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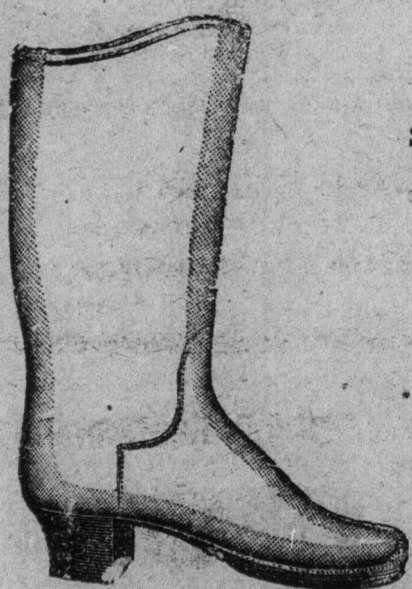
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Fishermen!



Here is a new Boot—good, tight, warm & light. Made of the very best Waterproof Leather, Hand Sewed and Hand Pegged.

This Boot won't cut your instep, because it has a Tongue, hence there will be no wrinkle.

WELLINGTON TONGUE BOOT. Made in Black and Tan Leathers.

No Iron Heels, Solid Innersoles and Heel Clicks.

Sealers! Here's where you save money. We guarantee a pair of these Boots will last both the sealing and fishing voyages.

F. SMALLWOOD,
The Home of Good Shoes.

Round Peas, Split Peas.

In Stock:
250 bags ROUND PEAS,
250 bags SPLIT PEAS.

'Phone 264 for prices.

GEO. NEAL.

Health a Requisite for Marriage.

By RUTH CAMERON.



No, it isn't because he hasn't a good position and sufficient capital with which to start a home. I believe they are fairly well fixed financially. The capital these two young people lack is not financial at all; it's physical. They are both of them very nearly bankrupt in nervous energy and vitality. And I think they run a far greater risk than if they should marry without a penny.

They say that love is likely to fly out of the window when the grey wolf of poverty comes in at the door. I think he is even more likely to go fluttering away when the gloomy wrath called nerves begins to haunt the house.

It is really surprising how little most people have to say about health as a requisite for a happy marriage.

We talk about congeniality and similarity of tastes, we have much to say about the financial requirements, we advise this and that temperament to mate with this and that disposition, but how seldom we recognize the fact that health has a great deal to do with

happiness in this, as in every other relation of life.

Nay more than in any other, since marriage is the closest relation and hence the one in which friction is most likely to develop and most painful when it does develop.

Now health and love together make the most perfect oil for preventing friction. But if either of these two ingredients is lacking, the oil is not perfect and the machinery is likely to get out of order.

Look back over your married life, reader friends, and see if most of your quarrels and misunderstandings and grievances have not come to you at times when you were at a low ebb of vitality. After you had had a few good nights' sleep and strength and posse had come back to you, didn't the big troubles of yesterday look very small?

Just as in the concave and convex mirrors at the amusement park we see our reflected persons become abnormally large or dwindle into nothingness, so our annoyances look when viewed in the magnifying mirror of ill health or the reducing mirror of good health and vitality.

If we want our children to make happy marriages, we cannot do better than to urge them to lay up health and vitality against their mating time, even more carefully than they store up money and linen and lingerie and household possessions.

For they have more chance of being happily married without the latter than without the former.

Ruth Cameron

Are You Blue and Worried?

Nervous? Some of the time really ill? Catch cold easily and frequently suffer from biliousness or headache? The reason is that your system does not rid itself of the poisons in the blood; just as impossible as it is for the grate of a stove to rid itself of its cinders. The waste does to us exactly what the cinders do to the stove. The fire burns low until enough cinders have accumulated and then prevent its burning at all. Your liver is sluggish—you are dull and heavy—sleep does not rest, nor is food appetizing. In this condition illness develops. Doctor Pierce's Golden Medical Discovery eradicates the poisons from the body—a glyceric alterative extract made from bloodroot, golden seal and mandarin root, stone and liver's root, without the use of alcohol. No matter how strong the constitution the stomach is apt to be "out of kilter" at times; in consequence the blood is disordered, for the stomach is the laboratory for the constant manufacture of blood.



