

Sound Refreshing Sleep

A Cup of



Allenbury's Malted Milk

(PRE-DIGESTED)
taken just before going to bed is very helpful to those who are unable to sleep. It is a complete food very easy of digestion and has the effect of soothing and quietening the nerves which results in sound refreshing sleep. The Allenbury's Malted Milk is quickly and easily made by the addition of boiling water only.
Obtainable from all Chemists, Stores, etc., throughout the B.W.I.
ALLEN & HANBURY'S LIMITED, LONDON.
Special Representatives for the B.W.I.
H. S. HALSALL, P.O. Box 57, BRIDGETOWN, BARBADOS.

Personals

(Newfoundland Weekly.)

We were glad to welcome at the office of the "Weekly" during the past week:

Hon. Dr. J. A. Robinson, of St. John's, who is visiting Boston, accompanied by his wife, Hon. Dr. Robinson is widely known in public and political life in Newfoundland and is one of her most prominent citizens. He was recently appointed a member of the Legislative Council of Newfoundland and during his career has filled many important and responsible positions. For several years he has occupied the editorial chair of the "Daily News" and "Free Press," and his abilities as a gifted public speaker, scholarly writer and eminent authority on matters pertaining to Newfoundland are known to all our countrymen. Actively identified with every movement that has as its object the advancement of citizens and citizenship in the homeland, Hon. Dr. Robinson plays a leading part in the progressive life of the Colony. He will remain in Boston for a few days and then return to St. John's.

Mr. Arthur Monroq son of Hon. W. S. Monroe, Premier of Newfoundland. Mr. Monroq is visiting Boston on business and to seek medical advice, and expects to leave again for Newfoundland this week. During his stay he was registered at the Hotel Brunswick, where his mother, Mrs. W. S. Monroe, is also registered.

THE ELECTRIC CURE IS POPULAR

As Pleasant as it is Effective.

It is grand to put on an electric battery while lying down resting, and feel its exhilarating influence in every nerve and muscle. There is no inconvenience attached to it in any way. One hour's daily application is sufficient. There is not the slightest shock or irritation, but a gentle, soothing warmth that goes direct to the nerve centres. That kind of electricity cures, and the cure it gives is permanent.

People will sometimes try an ordinary battery (made, no doubt, for commercial purposes), or a shocking current which irritates the nerves, and conclude that electricity is not suitable. It will not do any good in that form. The current must be given without shock—without irritation of any kind—and in this way the very weakest individuals can be built up.

No one is too weak to use electricity. In such cases a longer building-up process is required. But the results are just as certain as water is to extinguish a fire when applied in sufficient quantities. If a proper battery is used it is possible to apply a very strong current, free from all inconveniences. How much more pleasant it is to be cured in this way, while resting, than to be pouring medicine into the poor weakened stomach until it is impossible to do without it! This drug habit grows on one like the whisky habit, and no wonder, as alcohol forms the chief ingredient of many preparations. It is simply adding more poison to the weakened organs. Why not stop it?

Rheumatic sufferers, those crippled with Lumbago, Sciatica, or Gout; the victim of weakened stomach, kidneys, liver, bowels or bladder; the person with the shattered nervous system and suffering from Paralysis, Epilepsy, Neurasthenia, Insomnia, or Neuralgia should seek a restoration of health in the electric cure. Don't say, "It might not do me any good!" It will do you good if you resort to the right means. It will cure you.

There is a book for free distribution among all our readers which covers the subject fully. Special booklets for Ladies and Gentlemen. Please specify which is required when writing. You should not be without it if you are not in possession of perfect health. It tells the cause of weakness and disease, and how a cure can be gained. It describes the most successful remedy known—the "Ajax" Dry Cell Battery. The history of many cases is sent with the book. It costs you nothing to get it.

Write at once to the British Electric Institute Dept. 410, (Ajax, Ltd.), 25, Holborn Viaduct, London, E.C.1, England, and you will receive by return post the most valuable book ever published on the subject. It is sent in a plain, sealed envelope, together with full information concerning the treatment free.

In order to save time correspondents should, when writing for the Free Booklet, state their age, sex and full details of their case, for then precise advice can be sent by return mail. All letters are treated in strictest confidence.

