

## 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 purify the blood with a few doses of

## Beecham's Pills

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

## Will Beautify and Improve

The directions with every box are of special value and importance to women. Sold everywhere. In boxes, 25c.

Nearly decapitated as the result of an automobile accident, Alexander O'Shea, a civil engineer lies at a Washington Hospital between life and death. Mr. O'Shea, who is connected with the Government Gun proving grounds at Indian Head, was driving a motor-car rapidly through navy yard on Saturday night when he dashed into a rope stretched across the road. The rope caught him beneath the chin. That his head was not torn from his shoulders was due to the slackness of the rope and to the quick action of a friend in the tonneau, who sprang forward and reversed the engine. O'Shea was taken to the hospital where seventeen stitches were put in his throat. Later he recovered consciousness, but his vocal chords appeared paralyzed.

Well secured, ample and increasing earnings of Company. Company's business an absolute necessity. Bonds easily marketed. Bonds yield a good interest return considering class. The bonds we have in mind are offered at 107 and accrued interest, yielding 5.50 per cent. on money invested.

**F. B. McCURDY & CO.,**  
Members Montreal Stock Exchange.  
**C. A. C. BRUCE, Manager,**  
St. John's.

Bonds with all the features of a Good Investment

Maritime Telegraph & Telephone Co. 6's.

## IN THE YEAR 1932

how much will you have accumulated at your present rate of saving? Most men will have little or nothing saved if conditions are at all similar to those of to-day.

Every prominent young man benefits at least, and looks forward to an old age of comfort and enjoyment relieved from want and worry. And every thoughtful man endowed with manhood feels that a duty rests upon him to make some provision for others dependent upon him.

The safest, simplest and most profitable way to accomplish all this, and to be sure of a snug competency by the year 1932, is by investing in a Canada Life Endowment Policy for \$5,000 or \$10,000, according to your means and requirements. The policy can be bought on easy instalments and facilities are provided to assist in carrying and enjoying the insurance.

Send in your name and age and let us submit to you a good proposition.

**Canada Life Assurance Co.**  
C. A. C. BRUCE, Manager. St. John's.

## Dainty Shirt Waists!

We are now showing some very attractive designs in Ladies' Silk, Lawn and Muslin Waists, all beautifully made and trimmed.

The newest and latest styles are to be found in this magnificent display. A full range of sizes. From 95c. to \$6.50.

**U. S. PICTURE & PORTRAIT CO.**



## Nature's Danger Signals.

BY RUTH CAMERON.



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 imminent danger which many people entirely fail to recognize.

For instance, if at the end of a hard day's work your back aches, you know that you have overdone; but if you meet an acquaintance and simply cannot think of his name, do you connect that also with your overwork? Or do 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 his brother's or sister's name instead of his own.

Again the trick of saying the exact opposite of what you mean. Hot when you mean cold, summer when you want to say winter and so on, I have found, in my own case at least, to be a reminder that I am overworking. Some people who have a habit of doing this and that, I believe, is usually a sign that their condition is a little below par.

That confused feeling, that inability to understand what people mean, or to decide what you want to do next, which most of us feel once in a while is another red flag on the track to 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 as to do the same thing in your own time.

Again, stop worrying. It takes twice as much energy to cross a bridge twice.

Be outdoors all you can.

Add an hour to your sleep.

See if your eyes are in proper condition.

Try to remember that after all you don't have to hold the whole universe on your shoulders; that if you do your best that is all that is required of you, and Providence will take care of the rest.

Try that course of treatment for a month, and I am quite sure Nature will withdraw her red flags.

*Ruth Cameron*

## 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-wrapper. Prominent physicians and some of the best medical authorities endorse these ingredients as being the very best known remedies for ailments and weaknesses peculiar to women."



This is what Mrs. GENEVIE 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 father 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 suffering woman seeking health."

Dr. Pierce's Medical Adviser, newly revised up-to-date edition, answers hosts of women's questions about which every woman, single or married ought to know.

## Household Notes.

Dry plaster of paris is supposed to be an excellent thing to clean white fur. It should be carefully rubbed into every part of the fur with the hand.

After it has all been carefully gone over, allow it to stand for a short while, then brush and shake out well and wipe with a clean white dry cloth. Sometimes the strap which connects the wheels of the sewing machine becomes stretched too long. To tighten it, slip it out of its groove and take it the piece of metal connecting the wheels by the aid of pliers, then cut off a trifle of the end of the strap and fasten together again.

If the mayonnaise dressing has hardened, you can save the oil by placing the dressing in a cold place. The live oil will gradually come to the surface; the egg and other ingredients will be in the form of sediment at the bottom. Pour off the oil, strain it, and use it for dressing. The necessary and prepare a new mayonnaise with it.

When the sewing machine is not running, it is frequently because there is a collection of dust in the bearings. When this is the case, the machinery should be moistened with kerosene, then turn the balance wheel backward and forward. After the bearings have become clean, oil the machine with regular machine oil.

The odds and ends of meats can be made into a very delicious mixture for sandwiches. Run the meat through the chopper. To each pint of chopped meat allow one heaping teaspoonful of gelatine, dissolved in one cupful of boiling water. Add salt, pepper and

**Whooping Cough**  
SPASMODIC COUGH ASTHMA COUGHS  
BRONCHITIS CATARRH CROUPS

**Vapo-Resolene**

ESTABLISHED 1875

A simple, safe and effective treatment for bronchial troubles, avoiding drugs. Vaporized Resolene stops the paroxysms of Whooping Cough and relieves Spasmodic Cough attacks. It is a BLOOD purifier from Asthma. The air-carrying and antiseptic vapor, inspired with every breath, makes breathing easy; soothes the inflamed throat and drives the cough, clearing the lungs. It is invaluable to mothers with young children. Send postal for descriptive booklet.