MRS. BENZ BLAKE, of Port Dover, Ont., Box 36, writes: "I have been a great sufferer for years from throat trouble, catarrh, indigestion, female troubles, bloating, constipation and nervousness—at times I would be in bed, then able to be up again. Was under many different doctors' care, and would get better for a little while, then I would go down with chronic inflammation all through me. For nineteen years I had this poison in my blood. After trying many remedies, I read in The People's Common Sense Medical Adviser of Dr. Pierce's Golden Medical Discovery and Dr. Sage's Catarrh Remedy. I have taken the Golden Medical Discovery and Pleasant Pellets, and have used five bottles of Dr. Sage's Catarrh Remedy. I am now able to do my work and walk with pleasure. I feel like a new woman. I credit everything around me and thank God for letting me live long enough to find someone that made me well again."

Dr. Pierce's Pleasant Pellets regulate liver and bowels.

Fashions and Fads.

Bishop sleeves are back again. The chiffon blouse is more than ever a favourite.

Cotton crepes are much used on the new spring hats. Sashes are beginning to be seen even on tailored suits.

Moire and bengaline silk appear in the same costume.

Moire, gowns sometimes have bodices of tucked chiffon.

Even extra-sized suits nowadays have high-waisted skirts.

The new boleros have gathered fronts and points back.

Draperies seem to grow at once fuller and more clinging.

Tuxedo jacket coats are one of the new features of spring.

All colors seem to be right provided they are bright enough.

Fringed sashes are seen on some of the new basqued suit coats.

Many of the more conservative new straw hats are boat shaped.

Some of the new hat brims are made entirely of tight little roses.

Short mantalet coats are made entirely of flowered silk and tulle de jour.

Some of the new hip sash draperies are made of flowered silk.

Broche rathie is one of the new fabrics that seems to be much liked.

Some of the new suits have plain satin petticoats draped with broche satin.

Satins and silks are to be veiled.

Asthma Catarrh

WHOOPIING COUGHS SPASMODIC CROUP
BRONCHITIS COUGHS COLDS

Vapo-Cresolene

ESTABLISHED 1879

A simple, safe and effective treatment for bronchial troubles, without dosing the stomach with drugs. Used with success for thirty years.

The air carrying the antiseptic vapor, impregnated with every breath, makes breathing easy, soothes the sore throat, and stops the cough, assuring restful nights. Cresolene is invaluable to mothers with young children, and a BOOY to sufferers from Asthma. Send us postal for descriptive booklet.

ALL DRUGGISTS

THE CRESOLINE COMPANY, 100 N. 3rd St., St. Paul, Minn.

Vapo-Cresolene Co., 100 N. 3rd St., St. Paul, Minn.

100 N. 3rd St., St. Paul, Minn.

100 N. 3rd St., St. Paul, Minn.

with the finest malines and Chantilly laces.

Sloping shoulder effects are seen in many of the new evening corsages.

The true kimono sleeve is seen on a great many of the silk suits for spring.

Self-colored brocades promise to be the rivals of the two-toned brocades.

We shall see striped batistes and spotted linens in the simpler summer frocks.

All the new straw hats are very fine and there are some odd new browns.

The newest parasols are Japanese shape and have Bulgarian silk borders.

Bewitching hats for small girls are helmet shapes covered with flowered silk.

Wool embroidery is now seen on the crepe collars and cuffs of afternoon gowns.

Some of the recent evening gowns have petticoats altogether of lace flounces.

A great many bright tans and mustard shades are seen among the new fabrics.

Cream satin continues to make a large proportion of the fashionable shirt waists.

Red and Gun.

Red and Gun for March, published by W. J. Taylor, Limited, Woodstock, Ont., is out with a varied and entertaining list of contents which include the following: "After Caribon with the Uchekats," by R. J. Fraser; "Old Canada—A Visit to the Gaspé Peninsula," by Madge Macbeth; "Up the Waverley Road," by Paul A. W. Wallace; "A Piscatorial Pilgrimage of Port Arthur Sportsmen," by L. W. Binyan; "An Eastern Black Fox Ranch," another of the series "Small Fur Bearers and How to Take Them," by George J. Thiessen; an installment of "A Canoe Trip in 1854," and other articles of outdoor life both East and West. The issue is attractively illustrated and should be read by all sportsmen and lovers of outdoor life.

Towed to Port.

Editor Evening Telegram.

HALIFAX March 18.

