

### Side Talks by Ruth Cameron

#### SPEAKING OF INSOMNIA.

Speaking of insomnia (not that anyone has, but anyone might any moment you know), I have yet one more cure. And, as usual, my last love is the best.

When you cannot get to sleep, or when you wake up in the night and cannot get your head from buzzing with a thousand plans and a million thoughts, try this:

Begin at the beginning of the alphabet and go through to the end making each letter a full name of which you begin with that letter. For example: Adams, Betsy Barksdale, Clark, et cetera. When you have gone through it with feminine names begin again and go through with masculine names. Then you are not nearly asleep so go through with three name combinations.

But I can hear someone protesting "won't make me wide awake." Depends on what causes the insomnia.

If it does after two or three days. Then you are not the person who can be helped that way. It depends somewhat on the nature of the mind and somewhat on what causes the insomnia. In my own case insomnia is usually caused by the fact that my mind gets going on the evening of a disturbing subject becomes so active that I cannot get to sleep.

The Adams plan helps me because it gives me an activity by which I can drive out these disturbing subjects and yet not sufficiently fatigued to keep me awake. Of course I do not mean that chronic insomnia is common. Heaven forbid! I only mean that the tendency to wakefulness, the difficulty of getting to sleep (one ought to be able to fall asleep in five minutes, a man who has cured himself told me), the handicap of an occasional wakeful night, are far from uncommon experiences.

**You Should Fall Asleep in Five Minutes.**

Of course I do not mean that chronic insomnia is common. Heaven forbid! I only mean that the tendency to wakefulness, the difficulty of getting to sleep (one ought to be able to fall asleep in five minutes, a man who has cured himself told me), the handicap of an occasional wakeful night, are far from uncommon experiences.

**Mr. Rogers Writes Again**

ed that the Nfd. Government—if he were elected—would do the same for those who fought in the Great War, as the other Dominions of the Empire. This should be ample proof that we are entitled to prize money, and should receive it.

In my opinion this important question should be taken up by the G.W.V.A., and placed before the Government, and the sooner the better.

Thanking you for space, I am, Sir, Yours truly,  
JOHN ROGERS.  
Jan. 29, 1921.

**Diamond Dye All Your Old Things**

Each package of "Diamond Dyes" contains simple directions to diamond-dye worn, shabby shirts, waists, dresses, coats, gloves, stockings, sweaters, draperies, coverings, everything, whether wool, silk, linen, cotton or mixed goods, new, rich, fadeless colors. Buy "Diamond Dyes" no other kind, then perfect results are guaranteed. Druggist has color card.

There will be a Dance in the Masonic Temple for Masons on Monday, January 31st, at 8.30 p.m. Tickets may be obtained from the Hon. Secretary, J. W. McNeely.—Jan.29,21

**Mackintosh's Toffee-de-Luxe**  
4 LB. AND 1/2 LB. DECORATED TINS.  
Fresh supply received to-day ex S. S. Sachem.  
Special Price by the case of 14-4 lb. tins.

**DROP IN MOIR'S**  
MOIR'S CHOCOLATES  
in 1/2 lb. and 1 lb. boxes.  
5 lb. Blue boxes.  
Goods and Bulk are all reduced in price. Get our quotations.  
MOIR'S SLAB CAKE at Special Price to retailers.  
KELLOGG'S CORN FLAKES.

**C. P. EAGAN,**  
Duckworth Street & Queen's Road

### Allied Supreme Council Agree on Decisions.

**"United in Making Peace as in Making War"—Eleven Persons Burned to Death in Hoboken Hotel Fire--Sydney Mills May Close Down Shortly--Mayor of Cork Must Not Stand on The Order of His Going.**

#### ALLIES REACH DECISION ON REPARATIONS.

LONDON, Jan. 30.—Agreement on reparations, German disarmaments, and all other important questions before it, was reached by the Supreme Council of the Allies when it adjourned at 5 o'clock yesterday evening to meet again in London on February 21.

