

Lowney's shows you how cocoa ought to taste

PROFITS over 100 pr. ct. OF ORIGINAL SUM ASSURED.

The following are examples of Canada Life Policies, in which the Profits added to same have more than doubled the original amounts.

Policy No.	Yearly Premium	Original Policy	Profits Added to 1910	Total Assurance to 1910
125	\$41.84	\$2,000	\$2,286.97	\$4,286.97
886	12.40	800	821.95	1,621.95
989	78.34	4,000	4,039.97	8,039.97
1,203	43.17	2,000	2,005.59	4,005.59
1,694	16.75	1,000	1,005.35	2,005.35
2,157	53.55	1,400	1,415.14	2,815.14

At age 30 a saving of \$14.00 monthly will buy a Profit-bearing Endowment Policy in the Canada Life for \$5,000, payable to you, at maturity in one amount or by way of annual instalments.
Send your name, age and address for a proposition of from \$1,000 to \$5,000 or more.

Canada Life Assurance Co.
C. A. C. BRUCE, Manager, St. John's.

Money Is Invested

for the purpose of obtaining interest. The more interest you get, the more money you will save. We own and offer a number of Securities that will meet the requirements of those who wish to double their interest income—with safety. Ask for particulars.

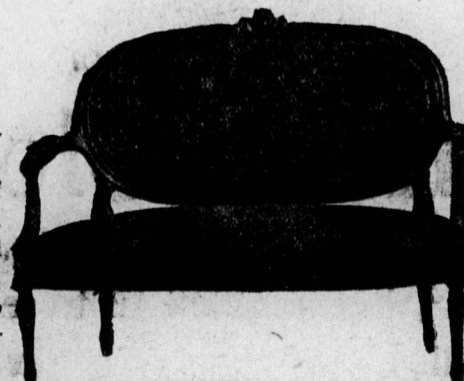
F. B. McCURDY & CO.,

Members Montreal Stock Exchange.

C. A. C. BRUCE, Manager,
St. John's.

WE HAVE FAITHFULLY

considered the Furniture needs and offer a choice line of Furniture that will bring brightness and comfort to the home. Everything here to fit the season. Never here before in larger,



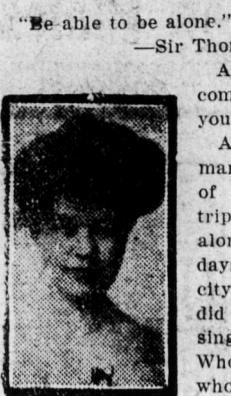
more attractive or better variety than now! For summer time comfort, at home, or away. You'll find here much that will interest you.



U. S. PICTURE & PORTRAIT Co.
Complete House Furnishers.
Water Street East.

Be Your Own Companion.

BY RUTH CAMERON.



"Be able to be alone."
—Sir Thomas Browne.
Are you good company for yourself?
A young woman in the course of a vacation trip was left alone for a few days in a strange city where she did not know a single person. When friends for whom she was waiting joined her, they were loud in their expressions of sympathy for the terrible boredom she must have suffered.
The young woman opened her eyes wide in amazement. "Why, I had a lovely time," she said.
"What did you do?"
"Well, I went shopping and then went out to the park and looked at the animals. Then I walked up and down the avenue and watched the people, and thought about them and what they were doing. Altogether, the time just flew by."
"And you weren't lonely?"
"Not a bit," said the young woman frankly. "I suppose I could have made friends with some of the women at the house, but, do you know, I didn't really care. I guess," she concluded with a smile, "that I'm pretty good company for myself."
"Wasn't she a lucky woman, or more likely, a wise one?"

FOR THE WOMAN WHO THINKS AND FEELS.

Some women complain that they periodically suffer from dull and heavy feelings, or dizziness in the head, nervousness, pain and bearing-down feelings which to these pains at the normal healthy woman. But most every woman is subject to these pains at some time in her life, due to abnormal conditions in life, such as corsets, over-taxed strength, bad air, poor or improper food, wet feet, sluggish liver, etc. A regulator and female tonic made from native medicinal roots with pure glycerin, and without the use of alcohol, called

DR. PIERCE'S FAVORITE PRESCRIPTION,

has proven its value in thousands of cases, like the following:



