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The chocolate covers the color and taste of the dark flour so it is practically as good as when made with all white flour.

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### The War Ends.

opular Mechanics Magazine.) emed afar off like a mirage, has and wives and sweethearts whose eyes e of possible human effort, are can ever compensate

Ships now cross the ocean

tion and relief; the conflict is ended. As merely so many pounds of liv-In all history no message ever sped so gladly nor so fast, as the few H. H. Windsor, in the January words flashed through the air, and a few years at most nature will deunder oceans, and over land wires, mand her due; but as a principle of right, as an act due those loyal mill- ity are peaceably inclined. Even the mighty crash of a great or- termost accessible parts the news ions who have suffered and died to the Great War came suddenly to was carried. What wonder that all perpetuate freedom for the world, the end. No longer do the weary sol- civilization gave vent to a frenzy of allies cannot, must not, hesitate to at listening posts strain their joy almost barbarie; that men try, convict, and execute the kalser brough long night watches; star shouted and women wept; and little and his guilty associates. s have ceased to burst and flame children witnessed an event which No Man's Land; cannons have threescore years and ten hence, they led; machine guns utter no sound; will relate to other wide-eyed children New Wireless exchange of all manner of deadly In our joy let us not forget those iles has stopped. At last Peace, millions of fathers whose voices reh for four slow, dreadful years fused to cheer, and those mothers

afety; smoke from thousands of cally exhausted; when their ammuni- cerning the Audion Lamp. By means on plants no longer darkens tion was spent; when the war had of this invention long-distance wireto their homes; armies are de- no longer possessed the ability to been made possible. The Audion zing; reconstruction of devas- murder the defenceless; to gas the Lamp magnifies sound waves a milhomes and farms and factories brave. Their regret is that they lion times, but without affecting their antemplated; the dreadful mili- failed, but not one single word of tonal qualities. debauch has consumed itself; the penitence for the harm they have "All the U.S. airplanes," says Dr. de draws a great sigh of exhaus- done, the sorrow they have caused. Forest, "are now fitted with this ap-

rightful owners. They have been beaten in what was for nearly four years an unequal struggle, but for narched into Belgium in August,

And what of that archeonspirator and his associates in power, who with bags of gold have sought hiding in near-by, and so-called neutral countries? Is there no justice in the world? Are these who through long years planned, and spied, and gathered war supplies, and made munitions and trained millions of fighting men; are these-after all their deliberations and crimes against the worldare these to live? Is there any crime in all the annuals of evil of which these men are not guilty? Is there anywhere in all the dark, bloody sick fresh in mind, we find it hard chapter, one single redeeming act, to imagine that another war could which they can plead for mercy? Were there the slightest spark of remorse, did they possess one element cheated justice of her dues But no: Huns, waiting only a turn of the she was sure. wheel of fortune to return to his world by demanding recognition as

ing, breathing tissue, the life or death of these beings means little; in

The well-known wireless expert The thousand and one activi- were dry, because their hearts were Dr. Lee de Forest, who arrived in of battle, intense to the last bowed down with a sorrow no victory England recently to exhibit his latest, invention to the British Signal Corps. The Huns ceased only when physi- disclosed some interesting facts con-



# The Blood Pressure

66 THAT is the meaning of blood pressure?" you may ask, and What has it to do with the health?" For as much as we hear of blood pressure these days it is somewhat of a mystery to most people.

Perhaps the easiest way to explain it is by comparison to water pressure, whereby water is supplied to homes and made available upstairs and down at a mere turn of the tap.

The blood in the human body is under a similar pressure as you will know if you cut an artery and see the force with which the blood spurts out.

The arteries may be likened to the rubber hose which you attach to the water system in your house. So long as the rubber retains its elasticity you do not fear trouble, but as it gets older and harder and begins to crack you dread the water pressure which is everywhere test-

ing the strength of the hose. And so it is with the arteries. The walls of the arteries harden as age advances, more particularly if the vital organs are not doing their full duty in filtering and purifying the blood and keeping it in rich, healthful condition.

When your physician suspects that your arteries are hardening and losing the elas-

ticity which enables them to withstand the strain put on them he recommends that you have your blood pressure tested. Then he seeks a means of improving the condition of the blood and of restoring the health and vigor of the digestive, filtering and excretory organs.

In the great majority of cases the weak functioning of these organs is due to the low vitality of the nervous system, and the use of Dr. Chase's Nerve Food is resorted to with most satisfactory results.

Comparatively few people realize that the healthful working of each and every organ of the human body is dependent on the amount of nervous energy with which that organ is supplied, and that when nervous energy is consumed in overwork or worry, in sorrow or mental anxiety, these vital organs must fail for want of motive power.

