

# SUGAR!

**Gran.:** Barrels; Sax of 10's, 50's and 100's;  
Cases of 2's and 5's.

**Cube:** Barrels, Cases and Crystal Dominoes  
in 2-lb. cartons.

**Icing:** Barrels and half-barrels.

## HARVEY & CO., Ltd.

### SIDE TALKS.

By Ruth Cameron.

#### ARE YOUR THOUGHTS GOOD FOR YOU?



Are you satisfied with your Thought Content? By far the largest part of our life is Mental Life, that is, Thought Life. We may speak of a few thousand words a day, we probably think the equivalent of a few hundred thousand. We are thinking all the time from our birth (or a few years afterwards, don't know just what the scientists have decided) to our death, except when we are asleep; and presumably dreams are a form of subconscious thinking.

**The Million Thoughts We Think!** While we eat, while we work, while we walk about, while we ride in our automobiles, while we talk, while we dress, and undress, we are, all the time, thinking, thinking, thinking. Sometimes of course we are thinking about what we are doing, but a great deal of the time a separate Thought Life is going on within us.

What is the nature of this Thought Life in you and me? Is it happy or unhappy, helpful or hurtful, constructive or destructive? Do we allow our Thought Content to be colored by resentments? Are we constantly rehearsing grievances, thinking over slights, planning how we would like to get back at people?

#### Imaginary Arguments.

Do we have that foolish habit of mental argument? A woman told me once that she was absolutely aghast when something made her realize how much her thoughts were devoted to imaginary arguments with people. Often, she said, the conditions over which she pictured herself arguing never came to pass, and when they did the people did not say what she had made them say in her thoughts and so her elaborately planned answers were all unnecessary. Here is the sort of thing she meant. She was afraid her mother-in-law would expect her to take the children to her own favorite doctor when they moved to her town and marshalled argument after argument as to why she should stick to her old doctor and get white hot about it in her mind. When the time came, her mother-in-law said that she didn't think her pet doctor was as good for children as for older people and actually advised her not to have him. So all that mental turmoil had been for nothing!

#### Don't Poison Yourself.

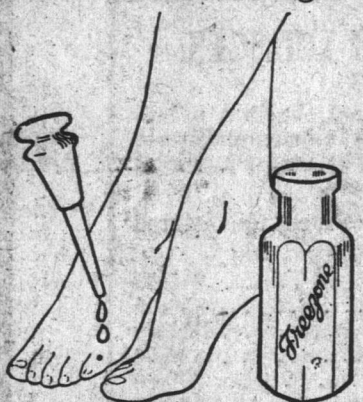
Regret is another mental habit which often poisons out Thought.

Content. Nothing is worse than to get into the habit of going over and over, irrevocable steps and regretting them, and yearning over the lost chance, and wishing oneself back at the moment before it all happened. If you find that your Mental Content contains too many such thoughts it is time to turn over a new leaf and replace them with something healthier and happier. Try to think more Courage and Hope thoughts. Think about pleasant things. Read the big news of the day and think it over. Try to get more in the habit of thinking things out.

A happy, healthy Thought Content is a big factor for the health and happiness of one's whole being.

### CORNS

Lift Off with Fingers



Doesn't hurt a bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly! Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

#### MINER'S CRADLE.

The cradle is a simple appliance for treating "pay dirt" earth and gravel containing gold dust. It consists essentially of a box, mounted on rockers, and provided with a perforated bottom of sheet iron in which the "pay dirt" is placed. Water is poured on the dirt, and the rocking motion imparted to the cradle causes the finer portions to pass through the perforated bottom on to a canvas screen, and thence to the base of the cradle, where the gold-dust accumulates on transverse bars of wood called "riffles."—Rocky Mountain Herald.

### Provisions Cashed On Lonely Islands.

FOR USE OF SHIPWRECKED SAILORS.

If shipwrecked crews are washed ashore on certain lonely islands nowadays, they find a snug little store of food and other necessities safely cached by a considerate government.

In some cases these stores contain, in addition to food, everything a distressed seaman would need, such as medicines, bedding, cooking utensils, flags for attracting the attention of passing vessels, materials for lighting fires, maps, collapsible boats, and even tobacco.

These additional stores are provided only in places where shipwreck occurs with greater frequency. In other parts absolute necessities only are stored, such as preserved beef and ship's biscuits.

