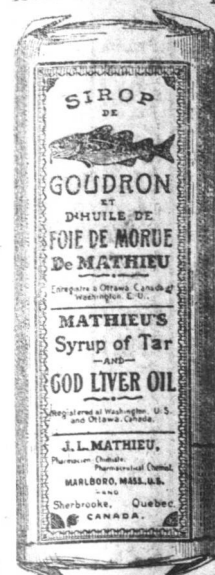


PERSISTENT COUGH.

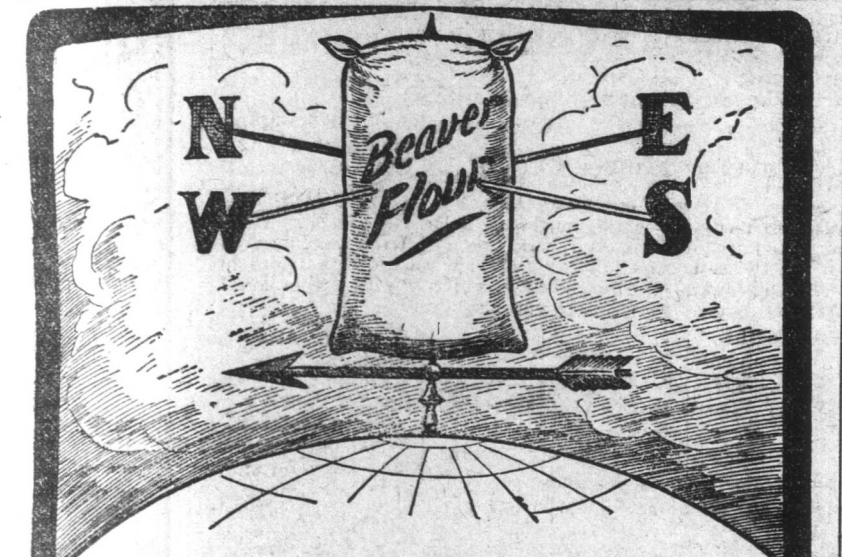
Wherever soothing syrups fail to cure that persisting cough which exhaust you, MATHIEU'S SYRUP of Tar and Cod Liver Oil and other medicinal extracts will rapidly and definitely rid you from it.



PORT GREVILLE, C.B., Dec. 31, '09. Blacking & Mercantile Co., Ltd., Amherst, N.S. Dear Sirs,—Please ship by next express if possible, 3 doz. Mathieu's Syrup. It is the best cough mixture on the market. Yours truly, W. STERLING.

CHURCH POINT, July 31, '08. Blacking & Mercantile Co., Ltd., Amherst, N.S. Dear Sirs,—Nearly one year ago I had my first order of "Mathieu's Syrup" from you. It was not known in this country, and I gave samples to several families whom I knew would use it. After a few weeks I began to have a call for it, and trade has increased wonderfully since. I have not the least doubt but that it will soon be the best selling remedy for coughs, colds, etc., on the market. In my store here sales are good and our people ask for it. Several stores in this country now keep it in stock and report sales increasing. I have bought from you since August 10th, 1907, 4 Gross and have only 3 dozen on hand at this date, and which I am holding for retail trade in my store. Yours truly, LOUIS A. McLANSON.

AGAINST HEADACHE there is no remedy so active as Mathieu's Nerve Powders which contain no opium, morphine or chloral. 25 cts. per box of 18 powders. J. L. MATHIEU CO., Sherbrooke, Canada. THOS. McMURDO & Co., Wholesale Chemists and Druggists, St. John's, Nfld.



North, South, East and West "Beaver" Flour

POINTS THE WAY TO PERFECT RESULTS ON BAKING DAY. It is a blend of Ontario Fall wheat and Manitoba Spring wheat. All the flavor and pastry making qualities of Fall wheat combined with the strength of Spring wheat. Best for all purposes. At your grocer's.

Advertisement for Brass and Iron Bedsteads. Includes an illustration of a bedstead and text: 'Our stock of Brass and Enamelled Bedsteads, for Spring and Summer, represents values that are very unusual. All Brass Bedsteads—in Rich and Handsome Effects. All White Enamelled Bedsteads—in Neat and Dainty Designs. White Enamelled Bedsteads with Brass Trimmings—in Pleasing Effects. Also, a complete line of COLORED ENAMELLED BED-STEADS, in the latest and most desirable tints, to match or harmonize with room decorations. U. S. PICTURE & PORTRAIT CO., HOUSE FURNISHERS.'

