warn us that we had better go slow.

What do I mean by "go slow"? Well

for one thing I mean it literally. Stop

hurrying. It takes just about twice as

much energy to do a thing in a hurry

Again, stop worrying. It takes

See if your eyes are in proper con

Try to remember that after all vo

don't have to hold the whole universe

on your shoulders; that if you do you

best that is all that is required o

you, and Providence will take care of

Try that course of treatment for

month, and I am quite sure Nature

will withdraw her red flags.

This is what Mrs. GENETTI E. COFFEY, of Longstreet,

Ky., says: "I feel it my duty to write and tell you what

your medicines have done for me. I was a great sufferer

for six years from a trouble peculiar to women, but I am

thankful to say, after taking four bottles of your 'Favorite

Prescription' I am not bothered with that dreadful disease

any more. I feel like a new woman. When I first wrote

you for advice I only weighed 115 pounds—now I weigh 135. "I thank you very much for your kindness. You have

been as a futher to me in advising me what to do, so may

God bless you in every effort you put forth for good. . "I hope this testimonial will be the means of some poor

about which every woman, single or married ought to know.

until needed.

jelly glasses and put into a cold place

Attractive and convenient kitches

surroundings have an inspiring effect

pantry; the refrigerator should b

conveniently placed and the sink

comfortable height; the cooking uten-

sils arranged in the best possible posi-

ion for use; the kitchen should b

Apples cooked in the following way

may be very good dessert: Pare and

quarter the apples, then make in

granite stewpan a syrup of one-third

boil until it is rather rich, then drop

the apples in, a few at a time and

allow them to cook until tender. When

all the apples are cooked pour the

syrup on them and allow them to

The food value of cornmeal is very

great, especially in the form of mush

Have boiling a pot of water, salted to

taste, and gradually stir the cornmeal in, keeping it boiling continuously

Do not make it too thick. Allow it to

boil for twenty minutes, stirring oc-

eassionally. Then serve hot as

egetable, to be eaten either with but

Things Useful to Know

coking wipe it over with a cloth

vrung out of a pail of warm water

o which a teaspoonful of ammonia

as been added. Rinse the cloth fre-

juently while you work, and wring it

White paint is cleaned more satisactorily with whiting than with soap.

Damp a cloth, dip in the whiting, rub

over the paint just hard enough to

smove the dirt, rinse with clear

To clean sheepskin baby carriage

ard each time.

water, and wipe dry.

cheerful and well lighted.

cook. Serve with cream.

twice as much energy to cross

Be outdoors all you can.

Add an hour to your sleep.

bridge twice.



Grain Leather Bellows Tonguaranteed all solid in every



OOD SHOES,

## **Every Woman's Complexion**

is bound to show whether or not she is in good physical condition. If the complexion is muddy, the skin sallow; if pimples or skin blemishes appear it is then attention must be given to improve the bodily condition. There is one safe and simple way. Clear the system and ourify the blood with a few doses of

This well known vegetable family remedy is famous for its power to improve the action of the organs of digestion and elimination. They will regulate the bowels, stimulate the liver, tone the stomach and you will know what it is to be free from troubles. from headaches, backaches, lassitude, and extreme nervousness. They will make you feel healthier and stronger in every way. By clearing your system of poisonous waste Beecham's Pills will have good effect upon your looks-these they

## **Beautify and Improve**

ed into a rope stretched across the peared paralyzed.

Well secured

Ample and

carnings of

Company,

Nearly decapitated as the result of | road. The rope caught him beneath an automobile accident, Alexander the chin. That his head was not torn from his shoulders was due to the action of a friend in the tonneau, who sprang forward and reversed the enwith the Government Gun proving gine. O'Shea was taken to the hospigrounds at Indian Head, was driving al where seventeen stitches were put a motor-car rapidly through navy in his throat. Later he recover conyard on Saturday night when he dash- sciousness, but his vocal chords ap-

Bonds with all the features of a Good Investment

Bonds easily marketed. Bonds yield a good interest return considering class. The bonds we have in mind are the Offered at 107 and accrued interest.

yielding 5.50 per cent.

Company's business

Maritime Telegraph & Telephone Co. 6's.

F. B. McCURDY @ CO., Members Montreal Stock Exchange.

C. A. C. BRUCE, Manager,

St. John's.

