When Run Down

physical condition it is usually because the action of the ans of digestion has become irregular or defective. n there is need for a safe and speedy medicine to relieve ills which occasionally depress even the brightest and ongest. The one remedy you may take and feel safe with is

BEECHAM'S PILLS

(The Largest Sale of Any Medicine in the World)

e first dose gives speedy relief in sick-headache, bilious-s, constipation, lack of appetite, heartburn, dyspepsia, lasting improvement follows the timely use of this fa-ite and reliable home remedy. You will become healthier stronger, and more cheerful if you let Beecham's Pills

Pick You Up

rections with every box point the way to health and are especially valuable to women. Prepared only by Thomas Beecham, St. Helens, Lancashire, England. Sold everywhere in Canada and U. S. America. In boxes, 25 cents.

The Value of a Pose.

By RUTH CAMERON.

To accuse a man of posing is to impute insincerity. And as insincerity is something to be scorned, so do we scorn the poseur.

Yet there is value in a pose, under one circumstance —and that is when it represents the person who poses. A man shing to gain our admiration, himself in sociological pro- organizing self-help clubs those less fortunate and giving mself and his time, is accom- something really worth while, ough it is but a pose as we may

y be that you think it very fine nsidered well read, an author- he better class of literature, on forms of art, or the highest musical expression. You are uinely interested at the start in any of these things. You pose as better informed than your acquaintances.

ecessary of course, that you studying. That in itself will u to concentrate on matter u, at heart, would perfer to read. That is splendid dis- You are also learning some- hich, but for the pose, you ot know. That is education. e possible that as your mind better disciplined, and your broadens, you will end by taking a real, not mock, interest in what was your pose.

"It is only a pose of hers," so we are told when some of our circle goes in for charity, music, art or literature. Perhaps it is.

But isn't it better that Mrs. A., who has few home cares, thanks to her husband's success, should go in for charity, rather than auction-bridge? Or that Mrs. B., whose family has grown up and married, should display a real, or make-believe interest in good literature, rather than sit about the house, getting what ideas she has from the contents of a paper covered novel?

If you keenly conscious of your own human falings, of your ignorance on certain subjects, or your own deplorable selfishness, wish to pose as well informed or extremely generous, do so. You will find that the pose represents an ideal, perhaps unsuspected, and that you will continually bolster yourself up with a little study here, or a little spectacular generosity there so that your friends may not suspect too strongly that you aren't as good or as learned as you would have them believe. In the end you may even actually become as good or as learned as you at first pretended to be.

And if you suspect a friend of posing, consider before you criticise. If he is posing as something better than he would himself be, leave him alone, except to stimulate now and then by making him be really charitable if he poses as charitable, or really learned if he poses as learned.

Ruth Cameron

hite Slavery.

Oh, let us paw around some more and roast the frightful white slave traffic, and on the lecture platform roar, and write foul novels, tense and graphic. White slavery's the darkest maze that e'er a moral shook at; so let's present a ays unfit for decent folk to The magazines in horror public prints are daily yawp- I tremble for my aunt when- ever she goes townward shopping. The fate she faces makes me cringe—a fate distressing, dire and shady! Some fellow with a cheap syringe may up and dope that fine old lady! The unprotected girls to grab, the slaves lurk in nooks and crannies, and we must keep unceasing tab upon our gay and giddy grannies. Sane people say the white slave tales are made of air that's superheated, suggesting that the villain males should like all other myths be treated. But why be sane? The wiser game is just to shriek around and caper, and thus we win a transient fame, and see our pictures in the paper.

The artificial flower has supplanted the natural flower. It is worn a little to the left at the waist.

Fresh Supply Pure Table Butter!

Just received ex s.s. Mongolian, viz:
IRISH, in 28 lb. boxes and 1 lb. blocks.
NEW ZEALAND in 28 lb. boxes and 1 lb. blocks.

ESH CODFISH.
PPERED HERRING.
1 SALT HERRING.
BY HERRING.
NELESS CODFISH.
EDDED CODFISH.

SYMINGTON'S PEA FLOUR for making a dish of rich nourishing Soup in one minute; 1 lb. tins, 20c.
SYMINGTON'S SOUP SQUARES, 10c. each.
SYMINGTON'S SOUP SAUSAGES, 7c. each.

C. P. EAGAN,

Duckworth St. and Queen's Road.

Ponderous Personages.

