

Weak? Tired? Run-down?

These conditions come from overwork, a weak stomach, overtaxed nerves or feeble blood. When you feel "all in"—hardly able to drag about, no energy, no ambition, easily exhausted and can't sleep—take

BEECHAM'S PILLS

and note what a difference they make in your condition. The stomach is the first to feel the good effects. Food tastes good, the digestion is strengthened; bowels and bile work regularly, the blood is cleansed, and the nerves rested. The whole system responds to the tonic action of Beecham's Pills. Soon there is the buoyant feeling of returning health.

Fresh Strength and New Life

Prepared only by Thomas Beecham, St. Helens, Lancashire, England. Sold every where in Canada and U. S. America. In boxes 25 cents.

Speaking of Men's Furnishings.

We are now showing a big stock of Men's American and English Negligee Shirts, very neat patterns.

Prices range from 75c. to \$1.50.

Also, a large assortment of Collars, Ties, Braces, Handkerchiefs, Hats and Caps.

WILLIAM FREW, Water St., Nearly opp. Court House

GREAT MUSIC SALE

MAY MONTH.

20 Per Cent. Discount

on all Folios and Sheet Music—Cash only.

CHESLEY WOODS,

The White Piano and Organ Store.

We carry a full line of **SHERWIN-WILLIAMS PAINTS & VARNISHES**



When you require paint for your buildings come in and ask for facts and figures about S. W. P.

We also carry a full stock of Sherwin-Williams Paints, Varnishes, Stains and Enamels—"a specialty for every purpose" for every surface in and about the town or country home or the farm.

\$5.00 Saved is \$5.00 Made. If you are painting this season you will save money by using Sherwin-Williams' Paints. We are selling all, except White, at old prices, and some colors at reduced prices.

MARTIN HARDWARE COMPANY.

THE GENUINE INGERSOLL IS O. K.

An acceptable Gift for Boy or Girl, Man or Woman, is an Ingersoll Watch. You make no mistake in buying one.

Note the Special Prices:

Men's Nickel, \$1.25; Oxydised, \$1.75; Gold Plated, \$1.75.

Boys' Special Extra Strong Nickel, \$2.50.

Ladies' Nickel, \$2.50; Oxydised, \$3.00; Gold Plated, \$3.

Sent per registered parcel post (carefully packed) on receipt of price. We are the one store in Newfoundland where you are sure to get a Genuine Ingersoll Watch.

S. E. GARLAND, Leading Bookseller.

Good Results

are obtained when Ready-made Departments are stocked with Clothing made at our Factory.

Our Clothing

enables dealers to make quick sales and gives you an ever-increasing number of satisfied customers.

WHOLESALE ONLY.

Newfoundland Clothing Factory, Ltd.,
1225 and 227 Duckworth Street.

The Evening Chit-Chat

By RUTH CAMERON



"There are two confessionals, in one or the other of which we must be shriven. Consider whether you have satisfied your relations to father, mother, cousin, neighbor, town, cat, and dog; whether any of these can upbraid you. But I may also neglect this reflex standard and absolve me to myself. I have my own stern claims and perfect circle. It denies the name of duty to any offices that are called duty. But if I can discharge its debt, it enables me to dispense with the popular code. If anyone imagines that this law is lax, let him keep its commandment one day."—Emerson.

I have been meditating to-day on the duty of always pleasing one's self.

I think it is one of the highest duties in life.

But by always pleasing yourself, I don't by any means mean always doing whatever amuses you or gives you pleasure.

I think it is one of the highest duties in life.

Sometimes I'm tired and I don't want to bother to think out a better one, and I say: "Oh, nobody is going to read this carefully enough to notice that. What's the use of being so fussy, anyway, over something that doubtless will be used to kindle the fire with to-morrow morning?"

But the critic inside me isn't satisfied with that. "YOU know it isn't as it should be," he says, "and that's enough."

And then, if I'm good, I go back and fix it. And if I'm not good, I run a few sofa cushions and feather beds of oblivion on top of the critic inside me and go on.

But I'm not happy.

And I ought not to be.

I may have satisfied other people, but I haven't satisfied myself, what is that to me?

The man who knows he ought to face a disagreeable duty often tries to skulk behind other people's absolutions.

"You don't think I ought to do this, or give up that, or go there, or stay here?" or whatever it may be, he asks, and if the person questioned comforts him by assuring him it is not his duty, he feels that perhaps after all he has a right to evade it.

That's the worst cowardice in the world.

Do what you know isn't right, if you want to, but don't comfort yourself because someone else thinks it's right.

