

## Are You Troubled with INDIGESTION

Does Your Food Distress You After Eating?

WOULDN'T YOU LIKE TO FEEL "GOOD AND HUNGRY" every time you sit down to your meals? That's the way one should feel, but you never can unless your digestion is perfect.



The Remedy is

## "JO-RI-CO" DYSPEPSIA TABLETS

Manufactured by The JOHNSON-RICHARDSON CO., Limited, Montreal, Can.

One of these Tablets taken about the middle of a meal, and one at the end, will digest your food perfectly. Digestion will not have been accomplished by these Tablets alone, as is the way with most Indigestion Tablets, but by their helping the stomach perform what it fails to do by itself. That's the splendid thing about these "Jo-ri-co" Dyspepsia Tablets. You don't "get the habit." They are not an aid, but a cure for indigestion and all stomach troubles. A trial proves it.

25 Cts. a Package, from Your Druggist, or Dealer.

## 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.

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## COTTONS AND WOOLENS.

Best and Cheapest Wholesale House in the City.

A complete stock of the newest American and English Goods, embracing **Percales, Shirtings, Calicoes, Misprints.** Also **Tweeds, Dress Goods, Top Shirts, Flannellettes, etc.,** and **Fleece-lined Underwear—special make.**

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Duckworth Street,

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SHOPKEEPERS make money and HOUSEKEEPERS Save money by using **GOSSAGE'S SOAPS.**

"The Best,

The Sweetest and

The Cheapest."



## GEO. M. BARR, Agt.

## THE ROYAL CIGAR STORE,

UNDER NEW MANAGEMENT.

IS NOW WIDE OPEN for BUSINESS.

## The Evening Chit-Chat

By RUTH CAMERON



Do you want to feel as if you wished the working day wouldn't end so soon, instead of watching the clock all the afternoon?

If you do, I can give you a spring-time recipe that's better than sulphur and molasses, and much nicer to take.

And this is the way my prescription reads:

Fresh air.—Take twenty lungfuls at an open door or window every hour or so. Also take several thousand lungfuls at least once, and preferably two or three times, a day, on a walk.

Professor Sargent, the physical director of the greatest university in the country, has recently made the statement that women are in a fair way to overtake men in the attainment of perfect physical development.

And the chief thing to which the professor ascribes this state of affairs is the fact that women are out in the fresh air much more than they used to be.

The other day mother and I took one of her friends to drive, and when we brought her back, she said: "You don't know how I have enjoyed this. Why, except to stand on my back steps and shake my table cloth, this is the first time I've been outside my door for three weeks next Tuesday. I wish there could be a law making it so."

I wish there could be a law making it so.

ing it a legal offense for any woman, unless she is confined to the house by illness, to stay indoors for a whole week.

Any home-keeping woman ought to be out in the air at least an hour, morning and afternoon.

"Such a bother to get all dressed twice," I know some women are answering.

Well, then, why not bundle up and take your work or your morning paper out on the sunny spot on the back porch in the morning, and then take a walk in the afternoon?

And then another thing: How much are you inviting out of doors indoors?

I know one very healthy woman who goes about her housework the year round with windows flung wide open.

In the winter time, of course, that would be pretty harsh treatment, but I don't think it would be a bad plan to put into practice just now.

If you are afraid of so much air, at least try the milder plan of opening the window and airing out every hour or two.

And suppose, also, you be sure to take those occasional lungfuls of fresh air at the open window or door.

Ask your children to teach you the breathing exercises they do at school, and administer them to yourself occasionally.

Do you think all this bother too big a price to pay for feeling better? Then listen to the other boon the professor promises, and I'm sure you'll be won over.

"Women," says the professor, "have begun to realize that the surest way to obtain both health AND GOOD LOOKS is through air."

Ruth Cameron



## Despair and Despondency

No one but a woman can tell the story of the suffering, the despair, and the despondency endured by women who carry a daily burden of ill-health and pain because of disorders and derangements of the delicate and important organs that are distinctly feminine. The tortures so bravely endured completely upset the nerves if long continued.

Dr. Pierce's Favorite Prescription is a positive cure for weakness and disease of the feminine organism.

IT MAKES WEAK WOMEN STRONG,

SICK WOMEN WELL.

It allays inflammation, heals ulceration and soothes pain. It tones and builds up the nerves. It fits for wifehood and motherhood. Honest medicine dealers sell it, and have nothing to urge upon you as "just as good."

It is non-secret, non-alcoholic and has a record of forty years of cures.

Ask Your Neighbors. They probably know of some of its many cures. If you want a book that tells all about woman's diseases, and how to cure them at home, send 31 one-cent stamps to Dr. Pierce to pay cost of mailing only, and he will send you a free copy of his great thousand-page illustrated Common Sense Medical Adviser—revised, up-to-date edition, in paper covers. In handsome cloth-binding, 50 stamps. Address Dr. R. V. Pierce, Buffalo, N. Y.

