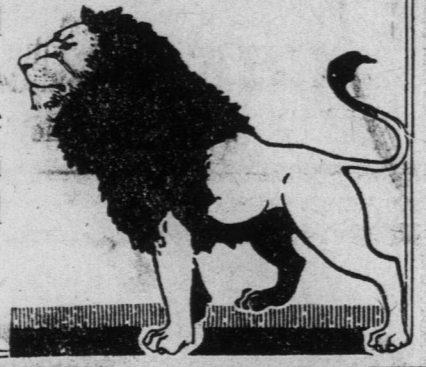


THE LION

is recognized as the King of Beasts, SUNLIGHT SOAP is recognized as the King of Laundry Soaps. The rule of the Lion extends only over the animal world; the rule of SUNLIGHT SOAP extends to wherever Soap is necessary. It is without a rival for washing clothes, household linen and all fabrics even of the finest texture. It is the best Soap that skill and money can produce. Give it a trial and you will be convinced of its value.



Sunday Concerts

Editor Evening Telegram.

Dear Sir,—I beg leave through your valued paper to make a few remarks with reference to "Sunday Concerts."

Surely these clericals knew that the Methodist College Hall was hired to the Choral Society in the past on a Sunday. Why, I would ask, did they not make an outcry at that time. It seems rather out of place to make a noise now that the Society had to hire another hall. Certainly "consistency is a jewel."

"Protestant" in your issue of the 15th says: "Why contravene under any flimsy pretext the great commandment and open the door still wider for Sabbath desecration." Being a Protestant one who stands for the Bible and the Bible only, perhaps he will tell us when he gets his authority for calling Sunday the Sabbath of the Commandment.

In the world-to-day there is being agitated plans for the legal enforcement of what is known as the Lord's Day. Those who are in favour of this procedure have organized and thus we have brought to view the Lord's Day Alliance. Our friends, the Methodist Ministers, are the ones who are fostering this Alliance in Newfoundland to a great extent.

You will notice that "Layman" says in your issue of the 15th that "Sunday Concerts with an admission fee is under the ban of the law both in England and Canada."

But why should it? That which is civil and right on Monday is civil and right on Sunday.

All people do not think alike. That which is obnoxious to the Methodist Ministers, perhaps, is my recreation. As His Lordship Bishop Jones said at the last annual meeting of the Alliance, it is a hard thing to draw the line as to what constitutes proper recreation on the Lord's Day.

Seeing that His Lordship Bishop Jones was in attendance at the concert I would advise the Methodist Ministers to withdraw their Resolutions as I feel sure that the concert with free or otherwise was not breaking the Sabbath.

Yours truly,
LOVER OF LIBERTY.

More Memories of Tilt Cove.

Editor Evening Telegram.

Dear Sir,—In reading "Fond Memories of Tilt Cove" printed in your paper, March 7th, I would like to tell M. A. Fennessey know that it brought to my mind more memories of Tilt Cove, and I know there are many Tilt Cove people who would like for the same happy days to return.

Where will we find such loving friends and such happy homes as here; truly we can say—where is now the merry party?

I remember the many pleasant walks by the shores of Castle Rock Pond, and on Sunday evenings when

the three churches were out and we all met on the wharf where the older folks waited, while the younger ones climbed the Magazine Hill to view the sunset, and there was our splendid church with its splendid organ, the gift of the Ladies' Guild, and its altar lamps and bell presented by the Young family, in England, in memory of their son killed in the South African War, and the handsome Catholic

Chapel that we all visited at Easter to admire the beautiful altar and decorations, the work of M. A. Fennessey and her friends, especially Mrs. T. Conway.

I would like to mention Mrs. W. Cunningham, we shall never forget her kind visits and words of cheer, though still living at deserted Tilt Cove. We know she is not lonely while there is one family left to visit and cheer, also, Mr. J. M. Jackman. Truly, he was everybody's friend, and always found time to visit and help in times of sickness and trouble busy man though he was, with stores at S. W. Arm, Bala Verte, LaSce, Tilt Cove. He took great interest in the Tilt Cove boys and girls, and all his clerks were from the Tilt Cove schools, namely—Ladies: R. Fudge, A. Ledderson, H. Bartlett; Messrs: G. Conway, R. Oakley, A. Ludlow, R. Hancock, R. Hynes and many others who will not soon forget his kind wishes when they were leaving Tilt Cove.

