



### "You Are Working Too Hard, John"

"WELL, I cannot help that. I am trying to figure out how the business is going to pull through and meet the liabilities with prices falling the way they have been lately."

"But, John, if anything happens to the business your health will be more necessary to you than ever, and you cannot afford to take chances of putting such a strain on your nerves. You are looking so worried and nervous, and you do not half sleep."

"What am I to do? You know I have got to keep plugging along and try to see things through."

"One thing you can do is to begin a treatment of Dr. Chase's Nerve Food. You know how well that brought me around when my nerves gave out and I was so miserable."

Mr. Charles E. How, R. R. No. 5, Aylmer, Ont., writes: "My system became generally run down, and I suffered from dull, heavy headaches. I was nervous, could not sleep at night, and my muscles used to twitch. My appetite became poor. I had indigestion and weak spells. I consulted a doctor, who gave me a tonic, but it did no good. I used other remedies, too, before finally trying Dr. Chase's Nerve Food. I found that this did me more good than anything I had ever taken."

Dr. Chase's Nerve Food, 50 cents a box, all dealers, or Edmondson, Bates & Co., Ltd., Toronto.

GERALD S. DOYLE, Distributor, St. John's.

## ST. JOHN'S Grocery Stores.

- SUGAR, Fine Granulated; per lb. . . . . 11c.
- SUGAR, Cube; per lb. . . . . 17c.
- PICKLES, Staple, Strong; 16-oz., per bot. . . 40c.
- CHOW, Staple, Strong; 16-oz., per bottle . . 40c.
- COCOA, good grade; per lb. . . . . 25c.
- CORNED BEEF HASH, Libby's 2's, per lb. . . 34c.
- POTATOES, Finest; per gallon . . . . . 12c.
- BUTTER, Creamery, per lb. . . . . 35c.
- BUTTER, Sterling; per lb. . . . . 29c.
- PORK, Ham Butt, Choice; per lb. . . . . 17c.
- PORK, Fat Back, Thick; per lb. . . . . 16c.
- PORK, Family Style, per lb. . . . . 23c.
- PORK JOWLS, Small, Lean; per lb. . . . . 15c.
- SPARE RIBS, Choice; per lb. . . . . 17c.
- BEEF, Family, Very Choice; per lb. . . . . 12c.
- BEEF CUTTINGS; per lb. . . . . 10c.
- BACON, Finest Quality; per lb. . . . . 40c.
- SMALL GREEN CABBAGE.

J. J. ST. JOHN, Duckworth Street & LeMarchant Rd.

Now Discharging  
**SCOTCH Lump Coal,**  
**\$14.50**

Per Ton of 2240 lbs.  
Every load weighed.  
Book your orders now.

A. H. MURRAY & CO., Ltd.  
Beck's Cove.

## FRENCH INDESTRUCTIBLE PEARLS,

Guaranteed not to crack, peel or discolour.  
Beautifully Graduated in 18, 24 and 30 inches long.  
With Case, suitable for Presentation.  
PRICES FROM \$9.00 to \$25.00.

R. H. TRAPNELL, Ltd.,  
Jewellers & Opticians, 197 Water Street.

Advertise in the "TELEGRAM."

### DeMar Wins Marathon.

IN RECORD TIME, STAGING A WONDERFUL "COME BACK," VICTOR MACAULAY IS FOURTH, AND MAKES A SPLENDID SHOWING.

C. H. DeMar, Melrose, Mass., 218-10; W. Ritola, New York, 22149 4-5; 3-5-A. Smoke, Peterboro, Ont., 221, 49 4-5; V. MacAulay, Windsor, N.S., 224.02 3-5; W. Kyronen, New York, 224.04 4-5.

Clarence De Mar, a Boston printer, residing in Melrose, Mass., staged a wonderful "come back" in the annual 26 mile race in the Boston Marathon road race, 11 years ago he won the race in 2:31:39 3-5, making a new record for the course, and he did likewise on April 19th, when he made the fastest time on record in this race. DeMar on that occasion staggered across the line in a much exhausted condition, and yesterday he tottered against the tape, almost falling into the arms of his friends.

DeMar ran the same well-judged race as he did in 1911, not becoming a factor in the race until a third of the course had been finished. He ran in eighth position for some time, gradually working up to fourth at Natick, 3 miles from the start. He was within a minute of the leader 17 miles out, and after going over Wellesley Hills took the lead, six miles from the finish, gradually widening the gap on the others.

DeMar is the second runner to win the event twice. It was in 1900-01 that J. J. Caffey, of Hamilton, Ont., gained his double success.

