

DO YOU ENVY THE HEALTH OF OTHERS?



The example illustrated here is typical of thousands of similar tributes to Fleischmann's Yeast.

There is nothing mysterious about its action. It is not a "cure-all," not a medicine in any sense. But when the body is choked with the poisons of constipation—or when its vitality is low so that skin, stomach, and general health are affected—this simple, natural food achieves literally amazing results.

Concentrated in every cake of Fleischmann's Yeast are millions of tiny yeast-plants, alive and active. At once they go to work—inactivating the whole system, clearing the skin, aiding digestion, strengthening the intestinal muscles and making them healthy and active.

Dissolve one cake in a glass of water
(Just hot enough to drink)

—before breakfast and at bedtime. Fleischmann's Yeast, when taken this way, is especially effective in overcoming or preventing constipation. Or eat 2 or 3 cakes a day—spread on bread or crackers—dissolved in fruit juices or milk—or eat it plain. Write us for further information or let us send you a free copy of our latest booklet on Yeast for Health. Address: The Fleischmann Company, 291 Duckworth Street, St. John's, N.F.

"I am a mail-carrier, and it may sound strange that a man walking twelve miles a day, six days a week, should suffer from constipation. But I did for over three years. Then about eleven months ago, a friend of mine said, 'Black, why don't you try Fleischmann's Yeast?' After the first month I noticed a remarkable difference, and when Saturday night came I still had some pep left. Fleischmann's Yeast has relieved me completely of constipation."

(Extract from a letter of Mr. J. F. Blackburn, of Oakland, Cal.)

Fleischmann's Yeast comes only in the tinfoil package—it cannot be purchased in tablet form. All grocers have it. Start eating it to-day! A few days' supply will keep fresh in your ice box as well as in the grocer's.



FLEISCHMANN'S YEAST IS MADE IN CANADA.

ANNOUNCING!

Racine Multi-Cord Tires and Tubes

Quality Unsurpassed
Prices Surprisingly Low

CALL AND SEE THEM

Job's Stores, Ltd.

Portia to Ply Between Cape Breton and Ancient Colony

WEEKLY SERVICE TO AND FROM BAY OF ISLANDS IS FORECAST—LARGE FREIGHT SHIPMENTS BETWEEN PORTS EXPECTED DURING SUMMER.

NORTH SYDNEY, April 11.—A regular steam-ship service between this port and Humbermouth and Corner Brook, Newfoundland, will be inaugurated May first by the Newfoundland Government steamer Portia, it was announced at the local office of the Government Steamship Lines to-day.

The Portia will make regular weekly trips on this route during the coming summer and the expectation is that the service will be maintained annually during the season of open navigation in the Straits of Bell Isle and Bay of Islands.

Traffic between this port and Newfoundland, already heavy, is increasing daily, and to-day about thirty-five cars of freight are on hand for transshipment by water to Newfoundland.

S.S. Kyle, the only steamer now in the North Sydney-Newfoundland service, is capable of carrying between ten and twelve cars of freight, according to weight and bulk. The steamer has been making a round trip about every forty-eight hours, but it is not expected on account of train delays in Newfoundland to exceed her regular tri-weekly service.

At the present freight for Newfoundland is arriving by rail at the rate of thirty-five cars a day or thirty-five cars a week, an excess over what the steamer is capable of handling. As the season advances there will be a decline in rail forwardings via this port from Montreal and west, because of the steamer freight services to be inaugurated out of Bay of Islands' ports by the Armstrong, Whitworth Company. On the other hand, eastern and local consignments are expected to increase heavily between this port and Newfoundland is expected to be the largest for many years.

At the present time approximately one in every four cars of freight received here for transshipment to Newfoundland are consigned to the Corner Brook development area, and although this percentage will drop with the opening of river navigation, the present plan of the Newfoundland Government steamships and railways is to augment the traffic between North Sydney and the new port of Corner Brook, by making the port of Humbermouth the distributing point for freight, consigned to outports along the Bell Isle coast and to rail points over a restricted area in the interior.

The diversion of this amount of traffic is expected to relieve the Port aux Basques-North Sydney route of a sufficient amount of traffic to enable the Kyle to maintain a firm average traffic without delays. In addition to the government service between this port and Bay of Islands, as exclusively announced by the Post some weeks ago, the Farquhar Trading Company plans to inaugurate a similar service with their steamer Sable I.

It is not anticipated that the demand for accommodation for general freight will exceed this, but in the event of an unexpected surplus of traffic both the Newfoundland Government and the Farquhar Trading Company are prepared to augment their services to meet the requirements of the trade.—Sydney Post.