HERCULES.
By GEORGE FITCH,
Author of "At Good Old Siwash."

Hercules lived in Greece before the calendar was invented and held all the strength test records of his day.

Hercules was born a poor boy, but his father was Jupiter, who ran the universe at that time according to mythology, and this gave the youngster a considerable pull. He was extremely well developed for his age, and while still in his cradle strangled a couple of large snakes which had been sent to destroy him by a jealous goddess.

Hercules grew rapidly, and before he could walk he was the strongest young man in the neighbourhood. He now became extremely handy, being a willing worker and got several good jobs exterminating lions before he could talk plainly. Later he was carefully educated, but owing to the fact that when out of temper he would carelessly break the back of his instructor and throw him a quarter of a mile away, he was not popular with the scholars.

When Hercules became a young man he was very beautiful and was greatly admired. He had little time for society, however, as the world in those days was full of strange and terrible creatures corresponding to the Octopus, the Tammany Tiger, the Paris Apaches, the immovable standpatters, the man-eating race horses, the Carrion dramatists and the uninvestigated city government. Hercules was sent out to overcome all these, and laboured for many years amid great peril, wrestling with wild bulls, chopping nine-headed serpents, taming 500 horse-power oxen by twisting their necks, renovating the Augean stables, corresponding to the New York city government and cleaning up the world generally. When he had finished early Greece was a desirable place of residence, which so irritated the gang that they sent him a poisoned garment corresponding to a framed up scandal of these days, and he expired in great agony.

Hercules became a god after he died and loafed around Olympus in great comfort and luxury. He deserved his rest after performing his twelve great tasks, but it is lucky for Herk, that he isn't hanging around to-day looking for work. Someone might challenge him to drive the elephant and the moose in double harness and the land would be strewn with the fragments of a nex-strong man, before he had been on the job ten minutes.

Healthy and Unhealthy Lighting.

Gas, it may be said, vitiates the atmosphere. True. But it also helps to purify it. Its purifying power is greater than its vitiating power. Electricity does not vitiate, nor does it purify. Hear what three eminent men have said:—

Much evidence has lately been adducod to show that gas is more useful than the electric light in promoting efficent ventilation of air. It is for this, amongst other reasons, that gas is being frequently substituted for the electric light. The latest example is, perhaps, the Society of Medical Officers of Health, which has recently installed gas on its premises, after experience with the electric light.—Dr. Jamieson B. Hurry.

He would merely add that no member who had experience of their meeting room under the old conditions could deny the improvement that had taken place since gas had been substituted for the electric light and the new system of heating and ventilation had been installed.—Dr. Reginald Dudfield, before the Society of Medical Officers of Health.

I have in my mind's eye, at the moment, a hall which, in the old days was lighted by gas, and in which a large audience could, with comfort, sit through an hour's lecture, or with pleasure through a three hours' dinner, but which, with the march of civilization, had its illumination changed from gas to electricity, the latter been employed with all the latest refinements to effect the lighting under the best conditions, with the result that any large gathering within its walls leads to a state little short of asphyxiation.—Vivian B. Lewes, Professor of Chemistry at the Royal Naval College, Greenwich. —nov8,tf

5 New Pictures at the Crescent.

The week-end bill at the Crescent Picture Palace to-day and to-morrow is a hummer. Five new pictures, all features in themselves, will be shown and the vocalist has prepared a very pleasing song entitled "I wish today were yesterday." The following are the pictures: "The Burden Bearer," featuring Lois Webber and Phillips Smally, in a stirring Rex drama full of life and surprises; "The Whole Truth," an occurrence of every-day; "A Thrilling Rescue on the Banks of the Colorado" is a very fascinating Indian subject. As comedies, "The Adventurees of Mr. Phillips" showing clever illustrations of the famous cartoonist; "Mr. Hy. Meyer" and "Billy's Suicide" are certainly laugh-producers of merit and refinement. This programme is hard to beat. The best is always at the Crescent, the house of comfort and safety. Sessions afternoon and evenings. On to-morrow evening the usual big matinee will be the attraction. Next week the famous historical picture "The Execution of Lady Jane Grey, or a Queen for 15 days," will be presented.

Eggs!

2 Cases Local
Fresh Eggs
in by train to-day.

BUTTER!

We have just received per S. S. Florizel another shipment of our famous 2 lb. Prints of Butter.

