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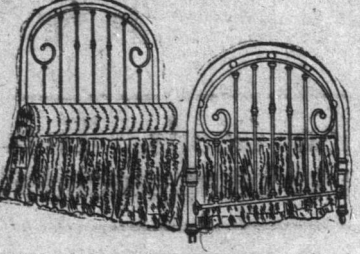
HINE'S Three Star BRANDY

Guaranteed Twenty Years Old

T. Hine & Co. are the holders of the oldest vintage brandies in Cognac.

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JOHN JACKSON, RESIDENT AGENT.

Brass AND Iron Bedsteads.



Our stock of Brass and Enamelled Bedsteads, for Spring and Summer, represents values that are very unusual.

All Brass Bedsteads—in Rich and Handsome Effects.
All White Enamelled Bedsteads—in Neat and Dainty Designs.

White Enamelled Bedsteads with Brass Trimmings—in Pleasing Effects.

Also, a complete line of COLORED ENAMELED BED-STEADS, in the latest and most desirable tints, to match or harmonize with room decorations.

U. S. PICTURE & PORTRAIT CO.,
HOUSE FURNISHERS.

PIANOS!
Various Sizes and Styles.



ORGANS!
For Parlor, Church and School.

LARGE STOCKS TO CHOOSE FROM.

Terms arranged to suit customers.

The White Piano and Organ Store,
CHESLEY WOODS.

mar26, 11

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. Bread made from

ROYAL HOUSEHOLD FLOUR

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

The Evening Chit-Chat
By RUTH CAMERON



The Bishop of London has recently contributed to the literature of ways to lower the divorce rate, the suggestion that every husband and wife should take a two weeks' vacation separately each year.

It seems to me there is much in favor of the Bishop's idea, and also something against it.

One of the most important elements of a good vacation is complete change. It isn't merely a cessation of work that is needed to rest anyone. It's also the differentness of things—different air to breathe, different wall paper to look at, different food to eat, and different personalities to rub up against.

The most different vacation—other things being equal—is always the most renewing.

Wherefore it is a firmly held theory of mine that it is not the best thing for two very intimate friends, or for two members of a family—two sisters or a mother and daughter, or a father and son or two brothers, to go off on a vacation together.

I think one does not get so much invigoration or "renewedness" out of the rest time that way as when one goes with some person one likes but does not see very often any other time in the year.

And for the same reason it seems to me that it is a good idea for a husband and a wife to take a vacation from each other as well as from their work each year.

And then, too, I think it is a splendid thing to get far enough away from your blessings occasionally to get a proper perspective upon them.

There never was a blessing, however great, which one could get dangerously accustomed to, and familiar with the familiarity that breeds, if not contempt, at least lack of appreciation, unless one occasionally had a chance to miss it—and a good husband or wife is not an exception to that rule.

I know one couple who have followed the Bishop's plan long before it was his plan, and they both declare that it works out splendidly, because while they enjoy the vacation at the time they also enjoy coming home to each other after it is over.

The prime objection to the Bishop's theory, a nice young husband with whom I was discussing the plan, contributed.

"But neither my wife or I enjoy anything so much unless we can do it together," he pointed out.


To the average man whose two weeks' vacation is almost the only chance he gets to enjoy himself with his wife that is quite an objection.

Doubtless when the Bishop suggested that married couples should have a two weeks' vacation from each other he had a vision of them also having a month or two together.

But since the average marriage couple doesn't move in the Bishop's set and therefore doesn't find that exactly possible, why wouldn't it be a good compromise to split the two weeks and take half vacationing from each other and the other half with each other?

Ruth Cameron

No Man is Stronger Than His Stomach



A strong man is strong all over. No man can be strong who is suffering from weak stomach with its consequent indigestion, or from some other disease of the stomach and its associated organs, which impairs digestion and nutrition. For when the stomach is weak or diseased there is a loss of the nutrition contained in food, which is the source of all physical strength. When a man "doesn't feel just right," when he doesn't sleep well, has an uncomfortable feeling in the stomach after eating, is languid, nervous, irritable and despondent, he is losing the nutrition needed to make strength.

Such a man should use Dr. Pierce's Golden Medical Discovery. It cures diseases of the stomach and other organs of digestion and nutrition. It enriches the blood, invigorates the liver, strengthens the kidneys, nourishes the nerves, and so GIVES HEALTH AND STRENGTH TO THE WHOLE BODY.