Midway between Cape Town and Western Australia, and about 3,000 miles from either place, are the islands of Amsterdam, St. Paul, and Kerguelen, all of which are provided with food-stores.

On Amsterdam Island a large cavern in a hillside is stocked with 1,350 lbs. of beef, 1,125 lbs. of biscuits, ten woolen shirts, ten suits of underclothing, ten blankets, and four packets of matches, all stored in iron-hooped barrels coated with tar and sand to preserve the contents from the weather and possible damage by seawater.

#### FROM POLE TO POLE.

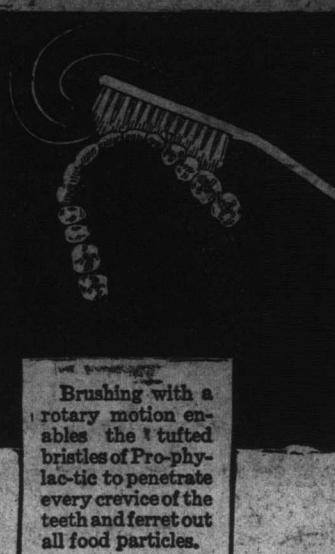
This store was established by the French Government vessel *Euro*, and an inscription to that effect is placed over the entrance to the cavern. A flagstaff to mark the spot was also erected.

On St. Paul Island a similar quantity of food and clothing has been established, but in this case it is housed in a hut of rough stones. The S.S. *Parisiana* was abandoned while off fire in the Indian Ocean, and after a terrible experience the crew reached St. Paul Island.

They found the hut had been damaged by the wind and sea, and a large portion of the provisions and all the blankets had disappeared, while the remaining stores were almost unfit for consumption. Fortunately, the S.S. *British Transport* arrived at the island some weeks later, and rescued the shipwrecked men from a terrible death.

Altogether, twenty-four islands have these stores of food. Three are established on the most remote corners of Iceland, while the others are all on the smallest of the numerous islands dotted about the South Pacific and Indian Oceans.

The Antipodes, for instance, a group of islands very close to the borders of the Antarctic, is stocked with one ton of beef, half a ton of biscuits, and one hundredweight of tinned fish, as well as blankets, shoes and clothing.



SAVE your teeth and your money by visiting your dentist four times a year.

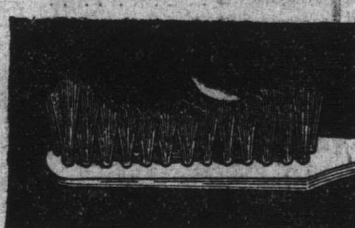
Frequent examinations cost little—delays are expensive.

Clean the teeth regularly twice a day with the Prophy-lactic Tooth Brush.

The curved handle makes it possible to brush all around the back teeth. Adult's, youth's, and child's sizes. Always sold in the yellow box. For sale by leading druggists.

Distributed in Nfld. by  
GERALD S. DOYLE  
St. John's.

## Prophy-lactic Tooth Brush



### Moorish Superstitions.

One of the first things a traveller notices in a Moorish town are the "hands," painted or drawn, on the walls of many houses and buildings. These are to avert the "evil spirit," the number of fingers, is considered a sacred number. These hands are also worn in the form of ornaments, and serve to keep off the "evil eye." As in Europe, the horsehoe is regarded as a sign of luck and is frequently seen over doorways.

A Moor considers it a great sin to cut bread with a knife, declaring that our hands were given us to break it. The same idea accounts for the saying that "to tread on corn is to tread on angels."

Offerings of food, hair, and other small articles are often placed in the trunks of certain trees, and have a quaint significance. As the makers of these offerings are poor Moors with large families, they firmly believe that Allah will be pleased and will give them means to support their family. Some Moors declare that after this offering their children eat less, and, therefore, cost less to keep.

At another religious celebration spiked balls are thrown into the air and allowed to fall on the throwers' heads. The man who appears the most injured and ferocious is considered the most truly religious.

Moorish marriages are performed at midnight, and the bride is confined to her room for several days after the ceremony. No Moorish woman who is truly religious is seen in the streets at any time, except in cases of absolute necessity. Life is indeed different from that in Europe!

### Chinese Use Radio As We Use Phones.

China has put into operation one of the longest commercial radio telephone circuits in the world.

