



"What Is The Meaning Of Neuralgic Pains?"

PERSISTENT attacks of Neuralgic or Sciatic pains point to an impoverished nervous system and a weak, watery condition of the blood.

Darting, stabbing pains with intervals of pain or aching are common to neuralgia, sciatica and lumbago.

The pain follows the nerve trunks or spreads to other nerves and there are tender spots.

In the head—neuralgia. In the back—lumbago. In the hip—sciatica.

Temporary relief is not sufficient for the attacks become frequent and more severe as age advances and it is more and more difficult to obtain relief.

Sleep, relaxation, nutrition are necessary to restore the nervous force exhausted by the activities and worries of life.

And in this connection Dr. Chase's Nerve Food is the most satisfactory treatment available as a means of enriching the blood, strengthening the nerves and building up the system, so that it is able to throw off ailments of this nature.

Why suffer these repeated attacks of pain and torture when by a few weeks' patient treatment with this well-known and

proven restorative you can bring your system up to a condition that throws off such ailments.

With vitality running low you are an easy prey to colds and all sorts of dangerous diseases.

Neuralgic and sciatic pains are a warning to you to fortify the system by the use of such reconstructive and invigorating treatment as Dr. Chase's Nerve Food.

Miss Margaret Conolly, Brantford, Ontario, writes:—"For three or four years my health had not been very good, and especially in the Spring I used to become quite run down. For some months before I started using Dr. Chase's Nerve Food, I had a tired feeling continually, with pains up the back of my neck and head, and at times felt I would have to give up work. I could not think clearly and often had neuralgia, followed by dizzy spells. I was nearly 'all in' when I began using Dr. Chase's Nerve Food, but after I had completed a treatment of six boxes, I felt better than I had ever felt before."

Dr. Chase's Medicines are for sale in Newfoundland by all druggists and dealers in medicines.

If your local merchant cannot supply you write direct to Mr. Gerald S. Doyle, Water St., St. John's, as he is sole agent for the Dr. Chase Medicine Co., in Newfoundland.

Harbor Grace Notes

Rev. E. M. Bishop, Rector of St. Matthew's Church, Bay Roberts, gave a Lecture in St. Paul's Hall on Tuesday night. It was illustrated with a beautiful series of pictures on the Oberammergau Passion Play. The large number who attended must have been unlifted as they listened to the Rev. Lecturer, and carefully studied the different slides. Many of the pictures in themselves silently speaking to the listeners, and coming at this season are all the more impressive. At intervals during the lecture, A. L. Collis very effectively rendered "The Holy City" and "Galvary" while Miss M. Chafe acted as accompanist. Mr. A. J. Goodland, acting as Chairman. He made a brief speech and referred to Rev. Mr. Hilt, whose non-attendance was caused through being confined indoors. Rev. Mr. Cracknell then addressed the gathering, and very ably proposed a vote of thanks to Rev. Mr. Bishop, including also A. L. Collis and Miss Chafe. This was seconded by T. G. Ford, H.M.C. who made a short address and seemed to voice the sentiments of all present. It was put to the meeting by the Chairman, Mr. Goodland, and the audience showed their accord by standing; to which the Rev. gentleman replied, thanking one and all for the appreciation of his efforts. The Benediction was then pronounced by Rev. Mr. Bishop, and the gathering dispersed, feeling inspired to more devotional service, as the "Story of the Cross" came to us again this Holy season. "It was good to be there."

His Lordship Bishop Marsh left here on Monday of last week to connect with S.S. Digby on an episcopal visit to Rome. He was accompanied by Rev. Msgr. McCarthy as Chaplain. Rev. Msgr. Donnelly is acting as Administrator during his Lordship's absence.

S.S. Mary, Capt. Bourne, arrived in port from Bell Island on Friday last, and left for St. John's after a short stay.

Mr. J. Colbourne, of Bell Island, came to town by S.S. Mary on a brief business visit on Friday last.

Capt. A. Anonson, who has been on a business visit to Christians, Norway, was a passenger by the last trip of the "Silvia" and arrived here by Saturday afternoon's train.