Panama Canal Turns Railroad Map Topsy-Turvy

The Isthmus of Panama is no longer an isthmus. The Panama Canal cut short its existence as a "neck of land connecting two continents." North America and South America are now two separate continents.

That bit of elementary geography, along with the further fact that it is much cheaper to ship by water than by rail, accounts for what Agnes C. Lant writing in Forbes Magazine (N. Y.), calls "a complete shift in the rail and manufacturing map of the United States."

"That is the real meaning," says the writer, "of the frantic agitation for a Great Lakes Highway to the Atlantic. As the Sault Canal laid the foundation for the twenty years prosperity of Minnesota and the Dakotas, so the Great Lakes Highway says a greater

canal from Atlantic to lake head the avenue of escape from rates higher than by Panama.

"That is the real reason for the writhing restlessness of the inland states and the bitter quarrel over the long and short haul.

"That is largely the real reason for the amalgamation of the rails west of the Mississippi into great new systems feeding the Gulf and the Pacific.

"And now for facts. "The surplus producing areas of the United States are in the heart of the continent, 800 to 1,500 miles from seaboard. The cost of transportation by rail has now reached the point where a 1,000-mile haul wipes out the profit." (Ritter on Great Lakes Highway.)

"Therefore the shipper is cutting his haul by a shorter route to the sea.

"The average mileage made yesterday by all the cars in the United States is less than 20' (Ritter).

"It is a poor ship, even among tramps, that does not make 200 a day.

"There is no trackage, there is no right-of-way, there are no rail or ties to be renewed on the sea.

"You can ship by water for five miles for the cost of shipping one mile by land. (See the figures of hearings on Lakes to Atlantic Waterways.)

"The earnings of eight Southwestern roads feeding Pacific and Gulf ports increased from 1922 to 1924 all the way from 16 cents a share on common stock to as high as \$22.50."

UNIQUE SCHOOL EXAMINATION INCIDENT

WARSAW, May 8.

A strange tale of violence comes from Vilna, where, despatches say, three boy students, angered because they had been barred from the High School graduation examination, broke into the school during the test, and began firing wildly, their shots killing the teacher and three students, and wounding several others. One of the assailants was killed when he dropped his hand grenade and another committed suicide.

Wedding Bells

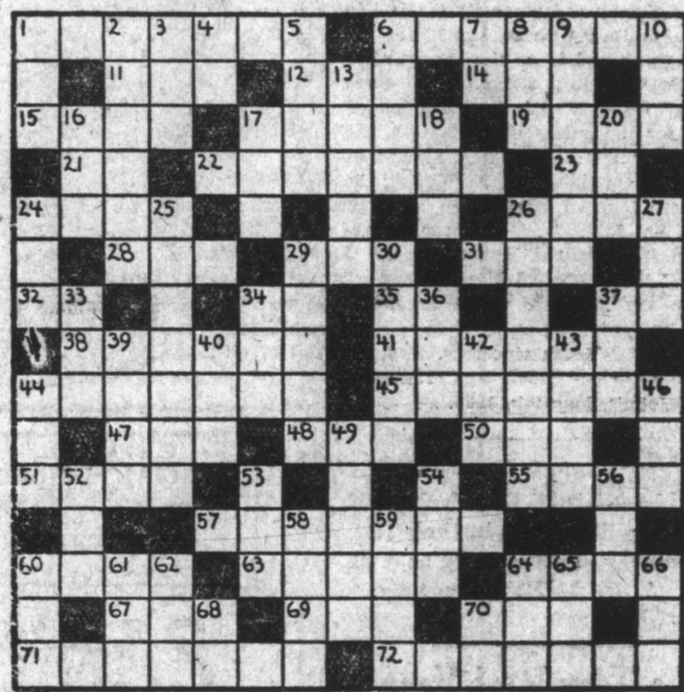
KIRBY-ANDERSON.

The Church of the Holy Trinity, Burlington, was the scene of a very pretty wedding on Wednesday, April 22nd, when Mr. F. T. Kirby and Miss Emmie B. Anderson were united in the holy bonds of matrimony by Rev. J. A. Meaden, M.A. The Easter decorations had not been removed, and the Sanctuary and Altar particularly, looked very beautiful in their festive garb, and helped to emphasize the holy joy so inseparably connected with the solemnization of matrimony. It is some time since a marriage took place here in which the community was more generally interested, both parties being well known and very popular—the bride by reason of her long standing connections with the activities of the Church and the place she has filled in the life of the community.