Radio telephone sets have been installed at Peking and Tientsin, bridging a gap of 90 miles. They have been connected with the regular telephone lines of the Chinese government. When a telephone subscriber in Peking desires to talk with a friend in Tientsin, he puts in his call in the usual manner to the operator in Peking, who signals Tientsin over a radio channel. The Tientsin operator in turn makes the necessary connection, and the conversation is on. So far as the operation of the system is concerned, the procedure is no different from what it would be if wire connections were provided throughout.

### The Clan Thomson.

GAVE MANY MEMBERS TO SCIENCE AND ART.

The Thomson clan which originated in Dunfermline, Scotland, in the Bruce's, Stuart and Douglas times, and which has produced many names in history, still has a number of kindred-friends now prominent in the world's learning, science, exploration and political progress. T. Kenneth Thomson is the famous engineer who is enlarging New York Island to include half of N. Y. Bay down to The Narrows. Elhu Thomson is the most famous inventor in the electrical world, ex-President of the Massachusetts Institute of Technology. Dr. James Park Thomson, O.B.E., LL.D., F.R.S.G.S. (Edin.), is Hon. Secy. and Treasurer of the Royal Geographical Society of Australasia, and Hon. President of the Hellenic Association of Australia, (to uphold study of Greek as a basis of classical education). He is a graduate of Queen's University, Kingston, Ontario, and donor of the ethnological collection to its museum, said to be the best extant. John Stuart Thomson is the most famous inventor in the electrical world, ex-President of the Massachusetts Institute of Technology. Dr. James Park Thomson, O.B.E., LL.D., F.R.S.G.S. (Edin.), is Hon. Secy. and Treasurer of the Royal Geographical Society of Australasia, and Hon. President of the Hellenic Association of Australia, (to uphold study of Greek as a basis of classical education). He is a graduate of Queen's University, Kingston, Ontario, and donor of the ethnological collection to its museum, said to be the best extant. John Stuart Thomson is the most famous inventor in the electrical world, ex-President of the Massachusetts Institute of Technology. Dr. James Park Thomson, O.B.E., LL.D., F.R.S.G.S. (Edin.), is Hon. Secy. and Treasurer of the Royal Geographical Society of Australasia, and Hon. President of the Hellenic Association of Australia, (to uphold study of Greek as a basis of classical education). He is a graduate of Queen's University, Kingston, Ontario, and donor of the ethnological collection to its museum, said to be the best extant.

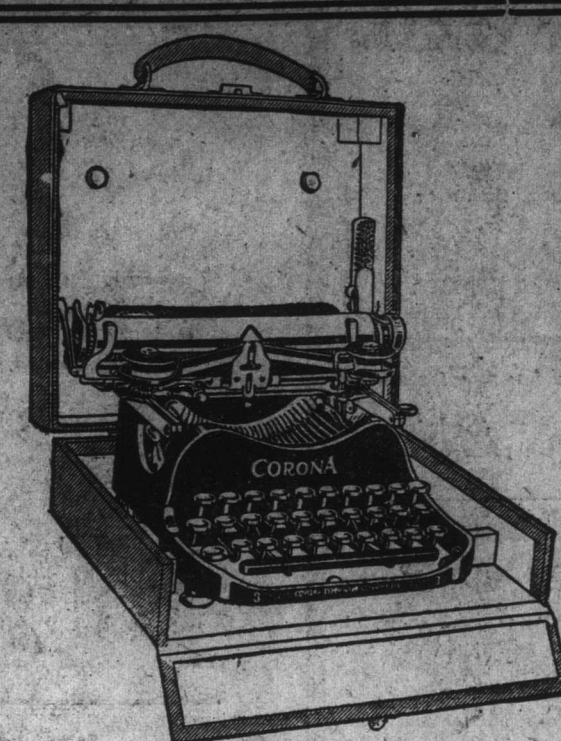
John Stuart Thomson is the most famous inventor in the electrical world, ex-President of the Massachusetts Institute of Technology. Dr. James Park Thomson, O.B.E., LL.D., F.R.S.G.S. (Edin.), is Hon. Secy. and Treasurer of the Royal Geographical Society of Australasia, and Hon. President of the Hellenic Association of Australia, (to uphold study of Greek as a basis of classical education). He is a graduate of Queen's University, Kingston, Ontario, and donor of the ethnological collection to its museum, said to be the best extant.

