

## NOURISHING AND APPETISING

Good home made bread is the most palatable, wholesome and nourishing food in the world. It is far more economical than any other staple food. If people would eat less meat and other heavy foods they would feel better and help to keep down the cost of living. Bread made in the home with Royal Yeast Cakes is more nourishing and appetizing than any other. Nothing healthier for children and grown ups.

Scientists have discovered that yeast possesses remarkable curative powers due to its richness in vitamins—that by its use the blood is purified and enriched, and the resistive power of the body to disease greatly enhanced. Soak a cake of Royal Yeast for half an hour in a cup of lukewarm water with one teaspoon sugar. Then stir well and strain once or twice through muslin and drink the liquid. BETTER results will be obtained by allowing it to soak over night and drinking half an hour before breakfast. Repeat as often as desired. Send name and address for free booklet entitled "Royal Yeast for Better Health."

E. W. Gillett Company Limited  
Toronto, Canada  
Made in Canada

## Side Talks by Ruth Cameron

### FROM MY QUAKER LETTER-FRIEND.

Not long ago I explained that daily topics are not so hard to find as Reader-friends sometimes think they are. I have written before of the wonder that no two beings are alike physically, that with only two eyes, a nose, a mouth, a chin and forehead as factors to combine. Nature is able to put on the earth some thousands of millions of faces and not have any two (with the possible exception of twins, and who ever saw twins that their mother could not tell apart when she really tried?) exactly alike.

Aren't Doubles Less Alike Than Unlikes?

People talk about doubles and sometimes resemblances are marked, but if one really stopped to study them I believe that even in the closest pair of doubles the differences would be found more numerous than the similarities.

And when one adds to this thought the realization that behind these billions of faces are billions of personalities as different as the faces, one realizes anew the infinite possibilities and wonders of the creative force.

Of course this is not so strange when one recalls that each personality is a bundle of assorted inherited traits plus the reaction of inherited experiences on these individual traits and as no two lives are just alike, no two personalities could be.

But I wonder, if—could we see them as we see faces—there would be as striking resemblances in personalities as there are in faces?

I wonder if, in that other land in which the majority of us have a deeply implanted belief aside from reason and religion, we may not appear to each other as crystallized personalities?

## 10,000 Pounds for a Fiddle!

A new record has been set in auction-room fiddle prices by the recent sale of the "Muir-Mackenzie" Stradivarius violin for £1,700. The price of the six hundred "Strads" which are known to be in existence usually ranges from £500 to about £800.

In 1909, however, a particularly fine instrument, known in musical trade circles as the "Avery Strad," fetched the then record price at a public auction of £975. And two years later

## Torpid Liver

By keeping the liver active by the use of Dr. Chase's Kidney-Liver Pills, you have no trouble from constipation, indigestion, etc. One pill a dose, 25c a box, all dealers.

**Dr. Chase's Kidney-Liver Pills**  
GERALD S. DOYLE,  
Water Street, St. John's,  
Distributing Agent.

### Fashions and Fads.

Some coats are belted snugly. Oak-leaf green is a fashionable color. Braided cord makes a charming girdle. Two-strap pumps are high in fashion. Georgettes have been definitely revived. The coat-dress is greatly favored by fashion. Sleeves for afternoon wear remain short.

## Story of Fifth Army.

### GREAT GERMAN ATTACK RECALLED—BRITISH RESISTANCE TO CRUISING ONDS.

In the last ten days of March, 1918, a great German offensive overwhelmed the British Fifth Army, thrust back the right wing of the Third Army advanced to within a few miles of Amiens, and came within an ace of achieving a strategic victory, fraught with the most disastrous results for the Allies. The commander of the Fifth Army, General Sir Hubert Gough, and a number of his generals were relieved of their posts. This fact naturally created in the public mind the impression that the Fifth Army had failed in its duty, and was responsible for the disaster that had suddenly brought us face to face with defeat. Mr. W. Shaw Sparrow has now produced a book dealing with the events of these momentous days, which naturally raises many controversial issues, but which vindicates the valor of the Fifth Army in terms which will give general satisfaction. The elemental facts of the situation on March 21, 1918, show that Gough's army was doomed from the moment that it became the chief objective of the threatened German offensive. The best blood of the British Army had been poured out like water in the series of offensives which took place in 1917. Haig's forces were reduced by nearly 200,000 men compared with the previous year, and the quality of his troops had declined. The French Army, which had been on the verge of utter collapse after the disastrous offensive of February, 1917, was only just recovering its confidence. Haig was called on, much against his will, to "take over from the French more than twenty miles of new front. He says in a despatch—

