

Sciatic Pains

from
Exhausted
Nerves



SCIATICA or sciatic rheumatism is attended with pain and tenderness along the sciatic nerve in the hips and thighs, and indicates an exhausted condition of the nervous system.

Relief is sometimes obtained by external applications or the use of heat, but at the slightest provocation the distressing pains return and from time to time become more severe as the nervous system becomes more exhausted.

The only way to obtain actual cure is by a reconstruction of the wasted nerve cells, and this is best accomplished by Dr. Chase's Nerve Food. It need not cost you much to restore vigor to the nervous system, but it will take a little patience, particularly at first. After you have used a few boxes and got the building-up process established you will find improvements from day to day which will encourage you to keep up

this treatment until the nervous system is completely restored.

Nervous disorders do not right themselves, but naturally, become more acute as the system becomes further exhausted. It is only wise to be warned by sleeplessness, headaches, neuralgic and sciatic pains and to take immediate action to restore the depleted nerves before paralysis, locomotor ataxia or some form of helplessness is developed.

Dr. Chase's Nerve Food

Dr. Chase's Medicines sold by Druggists and Dealers all over Newfoundland. For wholesale prices and samples write

GERALD S. DOYLE, Agent for Nfld., Water Street, St. John's.

German Royalty's Secret Food Stores.

By a Former Member of the Famous Klinger Detective Agency of Berlin.

If there is one secret more than another about their private affairs that the German Royal family have kept carefully concealed from the German public it is the existence of the royal private food stores.

As a matter of fact I never even heard of these stores until my last week in Germany and then I came to learn about them accidentally. "We had had charge of a case for us official in the German War Office," said Captain Myner, in connection with a libel action.

I saw a good deal of the Captain when we were making inquiries on his behalf and we became on friendly terms. I often went to his flat in the evening for a chat over a pipe and found him a most amusing, entertaining individual. It was on the last occasion that I saw him that he told me about the royal food stores.

Kaiser as a Food-Hoarder. We were talking about the possibility of Germany being starved by a British blockade (this was after war had broken out) when Captain Myner, who by the way was rather republican in his sympathies (his mother was an American), said with a half sneer:

"Well, it will take a pretty stiff blockade to starve out the Kaiser and the Royal family, anyhow." "How do you mean?" I asked. He remained silent for a few moments and then said:

"I don't mind letting you into an

official secret—and anyway you are leaving Germany so it does not much matter."

Then he went on to tell how the Kaiser two years previously, when Germany was speeding up her preparations for war, had secretly laid by a considerable quantity of various foods against the day when Germany's food supplies might be considerably reduced.

What the Stores Contain. These royal stores of food, with the exception of certain stores of food at the Royal palaces, were laid down under the direction of the War Office and it was in this way that Captain Myner came to learn all about them, for he was responsible for their safe custody.

There are six of these stores, in various places about Germany. The largest is at Frankfurt. The contents of this store and another at Munich are earmarked entirely for the use of the Kaiser and the Imperial household. The other stores, at Posen, Danzig, Breslau, and Karlsruhe, are for the benefit of other German royalties.

The foods at the Frankfurt store consist of flour, semolina, rice, pork, mutton, chickens, hares, venison, rabbits, fish, eggs and Indian meal. At the Munich store there are raisins, currants, preserved peaches, plums and other fruits, jams of different kinds and there is also a well-stocked wine cellar.

Food Kept for Years. Captain Myner had a copy of the lists of the articles of foods and quantities laid down in these stores. Like everything the Germans do these foods were stored on a definite and methodical plan.

Before laying down the stores at Frankfurt and Munich, which are reserved for the use of the Kaiser and the Imperial entourage, an estimate was made of the average quantity of various foods consumed daily in the Imperial Household by the Royal family, members of the household and servants. On this basis sufficient food was stored to meet the requirements of the Imperial establishment for 18 months. There is in these stores sufficient food to supply 215 persons daily with 1½ lbs. meat, 1 lb. bread, and a pound of fruit for 18 months. The Kaiser personally checked all the calculations that were made in preparing the estimates for the quantities of food to be laid down in the stores; and he later visited the stores from time to time.

At each of these royal food stores there is of course a system of cold

storage by which food can be kept in perfect condition for years. The Frankfurt store is probably the most elaborately and perfectly constructed store of its kind in the world.

Army Stores. The store was originally a mill and mill house which was purchased by the Kaiser. Underneath the mill there was a very large cellar for the storage of corn. This cellar was very considerably enlarged and floored and lined throughout with white tiles. An electric generating plant was installed at the mill and the stores are electrically lighted.

