

There Were Many Things Which I Could Not Eat

Rev. H. Robert Wells, English Harbour, Trinity Bay, Nfld., writes:



"I was troubled with nervous dyspepsia—so much so that there were a great many things I could not eat at all on account of the distressed feeling afterwards. I used many different remedies, but they did me little good. Finally I tried Dr. Chase's Nerve Food and Kidney-Liver Pills, and was surprised at the relief this combined treatment gave me in such a short time."

DR. CHASE'S NERVE FOOD
GERALD S. DOYLE, Distributor.

Best Conserve Natural Wealth

General Smart Talks on Dangers of Forest Depletion.

Restoration to provide timber for generations to come, and to prevent the forest becoming a barren waste, is the duty of the Government, says General Smart, in a speech before the Legislature on the subject of forest depletion.

General Smart touched on the fact that for every 1,000 feet of timber actually cut down, 20,000 feet is destroyed by fire, General Smart declared. He quoted authorities to show that the losses caused by destructive insects in Quebec's forests runs the fire loss a close second. Both fire and insect losses are worse in Quebec than in any other part of Canada, he said. On top of this the United States is consuming an increasingly large part of our timber, mainly for pulpwood.

If the forests are destroyed nothing but a desert waste will be left. Besides their own value the trees are useful as they prevent the good top soil from being carried away in spring floods. Quebec's revenue from timber lands is about \$4,000,000 annually, General Smart declared, but this he said, is like living off capital, because there is hardly any organized reforestation work being done to keep pace with this.

Discussing Quebec's mines General Smart said that minerals are valuable assets which cannot be reproduced. He declared that Quebec has

Ten Things I Wish People Would Do

AND TEN THINGS I WISH THEY WOULDN'T DO.

(By John Fallon.)

1. Make the Policeman your confidant. Tell him your complaints promptly, when they are important enough to deserve Police attention.

2. If old people or young children in your family are apt to lose their way when out for a walk, be sure to have the name and address of such individuals written on a card and fastened in their clothing.

3. Provide yourself with a Police whistle. Blowing the whistle, will usually frighten away anyone attempting to molest you.

4. Remember that you must be reasonably suspicious, and not trust every prosperous-looking stranger. Up-to-date thieves don't look like thugs.

5. Make a memorandum of the case and movement number of your watch and of the serial numbers of your securities; make description of all your valuables. This information is vital to the Police when your property is lost or stolen.

6. When you close up your house in summer, be sure to report the fact to the station house in your district. Take your valuables with you. Thieves can enter any house, no matter how well barred and locked, if they have time enough.

7. Storekeepers should have their safes, cash registers, and valuable merchandise exposed to the plain view of the passing policeman. The store should be partially lighted.

8. Remember that when, upon leaving your home, you pull down the shades or leave a note in the door or letter box saying you will be back at a certain hour, you may be giving valuable information to thieves.

9. Remember that if you hang expensive clothing or furs on the line for an airing and then go out and leave them it is only your good luck if you find them; there when you come back.

10. If you have any reason to believe that a burglary is being committed in your neighbourhood, keep cool. Quietly telephone police headquarters.

House Collapses

MIRACULOUS ESCAPE OF TWO FAMILIES.

In the early hours of the morning two Watford families who lived in the same house were roused from their sleep by an unfamiliar noise. A few moments later they beheld to their amazement the front of the house fall to the ground. Had they awakened only a few seconds later they would in all probability have been buried in the ruins. As it happened, they all miraculously escaped. One of the families was composed of Mr. and Mrs. Sawyer and their ten-year-old blind daughter. They lost practically all their possessions and owing to the scarcity of house accommodation in the town, had the greatest difficulty in finding shelter for the night. The ill-fated house is situated in Weymouth-street, a road of small terrace houses with neat little gardens. Describing her terrible experience, Mrs. Livesey stated:—"I imagine that someone was trying to break into the house. I got out of bed and listened, but could hear nothing more than a queer rumbling, as if someone were moving about downstairs. I looked round our bedroom and then towards the window, and the next thing I saw was the front of the house falling to the ground, just as if someone had cut a slice off. My husband and I dashed out of the room, and on the landing we met our friends Mr. and Mrs. Sawyer and their little girl. There was no time to dress, and we all ran downstairs and out into the street in our nightclothes. We had a marvelous escape, for another portion of the house crashed to the ground the moment after we had left it, and by eight o'clock the entire building was in ruins." Mr. Sawyer, who slept in the front bedroom adjoining Mrs. Livesey's room, lost all his furniture, but later in the day he was able to salvage his bicycle and a small amount of money. All his clothes were hidden beneath a heap of bricks and he had to go from neighbour to neighbour to borrow odd articles of personal wear. Furniture was crushed to fragments not only the woodwork, but the springs of beds being broken to pieces. No member of either family in occupation of the house was hurt, but all suffered from shock.