The greatest result obtained was, as Mr. Briand, French Premier, expressed it after the closing session, "maintenance by the Allies of the front as united in making peace as it was in waging war." Count Storza, Italian Foreign Minister, had resulted to the satisfaction of everybody concerned. A protocol was signed approving the reparations scheme as agreed by the Council to consider the subject and also report on the disarmament of Germany as presented by the military committee. Under these arrangements Germany must disarm by July 1, disbanding all her civil guards not provided for in the Versailles Treaty. Germany will be called upon to pay in forty-two annuities on a sliding scale, 226,000,000,000 gold marks (roughly \$52,000,000,000). Her exports will in addition bear an export duty of twelve per cent. that will go to the Allies on the basis of last year's exports. This would give the Allies 1,250,000,000 gold Marks or twelve per cent. of whatever money in which the exports are paid for.

#### FIREMAN KILLED IN OTTAWA FIRE.

OTTAWA, Jan. 30.—One fireman was killed and two others injured in a fire, which last night completely destroyed the four story building on Queen Street West, occupied by Sach Brothers, Rag and Junk dealers. The loss is estimated at \$10,000, of which \$6,000 is covered by insurance. The dead man is fireman Nelson Forrester, aged 37 years, of Ottawa.

#### Funeral To-Day.

The funeral of Mr. Robert Hannaford took place this afternoon from his late residence, No. 2 Brazil's Square and was largely attended. Mr. Hannaford was born at Petty Harbor, and for a number of years lived on the streets of the city as cabman. He was well and favorably known and his passing which occurred on Saturday last after a protracted illness will be learned with regret.

#### Canada's War Pensions.

HIGHER THAN OTHER COUNTRIES.  
OTTAWA, Jan. 29. (By Canadian Press). A statement showing the scale of pensions awarded to the rank and file, totally disabled, in nine of the countries which participated in the war, has been issued by the Board of Pension Commissioners.

#### CANADIAN PREFERENCE.

OTTAWA, Jan. 30.—The new tariff of Trinidad, which gives Canada a preference of only 3 1/4 per cent, is to be amended increasing Canadian preference to fifty per cent, according to information reaching the Department of Trade and Commerce.

#### WAITING FOR ORDERS.

SYDNEY, Jan. 30.—The Rod Mill will re-open Monday to operate for a week or ten days, preparing rods for the nail and wire mill operations. Billet and Blooming Mills will continue in operation for three or four days after the first of the week, working principally on stock and for completion of a few small orders. It is likely that two or three open hearth furnaces will be closed on Monday. The remainder will continue in operation for three or four days longer, while the Billet and Blooming mills are running. These are the arrangements for the first of the week decided upon by the Steel Company up to the present. No new orders of any size have been received.

#### O'CALLAGHAN MUST GO.

WASHINGTON, Jan. 30.—Daniel O'Callaghan, Lord Mayor of Cork, has been ordered by Secretary Wilson of the Labor Department, to leave the United States by February 12. He is now in the country as a seaman awaiting an opportunity to re-ship.

#### BIG AIRSHIP'S FLYING DAYS OVER.

HOWDEN, England, Jan. 30.—Dirigible R-34, which was damaged early Friday morning, while making a landing and which after drifting out to sea was finally manouvered back to her base here, suffered another mishap during Friday night, being badly damaged by strong wind. R-34 was almost out in tow and it is announced that the airships flying days

### State Bank Propaganda.

Port Union In Favor of Public Ownership—Some Expert Opinions.  
At a largely attended meeting of the F.P.U. held here on Monday night, and after a three hours' discussion it unanimously voted that the Council go on record as favoring a State-owned and Controlled Bank, and further that a Committee be appointed to solicit signatures from all voters to a petition calling upon the Legislature at its next session to give effect to the resolution. The debate was opened on the previous night by Friend Capt. James Jones, who while he did not pretend to know much about banking institutions was of the opinion that a State Bank would keep money in the country that was now going out of it. There were large deposits of money in the Canadian banks in St. John's and the outports, on which only three per cent. was paid to the depositors, but on which the Banks were getting six per cent. or more, and this difference which totalled a considerable amount on the seventeen or eighteen millions carried by the four Banks was not all spent in Newfoundland. A large part of it was spent in Canada. He felt that Newfoundland, in its present condition needed every dollar it possessed to boost its own business instead of Canada.

