

Freeman's Custard Powder

A wholesome and nutritious Food, which is at the same time a Delicacy. It is an invaluable addition to any Table, and is particularly agreeable with Fruit.

One of

FREEMAN'S ENGLISH GOODS



Side Talks by Ruth Cameron

A PH. D. IN WISE SPENDING.

My young nephew, aged ten, seldom comes in to the house at a o n without asking eagerly "Any mail?" "One might naturally assume from that he had a large correspondence among his various friends and relatives. But one would be wrong—very wrong.

Of course the advertiser is going to state the value of his wares as emphatically as he or the ad writer knows how, and you must use your common sense in your study of what he says.

But no person who wants to get the most out of his money can afford to neglect a careful intelligent use of this free course in wise spending which every newspaper and magazine in the country offers.

No Fear of Old Country Going Dry.

London, March 28.—Alarm over the prospect of Great Britain going dry was depreciated by Baron Kirkcubright, Lord Chancellor, while speaking at the annual banquet of the allied Brewery Trades' Association. He declared that members of the Association did not, in his belief, have any cause for anxiety.

"As to the apprehension or chance of a general movement such as has taken place in America," he said: "I am one of those who do not believe that it is even conceivable that a similar change can take place in England. I should most profoundly regret it if any such change did take place, because I am individualistic enough in my outlook, both upon private and public affairs, to resent profoundly attacks against the principles upon which is based the right of one individual to regulate his own private life."

WELL DRESSED AT SMALL COST.—If you do not intend to get a Suit or Overcoat for the holiday season, you can at least be well dressed by having your clothes Cleaned and Pressed at SPURRELL, the Tailor's, 365 Water Street, and it will cost you about \$1.50. Do you need a new Velvet Collar on your Overcoat?—m.w.f.t

New Brunswick White Table Potatoes, DRY AND MEALY.

- "International" Brand Family Mess Pork—Small ribs. Local Cabbage. Fresh Butter—For delivery Friday morning. 2 1/2 tins California Peaches . . . . . 40c. can 2 1/2 tins California Apricots . . . . . 40c. can 2 1/2 tins California Pears . . . . . 50c. can 2 1/2 tins Sliced "Del Monte" Hawaiian Pine-apple, 55c. Desiccated Coconut . . . . . 28c. lb. "Pure Gold" Prepared Icing Sugar . . . 18c. pkt. "Pure Gold" Table Jelly Powders, asstd. 15c. pkt. Shirriff's Table Jelly Powders, asstd. 15c. pkt. Jiffy Jell Table Jelly Powders, asstd. . 15c. pkt.

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

MY COLUMN

By the CUB-EDITOR.

NOT GUILTY.

I was walking along Water Street the other day lost in deep thought. To be candid, I was at the time thinking out the problem of the relativity of a silk purse to a sow's ear, a matter which, has since the days of Adam, puzzled the scientific world. Just as I was arriving at a solution by the method of psycho-analysis I felt a pain shoot through my head which banished all hope of my solving this difficult problem and of having my name engraved in letters of gold in the scientific world. I looked up and for the nonce I was dazzled by the lurid mass of red which I noticed under the beetled brows of the person who was advancing on me. I am not a coward. Please don't think that for a moment. Nevertheless, I staggered at the sight and placed my arms around the nearest telephone pole for support whilst I looked around for either a policeman or the controller. Unfortunately neither was in sight and, being unable to obtain any Dutch courage, I put the best face I could on the matter and boldly stood up to the terrible individual who slowly advanced on me. I noticed his fingers were twitching in a manner which struck dead fear into my heart for they seemed to tickle or grasp me by the throat. I felt a cold shiver run through me whilst my knees knocked audibly. My persecutor came quite near and put four twitching fingers and one twitching thumb within an inch of my nose. In my excitement I nearly swallowed my tongue and just saved myself from choking in the nick of time. "W-w-who are y-y-you?" I stammered.

He Isn't Going to Ran His Wares Down.

Of course the advertiser is going to state the value of his wares as emphatically as he or the ad writer knows how, and you must use your common sense in your study of what he says. But no person who wants to get the most out of his money can afford to neglect a careful intelligent use of this free course in wise spending which every newspaper and magazine in the country offers.

Fun for Women to Diamond Dye

Buy "Diamond Dyes," no other kind, then perfect results are guaranteed. Each package of "Diamond Dyes" contains simple directions to diamond-dye "soft shabby skirts, waists, dresses, coats, gloves, stockings, sweaters, brasieres, coverings, everything, whether wool, silk, linen, cotton or mixed goods, new, rich, fadeless colors. Druggish has Color Card.

As Others See Us.