### Nature's Danger Signals.

<del>՟</del>֏ֈֈֈֈֈֈֈֈֈֈֈֈֈֈֈֈֈֈֈֈֈֈֈֈֈֈֈֈֈֈֈֈ BY RUTH CAMERON.



"But I never Again the trick of saying the exact actually felt opposite of what you mean. Hot when tired," protested you mean cold, summer when you a woman w h o'l want to say winter and so on, I have h a d completely found, in my own case at least, to be a reminder that I am overworking broken down aft-Some people who have a habit of doing this and that, I believe, is usually a sign that their condition is a little "No," said the

doctor, "of course | below par. That confused feeling, that inability vou didn't. You were too tired to understand what people mean, or for that, but you to decide what you want to do next. which most of us feel once in a while. had other warnis another red flag on the track to ings."

Nature has a great many danger signals: The most common is the red light of actual physical weariness. We all know enough to recognize that even if we don't always heed it. But there are other signals of even more as to do the same thing in your own imminent danger which many people entirely fail to recognize.

For instance, if at the end of a hard slackness of the rope and to the quick day's work your back aches, you know that you have over-done; but if you meet an acquaintance and simply cannot think of his name, do you connect that also with your overwork? Or do dition. you simply feel annoyed at your loss of memory and let it go at that?

> A woman whom I know, is overworking. She is in fairly good physical condition, and so she will not admit that she is overtaxing herself. But I notice that whenever she wants to speak to any one of her children she has to pause a moment before she can select the right name, and often calls the child by its brother's or sister's name instead of its own.

> > **199**

tousehold Notes.

Dry plaster of paris is supposed to

every part of the fur with the hand.

fter it has all been carefully gone

ver, allow it to stand for a short

while, then brush and shake out well

nd wipe with a clean white dry cloth.

Sometimes the strap which connects

omes stretched too long. To tighten

slip it out of its groove and take

ff the piece of metal connecting the

we ends by the aid of pincers, then

ut off a trifle of the end of the strap

If the mayonnaise dressing has

urdled, you can save the oil by plac-

ng the dressing in a cold place. The

live oil will gradually come to the

urface: the egg and other ingredi-

nts will be in the form of sediment

the bottom. Pour off the oil, strain

necessary and prepare a new may-

When the sewing machine is not

unning, it is frequently because there

a collection of dust in the bearings.

Vhen this is the case, the machinery

hould be moistened with kerosene

hen turn the balance wheel back-

ward and forward. After the bear ngs have become clean, oil the ma-

hine with regular machine oil.

nd fasten together again.

he wheels of the sewing machine be

FOR WOMEN ONLY.

That is the nature of Dr. Pierce's Favorite Prescription-the one remedy for

women which contains no alcohol and no habit-forming drugs. Made from native

medicinal forest roots. Dr. Pierce tells its every ingredient on the bottle-wrap-

per. Prominent physicians and some of the best medical authorities endorse these

ingredients as being the very best known remedies for ailments and weaknesses

suffering woman steking health."

Dy. Misrce's Medical Adviser, newly revised up-to-date edition, answers hosts

e an excellent thing to clean white on any maid. The kitchen should not

ur. It should be carefully rubbed in- be too large It should be near the

### ++++++++ Nearer Dead Than Alive

Captain Lashed to Broken Cross-bar is Snatched from Serf .- Sole Survivor of Crew of Vessel Wrecked

Norfolk, Va., Nov. 3 .- Lashed - to the cross-bar of a broken mast, nearer dead than alive, Capt. Fred. Godfrey, of three-masted schooner John Maxwell, was snatched from the boiling surf at New Inlet, N.C., off Cape Hatteras, early this morning by lifesavers.

He is the only survivor of the sev en members of the crew of the illated sailing vessel, which went to pieces during the night. She was pounded to kindling wood by the raging in-shore storm.

