

Two women write, "Greatly Benefited by taking Carnol"

The following letter is of special interest to those who are run-down in health—whether from over-work, worry or general weakness:

Dear Sir—Myself and friend, would like to let you know how very highly we think of Carnol. We are now taking our sixth bottle and the great benefit we have derived from it is wonderful. It certainly does everything the advertisement says and more. It is a genuine tonic and body builder. For my part it has warded off a Bronchial trouble I am subject to every Spring.

We feel it would interest you to know this, also you are at perfect liberty to use this unsolicited testimonial, if you should so wish. We both of us take pleasure in recommending to any one whom we know are feeling below par.

Wishing you every success, Yours truly,

(Name on request)

CARNOL

is indeed a true strength-giver. A course of Carnol will soon bring you back to strength and vigor. Carnol improves the appetite, helps the system to assimilate the food, makes good red blood and builds robust health. Carnol is pleasant to take. Many doctors prescribe Carnol—during convalescence and wherever a strengthening tonic is necessary.

ASK YOUR DRUGGIST FOR CARNOL

LONDON GOSSIP.

ST. DUNSTON'S SPORTS MEETING.

"It is a wonderful institution," remarked Sir Arthur Pearson at luncheon in referring to St. Dunstan's Institute for the Blind. There was a big crowd at the subsequent sports meeting, and the happiest people were the blind participants. They skipped, jumped, sprined, and threw balls with zest and joy. In the emancipation of the blind Sir Arthur Pearson relies to a great extent on sport. Judging by what I saw, he is right. Sir Arthur himself is one of the happiest men one could meet. His humour is the real thing. It is infectious. His proteges manifest this in their work as in their play.

THE CIVIL SERVICE DISMISSALS.

Despite the wholesale dismissals which are meantime taking place from Government offices, the economy proposals and prospects do not, as has been suggested, create "panic" in the Civil Service. This suggestion of an official of a representative organization described to me to-day as ludicrous. It appears that there is widespread misapprehension as to the actual situation, a belief being prevalent in many quarters that an attack is contemplated on the established Civil Servants. The permanent staffs, however, are not affected by the steps now being taken to enforce reductions. Their attitude is one of non-interference with what is taking place, and although the removal of the temporary employees may be regarded as to their advantage, they are being discouraged by their organizations from meddling with the question one way or the other. It is pointed out that the increase in the permanent Civil Service represents only the nominal expansion over pre-war figures, and in any case the members cannot be dispensed with except on pension. The economy cut by which they will be effected is in regard to the bonus.

WILLING VICTIMS.

Where and on whom does the young barber gain that practice in his trade which makes for perfection in later years? The skilful manipulation of the razor, as many a busy man has learned to his cost, is an acquired art, the result of careful training. The budding barber cannot gain proficiency by removing imaginary beards from dummy figures. He must have flesh and blood subjects for his youthful practice, and the remarkable fact is that in London the novice is finding more willing and trusting victims than he can conveniently accommodate. In a saloon in Langlan Place a band of enthusiastic wielders of the scissors and the razor shave and cut hair of 500 customers a week, and with a minimum use of sticking plaster. The beneficiaries are ex-service men who are being trained under one of the Government schemes, and those who benefit physically, at least, whatever they may suffer mentally from the ordeal—are mainly unemployed persons who believe that the result justifies any risk they may undertake. After six months' practice at Langlan Place and a similar period in a hairdresser's shop the apprentice period is complete.

WOMEN'S WALKING STICKS.

The use of walking sticks by women has become very popular of late. With the high heels that are now the vogue, fashionable women need something in the nature of a support to steady them as they walk. These heels may be alright indoors, but in the street the woman who wears them has to walk more or less on tip-toe, and unless a stick is used to help, it is a strain, hence the popularity of the walking stick, a popularity which, incidentally, confirms the Doctor who has just declared that heels, even low,

is the first time that stained glass has been allowed to replace the clear windows on the southern wall, and the Abbey authorities rather feared that it would darken the light, but Mr. Dudley Forsyth, the designer, has overcome the danger.

STREET BANDS DE LUXE.

The itinerant bandsmen of our streets, have been playing classical pieces of the simpler sort for months. Now they are beginning to blossom out in uniform. There is one band, half a dozen strong, which has bought second hand scarlet tunics and gravelly sets up music stands in the gutter to hold its scores. Nobody seems surprised; indeed, their gratitude must be tangible, for I have seen this band travelling by motor bus from one pitch to another. After all, some men earn a good living in the streets by entertaining these queens, so why should the profession of street musician not become honourable and lucrative.

