

MRS. LAURA RARICK, of Peoria, Ill., who says she believes she is the happiest woman on earth since Tanlac so completely restored her health. Regains 50 pounds which she lost during a period of ill health which lasted eleven long years.



"I believe I am the happiest woman in the world, and it is all because of what Tanlac has done for me," said Mrs. Laura Rarick, 403 Melroth St., Peoria, Ill., a well-known and highly respected resident of that city. "I never dreamed that I would ever find anything that would do for me what Tanlac has done," she said. "I was in a wretched state of health and was down in bed so long that I lost fifty pounds in weight, but I have gained back every pound I lost and I now feel as well as I ever did in my life. The indigestion and other troubles that made life a burden for eleven years have entirely disappeared and I am like a new woman. My stomach was so disordered that even liquid foods and plain water caused me to have dreadful cramping spells that lasted for hours. My kidneys were disordered and I had pains across my back almost constantly. I had severe headaches nearly every day and became so dizzy I could hardly stand. I was so nervous it was impossible for me to get a good night's sleep. I tried every conceivable medicine and was treated by specialists, but nothing helped me, and finally I was told I would never be well again. But Tanlac has made me a perfectly well woman in every way. I can now eat and sleep like other people and I haven't a pain about me. I am glad to give this statement, for I want to do all I can to let the world know about this wonderful medicine."

Tanlac is sold in St. John's by M. Connors, in Paradise by Mrs. Martin F. Byrne, in Upper Gullies by Heber Andrews, in Portland by H. C. Haines, in St. Joseph, Salmonier, by Mrs. J. Gushue, in Millertown by Ex-Joints Valley Royal Stores, Ltd., in Flat Island by William Samson, in Jamestown by Christopher Haines, and in Lewisporte by Uriah Freake.—adv.

What is Democracy?

Showing how mistaken is the idea that only those who labour with their hands should be included in this much-abused word. Nothing but disaster can accrue from such a false and vicious definition of democracy.

(By Alfred B. Cooper, in Answers.) Demos, the many-headed, has become in these latter days Demos, the one-headed—and that head is Labour. This is the result of wrong-thinking, of exclusive definition.

The word democracy means nothing if it does not mean everybody, yet millions, not only in our own country, but throughout Europe, have come to regard the word as a synonym for the class which works with its hands.

The Labourites say "We are democracy," just as the Leninites in Russia speak of getting rid of the bourgeoisie.

The mistake is by no means a new one. It was made by the French after the Revolution. It has been made again by the Bolsheviks. Their theories may be all right, but their practice is all wrong. It is class government—and that of the worst order because, whatever may be the shortcomings of an aristocratic form of government, at any rate it has education, and long use and tradition behind it, often associated with the highest ability.

We speak of the "body politic." It is a phrase which has grown out of

a true conception of democracy. St. Paul says, in one of his letters, that the body is one and its members many, and that none of these can afford to be independent of the others.

We are the People!

The body is a true democracy. The eye helps the hand, the ear the brain, the smell the health, and in a hundred ways there is an interchange of assistance, guidance, control, and inter-communication. "The eye cannot say to the foot, I have no need of you." Each in its place is an aid to fitness and efficiency.

Just as well then might we say that the body is a hand or is a foot, or is an arm or is a leg, as say that democracy is the Labour Party. That party is a section of democracy. To say that it is an essential part is only to say that, without the other parts, it is incomplete, and must therefore be inefficient, that its effectiveness depends upon its close co-operation with the other limbs of the body politic.

Lincoln defined democracy as government of the people, by the people, for the people. The next question is: Who are the People? Surely if the People and the Nation are not one and the same, we are going to be put to it whom to exclude?

Is the man who paints doors one of the people and not the man who paints portraits? The man who lays bricks and not the man who designs houses, the man who chips building-stone, and not the man who finds the angle in the marble, the man who was educated at the Council School and not the man who was educated at Eton and Harrow?

