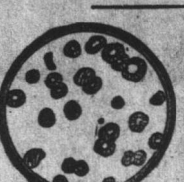


## Why You Need Iron— To Make You Strong and "Brainy" and Put the Power Into Your Blood To Overcome Disease Germs

The food you eat contains carbon. When your food is digested it is absorbed from the intestines into the blood. When the carbon in your food comes in contact with the oxygen carried by the iron in your blood, the carbon and oxygen unite and by so doing they give off tremendous energy, thereby giving you great force, strength and endurance. Without iron your blood carries no oxygen and without oxygen there is nothing to unite with the carbon in your food so that what you eat does you no good—you do not get any strength from it—it is like putting coal into a stove without a fire. You cannot get any heat unless the coal unites with the fire.

The strongest weapon with which to prevent and overcome colds, pneumonia, kidney trouble, rheumatism, nervous prostration, is that almost any disease or disease germ is



Impoverished blood corpuscles highly magnified.

plenty of good rich, pure blood, strength, energy and endurance and the greatest energy carrier in the body is organic iron, not metallic iron which people usually take, but organic iron like the iron in spinach, lentils and apples, and like the iron contained in what is known as organic Nuxated Iron, which may be had from almost any druggist. Nuxated Iron often increases the strength, energy and endurance of weak, nervous, run-down folks in two weeks time.

It has been used and highly recommended by former United States Senators, Members of Congress, Judges of U. S. Courts, many physicians and prominent men.

Over 4,000,000 people are now using it annually. Satisfactory results are guaranteed or the manufacturers will refund your money. Sold by all druggists in tablet form only.

**Healthy blood corpuscles highly magnified.**

**NUXATED IRON**

**ENRICHES THE BLOOD—GIVES YOU NEW STRENGTH AND ENERGY**

### Battleship to Tin Kettle.

#### A VISIT TO THE NAVY SCRAP-HEAP.

The work of the ship-breaker has developed to such an extent that it is not unlikely that you will find the water for your tea in part of the remains of a Dreadnaught. The brass tap from which you draw the water may have seen service in another form in the Battle of Jutland.

Should you have saildines with a meal, do not be surprised if the origin of the tin was a cruiser that figured in some little scrap in the North Sea.

If the Washington Conference has its way a substantial part of the world's navies will finish up either as tin can or garden seats. But whether Washington succeeds or fails, the remarkable process of conversion will go on. Since the Armistice the British Government alone has consigned over five hundred warships to the scrap-heap. Over two hundred vessels have gone to one firm—Thos. W. Ward, Ltd., of Sheffield.

A recent deal included one hundred and thirteen warships with a total tonnage of 360,000. The original value of these engines of destruction was

many millions of pounds. What was paid for them by the shipbreakers is a secret, but if the Admiralty receives £250,000 for a warship that would cost £2,000,000 to build to-day it considers it has not made a bad deal.

All round the British coast are huge yards specially fitted up for the task of reducing to scrap anything from a battleship to a submarine. To go through one of them would move a naval man to tears. He would see all around him great piles of apparently valueless rubbish. Bits of decking, the blades of a turbine engine, part of a kitchen galley, the remains of the ladder up which he used to climb to the bridge—all are mixed in chaotic confusion.

The process of tearing a warship to pieces is a highly developed one. As soon as a vessel is moored men swarm aboard and remove the deck fittings. Then comes the difficult operation of taking up the deck. For this purpose the oxyacetylene process is employed. Oxygen and acetylene are combined to effect from a pipe a flame of terrific heat. With the jet in his hand the workman applies the flame to the steel deck, and literally cuts a way through it. In a surprisingly short time large squares are cut out, and all that remains is for the crane-man to attach

his chain and swing the chunks of metal on to the quay.

#### Garden Bakes and Dog Kennels.

A bewildering spectacle of engines and machinery meets the eye when the deck has disappeared. The men clamber below, and with wrench and hammer detach huge portions for the crane to lift clear. Gradually the once smart-looking craft loses its vitality. The gangways go, the officers' quarters, the boilers, the shaft. Soon there is nothing left but an empty shell. Then the oxy-acetylene flame gets to work again. The sides of the hull are cut into squares, and eventually a few pieces floating on the surface of the water are all that remain to tell the tale.

On the quay, steam shears cut pieces of steel into sizes that will fit a furnace, for that is their ultimate fate. Most of them find their way to South Wales, where they are melted down.

Brass and copper, the beautiful fittings which formerly Jack took such a pride in causing to resemble a mirror—all go into the melting pot as soon as they have been sorted and cleaned. The magnificent furniture which adorned the quarters of some admiral is handled with great care and eventually sold as it stands. Cheaper woodwork has a different fate. It may become the handle of a garden rake, or end its career as a dog kennel.—Tit Bits.

