

# Watch your tongue

The tongue is the mirror of the digestive tract and upon its surface is reflected the result of digestive disorders. Examine your tongue frequently and when you find it coated with "fur", or unnatural in appearance, heed Nature's signal.

Indigestion, biliousness, dyspepsia and constipation are responsible for most of the ailments of mankind. Sleeplessness, headaches, nervousness and many ills follow in their train. Restore your digestion by using Beecham's Pills. They clear the tongue, remove the bad case, strengthen the stomach and bowels, activate the liver, promote the digestion and assimilation of food and make you feel strong and well.

## BEECHAM'S PILLS

Sold Everywhere in Canada

### THE PANGS OF REMORSE — OR — A COMPLICATED TANGLE.

#### CHAPTER XII.

His lordship raised his hat with a cold-blooded smile and turned to the colonel, who was going across the sands to the other still figure.

"Col. Hawkeley, if Mr. Dalton requires any assistance, I feel convinced you will give it to him."

"Certainly, certainly," said the colonel, smoothly, stopping halfway between the two figures, and evidently at a loss which to benefit by his services. "But the lady—"

"I will see to her," said Lord Harcourt, his face lighting up for a moment with a fierce gleam. "Pray assist Mr. Dalton with the body."

He uttered the last with a relish that made the cold-blooded colonel scratch his chin, thoughtfully; then, throwing his cloak around him, he strode over to where the lady lay. Dalton, however, would not accept any aid from the colonel, but with a great effort managed to raise the body of his friend and struggled from the sand to the dry beach.

There he knelt down again and with a forlorn hope placed a little brandy against the clinched teeth. His hand shook so that the spirit spilled over the face, and, horrified at the deadly hue of the stonelike countenance that took no notice of the spilled liquor or drizzling rain, he sprang to his feet and looked helplessly round.

At this moment the beat of a drum came sharply through the misty air, and the colonel, who was picking up the sword cases, raised his head with a jerk.

"Do you hear that, my lord?" he called over to Lord Harcourt, who was kneeling by the lady, but seemingly without using any endeavor to hasten her recovery.

"Ah!" said Lord Harcourt. "The patrol," said the colonel, concisely, and listening, "Coming this way."

He picked up the cases and peered through the dimness, then as the flashing of a lantern made the dawn more like night again he hurried over to Lord Harcourt and touched him on the shoulder.

"They are coming this way, my lord," he said. "We must get off the ground and into the town."

Lord Harcourt shook his head and nodded.

### PAINS IN BACK AND SIDES

Ended by Taking Lydia E. Pinkham's Vegetable Compound

Fuslier, Sask.—"For two or three days every so often I would have such pains in my back and sides that I could not do anything. I could not even lie quietly in bed, and my head ached, too. I was this way about three years, but was worse after I was married. I was on a farm with not a house nearer than five miles and there was not a person to advise me, as my folks lived in Manitoba. My sister-in-law told me about Lydia E. Pinkham's Vegetable Compound, and told me to try it. I took her advice and have been thankful for it ever since. After taking the medicine for three months I can say it has helped me a lot and I am doing fine. I am glad to recommend the Vegetable Compound to others and you may publish my testimonial."—Mrs. HELEN BALANOFF, Fuslier, Saskatchewan.

"Often some slight trouble will cause a general upset of the system. Such symptoms as nervousness, painful times, irregularity, backache and headache indicate some form of female weakness.

Women so bothered should give Lydia E. Pinkham's Vegetable Compound a trial. This dependable medicine has helped thousands of women and it is reasonable to expect that it will help you. Try it today. Your druggist sells this medicine.

"I am ready," he said, "but—"

"There must be no buts. Five minutes more and they will be upon us. I will see what Dalton intends.

Ah, by the way, he had better make himself scarce, too. Should they take him, inquiries would be made, eh, my lord?" and he hurried over to Dalton.