## Shannahan's Suggestions on the Guy Controversy.

Remember, all you learned men that we are well up in March, bear in mind that the steamers will be arriving from the ice in a few days and 'twill soon be the talk of the town; also that it will be getting very dusty in and around the city.

A good healthy controversy on the Guy racket was all right in the good old winter season. People could put up with it then, especially in the Lenten season when there wasn't much else to take up their attention, but now we are approaching the busy season, the sporting time, the baby-carriage time, and for goodness sake let you all, every one of you, meet in some dark room and decide, once and for all this Guy business.

The longer 'tis allowed to remain in the slings the more tangled 'twill become. New men are coming out every night and their wives and their wives and daughters all take a great interest in their letters, and if this affair goes on much longer we'll have writers coming to the front who will contend that there never was a man by the name of Guy.

I was present at a lecture the other night delivered by one of the greatest historians in the country, if serious looks count for anything, and after that man had finished his very interesting treat, the other man who got up to propose a vote of thanks to him actually told him he was wrong about Mosquito being the correct colonization point, he contending that St. John's was inhabited 50 years before anywhere else on the Island.

Every paper is full of the arguments and there is no sign of coming to a decision. This is a serious business, for there are many people who would like to have this matter settled up. Then they would know

how to act in taking up their work for the summer.

How can a man make up his mind on any business matter? How can a fisherman decide whether he will go jigging or go to the Strath? While this controversy is allowed to spread like it is spreading? There are lots of people who intend to bulk but they can't start in until their minds are relieved and they are made aware once and for all where the celebration is going to be held.

We had a lecturer lecturing to us the other night, and he dug up a man as old as Buckley's goat, and he told us this man came here in the year c 1499, two years after the Island was discovered, and that he brought with him a lot of hens, and certainly the called hens, heads of cattle at the time; and if we don't soon put on our gait we'll wake up some fine-morning to find that this place was not discovered at all, but that our forefathers lived here since the time of Adam and Eve. Therefore I make suggestion to all our historians, no matter what their personal opinion may be, that they meet, say one night next week, and discuss the matter on its merits. You can do more at meeting than you can do by prating in the papers, discuss the thing to finish, even if it comes to blows, for there are lots of the old historians beginning to look a kind of shaky on the legs, and we want the thing finished by a grand wind-up, and we are anxious to have it decided one way or another before these men pass in their checks.

Shannahan will act as chairman and you can bet your bottom dollar that every man will get a show. What do ye say?

TIM SHANNAHAN.

## LADY'S STRENGTH RESTORED

TERRIBLE WEAKNESS CAUSED BY SHOCK.

"My baby was only two months old, and I was not very strong, when a telegram reached me that my husband in leaving one car in a Western City had been run down by another. It was, after all, not so serious—even the telegram if carefully read would have told me so. But in my weakened condition, the shock just sent me to bed, and a very useless person I was. Nervous and hysterical, I had a dull aching along part of the spine, and numb feelings in my arms and hands."

"My husband came home and made me take 'Ferrozone.' He had used it himself for nervousness the year before. Ferrozone is a good medicine all right. I took six boxes in all. After using the first box I could eat and that was a great change from not having any appetite at all. After a time my colour became fine and I began to forget all the fears and dreadings that had worn me so thin. Such feelings are awful and it's good to know there is a remedy like Ferrozone that will build you up and keep you strong and vigorous to worry about anything."

(Signed) EMMA P. DAVENPORT.

Bismark, P.O.

You'll find Ferrozone a tonic of wonderful potency—it's really surprising what nourishment, what strength-giving and nerve building qualities it contains. Ferrozone is good for children—women—men—the sick—the weak—good for us all; try it. 50c. per box, six for \$2.50, at all dealers, or The Catarrozone Co., Kingston, Canada.

Household Hints.

A kitchen churn that holds but one quart is useful for turning cream into butter and also as a cake mixer and for beating eggs for angel cake.

Cold water should be poured on grease as soon as it is spilled on the floor, as it will harden the grease and prevent it soaking into the wood.

To destroy fleas in the house, wipe the furniture wherever possible with spirits of naphtha, but do not let the children go near it until it is dry.

Dishtowels should always be well washed in hot water after being used, or they will soon become not only sadly discolored, but full of bacteria.

To keep a parasol looking well, have a bag for it hung inside the closet door, where the dust will not get at it. Brushing a silk parasol soon wears it out.

A common horseshoe magnet, that costs but a few cents, should always be kept in the sewing machine, as it is useful to pick out needles from the machine drawers.

Camels hair and red sable brushes that have gotten out of shape or curled can be restored to their proper form by dipping first into hot and then into cold water.

To make individual chicken pies, line gem pans with pastry, leaving crust enough to fold over a tablespoonful of rich chicken hash, and bake it in a quick oven.

Overshoes that get muddy inside can be turned inside out and washed with then turned right side out. This will not rot them as washing them without turning does.