Mrs. Dora M. Martin, of Auburn, Neb., writes: "I thought I would write you in regard to what your medicine has done for me. I have used them for thirty years for female trouble and general weakness with the very best results, and they have saved me hundreds of dollars in doctors' bills. I buy the 'Favorite Prescription' and 'Golden Medical Discovery' and take them together. I never was disappointed in your remedies and take pleasure in recommending them to any suffering lady. I am now almost fifty years old; at forty-five I took your medicine, both kinds, and I passed that period very easily and left me fat and healthy. I feel like a young girl. Any lady needs to write me, I will gladly tell her more about the good work of your medicine."
Dr. Pierce's Great Family Doctor Book, The People's Common Sense Medical Adviser, newly revised up-to-date edition—of 1008 pages, answers hosts of delicate questions which every woman, single or married, ought to know. Sent free in cloth binding to any address on receipt of 50 one-cent stamps, to cover cost of wrapping and mailing only.

Household Notes.

If silver is to be stored away for some time, pack it with dry flour; it will remain untarnished.

To be absolutely sure that a carbolic solution will not burn, use one part acid to twenty parts water.

Before scalding fish you should dip them in boiling water for a moment; they will scale much more easily.

If the tips of shoe laces pull off, twist the ends of the string and dip into glue. They are as good as when new.

When the cream is too thin to whip, add the unbeaten white of an egg. You will have no trouble whipping the cream.

The edge of a silence cloth should be finished with a buttonhole stitch, not too close. A hem makes a ridge under the tablecloth.

When filling the gem pans with batter, leave one of the cups empty and fill it with water. The gems will burn nicely without burning.

In heating the oven, the draughts should be closed when the coal is well started. In a word, to save fuel plan ahead and then watch draughts.

Rust can be removed from steel by covering it with sweet oil for a day; then rub with a lump of fresh lime and polish in the ordinary way.

For a creaking door, rub the edge

with soap, and then, with the addition of a few drops of oil on the hinges, the nuisance will be remedied.

Cranberries can be kept fresh indefinitely if put in a jar and filled up with cold water. Place a lid on lightly and change the water every day or two.

Colored stockings should be washed in a suds of warm water and soap. Rinse thoroughly and wring very dry then hang in the shade to dry.

A bruise should be bathed immediately and freely with very hot water. The congestion will then be relieved and no ugly discoloration will follow.

Window shades that have been cracked can be renovated in the following way: Lay the shades flat on the floor and paint them with the ordinary oil paint.

Sprinkle salt on the tablecloth when wine has been spilled. When the cloth has been removed, pour boiling water through the stain until it has disappeared.

When a sponge has become sour rub a fresh lemon into it and then rinse it several times in lukewarm water; it will become as sweet and clean as when new.

Unpainted boards can be made beautifully bright by pouring a few drops of oxalic acid on them when they are being scrubbed. The dust disappears like magic.

If the sad iron becomes rough and sticky, tie a piece of wax in a cloth and rub the iron over it. Afterward scour them on a paper or thick cloth covered with coarse salt.

Silver should never be allowed to stand overnight without washing. If it is not possible to do the dishes, take time to wash the silver in warm water, wipe it dry and put it away.

There is no better disinfectant than sunshine. Let it flood the rooms which are occupied, let it shine into your bread boxes and butter jars; the sunshine makes them sweet.

Hoarseness can be relieved by mixing one teaspoonful of glycerine to the well-beaten white of an egg, the juice of one lemon and enough sugar to make it palatable.

When plaster casts become soiled, dip them into cold liquid starch. When they are dry, brush the starch off, and the dirt will come off with them, leaving the cast clean and white like new.

Taking cold can sometimes be prevented by breathing deeply when chilly. The body will soon become

MINARD'S LINIMENT FOR SALE EVERYWHERE.

Week End Specials

36 Tins.

36 only 5 lb. tins Preserved Pure Butter in sealed tins. Will keep for years. The famous

Blue Nose Butter, 38c. lb.

11 Baskets.

11 only 3 gall. baskets Fancy Large Blue Plums.

\$1.20 Basket.

48 Baskets.

48 baskets choice Burbank Plums; 6 qt. baskets.

48c. each.

Soper & Moore

Phone—480.

Marvels of London Life.