John Stuart Thomson is the most famous inventor in the electrical world, ex-President of the Massachusetts Institute of Technology. Dr. James Park Thomson, O.B.E., LL.D., F.R.S.G.S. (Edin.), is Hon. Secy. and Treasurer of the Royal Geographical Society of Australasia, and Hon. President of the Hellenic Association of Australia, (to uphold study of Greek as a basis of classical education). He is a graduate of Queen's University, Kingston, Ontario, and donor of the ethnological collection to its museum, said to be the best extant.

John Stuart Thomson is the most famous inventor in the electrical world, ex-President of the Massachusetts Institute of Technology. Dr. James Park Thomson, O.B.E., LL.D., F.R.S.G.S. (Edin.), is Hon. Secy. and Treasurer of the Royal Geographical Society of Australasia, and Hon. President of the Hellenic Association of Australia, (to uphold study of Greek as a basis of classical education). He is a graduate of Queen's University, Kingston, Ontario, and donor of the ethnological collection to its museum, said to be the best extant.

### Fashions and Fads.

Circular panels are being placed at the sides. Many elaborate gowns have scalloped hems. Bell sleeves are featured for the semi-dinner gown. Many tailored coats have high, upstanding collars.



H. G. WELLS writes: July 22nd 1921  
"I am glad to take this opportunity to tell you of my complete satisfaction with this machine. It is exactly the typewriter for an author like myself. It is so light and small that it can be taken anywhere, and it is so sound and foolproof that it is always in good condition. I have needed a typewriter for years, but I could not find anything sufficiently portable, hardy, willing and easy, until I discovered Corona."

H. G. WELLS.

## Have You Discovered CORONA?

'Phone 47, DICKS & CO., Limited

### JUST RECEIVED

From the Land of the Heather

a Shipment of the famous

**John Cotton's MIXTURE**

### Smoking Tobacco

Rich in Flavor, Fine Aroma, Sweet Smoking, Pleasing to the Palate.

Manufactured in Edinburgh.

**CASH'S Tobacco Store.**  
WATER STREET.

(Feb. 10, 1922, 11)

### Smallest Republic.

The Lilliputian republic of Gorgor, which nestles within the confines of a square mile in the Pyrenees, and is smaller even than the republic of Andorra or San Marino, has had its independence recognized by France and Spain for the past three centuries.

It has a population of about 150. The people are ruled by a council of elders, but they pay no taxes or duties of any sort. This civic unit is so tiny that it has to go abroad for its cure of soul and body. For these it has to go to Laurent, the nearest French town. Even the dead must leave Gorgor to find concentrated ground in which to lie; the commons are slid downhill, out of the republic in the world.

Magistrate:—"You say the struck you. Have you any to prove this?"  
Cassidy (pointing to his hat):—"I have an eye witness here!"

Since strength is essential to success—eat for strength.

## Even one dish of Grape-Nuts

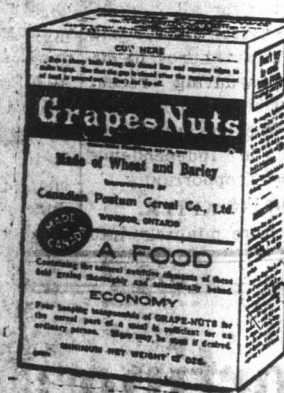
a day makes for increased vital energy and working capacity to a marked degree.

This wheat and malted barley food, when eaten with good milk or cream, supplies the elements that the body needs in attractive, easily digestible form.

You will like the unique flavor of Grape-Nuts

"There's a Reason"

Made by Canadian Postum Cereal Co., Ltd., Windsor, Ont.  
Sold by Grocers Everywhere!



**15 Years' Guaranteed Roof Protection with NOLEAK**

#### First Cost the Only Cost!

NOLEAK, once laid, costs nothing in upkeep. No Paint, Dressing or further attention is required. Over 20 years of manufacturing proves this.

#### Easy to Apply!

NOLEAK is applied right over the old roof. No ripping, tearing or patching. No outlay for additional materials. A trowel is the only tool required.

Protect your roofs now. Let us show you this wonderful roof saver.

**NOLEAK—The Perfect Roof Covering**

#### Positive Results!

15 years of guaranteed roof protection is the positive result of a NOLEAK coating. Its plastic, wear-preventing surface can be laid at any angle and on any kind of roof.

#### Cheap to Buy!

NOLEAK, considering its quality ingredients and its high order manufacture is the cheapest roof covering obtainable; and, remember, the first cost is the last.