

GILLETT'S THE Standard Article SOLD EVERYWHERE For Making Soap. For Softening Water. For Removing Paint. For Disinfecting Sinks, Closets, Drains, etc.

The Evening Chit-Chat By RUTH CAMERON

Does it ever occur to you when something very unpleasant happens, that it isn't as bad as if it were twice as bad? Among my friends I have one incurable optimist. From every unkind blow that fate deals him—and it has dealt him several very harsh ones—he recovers himself with a smile.

and more coming to think that the question of happiness and unhappiness depends far more on which point of view you take than on the circumstances of your life.

Seems to me as if all the world might be divided into classes—the people who dwell on the mountain top of "Tisn't as bad as if it were twice as bad," and the people who dwell in the valley of "It's never as good as if it were better."

The people on the mountain are always looking compassionately down and seeing folks less fortunate than they.

The people in the valley are always looking enviously up and seeing folks who have much more than they.

The people on the mountain top have a way of always looking at the good things they possess.

The people in the valley never seem to see anything but the desirable things they lack.

There was an epigram in Life the other day to this effect:

"The feminine pessimist worries because she is not as young as she once was; the optimist rejoices that she is not as old as she will be."

The first you see, lived in the valley of "It's never as good as if it were better," and the second on the mountain of "Tisn't as bad as if it were twice as bad."

Of course they're both right. They both see things as they are.

The only difference is that the mountain dwellers are happy and the valley dwellers are not.

Which class do you belong to? Or are you apt, like me, to migrate from one to the other?

If you are, why don't you do as I think I shall—have the motto of the mountain dwellers printed and hung where I can daily see it and daily be reminded into optimism by it:

"Tisn't as bad as if it were twice as bad."

But isn't there a whole philosophy of life in it?

There are two points of view from which to look on life, and I am more

The bags in which flour or sugar come make excellent dishcloths. It is well to stitch up the bags, using them double.

The dishcloth should be washed in a good lather after it is used, then rinsed in clear hot water and hung out to dry.

Scraps of soap should be put into a little muslin bag and tied up. The bag can be shaken about in the water to produce a lather quickly.

Blood oranges are delicious to use when making orange ice or ice cream. Not only do they give a satisfying flavor, but the color is pleasing.

Don't use scouring soap on enamel bathtubs; the enamel will soon be cut through if you do. Kerosene applied with a rag will remove all spots.

If a lemon is heated, either by being plunged into boiling water or by being put into the oven for a few moments, the juice will be more readily extracted.

An infallible rule for all steamed foods is to place them over cold water, but when it begins to boil never let the water stop boiling until the food is done.

Eggs stuffed with sardines are very tasty. They may be served either hot or cold; if hot, a cream sauce, seasoned with a little lemon juice, goes well with them.

If apples are cored before they are pared, there is less danger of their breaking. A clothespin may be substituted for the regulation corer with good effect.

Cut a raw turnip in two and use it to "grease" the pancake griddle. It will do as well as grease and the pancake will be without the slightest greasy taste.

An experienced cook says that when using molasses she always cooks it first. She lets it come to a boil, and then skims it carefully. Then there is no unpleasant raw taste.

A little minced sweet green or red pepper added to the croquettes, hash or morning dish of eggs, weathered, fried, scrambled or served as an omelet, will prove a tasty change.

If one would have the cheese keep moist and not mildew, wrap it in a cloth wrung out in vinegar and then slip it into a paper bag before putting it into the refrigerator.

Kerosene poured upon wash basins, upon pools, into rain barrels and tanks—wherever there is water or accumulation of waste—will lessen the breeding of flies and mosquitoes.

An excellent whiteners is made by adding a handful of borax to the pail of soapsuds used in washing floors or woodwork. The borax also renders the suds less trying for the skin.

Lacquered brass should never be cleaned with anything but a soft rag, dampened in tepid water. Bright brass can be rubbed with soft soap and vinegar and then polished with whiting.

If the Parmesan cheese is purchased by the pound and then grated or run through the grinder it will be less expensive than when bought already prepared for use with macaroni or soups.

A good way to scent lingerie and blouses is to make drawer linings of a double fold of white muslin or silk into which a pad of wadding is slipped slightly perfumed with one's favorite scent.

When making a peach shortcake, make a syrup of half a cupful of sugar and four tablespoonfuls of water. Pour this white hot, over the sliced peaches before spreading the fruit on the buttered cake.

Kaufman Rashes Lang.

Around the Ring in Sixth Round but Unable to Knock Him Out.

