

# Practice Safety First!

Safeguard your health by wearing the Best Rubber Shoe in the world. THEY KEEP YOUR FEET DRY. Wet feet are very often the cause of many serious ailments—and perhaps worse—death.

## Children Anchor Brand.

Low and Storm; sizes 3 to 10.

## Misses' Anchor Brand,

Low and Storm; sizes 11 to 2.

## Ladies' Merchant and Anchor Brand,

Low and Storm; sizes 2 1/2 to 7 1/2.

CHILDREN'S, MISSES' and LADIES' RUBBER BOOTS.

## "MERCHANT BRAND" RUBBERS.

We do not know if the word "MERCHANT" will rhyme well in poetry, but we do know that any Rubber Shoe stamped "MERCHANT" will give satisfaction to the wearer.

*Marshall Bros*

## Youths' Anchor Brand

Low and Storm; sizes 9 to 13.

## Boys' Anchor Brand

Low and Storm; sizes 1 to 5.

## Men's Merchant and Anchor Brand

Sizes 6 to 11. Low and Storm.

YOUTHS', BOYS' and MEN'S RUBBER BOOTS.

## Do Every Bit You Can.

By RUTH CAMERON.



RUTH CAMERON

Phrases, I like everything else in the world, have their day of usefulness and then cease to be. Sometimes, however, the empty phrase unfortunately outlasts its usefulness.

A reader friend suggests that this is the way with that phrase which in the last few months has probably been uttered some billions of times—Do Your Bit.

"That phrase," she says, "was well enough perhaps some months ago but it is far from being well enough now. Too many indolent or selfish or unthinking people are settling back with a sigh of content and saying I have done my bit."

Not Because It Was A Mite, Because It Was Her All.

"The men in training camps or already in France are giving their all. How can we rest content with our bit? The widow's mite was not commended because it was a mite but because that mite was her all."

"It is only when we come to realize that every little counts, but that only a little does not count enough, that we shall begin to do our full share as a nation and shall have definitely set our feet on the road to peace."

"Of course there are many noble men and women who are making heroic efforts, but there is also a large class whose lack of responsibility is almost unbelievable."

"A friend of mine urged a woman of abundant leisure to help in some way. Her answer was, 'Why, I have no one in the war in whom I am interested. Why should I?'"

Suppose Her Husband Dies.

"Again the same friend urged another woman to make dressing and received this astonishing reply: 'I have given my husband. I think I have done my bit.' (Suppose for want of surgical dressings her husband dies?)"

"Yesterday I heard, 'I am doing my bit when I pay the higher prices.'"

"And besides all these are many"

women who still follow the even tenor of their way. For them no war exists."

My letter friend is certainly right. And we've got to make up for these women, you and I who want to look back when the war is over and know we played an honourable part in the greatest making of history since the world began.

We've got to all get together and do not just our bit—but every bit we can.

How would that be for a new war cry?

Since her letter brought the fullness of 'do your bit' home to me I have been seeking a new phrase and that is the best that comes to me.

If you can think of a better one send it to me.

If you can't, start this one going, say it to your neighbours, to your parishioners, to your customers, to your patients,—according to your work in life.

And don't only say it, live it.

A Good All Round Liniment

that seems to go straight through the skin and reach the pain. That is a good description of

Stafford's Liniment. We believe there is no more generally useful liniment. It seems to reach the spot every time.

No home should be without a good liniment for use in those emergencies common to all homes calling for a reliable liniment. Keep a bottle of "Stafford's Liniment" in your medicine chest.

For sale everywhere. Manufactured only by St. John's, Nfld. DR. F. STAFFORD & SON.

Everyday Etiquette.

"What is expected of one who receives a friend's card bearing a new address?" asked Maud.

"One should call in the near future if possible," answered her mother.