No man or woman has any really clear idea how he or she looks. The expression of the face is always changing, and no artist, no camera, can catch this fleeting expression. You see yourself by gazing at a mirror. When your mind is busy with the operation in hand you do not think of nothing how you look. When you stand in front of the glass with the deliberate intention of seeing how you look, your face bears the imprint of that intention, and you do not see yourself as you are naturally, but as you appear when you have something to think about. You have perhaps assumed different expressions as you gazed at yourself, have tried to laugh in order to see how you look, but it is all unnatural. When you have seen your own photo, have you not been disappointed? You have usually thought that it was not like you, and your relatives have said—"Yes, we have seen you look like that." The camera depicts the sinner just as he is at the moment the picture is taken, but very seldom can the instrument catch that subtle thing called "natural expression," because few persons are natural, when seen in front of the camera. When we remember how our thoughts change the expression of our face we can understand that it is not possible for any individual to know how he himself looks.

THE HAPPY DAYS.—Socrates seldom dictated his philosophic utterances into a photograph. Julius Caesar never made a practice of using a safety razor. Cleopatra never allowed herself to be photographed for the movies. Napoleon Bonaparte never telephoned Josephine when he was away to see whether she was at home. Confucius never ate in a Chinese restaurant where a jazz band was maintained. Attila the Hun never wore pink silk pyjamas. Christopher Columbus never used the wireless once during his long trips across the Atlantic. William Shakespeare, one of the greatest writers of all-time, never used a typewriter, but ground all his stuff out by long-hand.

Local Produce!

- 15 cases Fresh Country Eggs. 50 barrels Local Potatoes. Sound, Dry and Free from Rot. TO ARRIVE THIS WEEK. 50 barrels Local Turnips. Soper & Moore Wholesale Grocers.

Two to Compete in International Race.

Essex, March 24.—The question whether the Mayflower, the fishing schooner that is being built on yacht-like lines for Boston interests to defend the International Fishing vessel cup won by the Gloucester schooner Esperanto at Halifax last fall, would be ready to participate in the season of fishing required for qualification was answered to-day when April 12 was set as the date for her launching. She must start for the Banks by April 20. Another possible contender for the honor of standing in defence of the Esperanto's cup, the 125-foot L. A. Duntun, was launched here yesterday.

CALENDAR REFORM. A WORLD WIDE EFFORT TO IMPROVE THE CALENDAR. The Swiss Plan v. The American Plan. LIBERTY CALENDAR FORM VERY CONVENIENT.

The need for an improvement in our present atrocious form, but a very serious weakness lies in the fact that the weeks do not fit the months and the months are all of two different lengths. These two serious defects are entirely overcome in the American or Liberty Calendar plan.

LIBERTY CALENDAR PLAN Both plans set aside New Year Day as an independent legal holiday. It stands between the last day of December and the first day of January and is not included in any week of month. Another independent day, called "Leap Year Day," is provided for Leap Years. It is placed between June and July and is not included in any week or month. In the American plan the remaining 354 days are divided into thirteen months of exactly four weeks each.

Thus the weeks are made to exactly fit the months. Each quarter commences with Monday and there are exactly thirteen weeks in every month. This number—13—is very easily subdivided, which is important to both employers and employees. Under this calendar, every month for a million years would always be just like this.

THE SWISS PLAN The Swiss plan was proposed first. It originated in Switzerland and was for a time so well thought of that it was approved by several of the leading Chambers of Commerce of Europe. In fact, a bill for the adoption of this plan was introduced in the British Parliament just before the war.

This plan sets aside one independent day in every year, which is not included in any month, and divides the remaining 364 days into four quarters of exactly 91 days each. The advantages of this plan lie in the fact that it is very simple and that it is very convenient. It is also very convenient because it is very simple and that it is very convenient.

It is acknowledged that this plan would be a great improvement over our present atrocious form, but a very serious weakness lies in the fact that the weeks do not fit the months and the months are all of two different lengths.

Confirmation of Scripture. In the days of Solomon there were three chief commercial ports in Spain. The first was Emporium, near the mouth of the Ebro, not far from the site of modern Barcelona. The second was Saguntum, the apparently called Zacynthus, a city that still exists, with wonderful ruins of its ancient splendor, now coming into renewed prominence as the centre of iron and steel manufacture. It also lies on the Mediterranean coast, 20 miles north of Valencia. The third was Gades, now altered to Cadiz, on the Atlantic coast, near the mouth of the Guadalquivir, which river drains a valley of marvellous richness, called in the early records Tartessus, a name supposed to be identical with Tarshish.