Hoping this will meet the eye of M. A. Fennessey and any other Tilt Cove friends on the Iron Island, I would say:—

"Exiles from home, pleasures dazzle in vain,
Oh, give us those lowly thatched cottages again."

Thanking you for your lively anticipation.

MINNIE E. L. HYNES,
Merrymeeting Road, City, March 16th, 1914.

Compulsory Fish Eating

Fish-eating, which has found such a strong advocate in Sir James Critchton-Brownie, was at one time compulsory by law on at least two days in every week. In 1593 Queen Elizabeth's Privy Council issued a notable ordinance that it should "not be lawful for any person within that realm to eat any flesh upon any days observed as fish-days, upon pain of forfeiture of 15 (equal to about \$150 at the present day), for every time he offended," and, further, that "no innholder, alhouse-keeper, or common ale keeper, shall offer or put on sale upon a fish day any kind of flesh victuals upon pain of forfeiture of 25s." This Act was prompted by the fact that the fishing industry which provided the nucleus of Her Majesty's Navy, both in the matter of men and vessels was suffering severely by the growing indulgence of the people in beef and mutton that many fishermen were abandoning the trade. This the Privy Council rightly judged to be a danger to the realm.—Exchange.

Instant Relief From Backache

Lady in England Sends All The Way To Canada For GIN PILLS.

Henly Villa, Forest Rise, Essex. Please forward me a box of your GIN PILLS. Enclosed find Postal Order for 2/6 in payment. I bought GIN PILLS when I was last in Canada and found that they did me a lot of good for Backache, Rheumatism, Pains in the Muscles and Joints.

MRS. J. E. WATTS,
Weak, Strained, Irritated Kidneys cause the backache, the swollen hands and joints, the Rheumatism and Lumbago, that so many people suffer with. GIN PILLS give such quick relief, because they go straight to the cause

On "Getting On."

By RUTH CAMERON.

"Well, there's one way I do wish Harry was a little different," admitted the six months' bride with a suspicion of a pout. "Mercy," said we, "is that possible? What a t might it be?" "I do not wish," returned the six months' bride, ignoring our foolish levity, "that he make friends with the people above him instead of beneath him. The men in the inferior positions in the office simply adore him. They are always inviting him to their homes and giving him pictures of their babies and asking his advice, but somehow he doesn't seem to get on with the people above him. They approve of his work, I think, but he can't seem to get in with them personally. It's a shame."

"Why?" said we. "We're very fond of that word, you know."

"Why?" echoed the bride impatiently. "Because I want him to get on; because I want to meet their wives and get into society. What's the good of being friends with all these people who aren't anybody. I've talked to him about it, but he says he just seems to be made that way, and I'm afraid as is."

Poor little six months' bride. You see she's made very much the other way. And when you are a passionate believer in the religion of getting on, it is terrible to be yoked with an unbeliever.

"Have you ever noticed how all the world seems to be divided into two

classes—the people who have the knack of hobnobbing with those above them in the social scale; and the people who only seem to make friends with those below them. I have in mind two girls in our neighbourhood who were married about ten years ago. The husbands of both of them have been very successful in a business way, and so they both have quite a little money to spend.

Now, one of these girls belonged to the class that have an instinct for "getting on." And how she has "got on!" One by one she has made valuable acquaintances and eliminated the worthless ones, until now she travels in the most exclusive set in an exclusive suburb.

The other girl belonged to the second class. And will you believe it, she hasn't risen in the social scale a particle. She has kept most of her old friends and among her new ones there are hardly half a dozen who are acquisitions in a social way. The majority of her circle are people with much less money than she. Why ever, as I write I know she is taking her housekeeper's piece to lunch in town.

Queen, isn't it, how some people can be so stupid and blind to their own interests?

And yet, somehow, there echoes in my mind a phrase: "For the first shall be the last, and the last shall be the first." Now wouldn't it be strange if in some new and different existence things should be turned quite topsy-turvy, and the people who have such a talent for getting on should find they hadn't "gotten on" after all?

"For the first shall be the last, and the last shall be the first."

Ruth Cameron

Nurse's Years of Experience

Proves Dr. Chase's Kidney-Liver Pills Best Treatment for Kidney and Stomach Troubles.

The trained nurse has even greater opportunities than the doctor himself to watch the action of medicine in specific cases.

For years the writer of this letter has been recommending the use of Dr. Chase's Kidney-Liver Pills among her patients, and is firmly convinced that no treatment is so prompt and effective.

