

To Help Put on Good Firm Flesh and Round Out Your Face and Figure

Genuine Yeast Vitamins Tablets Often Produce Most Surprising Results. Get a FREE \$1.00 Package Today as Explained Below—Try Them for Ten Days and Watch the Results. Those who have at last shown how we some- times grow weak, thin, and emaciated on an abundance of food (lacking in vitamins) while with a much smaller amount of food, rich in vitamins, we can quickly take on good firm flesh, gain in weight, and make a remarkable gain in strength, energy and endurance, provided your blood contains sufficient quantity of oxygenated or- ganic iron to enable your body to as- similate your food properly. Without organic iron both food and vi- tamins are absolutely useless as your body cannot change lifeless inert food into energy.

FREE \$1.00 COUPON

This coupon, if used within the date, entitles you to one \$1.00 package of Genuine Yeast Vitamins Tablets absolutely free with each bottle purchased from this coupon. If your dealer does not have one, ask them for you from any whole- sale house. Cut out this coupon and present it to your dealer today.



Red Flag Flying Over Johannesburg.

Strikers Take Charge of City—Lloyd George Said to Have Resigned—Crisis in Indian Affairs—"Eileen Lake" Abandoned by Crew.

CRISIS SITUATION IN JOHANNESBURG.

LONDON, March 10. The situation in Johannesburg is most alarming. Reuters correspondents state. Strikers hoisted the red flag on the Town Hall to-day and closed every business by force. Thousands of strikers are out in their bodies and the police are stationed at vantage points. Mob law is in East and West Rand and many activities are impossible in Johannesburg. Several more natives died at a result of recent attacks by Commandos. Twenty-seven were seriously wounded, chiefly from shots and two were shot through the head. The town council and five died as a result of being at Primrose Mine alone. Thousands are permitted by police from the streets with blinding rays and carrying all kinds of weapons. Premier Smuts has de- clared the outrages whether by whites or blacks and promised strong measures to suppress the Nativist movement.

DERBY TO SUCCEED MONTAGUE. LONDON, March 10. The Earl of Derby, former Secretary of war, has been offered the Secretaryship for India in succession to Edwin S. Montague, according to reports in the Parliament lobbies to-day.

READING MAY GO ALSO. LONDON, March 10. The removal of Lord Reading as Viceroy of India, it is believed in some quarters will be the final de- noucement to the publication of the Indian Government's note. There is nothing tangible on which to base this report, but it is not improbable.

CHAMBERLAIN HAS L.G.'S RESIGNATION. LONDON, March 10. The Saturday Review declares that

Lloyd George has virtually resigned the Premiership for Right Hon. Austen Chamberlain, who has the Premier's resignation in his pocket with power to use it when a suitable opportunity presents itself. The Premier has expressed the desire, the Review says, that the Irish bill should become law before the country is made acquainted with his decision. He will then advise His Majesty to send for Mr. Chamberlain, Sir Arthur Balfour having expressed his un- willingness to form an Administration.

ST. JOHN, N.B., March 10. The shipwrecked crew of the three masted schooner Optimist, of New- foundland, arrived here to-day on the steamer Corsican. Captain John Evans said that on the voyage from Spain, sail laden, in January day the vessel's sails were encountered. The vessel's sails and rudder were lost and she leaked badly. On Janu- ary 26 a big sea washed the life- boats. The steamer City of Naples came up but the weather was so stormy and cold that nothing could be done. She left informing the Optimist that another steamer was rushing to their assistance. On the 28th the schooner was completely waterlogged when the steamer Ampetico arrived on the scene. The crew were taken off and landed at Antwerp. They are en route home now.

ST. JOHN, N.B., March 10. Tossed about on the Atlantic, suf- fering tortures from cold, hunger, thirst and fatigue for eighty hours during a terrific storm, and with death momentarily staring them in the face, was the experience of the crew of the two hundred ton schooner Eileen Lake, which sprang a leak below the water line off the New- foundland coast on January 19. George Forsey, Cook, died from ex- posure during the experience and was buried at sea. This was the story told by the Captain and crew of the vessel on arrival here to-day on the steamer Corsican en route to their homes in Newfoundland. The Eileen Lake was abandoned on the after- noon of January 19. Eighty hours afterwards at night the Belgian steamer Persier was sighted. One of the crew filled a canvas bucket with kerosene, tore off part of his coat used it as a torch. The wind extinguished the light and the men found they had only one match left. With infinite precaution under the shelter of a sail they struck this to make a flare and fired their last cartridge. This was successful and the steamer picked them up and took them to Antwerp. The crew consisted of captain W. H. Noseworthy, Silas Bladden, mate; George Forsey and George Gordon, Cooks; Thomas Burton and George Duffett seamen.

The Mirrors of Doom.

INSTRUMENTS THAT MEASURE EARTHQUAKES.

If an earthquake takes place at the other side of the world, it writes its own record on the delicate instru- ments kept in the observatories in this country.

Next morning you will see in the papers that our instruments have re- corded an earthquake of great vi- olence which took place in South America. It may be days before news comes through by telegraph from the scene of the upheaval to confirm the instrument's message.