"Come, Mr. Dalton," he said, hurriedly, "the patrol are close upon us; we must make for the town."

"What!" exclaimed the young man, "and leave these two?"

"Your friend, Mr. Clifford, has no need of us farther," retorted the colonel, with grim satire; "and, as for the lady, well—"

Mr. Dalton sprang to his feet. "Are you an English gentleman, Col. Hawkeley?" he demanded.

"Yes, but not an English idiot," retorted the colonel. "Come, man, you'll know better when you have assisted at one or two more of these little affairs. At present let me give you a hint. Time enough to be hung for murder when you have done it—

you understand? Let the patrol find you here with your late friend and this lady, and they will jump to conclusions pretty readily. A quarrel over a woman, eh? Ah you understand, I see."

And taking advantage of the horror which was portrayed on the young fellow's face he seized his arm and led him half in a stupor up the beach along which Lord Harcourt was already striving.

The patrol came marching by and stood within half a dozen yards of the still figure, but with the usual police shortsightedness saw nothing.

The morning grew brighter and the sun fought a battle with the mist and with a swordlike ray pierced a hole through it, pouring a flood of warmth upon the female figure upon the shingle.

The light, the warmth revived her; she rose, put her hand on her head, and looked around with an effort towards consciousness.

Then the scene on which her eyes had closed broke upon her, with a shuddering cry she hid her face again.

Only for a moment she remained thus, the next she searched along the sands, came to a dark, damp, red spot, shuddered again, and commenced tracing the crimson streak to the beach.

A few seconds brought her to the motionless form of her companion, and with a low cry of horror she bounded aside.

But a fascination seemed to invest the silent body, and gradually she drew nearer, at last knelt down and feeling the cold hands fell to weeping bitterly.

"Surely there is a curse upon my life!" she moaned. "Heaven has forgotten and deserted me. So young, so handsome, so brave, the poor boy has fallen a victim—a victim! Ah, Heaven! is there no punishment for that vile man?"

Her tears fell fast upon the cold face, and she wiped them from her eyes that she might scan the features more closely.

As she did so a strange feeling came and overwhelmed her.

She seemed to know the cold, stiff face; seemed to have known and loved it in some former dreamy existence.

She fell to trembling, and bending her head, kissed the white, smooth forehead.

As she did so, to her mingled horror and joy, the flesh beneath her lips

moved, thrilled and filled with warmth.

"Not dead! He is not dead!" she shrieked, forgetting that there were no ears to hear her. "Oh, help! help! He is alive, my brave, brave hero!"

No one came, and filled with a courage and strength lent her by excitement and the new strange, nameless emotion, she dragged the body to a more convenient place, raised the head and commenced chafing the hands.

At last two boatmen came tramping along the sands, halted to look at her and were prevailed upon to help her.

Between them they took up the limp figure and followed by the lady, carefully veiled again now, carried it into the town.

A lodging was procured, a doctor called in, and the left-for-dead Clarence Clifford brought to life again.

The doctor, a true Frenchman was discreet and asked no questions. He took the preliminary fee, a large one, and worked with patience to snatch the patient from the jaws of death.

"It would be a hopeless case," he told madam, "with ninety-nine out of a hundred men, but this gentleman has muscle, ah, much muscle, and was strong, oh, very strong!"

The second day the lady, who half concealed herself behind the bed curtains whenever the patient awoke, was compelled to leave for England.

But she would return, she said, and giving the doctor a second and still more handsome fee, charged him to spare no attention, no effort toward the recovery of the muscular young Englishman.

The doctor obeyed, he did all he could to hurry his patient round, and in a week had the satisfaction of seeing him rather pale and weak, but still on the road to perfect recovery, seated in a chair before the fire.

Two days before the physician expected madam to return an English gentleman, very bland and respectable, called to see the good doctor.

The doctor, leaving his patient dozing in the chair, hastened to the lower floor and was informed with the greatest courtesy that his patient was a criminal for whose apprehension the visitor held the warrant, which he had the honor of advancing for monsieur le docteur's inspection.

