

Great January Clearance Sale.

For the remainder of this month we offer without reservation our entire stock of

Ladies' Winter Hats and Mantles,

At a Discount of 25 per cent., for Cash.

This stock comprises all the LATEST STYLES and Materials and is indeed worthy of your inspection.

Call as early as possible and inspect this wonderful stock of Ladies' apparel. First Come First Served.

No Apobation.

Marshall Bros

A Lesson in Insomnia.

By RUTH CAMERON.



There are certain people in this world whom I would like to have take a few good lessons in insomnia. I refer to the people who, because of their own immunity have no sympathy with this, — one of the worst nervous ills that can ever beset a human being.

Normally I am a wonderful sleeper. Within three minutes after my head touches the pillow my mind begins to wander off into that deliciously vague state which is the prelude to slumber. And often within five minutes I am sound asleep. Moreover I can wake up in the night and savor the pleasant fact that I have hours more to sleep, and drop off again. But just about once in so often I get over-tired or over-excited or worked up over something, and then I have a lesson in insomnia.

They Hear The Clock Strike Every Hour.

And bitterly as I hate and dread these lessons, I must say that I find my sympathies wonderfully quickened for the unhappy folks who tell of hearing "the clock strike every hour" or of never getting "a wink of sleep all night." I may suspect they exaggerate, but I don't blame them a bit. I know I should in their places.

Never to have suffered in this way is not only to have a wide human experience closed to one, but it means also that one never realizes how precious the ability to sleep is.

One knows surely that he who wrote "He giveth his beloved sleep" must have realized what sleeplessness was.

The Gift of Sleep.

And that the gentle essayist who finished the prayer for the day with "Bring us to our resting beds, weary and content and undisturbed, and grant us in the end the gift of sleep" must have known that it is indeed a gift and not something to be accepted as a matter of fact.

I have often thought what a hideous thing it would be if there were no such thing as sleep, if one day passed into another without this "innocent sleep" to knit up the ravelled sleeve of care and to put its healing balm on hurt minds. We have all

felt blessedly glad that "Every day is a fresh beginning, every morn is the world made new." Suppose there were no breaks of this sort during which the old train of thought were broken and a fresh outlook on the universe provided.

What Wonderful Things He Thinks Of.

Of course it would not be hideous, because we should never have known what sleep was and should expect nothing different. Just the same, I am glad that God thought of sleep. Just as I'm glad that He thought of sunsets instead of having the sun go down without color or glory and of the ocean, and of love, and of all the other wonderful things he did think of.

And I'm glad too (except when it's happening) that I do sometimes have a sleepless night to make me savor the gift of sleep.

Household Notes.

Iron colored lines on the wrong side.

Never use an oil mop on a painted floor.

At luncheon serve hominy with olives.

Peroxide of hydrogen will remove scorch.

Eaten alone, buckwheat is a valueless food.

Hot drinks are better than cold for old people.

Delectable dumplings are made with dried fruits.

No vegetable food is more easily digested than rice.

Never soak clothes in hot water—it will set the stains.

Hominy with raisins or dates makes a tasty cereal.

Prunes should be soaked for 6 or 8 hours before cooking.

Nothing ruins a hardwood floor sooner than scrubbing.

A low bath table is a great convenience in the nursery.

Candlesticks may give that one lacking touch to a room.

A shellacked finish is unserviceable for a hard-used floor.

A little kerosene in the wash boiler helps to whiten clothes.

Sunday supper is the time for cheese-omelet toast and jam.

Boiled dried corn in white sauce is baked with sweet potatoes.

Washable covers may be made to snap on over heavy hangings.

For the children at noon nothing is more satisfying than soup.

Oats.

Ex S. S. Meigle and ready for delivery to-day:

200 4-Bushel Sacks P. E. I. Heavy White Oats.

175 4-Bushel Sacks P. E. I. Heavy Black Oats.

Selling at low price ex-wharf.

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THE UNKNOWN FRIENDS.

We cannot count our friends, nor say how many praise us day by day.

Each one of us has friends, that he has yet to meet and really know. Who guard him, whereoe'er they be.

From harm and slander's cruel blow. They help to light our path with cheer.

Although they pass as strangers here. These friends, unseen, unheard, unknown, Our lasting gratitude should own.

They serve us in a thousand ways. Where we perhaps should find less aid; They tell our worth and speak our praise.

And for their service ask no fee; They choose to be our friends, although We have not learned to call them so.

We cannot guess how large the debt We owe to friends we have not met.

We only know, from day to day, That we discover here and there How one has tried to smooth our way.

And ease our heavy load of care, Then passed along and left behind His friendly gift for us to find.

When you want Roast Beef, Roast Veal, Roast Mutton, Roast Pork, try ELLIS.

Change of Business

On and after the 1st day of January, STAFFORD'S PHARMACY, Duckworth Street, will be closed for all RETAIL BUSINESS, and in future be used as a WHOLESALE MANUFACTURING DEPARTMENT for all kinds of DRUGS, CHEMICALS, PATENT MEDICINES, SUNDRIES, etc. All Prescriptions for STAFFORD'S PHARMACY, Duckworth Street, may be repeated if necessary at Theatre Hill.