The various business houses and the shipping in the harbour and on the Dock were gaily bedecked with bunting in honour of the event. The bride was beautifully attired in a dress of white Liberty satin, hand-made throughout, with veil and wreath of orange blossoms. She was attended by Miss Emily Bungar, who was very prettily dressed in pink Satin-de-Len with black picture hat, and was given away by her brother, Mr. George Anderson. The groom was ably supported by his cousin, Mr. Malcolm Pike of St. Lawrence. The bride being a member of the choir, the full choir was in attendance, with Mrs. Meaden at the organ. After the ceremony the bridal party repaired to the home of the bride amidst showers of confetti, and an outburst of blasts from a multitude of horns, which seemed suddenly to have awakened a reception followed which was attended by the immediate relatives and friends, and where the health of the bride and groom was proposed and duly honoured.

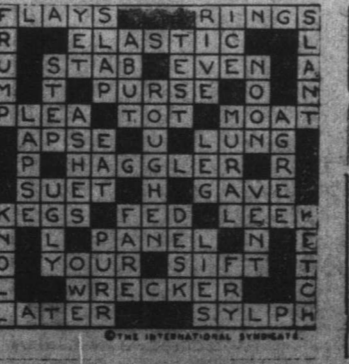
Honour your School Days—by a big subscription to the United Schools Campaign Fund. may 5/21, a. u. h.

CROSS-WORD PUZZLE



- HORIZONTAL
- To plot together
 - A city in Westchester Co., New York
 - A sentence acknowledging a debt (abbr.)
 - Interjection
 - A greasy liquid
 - To twist or bend
 - To sing in a hearty way
 - To put in some public place
 - A southern State of U. S. (abbr.)
 - A dwarf
 - Interjection
 - A burglar
 - A building material
 - Contraction of "ever"
 - Personal pronoun (neuter)
 - A title in Portugal and Brazil
 - A continent (abbr.)
 - Indefinite article
 - Electrical term (abbr.)
 - A theological degree (abbr.)
 - Bare
 - A famous palace in Paris
 - A what-not
 - Assault
 - A little island in inland waters
 - A color
 - An outfit, as of tools
 - Qli's name
 - Not far
 - Murmurs, as a stream
 - Qli's name
 - Average
 - A mountain in Thessaly, on which Pelion was piled by giants
 - Side sheltered from wind
 - Man's name
 - Part of verb "to be"
 - A mixture or medley
 - Captain of Orléans
- VERTICAL
- A domestic animal
 - A sharp, explosive noise
 - Qli's name (familiar)
 - Puffed in pieces
 - Part of an egg
 - Negative
 - Untanned calfskin
 - God (Hebrew)
 - A collection
 - To lift up
 - Epoch
 - To make, as an edging
 - To tell an untruth
 - Man's name (familiar)
 - Affirmation
 - Small square S. E. of Russia
 - City of Belgium, destroyed by Germans in 1914
 - To finish
 - Pertaining to that which is interior
 - A dish of green vegetables
 - About (abbr.)
 - Combining form meaning "al"
 - A kind of lettuce
 - The supreme god of the Babylonians
 - American Assn. for the Advancement of Science (abbr.)
 - To steep or soak
 - A river in S. W. Wales
 - A solemn ceremony
 - A sense organ
 - Title of a knight
 - A live coal
 - A game of cards
 - Silence by force
 - Man's name (familiar)
 - A stupid person
 - A kind of cheese
 - Loyal, faithful (Scott.)
 - A lyrical book of Old Testament (abbr.)
 - Sick
 - Great body of water
 - Sphere
 - To look
 - A town (abbr.)
 - Prefix, same as "in"
 - Part of verb "to be"

Solution of yesterday's puzzle.



Household Notes.

Water in which vegetables have been cooked can be used in soups, stews and gravies.
Charming lamp shades can be made of glazed chintz, pleated and bound with ribbon.
Puncture a hole in every tin can you dispose of, to prevent stagnant water lodging in it.
Delicious sugar and cinnamon sandwiches can be made with thinly sliced graham bread.

The woman who uses LUX need never worry about her hands. LUX is as mild as the finest toilet soap. LUX will leave your hands white and soft.