The immensity of the world's greatest city is strikingly illustrated by the facts and figures published recently in a report on London life issued by the London County Council. It is estimated, for instance, that \$7,000,000 is paid every week in rent, and \$2,100,000 in rates, while for the privilege of keeping about 180,000 dogs in London, pay \$300,000 a year. The rich pay over half a million a year in carriage and motor licenses, while altogether no less than \$5,000,000,000 worth of property belonging to Londoners is insured.

It is remarkable that while fifty years ago only half the people living in London were born in the capital, to-day we are approaching the time when three-quarters of the population of London are natives, the figures being 668 per 1,000. Most people are under the impression, as they notice the new streets of houses springing up in all directions in the Metropolis, that London is growing bigger every day, but, as a matter of fact, last year \$28,000,000 less was spent on house building than in 1902.

There are 750 weddings in London every week, while the weekly average number of inquests is 100. No fewer than 53,000 drunkards are convicted in twelve months, while postmen deliver every day 4,000,000 letters, postcards, circulars and newspapers.

Cascarets Surely Straighten You Up

No Headache, Biliousness, Upset Stomach, Lazy Liver or Constipated Bowels by morning.

Are you keeping your bowels, liver and stomach clean, pure and fresh with Cascarets, or merely forcing a passage through these alimentary or drainage organs every few days with Salts, Cathartic pills, Castor oil or Purgative Waters.

Stop having a bowel wash-day. Let Cascarets thoroughly cleanse and regulate the stomach, remove the undigested, sour and fermenting food and foul gases, take the excess bile from the liver and carry out of the system all the decomposed waste matter and poisons in the intestines and bowels.

A Cascaret to-night will make you feel great by morning. They work while you sleep—never gripe, sicken or cause any inconvenience, and cost only 10 cents a box from your druggist. Millions of men and women take a Cascaret now and then and never have Headache, Biliousness, coated tongue, Indigestion, Sour Stomach or Constipated Bowels. Cascarets belong in every household. Children just love to take them.

Home Sweet Home.

(From the 'Independent')
The original manuscript of 'Home Sweet Home' is said to have been buried in the grave with Miss Harry Harden, of Athens, Ga. She was John Howard Payne's sweetheart, but refused to marry him in deference to her father's wishes. After she was separated from her lover she shut herself in the old family mansion seeing none but a few members of the little church to which she belonged.

Dr. de Van's Female Pills
A reliable French regulator; never fails. These pills are especially powerful in regulating the generative portion of the female system. Refuse all cheap imitations. Dr. de Van's are made at 15c a box, or three for \$1.00. Mailed to any address. The Scott & Boring Co., St. Catharines, Ont.

12,000 PIECES of Enamelware Just Opened.

Last week we received two large shipments of First-Class ENAMELWARE; each shipment from a different factory. This Enamelware is, without doubt, some of the best we have ever handled. The colorings are perfect, while the enamel is regular throughout; will not rust, and is perfectly free from any poisonous finishing. All the weak or inferior points found in enamel in the past have been remedied. Granite or Enamel is the ideal kitchen cooking ware. Because of the smooth surface and its light weight it is easy to clean and handle. Below we give you some idea of the many different articles for everyday use:

- CUPS & SAUCERS
- SAUCEPANS
- SKILLETS
- POTATO POTS
- BREAD PANS
- COFFEE POTS
- TEA POTS
- DISH PANS
- JUGS, all sizes
- MILK PANS
- BOILERS, all kinds
- PIE PLATES
- DINNER PLATES
- TOILET PAILS
- DINNER PAILS
- MILK PAILS
- BATHS, all sizes
- BASINS
- WASH BOWLS
- MUGS
- CUSPIDORS
- KNEAD PANS
- CULLENDERS
- LADLES

QUALITY AND PRICES OF THESE GOODS CANNOT BE EQUALLED.

BOWRING BROS., Ltd.



We can show you THE GOODS, can give you THE CUT and STYLE and THE EXPERT WORKMANSHIP. The largest stock of TAILORING GOODS

in the city All goods UP-TO-DATE. Mail orders given prompt attention. Samples and self-measuring cards sent to any address.

JOHN MAUNDER,
Tailor and Clothier, 281-283 Duckworth Street.

J. J. ST. JOHN.

50 baskets PLUMS, New PARSNIPS, New TURNIPS, New CARROTS, New CABBAGE, APPLES, ORANGES, BANANAS, Lakes Smoked CAPLIN, 25 in Carton, 8c. Choice Boneless JOWLS. McGuire's BREAD.

J. J. ST. JOHN.