no job too small. Our reputation for good work should be an inducement to "call" us when you have engine trouble.

JOB'S STORES, Ltd.

Marine Department.

Beaver Board

About \$10.00 worth of Beaver Board will put a handsome ceiling on your Parlor.

Beaver Board is really good enough for your Parlor and is at the same time cheap enough for your kitchen.

The Beaver Board which we are now selling is SIZED—ready for painting or decorating.

A Beaver Board ceiling looks good and will last as long as your house.

Look for the trade mark on the back of every board.

Colin Campbell, Ltd.

Distributors,—Vulcanite Roofing and Beaver Board.

A TRUE STORY.



WILL MARCH

There was a man who owned some flats, out in a western town, fit dwellings for workmen, a little painted white and brown; and renters took their kids and cats to them and settled down. In time the greedy rent hogs rose, on get-rich courses bent, the hearts of many landlords' tread; but they gave him

and people soaked their furbelows, to pay the monthly rent. And landlords got an evil name throughout that plundered grad; they played a profiteering game that made the victims mad; said victims said it was a shame as they dug up the gold. While other landlords raised the price, the hero of this tale said old time prices would suffice, old contracts should prevail; he would not ask an extra slice of hard-pressed tenants' kale. These tenants, being safe and sane, to gratitude not dead, when rent day came did not complain, or fear the bent; the hearts of many landlords' tread; but they gave him

head. Oh, all the tenants stood in line, and then, with seemingly mirth, they sprung their tribute, high and fine, to one of sterling worth; and he was moved to shedding brine that trickled to the earth. He gets more pleasure from this gift than do the pirates gay, the profiteers who strive to lift the prices every day, from all the coin their evil thrift has won and died away.

Stafford's Phorotone is by far the very best Cough and Cold mixture known.—Jan8.11

—By Bud Fisher.

MUTT AND JEFF

JEFF OUGHT TO WEAR AN ANKLE WATCH WHEN HE PLAYS POKER.