Stafford's Phorators for all kinds of Coughs, Colds, Bronchitis, Asthma and various Lung Troubles.—nov6,tf

## Have Your HAM and BACON Machine Sliced.

We have installed the improved type of Van Berkel's Patent Meat Slicer. The new machine gives more meat in the pound delivered from the machine as compared with that cut by hand. The slicing is graded by numbers ranging from one to twenty-four, or from the thinnest of tissue paper to one-eighth inch thickness.

BACON is a Cheap, Necessary and Economical Food.

GOOD FAMILY BACON, 27c. lb. by side ... 30c. lb. QUALITY BACON, 38c. lb. by side ... 45c. lb. ROLLED BACON, 40c. lb. by side ... 45c. lb. SINCLAIR'S BACON and HAMS.

C. P. Eagan

Duckworth Street and Queen's Road.

## Split PEAS, Beans, Rice.

50 bags (60's) SPLIT PEAS.  
200 bags (112's) SMALL BEANS.  
100 bags (100's) SPLIT RICE.  
100 bags (25's) SPLIT RICE.

On spot to-day.

Soper & Moore  
IMPORTERS & JOBBERS.  
PHONE 490.

## Rann-Dom Reels.

THE TOOTHACHE.

The toothache is an uneasy sensation in the human jaw which at times can hardly be told from real pain. There are seventy-two distinct causes of toothache, any one of which will give a sweet-tempered husband the disposition of a Texas coyote.

Toothache is an improvement in some respects upon the cone-culch quins, which has to run its course before being arrested by the jodine shower bath and the hot-water bag. It is a very simple matter, however, to cure an attack of resilient toothache, as all that is necessary is to go to a dentist and part with the teeth in a reluctant and painstaking manner.

Some dentists have poor eyesight and are unable to locate the tooth which is wabbling in its orbit, hence in order to make sure they remove several teeth on each side which do not need anything except straightening up in a pony vise.

As a general thing, the toothache seldom lights on its victim with all four feet, except late at night or on Sunday, when every dentist with a license to practice in the state is either out joy-riding or having his duck suit sterilized at a steam laundry. Nobody has ever been able to explain why it is that a man will pass a row of dental offices four times a day on every week day, with his teeth in perfect working order, only to be prostrated early Sunday morning by a tooth which had never uttered a harsh word from the dawn of its pristine beauty forty-four years before.

The most prolific source of toothache is that which is caused by four or five nerves becoming short-circuited and setting fire to the inside of the head. This trouble usually originates in a cavity which, by skillful excavation, can easily be made to hold \$24 worth of gold leaf and \$17 worth of labour. Many a man has sat down in a dental chair and witnessed with alarm the rapid growth of a cavity which started out the side of the head of a pin and wound up looking like a slide in the Panama Canal.

Some forms of toothache are accompanied by a violent swelling, which hangs around for several days and adds a touch of pathos to the countenance. The only people who never have toothache are those with the portable type of teeth or who exult in false bridge work or the porcelain peg.

SNOWY WEATHER.



WALT MASON

The snow is deep where'er I walk, and there is ice beneath; and now and then I fall a block, which sprains my ankles and my hock, and jars my wooden t o e t h. The snow is spread upon the ice some two feet deep or more; and though the children yell with glee, it doesn't make a hit with me; in fact, it makes me sore. For snow brings out all lurking ills which plague the human frame, inaugurates rheumatic thrills, and makes a man invest in pills, and boost the druggist's game. When snow is deep, up to my knees, my friends all wall and yip; they talk of nothing but disease, describing all the maladies that have them on the hip. Each talks with violence about ailments that are his, of aches the worst you ever heard, so I can scarce get in a word about my rheumatism. One talks about his trifling cough, how though it makes him feel, how he laps nostrums from a trough—and thus you see where I get off; I cannot make my spiel. One talks of tonsils on the bum, that hurt him day and night, of aching tooth and throbbing gum; cheer up, the worst is yet to come! There is more snow in sight! The snow is good for winter wheat, and wheat will win the war; so let's forget rheumatic feet, and give three cheers for snow and sleet; that's what our lungs are for.

