

FIRST SHOWING OF NEW SPRING MILLINERY.

Just received per S.S. Rosalind a Large Shipment of
LATEST AMER. MILLINERY HATS.

Latest New York Styles in untrimmed and Ready-to-Wear Straw and Silk Hats. Just the sort of refined, smart styles, at just the price you want to pay. Isn't that a splendid combination? Call and see them.

Saturday our 'Special' Sale Day. Sweeping Reductions in every Department.

Marshall Bros



Side Talks by Ruth Cameron

ONE MORE WHACK AT H.C.L.



RUTH CAMERON

A letter friend wants to offer a suggestion for untangling a little of that terrible tangle in which so many of us are enmeshed—namely, the struggle to make both ends meet in spite of the H.C.L. "Last night," she writes, "I went to our grocer for tea and noticed a woman with her order on the counter. There was potato salad, canned beans with pork, a tiny jar of jam, a small bottle of pickles, bakers' bread and store cake. "I don't mean to criticize her unduly, but I do say she is extravagant if she has time to get that food ready instead of buying it all prepared."

A Quart of Jam for the Price of a Tiny Jar.

"I bake my own bread and pastry. I can put up a whole quart of jam for what she paid for that little jar. I put up 300 assorted cucumber pickles for about \$3 last summer. Then the canned beans are never as nice as the home-made ones, and I know my husband would not eat bought potato salad.

"Home work will help a lot on reducing the bills if one will use one's brain and time wisely. I say nothing about sewing for, of course it does not pay to use up every ounce of strength and then take a rest cure, but I do think where there are children, or where the wife works in the home, she should learn to prepare all the food possible. It is an enormous saving."

I think there is a great deal in what she says. But I do want to differ at one or two points.

Some People Will Think This a Queer Taste.

For instance, take the matter of canned beans. I will not admit they are not as tasty as home-made ones. They are cooked and seasoned by rule under the direction of a high class chef. I prefer them to many home-cooked beans I have tasted and I know others who feel the same. As to the surprising qualities, that's another thing. I notice by the calorie count that it takes two and a half ounces of canned beans to equal the calorie value of one and a half ounces of home-cooked beans. Of course

this difference should be taken in to account.

Also, I think some baker's bread is better than some home-made.

When you buy canned goods, or delicatessen stuff, or stuff from a baker, you are paying for the food plus service. If a woman spends all her time in the home it is extravagant for her to do this. If, on the other hand, a woman has some outside work, as so many have nowadays, and prefers to earn her money that way rather than by doing individual cooking I do not see why she should not do it. She should know what Canned Service Cost Her.

Of course she should be careful that what she buys is of the best. She should not depend too much on canned stuff, but should have plenty of fresh leaf vegetables that contains the vitamins so indispensable, especially for children, and she should have some idea what buying service in this way is costing her.

As you know, one of my most cherished dreams is the community kitchen which will release the woman who has no more gift for actually preparing food than her husband would have from obtaining it by the hunt or out of the soil, for some work she is more fitted for.

A Stubborn Cough Loosens Right Up

This home-made remedy is a wonder for quick results. Easily and cheaply made.

Here is a home-made syrup which millions of people have found to be the most dependable means of breaking up stubborn coughs. It is cheap and simple, but very prompt in action. Under its healing, soothing influence, chest soreness goes, phlegm loosens, breathing becomes easier, tickling in throat alone and usual throat and chest colds are conquered by it in 24 hours or less. Nothing better for bronchitis, hoarseness, croup, throat tickle, bronchial asthma or winter coughs.

To make this splendid cough syrup, pour 2½ ounces of Pinex (50 cents worth), into a 16-oz. bottle and fill the bottle with plain granulated sugar syrup and shake thoroughly. If you prefer, use clarified molasses, honey, or corn syrup, instead of sugar syrup. Either way, you get 16 ounces—a family supply—of nice, ready-made cough syrup that you could buy ready-made for \$2.50. Keeps perfectly and children love its pleasant taste.

Pinex is a special and highly concentrated compound of genuine Norway pine extract, known the world over for its prompt healing effect upon the membranes.

To avoid disappointment ask your druggist for "2½ ounces of Pinex" with full directions, and don't accept anything else. Guaranteed to give absolute satisfaction or money promptly refunded. The Pinex Co., Toronto, Ont.

Cranberries

100 brls. Small Size Berries at a cheap price

— ALSO —
100 brls. No. 1 STARK APPLES.

50 brls. Ass. 3's & DOMESTIC APPLES.

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IN THE HOLE.



W. H. MASON

If you're in the hole at present, when the times are brisk and pleasant, and the stream of funds is flowing everywhere, its lustre showing, what a t will be your situation if a panic hits this nation? If a bigger bill you're running, if you keep the

merchants dunning, now that every form of cash is growing thickly on the bushes, where, O neighbor, shall we find you when the hard times come and grind you? Every cent is earning wages never known in bygone ages; situations are a-plenty, for each man are eight or twenty; and there's such a wealth of plunder that we tread the blamed stuff under. Every delegate who's willing has his chance to make a killing, has a chance to store the guilders, like the other fortune builders. If you cannot do some saving, now that all the world is raving in its lust for reckless spending, where O neighbor, are you vending? To the poorhouse in the valley, where the down-and-outers rally? To the dump where jays are carted when they're strapped and broken hearted?