Mr. and Mrs. T. J. Watts and child, who spent the winter in St. John's, returned to town again during last week.

The schooner "Raleigh," owned by Hon. P. Templeman, which has been in Dock here all the winter, has had some repairs effected during the last few days and was launched this afternoon.

Mr. James Walsh passed away at his home, Garland's Street, this evening. Deceased was a comparatively young man, and had been ill only since Monday of this week. He is survived by a wife and four young children, who have the sympathy of the community in their sudden bereavement. Interment will be made in the R. C. Cemetery.

S.S. "Cachet" owned by the Nfld. Whaling Co., which ship has been on Dock during the winter months, has had some painting attended to within the last few days and came off Dock this afternoon. She sails for St. John's on Friday, and is en route to take up the summer's work. We trust that the ship will meet with much prosperity this year.—COR.

Har. Grace, April 9, 1924.

There are many people who never use any toilet soap but Ivory and find this the most economical and satisfactory soap to use.

The Lighter Side.

"Me, too," said the druggist. "Well, there's no reason why drug stores can't stock it."

Amos Tash says enjoy what you've got at the moment and you'll find almost every moment being something enjoyable.

Too many forget the stomachs of the poor while fighting for the souls of the heathen.

Where there's a will there'll usually be an inheritance tax.

The height of fashion is said to be deceiving.

It's hard to think meanly in the open air.

Shoes guaranteed for 10,000 miles is a pressing need for children.

FRANK INVITATION.

There is one honest brokerage house. It advertises: "Let us place your name on our waiting list." Associated Editors.

All work and no play may make Jack a dull boy, but it often will make you a lot of Jack.

MINARD'S LINIMENT FOR ACHES

HAND-WRITING Competition!

OPEN TO ALL CHILDREN BETWEEN THE AGES OF 6 TO 15 YEARS.

Write in ink on a piece of plain white paper, the following sentence 12 times:

Milkmaid Milk is the Best Milk Made

Write your name, age and address in the upper right hand corner of the paper, and address same, together with one MILKMAID Label, to "Milkmaid Competition," 204 Water Street, St. John's, Newfoundland, P. O. Box 697.

You may send in as many sheets as you like, but each sheet must be accompanied with a MILKMAID Label.

For the best hand-writing received of the above sentence, the following CASH PRIZES will be paid:

For children 10 years and under:	Children over 10 yrs. and up to 15 yrs
First Prize \$10.00	First Prize \$10.00
Second " 5.00	Second " 5.00
Third " 2.50	Third " 2.50
Fourth " 1.50	Fourth " 1.50
Fifth " 1.00	Fifth " 1.00

THERE WILL ALSO BE HUNDREDS OF CONSOLATION PRIZES.

The Judges for this Competition will be:
Mr. S. T. Harrington, M.A., Headmaster Methodist College.
Rev. Bro. Ryan, Principal St. Bonaventure's College.
Mr. R. R. Wood, B.A., Headmaster Bishop Feild College
and the Agent for the Nestle & Anglo-Swiss Condensed Milk Co.

Closing date of the Competition will be announced in local newspapers.
THE JUDGES' DECISION WILL BE FINAL.

Household Notes.

Loaves that have worn at the ends can be mended with ordinary baking.

Boiled mushrooms in tomato sauce, seasoned with onion, is a good food.

Good bread flour is generally

a creamy white in color and free from any mustiness.

Roll thin slices of buttered bread, fasten with toothpicks and toast on a baking sheet.

Dry toast is more digestible than buttered toast, and is therefore better for invalids.

Purchase a pair of tweezers with a broad base and use for removing

small pin-feathers.

A clever idea for the spring bazaar is a black oilcloth cover for the telephone book.

A little clear-colored jelly melted and poured over the top of a tart will give it a nice glaze.

Look for drop biscuits should be slightly softer than for biscuits which are to be cut out.

Do You Remember Your First Knife?

PASS THE PLEASURE ALONG TO YOUR BOYS.

BOYS POCKET KNIVES.

