

J. J. ST. JOHN.

BUTTER!

This week we talk Butter. All the way from Old Ireland, ONE THOUSAND POUNDS of the genuine article. Its equal not to be had.

J. J. ST. JOHN.
DUCKWORTH STREET.

THE BIG FURNITURE STORE

CANVAS, LINOLEUM

We have just received a shipment of CANVAS and LINOLEUM. You will find it a pleasure to select your floor covering here.

Everything of the Newest Patterns bought from the biggest manufacturers in the world. We are anxious to show you our stock and quote our prices.

See this splendid display of Coverings.

CALLAHAN, GLASS & Co., Duckworth & Gower Streets.

Arrival of Prince Albert TOBACCO.

Prince Albert Tobacco is prepared for smokers under the process discovered in making experiments to produce the most delightful and wholesome Tobacco.

A rich mellow smoke, does not bite the tongue.

JAMES P. CASH
Distributor, Water Street.

Health and Strength Manuals!

Sandow's Body Building, 35 cents.
Pneumonia Physical Culture, 35 cents.
Cruise on—Health Exercises, 35 cents.
Dixon on—Art of Breathing, 35 cents.
Boy Scouts of America Handbook, 50 cents.
Text Book of Lacrosse, Hawes, 50 cents.
Burrows—Text Book of Club Swinging, 35 cents.
My System, by J. P. Muller, 75 cents.
Tricks and Tests of Muscles, 35 cents.
H. Andrews on Massage and Training, 35 cents.
Cameron on—Association Football, 35 cents.
Spaulding Official Cricket Guide, 30 cents.
Strength and How Obtain It, by Sandow, 80 cents.
Strength and Health, by Sandow, 30c.

Hints on the use of a Rifle, 18 cts.
Trumpet and Bugle Sounds, 35 cts.
First Aid to the Injured, 8 cents.
Running and How to Train, 75 cts.
Running and Cross Country Running, 75 cents.
Parallels Bar Exercises, 35 cents.
Larner's Book of Walking, 35 cents.
Jui Jitsu Tricks, 12 and 30 cents.
Saxon Book of Weight Lifting, 35 cts.
Tricks of Self Defence, 35 cents.
Non-Com. Officers Guide to Promotion, \$1.10.
The Practical Cricketer, 35 cents.
Scientific Boxing by Burns, 75 cents.
Boxing and How to Train, 30 cents.
Scientific Wrestling by Bothner, 30 cts.
Complete Wrestling, Hackenschmidt, 75 cents.

GARLAND'S BOOKSTORE, 177 & 353 Water St.

NOTICE!

Owing to the duty being removed on Tea, below are our revised prices of our package Teas per pound:—

Singha 30c. instead of 35c.
Tiger 35c. instead of 40c.
Old Home (red) 35c. instead of 40c.
Serendib 40c. instead of 50c.
Old Home (blue) 50c. instead of 60c.

Union Blend Red 30c. instead of 35c.
Union Blend Blue 35c. instead of 40c.
Union Blend Orange 40c. instead of 50c.
Union Blend Purple 50c. instead of 60c.

The Teas used in these grades are the best that money can buy, also the most satisfactory, being packed in lead-lined air-tight packages.

Give them a trial.

HARVEY & CO.

A NEW ANGLE.

BY RUTH CAMERON.

As I was walking across a very familiar bit of country the other day, a muddy sidewalk forced me to climb on a high banking and walk along there for a bit. It's an ill wind that blows nobody good. As I looked out from my new eminence across the familiar piece of territory and the tiny lake which I was skirting, I was struck with its beauty.

I have taken this walk many times, and the landscape has become so familiar to me that I had forgotten how pretty it was. A lighthouse keeper, who had to sleep in a room in which a bell, connected with the light, rang every thirty seconds, told me he had become so accustomed to it that he was not conscious of hearing it at all. Even so this accustomed scene scarcely made an impression upon my eye.