Use wash pillows whenever possible for living room and dens. They are more hygienic and more sanitary.

Just Folks

by Edgar A. Guest

THE REAL GIVER.

The money gift is easy, there are hundreds here to pay. And settle back contented while the tollers work away. Men will dig into their pocket for the gold the cause may need. And then leave it for another to go out and do the deed. But in every worthy struggle that shall help the race to climb. The world is always seeking for the men who'll give their time.

The money gift is easy, but a better gift than pelf. Is to dedicate to service not your money, but yourself. For though gold and silver often are the things a cause demands, No righteous dream can triumph without willing hearts and hands. And in every field of service that is known to mortal ken You can hear the leader calling, not for money, but for men.

The money gift is easy, many gladly pay the price. Who sit back in times of danger and refuse the sacrifice. There are men who give their money for a purpose that is fine Who never share the burdens or the bitter fighting line. But the man the world is seeking in the tasks it has to do Is the man who'll share the struggle and stay with it 'till it's through.

"Phoratone."

"PHORATONE" is one of the very best preparations you can use for Coughs, Colds, Bronchitis, Asthma, and various Lung Troubles. It is prepared by DR. F. STAFFORD & SON, Wholesale Chemists and Druggists, St. John's, Nfld.

Thousands of bottles of this preparation are sold every year and the increasing demand is a positive proof as to its medicinal value. Phoratone can be purchased at STAFFORD'S DRUG STORE, Theatre Hill; J. J. St. John, Duckworth St.; J. Gosse, Hoylestown; James Wiseman, Top Carter's Hill; Mr. Halfyard, Hayward Avenue, for 35c. bottle. mar20,1f

Household Notes.

Cornmeal mush can be prepared in a fireless cooker, then turned into a mold and fried.

If you want bacon to be crisp, the fat must be continually poured off while cooking.

Brush a pie over with sweet milk before baking if you would have it shiny and brown.

Lamb should be tasted constantly while roasting if you would obtain the best flavor from it.

A Frivolous Age.

MODERN MORAL DECAY.
(Liverpool Post.)

Is this an age of frivolity? Notable ecclesiastics have drawn public attention to the question in reference to such things as dress, dancing, money madness, and moral decay.

In consequence of the small heed paid to his past warning against prevailing fashions in female attire, Cardinal Ferrari, Archbishop of Milan, has taken drastic steps. In his Lenten pastoral the Archbishop orders his clergy to refuse Holy Communion and the administration of the Sacraments to women who present themselves in unbecoming dress.

In his Lenten pastoral, read in all the Catholic churches of the Liverpool diocese, Archbishop Whitehead deplored the growing disregard of Christian practices in recent years.

"It is not merely the decay of public worship, the admitted fact that some 80 per cent. of the people of this country stand outside organized Christianity, and never darken the doors of a church; nor yet the degradation of what is supposed to be the worship of God to the level of a recreation," continued the Archbishop.

"What is appalling is the eager thirst for money-making by methods which are either shady or palpably unjust; the waste of money on dress and luxuries; the rebellion against authority—be it parental, civil, or ecclesiastical. Shamelessness Among Women.

"The saddest feature of all is the growing shamelessness amongst women. The out works of that natural modesty which God has given as a safeguard of purity are being ruthlessly cast down, and that by the hands of women themselves, who know only too well that open disregard of the common dictates of modesty is a provocation to passion in others, and tantamount to an invitation to licentiousness."

The Roman Catholic Bishop of Shrewsbury writes:—

"A large amount of literature which forms the mental food of the people is frivolous, if not worse; the same may be said of their amusements; the craving for pleasure, the frequent almost nightly attendance at theatres, music halls, cinematograph shows, dances, is evidence of a dissipation of mind, and avidity for excitement, and a restlessness of spirit which are characteristic of our times."

Aids Spiritual Decline.

A definition of the attitude of the Church Pastoral Aid Society towards dancing, card-playing, and theatricals in parish halls formed a feature of the Bishop of Liverpool's address at the annual meeting of the local auxiliary, at Crane Hall, recently.

The Bishop said the society stood for the evangelisation of the masses, and worked by spiritual methods. It did not condemn dancing, card playing, and theatricals, but left it to the

discretion of individuals to participate or not in such amusements. It held, however, that when this class of amusement was used as part of parochial machinery it did not strengthen the Church. Speaking as an old man, he knew from long experience that a parish which lent itself to dancing, card-playing, or theatricals as a means of attracting a congregation, or of keeping a congregation together, slowly but surely declined in spiritual condition (applause.)

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Vegetable and Flower Seeds for 1920.
Just received a fresh assortment.

Kit Coffee. 10 Pounds
Robinson's Silverpeel Onions, 70c.
Patent Barley and Groats.

MONK & GLASS
Custard Powder, 1 lb. tin 50c.

Eno's Fruit Salts.
Catelli's Milk Macaroni.
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NEEL FERGUSON.

"Reg'lar Fellers"

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By Gene Byrnes

