

MAGIC

BAKING POWDER

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Yielding To Good Impulses.

By RUTH CAMERON.



The other day, in a street car, a woman across the aisle from me leaned forward and informed the woman in front of her that part of her waist was unbottled. Naturally, the lady was extremely embarrassed at this discovery, but I did not feel too much embarrassed to thank her informant with the most evident gratitude and the most cordial good manners.

"Well, now," said my seat companion, as the lady with the unbottled waist successfully hid it by slipping on her coat. "I've been watching that waist for the last five minutes and wondering if I'd better tell her about it, but I didn't quite dare to because you never can tell just how people will take anything like that."

Do you know, I think there are a great many people in the world like this woman. They come right to the brink of kind acts, and then hang back because of some scruple or other. They are afraid of being misunderstood; they are afraid of being conspicuous; they are afraid of being good; goodness knows what; and so they hang back and the opportunity passes.

What woman struggling with a heavy suit case has not sometimes looked wistfully at the broad shouldered men swinging past her, and wished that one of them would offer to carry the burden that to him would

be no burden at all? We were speaking of this matter, and this is what an unquestionably kind-hearted man had to say. "Yes, I often think I'd like to help some woman when I see her struggling along, but I'm always afraid she'll think I'm trying to pick up an acquaintance."

As if any woman worth the name would not accept such assistance properly if it were offered in the proper manner!

I have seldom denied a kind impulse without regretting it. Once upon a time I wanted very much to invite a new neighbour into my home on Christmas eve. She was alone, and I felt she must be lonely. But just because I did not know her very well, and because she had a little more money than the rest of us, I was afraid.

Later in our friendship I told her about it, and when I asked her if she really was lonely that night, the tears stood in her eyes. "Oh, my dear," she said, "I'm glad you don't know how lonely."

That experience has made me more willing to brave the danger in kind impulses. And after all, what is the danger? A rebuff? But that will hurt him who gives it far more than you.

We often know that there will be unpleasant consequences if we yield to our bad impulses, and yet, how easily we yield! How is this for a resolution—to be as afraid of our wrong impulses as we have been of the kind ones, and to yield to the kind impulses as easily as we have to the wrong.

Red Cameron

How The Body Kills Germs.

Germs that get into the body are killed in two ways—by the white corpuscles of the blood, and by a germ-killing substance that is in the blood. Just what this substance is, we do not know. The blood of a healthy person always has some germ-killing substance in it to ward off the attack of disease. The fountain head of life is the stomach. A man who has a weak and impaired stomach and who does not properly digest his food will soon find that his blood has become weak and impoverished, and that his whole body is improperly and insufficiently nourished. To put the body in healthy condition, to feed the system on rich, red blood and throw out the poisons from the body, nothing in the past forty years has excelled Dr. Pierce's Golden Medical Discovery, a pure glyceric extract (without alcohol), of bloodroot, golden seal and Oregon grape root, stone root, mandrake and queen's root with black cherry bark.

"My husband was a sufferer from stomach trouble and impure blood," writes Mrs. JAMES H. MARTIN, of Frankfort, Ky. "He had a sore on his face that would form a scab which would dry and drop off in about a month, then another would immediately form. It continued this way for a long time. He tried every remedy that any one would suggest but found no relief. He then tried Dr. Pierce's Golden Medical Discovery which completely cured him. He has stayed cured now for two years, and I recommend this valuable medicine for impurities of the blood."

Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, liver and bowels. Sugar-coated, tiny granules.

Wanderers Had Great Time in St. John's.

Managing Captain "Stan" Smith and his nine fellow hockeyists, who have represented the Wanderers A. A. in St. John's, Nfld., playing a series of games with the pick of the talent in the capital of the Ancient Colony, arrived home on Saturday morning by the Red Cross liner City of Sydney. "Stan" told the Chronicle that the Wanderers were treated "like kings" during their stay in St. John's. Always there was some form of entertainment provided for them.

and they lived royally. The ladies of that city did much towards their entertainment, giving several receptions and dinners in honor of the visiting team. In the three games played, Wanderers won one and lost two, the three scores as follows—2-1, 4-3, and 3-1. As the total scores were even the Wanderers tied with St. John's in the series, and so return home unbeaten, if not victorious. A fourth exhibition game was played, in which Wanderers were defeated by 8 to 4, but the game did not affect the Halifax team's standing in the completed series.

"Stan" said that outside of the arenas of Sydney and Halifax there is not a rink in Nova Scotia the superior of St. John's arena. Two of the Wanderers' games, however, were played on wet ice.