The winner lost four pounds; he weighed 132 pounds when he started. In 1911 when he won the Marathon he lost 6 1/2 pounds, starting at 128 1/2 pounds.

DeMar was born in Medina, Ohio, June 7, 1888, thus being about 34 years old. His mother was of Scotch-English extraction, while his father was of French and German blood. He removed to Boston at the age of 11 and is a printer by trade.

Ritola and Frank Zuna, of New York, last year's runners in record time, were running second and third, practically pacing each other; Zuna fell back in the last five miles and Ritola gained second, with Smoke, the Peterboro, Ont., Indian, third.

Victor MacAulay, of Windsor, made a great showing, particularly with his unfamiliarity with the course, in consequence of which he held himself in reserve too long, but for which he would likely have improved his position. He ran in 9th, 10th and 11th positions for about 17 miles, but he went over the Wellesley Hills in fine shape, and running strong began to reduce the lead of the others. He finished in the best condition of all the other contenders. He defeated many noted runners, including Willie Kyronen, the great New York Marathoner, who was sixth; Carl W. A. Linder, of Quincy, winner in 1919, who was seventh; Zuna, of New York, who won last year in 2:48:57 3-5, who was eighth; W. J. Kennedy, of New York, who won in 1917, was ninth, and Edouard Fabre, Montreal, winner in 1915, who was tenth; Hennigan, the noted Dorchester runner, who made the pace for 15 miles, eclipsing many former records at various points; Mellor, Chicago, second last year, and many other well-known runners. MacAulay's time was 21 3-5 seconds faster than that made by Longboat when he won in 1907, Freddie Cameron's time, when he won in 1910 was 2:28:53 2-5.

MacAulay thus defeated four previous winners of the Marathon, (1915-17-19-21), and his time was faster than the Marathon had been won in for six races previous to 1920, and only four times since the Marathon was established in 1897 has it been won in faster time.—Acadian Recorder.

This Season's Ladies' Neckwear is entirely new in design. The newest models from America are now on display at BISHOP'S Showroom. Any woman could spend a happy hour viewing this attractive display and is cordially invited to do so, while the assortments are at their best. Prices range from Ninety Cents to Two-Sixty each.

Stafford's Liniment for all Aches and Pains, only 20c. per bottle.—mar21

THE RICH IN SPIRIT.  
There is no door to sorrow barred.  
Grief holds contemptuous disregard  
Of pride and pomp and fortune's gold.  
And pleasures which are bought and sold;  
In this the rich and poor are kin:  
Death calls and all must lay him in.

Still there are rich men in woe,  
And plainly does the difference show.  
Ah, one with wealth may grace his board  
With food the poorer can't afford,  
So one who's richer in belief  
Has more to soothe the pang of grief.

The man of greater faith can bear  
His hours of anguish and despair,  
His lonely days and nights and weeks  
With peace which money vainly seeks;  
Faith can a wealth of strength supply  
Which gold and silver cannot buy.

Just as the rich of purse provide  
Comforts to poorer men denied,  
So those of greater faith, in woe,  
Have dreams the faithless cannot know.  
Rich of spirit, they can face  
The days of grief with nobler grace.

Professor Hutton, the Foch of successful theatricals, will score his greatest victory in "The Chimes" on Monday night.—apr29,31

### "REG'LAR FELLERS"



# Stylish Spring Footwear!

FOR MEN AT LOW PRICES FOR WOMEN at LOW PRICES

Men's Brown Blucher Boots . . . \$3.00  
Men's Black Blucher Boots . . . \$4.50  
Men's Brown Blucher Boots . . . \$6.00  
Men's Black Boots, rubber heel . . . \$5.50  
Men's Brown Blucher, rub. heel. \$7.00  
Men's Black Blucher, rub. heel. \$7.50  
Men's Bro. Brogue Boots . . . \$7.50  
Men's Bro. Brogue Boots, rubber heel . . . \$7.50  
Men's Black Calf Boots, pointed toe . . . \$7.00

OXFORDS.  
Men's Black Kid Oxfords, rubber heel . . . \$5.00  
Men's Brown Calf Oxfords, rubber heel . . . \$5.50  
Men's Black Kid Oxfords, rubber heel . . . \$6.50  
Men's Brown Kid Oxfords, rubber heel . . . \$6.50  
Men's Bro. Brogue Oxfords, rubber heel . . . \$7.50  
Men's Brogue Oxfords With rubber heel . . . \$9.00

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SPOOL HEEL SHOES  
Only \$2.75.

