

Health and good looks —the reward of internal cleanliness

HEALTH and good looks go hand in hand. If you do not keep clean internally, your looks and health are undermined together. A clogged intestine breeds poisons that reach every part of the body. These poisons ruin the complexion and undermine health. Constipation brings on such ailments as headaches, bilious attacks, and insomnia—each of which saps your health and vitality. Soon much more serious conditions follow.

In constipation, say intestinal specialists, lies the primary cause of more than three-quarters of all illness including the gravest diseases of life.

Laxatives Aggravate Constipation

Laxatives and cathartics do not overcome constipation, says a noted authority, but by their continued use tend only to aggravate the condition and often lead to permanent injury.

Medical science, through knowledge of the intestinal tract gained by X-ray observation, has found at last in lubrication a means of overcoming constipation.

Physicians Favor Lubrication

The lubricant, Nujol, penetrates and softens the hard food waste and thus hastens its passage through and out of the body. Thus Nujol brings internal cleanliness.

Not a Medicine

Nujol is not a laxative and cannot gripe. Nujol is used in leading hospitals and is prescribed by physicians throughout the world.

Don't give disease a start. Adopt this habit of internal cleanliness. Nujol is not a medicine. Like pure water, it is harmless. Take Nujol as regularly as you brush your teeth or wash your face. For sale by all druggists.



Cleanliness Demands More Than Bathing



Nujol

REG. U.S. PAT. OFF.
For Internal Cleanliness

Sole Agents: J. B. ORR COMPANY, LTD., ST. JOHN'S.

Royal Doll's House

Is well-known to her family and to the Court, and when the pleasant desire to giving her the perfect Doll's House first took shape, none could have foreseen the measure of development that was going to create the finished work of art. But the idea pleased the greatest of our sculptors, painters, craftsmen, writers. They desired to identify themselves with the presentation, planned under the careful direction of Princess Marie Louise and Sir Edwin Lutyens, their gifts have taken due place as well as form, so that to-day the Doll's House is such a treasure house of art and literature as may merit the much coveted and misused term unique. Indeed, the adjective can stand up as proudly as the Doll's House itself and defy the challenge of the purist.

You must imagine before the first transformation of the very beautiful four piece building of arresting design and with wonderful windows that seem to collect the light. On the roof are bronze figures by Frampton. On one side of the house there is a formal garden laid out by Miss Gertrude Jekyll, with lawns and flower beds that show strict regard for the building they complete and adorn, on the other side there is a garage with a fine array of model motor cars. Then you must imagine the whole front rising like the deep cover of a box, in true doll's house fashion, and you will find all the beauties of the miniature palace revealed.

If the exterior charmed the interior amazes. Let common honesty prompt the confession that the most skilled observer could not enumerate one-tenth part of the attractions that confront him here.

Concentration is demanded for all the special features, for the wonderful entrance hall with its marble pavement, and sweeping staircase, for drawing-room, dining-room, library, bedrooms, kitchen, box-room, cellars, store-rooms, electric lifts and lighting plant, in short, for all the equipment of a mansion made perfect. It

is only when the general scheme has been grasped that the visitor can begin to study the details, and then he finds there is no item either in the decoration, furniture or equipment that is not the contribution of some distinguished artist or craftsman. The ceilings, the walls and the pictures on them have been painted by the greatest of our artists. The names of Lavery, Orpen, D. Y. Cameron, A. S. Cope, Munnings, Dulac are the first that leap to the pen, and another artist of distinction, is to be seen by most of us for the first time here, is the Lady Patricia Ramsay. Some contribute original work, others have copied known pictures. Mr. Munnings reproduces his spirited equestrian portrait of the Prince of Wales, and Sir A. S. Cope copies the famous Winterhalter portrait of the Royal Family, painted when Prince Albert and Queen Victoria were young.

The prevailing harmony is wonderful, every room has its color scheme, to which all decoration conforms, and the proportions of pictures, statuary and furniture have been preserved throughout. There is an admirable sense of variety in unity. The nurseries, for example, with their gay mural paintings by Dulac are the happiest and most effective contrast with, say, the gelling of the dining-room painted by Professor Motra. Every style of art finds its representation; the bathrooms are decorated on the walls with miniature "Punch" cartoons, each signed by the artist.

It is not easy, indeed it is impossible, to sum up within the limits of a short article the wonders of a piece of creative work that has occupied some of our best brains for several years, but it is impossible to close this story of what the visitors may explore at leisure without some reference to the Library. Apart from the beauty of its furniture, and the alluring hint supplied by a table covered with State dispatch boxes, there is a library to which nearly two hundred of our leading writers have contributed a little book in their own

handwriting. Many have given original work. Others, like Mr. Hardy, have written out what they like best of their own creation. A few—Mr. Kipling is one—have illustrated their selection. Here again the word unique insists upon asserting itself. Et pour cause. Barrie, Arnold Bennett, Max Beerbohm, Chesterton, Conrad, Gosse, Robert Bridges, Sir J. G. Fraser and Lord Haldane are among the contributors. But the library does not end with the writers. Artists are represented by a truly wonderful collection of miniature water-colors, pencil drawings and etchings. To this gathering six hundred men and women have sent their gift.