Monsieur le docteur looked troubled and scratched his wig. "But," said he, sadly thinking of the returning madam and his lost fees, "but you will not remove him?"

For answer the English gentleman made a signal to two companions, who quietly marched upstairs, took the patient in their arms, having handcuffed and fastened his legs before he had awakened, and carried him struggling down to the closed carriage at the door.

Madam returned in two days, bursting with anxiety to see her patient, was informed of the stranger's advent and the exodus of her charge, and went into an hysterical swoon.

(To be continued.)

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Jan 2, 1925

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T. J. DULEY & CO., LIMITED. The Reliable Jewellers & Opticians, St. John's, Nfld.

"GIFTS THAT LAST."

Jan 2, 1925

### Cold Sweets for Hot Days

During warm sunny weather there is a natural distaste for hot dishes, and housekeepers must therefore adapt their cooking to these conditions. It should also be noted that in such heat spells as we have recently had only light lunches or dinners ought to be served, the majority of people having no inclination for anything in the nature of heavy meals. For the finish of a light repast nothing better can be recommended than a cold sweet. Fortunately there is a great variety of these dishes, and the cook has no difficulty in making frequent changes and thus tempting the faded appetite.

These sweets are quickly and easily made, and the best time for preparation is in the cool of the evening. They can be made most attractive and appetizing by the addition of whipped cream which must just be made before serving. Jellies, of course, are in great demand in the summer time. It should, however, be borne in mind that in hot weather the jellies must be prepared with a smaller amount of water, otherwise there will be difficulty in getting them to set.

#### Sago Snow.

Wash three tablespoons of small sago and soak it in a teacupful of cold water for one hour. Put a pint of milk on to boil, add to it the soaked sago, and keep stirring until the sago is clear and ready. Remove the pan from the fire, add sufficient sugar, sweeten, and a little flavouring. Pour into a crystal and set aside to cool. Separate the whites from the yolks of two eggs, beat the whites to a stiff snow. Put half a pint of milk on to boil, add a little piece of lemon rind to it, and when the milk boils remove the rind. Poach the white of egg in the boiling milk in spoonfuls, and when firm drain for a second. With the yolks of the eggs and the milk left over from poaching the whites, make a custard sauce and flavour it with sherry, adding a small dessertspoonful of sugar. Pour the sauce on the top of the sago, and pile the snow eggs on top.

#### Rice Cream.

Take some cold rice pudding (whole rice), or boil some rice specially for the purpose and allow to get quite cold. Break up the rice with a fork, add sufficient sugar and flavouring, sherry or vanilla. Whip up a jar of cream, mix the rice with it, pile on to a crystal and decorate with one or two chopped cherries. This sweet may be served with cold stewed fruit.

#### Pineapple Shape.

Put three breakfastcupfuls of milk on to boil, and when at boiling point, stir in 3oz. of moistened cornflour, and keep stirring until ready, allowing at least five minutes after boiling. When sufficiently cooked, remove from the fire, add a drop or two of lemon flavouring, sugar to taste, a small teacupful of tinned chopped pineapple, half a teacupful of pineapple syrup from the tin, and the whites of two eggs stiffly beaten. Put into a wetted mould, and allow to remain until quite cold. Make a custard sauce with the yolks, etc., and let it get cold also. Turn out the shape and pour the sauce around it.

#### Orange and Banana Salad.

Peel three oranges and slice them across, removing pit and stones. Peel and slice three or four bananas. Have a syrup previously made with 1/4 lb. of loaf sugar and a teacupful of cold water. Allow the syrup to boil ten minutes, then set aside to cool. Take two tablespoonfuls of chopped nuts, walnuts or other kinds, or, instead of the nuts, the same amount of desiccated coconut will do. Arrange all these in layers in a crystal, and pour the syrup over. Serve with whipped cream.