"We"—all of us, anybody and everybody, "Duke's son, cook's son, son of a belted Earl," blacksmith, goldsmith, plumber, poet, mason, sculptor, weaver, designer, peasant, and peer—We are the People?

Altruism is the companion word of democracy. It means the greatest good of the greatest number. It means all for each, and each for all. It means that the best for me is always and every time the best for you. It means that selfishness is the sure prelude to self-extinction.

Democracy is universal. It is the gospel of mankind and not only of a nation. Nationalism is inter-nationalism, and when the world is truly democratic, the rights of man will be the first plank in its platform.

Inclusive, not Exclusive.

Democracy, in short, so far from being exclusive of everything and everybody. It excludes no citizen. It gives equal rights to every citizen. It draws into its fold all talent, capability, handicraft—every brain, every hand, every heart. It is cosmopolitan, it is humanitarian, it is proletarian. Like charity, it seeks not its own, but it by no means it can do good to any, that is its appointed task. It is large-hearted, whole-hearted, and true-hearted, its patriotism is the patriotism of peace, and the only men it makes war upon are men who delight in war, the only thing it abhors are the things that are anti-social, self-seeking, and dividing.

Its motto is: "Whatsoever concerns man concerns me." That is democracy. There is no other.

We must rid ourselves of the new and vicious definitions of democracy. If we do not, nothing but disaster can accrue. A democracy which sets class against class is not a democracy but a road to chaos. It would indeed be pitiable if, after we have spent a century in this country in the work of breaking down every social barrier, extinguishing every test, whether religious, natal or educational, we should immediately allow ourselves by a false definition of a word, to drift into the backwater of political exclusiveness.

Its only result would be to get rid of one form of autocracy and to set up another, and that a less capable one under present-day conditions. If we lay iconoclastic hands on the temple of government before we have raised a newer and better shrine, the people, so far from being happier and more prosperous, will find themselves as men without a home, clad in the rags and tatters of broken systems and with no moral or mental assets to keep them out of the workhouse.

GUARD AGAINST CHILLS

Simple Precaution Against Dangers of Cold and Damp.

Cultivate the habit of taking a cup of hot Oxo—a cube to a cup—before going out in the cold or damp. Such weather is a tax upon the system, and the strengthening and warming powers of the concentrated beef-goodness fortify you against the evils consequent upon exposure.

If the uses of Oxo are new to you, try a tin of four cubes. Oxo greatly improves gravies, stews, or soups, and is a delightful, sustaining and appetizing beverage. It is excellent for children.



THE FLAW.

He made his bid for fortune through his youthful days and sunny. The spur to his ambition was the yellow stuff called money. He slaved for it and saved it, the heat and cold he braved for it. He daily watched his holdings grow the fortune he had wanted so; Then one mistake he chanced to make—he saw the fickle market break and others rushed his wealth to take.

He must beware who counts in coin the total of one of his happiness. And builds his joy upon the sand where money-seekers find success. For yellow gold is hard to hold, it's slippery stuff and very cold; Since first it's power on earth began, in it no loyalty we scan; it serves, but never loves the man, And who shall make but one mistake, wherein his fortune is at stake, at morn to poverty shall wake.

Another spurned the road to wealth to be a brother to his neighbors. He shared their sorrows and their joys and knew their burdens and their labors.

And he was kind of heart and mind, to friendly ways he was inclined, And all he knew to him were true—they knew the good he tried to do; Mistakes he made, but friends they stayed; when trouble came they rushed to aid, 'till every debt of love was paid.

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There is not a cent's worth of German interest in Aspirin, all rights being purchased from the U. S. Government. During the war, acid imitations were sold as Aspirin in pill boxes and various other containers. But now you can get genuine Aspirin, plainly stamped with the safety "Bayer Cross."—Aspirin proved safe by millions for Headache, Toothache, Earache, Rheumatism, Lumbago, Colds, Neuritis, and Pain generally.

Handy tin boxes of 12 tablets—also larger "Bayer" packages. Aspirin is the trade mark (Newfoundland Registration No. 761), of Bayer Manufacture of Monocetacidester of Salicylic Acid.

