

## Bovril Sandwiches are excellent

Many people prefer Bovril sandwiches to any other kind. They are prepared in a minute and provide a meal as nourishing as a many-course dinner.

The bread and butter should be cut very thin, and spread evenly with Bovril straight from the bottle. You can add cucumber, lettuce or cream, or sliced hard-boiled eggs, if you prefer.

You will be delighted with the appetising, savoury flavour of Bovril sandwiches; and they can save you a lot of cooking in the hot weather. Get a bottle of Bovril and try them to-morrow.

## BOVRIL simplifies Summer cooking

## "Flatterers"

### The Shadow of the Future.

CHAPTER XXIV.

#### "A HAPPY NEW YEAR TO YOU!"

Mr. Hurst opened the door; his sister, ringing a servant forward, would only have gone the regulation half-dozen paces with the visitor she was glad to be quit of, but as her brother, returning to the fireside, fell into a fit of musing, Mrs. Prece exclaimed from the hall:

"Oh, Miss Hurst! a moment, please," and the lady so summoned approaching. "Now I remember the curate's name. You ought to know it for fear Mr. Gilbert kindly calls first. 'Babbington.' That is it 'Heratius Babbington.' He's been among the Jews and got out of health, but this quiet place will soon set him up. I hope you'll take to each other. 'Babbington.' Don't forget. Good-day!"

The rich rector's lady wrapped her bear-skins round her in her brougham; the well-to-do equipage was coached dexterously off the small grounds without incurring reproach for ill manners, and still Miss Hurst stood transfixed where Mrs. Prece's last words had fallen on her ears.

"Fanny," she said, presently, "go and shut the study door;" and when the girl had vanished she seated herself at the foot of the stairs, took some long breaths, and put her hands over her face.

"Horatius back—and coming here," she whispered, gasping interjectionally, "and that woman—hopes we shall—take to one another! And I'm so altered! I wonder if he is. Oh, dear, dear me! Dear me! What a queer world it is!"

She was still sitting there, rocking herself to and fro, looking very odd, when Sydney returned, brighter of spirit for her secret intolerance of poor Miss Jean's shortcomings. The sight of her form, agitated and in such unusual position, brought Sydney quickly to her, asking:

"What is it? Are you ill? Or—indeed, faintly seizing her—"nothing has happened?"

"Oh, no!" Miss Jean answered, reassuringly, "Nothing of any consequence to any one—unless me; and that doesn't signify. I was only—thinking—of a long time ago. People do—stupid people—like me! They—can't—help it!"

And with actual tears meandering down her nose, Miss Hurst picked herself up and went into the seclusion of

## YOUNG WOMEN AVOID PAIN

This One Tells How She Was Benefited by Taking Lydia E. Pinkham's Vegetable Compound.

Regina, Sask.—"For two years I suffered from periodic pains and nausea so I was unable to get around. My mother had me take Lydia E. Pinkham's Vegetable Compound, and I am much better and able to go about all the time, which I could not do before. I recommend Vegetable Compound to my friends if I know they suffer the same way, and yet may publish my letter if it will help any one, as I hope it will."—Miss E. G. BLACKWELL, 2079 Cedar Place, Regina, Sask.

Every girl who suffers as Miss Blackwell did, or from irregularities, painful periods, backache, headache, dragging down pains, inflammation, or irritation would only give this famous root and herb remedy a trial; they would soon find relief from such suffering.

It hardly seems possible that there is a woman in this country who will continue to suffer without giving Lydia E. Pinkham's Vegetable Compound a trial. After all the evidence that is continually being published, proving beyond contradiction that this grand old medicine has relieved more suffering among women than any other medicine in the world.

For special advice women are asked to write to Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of forty years experience is at your service.