Sachem in Port

S.S. Sachem arrived in port at 11.30 yesterday, from Boston and Halifax, bringing a large cargo, including a shipment of 45 head of cattle from Halifax. The following passengers also arrived by the ship:—
From Boston—Miss E. Batten, Mrs. M. Ryan, E. Reid, Rev. S. Simpson.
From Halifax—P. E. Denault, Mrs. E. Syme, Miss M. Syme.

Two Leaders

Our High Grade Home-made candies and "Perfection Brand" ice cream, to be had only at Power's Candy Store, 215 New Gower Street.
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THE BRILLIANT VAUDEVILLE TEAM

Dwyer Sisters

The Snappiest and Prettiest Singing and Dancing Duo on the American Continent.

DAZZLING COSTUMES--NEW SONGS--DAINTY DANCING
APPEARING TWICE DAILY--AFTERNOONS AT 4. NIGHT AT 9.

TODAY'S PICTURE PROGRAMME:

VIOLA DANA
IN THE METRO DRAMA

'THEY LIKE 'EM ROUGH'

'THE YELLOW ARM'
12th Episode.

'HAZEL FROM HOLLYWOOD'
Christie Comedy.

Pin This Up in Your Kitchen

FARMERS FAVOURITE FERTILIZERS

Approved of by the Canadian Government Department and guaranteed free from pulverized sand or other adulterant. You can rely on their good quality.

The farmers who make money are those who use Fertilizers. They get larger and better crops.

Fertilizers will put into your ground the nutriment which your crops took out last year.

Just as you need food to do your year's work, so does your ground need food to produce good crops.

Putting Fertilizer into your ground is like putting money into the Savings Bank, you get back greater value in the Fall.

Try Farmers' Tested Fertilizers this Spring, remember, 10 additional barrels of potatoes or other vegetables will repay the cost of 5 or more bags of Fertilizer.

Farmers' Fertilizers have been favorites for years in Newfoundland, they'll make your garden grow.

Put Fertilizers on your ground now and let the Spring rains carry their goodness into the soil.

After your crops begin to show over the ground, put some Fertilizer on top of the ground near each plant and watch them grow.

Don't pay too much attention to "Analysis," you can be deceived. Remember we guarantee our Fertilizers.

Colin Campbell, Ltd.

apr14,24,m.w.s

COMPARISONS ARE ODIUS

and FIGURES are often confusing. Perhaps you would like to have—without any obligation on your part—a practical, common-sense, every-day explanation of a certain kind of Life Insurance Policy?

If so, it will be my pleasure to serve you.

CALL AND SEE ME.

CYRIL J. CAHILL,

Manager for Newfoundland.

CROWN LIFE INSURANCE COMPANY.

(Head Office: Toronto, Canada).

Offices: Law Chambers Duckworth Street.

Star Entertainment

A card party and dance will be held in the Star rooms to-night, under the auspices of the Star Ladies' Association. The dance music will be supplied by the C. C. C. Orchestra, while supper will be served by the Ladies' Auxiliary, who are well known for their catering. An enjoyable evening is being anticipated.

Shipping

S.S. Spees is scheduled to leave Boston for Halifax and this port on the 28th inst.

S.S. Walker arrived in port from the Southern Shore route at midnight on Saturday, bringing a part cargo and 13 passengers.

Schrs. Beulah Mae has arrived with a cargo of salt, consigned to order, after a passage of 35 days from San-Francisco.

Girl Guides' Concert

CANON WOOD HALL TO-NIGHT. An entertainment of unusual interest takes place at Canon Wood Hall to-night, in aid of the St. John's Girl Guides. The affair will be held under

the patronage of Lady Allardyce, and takes the form of a Concert and Sketch. Amongst those who will assist in the concert, are:—Mrs. Christian, Mrs. Mews, Mrs. LeMessurier, F. R. Emerson, Misses Doris Withers, Mary Halley, Mary Harris, Doris Mews, Edith Joyce; Messrs. W. A. Tucker and S. Fraser. A sketch entitled "Widows," will be staged immediately afterwards. The programme will be taken by Mesdames Outhridge and LeMessurier, and Miss Mary Ryan.

None of the above artistes require any introduction to the public, their reputations as entertainers being generally widely known, and their being connected with the programme guarantees a very enjoyable evening to those who will attend.

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The complete Latin and English of all the offices. It is the only Edition in which the Tenebrae Psalms are pointed and accented for singing.
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