This is the most valuable evidence obtainable, and we believe that all who know Mrs. Duffy will appreciate it to the full, knowing that she would not recommend anything in which she had not the fullest confidence.

Mrs. Duffy, nurse, 25 Lewis street, Toronto, writes: "I have used Dr. Chase's Kidney-Liver Pills for years, and recommend them to my patients for all disorders of the kidneys, liver and stomach. In all my professional experience I have found nothing better." Dr. Chase's Kidney-Liver Pills, one pill a dose, 25 cents a box, all dealers or Edmanshaw, Bates & Co., Limited, Toronto.

Household Notes.

Nowadays physicians advise a good bedtime meal for people who are nervous and emaciated.

To make fudge smooth and creamy add to it (while making) a level tablespoonful of cornstarch.

Each child should possess a laundry bag and put its soiled clothes in it as soon as they are taken off.

Rub paraffin on the thread of a mountain pen before screwing on the lead and it will prevent leaking.

A good kitchen table should be strong and large, with drawers for a large quantity of toast at once.

A galvanized tub should be cleaned with gasoline or kerosene and then scrubbed with hot water and soap.

To remove coffee stains, stretch the napkin or the tablecloth over a basin and pour hot water through the cloth.

Stained floorboards can be cleaned by scrubbing with chloride of lime, using a tablespoonful to a pail of water.

If chocolate is to be served with sandwiches, it should be made an hour beforehand and allowed to stand in the double boiler.

Crumpled and moistened newspapers are better for cleaning windows than tiny cloths. Polish with clean tissue paper.

Fiber grass rups are excellent for a living room floor. They can be scrubbed with soap and water as readily as a bare floor.

Rub potato juice on a water pitcher which has become corroded from letting water stand in it, and the stains will disappear.

A woollen scarf can be dry-cleaned by rubbing dry cornstarch thoroughly into it and shaking it out. Go through this process several times.

If you get inkblots on polished wood, paint the wood lightly with sweet spirit of nitre, then polish with clean flannel in several oils.

Give the children a sip of warm liquid—soup or milk—if they come in

Cabbage!

40 crates New Green Cabbage.

Cranberries!
5 crates Extra Fancy Cape Cod Cranberries.

Partridge Berries.
Few barrels Choice Berries on retail.



SOPER & MOORE

This venerable institution and began to run England by himself and then spent some years in various degrees of patriotic rage. At one time he was on the point of emigrating to America. Had he done so the American Revolution would probably have come along a century sooner and we would now be regarded by Europe as a middle aged country.

All this time the Puritans of England were denouncing the government wherever it could be done with any safety at all and when parliament went back into business, in 1640, Cromwell was the Victor Marlock of the House. He opposed the King with such vigor that he was soon doing it in a coat of mail in front of a company of troops and when the Civil War began, in 1642, Cromwell was in the front rank where he made things very unhealthy for the enemy.

The Puritans were much jeered at by the King's troops for their short hair, plain clothes and general lack of clean-stretched manners. But they had a very deft and persuasive manner with the sword and the blunderbuss. When the war was over the supply of cavaliers was very short, while the King was in jail and the Puritan leaders roamed through his palaces without scraping the mud from their shoes.

When the war was over it was soon seen that Cromwell was the only man who was stiff enough in the neck and back to govern England, and he accordingly became Protector of England. He was a bluff short-spoken man with a red face and no manners according to those times and he walked through prerogatives and ceremonies in a manner which made the nobility of England shriek with anguish. Charles was beheaded and Cromwell ran the country with the aid of parliament and an army which wore no lace wristlets nor long curls and which wanted no better diversion than to kick a Duke up a tree or kick a Baron out of his castle and set him to work sawing wood.

Cromwell introduced many novel customs into England such as observing the Sabbath, religious toleration and decency of general morals. But he worked harder than a captain of industry and wore himself out at the age of fifty-eight after a rule of only a few years. Many years afterward when he had been dead so long as to be practically harmless the government of England, once more run by a King, dug him up and beheaded him. This plucky job was completed triumphantly without the loss of a single cavalier.

To remove mud stains on dresses, for black clothes, rub a raw potato on the marks. For other stains, wash the spots with water in which has been dissolved a little carbonate of soda. When rubbing any material always put a pad of linen underneath.