ALL DRUGGISTS

By CRESOLENE ANTISEPTIC THROAT TABLETS for the relief of throat. They are simple, effective and antiseptic. Of your druggist or from us. 50c. in stamps.

Vapo-Resolene Co.  
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celery seed to taste. Mix well, pack in jelly glasses and put into a cold place until needed.

Attractive and convenient kitchen surroundings have an inspiring effect on any maid. The kitchen should not be too large. It should be near the pantry; the refrigerator should be conveniently placed and the sink a comfortable height; the cooking utensils arranged in the best possible position for use; the kitchen should be cheerful and well lighted.

Apples cooked in the following way may be very good dessert: Pare and quarter the apples, then make in a granite stewpan a syrup of one-third sugar and two-thirds water. Let this 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 cook. Serve with cream.

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 occasionally. Then serve hot as a vegetable, to be eaten either with butter or cream.

## Things Useful to Know

When a carpet has become dingy looking wipe it over with a cloth wrung out of a pail of warm water to which a teaspoonful of ammonia has been added. Rinse the cloth frequently while you work, and wring it out each time.

White paint is cleaned more satisfactorily with whiting than with soap. Damp a cloth, dip in the whiting, rub over the paint just hard enough to remove the dirt, rinse with clear water, and wipe dry.

To clean sheepskin baby carriage robes, remove the lining and rub the skin side of the robe thoroughly with sweet oil, letting it dry in a warm room. Then take the robe on a wide board, rub well with strong white soap jelly—made from melting the soap in water—and rinse thoroughly in warm water. Stand the board upright in the sun and air to dry, and when it is quite dry comb the wool out. Wipe over the skin side with gasoline to remove any surplus oil; then replace the lining.

MINARD'S LINIMENT RELIEVES NEURALGIA.

## Nearer Dead Than Alive

Captain Lashed to Broken Cross-bar is Snatched from Sea—Sole Survivor of Crew of Vessel Wrecked off Hatteras.

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 life-savers.

He is the only survivor of the seven members of the crew of the ill-fated 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 Savannah, coal laden, went ashore after midnight Friday, and the lone survivor clung tenaciously to the rigging of the wreck when darkness fell, while life-savers from three stations watched anxiously, but hopelessly for an opportunity to rescue him.

Five of the men disappeared in the cold waves before dawn. The sixth sailor hung on to the rigging until late in the afternoon, when he was lashed to the mast, and exhausted by the lashing of the waves, he was swept into the sea and drowned. The lone survivor, who through glasses appeared to be an aged man, was making a brave fight for life.

An all day battle was waged from laybreak by the life-savers, but the tremendous seas and forty-mile gale made it impossible for them to launch their boats. Repeatedly during the day the life-savers shot lines over the Maxwell, but the two men in the rigging were apparently too numb by the cold or too exhausted by their long fight against the elements to attach it to the rigging. Failure to get the line fastened so he breeches buoy might be sent out prevented the life-savers from rescuing the men in this way. The coast guardians again and again tried to put their lifeboats to sea, but each time were repulsed by the relentless waves.

Word was sent up the coast to Norfolk, where the Navy Yard's wireless flashed the plight of the vessel and men to the Atlantic fleet in the Southern drill grounds. News came back that one of the ships would steam as near the shoal as possible, and attempt to rescue the man. The telegraph also brought word that the revenue cutter service could send a vessel to assist in the rescue.

The survivor, who proved to be Capt. Godfrey, saw his comrades, exhausted by the cold, one by one drop into watery graves. All night he was alone, lashed to the mast, beaten by giant waves and almost insensible from exposure.

Just before dawn the mast snapped and he was hurled clear of the vessel into the raging sea. He attributes his salvation to the fact that the lashing with which he was fastened to the cross-bar held firmly and kept him head above water.

It was only after an all-day struggle that physicians and life-savers brought Godfrey back into the land of the living and heard his story.

Standing with her father and her lance to witness the firing of a furnace of the Empire Steel Company at Macungie, Pa., Monday, Miss Katherine Conrad was killed when an explosion blew a large piece of scum into the crowd at the door of the furnace. Her skull was crushed and death was instantaneous. A large crowd had gathered to witness the re-firing of the furnace which had been idle for a number of years. Several other spectators were injured but none seriously.

## IN STOCK!

We have large stocks of Fruit and Vegetables on spot for immediate delivery.

- 50 cases Lemons.
- 50 kegs Heavy Grapes.
- 60 cases Silver Peel Onions.
- 200 bags P. E. I. Turnips.
- 300 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 bris. Winter Apples.
- Huberts, Wagners, Kings.

GET OUR PRICES.

- 100 cases Tinned Fruit.
- 200 boxes Dried Fruit.

**Soper & Moore**



Tea Cocoa Coffee

"What shall I drink?"

Have you ever asked yourself?

It's almost as important to you as "What shall I eat?"

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

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 cocoa-making 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.

*Lowney's shows you how Cocoa ought to taste*



The Best Way to Make Cocoa

Mix two even tablespoonfuls of cocoa with two of sugar. Add 1/2 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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## The New Humphrey

## Intensified Incandescent Gas Lamp.

Using Ordinary Gas Pressure.

The excellent results obtained with the above lamp are worthy the consideration of all business men who desire to obtain the most light at the least cost.

A good example of this system of lighting may now be seen at the West End premises of the Hon. George Knowling, where the new 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.

**ST. JOHN'S GAS LIGHT COMPANY.**