The making of this and other royal stores and the storage of the food could not of course be carried out secretly, but the object of them was kept a closely guarded secret. Locally it was rumored that these stores were being constructed for military purposes, that is for the storing of food for the Army, and as it was well known that at this period a good deal of food was being stored for this purpose in various parts of

Germany, this version of the reason of these stores was readily credited. On the same grounds it was made possible to suppress all reference to them in the press. As a matter of fact, according to Captain Myner, a journalist on the staff of the Vorwarts, the Socialist paper, who was at Frankfurt at the time this store was being constructed, wrote an article in his paper calling attention to the construction of a certain very elaborate food store and hinted that its luxurious character suggested that it was not an Army store.

Cost Big Sums of Money. The publication of this article cost Vorwarts a fine of £250 and the editor was informed that a second offence of a like character would lead to the suppression of his paper for six months.

The total cost of the construction of the Frankfurt store and the food stored in it amounted to £278,000. The Munich store and its contents cost £43,000. The total cost of all the private Royal food stores in Germany amounted to over £250,000; fifty per cent. of the cost was borne by the War Office. The other fifty per cent. was paid by the Kaiser, the Crown Prince, the King of Bavaria, the King of Saxony, the King of Wurtemberg, and the Duke of Brunswick.

The Crown Prince's food store is at Danzig and the stores were laid down under the personal supervision of the Prince when he was sent there by the Kaiser two years before the outbreak of war.

It was arranged that minor royalties should also be supplied with food from this store in the event of a food shortage during the war.

It is probable that food is now being supplied to German royalties from this secret food store. Captain Myner told me that it was estimated by the Kaiser, or rather by his experts, that in the event of a successful blockade of Germany by sea it would be necessary to begin to draw on the private food stores at the end of a two years' blockade. These royal food stores, of course, are carefully guarded, and they have been set up in places where the population is not very dense and where food riots are unlikely to occur.

"Whatever turn the war may take," said Captain Myner, "the Kaiser has taken very good care that he will not have to tighten his belt. The precautions the Emperor has taken to meet the demands of his stomach whilst his subjects may be half starving would not strengthen his popularity if they became known; but the fact that these royal food stores are under military control will serve to keep people under the impression that they are Army food stores, and the Emperor will be able to live as gluttonously as ever, no matter how severely the effects of a blockade may be felt by others."

The Kaiser, whilst taking precautions to guard against a food shortage for himself and his relatives, would, however, not permit others to follow his example.

Germany's Hungry Days.

In the beginning of 1914 certain wealthy people well informed in the course of public affairs, like Herr Ballin, began to lay in private stores of food. When word of this reached the Emperor he instructed the Minister for Home Affairs to take immediate steps to prevent food storing on a large scale by private persons. "Such a proceeding would of course have sent up the price of food and have caused economic troubles at an awkward time," said Captain Myner. "So His Majesty determined that no one but himself should have the privilege of providing against Germany's possible hungry days."

These hungry days have come on Germany now and it is possible that the Emperor may have to disgorge some of his privately stored food. There are at least some in the royal entourage who must know of these royal food stores, and their loyalty, when hunger is on them, may not prove strong enough to keep them from claiming an advantage which their knowledge gives them.—Pearson's Weekly.

Do You Know That—?

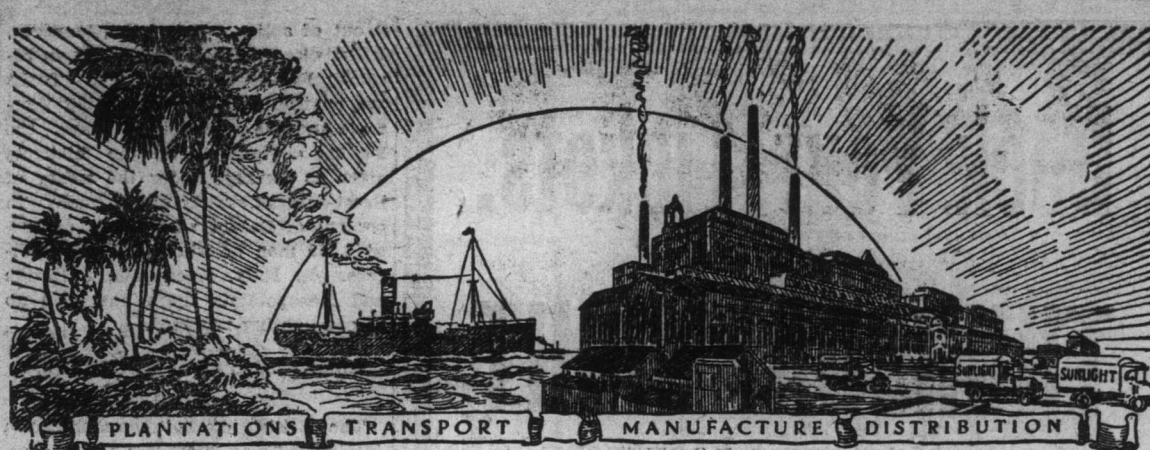
The lid of a teapot should always be left so that the air may get in; slip in a piece of paper to keep it open. This prevents rustiness.