The John Maxwell from New York or Savanah, coal laden, went ashore ifter midnight Friday, and the lone survivor clung tenaciously in the igging of the wreck when darkness 'ell while life-savers from three sta tions watched anxiously, but hopetessly for an opportunity to rescu-

Five of the men disappeared in the cold waves before dawn. The sixth sailor hung on to the rigging intil late in the afternoon, when be numbed by cold and exhausted by he lashing of the waves, he was swept into the sea and drowned. The one survivor, who through glasses appeared to me an aged man, was

naking a brave fight for life. An all day battle was waged from laybreak by the life-savers, but the remendous seas and forty-mile gale nade it impossible for them to launch their boats. Repeatedly during he day the life-savers shot lines over the Maxwell, but the two men n the rigging were apparently too numbed by the cold or too exhausted v their long fight against the eleaents to attach it to the rigging. 'ailure to get the line fastened so he breeches buoy might be sent out revented the life savers from rescung the men in this way. The coast ruardians again and again tried to out their lifeboats to sea, but each ime were repulsed by the relentless

Word was sent up the coast to Norfolk, where the Navy Yard's vireless flashed the plight of the essel and men to the Atlantic fleet n the Southern drill grounds. News ould steam as near the shoal as possible, and attempt to rescue the nan. The telegraph also brought ame back that one of the ships vord that the revenue cutter service vould send a vessel to assist in the

The survivor, who proved to be apt. Godfrey, saw his comrades, exausted by the cold, one by one drop austed by the cold, one by one drop austed by the cold, one and watery graves. All night he was iant waves and almost insensible

rom exposure. Just before dawn the mast snapped nd he was hurled clear of the veses his salvation to the fact that the ashing with which he was fastened o the cross-bar held firmly and kept | 1 is head above water.

It was only after an all-day strug-It was only after an all-day strug-le that physicians and life-savers rought Godfrey back into the land f the living and heard his story. f the living and heard his story.

Standing with her father and her sugar and two-thirds water. Let this fance to witness the firing of a fur-ace of the Empire Steel Company at Macungie, Pa., Monday, Miss Kathrine Conrad was killed when an exolosion blew a large piece of scanting into the crowd at the door of he furnace. Her skull was crushed and death was instantaneous. A large rowd had gathered to witness the reliving of the furnace which had been dle for a number of years. Several ther spectators were injured but

## STOCK!

and Vegetables on spot for immediate delivery.

5 cases Lemons.

50 kegs Heavy Grapes. 60 cases Silver Peel Onions.

200 bags P. E. I. Turnips. 500 bags P. E. I. Blue Potatoes 50 bags P. E. I. Parsnips. 25 bags P. E. I. Carrots.

25 bags P. E. I. Beets. To arrive ex City of Sydney and Stephano:

50 cases Fresh Receipt Eggs. 200 brls. Winter Apples. Hulberts, Wagners, Kings.

GET OUR PRICES. 100 cases Tinned Fruit. 200 boxes Dried Fruit.

"What shall I drink?" Have you ever asked yourself? It's almost as important to you as "What shall

If you will look up the subject, you will find that physicians attribute a great many ailments to tea

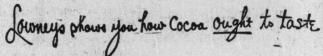
They attribute none to cocoa.

On the contrary, you will notice they say that cocoa is a nutritious and beneficial beverage.

One cup of Lowney's Cocoa contains more nourishment than 24 cups of the best tea ever brewed and more than 22 cups of the best coffee.

And Lowney's has the true cocoa flavor-rich. delicious, appetizing. There is no finer cocoamaking equipment in the world than you will find at our Montreal factory. Try Lowney's Cocoa once and see if you don't

want it daily. Sold by grocers. In tins-10c to 50c sizes.





The Best Way to Make Cocoa

Mix two even tablespoonfuls cocoa with two of sugar. Add 1/8 teaspoonful of salt. Mix gradually with two cups of boiling water. Stir to a smooth paste. Boil 5 minutes. Add two cups of scalded (not boiled) milk, and beat with an egg-beater until frothy.

The Walter M. Lowney Co., of Canada, Ltd., Montreal

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lamps have recently been installed. We invite comparison, and will be glad of the opportunity to prove the merits of the "Humphrey" Lamp, which we will instal free of charge on trial.

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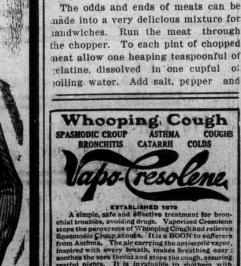
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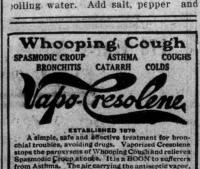
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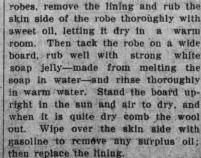












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