## Fads and Fashions.

Brick red and navy blue is one of the chic color combinations.

Canvas bags worked, with Indian beads are new and very smart.

Very deep collars of pleated tulle are frequent on afternoon gowns.

Tiger skin is being used as edging for skirt, coat and as lining.

Narrow tan ribbon will trim a blue serge dress with great charm.

Novelty Shetland sweaters are trimmed with bands of knitted silk.

On the very top of a tall turban they place three small ostrich plumes.

Some of the new spring suits are made with capes instead of coats.

Green is a favorite color to use with the white of a wedding gown.

A most effective chain is made of black moire ribbon and crystal beads.

A great many new dresses are frankly buttoned up the front with ornamental buttons.

"Chill Chasers."

We have received another shipment of these popular portable heating stoves in three sizes which we are selling at \$8.50, \$7.50 and \$6.50.

We also call attention to our special "Hamphrey" Gas Iron, in nickel finish, complete with flexible tube connection. We are selling this Iron at \$5.00, and recommend it as a useful Xmas Gift.

Phone 97, or call at our Showroom, One Building.

ST. JOHN'S GAS LIGHT CO.

dec22,1f

MINARD'S LINIMENT CURES RAB-

GET IN COWS.

## Milady's Boudoir.

MILADY'S FEET.

The return of the short skirt and the popularity of the modern dances have called the feet into prominence again and, therefore, every woman will want to have shapely feet and ankles. Exercise and massage will do much for unshapely ankles. It must be understood, however, that if the bone is large nothing can be done, while if it is a simple matter to remove flesh. It will only require twenty or thirty minutes each day to exercise the ankles so they will become slender.

First, remove the shoes and stockings and sit with one knee crossed over the other. Now move the foot about in a circle, using the ankle joint only. When you become tired move the foot up and down until fatigued, and then change to the other foot. Another effective exercise is to stand on both feet and turn the feet from side to side at the ankles.

To improve the contour of the feet it is necessary to pay attention to any corns, callouses or enlarged joints. Be quite sure that you wear well fitting shoes, for there must be no pressure against any one part of the foot.

When the outline of the foot is affected by callouses the process of removal is simple, but requires time. First soak the feet well in hot water, then after they are dry, rub the callouses until the skin peels. If any of this dead skin can be removed by cutting with the scissors do so, but be extremely careful you do not injure the tender flesh beneath.

If the callouses are painful I would apply tincture of iodine daily. This will cause the surface to peel and will prevent a further accumulation of dead skin. It is impossible to restore an enlarged joint to its normal size, but you may improve the shape of the foot by placing a wedge of absorbent cotton or soft paper between the first and second toes. This will bring the toe into line with the balance of the foot.

Minard's Liniment Co., Limited  
Gentlemen,—Theodore Dorais, a customer of mine, was completely cured of rheumatism after five years of suffering, by the judicious use of MINARD'S LINIMENT.

The above facts can be verified by writing to him, to the Parish Priest or any of his neighbors.

A. COTE, Merchant.  
St. Isidore, Que., 12 May, '98.

## Your Boys and Girls.

Small little-tattle about each other or regarding their teachers and school fellows, should be discouraged among children as a form of treachery. The spirit animating the family mischief maker might have been driven from her disposition in the nursery. She probably began by repeating gossip and sowing dissension among her dolls by telling each what the other really thought of her and said behind her back. The dominant masterful spirit of the schoolroom which annexes the nicest toys and the best of everything for number one, needs wise chasteing. This type, later on, wants to "boss" the family and have everyone do as he says.

If a mother has heart and wisdom she tries to cultivate a spirit of love and concord among her children from the very cradle. A mother who singles out one special child from the dock for her favoritism, sows the seeds of jealousy in the family. Children should be taught to regard themselves as members of a firm united in a life long partnership of love and mutual interest.

## Blair's Blouses

at \$1.00 each

are Bringing Brisk Business to the Blair Establishment. Blair's are Becoming Better known daily for their Big Blouse Values.