Advertisement for Farmers' Attention! 'We are booking orders for Fertilizers for Spring delivery: Imperial Superphosphate, Special Potato Phosphate, Bone Meal, Floral Life, Nitrate of Soda. Get our prices before placing your orders. COLIN CAMPBELL, 12 Board of Trade Building.'

The Evening Chit-Chat

By RUTH CAMERON

"For of all sad words of tongue or pen The saddest are these: It might have been."



For the most part I'm not very superstitious, but I believe in one kind of "hants," and I think it a very dangerous one, and that is "vain regrets."

Nothing on earth saves any one's energy more than regrets. Suppose you are going somewhere and have the choice between one route and another, and you choose one and then find that you would have done better to take the other. The loss of time, of course, is unfortunate, but why, by reckoning just how much time you would have gained the other way and just how much you could have done in the lost time, and saying, "If I had only gone the other way," should you tear down your brain tissue with fretting and add to the loss of time a loss of energy? If I had telephoned to the office before I started to town yesterday I could have gone directly to the place where I was to be sent, met the man whom the editor wished me to see and finished my work by noon. As it was, it took me an hour longer than necessary to get to the place.

I missed the man, had to wait two hours for him to return, and didn't finish my work until late in the afternoon. As I sat there waiting my mind started in to flay itself with "It might have been," and "If you only had sense enough to call me up," and other accusations along that line, and I began to think what I might be doing if only— And then I stopped and said, "I've wasted enough energy by making this mistake. I won't waste any more by regretting it."

And I shunted that regretful train of thought clean off the track and immediately started another one in its place so that it shouldn't be able to get back in the marvelous way untruly trains of thought so often do.

I know a woman who, after having made an important purchase, almost always goes the rounds of all the shops she has not yet visited in order to see if by chance she could have done better.

Imagine inviting and coaxing regrets into your mind in that absolutely insane way. Most of us are besieged with enough of them without going out to hunt for them like that.

"How is he able to accomplish so tremendously much?" asked in regard to a big political man the other day. His secretary looked thoughtful. "I think," he said slowly, "it's because when a thing is done he puts it absolutely and utterly aside."

That meant mistakes as well as everything else. Mistakes, "It might have been," "If I only had," are bitter things, of course, but he who wastes himself in regretting an irrevocable mistake is merely making it twice.

Ruth Cameron

The Tenderfoot Farmer. It was one of these experimental farmers, who put green spectacles on his cow and fed her shavings. His theory was that it didn't matter what the cow ate so long as she was fed. The questions of digestion and nourishment had not entered into his calculations. It's only a "tenderfoot" farmer that would try such an experiment with a cow. But many a farmer feeds himself regardless of digestion and nutrition. He might almost as well eat shavings for all the good he gets out of his food. The result is that the stomach grows "weak"; the action of the organs of digestion and nutrition are impaired and the man suffers the miseries of dyspepsia and the agonies of nervousness. To strengthen the stomach, restore the activity of the organs of digestion and nutrition and brace up the nerves, use Dr. Pierce's Golden Medical Discovery. It is an unfailing remedy, and has the confidence of physicians as well as the praise of thousands healed by its use. In the strictest sense "Golden Medical Discovery" is a temperance medicine. It contains neither intoxicants nor narcotics, and is as free from alcohol as from opium, cocaine and other dangerous drugs. All ingredients printed on its outside wrapper. Don't let a dealer delude you for his own profit. There is no medicine for stomach, liver and blood "just as good" as "Golden Medical Discovery."

HOUSEHOLD NOTES.

For a dainty and easily made dessert, try slicing oranges and sprinkling a layer of fruit with grated or shredded fresh cocoanut. Let it stand half an hour before serving. Sugar may be added if the oranges are not sweet. To make a good sweet potato pie, take a cup of mashed sweet potato, a teaspoonful of cinnamon, half a teaspoonful of salt, same of nutmeg and ginger, half a cup of sugar, a cup of milk and one well-beaten egg. Bake for half an hour in a slow oven. A savory breakfast dish may be made as follows: One large cup of calves' liver and bacon minced, half of a sweet green pepper cut fine, all browned well in a pan liberally greased with butter and then four eggs stirred in until the eggs are set. To remove grease spots from wall paper, sprinkle baking soda over blotting paper and place over the spot and press with a moderately iron for a few minutes. The blotting paper will absorb the grease and the paper on the wall will be free from spots. To clean silk and woolen clothes of grease spots, they may be gently rubbed with a cake of magnesia, laid away for several days, and then shaken out. It will not hurt to press the magnesia in with a hot iron, first covering the fabric with brown paper. The white of an egg, slightly beaten and the crushed shell of the egg

Snapshots Around the World.