The extent of our front made it impossible with the forces under my command to have adequate reserves at all points threatened. It was therefore necessary to ensure the safety of certain sectors which were vital, and to accept risks in other . . .

Stretched For Forty-two Miles, between Gouzeaucourt and the point of junction with the French at Barisis, south of the Oise. This sector—one third of the whole British front—was to be held by fifteen weak divisions, with no reserves behind them. Lord Haig has admitted that the defensive works in this part of the line were "incomplete," and an abnormal spell of drought had rendered almost useless the natural defensive positions provided by the marshy valleys of the Somme and the Oise. The bogs were dry, and the Somme had but four feet of water in its bed. Gough had less than one rifle per yard, and behind this frail human barrier there was no backing. It was only on the fourth day of the battle that four divisions from Haig's reserve got into a position to help him. Out of the four of a March morning there fell on this attenuated line 43 German divisions, specially trained for the attack in the finest condition, and supported by nearly 7,000 guns, 1,000 aeroplanes, and innumerable mortar batteries. The enemy's infantry strength alone must have been 250,000 against Gough's 82,000, and his superiority in that deadly weapon, the machine gun, was enormous. The Fifth Army staggered under this mighty blow, but never broke. Shattered into tiny, improvised units, soaked, weary unto death, it turned again and again to fight what must have seemed a hopeless battle. And it did its work. It took the sting out of the German attack, it checked its

crush, it robbed Ludendorff of his strategic victory, and so laid with its blood the first foundation of the triumph which the Allies afterwards won. General Gough contributes an introduction to the book. He does not discuss the military problem at length but he points out that, both British G.H.Q. and French G.H.Q. had a difficult task. They had many divergent interests to protect, and the arrangements for co-ordinating their efforts, which were in the hands of an Executive Committee of Allied Generals speaking different languages and responsible to different Governments, were not such as to commend themselves to students of war. "It was easy for Ludendorff," he writes, "to play upon their fears, and, in fact, he seems to have been rather too successful in going so. This will be realized when it is seen that the French Reserves were grouped behind (a) Reims, (b) Verdun, (c) Belfort, to resist an attack through Switzerland. The British Reserves were grouped behind Tynes and Arras. The one part of the line behind which there were no reserves was behind the long 42-mile front of the Fifth Army."

—News of the World.

Mr. W. T. Chaston of Waterville, P. O. Box 100, St. John's, N. F., has been advised by his doctor to have them supplied because medicine had set in. The Egyptian Liniment also for Sore Throat and Chest, Neuritis, etc.

DOUGLAS' EGYPTIAN LINIMENT  
DOUGLAS & CO. MANUFACTURERS, MANITOBA, CANADA.  
Agent for Newfoundland  
GEORGE NEAL  
Box 313 St. John's

THE MONEY FLIES.  
The money goes in many ways, for things we really do not need, an eight-day clock, a pair of stays, a package of gossamer seed. The girl next door has bought a hat that she doesn't want. My daughter J. J. is a wee p's thereat, and says she'll have to have one, too. My son Augustus comes from school and says that Boggy boy has a bike, and he wants one that he can tool in triumph up-and-down the pike. My aunt remarks that Mrs. Jones has bought a poodle just from Perth, and she must have a hundred bones to buy a pup of equal worth. We watch the neighbors eagle-eyed, as they watch us, with jealous mind, and if they walk in pomp and pride, we surely shall not lag behind. And so the money goes for frills and curlicues and furbelows, and when I come to pay the bills, in rivulets the briny flows. If I were living in a dell, with neighbors many miles away, I might be doing passing well, and saving kopecks every day. But then some other hermit scout might come there and disturb my plan, and I'd go broke. I have no doubt, to make him seem an also, ran.