A cable to Pictou and Black from

Dominica, states that the steamer

Oruro, which had snapped her propeller shaft and was lying helpless

ten miles off the island, had been

towed to port by the British trading

steamer Cumberland. It is estimated

that it will be six weeks before the

Oruro will be able to go to sea again,

as the propeller shaft will have to be

brought from Glasgow.

Annual Meeting of Ambulance Association

The St. John Ambulance Association, Newfoundland Centre, held its annual meeting last night at the George V. Hall. Many ladies and gentlemen were present. His Excellency the Governor, Mrs. Davidson, and Major Davenport, A.D.C., attending. His Excellency opened the convention and spoke very briefly of the work of the St. John Ambulance Corps in the present Turko-Balkan war. Dr. Macpherson then read his report, which dealt with the work of the Association in the city. There are 5 classes in First Aid with over 100 membership and 61 had passed the First Aid exam. 3 had taken the voucher, and 13 had qualified for a medalion. There are 30 in the Home Nursing Class and those who can wear a medalion are: Mr. Wm. Reeves (with label for 1910); Mr. Thorburn McNeil, Miss Nell Warren, Harry Berry, Stanley H. Martin, Wm. Stevenson, G. N. Matthews, Miss Lillian Cowan, Miss Eunice Ellis, Miss Eva Gaul, Miss Ethel Hawkins, Miss Marjorie Kent, Miss Lucy Spry, Mrs. Josephine Thorburn and Miss Annie Gray. In 1912 he met many of the Order in England, attended the review in Windsor Park of the St. John Ambulance Brigade when some 15,000 members were present from England and Wales. The members of the "Overseas Brigade" occupied the centre of the first line and each of the six lines was half a mile long, while on either flank were 1,000 Nursing Sisters seated on the stands. The officers treated the members of the various Brigades with every kindness and courtesy. Since our last annual meeting the C. of E. Education has placed First Aid as an optional course on their Syllabus. In May, Division No. 1 of the St. John Ambulance was formed from members of the C.L.B. with Mr. W. Reeves, as Ambulance officer. Some ladies are forming a Nursing Division. Just now there are two First Aid classes holding lectures, one of ladies, another of school-boys. After the distribution of certificates, J. Fenelon, Esq., Hon. Treasurer, presented his report, showing the institution to be in a healthy condition financially. The election of officers resulted as follows:

Patron—His Excellency the Governor.

President—Sir William Horwood.

Chairman—Mr. H. W. LeMessurier.

Vice-Presidents—Lt.-Col. Rendell (Church Lads' Brigade); Lt.-Col. Conroy (Catholic Cadet Corps); Major C. H. Hutchings (Methodist Guards); Major Paterson (Nfld. Highlanders); The Mayor of St. John's (W. J. Ellis, Esq.); President, Nfld. Board of Trade (W. G. Goss, Esq.); Minister of Marine and Fisheries (A. W. Piccott, Esq.); The Inspector General of Constabulary (John Sullivan, Esq.).

Hon. Secy.—Cluny Macpherson, M.D.

Hon. Treas.—John Fenelon, Esq.

Hon. Auditor—H. A. Outerbridge, Esq.

Hon. Storekeeper—William Reeves, Esq.

Hon. Asst.-Secy.—John G. Higgins (Constitution), J. S. Pitts, C.M.

N. R. K. Bishop, John Harvey, John Harris, W. C. Job, J. C. Crosbie, M. G. Winter, Messrs. W. B. Grieve, J. S. Munro, F. Carter, R. F. Goodridge, F. Doyle, Capt. J. English, G. C. Fearn, T. McNeil, Rev. Canon Pilot, D.D., Rev. Levi Curtis, D.D., W. W. Blackall, V. P. Burke, T. Hanrahan.

Doctors T. Anderson, R. A. Brehm, Alex. Campbell, E. O. B. Carberry, R. N. H. H. Cowperthwaite, J. G. Duncan, N. S. Fraser, L. E. Keegan, J. St. P. Knight, T. M. Mitchell, G. N. Murphy, J. J. O'Connell, H. Rendell, W. T. Scully, F. R. Stafford, H. A. Smith, A. C. Tait, J. S. Tait, W. Roberts, M. C. Roberts, L. P. Robard.

An exhibition by No. 1 Section of the St. John Ambulance Brigade Overseas, showing how the different injuries are treated, was given.