Here's the Secret of Health

Do you know why you catch cold, why you have chronic dyspepsia, why you have headaches, why you can't sleep, why you are weak, nervous or depressed? It's because your system is run down. When the system is run down every organ becomes more or less affected. If any one organ is weaker than another, it is the first to succumb. For instance, if you have a weak stomach dyspepsia results. If you are subject to headaches they become more frequent and so on. No matter what your trouble, the first thing to do is to build up and nourish your system by feeding your nerves and enriching your blood. When you do this every organ in the body is strengthened. Carnal accomplishes this. Carnal is a blood-builder, a nerve invigorator, a stimulating and nourishing tonic, a flesh-builder. Mr. Hill, the prescription specialist of New Westminster, B.C., has such faith in Carnal that he is pushing the sale of it at every opportunity. He knows from experience its value as a tonic and this is what he writes:—"I indeed give me pleasure to say a good word for Carnal. With the sales talk and general boom which it has had from the bottom of the sale of Carnal has grown from nothing to something worth while."—Frederic T. Hill, Prescription Specialist, 637 Columbia Street, New Westminster, B.C.

The floral centerpiece for the dining table should be kept pleasantly low.

KEEP MILDARD'S LINIMENT IN THE HOUSE.

Shorter Hours for Women



Every Woman ought to be interested in this Crusade for Shorter Hours and Easier Work

Why do you have an egg beater, lemon squeezer, can opener, flour sifter and the dozens of other handy kitchen utensils? Simply because they are convenient—they save time and trouble—they enable you to get better results.

greater variety of dishes for lunch, dinner and supper—and, at the same time, keep down the cost?

OXO BEEF CUBES are step-savers, trouble-savers, money-savers. They are among the handiest conveniences of the modern kitchen.

Being the concentrated goodness of prime beef, they lend their strength, tastiness and food value to every dish that requires or would be the better for the beef flavour.

OXO CUBES make cooking easy for you because they are always ready to use. No preparing—no measuring—no guesswork—no trouble.

The Easy Way to make Soup is NOT to boil meat and vegetables for four or five hours—but to boil the vegetables for perhaps half an hour, then drop in a few OXO CUBES, and the soup is ready to serve. OXO CUBES give the rich nutriment, the strength-giving qualities, the fine flavour of fresh prime beef.

The Easy Way to make Beef Tea for the sick is NOT to boil fresh meat for hours—but merely to drop an OXO CUBE or two in a cup of hot water.

The Easy Way to make Sandwiches, is NOT to bother with meat choppers or slicing knives, but to spread the bread thinly with OXO CUBES shredded. They will look inviting and taste delicious.

The Easy Way to make Clear Broth, Consomme and Bouillon, is NOT to boil meat for half a day and strain out the shreds—but merely to add OXO CUBES to boiling water and serve.

The Easy Way to make a Hot Drink on a Cold Day is to use OXO CUBES, dropping one or two in a cup of hot water. A cup of steaming OXO after a hard day's work will brace you as nothing else will.

OXO CUBES are invaluable to every woman who cooks or who has a cook and your own knowledge of preparing tempting, appetizing meals will guide you in using them.

Do it the Easy Way with OXO CUBES

In tins of 4, 10, 50 and 100 cubes.

At Grocers and Druggists from Coast to Coast

The Fishermen's Friend

FISHERMEN! One pair of Smallwood's hand-made Waterproof Boots will outwear at least three pairs of the best Rubber Boots on the market to-day!

FISHERMEN! Buy Smallwood's Leather Boots. They wear longer and are more healthy than Rubber Footwear. Leather Boots are warmer and more comfortable to walk in than Rubber Boots.