But from my new point of view, all was changed. The familiar scene took on entirely new value. A singularly perfect tree which stands by the edge of the water was revealed to me in all its symmetry. I realized that the curve of the little hill beyond the

tiny lake was very beautiful. I saw the reflection of an arc of light in the water, looking like the golden gateway into water fairy land. Indeed I was so pleased by the new beauty of the old scene, that I stood quite still for a moment or two enjoying it.

And all this revelation came to me simply because I got a new angle on an old scene.

Surely you have had an experience like this at one time or another. Some accident of point of view has given you a new angle on a familiar scene, and you have been astonished at the vast change this little thing made. Emerson says that if a man will stoop over and look at the world from between his legs, he will find that the most familiar country looks quite different.

So a new angle creates a new world. Now this is not true merely of the things that we see with our physical eyes. What about the world of our mental vision? Is it not true that a new angle or a new point of view will change that quite as completely.

We are lifted out of our routine by some powerful emotion, or we climb up on to the eminence of sympathy, or some sweet influence teaches.

Perhaps you are not getting the best angle on your life.

Try another one.

Ruth Cameron

HOW BLOOD IS MADE.

The liquids and the digested foods in the alimentary canal pass through the wall of the canal into the blood. This process is called *absorption* and takes place chiefly from the small intestine. After absorption the blood carries the food through the body, and each cell takes from the blood the food it needs. A pure glyceric extract made from bloodroot, mandrake, stone, queen's root and golden seal root, and sold by druggists for the past forty years under the name of

Doctor Pierce's Golden Medical Discovery,

gives uniformly excellent results as a tonic to help in the assimilation of the food and in the absorption by the blood of the food it requires. Eradicate the poisons from the blood with this alternative extract which does not shrink the white blood corpuscles, because containing no alcohol or other injurious ingredients. Thus the body can be built up—strong to resist disease. This is a tonic taken from Nature's garden that builds up those weakened by disease. Sold by druggists everywhere. Address World's Dispensary Medical Association, Buffalo, N. Y.

Mr. CHAS. FARRER, Jr., of 322 Woodlawn Ave., Philadelphia, Pa., writes: "I was troubled with my stomach for almost three years. Tried several doctors and most everything anybody recommended to me, but kept getting worse and honestly did not care to live as I was never even though I had no pain. My symptoms were as follows: Always tired, my whole body in a throbbing of gas, pain and soreness in the stomach, vomiting, constipation, could not tell what to eat or what would agree with me, and was melancholy. But after taking Dr. Pierce's Golden Medical Discovery with the 'Pleasant Pellets' it has made me a well man which is something to live for."

CHAS. FARRER, JR.

Household Notes.

When moths get into a carpet, spread a damp towel over the part and iron it with a hot iron. It destroys both larvae and eggs.

Nothing is better for perfumed linen than little bags of gauze filled with dried rose leaves, lavender, lemon, verbena or heliotrope.

To be sure that milk toast won't be soggy, serve the boiling buttered milk in a pitcher so that each may pour it on for himself.

If an ostrich feather gets damp and out of curl sprinkle thickly with common salt and shake before a bright fire until dry.

If turpentine is rubbed on paint the moment the paint gets on the clothing, it can be very easily removed.

Every family should have a supply of round straw mats for seats on grass or veranda. Nothing is handier. Never fold an umbrella when wet, but always keep it rolled when dry. If you would have the ribs keep their shape.

To remove hot water marks from Japanese trays rub them over with sweet oil and polish with a little dry flour.

Fasten stockings together in pairs by means of, of course, thread before sending them to the laundry.

Pecan nut meats, chopped and laid between slices of buttered brown bread, make delicious sandwiches.

Apples, cored and filled with chopped dates or figs, then baked, make excellent breakfast fruit.

After peeling onions, rub the hands with parsley or celery if you would counteract the onion odor.

When ironing lace, lay it on a Turkish towel and press the lace smoothly on the wrong side.

To prevent glass fruit jars from cracking while filling them, hold a

Wet dish cloth around them.

There is nothing better than washing soda and hot water for scrubbing the deal kitchen table.

Kerosene applied with a brush or cloth makes a good silver cleaner.