CONSULTING DRESS EXPERT.

A well-known dress designer, who for years has advised her friends what to wear, has suddenly discovered there is a big demand for advice of this kind, and she is now established in business as the consulting expert to women with money who wish to dress in perfect taste. She does not sell anything except ideas, but her clients find that by giving her the details of their wardrobe, she gives them such valuable assistance that a small dress allowance seems to go twice as far. She has made a specialty of brides' trousseaux, as there are so many young wives who within a few months of their weddings, discover that many of the things they spent large sums on are quite unsuitable for ordinary wear. Visitors also from the country are now coming to ask how to equip themselves for winter dances and theatre parties.

CORNS

Lift Right Off without Pain

Magie! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Doesn't hurt a bit. Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and calluses.

Going Back to School.

Lord Leverhulme, the famous industrial magnate, always has a fondness for good stories at his command, but among his favourites is one that he tells against himself. He was being shown over a school one day, and took the opportunity of delivering a little homily to the boys. "I wish I were a boy at school again," said his lordship. "Do you know why I wish that?"

For a moment or two there was an impressive silence, then from the back a childish voice was heard to say, "Cos you've forgot all you ever knowed."

Yellow shoes, cut very low and worn with stockings to match are very popular.

ROUTS CATARRH QUICKLY

Does It In Seven Days or Less! Try It So In Your Own Home

Those who suffer from catarrh can now feel sure that there is a quick way to get rid of it for a new combination has been developed that has proved successful beyond all dreams.



Every victim of catarrh, how annoying and how dangerous to the health, nose, throat, and lungs, is a source of trouble. You are sure to find it in the lining of the nose, and it is there that it begins to do its mischief. It is a disease which you innocently give to others.

If you are sincere in wanting to be relieved without delay, write to me at "Nurse Jan-O-Sun, R.G.D., Apartment 91, 230 Craig St. W., Montreal," simply giving your name and address. The rest will be attended to promptly so that you can try it seven days.

BED.

There's nothing like my downy couch that I've got nothing like the helpful help I have when I soon forget the grouch that made me noxious through the day. When day is done with all its chores my nerves are often on the blink, for many of my tasks are boring, designed to drive a man to drink; and so my temper's all on edge, and I throw chromes at my wife, and I refuse to sign the pledge or try to lead a better life. The world appears a dismal place, the haunt of sorrow and of sin, and you might search my widespread face and never find a cheer-up grin. But when the village clock strikes nine I totter feebly to the hay, and there unconscious I recline until there comes another day. And while I sleep my troubles flee, my cranky notions all subside, and when to grub they summon me I am as cheery as a bride. My aunt has often said "Odeish, the morning finds you good as new; and, as for me, I only wish you'd stay that way the whole day through."

When evening comes I often feel the symptoms of some new disease; a punk sensation in the heel, or shooting fasciitis in my knees. And when I to my room repair, I fear my wife is drawing near; with all those symptoms sizzling there, I have good reason for such fear. But in my sleep they all depart, like other griefs they lose their hold; and when I rise I'm so blameworthy smart you'd take me for a three-year-old.

American Footwear for young men; only \$6.00, \$7.00 and \$8.00 per pair at SMALLWOOD'S Eastern Display Window—nov25,t1t

Buying the Light.

One of several good stories brought back from America by the Rev. R. J. Campbell concerns a ministerial league of his who was preaching at a little chapel on the subject of "Giving."

During the sermon his heart was re-joiced by the fact of a member of the congregation going to the side of the chapel and placing a coin in a box, and a little later another did the same. Surely, the minister thought, his sermons had never met with so practical a response before.

He received, however, a rude awakening, when, on leaving the building, he was accosted by one of the brethren who said:

"I hope we didn't disturb you, sir, but ours is a shot matter, and we should have been in darkness if we hadn't attended to it."

Lower Price Levels on BOOTS AND SHOES

at the

FAMILY SHOE STORE

MEN'S BOOTS.

HEAVY WORK BOOTS, \$5.00

HEAVY TAN WORK BOOTS, \$5.50

BOX CALF BLUCHER BOOTS, \$4.50

BOX CALF BOOTS, \$5.50

DARK TAN BOOTS, \$6.00

BLACK BUTTON BOOTS, \$5.00

PATENT LEATHER BOOTS, \$5.00

DARK TAN BOOTS, with Rubber Heel, \$7.50

BLACK KID BOOTS, \$7.50 (Formerly \$9.00)

BOX CALF BLUCHER BOOTS, \$7.50 (Formerly \$13.50)

GIRLS' BOOTS. (Sizes 11 to 2.)