Fancy work laid away for the winter should be rinsed in a very blue water and dried, but not ironed. If pieces are placed in black or blue wrapping paper they will not turn yellow.

It is very easy to make a new parasol of an old one by carefully ripping off the old cloth and using it as a pattern to cut a new one, which may be

Children's Colds Must be Cured

There will then be less weak lungs and consumption in later life.

Did you ever think of it in this way? It is the neglected cough and cold that leads to the dreadful lung disease sooner or later. From repeated attacks the lungs are weakened and there comes pneumonia or consumption with their dreadfully fatal results.

Because it is prepared from linseed, turpentine and other simple but wonderfully effective ingredients, Dr. Chase's Syrup of Linseed and Turpentine is particularly suitable as a treatment for children's coughs and colds. Croup, bronchitis and even whooping cough yields to the influence of this great medicine.

Mrs. John Chassey, Inverkeithing, Ont., writes: "Dr. Chase's Syrup of Linseed and Turpentine cured my little girl of whooping cough when the doctor had given her up and since then we always keep it in the house as a treatment for coughs and colds. It is the best medicine we ever used."

There is no getting round statements such as this. Dr. Chase's Syrup of Linseed and Turpentine, 25 cts. a bottle, at all dealers, or Edmondson, Bates & Co., Toronto.

made either of cretonne or English chintz.

After washing lace curtains, lay a blanket on the floor of an empty room, spread the curtains on the blanket, stretching them carefully, and they will keep in place without fastening until dry.

It is well when bleaching a piece of lace or linen to place it in soapy water and set it out of doors, where it may get strong sunlight. It should be covered with a piece of glass to keep the dust out of the bowl.

To fix a loose knife handle to the blade, fill the hole in the handle

two-thirds full of mixed resin and brick dust. Then heat the shaft of the knife and while hot press into place. Hold it there until quite firmly set.

If it is desired to have a veil a little stiff after it is washed, it can be accomplished by having a tiny bit of sugar in the rinsing water. Then stretch the veil in a doorway where it can dry in a free current of air.

To remove kerosene from the carpet, apply buckwheat flour, let it remain for a few hours, and then make a second application, which, after a few hours more, should be brushed off. The spot will have disappeared.

## Botany Rambles Round St. John's.

Mr. John Garriock, M.A., A.C.P., Principal of Presbyterian College, delivered a most instructive lecture on Botany, in the Presbyterian Hall last evening before a fair and representative gathering of citizens.

The lecturer was introduced by Mr. R. A. Templeton, and, for over an hour delighted his audience with a graphic description of the various forms of plant life found in his rambles round the suburbs during the past two years. Contrasting the specimens found here with similar types in other lands, particularly the "Land of the Heather."

Mr. Garriock illustrated the lecture with beautifully mounted specimens exhibited on stands which filled up the platform space at his disposal, the said specimens having been collected in nearby fields, woods, or marshes, as well as in lands beyond the seas, and they ranged from grasses up to the birch (tree of knowledge in scholastic life, as Mr. G. termed it) and the lordly oak.

The lecturer also touched on the plant life of the ocean, describing in a lucid manner the cause and effect of

different shades or colorings in those found on the shore, from those found in the deeper depths, and in this connection Mr. G. ventured to remark that if there was an industry of wealth attached to the pebbles of the sea shore what must there be connected with the unexplored botanical features of the sea itself.

At the close of the lecture Mr. Garriock was loudly applauded by an appreciative audience, and the chairman, with the lecturer's consent, invited a closer inspection of the magnificent collection of specimens on the platform, which was gladly availed of by quite a large number of those present, who also thanked Mr. Garriock personally for his Botanical Treat.

As last night's proceeds are to be devoted to the founding of a school library, we feel safe in saying that for such a laudable purpose, a repetition of last night's lecture, or continuation along the same lines by the talented Principal of the Presbyterian College, who made his debut as a lecturer to the public of this city, would considerably augment the library fund as well as create fresh desire to explore the beauties of nature's carpet, in the breast of the average.

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**ML Pure Paints cover better**

They cover more because they are made of pure materials of best quality, in the proportions taught by seventeen years paint-making for practical painters; and they are ground right and mixed perfectly with the right kind of oil.

Forty colors for interior and exterior work of every sort. Made by Imperial Varnish & Color Co., Limited, Toronto

Recommended and Sold by all reliable Dealers, including

**AYRE & SONS, Limited.**

**Brass AND Iron Bedsteads.**

Our stock of Brass and Enameled Bedsteads, for Spring and Summer, represents values that are very unusual.

All Brass Bedsteads—in Rich and Handsome Effects. All White Enameled Bedsteads—in Neat and Dainty Designs.

White Enameled Bedsteads with Brass Trimmings—in Pleasing Effects.

Also, a complete line of COLORED ENAMELED BED-STEADS, in the latest and most desirable tints, to match or harmonize with room decorations.

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