You can't afford to accept a secret nostrum as a substitute for this non-alcoholic medicine or sweet concoction, not even though the urgent dealer may thereby make a little bigger profit. Ingredients printed on wrapper.

HOUSEHOLD NOTES.

Many delicate and nervous people who cannot digest iron tonic should eat spinach, which contains more iron than even the yolk of an egg. Onions are also an excellent nerve.

Woolen blankets should be put away in boxes lined with newspapers and a few pieces of cotton, saturated with turpentine, should be put in the corners of the boxes to keep out moths.

Tablecloths, napkins and towels should be darned neatly on the wrong side as soon as they become thin and worn and before the thread breaks. It will make them last much longer and look better.

If the lamp smokes or gives a poor light, it may be merely dirty. Take the lamp apart, boil the burner in soda water and pour scalding hot water through the tubes and connecting rods.

Flatirons should not be left on the back of the stove where they have no chance to lose their heat. They should be put away in a cool place where it is dry, so that they will not rust.

Small white spots on the finger nails may be removed by bandaging them at night with a linen cloth spread with a mixture of myrrh and turpentine. In the morning, bathe the fingers in olive oil.

Salt and vinegar added to the water in which fish is boiled will serve to whiten and harden the fish. A teaspoonful of salt and a tablespoonful of vinegar to two quarts of water is the right proportion.

Benenas are nourishing, but many children cannot eat them without prolonged indigestion. If they are mashed with a fork and beaten to cream

they will not harm the smallest child and can be eaten with a spoon.

Stains can be removed from marble with the following mixture. A gill of soapuds and oxgall, half a gill of turpentine and as much fuller's earth as will make a paste. Rub on the stains and leave for a few days.

When pressing seams on heavy material, put the iron down heavily, hold it there a moment, then lift it up and put it down a little further along. This does not put the seam out of shape as running it along does.

A suggestion in whipping cream is to whip it in the upper part of a double boiler, with fine ice or cold water placed in the lower part. An added advantage of this arrangement is that the boiler is deeper than the bowl, and there is less splattering.

To test butter, take a clean piece of white paper, smear a little of the butter on it, roll the paper up and set on fire. If the butter be pure, the smell will be rather pleasant, but if it is made up wholly or in part of animal fat it will smell like tallow.

Only One "BROMO QUININE."
That is LAXATIVE BROMO QUININE. Look for the signature of E. W. GROVE. Used the World over to Cure a Cold in One Day. 25c. —oct29, 11

When the milk supply is limited for any cause, save the water in which the rice is boiled. When this is allowed to stand until it is jellied it makes an economical substitute for milk and can be used in all the cream soups and needs not the thickening with butter and flour that milk must have.

THE BEVERAGE FOR ALL WEATHERS.

"Epps's" means Excellence

EPPS'S COCOA

A delicious food and drink in one.

A cup of "Epps's" at breakfast warms and sustains you for hours. As a supper beverage it is perfect.

Grateful Comforting

No Indigestion Or Sick Stomach

Gas, heartburn, dyspepsia and all misery in stomach vanishes.

Take your sour, out-of-order stomach—or maybe you call it Indigestion, Dyspepsia, Gastritis or Catarrh of Stomach; it doesn't matter—take your stomach trouble right with you to your Pharmacist and ask him to open a 50-cent case of Pape's Diapepsin and let you eat one 23-grain Triangule and see if within five minutes there left any trace of your former misery.

The correct name for your trouble is Food Fermentation—food souring; the Digestive organs become weak, there is lack of gastric juice; your food is only half digested, and you become affected with loss of appetite, pressure and fullness after vomiting nausea, heartburn, griping in bowels, tenderness in the pit of stomach, bad taste in mouth, constipation, pain in limbs, sleeplessness, belching of gas, biliousness, sick headache, nervousness, dizziness or many other similar symptoms.

If your appetite is sickle, and nothing tempts you, or you belch gas or if you feel bloated after eating, or your food lies like a lump of lead on your stomach, you can make up your mind that at the bottom of all this there is but one cause—fermentation of undigested food.

Prove to yourself in five minutes that your stomach is as good as any; that there is nothing really wrong. Stop this fermentation and begin eating what you want without fear of discomfort or misery.