**KAISER BRONCHITIS IN EXILE**  
Thousands Liberated  
What! have you not heard the joyful tidings? Bronchitis has been expelled—kicked right out of society—and 100,000 Canadians liberated from the bondage of this disease. Every trace of bronchitis trouble is blown to atoms by the world's most effective disease-destroyer, Buckley's Bronchitis Mixture. No wonder people are rejoicing! No longer do they dread the effects of coughs, colds, asthma, etc., and so anxious are they that others should benefit also, hundreds of letters have been written proclaiming the merits of this wonderful mixture remedy. Here is one letter—

To Whom it May Concern: "This is to certify that I had been suffering for over three weeks with bronchitis and was advised to try Buckley's Bronchitis Mixture. I purchased a bottle and after the third dose I received relief, and before the bottle was finished, I was perfectly well. In making the above statement, I have no hesitation in saying it is the best remedy I ever came in contact with for my cough and bronchitis." (Signed) Mrs. M. Harding, 224 Dundas Street East, Toronto. The original of this testimonial may be seen at W. E. Buckley, Limited, 142 Dundas St., Toronto. This mixture proves to thousands of Canadian households, that you are sure relief. It cannot fail. Every five cents is the price that stands between you and the road to health. Take no substitute—instant relief on the bottle with the "Satisfaction Guaranteed" or money refunded.

Sold in St. John's by any of the following druggists: T. McMurdo & Co., Ltd., McConnors, Avalon, Dr. Co., E. J. Samson, Peter O'Mara, Kavanagh's Drug Store. Also for sale by EXPLORITS VALLEY ROAD STORES, Ltd., Millerton, D. G. Fraser, Ray Roberts, H. Elliott, Harbor Breton.

## The President of Austria

Austria, long the dominant part of the Austro-Hungarian Empire, and in earlier times the nucleus of the empire that for centuries dominated Continental Europe, is now a comparatively small country, with an area of 31,756 square miles, which is only ten thousand square miles larger than the area of Nova Scotia, and a population of only six millions. The Treaty of St. Germain, of September 10, 1919, by which the Allies made peace with Austria, broke up the Austro-Hungarian Empire and reduced Austria to the Teutonic area, the Austria of the Middle Ages. Most of these six millions of people are of German stock, and probably a majority would favor union with Germany, but both the Treaty of St. Germain and that of Versailles with Germany forbid such union, which would add to Germany's strength and aid her to become once more the menace to the world's peace that she was before her defeat and downfall in the autumn of 1918.

Austria, shorn on all sides of her conquests, has been left to herself; and having overthrown the monarchy, her people have set up a republican form of government, very similar to that being tried in Germany. The present constitution went into effect on November 20 last, and the first President of the existing republic is Dr. Michael Hainisch, who has long been a prominent writer on economic subjects. He belongs to no political party, but is an ardent supporter of the "Union with Germany" movement, a movement which proposes an open and clear-cut violation of the treaty Austria signed at St. Germain a year and a half ago. That policy is a poor guarantee of good faith.

The Government of Austria is confronted with a very heavy task. Can it keep the country on its feet? Its debts are tremendous, resources considered; industry is at a standstill, and public and private credit have no substantial foundation. Bankruptcy and collapse stare Austria in the face. To enable the country to ward off such a disaster, the Allies are considering lending to their late enemy two hundred and fifty million dollars, which, it is thought, would enable Austria to set her industries in motion and enable the people to become self-supporting. And this is the once proud and grasping Austria that, backed by Germany, set out to crush Serbia and defy Europe, in the summer of 1914!

## Japanese Mingle Religion and Fun.

One of the most curious and interesting aspects of Japanese life to the stranger is the street fairs, especially the Tokio Ennichi, which may be found in full swing on the nights of periodically recurring temple and other festivals.

Although these periodic events are supposed to be in celebration of something religious, they are occasions of great fun for youths and maidens, who meet and mingle in the evening's jollification, not of course, after the Occidental manner, but with due distance and reserve.