Hundreds of Shocks. The seismograph, as the earthquake recorder is called, consists of a re- volving drum and a tiny mirror. The latter is balanced so delicately that the slightest tremor of the earth's crust will set it dancing. The drum, which is turned by clockwork, is cov- ered with a roll of sensitized photo- graphic paper. The mirror focuses a little point of light, reflecting from a brilliant lamp, on to the paper. So long as nothing is happening the mirror remains at rest, and as the drum revolves a perfectly straight line is traced on the paper by the point of light. But as soon as a shock occurs the mirror is agitated and the line becomes a signal.

A stone thrown into a pond sets up ripples which move outwards in ever- widening circles until they reach the edge. An earthquake produces the same result, except that the ripples are formed in the earth's hard but slightly elastic crust. Fortunately, serious earthquakes are rare, but hundreds of small shocks take place every day, and seismo- graphs of the most delicate type re- cord them all.

St. Mary's Parish

ANNUAL MEETING.

The annual meeting of the parish- ioners of the Parish of St. Mary the Virgin was held in the Parish Hall on Thursday evening last, the Rector, Rev. A. B. S. Stirling presiding. The attendance was large and the meeting itself one of the most enthusiastic ever held. The submitted reports were very satisfactory, showing the financial status of the Church to be very sound, with a substantial credit balance, considering the trade de- pression. After other routine busi- ness had been disposed of the Church Officers for 1922 were elected, viz:—

Rector's Warden—A. Whitten. People's Warden—G. S. Pike. Select Vestry—Messrs. W. J. Pike, Capt. E. Dawe, E. Burridge, A. Eb- sary, C. Ash, C. R. Harvey, C. Warren, W. J. Oliver, A. Heath, G. Badcock, G. Carberry, R. T. Williams. Finance Committee—Messrs. G. Cranford, W. Burridge, K. Payne, S. Senler, H. Dicks, S. Harris, E. Grane, Heber Taylor, E. Ebsary, Geo. Barnes, B. Downs, G. Skirving, A. Blackmore. Cemetery Committee—C. Ash, S. Bradbury, G. H. Harvey. Registrar—A. Blackmore. General Protestant Industrial Com. —S. Bradbury, N. Andrews. Sidenen—Messrs. C. Ash, B. Colton, G. Carberry, C. Winsor, C. Simmonds, E. Crane, E. Burridge, S. Blackmore, Harry Taylor. Organist—G. B. Lloyd. Sexton—M. Noseworthy. Organ Blower—R. Noseworthy. Auditors—G. B. Lloyd, W. G. Pike. Lay Delegates Synod—Capt. E. Dawe, L. G. Chafe. The meeting closed with the Doxol- ogy and Benediction.

A HEALTH SAVING REMINDER. **Don't Wait** until you get the **Spanish Influenza** USE

Minard's Liniment At the first sign of it. Its Healing Qualities are Amazing. THE OLD RELIABLE.

Pick From This List Your Lenten Menu.

ELLIS & CO'Y. LIMITED, 203 WATER STREET.

French Sardines, 1/4's & 1/2's Boneless French Sardines, 1/4's. Skipper Sardines. Dry Shrimps. Barataria Prawns. Hors D'Oeuvres (6 tins in block). Boneless Anchovies in Oil. Marinated Herring. Fintin Haddock. Clam Chowder. Fresh Clams in tins. Fresh Cove Oysters, 1's and 2's. Chicken Haddies. Royals a la Bordelaise.

Nfld. No. 1 Pack Salmon. Lobster. Cod Tongues. Cod Steak. Mussels.

Fresh and Smoked Fish. Fresh Cod. Fresh Smelts. Fresh Halibut. Fresh Oysters. Smoked Finnan Haddies. Smoked Kippers. Smoked Bloaters. Smoked Cod Fillets.

Lazenby's Assorted Pickles. Lazenby's Salad Oil. Lazenby's Chef Sauce. C. & B. Vinegars. C. & B. Salad Sauce. C. & B. Essence of Anchovies. C. & B. Fish Pastes. Tomato Catsup. Mushroom Ketchup. Cambridge Chutney. Mayonnaise Dressing. Plain & Stuffed Olives.

Hartley's Marmalade. Hartley's Strawberry Jam. Hartley's Raspberry Jam.

Special Big Reduction in Price Jams, Marmalade, Assorted Canned Fruits.

Dried Apricots, 1 lb. pkts. Dried Prunes, 1 lb. pkts. Dried Prunes, 20/30.

Quite Qualified.

The attractive young woman who had written "Urgent" on her card was shown into the consulting-room of Sir Choppam Fyne, head of the famous hospital in Splintshire.

"And what is the matter with you?" said the great man.

"I wish," she answered, "to be- come a nurse in this institution."

The surgeon tapped a thoughtful tooth with his lancet.

"First, one question: Have you had any previous experience?"

She dazzled him with a reassuring smile.

"Experience?" she cried. "I should just think so! Two of my brothers play football, another has tried to cross the Channel in an aeroplane of his own make, and father keeps a motor-car!"

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Shipping Notes.

S.S. Sable I. is due here on Monday morning.

S.S. Rosalind leaves Halifax on Tuesday for this port.

Schr. General Rawlinson, which went ashore at Oporto on January 18, is now being repaired at Lixoes Hr.,

Fashion Plates.

A SPLENDID VERSION OF A POP- ULAR STYLE.

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