- Iron Handle, 1 Blade 12c. ea.
- Wood Handle, 1 Blade 15c. ea.
- Metal Handle, 1 Blade 20c. ea.
- R. W. Handle, 1 Blade 30c. ea.
- Clipper, 1 Blade 35c. ea.

HEAVY JACK KNIVES.

- 4 in. Single Blade 45c. ea.
- 3 in. Blade & Can Opener 55c. ea.
- 2½ in. Blade & Can Opener 40c. ea.
- 3 in. Clipper Blade 45c. ea.
- Wostinholms, with Shackle 80c. ea.



A POOR KNIFE is about the pickiest thing that a man lets himself put up with.

Yet it is surprising how many men are careless about pocket knives—so apt to go along with their old ones, unless reminded of it.

Almost every day some of our customers are reminded by the sight of our display of pocket knives, or perhaps by feeling their old ones in their pockets, that they need a new knife.

More often than not, too, they are surprised to find our assortment so complete—so many styles and sizes—bone handles, pearl handles, metal handles, wood handles. And ranging from two-bladed pen knives to four and six-bladed knives, and some with screw-driver, cork puller and small scissor fittings. Mighty handy for a man to have.

ENGLISH PEN KNIVES.

- White Handle, 2 Blade 45c. ea.
- Rainbow Handle, 2 Blade 45c. ea.
- Tortoise Handle, 2 Blade 60c. ea.
- Buff Handle, 2 Blade 80c. ea.
- Rosewood Handle, 2 Blade 85c. ea.
- Nickel Ringed Handle, 2 Blades, 60c. & 1.10 ea.
- Pearl Handle, 2 Blades, 1.25 & 1.40.

COMBINATION POCKET KNIFE.

2 Blades and 5 Tools
\$2.30 each.

NEW GOODS! NEW GOODS!!

See our GENTS' Soft HATS

EXTRAORDINARY VALUE

Assorted colors and very latest styles.

Prices from 2.25, 2.35, 2.70, 3.00 and 4.00 each.

The Popular "WOODROW" Soft Felt
FAWNS & GREYS, 7.50 & 8.00

The "WOODROW" Velour, Black & Grey, 15.00

GENTS' CAPS

The Season's newest shapes, colors and materials.

Our Prices are right: 55c. 70c. 90c. 1.10, 1.20, 1.50, 1.75 and 2.00 each.



Gent's Collars

Semi dressed and Soft. All new and popular shapes.
23c. 30c. 42c. and 50c. each.

Our New Ties

Unequalled for style and good value.
40c. 65c. and 90c. each.

Special Value in Fancy Knitted SILK TIES

ONLY 25 CENTS EACH.

4 TINS FRUIT (consisting of)

- 1 tin Apricots (2½'s)
- 1 tin Peaches (2½'s)
- 1 tin Pears (3's)
- 1 tin Sliced Pineapple—(1½'s)

for \$1.12

4 TINS EXTRAS

- 1 tin Strawberries
- 1 tin Apricots.
- 1 tin Peaches.
- 1 tin Pears.

for \$1.85



Vegetables

- Lily of Valley
- Green Peas 48c. glass
- Peas (E 5) 25c. tin
- Peas (Petit Pois) 40c. tin.
- String Beans (Lily of Valley), 55c. glass
- Boyers (2's) 25c. tin
- Asparagus Tips, 70c. tin
- Beet (2's) 30c. tin
- Corn (Lofy) 25c. tin
- Corn On Cob 40c. tin
- Spinach 35c. tin

CHIVERS OLD ENGLISH MARMALADE—7 Pound Tin \$1.90.

ONE GALLON TIN APPLES

(Ready for use)
65c.

CHIVERS JAMS (1 lb. screw top glass jars) Strawberry, Plum, Damson. 3 for \$1.45

CHIVERS CUSTARD POWDER
½-lb. Tins 25c.

CAMPBELL'S ASSORTED SOUPS 3 Tins for 47c.

DOMINION PORK & BEANS (2's) 15c. Tin.

DOMINION TOMATOES (2½'s) 22c. Tin.

BOWRING BROTHERS, Ltd.

april 12

at Mail
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1—april