Almost instant relief is waiting for you. It is merely a matter of how soon you take a little Diapepsin.

What Imagination Will Accomplish.

Dr. Charles K. Mills, of Philadelphia, told at a dinner an amusing story of the influence of the imagination on the health.

"A young bank clerk," he said, "feeling fagged out from the excessive heat of a trying summer, consulted a physician. The physician questioned him, sounded his lungs, and then said, gravely:—

"I will write you to-morrow."

"The next day the bank clerk received a letter from the medical man telling him that his right lung was gone and his heart serious deranged, and advising him to lose no time in putting his affairs in order."

"Of course," the doctor wrote, "you may live for weeks, but you would do well to leave nothing of importance unsettled."

"Naturally, the young bank clerk was very much depressed by this sad letter, nothing less than a death warrant. He did not, of course, go to work that morning, and before noon he was having trouble with his respiration, while severe pains shot rapidly through his heart. He did not get up all day, and on towards midnight he had a sinking spell that caused his people to send post-haste for the doctor."

"The doctor, on his arrival, was astounded."

"Why," he cried, "there were no symptoms of this sort yesterday! What on earth have you been doing to yourself?"

"The patient's face screwed up with pain, he pressed his hand to his breast, and said, feebly:—

"It's the heart, I suppose, doctor."

"The heart?" said the doctor. "There was nothing yesterday the matter with your heart."

"My lungs, then," the patient groaned.

"What allis you?" the doctor shouted. "You don't seem to have been drinking."

"Your letter, doctor—you told me I had only a few weeks to live."

"Nonsense! Are you crazy? I told you to take a month's vacation at the seaside and you'd be as good as new again."

"The patient drew the fateful letter from a drawer beside his bed."

"Well," said the doctor, glancing at it, "this is a pretty mess. This letter was intended for another man. My secretary mixed up the envelopes."

"The patient laughed. He sat up in bed. His recovery was rapid. That night, in fact, he was well again."

"And what," ended Mr. Mills—"what of the dying consumptive who had got this young man's letter? The consumptive, delighted with the prediction that a month at the seaside would make a sound man of him, packed his trunk and took the first train for New England. That was 10 years ago, and to-day he is in fair health."—Tit-Bits.

RETURNED FROM WINSOR.

Mr. Thos. Griffin, of Placentia, who with his family left here for Winsor, N.S., last fall, returned with his children by the Rosalind. Mr. Griffin and some members of his family were engaged in the Textile Cotton Mills where good wages was given. He found it, however, a very expensive place to live in, and seeing that he could do as well in the homeland he decided to return.

DAINTY BLOUSES
From New York
For Easter Holidays.

Realising our Customers demand for Lawn Blouses this Spring we have secured an excellent lot.

Direct from the Makers.

in a variety of pretty effects, with Embroidery fronts and Valenciennes Lace Trimming on Collars and Sleeves.

CRISP and NEW

from the boxes, they are decidedly enticing in their freshness—reflecting the latest Spring Styles and WONDROFUL VALUES.

Prices: 75c. to \$2.70 each.

P. F. COLLINS,
The Mail Order Man.


"What Relish is in This."

2 lb. Tins Lima Beans 10c. tin.
Baltimore Cove Oysters 12c. tin.
Mussels 14c. tin.
Assorted Soups 9c. tin.

Scotch Oat Cake.

Mince Meat 10c. pkt.
Epp's Cocoa 10c. tin.
Cadbury's Cocoa, Van Houten's Cocoa,
Milk Cocoa, Coffee and Milk.

J. J. ST. JOHN, 136 & 138 Duckworth St.



GENTLEMEN.—Our shelves are now replete with the choicest goods that the West of England can produce. All parts of Old England are famed for the excellence of their goods, but more especially the West, and, as regards that indescribable "thing" called style we know how, and can give full expression to that elusive quality. We please both young and old, give full expression to that elusive quality. We please both young and old, give full expression to that elusive quality. We please both young and old, give full expression to that elusive quality. Personal supervision given each order. Give us a trial and we have a customer. Thirty years experience in the tailoring line.

JOHN MAUNDERS, "THE" TAILOR,
281-283 Duckworth St., St. Johns

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Are the main attributes of Our NEW SPRING MODELS in

Ladies' Coats.

The Fine Quality, Splendid style, and Low Prices of our Coats make a Combination that is hard to beat.

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