Rinse in scalding water.

Hair ribbons may be ironed while still damp if one wishes to have them a little stiff.

Who is the Most Versatile Man?

A Vote for Sir John Hay Athole MacDonald—A Striking Record—Mr. Balfour and Some Other Notable Examples.

"Who is the most versatile man in England?" This question was asked recently in the smoke-room of one of London's most learned clubs, and immediately provoked a lively discussion. Several names were put forward as candidates for the honor of being acknowledged as the most versatile man in the country, but no two members agreed upon the same name. Everyone put forward a separate selection, and yet the list from which men of conspicuous versatility are to be drawn is anything rather than extensive. As a matter of fact there never was a time when versatility was so much required to give a little color and spirit to life. We are living in what is very largely an age of specialists and too much specialization may be fairly urged, is not good for the happiness of the individual or the prosperity of the race. Charles Darwin, one of the greatest specialists who ever lived, cultivated his special gift to such an extent that it became abnormal at the expense of his other senses. There came a period in his life when he could not distinguish one tune or phrase of music from another, and he could not read five or six consecutive pages of the finest romance ever written. Apart from his special line of research, the man's natural capabilities had become atrophied through disuse. Specialization generally tends to general mental and physical atrophy outside the restricted province of its own knowledge, art, or science. A good example of this in the world of sport is provided by those American "athletes" who are specially trained to do special performances in a special time on the running track, and who are otherwise physically unfit. So it may be agreed that the versatile men of the nation deserve to be cultivated while the most versatile man in England should be acclaimed, if not with

DODD'S KIDNEY PILLS

CURES ALL KIDNEY DISEASES

BRONCHITIS, RHEUMATISM, GRAVEL, BRIGHT'S DISEASE, DIABETES, ACIDITY, &c.

Prepared by DR. J. C. DODD, 23 THE PROMENADE, ST. JOHN'S, N.F.

Millinery

Hats!

Just Opened

Our Full Showing of Spring and Summer

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HATS.

Soper & Moore.

drums and cymbals, at least with hearty praise, as an example for our youth to follow. But who is the most versatile man?

Probably the palm should be awarded to Lord Kingsburgh, who is also well known as the Right Hon. Sir John Hay Athole Macdonald, Lord Justice-Clerk of Scotland, whose interests appear to be as varied as his accomplishments are many.

Among other versatile men one thinks of Mr. Balfour at once, who, besides politics, has philosophy as a life study, who is the author of various publications, and who is interested in golf, cycling and motoring. Mr. Alfred Lyttelton is another distinguished politician, is also a brilliant barrister, a clever golfer, besides having once been the greatest wicketkeeper in English cricket. Lord Morley has also a fair measure of versatility, having been a barrister, a politician, a journalist, and an historian.

Mr. Arthur Reed Cooper, better known to the world in general as "Adrian Ross," is in another sphere of life a striking example of versatility. He is a keen mathematician, a lecturer on history, a journalist, a poet, a writer of innumerable lyrics for comic operas and musical comedies, and he plays chess and golf. Other instances will occur to many people, and possibly we shall discover in the end that the most versatile man in England is some person who has chosen to remain entirely obscure.

The name of Mr. C. B. Fry will probably occur to many readers, but while being the most versatile sportsman in the country, Mr. Fry's activities have always been centred on sport and training, so that his talents have been confined to one particular sphere. We should try to judge this question on the broad basis of varied and contrasting interests.

Tack Hammer Treatment.

Is the Latest for Lung, Heart and Stomach Trouble.

Philadelphia, May 6.—Scientific hammering of certain vertebrae of the spinal column with an ordinary tack hammer has brought relief to scores of patients at the Philadelphia hospital, suffering from lung, heart and stomach and liver trouble. The novel means is being applied at the institution with remarkable success almost daily by Dr. Myer Solis Cohen, of this city. The "tack hammer treatment" bears the scientific name of "spondylotherapy" and according to Dr. Cohen, is based upon a sensible and scientific understanding of the various nerve centres that gather about the spinal cord. Nerve centres that control the heart, the stomach, the lungs, the liver and spleen, are all found in the spinal canal.