At the close, Sir William Horwood proposed a vote of thanks to His Excellency for attending and which was seconded by Mr. H. W. LeMessurier. His Excellency replied, intimating his willingness to aid the people of St. John's at all times. The T.A. and R. N. Co's classes had received First Aid certificates and Dr. Carberry's class also for home nursing. The names of Dr. Knight's class had gone astray. The meeting adjourned at 10 p.m.

Stafford's Prescription "A" cures Indigestion, Dyspepsia, Catarrh and Nervous Dyspepsia. Price 25 and 50 cents a bottle.

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A Good Soap is Essential

to a good housewife. Sunlight Soap is the best Soap, and is essential to, not only the best, but all housewives.



Sunlight Soap

is the housewives' friend, and the enemy of dirt and uncleanness. Less labour, less dirt, more leisure, and time and money saved, that's SUNLIGHT.

Lever Brothers Limited,
Port Sunlight, England.

REV. CANON NOEL

Writes on Educational Matters.

LETTER NO. 4.

Editor Evening Telegram.

Dear Sir—I thank you very much for the space you have allowed me for my letters on the subject of Education. I hope that my comments may set the Members of the Legislature, as well as the Teachers and the Public, thinking.

I should like to supplement what I have written by some remarks on the Building Grant, voted about a couple of years ago. One hundred thousand dollars sounds a large sum of money for the purpose of erecting new schools, and of equipping others, but when this amount is distributed over the whole country, what does it amount to? It is first divided denominationally. The Church of England share amounts to something over \$20,000; but there are 64 Boards of this denomination in need of and looking for a share. Amounts, varying according to different requirements, have been apportioned to the Boards, to be repaid by instalments ranging over 20 years, without interest. Strictly speaking, the Government does no more than pay the interest.

Take our own Board. The old High School has had its day and must be rebuilt. It is too small, is badly lighted and has no proper ventilation. It is not worth enlarging or repairing. A new site is found and a large field purchased, the Ladies' Auxiliary raising and paying \$800 for it. A plan, approved by the Government, placed the estimate of a new wooden building at \$7,000. The Board, outside of paying salaries, had no funds. A loan of two thousand dollars therefore was granted, deducting \$100 a year out of the school grant for the next 20 years. In three years the members of the Church, to their credit, he said, added \$2,500 to this. Another loan had to be obtained at 6 p.c. interest. The building is now erected, furnished with modern fittings, and 200 children are enrolled. Not less than 3 teachers can successfully teach such a number, 70 or more of whom are infants, and a Kindergarten teacher for those who are totos has to be engaged at a nominal salary.

Now, how does a Board of Education manage to finance such a matter as this, without adequate funds? I do not suppose that there is a member of the Legislature who knows, or perhaps cares, much. After paying teachers' salaries, at a rate which is simply a disgrace to the profession, the Board, out of its Annual Grant, (including the magnificent Maximum Sum of \$160 for Higher Education), finds itself with a balance of \$40, wherewith to provide a year's expenses and maintenance. Out of this balance of \$40, it pays \$30 to the Chairman and Secretary, for a whole year's work of supervising the schools and keeping the accounts; \$75 are paid for fuel; \$22 for insurance; \$48 for attendance, lighting fires, dusting and washing, and \$48 for interest; be-

sides numerous incidentals, repairing flues, putting in coal, chopping wood, &c.

I fancy I can hear some one in St. John's saying: "By George! this is financing with a vengeance." Where can money for up-keep, wear and tear, and all those contingencies be found? Except for the scholars' fees, which press so hard on the laboring man, the Board must be bankrupt. And often it is so.

Now, who but the teacher, to whom it ought to go to provide him a better salary, pays that \$100, stopped from the grant to assist in erecting his school-house? This was my contention in my second letter, that teachers ought not to be forced to contribute to the erection of the buildings, in which they are to teach. Every Board should have a Building Grant.

Now, look at this town; \$15,000 can be found out of the Revenue for the erection of a large wooden building, now relegated to the use of a Fire Hall and Police Station. And \$25,000 more for a brick building, to become a Post Office and Custom House; plus extras, painting, varnishing, linoleum, floors, roller desks, easy chairs, telephones and electric light fittings, furnaces, radiators, &c., &c., and the up-keep.

And, in contrast, a loan of \$