The St. John's team was composed of heavy men, who used their weight to good advantage. Wanderers outpointed them in stickhandling and held them in speed but, could not check so effectively. For the Red and Blacks, Purcell played a really star game throughout the series. Discrimination was not possible amongst the others. The team they were up against was the pick of four teams, and had been practising together for a week steadily before the Wanderers arrived, so that their task was a difficult one.

The first game was under the patronage of the new Governor of Newfoundland, who shook hands and talked

Last Night's Lectures.

Rev. Fr. O'Callaghan lectured to the members of the Holy Name Society last night on the "Life of St. Patrick." In the Aula Maxima of St. Bonaventure's College. The learned lecturer being introduced by Mr. J. Phelan, handled his subject in a masterful manner, and in reviewing the life of Ireland's Patron Saint held the closest attention of his listeners for nearly two hours. At the close a vote of thanks proposed by Mr. J. Deane and seconded by Mr. J. Rolla, was tendered Fr. O'Callaghan.

W. G. GOSLING, ESQ.

"Sir Humphrey Gilbert" was the theme of the discourse of Mr. W. G. Gosling who delivered the final of the series of lectures in aid of the Daughters of the Empire, in the British Hall last evening. There was a fair audience present amongst whom were His Excellency the Governor and Mrs. Davidson, attended by Major Davenport, A.D.C. In interesting and comprehensive style the lecturer told of Gilbert's life from his initial stage, referring to his relations with Raleigh, the services rendered by him in behalf of the Queen and the honors conferred on him. The lecture was very instructive. Sir W. H. Horwood proposed a vote of thanks to Mr. Gosling on behalf of the audience.

Following the discourse Mrs. (Governor) Davidson was presented by the Daughters of the Empire with a handsome bouquet—red and white carnations.

Cascarets Cleanse Liver and Bowels.

The Millions of Cascaret users never have Headache, Constipation, Biliousness or Sick Stomach.

It is more necessary that you keep your Bowels, Liver and Stomach clean, pure and fresh than it is to keep the sewers and drainage of a large city free from obstruction.

Are you keeping clean inside with Cascarets—or merely forcing a passage every few days with salts, cathartic pills or castor oil. This is important.

Cascarets immediately cleanse and regulate the stomach, remove the sour, undigested and fermenting food and foul gases; take the excess bile from the liver and carry out of the system the constipated waste matter and poison in the intestines and bowels.

No odds how badly and upset you feel, a Cascaret tonight will straighten you out by morning. They work while you sleep. A 10-cent box from your druggist will keep your head clear, stomach sweet and your liver and bowels regular for months. Don't forget the children—their little insides need a good, gentle cleansing, too.

Tremblay

Was Bitten by Parais Last Night. Eugene Tremblay, the holder of the lightweight wrestling championship of the world and Police Gazette belt for a number of years, met defeat at the hands of John Paradis, the New England wrestler, last night in Sohier Park. By the result of this match the championship was wrested away by Paradis.

That Tremblay was not in his usual form could not be doubted, for while Paradis was fagged, having wrestled one hour and a half at Bedford, Mass., the night before last, and then being forced to travel upon a train during the next day. At the last moment the toe-hold, which is Tremblay's best, was barred, and with these conditions against him he lost. However, in all praise of John Paradis he put up a good fight, though whether he will be able to continue his feat when the little Frenchman is in his usual form is another matter.

Paradis played a waiting game, which lasted 55 minutes, and then pinned the shoulders of his opponent to the mat.

Whether Tremblay was convinced that another fight like the first would be foolish in his poor condition and gave up easily is not known, but it hardly looks like the late champion to give up a fall after ten minutes of wrestling—which he did—Montreal Star, March 1.

Minard's Liniment Co., Limited. Gentlemen,—Theodore Dorais, a customer of mine, was completely cured of rheumatism after five years of suffering, by the judicious use of MINARD'S LINIMENT. The above facts can be verified by writing to him, to the Parish Priest or any of his neighbours. A. COTE Merchant. St. Isidore, Que., 12 May, '98.

ed with the captains of the two teams at half time. Dinners and suppers were frequent occurrences. President Higgins of the St. John's Hockey League and J. Tobin were two of those to whom the Wanderers gave credit for their splendid treatment in St. John's.

The ten players of the Wanderers' team were: Stensrud, goal; Dwyer and Fluke, point; Purcell, cover; McLaughlin, centre; Barnstaple, right wing; Chalmers, left wing; J. Hunter and F. Boardman, sparses—Halifax Chronicle, March, 3rd.

Notes of Long Ago.

L. C. MORRIS.

CHAPTER XXIII.—THE IRISH HEROINES.

(Continued.)