"Spondylotherapy," said Dr. Cohen, "is not so much for treatment of diseases as it is for the treatment of the various internal organs of the body."

"For instance, if a patient has a dilated heart, the organ can be contracted by the hammering of a certain vertebrae which is in proximity to the nerves that control the heart. A patient suffering with asthma or a spasm of the bronchial tubes can be greatly helped by thumping the vertebrae nearest the nerve centre that controls the bronchial tubes."

"It is necessary to dilate the heart, I pound with my hammer on the spinal column from the eighth to the twelfth dorsal vertebrae and the treatment rarely fails."

FOR WOMEN'S AILMENTS.

Dr. Martell's Female Pills have been the standard for 20 years and for 40 years prescribed and recommended by Physicians. Accept no other. At all druggists. May 12, 1913.

MILNARD'S LINDENT LUMBER—MAN'S FRIEND.

Just Arrived!

OATS, Hominy Feed BRAN,

—AND—
P. E. I. POTATOES

Selling at very Lowest Prices

—AT—
SHEA'S GROCERY and FEED STORE,
Cor. George's and Prince's Streets.
Phone 342A.

COBBLING

We are now prepared to do all kinds of fine Shoe Repairing. Satisfaction guaranteed.

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F. SMALLWOOD, REPAIR DEPT.

THE 6 BEST WHISKIES

That Ever Left Scotland.

Premier, 'Gaelic' Old Smuggler, White Seal, Johnnie Walker, White & Mackay's Special, and Stuart Royal.

These Whiskies we sell at \$1.20 per bottle, \$13.00 per case.

Also, several Cheaper Brands. Goods shipped on the same day as order is received.

P. J. SHEA,
314 Water St. Phone 342.

Invitation to Fishermen.

We have now installed in boats at our wharf type "M" Fairbanks-Morse Engines. Whether you are thinking of buying an engine or not, come and get a run on the harbour, and see the engines running. We extend this invitation to all fishermen.

GEO. M. BARR.

CIGARETTES

With a fascinating taste:

CHAS. FOX & CO'S

Turkish, Egyptian and Virginian.

J. C. BAIRD,
Agent for Manufacturers.

SECCOTINE

The most famous adhesive in the world. Sticks everything and is always ready for use. In patent pin stopper tubes; 2 sizes: 10 and 20 cts. It is perhaps true to say that no other proprietary adhesive has ever had such universal use. Seccotine requires no heating or other preparation; it keeps for years and is always ready and liquid. It cements all kinds of materials.

The following are some of the uses to which Seccotine has been put:—

Repairing Bicycles
Repairing Motor Cars
Patching Window Blinds
Repairing Sewing Machines
Mending Shoes
Affixing Book Leaves
Affixing India Rubber Heel Pads
Making Screens
Repairing Pipes
Making Fretwork
Patching Clothes
Mounting Photos
Mending Golf Clubs
Mending Billiard Cues
Patching Umbrellas
Mending Gas Globes
Mending Ornaments
Patching Billiard Cloth
and other articles too numerous to mention. 2 cts. extra for postage.

GARRET BYRNE,
Bookseller & Stationer.

It is Necessary These Days

that you see things—and see them as others see them.

Isaac Newton was hit on the head with an apple; it made him sit up and take notice.

He saw the apple—he also saw "our laws of gravitation."

In those days glasses were almost unknown.

To-day there is no excuse for not seeing things.

Spectacle lenses are made upon the most scientific principles and with mechanical precision.

Let us examine your eyes if you don't "see things" as you should. Our examination will show the defects, if there are any present.

R. H. TRAPNELL,
EYESIGHT SPECIALIST.

On Deck Again

with the genuine

North Sydney Screened COAL,

Now Landing,
Ex S. S. "Wasis."

MULLALY & Co.

Choice New Butter,
Ex Stephanos.
Lowest Price.
Quality guaranteed.

JAS. R. KNIGHT,
Commission Merchant.
May 17, 1913.