### Public Officers Refused to Take Oath.

Berlin, (Associated Press).—Public officials in some of the federated German states have refused to take the oath of allegiance to the republican constitution on the ground they owed allegiance only to their own state. The point of law evoked lively discussion, particularly in Bavaria where respect for the present German regime is not very deeply grounded. Legal suits were brought in two cases for reinstatement of the officials whose offices had been declared vacant on account of their non-constitutional attitude. One court ruled the oath was unnecessary but a higher court reversed the decision.

**JUST RECEIVED — Stock Men's Dancing Pumps. F. SMALLWOOD, Water Street. Feb 10/22**

### A Land of Quick Harvests.

Karelia has come slightly into the limelight lately owing to a revolution which is stated to have broken out against the Soviet Government, and in which the Karelians are receiving the moral support of the Finns. Karelia has no political boundaries, but is considered to be all the territory in North Russia east of Finland to the White Sea, including the town of Kem, and south of Kem to Petrozavodsk, to the west of the railway line.

The language of the Karelians is a form of Finnish with a sprinkling of Russian, but most Karelians can also speak Russian. The men are fair-haired and have blue eyes and sallow complexion. They are of medium height with very well-developed shoulders; the majority of the boys of 14 to 16 require a large size man's tunic. The women are short and plain. They all wear handkerchiefs over their heads, and the unmarried women wear their hair in scraggy plaits.

The villages generally consist of from 20 to 30 houses built on the side of a hill bordering a lake.

The Karelians keep their houses extremely clean, and they themselves take a weekly steam bath, the whole family generally going into it at once.

They eke out a precarious existence; the land cannot be tilled before the end of May, and everything must be harvested before the end of September.

On account of the northern latitude, there is practically no night from May till August, and consequently crops grow fast. Wheat is said to have grown three inches in two days.

**Irishmen at the Head.**  
During the operations against the Bolsheviks in 1918-19, four battalions of Karelians were raised, supervised by British officers, the whole being under the command of an Irish colonel, a reservist.

The object of the first three battalions was to drive the Red Finns out of Karelia, in which they succeeded. The fourth battalion was raised to fight the Russian Bolsheviks and was in action several times.

As to the political aspirations of the Karelians, no love has ever been lost between them and the Russians, and this feeling was worked upon by their Irish C.O. who encouraged them to seek political autonomy and even designed a flag for them, which he had made and sent over from London—a shamrock on an orange ground.

Their cap badge consisted of a large trefolli cut out of cartridge cases.

Great was the jubilation in the Karelian headquarters when a message, which had reached the War Office via Helsingfors, was repeated to the Intelligence officer, Russia, and read that "A patrol of the Royal Irish Rifles had been seen near the Finnish frontier!"

The chief difficulty in the way of Karelian self-government is their almost total lack of educated men, the occasional schoolmaster being the only man in the country who boasts of any learning.—Family Herald

### Bermudas and Shakespeare.

In 1587, Sir Walter Raleigh wrote of the Bermudas as a "hellish sea of thunder, lightning and storm." The truth is, Bermuda was born into the history of the world because of the wrecks which were strewn on her dangerous reefs in storms, which blinded the mariners or took them out of their course. Shakespeare published his play of "The Tempest" some time not later than 1614, probably as early as 1611. Malone, one of the early commentators, became convinced that Shakespeare's friends of this disputed theory say, intended to make the Bermudas the scene of his play, and this view has been accepted by many. Thomas Moore, who lived in Bermuda for a time, assumed it, and Kipling is an enthusiastic supporter of Malone's view, and finds a beach in Bermuda where one of the scenes might well have been enacted. Resemblances to the circumstances detailed in an account of the storm and wreck off the Bermudas are traced, it is said, in the lines and scenes of the play.



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## No. 1 Salmon!

ON SPOT  
150 Cases  
Finest Local  
Packed Salmon

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### Canada's Forest Supplies.

According to interesting figures which have been compiled by Mr. F. J. D. Barnum, a Canadian forest expert, the loss by forest fires alone, in the United States, during the last five years, amounted to over fifty-six million acres, or more than eleven million acres per year. To this has to be added losses from cutting, destruction by wind and insects, which it is estimated causes an additional annual shrinkage of fifteen million acres, or a total destruction in the United States of not less than twenty-six million acres per annum.

The contention is advanced that the situation in Canada is equally alarming. Mr. Barnum in this connection makes the following sobering statement: "Our annual cut is much less than the United States; our standing supply is also much smaller, while our destruction from fire, wind and bugs, is proportionately larger. As a matter of fact, the entire supply remaining in Canada to-day would not last the United States over six and a half years."

A very strong plea is made that the Government shall take action to conserve Canadian wood for Canadian mills. In conclusion, Mr. Barnum says: "The subject of an embargo or export duty on pulpwood is not a question of what Canada might like to do it is an absolute necessity for the protection of her own mills. It is a situation where she must retain the wood supply she has or close down prematurely one of her most important industries in order to ship wood out of the country to the mills of the United States."