Before we close our notes, we cannot do better than devote a chapter or two to the fair sex. So far, we have treated chiefly of men; but as man is seldom in his right place until he meets his better half, so our stories may not be complete without a tribute to the influence and worth of womanhood.

Of all things that affect a community, none are greater than the influence of woman, and when these influences tend in the right direction, and stand for home and family, they are worthy the best things that can be written about them. He who honors Womanhood protects her; and in the protection of Womanhood lies the safety of the home; and upon the home rests the safety and stability of the State.

Sometime ago I met a helpless woman who appealed to me for protection. This I readily gave, and in doing so two men laughed at me; and in a sentence they dishonored and belittled the woman. When they had had their say I simply said to them: "She is a Woman, and as such is therefore worthy of protection." They only saw a poverty-stricken, homeless creature, and one whom society calls an outcast; but it was such conduct as they were meting out to her that made her an outcast; but she was a Woman all the same, and was not lost to the influence of a kindly act.

The woman of whom our story deals were among the number who left their homes in Ireland and came to Newfoundland a century ago. They brought with them all that was good and best; and in addition to these characteristics they also brought considerable wealth. And this is what makes our story different from the others; as those of whom we have spoken, while they brought character and industry; they did not have the world's wealth. So that in this tale, we have wealth and character combined, and the advantages of these were greatly to their favor; for while it is quite true that a country's best asset is its peasantry, it is equally true that capital and wealth are also essential. One of Newfoundland's drawbacks hitherto has been a lack of capital; and to intensify the hindrance, much of the wealth that was made in olden days was taken out of the country. But there were always some who had most implicit faith in the development of Newfoundland; and who put into it their toil and capital; and who thereby proved true colonizers and true empire builders.

Coal Famine.

We learn that most of our dealers in coal have now very low stocks on hand, and that others who were well supplied are also getting short, so that a great scarcity is expected in the near future. At Sydney remains tied up owing to the ice embargo there will certainly be a coal famine in the city. Tonnage cannot be had to freight from Louisbourg, and this being so, the poorer classes of people will suffer great hardship. If work instead of talk had been the motto of the Picnic Party, our own coal areas would be yielding what they contain to-day, and hardship and suffering would not be in prospect for our unfortunate people. However, the return of the true People's Government soon to take place will tend to better things.

Lloydsen Damaged.

RETURNS FOR REPAIRS. Yesterday afternoon it was reported around town that the sealing steamer Lloydsen, one of the Gulf sealing fleet, was disabled. During the evening, Mr. Tasker Cook had a message from Capt. A. Barbour to the effect that the ship struck the Baldwin Rocks coming out of Channel, damaging the stern post and keel, coming on to St. John's for repairs. The Lloydsen is expected to reach this port tomorrow night and it is likely will be able to sail from here on the sealing hunt the latter part of the week.

The rest of the Gulf fleet are ice-bound at Channell. They were scheduled to get away from there yesterday but owing to the ice embargo were detained up till this morning.

You can get everything in the eye-glass line at TRAPNELL'S.—Feb. 8, 11.

DUTY FREE TEA.

Owing to removal of duty our prices for teas will be as follows, viz.:

"ORMIDALE"—Former price 60c.
Now 50c.

"ENGLISH BREAKFAST"—Former price 50c.
Now 40c.

Under the new name of "Homestead."

"STAR"—Former price 40c.
Now 33c.

For 5 lb. parcels of any of our Teas, 10 per cent discount allowed as formerly.

In packet teas the same reductions will prevail: 60c. "Old Home" for 50c.; 60c. "Golden Pheasant" for 50c., etc., etc.

C. P. EAGAN,

Duckworth St. and Queen's Road.

HOUSEKEEPERS! THIS IS YOUR OPPORTUNITY.

We have been fortunate in securing another large shipment of

Room Papers,

Job Lots.

Not in ends or misprints, but regular goods worth from 20c. to 40c. per piece. Our price for a short time for those jobs,

10 cts. per piece.

See a few patterns in our West End window, a fair sample of what can be seen in the shop.

ROBERT TEMPLETON,

333 Water Street.

\$100 BONDS

The attention of investors of small amounts who wish only the safest kind of securities—bonds, is called to our offering of bonds at \$100 denomination.

Hudson's Pure Wool Textile 6's with Common Stock. Trinitad Consolida. A. Telephone 6's.

Stanfield's Limited 6's Nova Scotia Steel & Coal 5's Nova Scotia Steel & Coal 6 p.c. De-nature Stock Maritime Telegraph and Telephone 6's.

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In each of the past four years the Canada Life has earned a LARGER SURPLUS than ever before in its history

Favorable mortality, and low expenses, the result of good management, have helped.

C. A. C. BRUCE, Manager,

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