Beards Are Healthy. "If men considered health and sanitation they would all wear beards," says a medical correspondent. "You might as well shave the fur of the squirrel and cut the feathers from a bird as shave the hairs from the human face," he continues. "Shaving is a form of egomania, the results of which may culminate in death before death is normally due. It is largely a matter of fashion. Among bearded railroad men who are often exposed to the elements it has been found that pulmonary and respiratory affections are comparatively rare. It is said the sappers and miners of the French Army, who are remarkable for the size and beauty of their beards, enjoy a special immunity from bronchial affections. Just as the hair protects the head, so does the beard the face. The moustache is nature's respirator, while the hair covering the jaws and throat gives warmth and protection to the delicate structures under it, especially the faces and the larynx. The hair of the moustache absorbs the miasma and moisture of fogs; the beard takes heat from the warm breath of the mouth as it leaves the chest, and supplies it to the cold air taken in. If a man would have increased immunity from toothache, relaxed uvula, coughs, colds, inflammation, desquamation, and all the rheums let him grow a beard."

Hobbies of the Great.

Some of the world's greatest celebrities had strange hobbies and pastimes. Peter the Great loved to ride round in a whistebarrow and on more than one occasion he visited the cities of his realm wheeled about in this homely conveyance by a servant. James Fenimore Cooper couldn't write unless he had gumdrops to chew. He bought them in large quantities, and as he munched them he evolved the stories for which he is famous. George Washington was fond of hunting foxes and when he would catch a young one he took it home with him and patiently taught it tricks, which later would be performed for the benefit of his friends. A dog fight always delighted William the Conqueror. From all over his kingdom his friends sent him dogs. He received them by the hundred. From these he would select the largest and fiercest and sit for a whole day watching them fight. Daniel Webster loved to paint the faces of his cattle.

Women Lawyers.

The results of the Hilary Term Bar examination make it certain that at the appointed time women barristers will be practising in the English Courts. The brilliant success of Miss Helena Normanton and others in their first stage of their legal examination will only surprise those men impatiently rooted on the past who still honestly believe that there is one intellectual standard for his own sex and another of sorts, for women. There may be a wholesome surprise in store for these arbiters sex when the women barrister at last measures her wits in public against those of male counsel.—London Daily Express.

Backache

tells of kidney troubles. The most prompt relief is obtained by using Dr. Chase's Kidney-Liver Pills, the well-known home treatment. One pill's dose. 25c. a box, all dealers.

Dr. Chase's Kidney-Liver Pills

GERALD S. DOTY, Water Street, St. John's, Newfoundland, Distributing Agent.

THE LIBERTY CALENDAR

Calendar grid showing days of the month and quarters.

Confirmation of Scripture.

In the days of Solomon there were three chief commercial ports in Spain. The first was Emporium, near the mouth of the Ebro, not far from the site of modern Barcelona. The second was Saguntum, the apparently called Zacynthus, a city that still exists, with wonderful ruins of its ancient splendor, now coming into renewed prominence as the centre of iron and steel manufacture. It also lies on the Mediterranean coast, 20 miles north of Valencia. The third was Gades, now altered to Cadiz, on the Atlantic coast, near the mouth of the Guadalquivir, which river drains a valley of marvellous richness, called in the early records Tartessus, a name supposed to be identical with Tarshish.

Beards Are Healthy.

"If men considered health and sanitation they would all wear beards," says a medical correspondent. "You might as well shave the fur of the squirrel and cut the feathers from a bird as shave the hairs from the human face," he continues. "Shaving is a form of egomania, the results of which may culminate in death before death is normally due. It is largely a matter of fashion. Among bearded railroad men who are often exposed to the elements it has been found that pulmonary and respiratory affections are comparatively rare. It is said the sappers and miners of the French Army, who are remarkable for the size and beauty of their beards, enjoy a special immunity from bronchial affections. Just as the hair protects the head, so does the beard the face. The moustache is nature's respirator, while the hair covering the jaws and throat gives warmth and protection to the delicate structures under it, especially the faces and the larynx. The hair of the moustache absorbs the miasma and moisture of fogs; the beard takes heat from the warm breath of the mouth as it leaves the chest, and supplies it to the cold air taken in. If a man would have increased immunity from toothache, relaxed uvula, coughs, colds, inflammation, desquamation, and all the rheums let him grow a beard."

Hobbies of the Great.

Some of the world's greatest celebrities had strange hobbies and pastimes. Peter the Great loved to ride round in a whistebarrow and on more than one occasion he visited the cities of his realm wheeled about in this homely conveyance by a servant. James Fenimore Cooper couldn't write unless he had gumdrops to chew. He bought them in large quantities, and as he munched them he evolved the stories for which he is famous. George Washington was fond of hunting foxes and when he would catch a young one he took it home with him and patiently taught it tricks, which later would be performed for the benefit of his friends. A dog fight always delighted William the Conqueror. From all over his kingdom his friends sent him dogs. He received them by the hundred. From these he would select the largest and fiercest and sit for a whole day watching them fight. Daniel Webster loved to paint the faces of his cattle.

Women Lawyers.