Overalls and such heavy articles should be dipped in the tub of water, then laid on the washboard, thoroughly soaped and scrubbed with a scrubbing brush.

To make a cat stay in a new home, rub its forepaws with butter, a proceeding that is said to destroy the scent of the old home. This is an old English custom.

Bulbs which have bloomed in the house in February or March should have their leaves cut off and be laid away in the dark, cool cellar or iced. Do not water them.

Cleanliness is as necessary to growing plants in winter as it is to successful housekeeping. Pans and leaves both should be frequently washed and sprayed.

If you keep your clothespins in small grape baskets with a wire hook, and then place the hook over the clothesline, pushing it before you as you pin, it will save a lot of stooping.

Varicose Veins and Itching Piles

Usually Arise From Same Cause—Relief and Cure Effected by Dr. Chase's Ointment.

Nearly everybody knows of Dr. Chase's Ointment as the most effective treatment for piles or hemorrhoids that medical science has been able to compound. So much suffering and misery arises from this ailment that one is not long in telling his friends when he has found an actual cure. This accounts for the enormous sales of Dr. Chase's Ointment.

This letter tells of relief from the suffering of varicose veins by the use of Dr. Chase's Ointment. Many suffer from this trouble not knowing the comfort to be obtained by the use of this great soothing ointment.

Mrs. R. J. Evans, 1377 Munro street, Toronto, writes: "We have used Dr. Chase's Ointment for years. I have been troubled with varicose veins and find it the only thing that gives relief. For every varicose when a soothing, healing ointment is needed there is nothing so good as Dr. Chase's Ointment." 60 cents a box (all dealers) or Edmanshaw, Bates & Co., Limited, Toronto.

Ponderous Personages.

OLIVER CROMWELL.

By GEORGE FITCH.

Author of "At Good Old Sitwash."

Oliver Cromwell, a plain man with no awe of royalty in his soul, was born in England in 1599, no particular notice being taken of the event at the time outside of the family. He grew up into a raw-boned, double-fisted college student at Cambridge, who played football and regarded the midnight oil as too valuable to waste in study.

When Cromwell was twenty-nine he went to parliament as an instrument of insurgency was his hobby. He was also a common citizen to such an extent that he submitted to a fine rather than be knighted. He served in parliament until King Charles I. jumped

Baby Carriages & Go-Carts

A New Shipment of
IS NOW ON DISPLAY.



You certainly will want to take the Baby out these bright sunny days, and this store is ready to furnish the finest

BABY CARRIAGES and GO-CARTS that can be secured anywhere. WE HAVE THEM AT ALL PRICES.

U. S. PICTURE & PORTRAIT Company,
Complete House Furnishers.



Orders for Ford Cars left at Parsons' Portrait Studio will be forwarded to me while visiting the Factory and Shows, and will have the same attention as if delivered to me personally.

GEO. G. R. PARSONS.
feb5,2m,th,s,m

Genuine Molassine Meal

Can be obtained from
T. J. EDENS,
Duckworth Street and Military Road.

AYRE & SONS, Ltd.,
STEER BROTHERS,
J. ROBERTS,
M. A. DUFFY,

and other up-to-date feed depots.
AVOID IMITATIONS,
See the EXACT name on the bags.

Molassine Meal

Opening Announcement!

We have just opened our New Spring and Summer stock of Ladies' and Children's Hats, Hat Flowers, Ribbons, Blouses, Dress Materials, etc., etc.

Embracing all the newest creations of fashion, combined with perfection of quality, which we now offer at the lowest margin of profit. Call and see this immense stock. Outport orders always receive our most careful and prompt attention.

WILLIAM FREW.

J. J. ST. JOHN.

50 boxes CHOICE PRUNES, 12c. lb.
20 boxes EVAPORATED APPLES.
20 boxes EVAPORATED APRICOTS.
CORN FLOUR, 10c. lb. GRAHAM FLOUR.
POTATO FLOUR, 10c. pkg. GRAPE NUTS.
ASSTD. JELLY POWDER, HARTLEY'S JAMS—1s, 2s and 3s.
HEINZ'S SWEET PICKLES, TOMATO KETCHUP.
HEINZ'S STUFFED OLIVES, CHEDDAR CHEESE.
PATNA RICE, HEINZ'S INDIA RELISH.
SLOAN'S LINIMENT—Works like magic, 25c. bottle.

J. J. ST. JOHN,

DUKWORTH STREET & LOMBARD ST.