"I beg your pardon. My feelings got into my fingers. I brushed too hard. Yes, Taffy's, our old nurse's, Gilbert took all his troubles to her. And she shared this one; for she had given over all her savings to the same man whose unlucky counsel misled my father." (Out of the almost blank of earliest childhood rose that summer afternoon—the scent of flowers, the drone of bees, old Taffy's song, the tall boy striding up the path, then flung at length upon the bench. That was how, when, and where she had seen Gilbert Hurst before.) "So she, too, had reason to rue trusting Mr. Alwyn. Too hard again! Ah! I must not talk of it. It makes me forget myself. And please, Miss Grey, never mention this before my brother. The very name of Alwyn is like an old wound to him. I never utter it, nor talk of Stillcoats, whose wife lived. Shall I pass your hat, now? Please, a glance at the mirror opposite—"I have tired you out. You look quite pale. Talking has eased me, but it's time I said good-night, or good-morning, for it's past twelve. I hope, Miss Grey"—sighing—"you have more prospect of it than I have, and I wish you a happy New Year!"

## CHAPTER XXV. HOW MISS VILLIERS PROSPERS IN PASTURES NEW.

Civility, by now, demands attention to Sydney Alwyn's mother and step-sister, who, when last discoursed of, were turning their backs on scenes of lottly but bitterly humiliated hopes.

Leaving St. Clair's in the frame of mind both did, it is no wonder she since the downfall of her exacting caprices and then, callous to useful looks, departed, bestowing on never a one a franc or a penny beyond the legitimate bill-scored terms of service. This species of saving formed the chief pleasure of the lady's first weeks abroad, and, combined with the relaxation of finding fault with everything provided for her everywhere, served as a good-sized safety-valve through which to disperse the turbid irascibility that had possessed her since the dowry of her destined had driven her from the Dale.

And Miss Villiers expressed as little enjoyment as her mother from the first stages of her route. Cathedrals to her were simply dingy buildings, a weariness to the spirit and a chilliness to the body. They caused her to sneeze, which made her eyelids red, which injured her appearance; therefore she avoided them. Their three days on the Rhine she tolerated mainly because this style of traveling neither dented her beautifully draped, tailor-made costume nor chafed her dainty boots, the preservation of whose glossy kid far overrode any question of exploring the ruined treasures on the legend-haunted banks. Assuming a melancholy, half of lassitude, half of annoyance with her mother for projecting a plan she had not had generalship or luck to carry out, the younger lady adopted a role of injured sulksiness, saw the seamy side of every day's conditions, and for the first month after they left England proved herself the very reverse of a cheerful traveling companion.

By the end of that time, however, both ladies began to tire of discords and minor keys. Each knew well there was a point of unquenchable importance, on which it was desirable for them to resume harmonious action.

(To be continued)



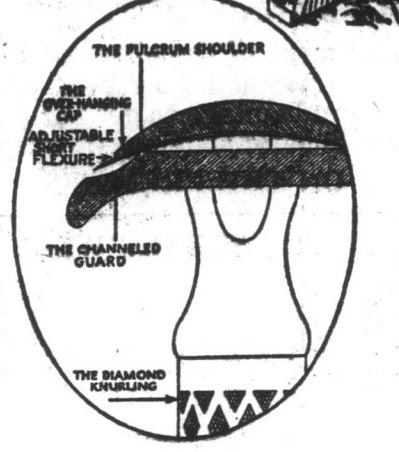
## USE YOUR HEAD.

A woodpecker pecks out a great many specks of sawdust. When building a hut. He works like a nigger. To make the hole bigger—He's sore if His cutter won't cut. He don't bother with plans Of cheap artisans. But there's one thing Can rightly be said: The whole excavation Has this explanation. He builds it By using his head.

So use your head when you require a good tonic and nerve builder by taking Dr. F. STAFFORD & SON'S, Wholesale and Retail Chemists and Druggists, St. John's, Newfoundland. MINARD'S LINIMENT RELIEVES COLDS, Etc.



# "Dad-You're Cheating!"



Note: The Gillette Company assumes full responsibility for the service of blades when used in any genuine Gillette razor—either old-type or New Improved. But with imitations of the genuine Gillette it cannot take responsibility.