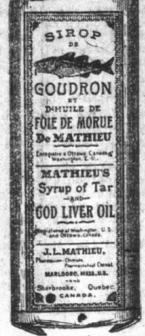
National Base Ball Park, Philadelphia, Sept. 5.—Al Kaufman, the heavyweight of California, tonight got the popular decision over Bill Lang, the Australian heavyweight. In only one round did Lang show to advantage, the second, in which he fought back and punished the Californian as severely as the latter had hurt him in the opening round.

The fight as a spectacular exhibition was disappointing. Time and again Lang would lead with his right and then to a clinch, requiring the assistance of the referee to force the men apart. In the fifth round Kaufman rushed his man all around the ring but was unable to land the knockout. Kaufman left the ring without a mark, but Lang's face was swollen and there was a cut between his eyes, where Kaufman had a hard left. The "go" was scheduled for six rounds and was witnessed by 8000 persons.

A Neglected Cold May Cause Consumption.

Thousands of people die every year from the effects of this dreaded disease, which, if treated in its first stages with

MATHIEU'S SYRUP of Tar and Cod Liver Oil and other medicinal extracts, will cure the diseased lungs and give strength to the patient. Sold everywhere.



THOMPSON, N.S., Feb. 29, '06. Fillmore & Morris, Amherst, N.S. Dear Sirs,—Yours of the 27th to hand re Mathieu's Cough Syrup, and would say it gives the best results of any cough syrup we have ever handled. The medicine is all right.

Yours truly, ARMOUR & MATTINSON. Port Hawkesbury, C.B., Apr. 3, '06. Fillmore & Morris, Amherst, N.S.

Dear Sirs,—I rec'd yours of the 27th ult. asking about Mathieu's Syrup. It is an excellent medicine for coughs, cold and consumption. Please send me another lot of 2 doz. bots. with samples. Enclosed find \$3.00 the amount of my bill.

Yours truly, A. F. DICKSON. SPRINGHILL, N.S., April 4

Fillmore & Morris, Amherst, N.S. Dear Sirs,—In reference to your inquiry as to the selling qualities of Mathieu's Syrup, we might say that it is of no use whatever for us to keep any other Cough Medicine in stock. When you first began to sell it here, the Druggists did not handle it, and now every Druggist in town has it, and we are sure they find a ready sale for it. Mathieu's Syrup is sold by at least 18 dealers in Springhill. FERRIS & VEEL.

MATHIEU'S NERVE POWDERS are free from opium, chloral and other dangerous drugs and they are supreme against headache, sick headache, neuralgia, overwork. 25 cts. per box of 18 powders. Prepared by J. L. MATHIEU CO., Sherbrooke, Can.

A. P. C. Report.

The field of operation of the A.P.C. for lectures during the summer was chiefly confined to that section of Trinity Bay extending from Bonavista to Cavendish.

A public meeting was held at each of the following 25 places, but a great many other harbors were visited also: Bonaventure, British Harbor, Ireland's Eye, Britannia Cove, Burgoyne's Cove, White Rock, George's Brook, Shoal Harbor, Clarendville, Foster's Point, Elliott's Cove, Heckman's Harbor, Deer Harbor, Fox Harbor, Northern Bight, Long Beach, Hodge's Cove, Little Heart's Ease, St. Jones With-out, Bay Bulls Arm, Chance Cove, Bellevue, Norman's Cove, Green's Harbor and Cavendish. The meetings were all well attended and in several instances people walked five miles to be present.

One would think that this district, owing to its proximity to St. John's, and also for the past few years having a railway service, that modern ideas and conditions would be moderately in evidence. Although on the surface this may seem true, yet in reality other circumstances are to be found. In many places a mall boat is never seen and the nearest railway station is two miles distant. Again, trains usually pass at midnight or in the early morning; so the advantages to be derived from this source are greatly minimized.

Rather than dwelling upon the prevalence of consumption let us direct our attention to conditions which were found that are greatly conducive to the disease. For it must be understood that consumption is rampant and the vast majority of young people who die are victims of the Great White Plague. In one small place of about 200 population a well informed resident in the course of a short conversation enumerated very readily 20 who had died of pulmonary tuberculosis. A not unusual occurrence was for my attention to be directed to houses where practically whole families had been exterminated by consumption; but apart from the past history it appears that there are existing at the present time an alarming number of cases, and the doubt of the populace as to whether such a person is suffering from consumption or not is frequently expressed, though in many of these cases the disease is conspicuously and painfully evident.

PEOPLE.—The people for the most part are kind and affable and very often most obliging. Their isolation has rather militated against the spread of modern ideas. The tendency to attribute all things directly to the Lord's will is striking. Often in promoting the campaign against consumption, the first remark would be: "Tis the Lord's will that we have the affliction amongst us, and it is no use in us fighting against what He wills."