Dr. Chase's Nerve Food cures by improving the quality of the blood and increasing the amount of nervous energy in the human system. In other words, it increases vitality, and this is what is lacking in persons whose arteries are harden-ing and whose blood pressure is conse-

quently rising. Dr. Chase's Medicines are sold by all Druggists and Dealers in St. John's and the Outports. Wholesale quotations from GERALD S. DOYLE, Water St. St. John's, Sole Agent.

paratus, which has made it possible for the pilot to receive a message in the air despite the noise of his enstroyed for years; they whine lest gine. Our Signal Corps, too, in the the very cars they stole from France | trenches are using the same apparatus and Belgium be returned to their of a more portable kind, and they

"The Allies' communication at the any word which has yet come out of front between aeroplanes, infantry Germany they are the same undegen- and artillery would be impossible in erate Huns who, casting aside all the anything like its present state of perobligations of a civilized nation, fection without the Audion. The French use a thousand a day.'

#### What of Future Wars?

(By H. H. Windsor, in the January Popular Mechanics Magazine.) And what of future wars? Will nation war against nation in the days to come, and will the refinement of cruelty in killing be still further developed from its present advanced stage? Inst now, with the smoke and smell of battle still hovering in the sir: with all its dead and injured and

It is difficult to believe that any nation is likely to deliberately make of true manhood, they would long war upon another nation so strong ago have taken their own lives, and and powerful as to almost insure the defeat of the aggressor. Germany even at this writing there lacks any was positive in her belief of her reliable evidence that the kaiser is superstrength to win, otherwise she not even now still the kaiser of the would have postponed the day until

throne and insult the nations of the largely by prevention; there are people aplenty who dislike other people to the extent of wishing to assault or kill them, who nevertheless refrain from doing so because of the presence of police and the fear of punishment. Except for those temwere the police inadequate, there is the State Militia, and even the Nation-

Theoretically a system which suffices to maintain order, and administer justice and punishment, between the citizens of any one country ought to be capable of expansion to maintain order between countries. Probably the one thing which most stands in the way is their lack of acquaintance, one country with another. 'It is much less easy to understand what a man whom you have never met says and tled down completely and taken their him. A remark which sounds offento maintain order and administer all.

justice between nations is to succeed, its member nations will have has been made; the English, French, known by that name, or perhaps as had his name printed on the flyleaf of Belgians, Italians, Portuguese, and the Battle of Arras; but the Battle of the new Prayer Book—a very safe as-Americans, with representatives of Messines will probably be a sticker, surance of immortality. been thrown together as never before. French annals for all time.

great melting pot of the fighting recovery which brought the British these are naturally the volcanic retrenches, the furbelows were all cast to their final victory. aside and the splendid manhood and ideal spirit in each of the other have been reversed. Even the Hun has are the best for dress occasions. little to say about the American being a dollar chaser since the marines chased him out of Chateau

It is well that our President should disregard precedents and attend the Peace Conference. In days to come the heads of our allied countries, and other countries, may likewise well forget precedent and visit us. We might with advantage revise the histories and teach our children the best and grand things in the life of other nations rather than so much of the werst.

People are apt to base judgment on their personal experiences. Our unscropulous exporter can poison a well of foreign sentiment from which hundreds will drink. Never was a time when high moral standards of business meant so much for the future as now. The man who for selfish ends abuses the confidence of a buyer in another country, thereby betrays his own country and is a

Such an opportunity for mutual understanding and universal good will has never occurred. The time calls for the exercise of the highest impulses and sound judgment, and that same generous, farsighted vision through coming years which the framers of our own Declaration of Independence displayed. A spirit almost of inspiration is needed if the union of nations shall be so framed as to provide a bulwark which the avarice and cupidity of any and all nations shall be powerless to de-

#### Battle Names

There seems to have been little rouble in the past in naming battles, although even Waterloo is called Quatro Bras by the French. But on the whole a name seems to have attached itself to a battle quite naturally like Blenheim, Talavera, Jena, Leipig, the Nile, and Trafelgar.

But in the Great War, where a batle extended over weeks of time, over forty-mile front, including many villages, and sometimes several object

SUNLIGHT & SHADOW

CO wrote James Douglas in a fitting tribute to Heroic Women. It is equally certain that the homes of our gallant soldiers and sailors are not neglected because war has cast its shadow o'er the threshold. The motto of sweethearts and wives is "Cleanliness as usual" with

"EVERY SOLDIER IS A SON.

# NLIGHT SOA

We see to it that the hardships of the home are not of a physical nature, for the guaranteed purity of Sunlight Soap ensures rest and comfort for all who use it.

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LEVER BROTHERS LIMITED, PORT SUNLIGHT, ENGLAND.

tives in the shape of big towns, the Home Secredifficulty of naming a battle with a name that is universally recognised is

The names which have actually set-

The battles of the later phases of

The very simplest styles of boots White crepe scarfs or shawls are heavy with Chinese embroidery. Striped silk pajamas seem to be the proper thing for night wear.