"You come out to the camp to rough it, and then bring along your New Improved Gillette Safety Razor—the very last word in luxurious comfort!"

"Son—I'm game to rough it, but that's no reason why my face should."

Camp life, delightful for its makeshift comforts, and the New Improved Gillette Safety Razor, civilization's last discovery, are direct opposites. But nowhere more than in the summer camp, where hot water is scarce and strops and hones are in the way, is the New Improved Gillette so essential.

Your camp face is your town face and a summer beard on a sun-tanned skin needs all the gentle kindness of the New Improved Gillette with its automatically correct shaving angle, fulcrum shoulder and channelled guard.

## The New Improved Gillette Safety Razor

Patented Canada August 31, 1920

## Side Talks by Ruth Cameron

### ON MENTAL ANTENNAE.

"I know, one think that has helped that man got as far as he has," said the Author m a speaking of a man we had recently met, who has risen from a humble position to one of some prominence and success, and who bids fair to go farther. "He has intense sensitiveness to other people's moods and feelings."

"He was telling me a story while he was here and he said something which started a train of thought and my mind wandered for an instant and by George, he knew it. 'You must let me know if I'm boring you,' he said. He wasn't, but it was wonderful to see how instantly he sensed that he had lost my attention. I can understand now what has made him go so far in the law with so poor a start. He is sensitive to other people's emotions."

### He Would Never Know If You Were Bored.

"Now J." he went on, speaking of another man who sometimes visits us, "is exactly the opposite. He would never know whether you were listening or not, or whether you were pleased or displeased, he is so wrapped up in what he is saying or thinking."

"And we are always wondering," I reminded him, "why when J. has such a good mind, he doesn't get along faster in the world."

"Exactly," he said. "I shouldn't be surprised if that had a great deal to do with it."

Why Do We Not Warm To Some People.

And now that you think of it, do you not find that the complete lack of this sensitiveness is the reason

### Perhaps when you are looking over your friends to see if they have it, you will be interested to inquire if that person who seems at times your best friend, and at other times your worst enemy, possesses it.

### Digging for Fish.

Isaac Walton would scarcely believe his eyes if he were to walk through New Smyrna, Florida, and encounter Negroes digging live fish from the ground as if they were potatoes.

A certain variety of mud fish found in nearly all parts of the State is responsible for this state of affairs.

This queer member of the finny tribe inhabits streams or ponds which have mud banks or bottoms. It is black, and weighs up to five or six pounds. When the water is a pound evaporates, as it does during certain seasons of the year, leaving only a mass of mud, which on the surface is almost dry, it doesn't worry the fish.

The fish merely burrow into the mud to wait for rain, and apparently continue to live as long as the earth is wet. The Negroes locate the fish by exploring the mud with their bare feet.

### Have your office made comfortable for you these chilly mornings by using one of NOSWORTHY'S COSY GLOW HEATERS.



Wm. Nosworthy, Limited, Water Street, West.

## J. J. St. John

### BEST GOODS AT LOW PRICES.

- Very Best Spare Ribs, 16c. lb.
- Best Granulated Sugar, 13c. lb.
- Best Boneless Beef, 13c. lb.
- Choice Pea Beans, 5c. lb.
- Best Fat Pork, 17c. lb.
- Hops, 10c. pkc.
- Prunes, 15c. lb.
- Freeman's Pudding Powders.
- Sloan's Liniment.
- Table Apples, Lemons and Oranges.
- Baker's Cocoa, 1/4's, 1/2's and 1's.

## J. J. St. John

### Hides and Furs Wanted

50,000 Muskrat Skins; also Silver, Cross, White & Red Fox, Marten, Mink, Bear, Weasel and Lynx Skins. Highest Market Prices. Special Prices for Cow Hides. North American Scrap and Metal Co. Phone 367. Office: Cliff's Cove (Opposite Jas. Baird, Ltd.)