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April 19, 23



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The Work of the S. A.

A great record of activity has recently been reported by the official of the Salvation Army. The Salvation Army to-day has 28,261 Officers and others wholly employed in its service, has 160,806 Local officers, Bandsmen, and Songsters, comprises 13,577 Corps (i.e. Stations) and Societies, publishes 95 periodicals, in 25 languages, with a circulation of about 1,420,311 copies per issue, insists upon Total Abstinence as one condition of membership, has always published annual Balance Sheets and reports which are sent upon application, is entirely dependant upon voluntary gifts for its maintenance, accommodates some 46,590 people nightly in its Institutions for assisting the poor, maintains 293 Food Depots and Shelters for men, women and children, has 174 Labor Factories for employing destitute or characterless persons, has 16 homes for ex-criminals, has 122 homes, industrial schools for children, has 116 industrial homes for the rescue of women, has 52 maternity hospitals and homes, has 21 land colonies and farms, has 185 shun stations for visitation and assistance of the poor, has 153 labor bureaus for helping the unemployed, has midnight rescue brigades, has lodging homes for men and women, has nursing brigades for the sick poor in the slums, has police-court brigades for the assistance of young offenders, has prison visitation departments, has inquiry offices for tracing missing and lost friends, has homes for the aged, has 254 additional branches of social work, including inebriates' homes, hospitals, etc., has 1,030 day schools for children, has 35 homes for soldiers and sailors, has 44 garrisons for training officers, etc.

IF YOU WANT TO KEEP YOUNG

Hold young thoughts persistently. Avoid fear in all its varied forms of expression. Simply refuse to grow old by counting your years or anticipating old age. Don't allow yourself to think, on your birthday, that you are a year older. Refrain from all kinds of stimulants and sedatives; they will shorten your life. Keep in the sunlight, nothing beautiful or sweet grows or ripens in the darkness. Nature is the great rejuvenator, her spirit is ever young. Live with her; study her; love her. Avoid excesses of all kinds; they are injurious. The long-life must be a temperate, regular one. Keep mental cobwebs, dust, and brain ashes brushed off by frequent trips to the country, or by travel. Never look on the dark side; take sunny views of everything; a sunny thought drives away the shadows. Cultivate the spirit of contentment; all discontent and dissatisfaction bring age-furrows prematurely to the face. Think beautiful thoughts—harmony thoughts, truth thoughts, thoughts of

Stall's Books

Rev. T. Albert Moore, D. D., General Secretary of the Dept. of Social Service and Evangelism of the Meth. Church of Canada, who visited Newfoundland in Sept., 1917, in connection with the Social Congress, says:

"Stall's Books on Avoided Subjects have been standard works for such a long time that it seems almost unnecessary to say a word in their behalf. I believe they have accomplished great good, and are written with care and defecacy, at the same time with sufficient frankness or the modest discussion of these delicate subjects. They are safe books for general reading, especially if from the various books there is proper selection for the youth or adult, man or woman, as the case may be."

- "What a Young Man Ought to Know," by Dr. Stall, 269 pages, cloth binding. Price, postpaid..... \$1.25
- "What a Young Woman Ought to Know," by Dr. Emma Drake, 272 pages, cloth binding. Price, postpaid..... \$1.25
- "What Young Husband Ought to Know," by Dr. Stall, 284 pages, cloth binding. Price, postpaid..... \$1.25
- "What a Young Wife Ought to Know," by Dr. Emma Drake, 293 pages, cloth binding. Price, postpaid..... \$1.25

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 THE GUARDIAN OFFICE
 BAY ROBERTS

innocence, of youth, of love and kindness.

Cure for Leprosy

One of the greatest advances which has been made in the scientific world is the discovery of a cure for the dreadful disease of leprosy. This has been developed at the University of Hawaii. For some years new cases of leprosy are not sent to the Leper Colony, but to the Detention Hospital in Honolulu, where they are treated and cured. Very rarely cases come back for second treatment, but never a third time. Leprosy can now be absolutely cured, unless gone too far. This news will be joyfully heard by those suffering from that awful malady.

THE COST OF COMPANIONSHIP.

(Margaret R. Seebach in Sentinel.)
 Do you remember the old-time fairy tales of imprisoned giants and geni in vases, capable of doing tremendous things if once they were liberated? Sometimes I wonder whether the things we call folk-lore and fairy tales were not really a strange, prophetic quality in the mind of the human race, foreseeing dimly the wonders that should actually come to pass in later days. For what else have been the discoveries and inventions of the past hundred years, but the setting free of giant powers of nature, which had been chained up, as it were, only waiting for the magic touch of human insight to put them to work?

One of the greatest and most mysterious of these forces is that which for want of a better name we call "radium." Here is truly a giant force, so great that, were its full power unchained, terrible things might happen. We may well be thankful that no such tremendous power went unchained in the world before men had the knowledge to tame it and the appliances to deal with it. I am not much given to statistics, but here is one statement that will give us just an inkling of the power of radium. It is estimated that the energy in one gram of radium would lift a weight of twenty-eight thousand tons one hundred feet in the air!

What is the prison in which this slumbering giant has been lying through all the ages? Why is it that even yet, while it is a component part of many substances, it is so rare and costly? It is just this: Giant Radium has been enslaved all these centuries by the company he kept! It has needed no other prison to hold his titanic power in check than this—he was so mixed with other elements that he had no force of his own. Even yet, it is so hard to isolate the tiniest bit of "radium" that the possession of even a morsel of it is costly beyond the dreams of any but the wealthy—supposing they had any use for it.