In Black, Brown and Patent Leather Pumps.

Only \$2.75.  
Regular \$6.00 to \$8.00 value.

SPOOL HEEL BOOTS, \$3.00  
In Black, Brown and Grey Kid, Mouse top and Grey Kid top.

Only \$3.00.  
Regular \$8.00 value.

BLACK KID SHOE  
Cuban Heel at

\$3.30, \$3.50, \$4.00, \$4.50 to \$5.00

BROWN LACED SHOES  
Cuban Heel at

\$3.80, \$4.00, \$4.50 to \$5.00.

Brown Laced Shoes  
with Rubber Heels.

\$4.00 and \$4.50  
\$3.30 to \$3.50

## Parker & Monroe, Ltd., The Shoe Men.



Just Folks  
Bar A Guest

THE RICH IN SPIRIT.  
There is no door to sorrow barred.  
Grief holds contemptuous disregard  
Of pride and pomp and fortune's gold.  
And pleasures which are bought and sold;  
In this the rich and poor are kin:  
Death calls and all must lay him in.

Still there are rich men in woe,  
And plainly does the difference show.  
Ah, one with wealth may grace his board  
With food the poorer can't afford,  
So one who's richer in belief  
Has more to soothe the pang of grief.

The man of greater faith can bear  
His hours of anguish and despair,  
His lonely days and nights and weeks  
With peace which money vainly seeks;  
Faith can a wealth of strength supply  
Which gold and silver cannot buy.

Just as the rich of purse provide  
Comforts to poorer men denied,  
So those of greater faith, in woe,  
Have dreams the faithless cannot know.  
Rich of spirit, they can face  
The days of grief with nobler grace.

Professor Hutton, the Foch of successful theatricals, will score his greatest victory in "The Chimes" on Monday night.—apr29,31

### A Common Sense View.

Editor Evening Telegram

Dear Sir.—Will you kindly publish in your much read paper a few remarks from a common labourer. Every day one hears the question, what makes the world like it is to-day. Some reply it was the war, which upset everything and brought the dark clouds that now hang over us. We all admit the war had a lot to do with conditions, but it is my opinion that sin and laziness played the biggest part in bringing about the poverty and distress apparent. In order that a man should live he must work, and the reasons that so many concerns have gone broke is that many employees tried to get their wages without doing anything in return while the war was on and everything in great demand. Some got the idea into their heads that work was a thing of the past and the most that a man should do was wait for pay day. There are other things too that have brought the world to its present condition, and in order to get things back to normal, every man woman and child must work. Farmers, Fishermen, Clerks, and all other classes must work full time and the higher the man's position the more he should use his brains. He should ask himself the question, will it pay, is there a more profitable way, is there a quicker method, or is there need of doing it at all? Before concluding I would wish to say, no reasonable or sensible man wants to get money from the Government for nothing, as it not only takes away their independence but it also impoverishes the country. Building useless roads, as it was done last year, brings no returns, but if instead men had been put to work clearing land, I think the majority would be satisfied. Anyone that wants to be successful should remember that work is the father of success; the mother, ambition, the eldest son, common sense; some of the other boys are, perseverance, honesty, truthfulness, foresight, enthusiasm and co-operation. The oldest daughter is character, the other girls cheerfulness, loyalty, courtesy, care, harmony, and sincerity. The baby is opportunity. Get acquainted with the old man and you will be able to get along with the rest of the family.

Yours truly,  
ERNEST H. SMALL,  
Lewisporte, April 26th, 1922.

### Athletic Association Meeting.

C. C. C. ACTIVE IN SPORTS.

Yesterday morning at a meeting of the C. C. C. Athletic Association, arrangements were made for the coming seasons work. The Association has decided to again enter the football arena, and for this purpose Mr. W. Catal was appointed League Delegate. The team has not yet been selected, but players practicing will work under last year's captain. The annual indoor sports will take place on the 10th inst., and will be concluded by a Grand Dance under the auspices of the W. & N.C.O.'s.



Have You Contributed to  
The War Memorial Fund

Barbara Castleton and Montagu which is most unusual in its Love appear to advantage in "Stains ment, has to do with the expe of Society." Thomas B. Walsh's first of a young couple of wealth and independent film production distribi- tional position, whose troubles s- buted by R-C Pictures Corporation, when she husband unwittingly and the current attraction at the back to provide his wife with Majestic Theatre. A well balanced client spending money. A s- cast including Macey Harlam and climax is a big feature of the others' support them. The story, action.

By Gene B...

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PARL  
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