Wellington Boot. MAIL ORDERS RECEIVE PROMPT ATTENTION.

FISHERMEN! Save your money by buying Smallwood's Hand-made Tongue Boots, Wellington Boots, High and Low 3/4 Boots. These Boots are made out of all solid Leather.

Men's and Boys' all Leather Laced Pegged BOOTS

FISHERMEN! Don't put your money in cheap boots. Buy Smallwood's Solid Leather Laced Boots. Double wear in each pair.

MEN'S LACED PEGGED BOOTS Only \$3.10
BOYS' LACED PEGGED BOOTS Only \$3.10

BOYS' SIZES: 1, 2, 3, 4, 5.
YOUTH'S LACED PEGGED BOOTS Only \$2.50

MINEIS' BOOTS! Special for Miners. Only \$4.00 the pair. These Boots being made of all Leather will outwear the cheap imported Boot, besides being much more easily repaired.

F. Smallwood
THE HOME OF GOOD SHOES
218 and 220 Water Street.

drivers of vehicles will see you. The sleek may be driving in their faces as well as yours.

New Use of Insulin of Vast Value

MAY RENDER GREATER SERVICE THAN THROUGH ITS KNOWN CURATIVE QUALITIES.

CINCINNATI—Insulin, recently discovered remedy for diabetes, may render to humanity a vastly greater service than that already demonstrated through its curative qualities, and possibly will lead to startling revelations in the field of medicine, Dr. J. J. R. McLeod, of the University of Toronto, predicted before the American Association for the Advancement of Science recently.

"Insulin, placed in the hands of the physiologist as a new instrument of research—it is like a new instrument in the hands of a surgeon. It provides a key which may serve to open the doors to hidden mysteries of metabolism," the Canadian doctor, who is the joint holder of the Nobel Prize in medicine as a result of his discovery, told the scientists.

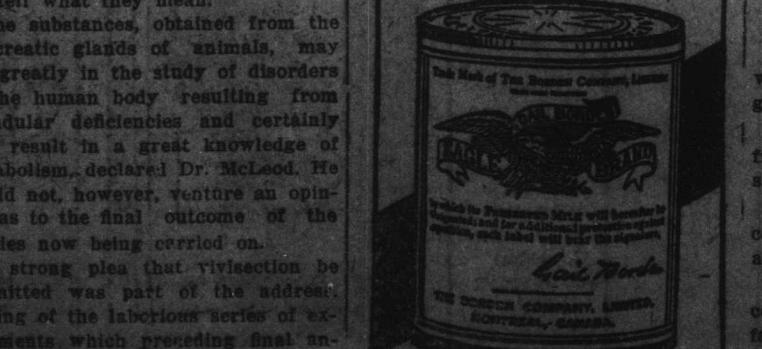
The possibilities of further developments through the administration of insulin lies not in its effect upon those suffering from diabetes, but in the reactions which take place when it is introduced into a normal body, he declared, and unusual results obtained—greatly different from those obtained in the case of diabetic—but as yet scientists have been unable to foretell what they mean.

The substances, obtained from the pancreatic glands of animals, may aid greatly in the study of disorders of the human body resulting from glandular deficiencies and certainly will result in a great knowledge of metabolism, declared Dr. McLeod. He would not, however, venture an opinion as to the final outcome of the studies now being carried on.

A strong plea that vivisection be permitted was part of the address. Talking at the luncheon series of experiments which proceeded last night, Dr. McLeod said:

Doctors recommend it

—as a safe food for babies when mother's milk is not available. Eagle Brand is just pure milk and pure sugar put up in sealed cans which keep it absolutely pure. The leader since 1857. Write for free Baby Welfare Book. The Borden Co. Limited 515-55 MONTREAL



Whole Corn \$3.00

Cornmeal \$3.00

W. J. MURPHY

Rawlins' Cross

Household Notes.

Onions are delicious when stuffed with bread crumbs, sprinkled with grated cheese and baked.

Just before serving clam bouillon top each cupful with a spoonful of whipped cream.

Minced shrimp, lobster or crab is excellent served in a cocktail sauce as the first course of a formal dinner.

Garnish breaded tenderloins of pork and stewed apricots, drained, dipped in flour, and sautéed in the fat, and serve with it.

When boiling dumplings, place a little

Smallwood