# tary's Worries.

does, than after you come to know places in history are the Battle of the means easy. The Home Secretary is, ing with reconstruction and war dam-Marne, the two Battles of Ypres, the in the first place, a great ceremonial ages, said he estimated the value of Battle of Verdun, the Battle of the ist. It is he who notifies to the counbe intended as a compliment. In Bight, the Battle of Jutland, the Battle try items of State intelligence, de- 000,000 francs; furniture at 5,000,sky; tired workers return once reached their own borders; when they less telegraphy and telephony have other words if an international board of the Somme, and that seems almost clarations of war, treaties of peace. and the births and deaths of Princes. 10,000,000,000; mines at least 20,000,-It will be remembered that while Mr. 000,000 and railroads 9 500 600 000. The the war have hardly settled down to a Churchill heid the office he had the Deputy claimed that these losses to know one another better, and prac- name yet. Probably the battle in which principal speaking part in the inves- should have priority. tice the golden rule. A good start the Vimy Ridge was stormed will be titure of the Prince of Wales, and even

> all their several dependencies have just as the Chemin des Dames will in But these are not the duties which get the Home Secretary into hot wa-American tourists bent on a holiday Perhaps the great battle which at ter. It is rather that he is responsithe time seemed disastrous to British | ble for the internal peace of the coun about the gayety of France until we arms, commencing on March 21st, try, supervises the police, controls the thought all France frivolous; the 1918, will go down to history as the prisons, and pardons and refuses to Ratheneau, President of the German English were considered a bit dis- Battle of Amiens, whilst the Battle of pardon criminals; aliens, again, have tant and haughty, and so on. In the Cambrai may stand for all that heroic always been under his charge. And

As far back as 1866 a certain Mr. Spencer Walpole, who was Home Secretary, got much the worst of it in a collision with the reform agitation. Sir the indemnities are high we shall have William Harcourt had the dynamite nothing with which to expand our inoutrages in his term of office, Mr. Hy. Matthews the Maybrick case, Mr. As- of emigration, probably to South Amquith the Featherstone riots, and Mr. erica, the Far East and, certainly to McKenna had his troubles with the Russia. The result will be the Balsuffragettes.

# **Returned Stolen Goods.**

FRESH POULTRY FOR,

NE. YEAR'S DAY.

By Express this week: TURKEYS, DUCKS,

CHICKEN. Booking orders now.

FANCY BISCUITS. 100 Dinner Pails JERSEY CREAM SODAS.

10 cases

150 tins McCormick's

FRESH EGGS by Express to-day.

# Duckworth St. and Rawling

Paris, December 18.-Bishop Magione, of Berne, has received from Cardinal Hartman, Archbishop of Cologne, twenty cases containing ornaments which were taken from the diocese of Rheims by German soldiers. They will he sent to France.

# Gas Attack

Investigations of the effects of porson gas on animals show that horses suffer considerably from the noxious fumes and are subsequently thrown into a state of nervous terror on again scenting them. Mules are inclined to stand their ground and appear as if frying not to breathe. Gas helmets of a kind have been successfully tried for both these animals.

In the trenches many animals are kept by the soldiers as pets. Of these, cats quickly detect gas and run about howling. Guinea pigs are the first again. to succumb. Mice emerge from their holes and are found dead in quanti-

Poultry of all kinds are useful for giving warning ducks and fowl becoming agitated ten minutes or so before the oncoming gas clouds. Many kinds of wild birds are greatly excited, and the usually unruffled owl becomes, as it were, half demented. Only the sparrow seems to disregard the poisonous vapour, and sparrows chirp on where horses are asphyxiated, and bees, butterflies, cater-pillars, ants, and bettles die off in

great numbers. The gas at once kills snakes, and arthworms are found dead in their . The National Drug & Chemical Co. of Canada, Ltd., Toronto, Ont. 241. earthworms are found dead in their

### France's War Bill.

Paris, December 19.-Deputy Duoois, in the Chamber of Deputies to-

### Germany Ruined for Generations.

country in 2,000 years,". added Dr. Ratheneau, who is one of the largest employers of labor in Germany, "If dustries and there will be a great tide kanization of Europe."

A small hat actually demands a pretty veil to be complete. Scarfs of velvet, deeply fringed, are becoming very popular.

Side panels are usually shorter than front and back panels.

## **GIN PILLS** AND THE and Sparrows. SPANISH "FLU"

Everybody knows that one of the most depressing and dangerous complaints resulting from the attack of Spanish Influenza — is weakened kid-

Hundreds of persons are now suffering worry and annoyance from Kidney lisorders because they failed to remedy the detrimental effects left by the

But there are other people who are not suffering-they are the people who used Gin Pills and restored their kidneys to their proper state of health

From all parts of the country letters in large numbers are coming in to us stating that Gin Pills have proven just

Gin Pills have always been accepted as the universal remedy for Kidney or Bladder Trouble—now they make good again, as the best remedy for after the "Flu" convalescence

If you have suffered from the "Flu" try Gin Pills and safeguard yourself against the possibilities of more serious kidney disorders.

Gin Pills - Sold Everywhere. 50