"To keep one's friends without capitulation, and to keep friends with oneself on the same grim terms," is one of the best articles of Van Dyke's creed.

And I think it means, among other things, not being cowardly enough to put up other people's approval as a screen between yourself and your own disapproval.

Satisfy yourself if you can.

But satisfy yourself at any cost.

"To thine own self be true, And it shall follow as the night the day, Thou canst not then be false to any other man."—Shakespeare.

Ruth Cameron

When You Think

Of the pain which many women experience with every month it makes the gentleness and kindness always associated with womanhood seem to be almost a miracle. While in general no woman rebels against what she regards as a natural necessity there is no woman who would not gladly be free from this recurring period of pain.

Dr. Pierce's Favorite Prescription makes weak women strong and sick women well, and gives them freedom from pain. It establishes regularity, subdues inflammation, heals ulceration and cures female weakness.

Sick women are invited to consult Dr. Pierce by letter, free. All correspondence strictly private and sacredly confidential. Write without fear and without fee to World's Dispensary Medical Association, R. V. Pierce, M. D., President, Buffalo, N. Y.

If you want a book that tells all about woman's diseases, and how to cure them at home, send 31 one-cent stamps to Dr. Pierce to pay cost of mailing only, and he will send you a free copy of his great thousand-page illustrated Common Sense Medical Adviser—revised, up-to-date edition, in paper covers. In handsome cloth-binding, 50 stamps.



Fads and Fashions.

Linings are again ornamental in coats.

The crepe effects are again spoken of with much favor.

Crochet buttons are a new detail in colored shirtwaists.

The ball earrings are now more in favor than the pendants.

Evening dresses run almost exclusively to draped effects.

Handsome foulards trim suits of serge, Panama and pongee.

Chrysanthemum straw facels many of the exclusive hat modes.

Crowns of hats are now faced with metallic or colored laces.

Fringe on the petticoat is one of the newest lingerie touches.

With the Dutch neck go long or short sleeves, as fancy dictates.

A great many shirred ornaments and trimmings are seen on the new gowns.

Shoes of patent leather or calfskin with cloth uppers continue in favor.

Foulards are utilized for the collar and cuffs and for the lining of the new coats.

Hip length coats of Irish crochet in most elaborate designs are being worn.

In suits with any pretence to elaborateness, pockets are a prominent feature.

Green in that delicate tone known as almond is worn alike by young and old.

The smoke pearl buttons are still popular fastenings for the black suede boots.

Very attractive indeed are the curtains of white batiste bordered in colors.

Wolter Slept Sunday

While the Jury Were Bringing in Verdict of Murder.

New York, April 22.—Albert Wolter, the youth of 19 years, who was "crazy" about women, must die in the electric chair for the murder of Ruth Wheeler, a pretty 15 year old stenographer. After only one hour and fifty minutes a jury found him guilty of murder in the first degree.

With the same waxen-faced indifference that he showed throughout the trial, Wolter evinced no emotion when the verdict was announced. With almost inhuman complacency, he was asleep in his cell—and sleeping soundly—while the jury deliberated on his fate. This was made known by a court attendant, who said

Neglected Colds Lead to Consumption

Unless a complete cure is effected, the inflammation passes rapidly to the throat, bronchial tubes, and then to the lungs.

You can't make new lungs any more than you can make new fingers or a new nose—hence consumption is practically incurable.

But Catarrh can be cured, except in its final and always fatal stage.

Catarrh sufferers, meaning those with colds, sore throat, bronchial trouble, etc., can all be cured right at home by inhaling "Catarrhazone."

In using Catarrhazone you don't take medicine into the stomach—you just breathe a healing, piny vapor direct to the lungs and air passages.

Catarrhazone Guaranteed to Cure

The purest balsams and the greatest antiseptics are thus sent to every spot where catarrhal trouble exists—germs are killed, foul secretions are destroyed, nature is given a chance, and cure comes quickly.

Colds and throat trouble can't last if the pure healing vapor of Catarrhazone is breathed—sneezing and coughing cease at once, because irritation is removed.

Use Catarrhazone to prevent—use it to cure your winter ills—it's pleasant, safe, and guaranteed in every case.

Two months' treatment, large size, guaranteed to cure, price \$1; small size, 50c. at all dealers. Beware of substitutes and imitations. By mail from the Catarrhazone Co., Kingston, Ont.

that he had to arouse the prisoner to bring him into court.

Jury members showed emotion, while the boy that must die, as he heard the verdict, was as stolid as stone. As he was being handcuffed to the officers preparatory to being taken back to the toms, he gazed about him unconcernedly.