Other elements have had a similar history of entanglement, though none with the immense power of radium. Aluminum, you know, now the commonest material for kitchen utensils, was once more precious than gold, because it was thought so hard to separate it from its ores. But radium appeals to our imagination, as we think of the gigantic power that might be at work in many ways for the use of man, if it were not swathed and cumbered by the company of other elements with which it has dwelt so long.

'It is told of the Emperor Titus, that before his elevation to the imperial throne he had been a wild youth, seeking all kinds of enjoyment with the recklessness of a daring soldier, to whom there might remain but little time for pleasure. But when the death of Vespasian left him sole ruler of the Roman Empire, he called together all his boon companions, and told them that from that night his way parted from theirs. He was the Emperor now, and he could never be a powerful ruler if he let himself be dragged down by evil company.

Radium cannot free itself from its fettering companionships; but human beings can, and must, if their lives are to exercise power of any sort. Do our lives lack power? Do they fail to accomplish the things we want to do? Does it seem as though some malign influence thwarts all our undertakings? Let us look to our associations. Are they the kind to make us strong, or weak? To urge us onward, or to drag us back? What habits, what promises, what companions are we entangled with, that may be holding us back from our fullest achievement? If the giant

power of radium, set free to do its work, is a precious thing to the world, what shall be the strength and value of a human soul, freed from its trammels, and working mightily for the uplifting of earth's heavy burdens?

HINTS FOR HOUSEWIVES.

Chamois leather may be cleaned in the following way; Rub with plenty of soft soap and lay in a weak solution of soda and warm water for two hours. Rub till clean and rinse in warm water to which soda and yellow soap have been added. Wring dry in a rough towel, pull out, and brush. If the leather is treated in this manner, it will always be soft and pliant.

When making jam it is a good plan to place a half-a-dollar piece in the bottom of the pan. This revolves while the jam is boiling and prevents any sticking to the bottom of the pan.

If cleaned with turpentine, shabby patent leather or American cloth will take on a new lease of life.

To prevent milk boiling over, rub the edge of the saucepan with butter.

Black patches made by smoky lamps on ceilings can be removed by applying a good paste made of starch and water. Allow to dry and wipe off with a soft duster.

A BUSINESS GIRL'S CREED.

I believe in
 Myself, the business girl of to-day and that, by the grace of God, I can be a force for good in the world, making the way easier for the business girl of to-morrow.
 I believe in
 My work, and will try to bring to it a singleness of purpose and an enthusiasm that will make it a joy to me and a help to others.

I believe in
 My fellow workers, and will, to the best of my ability, prove a friend to the friendless and an inspiration to all.
 I believe in
 My country, and will devote myself to her best interests, following intelligently the trend of affairs and hoping by a spirit of Christian helpfulness to make the world a little better for my presence therein.

I believe in
 My Maker, and, by constant prayer and an ever-increasing sense of His nearness, may my life show one unchanging purpose and a desire to do His will.

THE LITTLE THINGS.

He came a little sooner
 Than the other fellow did,
 And stayed a little longer
 Than the other fellow would.
 He worked a little harder
 And he talked a little less,
 He was never really hurried,
 And he showed but little stress.
 For every little movement
 His efficiency expressed.
 He saved a little money
 In a hundred little ways,
 And banked a little extra
 When he got a little raise.
 Of course, it's little wonder that
 He murmurs with a smile,
 As his dividends come regular,
 "Are the little things worth while?"

LIFE'S AUTUMN.

I saw the leaves in the cold winds
 blow
 And sighed 'behold how my treasures go,'
 Then looked up through the storm-driven scars,
 And lo the skies were laden with stars.
 Those leaf-shedding boughs o'er my quiet nook
 Beckoned to me for a higher look;
 Then clapping their hands in Autumn's praise
 Uncovered more stars and bade me gaze.
 To life's bleak Autumn my friend was drawn
 And youthful vigor and glee were gone;
 A cross attracted his gaze above
 To gems, a heaven-ful set in Love.
 —Ostrom.

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Hard Work Means Success

There never was a goal worth getting but you must work to attain
 You must suffer and bleed for it, cling to your creed for it.
 Fail and go at it again.

Success is no whim of the moment, no crown for the indolent brow
 You must battle and try for it, offer to die for it.
 Loss it yet win it somehow.

The Pathway to glory is rugged, and many the heart-aches you'll know
 No who seeks to be master must rise from disaster,
 Must take as he giveth the blow.

There's no royal highway to splendour, no short cut to fortune or fame
 You must fearlessly fight for it, dare to be right for it,
 Fighting, yet playing the game.

The test of man's merit is trouble, the proof of his work's distress
 Much as you long for it, man must be strong for it.
 Work is the door to success.

HEALTH is the greatest blessing in the world
 If you are HEALTHY you can work hard but not other
 wise. HARD WORK means SUCCESS but you will NEVER
 be able to work very hard without HEALTH and STRENGTH
 If you require HEALTH and STRENGTH use

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NOTICE

To Owners and Masters of British Ships

The attention of Owners and Masters of British Ships is called to the 7th Section of the "Merchant Shipping Act, 1894."

- 75.—(1) A Ship belonging to a British Subject shall hoist the proper national colors—
 (a) on a signal made to her by one of His Majesty's ships, including any vessel under the command of an officer of His Majesty's navy or full pay, and
 (b) on entering or leaving any foreign port and
 (c) if of fifty tons gross tonnage or upwards, on entering or leaving any British Port.

(2) If default is made on board any ship in complying with this section the master of the ship shall for each offence be liable to a fine not exceeding one hundred pounds.

At time of war it is necessary for every British Ship to hoist the colours and heave to if signalled by a British Warship; if a vessel hoists no colours and runs away, it is liable to be fired upon.
 H. W. LeMESSURIER,
 Registrar of Shipping.

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 Are giving their families
 the delight of eating
 bread made from



W. A. Munn, Wholesale Agent