## Where Fair Maidens Congregate.

The most alluring stalls are those where the fair maidens of Japan congregate, and behind the rows of pretty girls, all infatuated by the fascinating fair ornaments, one may see rows of young men studying the tastes of womankind. The colored lights of the illuminations, electric lights in variously tinted bulbs or paper lanterns, give the peachbloss cheeks of the girls a yet more rich complexion, and all is quite like fairyland.

Even yet more space would it require to speak to all these fairs. In their individual attractions, but those at the big Shinjuku at Saitama, in Nihonbashi, draw the largest crowds, as they make a specialty of selling charms that can make a fellow throw up blood if he is not telling the truth and other charms that guarantee security from shipwreck.

Time would fail to tell of ordinary street fairs, and of fairs for special occasions and seasons, the latter being particularly beautiful, as the booths are decorated with the colors of the season.

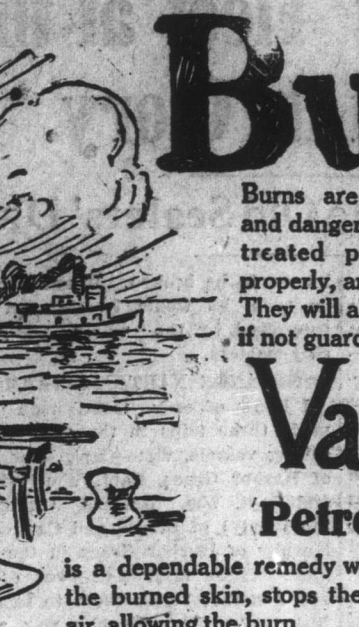
The month of September has more festivals and fairs than any other in the year, no less than thirty-seven taking place in the thirty days. The whole business indicates how very cleverly the Japanese utilize religion and beauty to bring in a penny for



It is also valuable in the treatment of wounds, sprains, skin diseases, chilblains, etc., and, taken internally, for coughs, colds, sore throat, etc. It should be always on hand—in every home and on every vessel—for emergencies.

Start a Medicine Chest with a liberal supply of "Vaseline" Petroleum Jelly and the other "Vaseline" preparations shown here on the lid of the chest.

Sold at all drug and general stores.  
Chesebrough Manufacturing Company, New York City.  
W. C. M. Shephard, Distributor,  
137 McGill St., Montreal, Canada.



Burns are very painful and dangerous, and if not treated promptly and properly, are in danger of poisoning. They will also leave disfiguring scars if not guarded against.

is a dependable remedy which gives quick relief to the burned skin, stops the pain, and keeps out the air, allowing the burn to heal properly.

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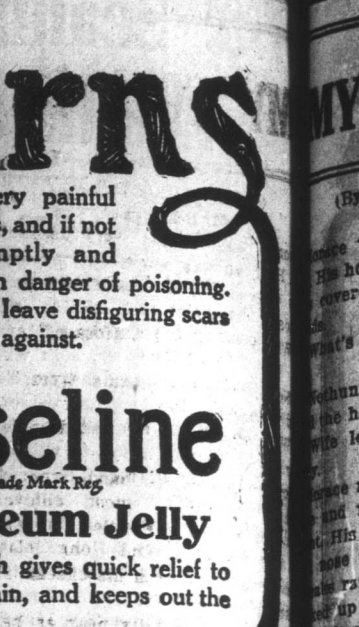
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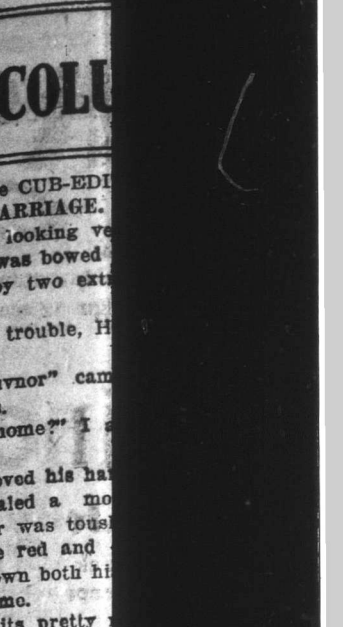
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