New York, April 23.—Wolter slept soundly through the night in the Tombs prison, and the keepers had to shake him roughly to arouse him today. The jury was of one mind, the flame-scarred hand of the girl clutching a lock of Wolter's hair told a story of the girl's choking and burning in the open fireplace.

Perished in the Bog.

William Francis, a young man of 23 years of age, of Burin, disappeared from McGivney Junction, N.B., and has probably lost his life in the bog. He was one of a gang of eleven who left Burin a fortnight ago.

"On the way to McGivney young Francis complained of an intense headache, and expressed the fear that his mind was becoming affected. On arriving at McGivney his condition had not improved, and when his companions retired to their boarding house he remained about the station. His absence was not noticed until some time later, when his cousin, George Pike, made enquiries about his whereabouts. No person had seen him about the boarding house, and Pike, with a couple of others, went in search of him. No trace of Francis being found in the neighborhood of the station, the party scattered and scoured the adjacent country. After weary hours of tramping about, Francis was eventually found in the woods some distance from the station. His clothing was mud soaked owing to the fact that he had waded through a bog to reach the place where the searchers found him. He was taken back to the boarding house, given a change of dry clothing, put to bed and given every attention.

Saturday afternoon, when the men had assembled to take the train for Mullin's Brook, a few miles distant, young Francis again disappeared, and a second search for him was commenced. Up to Sunday night, however, no trace of the missing man had been found. Mr. McNeil states that the heavy rain which fell almost incessantly during the week at McGivney caused the bog to fill up and become very dangerous, and Francis' companions believe that in attempting to cross it a second time he lost his life. Mr. McNeil states that the searching party, of which he was a member, searched every foot of ground in the neighborhood, and many of the party risked their lives in wading through the bog in the hope of finding Francis, but their efforts were unrewarded. The search was still in progress on Sunday night and Monday morning.—"Ex.

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Five Dollar Greenbacks are Burning Holes in our Pockets.

Do You Want One?

Save the Alphabet Cards in all pound packets of Union Blend Tea, bring to us and get the money.

H. W. de FOREST TEA CO'Y.

WEST END Automobile Garage

Will Open for Business May 20th.

Building will be of all steel construction with least fire risk and located on South side Water Street, midway between Long Bridge and our own store.

Your Automobile can be stored, cleaned, and kept in constant readiness and sent to your house in response to a telephone call at any hour, day or night.

All cleaning, repairs and instruction will be under the supervision of

MR. CHARLES VEY, our Automobile Expert.

Gasoline, Lubricating Oils, Tire Patches and Repair Parts will always be on hand.

Angel Engineering & Supply Co., Ltd.

Free Lessons to Purchasers

OF THE

Celebrated Columbia Zither,

At the Albion House, 13, New Gower Street.

BY

Arthur B. Walker, Sole Agent for Newfoundland and Maritime Provinces.

No shop worn goods—Imported direct from factory.

NOTE—The Columbia Zither is an improvement over the Autoharp and Regent Zither, and is also cheaper, size and durability being taken into account.

FOR SALE—A few Secondhand Autoharps, in good condition. ap27,61

HOW CAN WE COUNTER-ACT THE INCREASED COST OF LIVING?

A second's reasoning will supply the answer. Beef and pork are dear and getting dearer all the time, and the cost is out of proportion with their food-value.

EAT MORE BREAD.

There is more nourishment in a shilling's worth of bread than a shilling's worth of beef or pork. But the problem is not done with yet. The shilling's worth of bread is not always the same value. Breadmade from

ROYAL HOUSEHOLD FLOUR

contains more nourishment than any other, because it contains the greatest amount of gluten, the health-giving nutriment of wheat.

J. J. ST. JOHN.

HALIFAX SAUSAGES, Valencia Onions, Valencia Oranges, Choice Canadian Butter, Carrots, Parsnips, Beets.

10 BAGS

NEW TIMOTHY HAY SEED.

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Your Hair is Worth It

Afraid to use hair preparations? Don't know exactly what to do? Then why not consult your doctor? Isn't your hair worth it? Ask him if he endorses Ayer's Hair Vigor for falling hair.

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ONE DYE FOR ALL KINDS OF GOODS.

You don't have to know what your goods are made of. SAME DYE FOR ALL. No chance of mistakes. All colors in cents from your Druggist or Dealer. Sample Card and Booklet Free. The Jolyson-Richardson Co., Limited, Dept. D., Montreal, Que.