The results of the Hilary Term Bar examination make it certain that at the appointed time women barristers will be practising in the English Courts. The brilliant success of Miss Helena Normanton and others in their first stage of their legal examination will only surprise those men impatiently rooted on the past who still honestly believe that there is one intellectual standard for his own sex and another of sorts, for women. There may be a wholesome surprise in store for these arbiters sex when the women barrister at last measures her wits in public against those of male counsel.—London Daily Express.

Backache

tells of kidney troubles. The most prompt relief is obtained by using Dr. Chase's Kidney-Liver Pills, the well-known home treatment. One pill's dose. 25c. a box, all dealers.

Dr. Chase's Kidney-Liver Pills

GERALD S. DOTY, Water Street, St. John's, Newfoundland, Distributing Agent.

Mattresses. High-grade-Hygienic.

Do you care what's inside your mattress? Would you knowingly buy a mattress filled with the cheapest of flock and excelsior improperly cleaned? In our store no such mattresses find room, nothing but first-class fillings, thoroughly cleaned and carefully sterilized by cold air processes are used in our mattresses.

U. S. Picture & Portrait Co., St. John's.

Cup Defender Launched.

High Time at Lunenburg, N.S. Lunenburg, March 26.—Gaily decorated with flags and bunting and with her freshly-painted hull glistening in the morning sunshine the "Bluenose," a possible contender in the International fishing schooner races to be held off Halifax next fall, slid smoothly from her ways into Lunenburg harbor at 10 o'clock this morning. As she struck the water the Lunenburg band played "O Canada," but the strains of music were almost inaudible amid the shrill whistles of excursion boats and the cheers of the entire population of the town.

The Week's Calendar.

- APRIL—4th Month—30 Days. 4.—MONDAY. St. Ambrose. Oliver Goldsmith died, 1774. German thrust at Amiens, 1918. 5.—TUESDAY. Battle of Serlingapatam, 1799. Wadhams's Gale, 1852. U.S.A. entered Great War, 1917. 6.—WEDNESDAY. Washington inaugurated President U.S.A., 1789. Notre Dame Bay storm, 1864. Peary reached North Pole, 1909. 7.—THURSDAY. Old Lady Day. Dick Turpin hanged, 1739. Poet Wordsworth died, 1770. 8.—FRIDAY. New moon. King Albert of Belgium, born, 1875. Battle of Athara, 1898. 9.—SATURDAY. S.S. Aurora arrived from icefields with four men dead, 1897. British captured Vimy Ridge, 1917. 10.—SUNDAY. Battle of Toulouse, 1814. Second after Easter. Indian Mutiny broke out, 1857. Algernon Swinburne died, 1909. German attack on Lys, 1918.

Freeman's Custard Powder

A wholesome and nutritious Food, which is at the same time a Delicacy. It is an invaluable addition to any Table, and is particularly agreeable with Fruit.

Freeman's English Goods

Side Talks by Ruth Cameron

A PH. D. IN WISE SPENDING.

My young nephew, aged ten, seldom comes in to the house at a o n without asking eagerly "Any mail?" "One might naturally assume from that he had a large correspondence among his various friends and relatives. But one would be wrong—very wrong.

No Fear of Old Country Going Dry.

London, March 28.—Alarm over the prospect of Great Britain going dry was depreciated by Baron Kirkcubright, Lord Chancellor, while speaking at the annual banquet of the allied Brewery Trades' Association. He declared that members of the Association did not, in his belief, have any cause for anxiety.

Fun for Women to Diamond Dye

Buy "Diamond Dyes," no other kind, then perfect results are guaranteed. Each package of "Diamond Dyes" contains simple directions to diamond-dye "soft shabby skirts, waists, dresses, coats, gloves, stockings, sweaters, brasieres, coverings, everything, whether wool, silk, linen, cotton or mixed goods, new, rich, fadeless colors. Druggish has Color Card.

As Others See Us.

No man or woman has any really clear idea how he or she looks. The expression of the face is always changing, and no artist, no camera, can catch this fleeting expression. You see yourself by gazing at a mirror. When your mind is busy with the operation in hand you do not think of nothing how you look. When you stand in front of the glass with the deliberate intention of seeing how you look, your face bears the imprint of that intention, and you do not see yourself as you are naturally, but as you appear when you have something to think about. You have perhaps assumed different expressions as you gazed at yourself, have tried to laugh in order to see how you look, but it is all unnatural. When you have seen your own photo, have you not been disappointed? You have usually thought that it was not like you, and your relatives have said—"Yes, we have seen you look like that." The camera depicts the sinner just as he is at the moment the picture is taken, but very seldom can the instrument catch that subtle thing called "natural expression," because few persons are natural, when seen in front of the camera. When we remember how our thoughts change the expression of our face we can understand that it is not possible for any individual to know how he himself looks.