Use LUX for Everything You Wash Yourself

Take Care You Get LUX which is sold only in packages.

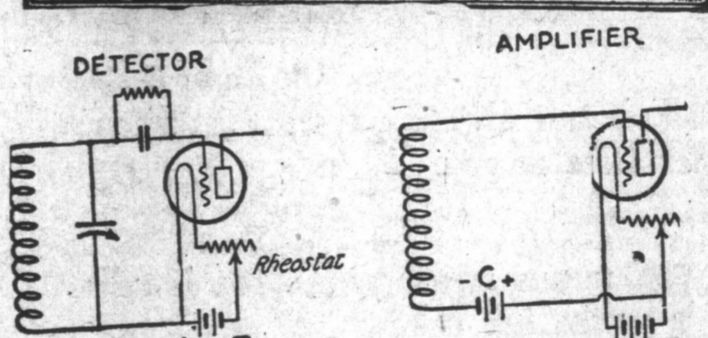
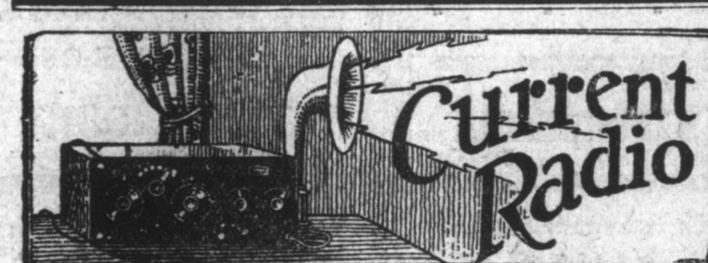
Silks, Cottons, Woolens, Flannels, etc., washed with Lux will last longer. Wash your baby's clothes with Lux. Use Lux for all fine fabrics. Lux will never disappoint you. Before you put your Blankets away, wash them with Lux.

Imagine washing your hands with injurious soap for two hours a day. Yet that is what you do when you wash dishes; no wonder your hands get THAT-IN-THE-DISHPAN-APPEARANCE.

Use Lux for washing dishes, it's quicker and cheaper, a teaspoonful of Lux will wash a pan of dishes, and your hands will remain beautiful.

Stockings washed with LUX will give better wear.

Dissolve a tablespoonful of Lux in a bowl of boiling water, then add cold water to make a lukewarm mixture, draw your stocking back and forth through the suds until thoroughly clean, then rinse in warm water twice, now press them between a towel. Don't wring them, hang up to dry or iron them between a towel.



Grid Returns

EDITED BY JOHN M. CLAYTON.

In a detector or amplification circuit using a vacuum tube the grid should be connected to a secondary coil (either audio-frequency amplifying transformer or tuning transformer). The other terminal of this secondary coil is connected to the filament or A battery at some point. This wire running from the secondary to the A battery is called the grid return. It should be connected to a definite and specific portion of the A battery circuit and not merely to the nearest filament circuit wire which happens to be handy.

The universal rule for the location of rheostats is that they should be connected in the negative lead of the A battery. Note the two diagrams we are showing. The negative terminal of the A battery connects to one terminal of the rheostat, the other terminal going to the tube, or tubes if there are more than one. This should be universal with all standard makes of American tubes in detector, audio and radio-frequency transformer circuits. No matter how many rheostats are used or how many tubes, always connect the negative lead of the A battery to the rheostats. In a detector circuit the grid return should always be connected to the wire which runs directly to the positive of the A battery. This return should not pass through a rheostat but should be tied directly to the position of the filament transformer. In an amplifier of the audio type if the plate voltage is not higher than 45 volts no C battery is required. The voltage drop across the rheostat gives the necessary negative potential on the grid of the amplifier tube. However, the grid return must be connected directly to the negative lead from the A battery. The grid return should not be connected to the rheostat.

If plate voltages higher than 45 are used on the audio amplifier a C battery will not only aid in securing better quality but will also cut down the B battery drain and prolong the life of the tubes. The C battery should be connected in the grid return lead, as we have shown above. The negative end of the C battery should be connected to the secondary of the audio transformer and the positive end to the lead running to the negative of the A battery circuit. If any audio-frequency amplifier tubes are used, their grid returns should be connected as were the audio-frequency returns, to the negative of the filament battery and not to the rheostat.

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