#### LOST HER PROPELLOR.

BOSTON, Jan. 30.—Disablement at sea of the United States Shipping Board steamer Johnson City, due to loss of propeller, and her rescue by the Board's steamer Nesheobe, were announced in radio-grams received here yesterday. The Nesheobe sent word to her agents that she was towing the disabled vessel to the Azores. No position was given. The Johnson City was bound from Bristol, England, for Charleston, The Nesheobe from Portland, Maine, for Hamburg.

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### Prices Have Dropped at the Royal Stores

Those who avail themselves of the Grocery offers the Royal Stores make from time to time, have good reason to be gratified. Nowhere are we more particular as to quality than in the matter of foodstuffs. The following are all of guaranteed excellence and are offered at prices that mean true economy.

- Dried Fruits.**  
Seeded Raisins, per lb. . . . .32c.  
Seedless Raisins, per lb. . . . .35c.  
Currants, per lb. . . . .27c.  
Dates, per pkt. . . . .25c.  
Peaches, per pkt. . . . .28c.
- Pork & Beans.**  
Diamond Brand, per tin . . . . .5c.  
Dominion Brand, per tin . . . . .20c.  
Delmonte Brand, per tin . . . . .25c.  
Campbell's Brand, per tin . . . . .25c.  
Heinz Brand, per tin . . . . .30c.
- Loose Dates, per lb.**  
. . . . .18c.
- Moir's Pilot Biscuits,**  
per lb. . . . .28c.
- Canned Fish.**  
Skipper Sardines, per tin . . . . .30c.  
Crossed Fish, per tin . . . . .25c.  
Tea Tume, per tin . . . . .22c.  
Large Pickards, per tin . . . . .12c.  
Brookdale Salmon, per tin . . . . .18c.  
Happyvale Salmon, per tin . . . . .27c.  
Herring in Tomato Sauce, per tin.25c
- Sauces.**  
Libby's Tomato Sauce, per bot. .29c.  
Upton's Tomato Sauce, per bot. .19c.  
H. P. Sauce, per bot. . . . .35c.  
Colburn's Sauce, per bot. . . . .18c.  
Holbrook's Sauce (Large), per bot. . . . .30c.  
Holbrook's Sauce (Small), per bot. . . . .20c.
- Kippers, per dozen** . . . . .70c.
- Local Salmon, per tin.** .40c.
- Domestic Soaps.**  
Sunlight Soap, per pkt. . . . .50c.  
Lifebuoy Soap, per pkt. . . . .60c.  
White Russian Soap, per cake . . . 9c.  
Kirk's Brand Soap, per cake . . . .12c.
- Toilet Soaps.**  
Goodwin's Toilet Soap, per cake .13c.  
Turkish Bath Soap, per cake . .12c.  
Jap Rose Soap, per cake . . . .18c.  
Jersy Cream Soap, per cake . . . 8c.  
Herb Toilet Soap, per cake . . .18c.  
Cuticura Soap, per cake . . . .35c.
- Valencia Oranges, per dozen** . . . . .45c.

### The Royal Stores, Ltd., Grocery Department

### Beaver Board

About \$10.00 worth of Beaver Board will put a handsome ceiling on your Parlor.

Beaver Board is really good enough for your Parlor and is at the same time cheap enough for your kitchen.

The Beaver Board which we are now selling is SIZED—ready for painting or decorating.

A Beaver Board ceiling looks good and will last as long as your house.

Look for the trade mark on the back of every board.

### Colin Campbell, Ltd.

Distributors.—Vulcanite Roofing and Beaver Board.

### Old Feildians Meeting.

A meeting of Old Feildians will be held on Tuesday night at 8.15 in Bishop Field College Hall. The purpose of the meeting is to revive the Old Feildians Club, which has been in abeyance for several years. This will be welcome news to most Old Boys who will undoubtedly turn up in their full strength to see that the project is given a good start.

The Council for the relief of Michael Donovan, of Melrose, whose house was burnt with all its contents a few nights ago. Sixty dollars were already in the hands of the relief committee and further contributions were expected.—Com.

Port Union, Jan. 25, 1921.  
The Fat, hot spark from Reliable Batteries puts additional power into every charge of gas. dec21,22,23,24,25,26,27,28,29,31,feb28,m1

Side advertisements on the left edge of the page, including 'Side Talks' and other small notices.