

There Were Many Things Which I Could Not Eat

Mrs. H. Robert Wells, English Harbour, Trinity Bay, Nfld., writes:



"I was troubled with nervous dyspepsia—so much so that there were a great many things I could not eat at all on account of the distressed feeling afterwards. I used many different remedies, but they did me little good. Finally I tried Dr. Chase's Nerve Food and Kidney-Liver Pills, and was surprised at the relief this combined treatment gave me in such a short time."

DR. CHASE'S NERVE FOOD

At all Dealers.
GERALD S. DOYLE, DISTRIBUTOR.

Produce and Provisions.

(From the Trade Review)

There is very little import in the foreign fish markets in respect to prices, but the importation shows up better in the markets. The Oporto week-end has gone up from 3,657 qts. to 5,443 this week. The week-end news comes from Italy to show that an importing combination is being organized at Genoa and is intended to take fish on consignment only, the coming season, and to use no more on outright sales. It is said, to adopt all the cold storage system a la New York plan in Spain.

The exports of fish from Newfoundland totalled 13,000 qts. as follows:

By schooner Gen. 5,418 qts. to Jamaica from St. John's. By schooner Her- 3,400 qts. by Monroe Ex- 1,000 qts. to Kingston and Barbados. This cargo was shipped by the

Over Trading Co., and T. Hall. By schooner Lila D. Young 1,144 qts. to Kingston and Barbados. This cargo was shipped by the

A. E. Hickman Co., to Kingston, Jamaica, by schooner David C. 5,582 qts. from A. E. Hickman Co. to Kingston, Jamaica, by schooner Cyril T. 1,000 qts. from the Nfld. Produce Co.

Owing to the good demand for fish since New Year, the fish stocks are cleaned out in the order of New York and the fish are being sold at a price of \$2.00 per lb. and \$2.50 per lb. for the fish.

Some items in this list will surely interest you; the price is attractive.

Pink Packages JIFFY-JELL—10c. Pkg.

BAKER'S CRUSHED COCOANUT— with original milk of the coconut—18c. per Can.

CHICKEN HADDIE 1-lb. oval Cans—25c. Can.

"DELECTA" COCOA, ¼-lb. Cans—13c.

"ROLA" EGG POWDER, 8-oz. Cans—30c.

SALTED PEANUTS, 10-lb. Cans—\$2.00

BAKEAPPLES—1-lb. Cans, special quality—25c. Can.

Large or Small WHITE KIDNEY BEANS—5c. lb.

VALENCIA ORANGES—30c. dozen.

VALENCIA ORANGES, extra large—45c. dozen.

APPLES, for cooking or eating—10c., 18c. dozen up.

C. P. EAGAN,

2 Stores:

Duckworth Street & Queens' Road

The World's Largest Flowers.

You would not like a nosegay of the world's largest flowers, not only because of their size, but for another and much more urgent reason, as you would very soon know. These flowers, which are six feet across, and a little more sometimes, grow in Sumatra, that East Indian island which has many wonderful plants. On one kind of the trees there a leafless parasite or creeper plant flourishes, which shows into a red flower, with little yellow swellings on it, and it measures from three to six feet in diameter. The largest flower held sixteen pints or two gallons of water in it. As it was found by Sir Thomas Raffles and Dr. Arnold, it is named after them—the "Rafflesia Arnoldi."

In the western parts of Sumatra another huge flower grows—the "Amorphallus Titanum." It seldom is taller than three feet, and, also, takes six feet of the tape measure to reach across from side to side of it. It is most beautiful to look at. But just as the "Rafflesia Arnoldi" stands out an older like very sour meat, so the "Amorphallus Titanum" has a nasty small like decaying fish. So there is no chance of ever seeing either of them in a nosegay.

The famous "Victoria Regia" water-lily of South America, though it grows a comparatively large flower, is noted not for the size of its bloom, but for the immenseness of its leaves. They spread themselves on the water almost nine feet across, and are so strong that three men can be carried on each leaf. Its leaf is a wonderful piece of nature's construction, for on the underside it is braced and held together by a most admirable system of vegetable girders and ties. Indeed, the plan of the innumerable light steel girders and ties forming the framework of the Crystal Palace in London, which was designed by a gardener, was copied entirely from the leaf of the "Victoria Regia" lily.—N. Tourneur.

Bibby's Soap will give you such wonderful results you'll sure tell your friends about it.

Feb 22, 12

Nature Note:

The Chameleon.