Also few tubs choice Dairy Butter.

SOPER & MOORE

Here and There.

OFFICIALS BUSY.—Some of the officials at the City Council are busy these nights preparing information for the Citizens' Committee.

Stafford's Liniment cures Rheumatism, Lumbago, Neuralgia and all Aches and Pains. For sale everywhere.—jan22,tf

COUNCIL WILL DISCUSS SALARIES.—The regular meeting of the Municipal Council takes place at 3.30 this afternoon, when the salarics, proposition and other matters of importance will be discussed.

Enjoy your meals by taking a teaspoonful of Stafford's Prescription "A" before eating. It cures Indigestion and Dyspepsia, etc.—jan22,tf

EARLSHALL STILL AT PERNAMBUCO.—The barqt. Earlshall is having some delay at Pernambuco and is not likely to leave for here until late next week. The delay is principally caused by the repairs which are being made to her engines.

Try a bottle of Stafford's Phoratone Cough Cure if you are suffering from a cough or cold. Price 25c.; postage 5c. extra.—jan22,tf

MORE DIPHTHERIA AT MOUNT CASHEL.—Two boys were removed from Mount Cashel to the hospital yesterday to undergo observation for diphtheria. Five others are at present in the instituton suffering from the disease, which we are pleased to say is only of a very mild type.

DR. J. W. SILLIKER has had his offices thoroughly renovated and is now in a position to attend to his patients. American Dentistry at popular prices. jan22,3i

FIRE ALARM YESTERDAY. — A slight fire, caused by the upsetting of a kerosene lamp, occurred at the premises of H. J. Stabb and Co., yesterday afternoon. The fire companies were summoned to the scene, but the blaze was extinguished before their arrival. Very little damage was done.

Only One "BROMO QUININE"
That is LAXATIVE BROMO QUININE. Look for the signature of E. W. GROVE. Cures a Cold in One Day, Cures Grip in Two Days. 25c.—oct17, fr,tf

PROSPERO DETAINED AT WESLEYVILLE.—Messrs. Bowring Bros., Ltd., received a message from Capt. Kean, of the Prospero, yesterday evening stating that the ship was then at Wesleyville storm bound. A gale from the eastward, accompanied by snow prevailed, which made it impossibe for the ship to proceed north.

If you want your Overcoat cleaned pressed and repaired, or a new collar on it, bring it to LEO F. GOODLAND, 34 Gower Street, 2 doors east Cochrane Street.—nov5,eod.

VESSELS FROZEN IN.— The following message was received from Curling by the Deputy Minister of Customs yesterday: —"Schrs. Hiram Lowell, Frances Willard and Georgie Campbell are stuck in the ice off Wood's Island with full cargoes of herring. A south-east gale may clear them."

MAGISTERIAL ENQUIRY.—An enquiry relative to the death of John Mulcahey which occurred at the General Hospital last week, as the result of burns received while boiling pitch at the dock premises, was held yesterday afternoon before Judge Knight. Harold Andrews, who was in the stokehold of the ship with the deceased at the time of the accident was examined.

$22 for a first-class Overcoat, made from the famous warmth-without-weight material in our beautiful double breasted effect. Order one and be comfortable and stylish for the winter months. SPURRELL BROS., 365 Water Street, next door to Parker & Monroe's Phone 574.—nov22,eod,tf

M. C. L. I. Debate.

The regular meeting of the M. C. L. I. held last night was largely attended. The subject for debate was: "Should Newfoundland have an Educational Department with its head a Member of the Executive Government."

The affirmative side was taken by Messrs. A. Soper and W. G. Currie, while the negative was upheld by Rev. Dr. Curtis and Mr. A. E. Parkins. The subject was a very interesting one and the speakers' remarks were backed by sound reasoning. The speakers for the affirmative contended that while the Colonial Secretary was by law the Head of the Education Department, but his time was so occupied in other departmental matters that the duties of the office were undertaken by the Superintendents of Education. It was shown that the time of these gentlemen was so taken up with minor work that it was impossible for them to find time to improve the present system.

The Rev. Dr. Curtis for the negative very ably reviewed the wrok as at present carried on, claiming that our present Education Department possessed that for which the opposite side contended. The Colonial Secretary is the head of the Education Department and in Mr. Mews, the Deputy, the country possesses an efficient under secretary. The Rev. Dr. pointed out the satisfactory manner in which the present system was conducted, and intimated that the system ran so smoothly that only a small portion of the time of the Colonial Secretary or his Deputy was necessary for the work.