Push a cork up a dripping tap at night if you cannot get a plumber to come and see to it. Not a drop of water will come through if the cork is well pushed in.

If you have recently bought new oilcloth for the kitchen table you can prolong its life indefinitely if you put a layer of brown wrapping paper underneath it. This prevents the oilcloth from cracking.

Instead of using lard or margarine for pastry that is to be eaten hot, use 6oz. of flour to 4oz. of mashed potato, and only 1oz. of fat. Work the fat into the flour, then work flour and potato together, roll out, and use in the ordinary way. A little baking powder added to it is an improvement.

Suffered headaches for years, nothing helped until the eyes were tested and glasses fitted by TRAPNELL, the Eyesight Specialist after which the pain was no return of headaches. Are you subject to headaches? Go to TRAPNELL'S—April 15.



This illustration shows one of the women workers at Port Sunlight in her becoming and workman-like costume.

THE Sunlight enterprise and organization for production, manufacture, and distribution were made complete long before the war. But during the war the difficulties and costs of transport have been multiplied. Therefore, Lever Brothers have purchased a fleet of steamships to convey raw materials direct from the plantations to Port Sunlight.

The Housewife is given the full benefit of this enterprise, and thus, in spite of the difficulties caused in England by the war, Sunlight Soap remains the best soap throughout the world, and gives the fullest value for the housewife's money.

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CORDUROY VELVETS. In Cardinal and Saxa shades, 27 inches wide. A most suitable material for Child's Coats and Dresses, etc. Buy now as these goods will be much higher later on. Special Price, per yard .. 95c.

MAIL YOUR ORDER TO-DAY!



LADIES' RUBBERS. Over 100 pairs Women's Laced and Buttoned Boots, in sizes 2½ to 4. These are extra good value; are worth \$4.50 when sold in the regular way. If these sizes interest you we advise you to see this line. Sale Price, per pair .. \$3.50

INFANTS' RUBBERS. A line of Infants' Soft Sole Boots in sizes 0 and 1. They are the daintiest little boot you ever saw. Worth in the regular way 45c. per pair. Sale Price, per pair .. 39c.

CHILDREN'S RUBBERS. Also a line of odd sizes in Children's Rubber Shoes. May be the size you want is among this lot. Sale Price, per pair .. 39c.

LADIES' HOSE. 50 dozen of Women's Black Cashmere Hose. They are a good quality stocking and are most suitable for present wear. Sale Price, per pair .. 45c.

WHITE GLOVES. A line of White Gloves. Special at 45c. Although prices for Gloves have gone up, you can expect to secure a full measure of satisfaction from your purchase here. Sale Price, per pair .. 43c.

REMNANTS. A huge pile of Remnants consisting of White, Pink and Striped Flannelettes, Fleece Calico, Shirt Goods, Lawns, etc. Also a basket of Embroidery Remnants in suitable lengths.

GIRLS' COTTON DRESSES. Made with loose belt, scalloped collar and trimmed with beach linen. All good fitting sizes to suit girls from 6 to 14 years. Sale Price, per each .. \$1.58

CRASH TOWELING. Of extra good quality, a much wanted material for the kitchen roller; is 17 inches wide and of a dark cream color. Sale Price, per yard .. 15c.

Smallware Specials

Hooks and Eyes, 2 cards for .. 5c.
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for Safety Pins, 2 cards for .. 7c.
Mending Wool, 2 cards for .. 7c.
H. S. Handkerchiefs, 3 for .. 15c.
Hydrogen Peroxide, per bottle .. 10c.
Snap Fasteners, per dozen .. 6c.
Writing Tablets, note size each .. 8c.
Writing Tablets, letter size, each .. 15c.
Cotton Boot Laces, per doz. .. 15c.

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"I Spy Strangers"

There was an unexpected secret session of the House of Commons quite lately. A member was proceeding to discuss certain aspects of foreign affairs, when Lord Robert Cecil, Minister of Blockade, deprecated the discussion of the subject in public. Use was made of the ancient formula, "I spy strangers," the galleries were cleared, and the members had things to themselves.

of Wales, who is known to history as once in the expulsion of the Prince King Edward VII. The debate was proceeding with its usual monotony and there was practically "nothing doing," when the Irishman Joseph Biggar, chanced to recognize the Prince of Wales in the Stranger's Gallery.

Here was a chance, too good to miss, of stirring things up a bit. In an instant he was on his feet with the remark, "Mr. Speaker, sir, I spy strangers." Whereupon, in accordance with a rule which was at that

time as unalterable as the law of the Medes and Persians, the Her Apparent of the Crown had to walk out!

NOTICE.—Correspondents are requested to accompany contributions with their REAL NAMES, not necessarily for publication, but as a guarantee of good faith. The editor refuses to accept any matter unless this rule is adhered to.

MINARD'S LINIMENT CURE DISTEMPER