The chameleon is one of the most wonderful creatures in the way he changes his color at different times. He is a grotesque little reptile, rather like a lizard to look at with protruding eyes and a great wide mouth. Naturalists cannot agree as to whether these changes of color are involuntary or otherwise, but certain it is that he protects himself from his many foes. He lives entirely among trees, and is practically defenceless. At night, when it is still, he may be of a nondescript yellow hue, but when the morning comes this changes into a deep, dark green, the exact color of the leaves on which he rests. When crawling on a bough he becomes dark brown; if taken in the hand or frightened he becomes an ink black. Sometimes he takes the hue of a sprig of lavender, and sometimes he assumes the pinkish purple of azalea blossoms.

Lassen Volcano Active.

REDDING, Cal.—Lassen Peak, the only active volcano in the United States, to-day wore a smuggy coat instead of its usual winter covering of spotless white, according to latest reports, was continuing from yesterday. The eruption at first consisted only from steam, which was mistaken for swirling clouds of snow, but later smoke billowed out in great puffs and apparently carried with it some ashes as the snow was darkened for some distance down the mountain side. The smoke was visible for many miles late yesterday.

The mountain had lain dormant for several months prior to yesterday.

"Blue Water" is a Big Success.

ST. JOHN, N.B.—The motion picture production of "Blue Water," from the book of the same name by Captain Frederick William Wallace, had its premier showing in St. John, to-day, before the directors and stockholders of the New Brunswick Films, Limited.

David M. Hartford, the director, and Ernest Shipman, who will now exploit the picture in all countries, were among those present. At a previous screening in New York the picture was voted a success.

A vote of thanks was accorded the director for his excellent interpretation of the story. It will be released to the Canadian and American theatres in February.

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Novel Musical Attraction at THE NICKEL To-Day!

GOLDWYN PRESENTS

TOM MOORE

AND THE GIRL OF HIS HEART, IN

"FROM THE GROUND UP"

By Rupert Hughes, author of "The Old Nest." The story tells of the rise of a lowly immigrant to a position of stability. A picture with smiles and tears. Supporting cast: Helene Chadwick, Darrell Foss and DeWitt C. Jennings.

"PATHE NEWS" (Sees all—Knows all).

COMING—MAY McEVROY in "A HOME SPUN VAMP," and by popular request JACKIE COOGAN in "MY BOY."

COME AND HEAR

VICTOR EWART LEGGE

(THE LOCAL MUSICAL GENIUS) IN

MUSICAL SAW SOLOS

PLAYING

(a) "A Perfect Day"; (b) "Annie Laurie."

SOMETHING NEW—SOMETHING NOVEL

A TWO-ACT COMEDY (A real Gloom-chaser.)

A PENNY SAVED IS A PENNY EARNED.

Money Savers.

Colgate's Tooth Paste, large size30c.

Colgate's Tooth Paste, medium size15c.

Colgate's Face Powders, flesh & white15c.

Colgate's Compact Powder, flesh & white (new style package)60c.

Colgate's Soaps, all odours (box of 3 cakes) per box35c.

Woodbury's Face Powder40c.

Swansdown Face Powder, flesh & white35c.

Rouge, dark & medium20c.

Peroxide Cream30c.

Vanishing Cream25c.

Cold Cream20c.

Kolynos Tooth Paste40c.

Peroxide, 4-oz.18c.

Vaseline, in tins4c.

Soaps, assorted; per cake5c., 10c. 15c.

Evans Throat Pastillesper box 27c.

Formolid Throat Easeper box 10c.

White Pine & Tarper bot. 25c.

Syrup of Tar & Cod Oilper bot. 45c.

Emulsion of Cod Oilper bot. 50c.

Johnson's Talcumper tin 25c.

Colgate's Talcumper tin 27c.

Ferrozoneper box 35c.

Catarrhazoneper pkg. 20c.

Menthol Plastersper tin 25c.

Nursing Bottle Fittings, each10c.

Tinct of Iodine (two sizes) per bottle10 & 20c.

Hair Dyeper bot. 40c.

Hair Restorerper bot. 50c.

Styptic Pencils, each10c.

Corn Cureper bot. 15c.

Adhesive Plaster 1 in. 1 yd.per tin 10c.

Adhesive Plaster ½ in. 1 yd.per tin 5c.

THIS LIST OF MONEY SAVERS AND MANY OTHERS AT

STAFFORD'S

Duckworth Street and Theatre Hill

Some Farmer.

Mr. Boone was a dealer in Beaver skins to which there hangs a tale. The Beaver skins were all disposed of and the summer had come. Mr. Boone was spending a time among the farmers. He knew all about farming and often gave the farmer sound advice—mostly sound.

He had just closed a meeting during which he gave some sage advice respecting the raising of herbs. Mr. Coaker moved a vote of thanks and hinted that Mr. Boone would make a capital Minister of Agriculture. The audience moved away, but some lingered still to hear the great clero-

agricola dilate on the vegetable kingdom. They are standing by a small garden in which the woman of the house was engaged in watering the plants. Mr. Boone stopped to admire and talk. "See," he said, as he pointed to a cucumber, "what a fine pickle on that squash." The old lady's false teeth fell out as she gaped in astonishment, and the reporter ran to telegraph the Advocate news of Mr. Boone's splendid lecture.

