

terizes by that highly expressive pends upon it. word.

"As people get older," he said, Multiplying The Requisites For Peace "their bodily muscles are likely to get stiff and so are the muscles of their minds. Fuddyduddyism is the

rheumatism of the mind." Then, at the request of cne of his listeners he went on to give us a concrete example.

He Had to Sit In a Certain Seat.

"Well, I found myself getting a habit of sitting in a certain seat in the traditional season for all nipping. the trolley car every morning. The third from the front on the left hand side. I told other people about it

and began to take quite a pride in At the Yarmouth Y. M. C. A. Boys' the fact that I was upset if it was Camp held at Tusket Falls in Autaken, and then one morning I came gust, I found MINARD'S LINIMENT to and I said to myself 'l'ommyrot'. You're making yourself an old man mediate relief for colic and tooth-

at forty by deliberately coddling such ache. fool notions. Don't you ever sit in that seat again. Or better still, don't nctice what seat you are sitting in.' Fired by this example the rest of us took stork of some of our fuddy. duddisms.

One of mine is that I can't write a word unless I have a certain kind of a pencil.

I Can't Bear the Blankets Out at the Fcot.

KELLOG'S BRAN (cooked)

KELLOG'S RICE BISCUITS.

KELLOG'S GRANOSE BIS-

KELLOG'S BRAN BISCUITS

BRAN, Cooked, Ready to Serve.

ready to serve.

CUITS.

some famous man or woman, etc. An excellent way to keep the child-Another is that if the blankets are the least bit out at the bottom at ren interested in current events is to provide them with a generous size night (even if my feet aren't cold) I am terribly disturbed. scrap book in which may be pasted

newspaper and magazine clippings of Another (which I am proud to say I have gotten rid of) was that I happenings which are of sufficient couldn't sleep after sunrise unless importance.

To keep such a book will teach the shutters toward the east were For a year I used to go the children to think over what they closed. through the rigamarol every night, read and to value it correctly. Having for proper reasons denied Then one summer I went to a house

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KELLOG'S MINUTE BREW. KELLOG'S MALTED NUTS,

large and small bottles. KELLOG'S Y O G U B T CHEESE, opal crocks.

DRINKET, 4 oz. Tins.

Have you any to nip?

in their cheeks, the luster in their Every little while something hapeyes and their breathless halliness? Have you ever seen sailors when on an ocean voyage, jump rope? tions, great discoveries, the death of

40 cases Corn Starch, 1/4.

Soper & Moore

her child a pleasure, it is often ad

visable for the mother to arrange

some enjoyable affair for the child,

to soften it's sense of loss. The un-

child the mothers desire for it's hap-

piness, and this will go far in estab-

AGED.

lishing the bond of sympathy.

olicited indulgence will prove to the

lb. pkg., 40 lbs. to case.

your face girlish.

dweller there is bound to be a roof nals of the church is certainly as saor place where the clothes are hung cred as Corpus Christi-kept or washdays, or perhaps a back shelling the city of Paris.

The Germans, who are always furnish laundry rooms in the base- ready to take advantage of any logi-

of the house, should you happen to live in the country, there are bound-**Special Notice.** less opportunities for exercising to

Select an ordinary piece of rope the right weight to swing well in the breeze. At first you may find that FORD'S LINIMENT. We will also give \$10.00 to the per-son forwarding us the largest number your efforts are only breathless efforts of forgotten childhood but you and \$5.00 to the 2nd largest will soon conduer the skipping knack. Never jump more than twenty track before nausing for broth

Deep breathing is, of course, the the Deep breathing is, of course, the best of all exercises but skipping rope is a close second. It wakens the ment for sale in Newfoundland and children to support in Newfound-land, have returned home since Con-

if you only skip rope.