BLACK KID LACED, \$2.50

BLACK KID BUTTON, \$2.75

BOX CALF LACED, \$2.95

BOX CALF BUTTON, \$2.95

TAN HIGH CUT LACED, \$4.50



WOMEN'S BOOTS.

BLACK KID BLUCHER BOOTS, \$4.00

BLACK KID BUTTON BOOTS, \$4.00

HIGH CUT LACED BOOTS, \$5.00

HIGH CUT BUTTON BOOTS, \$5.00

DARK BROWN LACED BOOTS, \$4.00

DARK BROWN HIGH CUT BOOTS, \$5.00

COMMON SENSE BOOTS, Laced, medium toe

BOX CALF LACED BOOTS, \$4.00

WOMEN'S BUTTON GAITERS, \$8.00

WOMEN'S BUCKLE GAITERS, \$1.00

BOYS' BOOTS.

BOX CALF BOOTS, \$1.00 (Sizes 1 to 4.)

BOX CALF BOOTS, \$1.00 (Sizes 9 to 13.)

GUN METAL BLUCHER, \$1.00 (Sizes 1 to 4.)

BLACK KID BLUCHER, \$1.00 (Sizes 1 to 4.)

BLACK KID BOOTS, \$1.00 (Sizes 9 to 13.)

PARKER & MONROE, Ltd.

The Shoe Men.

The Sage of Chelsea.

Thomas Carlyle, who was born on Dec. 4, 1795, at Ecclefechan, Dumfriesshire, and died at 24, Cheyne Row, Chelsea, in 1835, was admitted by the first literary personality of his day. His father was James Carlyle, a stone mason, who had married twice, and Thomas was the eldest son of the second wife. He was educated at the

village school, the Annan Grammar School, and Edinburgh University. On leaving the University, instead of entering the Church of Scotland, for which he was intended, he became a teacher, first at the Annan Grammar School, and afterwards at Kirkcaldy, where he met his first love, Margaret Gordon, the "Blissful" of "Sartor Resartus." In 1820 he settled in Edinburgh and married Jane Welsh, a woman of great ability, who claimed

descent from John Knox and Sir William Wallace. He contributed articles to the "Edinburgh Review," and in 1837 began a series of lectures which were attended by all the great thinkers of the age; from that time his fame was established, and he was recognized as a leader of men. His influence, however, has proved less enduring than had been predicted, and undoubtedly his glorification of Prussian methods in his long "Life of Frederick the Great" (completed in 1865) is not calculated to enhance his reputation for foresight in this age. Again, the revelations of Froide in the "Life" and "Reminiscences" proved unfortunate, causing a controversy of which even yet the echoes have not wholly died down. Still, his "History of the French Revolution," though later research has upset many of its verdicts, contains much memorable writing, despite the defects of a Germanized and eccentric style. The first volume of this work was completed in May, 1838, but a disastrous accident delayed publication. Lent by Carlyle to John Stuart Mill, the manuscript was mistaken for waste paper by the latter's housemaid, and went to light the fire! It was a stunning blow—all the more severe because Carlyle was in strained circumstances; but after a time,

during which, as he later confessed, he occupied himself chiefly in looking upon his back, and reading far-off novels, he rallied his receding strength, set himself to begin again. So doggedly did he work that in September the volume was ready. In 1837 the complete work appeared. Generally, it was received with enthusiasm, and though some of the voices struck discordant notes, the chorus of approval, the result of establishing Carlyle's reputation. Forward, his word always commanded a hearing, and in old age he attained to something of the standing as the Sage of Chelsea.

Whichever you choose it will be the BEST you ever tasted.

"SALADA"

BLACK TEA Rich, Satisfying, and Refreshing. Flavour. From the finest gardens.

MIXED TEA Just enough Green tea to make the blend delicious.

GREEN TEA A Revelation in Green Tea. Pure, translucent and so Flavoury.

BAIRD & CO. WHOLESALE AGENTS ST. JOHN'S

MINARD'S LINIMENT

FOR RHEUMATISM

Lumbago, Neuralgia, or any other pain, apply Minard's Liniment to the aching spot and get quick relief. Minard's is the remedy you need. There is nothing else equal to it.

FOR SALE EVERYWHERE

To day's Reminders for men

- (1) Put the little jar on your shelf.
- (2) Pay the gas bill.
- (3) Order the coal.
- (4) Buy a tube of Mennen's Shaving Cream and give your face a treat.

MEN'S SHAVING CREAM

MUTT AND JEFF

JEFF LANDS A MEMBER FOR THE RED CROSS.

