

We Aim to Give Our Patrons Satisfaction!

If you are not satisfied with your purchasing from others, GIVE US A TRIAL. We are confident that we can give you every Satisfaction. May we call your attention to two of our Leading Lines—HOSIERY & GLOVES.

Ladies' Luxite and Holeproof Hosiery.

Our Hosiery is proving extremely popular with all women who are very particular to have their apparel in good taste. Its fine quality, superior finish and dainty style make it just what you want.

BLACK LISLE THREAD HOSE \$1.20 per pair up
BLACK SILK HOSE \$3.50 to \$4.80 per pair
COLOURED SILK HOSE \$2.00 pair up

Ladies' Summer Gloves.

We have had a large and well assorted stock of Ladies' Summer Gloves, including some very fine Silk Gloves.

BLACK SILK GLOVES \$1.30 up to \$1.90 pair
COLOURED SILK GLOVES as follows: Pongee, Navy, Grey, Brown, White,
\$1.50 pair up to \$1.90 pair.

Saturday Our Special Sale Day.
Sweeping Reductions in Every Department.

Marshall Bros

Side Talks by Ruth Cameron

YOU CAN DO IT.



RUTH CAMERON

I am very proud of myself to-day. I overcame a temptation yesterday—a temptation to have a cold in the head. There was a time when if I thought a cold was coming upon me I was fatalistic about it. I said, "Oh dear, I'm going to have a cold," and promptly had it.

When people told about remedies for colds, I listened with lack lustre eyes. I had tried different ones spasmodically and I had never had any success.

But in the past two years, when colds have been in such terrific dispute that a sneeze made one an object of suspicion both to oneself and everyone who heard it (can you imagine anyone taking snuff these days?) At the first sneeze he would find people turning their backs on him and presently he would be left completely alone. I have adopted a different technique for the battle with a cold.

Why Colds Get the Better of Us.

I have gradually come to realize that cold germs are so well generalized that they are apt to make a counter attack when you attack them in only one direction. While you are attacking the germ army on one flank with pills, the other flank marches in and you take possession of throat, lungs or—least dangerous perhaps, but most miserable of all—your nose. The thing to do is to attack on all flanks at once.

First and most important—attack the germs with all the rest you can get. Get a good long sleep. Take your breakfast in bed if that's possible (it's worth some inconvenience; a cold would cause more). If you are a working man or woman, at the first sign of a cold, go home (at once, if possible; if not, at quitting time) and go right to bed and have your dinner in bed. Lie there and read and put your light out an hour earlier than usual. If you stay in bed for a day, so much the better. That rests you and keeps you from draughts.

Don't Get Chilled.

Second—keep warm. It's a good thing to have fresh air, but when you have that shivery feeling down your back, don't let yourself get the tiniest bit cool.

Third—use a good gargle and nose spray. Keep them constantly on hand and use them the second you

feel the symptom of a cold, even if you have to get up in the night to do it.

Have a glass of bicarbonate of soda beside you, mixed in the proportion of a quarter of a spoonful of soda to a third of a glass of water, and take a third of a glass every 15 minutes for an hour, then one does more an hour after (this was recommended by a doctor.)

Above All Things be Prompt.

Take a cathartic if you think there is the slightest need.

Take your favorite pills if you want to (I don't).

Do everything promptly. In nothing is time so much the essence of the contract as in fighting a cold.

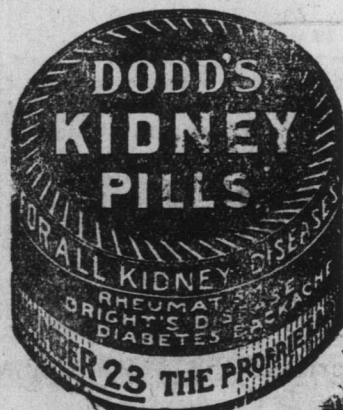
Of course I'm not a doctor and perhaps I shall be reproved by the medical profession. You needn't take it too seriously if you don't want to, but those are my methods for simultaneous attack. And whether they are professional or not, they have one great merit—they work.

Unaccompanied Singing.

In the Sistine Chapel at Rome no musical instruments are permitted. The singing is purely vocal "a capelle." Since the earliest times this choir has been the model for thousands of other choirs throughout the world and it has been the ambition to have its character and quality unsurpassed.

In addition to this choir that of St. John Lateran is also renowned. This church was, according to tradition, started in the fourth century by Constantine himself.

The choir of St. Peter's was founded by Gregory the Great. For a time it served as a preparatory school for the choir of St. John Lateran. Many of the most famous musicians of Italy—Palestrina, Nanino, Anerio, Giovannielli and others—were identified with this choir.



Due by S.S. Sachem

200 Barrels

No. 1 Apples

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Soper & Moore

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PHONE 480.

WEIGHT REDUCTION.