Space fails, and the rest of the work must go undescribed. The Queen's Doll's House is the masterly translation of a great idea masquerading under a title that appears to impose unnecessary limitations upon it. Far greater than a Doll's House, it is, on one hand, the perfection of art in miniature, and, on the other, a complete realization of the ambition to pay a very loyal and loving tribute to Queen Mary.

Early winter was a delicious, balmy day; the gentle wind; seldom does the climate dish us novelties of finer kind. In our gardens there were roses till the Christmas time was past, and the people's ears and noses suffered in no arctic blast. We had soaked our heavy raiment, soaked the fur and furbelow, and we wondered what the day meant who predicted lots of snow. But the weather man grew rattled as the New Year made its bow, and the elements embattled raised a most unholy row. All the standard goods were chosen from the Arctic's stock of storms, and our lambskins were frozen, and we clamored for reforms. For we'd soaked our winter clothing in the time of balmy air, and we viewed with bitter loathing weather fit for polar bears. Oh, the winter is a hummer, and we gurgled as we go, in our rags designed for summer, through the tempest and the snow. From forbidding polar reaches comes the tempest grim and stark, and our duds were made for beaches and for picnics in the park. So we roared, for goodly reasons, such an elemental crime; better far to have our seasons come along on schedule time. Such a mixed up stunt discloses only trouble, only woe; we're opposed to winter roses we are down on summer snow.



WALT MASON

Admiral Sir Cecil Gaunt, M.P., contributes some interesting stories of how life is lived in the South Sea Isles.

Once I led a party of armed natives, he says, through every country. We heard our foe coming at us in numbers, so decided to ambush them. On the way up we had passed a German's deserted house, and the natives had helped themselves. One of them had found a prize—a pair of corsets, made for a stout woman. While we were waiting in the grass his friends rolled the er—garment round his head and shoulders, and pulled it tight.

A rifle went off—we all sprang to arms; my unfortunate native, with his arms laced high above his head, sprang up with the rest of us. The hostile natives looked, thought he was a devil, turned tail and bolted!

In Samoa there are some charming customs. For instance, the prettiest girl in the village becomes "head-girl," and acts as official hostess when occasion arises. She is not, need I say, chosen by the other girls, but by the chiefs.

This girl, or taupu, also acts as vivandiere to the village troops. She behaves most gallantly under fire, bringing up water and coconuts without worrying about the fighting.

Our chaplain took a great interest in inducing the native women to wear civilized dress. They must, I think, have admired his efforts. I remember

A Great Holiday Programme at The NICKEL To-day

George Kleine presents **BEAUTIFUL VIOLA DANA** in **THE COSSACK WHIP**
With RICHARD TUCKER and a strong supporting cast. A powerful melo-dramatic offering with a smile and a heart-throb.

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"HOT - WATER."

Watch for to-morrow night's Big Show—A High Class Bill.
FRIDAY:—"SURE FIRE FLINT." A Picture of Thrills, Romance and Comedy.

Before Motor Cars, Before Victorias—

even before square-body wagons, yes, in the days of the "Jenny Lind Bodies," which according to one man's description were so unhandy that you "had to go up on the parade ground to turn 'em around." In that distant period

IVORY SOAP

was a popular toilet soap with many people. To-day IVORY has more friends than ever and is used almost exclusively in many economical homes. Ivory costs only 5, 10 and 15 cents a cake at most grocery stores.

Charles S. Doyle
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Where Life is Never Dull

Admiral Sir Cecil Gaunt, M.P., contributes some interesting stories of how life is lived in the South Sea Isles.

PROVISIONS

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Job's Stores, Ltd.

There is a **"Berkshire Quality"** for every need.
BERKSHIRE & CO., Ltd.
Wholesalers and Stationers.

MUTT AND JEFF

JEFF TRAINS FOR THE MARATHON EARLY IN THE MORNING.

JEFF: DON'T FORGET TO MEET ME HERE AT TEN O'CLOCK, JEFF!

MUTT: SURE, MUTT, I'LL TEAR OFF MY DAILY MARATHON AND BE BACK LONG BEFORE TEN. DON'T WORRY!

JEFF: I'M SCHEDULED IN THE MARATHON RACE IN THE OLYMPIC GAMES AND ON MUTT'S ADVICE I'M COVERING 25 MILES EVERY MORNING AT DAWN TO GET IN SHAPE!

NOON

JEFF: GETTING OFF 25 MILES EVERY MORNING MUST BE TOO MUCH FOR JEFF. I'LL ADVISE HIM TO RUN ONLY HALF THAT DISTANCE FROM NOW ON UNTIL HE HARDENS UP. HE'S WAY LATE!

MUTT: YOU'RE LATE! WHAT WAS THE MATTER—FOOT TROUBLE?

JEFF: NO—

MUTT: TIRE TROUBLE?

JEFF: ?

DAWN

WET FEET

lead to colds. Avoid chills by rubbing with Minard's Liniment. The great preventative.

—By Bud Fisher.