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State Aided Shipping.

Shipping is a peculiar industry, which does not flourish and acquire strength and develop a high standard of efficiency under artificial conditions or State-imposed restrictions. Moreover, any favors, as we discovered in the past, granted by the State to native shipowners with the idea of bolstering up the industry have necessarily to be paid for by native merchants, and by them are passed on to the community. These, among other reasons, led to the abrogation of our Navigation Laws, and from that event we date the steady growth of our maritime interests, until we come to possess half the shipping of the world on the war. We have proved that the freedom of the seas in association with the freedom of the ports represents the only policy which promotes economic health, and protects us from becoming periodically embroiled with other countries. Now that the United States has adopted what our experience suggests to be a mistaken policy, it is not our business, or the business of any country, to attempt to interfere, so long as treaty obligations and other obligations of a mutual character are respected.—London Daily Telegraph.

Dr. Belisario Porras, president-elect of Panama, is visiting at Washington, D.C. He is the center of a strenuous round of festivities, official and private. He has many friends in the capital, dating from his days there as Pan-American minister.

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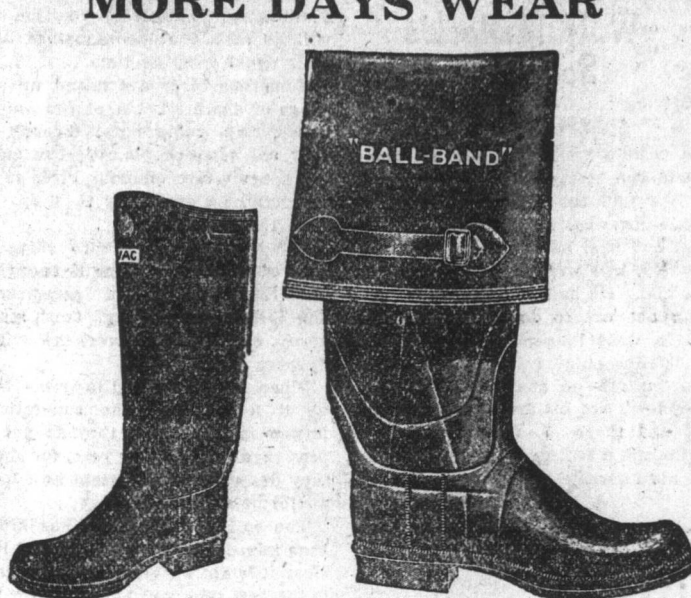
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Mainly About People.

Mr. and Mrs. Silas W. Gwett, of Cornwall, Va., had at their golden wedding anniversary recently nearly 100 relatives and Mr. and Mrs. Curtis H. James of Cornwall, who were their best man and bridesmaid. The celebrants wore their wedding clothes.

Mrs. Brand Whitlock, wife of the American ambassador to Brussels, has a knack of acquiring popularity sur-

passed by few of the diplomatic women. She is honorary president of "Les Armées de la Douille," an organization of lace makers under the patronage of the Belgian queen, the purpose of which is to aid war widows and orphans to become self-supporting.

Cardinal Mercier, has been obliged to abandon his proposed visit to the United States to attend the International Congress Against Alcoholism,

which meets in Washington this month, but the cardinal selected as his personal representative Father Voellings, a member of the Belgian parliament. In his letter Cardinal Mercier states: "Please express to your committee my deep regret at not having been able to be with you on this occasion and to share your labors in the struggle against the evils of alcoholism."

The Prince of Wales while at Hono-

lulu was kind, considerate, and an all-round regular fellow." On one occasion, seeing his Hawaiian attendants lifting the surf board, he hastened back into the water to give him a hand. A surf board is not a plaything, few of them weighing less than 100 pounds.

OYSTERS in the Shell, arrived to-day at BEARNS', 30 cents a dozen.—Oct 20, 61

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for
Colds, chapped hands and chilblains

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