J. OKES.

P.S.—They are talking about farming to-day who don't know enough to drive a cow.—J.O.

Eat Mrs. STEWART'S Home Made Bread.—Oct 4, 6mo

Diet After Weaning.

"I have just weaned my baby at the age of one year and so far I have been feeding him on oatmeal and farina."

Babies are, or ought to be, weaned about the twelfth month; or if their first year of life terminates in hot weather, especially in cities, the weaning may be delayed until the fall. Many such infants are then seriously handicapped, are exposed to great danger and often digestive diseases under the mistaken impression that the weaning period is suitable for the introduction into the child's diet of general table food.

Salts, pork, pickles and the like have been given little children with fatal results. The following are abate the right bills of fare for the periods stated.

A diet suitable for a child of 12 to 18 months: 6.30, cereal, strained; and milk; 10.30, milk and sweetback; 1.30, broth, chicken, rice or macaroni; bread, milk; 5.30, cereal, milk, apple sauce.

A diet suitable for a child of 2 to 4 years: Breakfast, cereal, an egg (boiled), bread, butter, milk; dinner, meat, potato, green vegetable, bread, butter, dessert (custard); supper, cereal, milk, crackers, fruit (apple, baked).

A diet on which a boy of nine years weighing 66 pounds, thrived: Breakfast, toast (3 pieces), butter (1-2 oz.), sugar (1-4 ounce), cereal (3 ounces), 1 egg, cocoa (a cupful); dinner, a cup broth, meat (3 ounces), green vegetable (3 ounces), rice (3 ounces), bread (2 slices), butter (1-4 ounce), dessert (custard, 4 ounces); supper, toast (3 slices), one egg, butter (1-2 ounce), milk (a tumblerful), a baked apple, (one level teaspoonful equals half an ounce).

Other good foods for children are: Cane sugar, cream, fruit pulp, mashed vegetables, clear soups, puree of vegetable, fish, oysters, lamb, veal, gelatin, beef, turkey, mutton, chicken, quab, beans, oatmeal, Graham flour, Boston crackers, peas, Graham bread, cornmeal, wheat bread, barley, macaroni, arrowroot, sago, dates, tapioca, molasses, figs, corn, green peas, spinach, stewed fruits, string beans, onions, peaches, pears, tomatoes, cranberries, chocolate, bacon fat, cocoa.

Here are forbidden foods for the nursery: Ham, sausage, pork, salt fish, dried beef, corned beef, goose, duck, boiled or stewed kidneys, liver and bacon, stewed liver, gravies except dish, green baked tomatoes, pickled beets, fried potatoes, carrots, pastries, griddle cakes, fresh bread, meat or fruit pies, rich cakes, hot biscuits, meat stews, rich celery, raw or friend onions, radishes, cucumbers, muffins, doughnuts, preserves, canned fruits, tea, coffee, liquors (unless indicated by the doctor).

Save you one-third of your fuel bill. Keeps out cold and draft, dust and soot, deadens noises and stops rattle.

Ceco Metal Weatherstrips placed on your windows and doors relieve you of the bother with storm sash. They are cheaper than storm sash; far more effective, and last as long as the building. For both new and old houses alike. Let us tell you more about it.

Ceco

METAL WEATHERSTRIPS

"The 100% Efficient Weatherstrip"

Distributed by

EUGENE H. THOMAS,

P. O. Box, 1251; Phone, 757.

GAS SERVICE.

The reliability of our Gas Service has been demonstrated this winter. Quality of gas and ample pressures have been maintained in spite of exceptionally severe weather. You are assured of good service, and may materially increase your home comforts by installing Gas Water Heaters, Gas Fires, Gas Cookers, etc. Estimates for any or all of your requirements will be gladly furnished.

ST. JOHN'S GAS LIGHT COMPANY.

Phone 81 feb 22, 12

IN STOCK:

FIRE CLAY,

FIRE BRICKS,

HARD BRICKS,

SOFT BRICKS and CEMENT

in barrels and sacks.

H. J. Stabb & Co.

P.O. Box 1054 Phone 1530

Wanted—Raw Furs!

We are open to purchase all kinds of Raw Furs, and are prepared to pay highest cash prices. It will be to your advantage to see us before disposing of same. Satisfaction guaranteed.

GORDON BUTLER,

Room 10, Bon Marche Building, Water Street, St. John's.

AND JEFF

THE LION TAMERS CERTAINLY WORK FAST.