The Institute is deeply indebted to Rev. Dr. Curtis for devoting so much of his valuable time to the subject of debate, and for placing at their disposal the result of his several years experience in educational matters. Those present at last night's meeting showed much enthusiasm in the subject, and it was particularly gratifying to notice such a large number of young men in attendansce. When the vote was taken up a substantial majorty was given in favour of the affirmative.

STOP COUGHING.

It's quite as foolish as it is annoying to keep on coughing since

PHORATONE COUGH MIXTURE

is sold all over Newfoundland and is guaranteed to sooth and heal the irritated parts at once, and to rapidly destroy the very cause of this aggravating nuisance. Hundreds of persons are complaining every day about the cough or cold they have had for a long time, and are not able to get rid of it. Don't let a cough or cold hang on you day after day and run the risk of catching and developing the "cough" that is not easily to throw off. You will avoid all this worry (about the cough or cold you have) by obtaining

PHORATONE COUGH MIXTURE

at once.

Price 25 cents a bottle, postage 5 cents extra.

Prepared only by

DR. F. STAFFORD & SON,
St. John's, Nfld.
(Manufacturers also of Stafford's Liniment and Prescription "A.")

The Singing Touch.

Millions of people play the piano. Few people listen to them. Why is that? Let me remind you of a little story. One summer Joseph Jefferson, the dearly beloved old actor, spent a part of his holiday near a lonely little village. Early Sunday morning he met the clergyman of the place. Church and stage instantly became friendly and Jefferson was asked whether he would care to read a part of the service. He consented to read the Lord's Prayer. After the service, the white-haired clergyman, shook his hand. Tears were in his eyes, as he said: "Ah! Mr. Jefferson, you ought to have entered the Church!" "Why?" asked the great actor. "Because what you read sinks into the hearts of your hearers. I thought I had never heard the Lord's Prayer before, you read it so beautifully!" "Well," said the modest old actor, "you know, don't you, that hardly one person in a million is ever rightly taught to read."

Similarily, few people are ever rightly taught to play. That is why, perhaps, so few care to listen to the average player. If you will follow these directions carefully, you will learn to play accurately. After a year or two, your friends will want to hear you.—Dr. Von Liebich, in Woman's World for February.

Headaches and Heart Trouble

Nervous Prostration of Three Years' Standing Cured a Year Ago by Dr. Chase's Nerve Food.

Anyone who knows the discouragement and despair which accompanies the helplessness of nervous prostration will appreciate the gratitude felt by the writer of this letter.

Mrs. H. C. Jones, Scotch Lake, C. B., writes: "I suffered from nervous prostration for nearly three years. I had frequent headaches, had no appetite and was troubled with my heart. After consulting two doctors, without obtaining satisfactory results, I began the use of Dr. Chase's Nerve Food, and was completely cured by this treatment. It is nearly a year since I was cured, and I want others to know of this splendid medicine. I now attend to my housework with pleasure and comfort, and am glad to have the opportunity of recommending Dr. Chase's Nerve Food."

At least some benefit is bound to be derived from each dose of this great food cure, as day by day it forms new blood, and builds up the system. 50 cents a box, 6 for $2.50, all dealers, or Edmanson, Bates & Co., Limited, Toronto.

FALL OVERCOATINGS

in the season's most approved fabrics are ready for your inspection.

The High Standard, which we have set in past seasons, combined with recently added facilities, enable us to pronounce our Fall Showing

SUPERIOR TO ANYTHING SHOWN ELSEWHERE.

CHAPLIN,

The Store that Pleases.

There is still
COLD WEATHER
Enough ahead to enable you to give

NEW-KNIT

Unshrinkable

UNDERWEAR

A TRIAL.
"GO TO IT"

The Nfld. Knitting Mills, Ltd.,
Alexander Street.
jan19,tf

40,000 Pairs Rubbers and Gaiters!

We have just received a very large stock of Rubbers from the leading manufacturers in the United States and Canada. They were bought at the very lowest cash prices for taking such a quantity, which puts us in a position to offer them to our customers at extremely low prices.

The stock includes the well known brands "Canadian," "Maltese Cross," "Woonsocket," etc.

Parker Monroe, Ltd.

195 and 363 Water Street.