(By The Man in the Moon.)

Mrs. James Holt, at St. John, N.B., celebrated her 107th birthday on March 16th. She was born in Ireland. A Portuguese barque bound to the United States was recently lost off the Azores. Forty emigrants were lost, while twenty-three of the passengers and crew were saved. Dr. Roddick, a native of Hr. Grace, who has won a warm place in the hearts of the Canadian people, presided at the lecture recently given in Montreal by Capt. Bob Bartlett.

Mr. William Mackenzie, who is in London, recently expressed the opinion that the Hudson Bay Railway would be running in three years. Mr. Mac is President of the Canadian Northern Railway. Edward Payson Weston, who is walking from Los Angeles to New York had arrived at Newton, Kansas, on March 18th, nine days ahead of time. On St. Patrick's Day he walked forty-four miles. His age is nearing the three-score and ten.

Miss Annie Forsell, while being wheeled in a semi-unconscious state from the operating room, after being operated on, was caught between the elevator and the ceiling and crushed to death. An order was arrested and held on a technical charge of homicide.

A British officer who had been enjoying a holiday in Canada, thought he would visit some friends of his in Chicago. He was disappointed, however, as the Immigration Officer would not allow him to enter the U. S., on the grounds that he was not a desirable person. On the 18th March four hundred children arrived in Halifax on the Allan Line. They are from the Barnado Home in the Old Country, and were on their way to Ontario for distribution. The party comprised 320 boys and 80 girls. Twenty-two thousand boys and girls have crossed the ocean for new homes under the same auspices since 1882. Victoria, B.C., March 15.—A report has been made to the Marine Department by Captain Heater, of the whaling steamer "Orion" that the steamer fouled her cable while taking a whale, six miles south of Uclueluet, on Vancouver Island, on what seemed to be a submerged wreck, and Captain Heater is of the opinion it may prove to be H. M. S. "Condon," which foundered in December, 1901, with 104 officers and men. The location of the supposed wreck is in fifty fathoms of water. [The Capt. Heater referred to above is likely a native of Hr. Grace, as there are two brothers (captains) of that name in British Columbia from the Bay Metropolis.—M.M.]

A MOTHER'S ANXIOUS TIME

Promptness Saved Her Child "My daughter was in the last term of her High school work when it suddenly and forcibly dawned upon me that her little cough had been hanging on, even in spite of the warm weather. Looking at her anxiously, for a fear had come into my mind, I saw she had grown pale and a lot thinner. It seemed queer I hadn't noticed it all along before, but, you see, I counted on it wearing away. What an awful risk for parents to take! Of course, didn't tell her how anxious I was, but I watched the effect of Ferrozone with the utmost anxiety. My girl seemed so slow to improve, and the first two weeks seemed like a year. By this time not even the first box of Ferrozone had been used up, still she had greatly improved appetite, and her progress after that was splendid. When the weather improved, she walked a lot, and gained steadily in vigor and weight. The hacking cough disappeared, and with it every trace of weakness. I know of no tonic so nourishing, strength-giving, so beneficial for growing girls, as "Ferrozone."

Not only for girls, but for all who are weak, tired, pale, run down and in depressed spirits—there is no medicine so sure to win back vigorous health as "Ferrozone." Try it, one or two tablets at meals; 50c. per box, six for \$2.50, all dealers, or The Cattaraugus Co., Kingston, Canada.

Before winter clothes are put away the skirts should be most carefully brushed and cleaned, for if dust and unsightly spots are allowed to remain on them for several months they will seriously injure the fabric. It is much more difficult to clean garments after they have been stored than before.

Women Who Suffer

from woman's ailments are invited to write to the names and addresses here given, for positive proof that Lydia E. Pinkham's Vegetable Compound does cure female ills.