#### Fig Jelly.

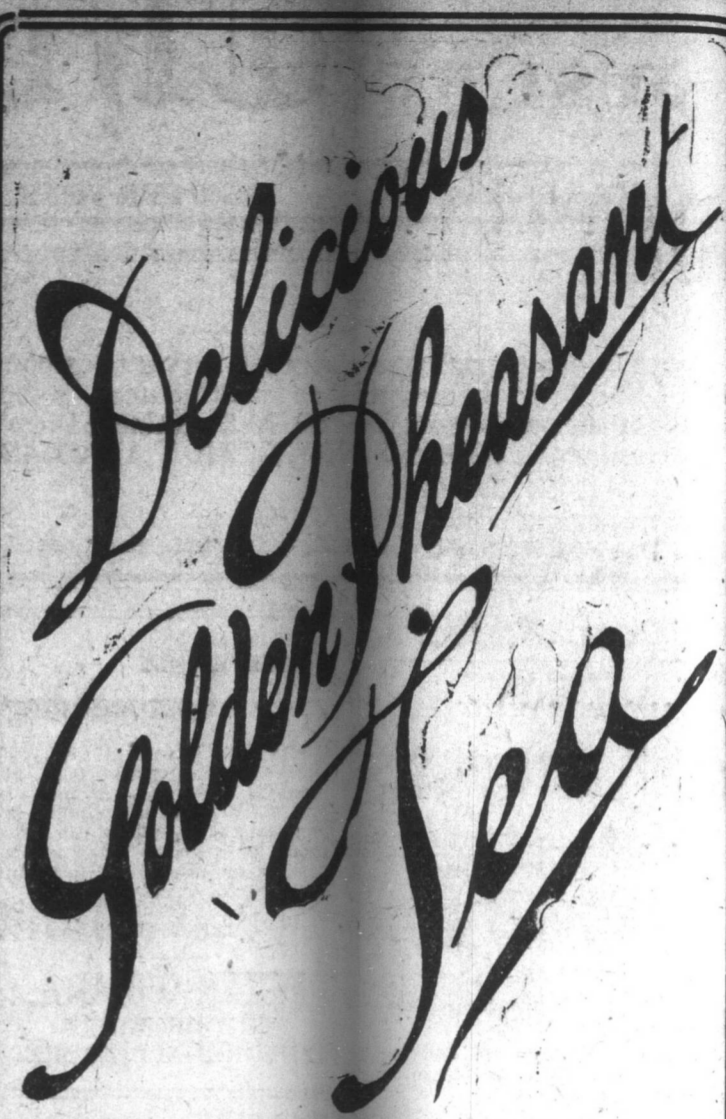
Wash 1/2 lb. of figs and remove the stalks. Stew the figs until tender in a breakfastcupful of water. When ready, pour off the syrup, reserving it for the jelly; cut the figs in pieces. Dissolve a pint of lemon jelly, using a teacupful less of water, allowing for the syrup from the figs. When the jelly is cool, add the figs with the syrup. Pour into a wetted mould, or simply pour into a crystal, and when set, pile whipped cream on top, if put into mould, turn out and serve with a border of whipped cream around the shape. A cold custard makes a very good accompaniment to this jelly. —BETTY.

Women's and Growing Girls' Tan Calf Lace Skuffer Shoes, all Leather, only \$3.00 pair at F. SMALLWOOD'S—June 19, 1925

Joe Kirkwood Beaten by Ames

Glen Eagles, Scotland, July 2.—Joe Kirkwood, United States professional, was eliminated from the Thousand Guineas golf tournament here today by losing his second round match to Harry Ames, of Surrey, who won four up and three to play.

Ames eliminated Ernest Whitecombe from the tournament during the first round play this morning. Kirkwood was the last surviving overseas entrant, the others having been put out of the running in the first round, which produced many close matches.



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## BON MARCHE

Jan 2, 1925

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Jan 2, 1925