WEIGHT REDUCTION

I'm trying to reduce my weight. I'm eating many things I hate, attempting to grow thin; by following the diet game I hope to shrink my ample frame, and lose my double chin. I've cut out bread, and butter, too, and all things sweet, and liquid glue, and milk and clotted cream; and while I hope to lose a ton, the stunt I'm doing is no fun, existence is a scream. Oh, others seek the groaning board, and whack off victuals with a sword, and eat whatever they please; and they may fill themselves with jam, indulge in gravy, pie and ham, and forty kinds of cheese. And I alone must sadly browse on fodder that was meant for cows, and shun the tempting things; the dinner bell for me no more brings tidings of good grub in store, it jars me when it rings. The dweller in the crowded flat, the artisan, the plutocrat, may eat what he or they wish; but I must boil a mess of straw, or feed on germproof prunes and slaw, and cheap denatured fish. And while the mash of bran is mixed, my eyes are on my waistline fixed, and fixed thereon in vain; I do not lose a single pound, I starve where wholesome pies abound—is weight reduction sane?



THE POINT OF VIEW.

I can stand off and sneer at the conduct of Brown When Brown's winning fortune and local renown; I can say it's too bad that he's worshipping gold, And is losing the joys he will miss when he's old; But the fact still remains, when I'm through with his case, That I might do the same were I put in his place.

Oh, it's easy to talk and it's easy to preach And frown at the fruit which are out of our reach; It is easy to say that my neighbor is wrong In driving his horse, 'stead of jogging along; But the fact still remains, when my whining is through, That if I'd a fast horse, I might gallop him, too.

I fancy, while fortune still smiles from afar, That I wouldn't be as some other men are; I stand up and talk of the happiness which I would scatter about if I ever got rich. But I know in my heart that if wealth came my way, I might be the same sort of rich man as they.

The man on the mountain sees more and may know Much that is missed by the man down below. And I in my station may well govern By the light that I have and the path I can see; But no one should say what another should do.



FOR LITTLE TOTS ON CHILLY MORNINGS.

Warm, comfortable homes mean healthy, happy children. No winter colds from evening or morning exposures in homes equipped with the Humphry Radiant Fire. Ask the Gas Company for full particulars. dec16, eod, tfr

The Maritime Dental Parlors

THE HOME OF GOOD DENTISTRY.



Expert Work in all Branches. We are specialists in extraction. Our improved method renders the extraction of teeth absolutely painless. We also make the best artificial teeth in Newfoundland, at the most reasonable rates.

Painless Extraction 50c.
Full Upper or Lower Sets, \$12.00 and \$15.00
P. O. Box 1220. Phone 62.

M. S. POWER, D.D.S.

(Graduate of Philadelphia Dental College, Garretson Hospital of Oral Surgery, and Philadelphia General Hospital.)

176 WATER STREET.

(Opp. M. Chaplin's.)

Jan13, tu, th, sat, f

For Sale.

10 Sleighs.
5 Express Waggon
10 Surreys.
15 Buggies.
A few Sets Harness.

C. F. Lester,

49 Hamilton St.

feb16, eod, tfr

A Sale of Plain and Fancy

Work will be held by the ladies of St. Andrew's Church, in the Presbyterian Hall, on next Friday afternoon, April 16th, when they will offer for sale Dainty Dresses & Underwear for children from 1 to 12 years old; Bibs and Tray Runners to match; Silk Dress Patterns, China Silks and Wash Satins, Boudoir Caps,

A FRESH ASSORTMENT OF

Moir's Confectionary

JUST RECEIVED

MOIR'S

Raisin Cake.
Nut Milk Bars.
1 and 1/2's Nut and Hard Centres.
1 and 1/2's Asstd. Choc.
300 5-lb. boxes Asstd.

CEREALS.

Grape-Nuts.
Puffed Rice.
Puffed Wheat.
Corn Flakes.
Rice Flakes.
Krumbles.

KLIM--1lb & 1-2lb tins

Del Monte Beans.
Del Monte Pineapple.
Barley Kernels—Fkgs.
Cream of Barley—Fkgs.
Lemon Crystals.
Lemonade Powder.

Local Fresh Eggs.
Choice Small Jowls.
Ribbed Pork.
Turnips.
Carrots.
Lunch Tongue by the lb.

BRUSHES—Shoe, Scrub, Stove & Table.

C. P. EAGAN,

Duckworth Street & Queen's Road

Life is often a gamble.

Death is a certainty.

Health is elusive.

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is a sure thing.

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Policies "Good as Gold."

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London, Canada.

G. VATER PIPPY, - - - District Manager.
330 Duckworth St., St. John's.

tues, thurs, sat, f

Fancy Bags, Black Satin Tea Cosies, Sachets, Camisoles, Aprons and Towels, and so many other beautiful things too numerous to mention. Come and be welcome. Afternoon Teas served. Admission 10 cents.

HAD ENJOYABLE DANCE.—A very enjoyable dance was held in the Gymnasium of the C.L.B. Armoury by the Old Comrades last evening, a large gathering being present. The battalion band, under Capt. Morris, furnished the music.

"Reg'lar Fellers"

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By Gene Byrnes

TO CORRESPONDENTS!

Correspondents are requested to accompany contributions with their real names, not necessarily for publication but as a guarantee of good faith. In future no correspondence will be considered unless this rule is adhered to. It is also requested that all letters "For Publication" be so marked on the envelope.

MINARD'S LINIMENT CURES DANDRUFF.