- Painful Periods. Gothen, Ala.—Mrs. W. T. Dalton, Route No. 3. Chicago, Ill.—Mrs. Wm. Tully, 425 Ogden Av. Paw Paw, Mich.—Mrs. Emma Draper. Flushing, Mich.—Mrs. Burt Loyd, R. F. D. No. 1, care of H. A. Sankora. Coffeyville, Miss.—Mrs. S. J. Jones. Cincinnati, Ohio.—Mrs. Flora Abr, 1822 Ernst Street. Cleveland, Ohio.—Miss Lizzie Steger, 6510 Fleet Avenue, S.E. Westerville, Pa.—Mrs. Maggie Barr, R.F.D.1. Dyersburg, Tenn.—Mrs. Leo Hilliard, R. E. L. Hayfield, Va.—Mrs. Mayme Winder. Irregularity. Herrin, Ill.—Mrs. Wm. May Deal. Dyer, Ind.—Mrs. Wm. Oberholt, R. F. D. No. 1. Baltimore, Md.—Mrs. W. S. Ford, 1338 Lancaster Street. Roxbury, Mass.—Mrs. Francis Merkle, 13 Field Street. Clarksburg, Mo.—Miss Anna Wallace. Guyaville, Ohio.—Mrs. Ella Michael, R. F. D. Dayton, Ohio.—Mrs. Ida Hale, Box 25, National Military Home. Lebanon, Pa.—Mrs. Harry L. Rittito, 235 Lehman Street. Sykes, Tenn.—Minnie Hall. Detroit, Mich.—Mrs. Louise Jung, 322 Chestnut St. Ovarian Trouble. Vincennes, Ind.—Mrs. S. B. Jernald, 608 N. Fourth Street. Gardiner, Maine.—Mrs. S. A. Williams, R. F. Philadelphia, Pa.—Mrs. Chas. Boell, 2407 N. Grand Street. Pittsburg, Miss.—Miss Verma Wilkes, R.F.D.1. Female Weakness. Williamsport, Conn.—Mrs. Etta Donovan, Box 209. Woodside, Idaho.—Mrs. Rachel Johnson. Rockland, Maine.—Mrs. Will Young, Columbia Avenue. Scottville, Mich.—Mrs. J. G. Johnson, R.F.D.3. Dayton, Ohio.—Mrs. F. R. Smith, 431 Elm St. Erie, Pa.—Mrs. J. P. Knidlich, R. F. D. No. 7. Beaver Falls, Pa.—Mrs. W. F. Boyd, 2106 Seventh Avenue. Fairbanks, Alaska.—Mrs. I. Dunham, Box 102. Fort Hunter, Pa.—Mrs. Mary Jane Shatto. East Earl, Pa.—Mrs. Augustus Lyon, R.F.D.2. Vienna, W. Va.—Mrs. Emma Wheaton. Nervous Prostration. Oranogo, Mo.—Mrs. Mrs. McKnight. Camden, N. J.—Mrs. Thilo Waters, 401 Liberty Street. Joseph, Oregon.—Mrs. Alice Huffman. Philadelphia, Pa.—Mrs. John Johnston, 210 Second Street. Christiansia, Tenn.—Mrs. Mary Wood, R. E. D. No. 2. Peeco, Texas.—Mrs. Ada Young Eggleston. Grantville, Va.—Mrs. Chas. Barclay, R.F.D. These women are only a few of thousands of living witnesses of the power of Lydia E. Pinkham's Vegetable Compound to cure female diseases. Not one of these women ever received compensation in any form for the use of their names in this advertisement—but are willing that we should refer to them because of the good they may do other suffering women to prove that Lydia E. Pinkham's Vegetable Compound is a reliable and honest medicine, and that the statements made in our advertisements regarding its merit are the truth and nothing but the truth.

J. J. HENLEY, To the Trade, The Leading Mattress Manufacturer. Having enlarged our Factory and installed the latest Machinery, we are now in a position to turn out any quality or quantity at the shortest notice. We also carry a full line of SPRINGS, BOLSTERS, PILLOWS, COUCHES and CHAIRS. We make a specialty of Steamship Upholstery. Telephone, 642. Factory and Office, Henry Street, St. John's, - - Nfld.

Holy Week Books! THE OFFICE OF HOLY WEEK, from the Roman Missal and Breviary, together with the Blessing of Oils on Maundy Thursday. Cloth, 17c. THE OFFICE OF HOLY WEEK, according to the Roman Missal and Breviary, with an explanation of its ceremonies and observances, by Father Crosset, S.J. Cloth 30c. Paste Grain Morocco, gilt and round corners, 65c. GARRETT BYRNE, Bookseller & Stationer.

Good Results are obtained when Readymade Departments are stocked with Clothing made at our Factory. Our Clothing enables dealers to make quick sales and gives you an ever increasing number of satisfied customers. WHOLESALE ONLY. Newfoundland Clothing Factory, Ltd., 225 and 227 Duckworth Street.

Say It! Headaches. Biliousness. Constipation. Ayer's Pills. Sugar-coated. Easy to take. Don't forget. Headaches. Biliousness. Constipation. Ayer's Pills. Sugar-coated. Easy to take. Don't forget. Headaches. Biliousness. Constipation. Ayer's Pills. Sugar-coated. Easy to take. Don't forget.