Blair's Business Building Blouse Bargains, Backed by Quality, which Brainy Buyers realise is the Bigger Boon than even mere Low Prices, are Becoming justly celebrated and Boosted By Bargain Buyers from St. Barbe to Bonavista, from Bonavista to Bay Bulls, from Bay Bulls to Burin, from Burin to Burgeo, from Burgeo to Port aux Basques, and from Basques to Bonne Bay, and on the Straight Shore sure you get the straight answer, 'tis no Bluff that Blair's Black, Brown, Blue, White and other One Dollar Blouses are the Biggest Blouse Bargains in the Busy Burg of St. John's.

Buy a Brace or more of Blair's Blouses now. Believe me, prices will be much higher for next importations, though even then you can Bank on Blair's Prices to be Bottom ones.

## Henry Blair

We have just received a shipment of

44,640

Tins of "2 in 1."

This is the largest shipment of Shoe Polish ever brought into Newfoundland. The sales of "2 in 1" increase monthly. It preserves the leather you know.

T. A. Macnab & Co.,  
Wholesale Distributors.

Telephone 444.

City Club Building.

## For New Year

400 Barrels Choice  
APPLES.

BURT & LAWRENCE

12 NEW GOWER STREET.

## LONDON

LONDON, Dec. 17, 1917.

A BUSY MONARCH.

One is more constantly employed in war work than King George. He is not engaged in State business. His Majesty is daily occupied in visiting hospitals, taking last week for example, State business and discussing with Ministers filled up Monday. On Tuesday His Majesty was at the Hendon Aerodrome. An entire for war heroes was the item on Wednesday's programme, and these functions, at times, sometimes scores of decorations are personally handed over to gallant winners, involve no light cal strain. Thursday saw King George at Warley with the Irish Guards. On Friday State business commanded his attention, and Saturday morning works in London were visited. These inspections are mere perfunctory walk rounds, no special preparations involving time and cost are to be made on account of the royal visit. The King has a practical interest in all he does, and his questions show a surprising acquaintance with the subject. Furthermore, the King's life is lived strictly on ration, even at formal functions, with its attending, the same restrictions apply. He may, like Lord Biddis, have lost weight on war duty, but he certainly looks none worse.

TRADES OF THE GREAT WAR. The organization entitled "The Trades of the Great War," having its object the establishment of a long comradeship among all who served in the sea, land, and air during the struggle, already has been able, I am told, to set up between seventy and eighty posts and ranches. These are chiefly in the neighbourhood of London, but the movement is to be carried vigorously into the provinces. Meanwhile, an encouraging feature displayed here is the co-operation of great commercial and industrial firms, a number of which have undertaken to give facilities to their employees for joining the organization, and in some cases providing suitable clubrooms on their own premises. It is the confident hope of the general committee that similar encouragement will be found among employers in the great provincial cities, such as Birmingham, Liverpool, Manchester and Bristol. Activities for the extension of the movement to Lancashire, indeed, already are in progress, the County of Lancashire, as it is called, having been divided for the purpose into two parts—the eastern and western—and more of such organized efforts are hoped to follow.

THE SUGAR QUESTION. "Perseus," the little story of the war, is the subject of the all-day letters. The to-day can be read from the morning papers, which was in 1914 for existing Ad-lishes in France in the of the soldier members is limited to a point, cul- French war, Mollat, Re- Dauger and dignity of many has also sent a few of literature as expected from mous French tion in this

TRACKING HUN BUSINESS IN TRIGUE. The War Trade Intelligence Department, now placed under Sir Arthur Steel Maitland, has a complete and world-wide list of businesses

## W. V. Dray

Complete  
New Stock

## Piano

To arrive for New Year

All High-Class  
Player Pianos  
Pianos & Organs

We shall offer them at prices which will appeal to every dollar saved as usual made to suite purchases

W. V. Dray  
256 Water Street