Under - freedom's brave commanders, gests the desirability, as the Trans-For the Flag that you kept flying, crip urges, of continuing these ex-Facing all the cares that tried you, ercises, and of bombing the Rhine Once again our youth are dying. cities with increased activity. Col-Dead of old, the young are dying ogne, by reason of its possession of that proud monument of Teutonic bad taste, its cathedral, and of the assim-ilation of its populous conditions to those of the crowded districts of Paris and London which the German airmen so delight in bombing, offers itself as a particularly fitting scene ogne, by reason of its possession of For the Flag which once you lot to paths, of selfish pleasure your children's children lot in vain you drank death's meas- | Paris and London which the German For the banner high above you; low, with you young men ary lying, Soldiers, truly worthy of you. for the Allied aerial activities. Every little while the Kaiser congratulates of old. no more with roses his people on the immunity of their Do we pay our tributes to you, cities, their churches, their town halls

Germany showing the ruined cathe-

drals and public buildings of France

But in sacrifices splendid Lies the glory that is due you; Youthful dead who have defended and their homes from the destruction which he is constantly wreaking on Freedom from the tyrant's num the people of France and England. and which his Austrian slaves are Now, with every day that closes, wreaking on Venice, Padua and Vic-Come to share your peaceful slum cenza. Pictures are displayed all over

German "Honor".

winging.

lifted:

drifted.

bers.

Dead

and Belgium, followed by the words, The Boston Transcript very truly "This we have saved you." If there is remarks that a "human understand- any means by which this insolently children playing at jump rope in the ing" with the Germans is a good vaunted immunity may be belied, they

deal like an arrangement for mutual should be employed effectively and promptly. It seems that the German prayer-meetings between Beelzebub and the saints. Beelzebub will take nerves do not readily withstand the advantage of the compact to capture warlike means by which they ravage

the souls of the saints if he can. The the homes of their enemies. They understanding with regard to bomb- carry to Rome their clamor against est exercises if not carried to ex- ing raids on cities outside the zone the partial reprisals thus far visited of hostilities on Corpus Christi day upon them and avail themselves readroom apartment in the city or a was religiously respected by the Al- ily of a day's respite on religious twelve room house in the country or lies, and the devout population of grounds, in the meantime violating suburbs, it is quite possible to in- Cologne and other cities of the this holy truce themselves. What dulge in this childhood pleasure if Rhine marched in their processions course could be more clearly indicated unmolested. But all the time the as desirable than the continued ex-

ing to keep your figure supple and German long-range guns, which de- acerbation of their nerves in this stroyed the Church of St. Garvais on manner?"-Halifax Chronicle.

Good Friday-a day which in the an-Everyday Etiquette.

I have received the announcement of a wedding but am only acquainted with the groom. What is the proper thing for me to do?" asked Francis.

"Write the groom a letter congratulaing him on his good fortune and wishing him many years of happiness," replied her mother.

The Floating Unit.

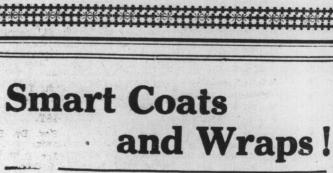
Quite a number of fellows from here who have been accustomed to absent themselves in the U.S. and Canada for periods of two or more

to-day.

ful of the fact that they had wives

DR. F. STAFFORD & SON, the community they should be made

St. John's, Nfid. join the Army or move on,



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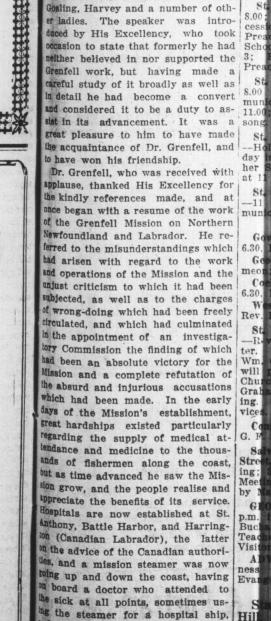
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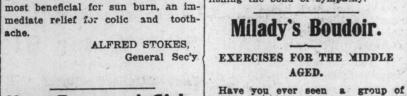


g, Capt. Campbell, A.D.C., Lieut.-Col.

orel Harris, Mesdames Browning,

-Niven, C. T. James; Miss Ar-





of Mind.

That's what the complete fusser of

the fuddyduddyist is always doing-

multiplying the trivial things on

which his peace or mind depends.

And the more numerous the small

things on which your peace of mind

depends,-well, the rest is obvious.

The time to nip fuddyduddyism is

pens which is in the making of history such as coronations, inaugura-

Skipping rope is one of the healthicess. Whether you live in a two-

you are sincerely in earnest in wish-

If you are an apartment house

Some apartment houses veranda.

ment that are quite well ventilated, cal loop-hole, will respond to this or there is always a yard at the back criticism that the arrangement re-

estore your youth.

years at a time, and who were forgetthe year we will publish the names of