Evidently we are approaching the position that only finished products should be permitted to leave the country, which involves a policy requiring more than passing consideration—and consideration of the present as well as of the future.

### Is Civilization Moving North?

"Is civilization moving north?" asks Vilhjalmur Stefansson in the World's Work.

"We are conquering the difficulties of the North faster as times goes on," he says. "It was more than a thousand years from the time when the Romans thought that no civilization could exist north of the Alps until the civilization north of the Alps was really on a par with that of Italy."

"But it was only a century from the time when Benjamin Franklin thought that the little island of Guadeloupe was worth more than all of Canada till the time when second-rate cities in Canada had become more important than the whole island of Guadeloupe. It was only a few decades from the time when even Seward's friends tacitly admitted that 'Seward's Folly' was the correct name for Alaska until the Republicans began to 'point with pride' to the purchase and to rank it among the glorious achievements of the party."

"By analogy we may expect that it will require only a decade or two for the same progress in knowledge and revolution in sentiment with regard to the Northern prairies that are still called 'Barren Grounds' and are still supposed to be worthless."

### Carried to Gallows.

Harvey W. Church, 21, convicted slayer of two automobile salesmen, lost his last hope for life March 2, when Gov. Small refused a plea for clemency. Too weak to walk and his mind a blank, the result of a 40-day hunger strike, he was carried to the gallows strapped in a chair at 4 o'clock March 3. More than 400 persons applied for permission to see the trap sprung, including several women.

## Yes! Positively!



**Positively None Better.**

**Imperial Tobacco Co.**  
(Newfoundland) Ltd.

The Cup that Cheers  
"Armada."  
Good to the last drop.

## The Last and Biggest Event in the "WASH OUT" SALE

**Climax Sale of  
MEN'S  
Soft and Stiff  
HATS  
ALL THIS WEEK**

A Sale for celebration purposes only. Water reached very edge of our hats. Spoiled all our delicate stuff, left our hats untouchable practically. Anybody knows that water couldn't take the cut out of a Stetson, a Christy, a Borsalino. Something we've spoiled about for years. And here comes a grand, royal chance to profit it, and the water hikes right into another part of the store. Ten luck! We had to celebrate the closing of this Sale. All our damaged stock was bought up, so we cut into the ranks of our regulars. Every hat placed on the price-block. Prices we do any store to duplicate, even where the hats come from. And hats are untouched, unharmed, perfect. Man alive, there was such a chance for you to save money.

**CHRISTY**  
Blue, Green, Brown.  
Regular ... \$6.00 to \$8.50.  
"Midsize"  
**DERBIES**  
A well set-up stiff Hat, in fractional sizes.  
Regular \$3.00.  
**STETSON HATS**  
Borsalino Hats  
HALF PRICE  
**\$6.25**  
**CHRISTY SILK HATS**  
A late Continental block. Fine-furred, delicately modeled.  
Regular \$18.00.

**This Week  
\$2.75**

**This Week  
1.50**

**This Week  
\$12.50**

**KEARNEY'S.**

## OUR PHENOMENAL LOW PRICE SALE!

An absolute clearance of all remaining Costumes, Dresses, Spring Coats, Blouses, etc., at prices so low that our store will again be crowded.

Beginning to-day we are placing all our reserve stocks on sale also at our already famous low prices.

The following specials will also be in evidence at Savings Extraordinary.

### Wool Nap Blankets

38 pairs best quality, size 64 x 76. To clear, \$3.75 pair.  
23 pairs same quality, size for child's cots; size 30 x 40, at \$1.15 pr.

### Extra Special

**LADIES' UNDERSKIRTS** in Saten, etc., at ..... 75c. each  
**LADIES' VOILE DRESSES** .....  
**LADIES' WHITE DRESSES** .....  
in all sizes; colors and styles right, in Pique and Gabardine, clearing at \$3.98.

### Jersey Dresses

A limited number only of these Jersey Dresses, suitable for Spring and Summer wear. Regular \$24.00. Now ..... \$13.90

**28 BED SPREADS.** .....  
Best Queen Quality with splendid Handkerchiefs, worth easily 30c. ea.,  
crochet designs, at only \$2.50 each. .....  
going for 5 cents each.

### White Lace Curtains

36 pairs White Lace Curtains, best quality 3 yards long, clearing at ..... \$2.40 per pair  
18 pairs only, same quality, 2 1/4 yards long, at ..... \$1.40 per pair

See our **LADIES' SPRING COATS** in Black. Formerly priced \$15.00. Clearing at ..... \$6.75

REGARDLESS OF COSTS OR PROFITS WE ARE GOING TO MAKE YOU A FRIEND OF THIS STORE. COME!

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