WHALE MEAT



WALT MASON

They tell us now the flesh of whales is good as quail on toast; I've read some soul inspiring tales about whale stew and roast. "The problem of man's food is solved," the scientists confess; "the whale meat diet we've evolved relieves the world's distress." So long we've eaten pork and veal, the diet's growing stale, and we should all elated feel, when gnawing ribs of whale. They're serving whale in fine hotels, baked, roasted, poached and fried; in fact, the whale is wearing bells, wherever it's been tried. I read and journey, unawares, to days when I was young, when they were booming Belgian hares, and you and I got stung. You may recall those golden days while dozing in your chairs; then every man set in to raise about a million hares. We heard how they'll supplant the steer, the mutton and the goose; we'd make 10,000 bones a year, if hares we should produce. We raised the hares and when we went to sell them in the mart, the blamed things wouldn't bring a cent—the mutton breaks my heart. And so no argument avails, or puts up any ice; you cannot sell me any whales, however low the price.

Milady's Boudoir.

HIGH COLLARS.

Although the fashions have permitted woman to wear low collared gowns on most all occasions, both during the day and evening there are many business women who have clung to the high starched collars. The result of high collars is a distinct line around the top of the throat and the lightness makes the throat muscles flabby and results in the skin becoming not only discolored, but scraggy and loose as well.

Should such a condition exist, the neck must be exercised, massaged and treated with a bleach and astringent. Good results may be secured by spreading a bleaching skin food on a cloth and binding it around the neck. This should be worn during the night. In the morning after the neck has been thoroughly washed, cold water cloths should be applied to contract the pores and later an astringent lotion rubbed in.

The complexion of the back and shoulders are often neglected. I think that this is due to one's inability to get as good a look at it as they do the face, nevertheless, an ill-colored or fat back is often the means of marring one's good appearance.

As an aid to beautifying the back and shoulders, I would suggest the free use of the friction band each night and morning directly upon the skin. If you do not possess a friction band, make one, it is made as follows:

Fold a rough towel so that it will be three times its original thickness, sew the folds together on sides and ends, crochet strings from ends and fasten to rings sufficiently large to permit thumb to pass through. This should be drawn (dry) across the shoulders so bristly that the skin fairly tingles and reddens, after which a cold cream may be applied. The friction wears away the fat and brings about a better circulation, which, in turn, improves the complexion.

Clean lard will remove wagon grease, stove and shoe polish. In hanging clothes see that they are pulled straight on the line.

What Can Germany Pay?

(By "A Diarist" in the Westminster Gazette.)

A well-known banker writes to me: "The Coalition have added to their election for the cry that Germany must pay for the war. Are politicians so dishonest that they advocate a policy which they know to be impossible of execution? Is the electorate so foolish as to accept such a proposition without careful examination? There was always muddle-headedness in questions of finance; people seem to think that exports are paid for in cash that such cash is gold, and that an indemnity payable by Germany will be paid in gold whereas the world's store of gold is not one-twentieth part of the cost of the war, and Germany possesses but 1-435th part of the gold required to meet the bill." As my correspondent points out, we should all like to make Germany pay the cost of the war, and we have to think of what can be done, not of what we want to do, and the politicians who are talking as if it were the easiest thing in the world to get our war losses out of Germany must know that they are deceiving the country.

If the cost "out of pocket," to the Allies is to be claimed from Germany his amount would reach £50,000,000,000. "Let us see," writes my correspondent, "what Germany can pay." Unless her War Loans are to be repudiated, she can obviously pay little from existing taxation high as it is. She cannot do it in gold except in a very small extent. Once destroy the security for her note issue and she will not be able to buy the necessary material to restart her industries, from the profit on which the bulk of the payment would have to be made.

Her securities abroad are hardly worth considering. What State will lend her money? The payment can therefore only be made in goods and services. We might take coal from Germany; but when we have brought our miners back shall we need it? Will not the very people who demand this enormous indemnity from Germany at once raise a cry against the dumping of German coal? It would amount, in any circumstances, to a very small fraction of the indemnity demanded. Is not the importation of German goods similarly denounced?

"Are we to accept payment in service?" he goes on. "How can this be done except by inviting the Germans to take part in our banking, shipping and insurance work? And if all such payment were possible it would take many years to redeem a small part of the bill. To enforce such a payment we should have to keep a large army for a very long time in Germany, which might well cost a sum of money more than any possible indemnity we would exact and which would mean the continuance of conscription in this country. The cry of making Germany pay all the cost of the war is therefore, a false cry meant for electioneering purposes." I hope that Mr. Bonar Law will have something to say on this matter.

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The Liniment that Cures All Ailments—

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THE OLD RELIABLE—Try it MINARD'S LINIMENT CO., Ltd., Yarmouth, N.S.

Shopping Bulletin!

New Arrivals with one lot of Old Timers.

LADIES' GLOVES.

Tan Cape, at \$3.00 pair. White Washable Kid, at \$3.00 pair.

Long Kid Gloves in white and coloured makes (for cabaret or dance). Old stock at Pre-War Prices.

White Wool Gloves at 90c. and \$1.20 pair.

SMALLWARES.

Black and White Belting in various makes and widths.

Coats' Mercerised Crochet Cotton at 24c. ball Coats' Crochet Cotton at 19c. ball.

(Some numbers in this latter to arrive.)

Knitting Needles, special make, at 5c. each. Sewing and Darning Needles at 6c. pkt. Diamond Dyes at 10c. pkt.

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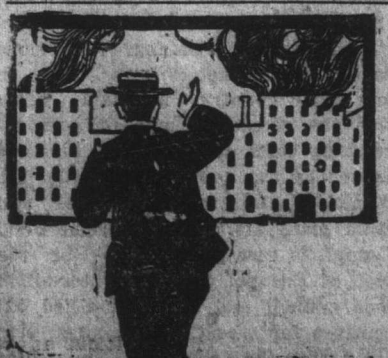
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