It is rather surprising how this conception really "sticks," and a great deal of sledge-hammer talking is necessary to eradicate this delusion. The one thing that did a good deal to thwart this belief was that the meetings were free, and the fight against consumption was entirely for the people's benefit. The thought had prevailed among the people that the A. P. C. was but a short-lived institution, but they were glad to see that it was still alive and active. It was stated in one of the meetings by the local chairman that over 100 public meetings had now been held in the outports. Evidently he had been following the work carefully. Attributing all things to Divine will seems to be a species of fatalism among them, and it is often difficult to combat the belief that in the matter of disease their hands are clean and that they are justified in disclaiming the obvious fact that bad habits and their mode of living are largely contributory to disease.

CONSUMPTIVES.—Every consumptive visited was living under the most unfavorable conditions: a kitchen, a cooking stove, a closed window and a nagging at the doctor for a bottle of medicine for "the blood," or to stop the cough, constituted the daily treatment. The outdoor treatment was looked on with discredit and even openly and publicly claimed to be impossible among poor people. Seeing that it costs no more to sit out of doors than alongside a cooking stove, the protestation is paradoxical. The proper condition of the room seemed to be an entirely ignored factor, and often such apartments as were seen must be a menace to the others members of the family.

HOUSES.—Many of the houses were fairly comfortable and clean, but by far the greater number are exactly opposite. After entering the harbors a glance at the edges of the windows or doors told a tale, a tale not discernible to the most casual observer. The site of the buildings or the plan seemed of no moment, the prime object being to locate the house near the stage; and remembering that the fishery is operated for only a short period of the year, it is difficult to justify the convenience of proximity to the fishing premises as against the abomination of flies and dirt. Dirty, filthy, indecent, do not describe the condition of some of the dwellings and their environment. This condition was not altogether due to large families or illness or poverty, but rather to carelessness or ignorance of all the conditions of healthfulness. In one place sand was put on the floor to "keep it clean." Flies are found in the houses in myriads and the windows are often closed to keep them out. The use of a little cheese cloth or inexpensive wire netting would obviate this difficulty. It is sometimes difficult to pass along the street owing to the refuse of the houses making a cesspool across the road. A pigsty located near the back or front door, or under the house, which is often supported on posts, need not be viewed with curiosity because many such exist. The odor emanating from this source as well as from the fish oil spread on the fields, adds materially to the already disastrous conditions existing.

WELLS.—Wells are in most cases simply holes in the ground, without regard to location and without any protection, the only object being to obtain water, regardless entirely of

quality. They are often situated in the drain by the roadside, where animals of all kinds have free access. A hole on the lower side of the road receiving the drainage of several houses and gardens often furnishes the water for the neighbouring families.

SCHOOLS.—In a few localities large and properly planned buildings are being erected, but on the whole the school buildings are not suited to accommodate the pupils and the furniture is rarely of the desired kind. The facelions existing in these places act detrimentally to the good of the children and leave a delapidated building where a suitable and commodious structure might easily be erected. But the fact stands out clearly that crowded in those badly ventilated and poorly constructed schoolrooms are from 30 to 60 children day after day sowing on would-be healthy soil seeds which must choke a healthy constitution and leave growing humanity very susceptible to consumption.

One school opened after the holidays without the floor being scrubbed in the interval. Thirty children were crowded in a small room on a beautiful July day with no window open, and not a window in the whole building could be opened. The sashes are made in one piece and fitted in the box so that they cannot be moved. Four schools were examined in succession and not a window in any of them could be opened. Very little expenditure and a will on the part of the parents and proper enlightenment upon the danger to the health of the children could easily revolutionize these conditions.

LODGES.—Meetings were usually held in the Orange Lodges, and it must be admitted with pleasure that the Orangemen were always willing to do their part to aid the work of the A. P. C. Many of the Lodges are good buildings, but ventilation in nearly all is insufficient, and in many hills crowded, and in summer, can readily be understood. Several Lodges were unfinished, and during the explanation of the plans and of the reasons for the incomplete buildings, the cause assigned in some cases was that death dues were heavy and thus impoverished the till. In those cases it was very common to find the cause of the deaths to be consumption. A member of one Lodge stated that two members had died of tuberculosis recently, and a coincidence worth noting is, that spitting in that hall was the worst seen in the bay.

The passage of hygienic laws in such Lodges must of necessity increase the financial prosperity of the Society and be of lasting good as an example to the community. A few Lodges had anti-spitting by-laws, but spitting was most conspicuous at many of the meetings until its evils were pointed out. If the Orangemen as a body made it a point to discuss tuberculosis at some of their meetings it would prove of incalculable value.

SPITTING.—The habit of spitting is well formed and unconsciously the sputum is deposited on the floor in masses repugnant to behold. One gentleman of a group while conversing on tuberculosis loudly proclaimed that he had been spitting for the past eight years and he intended stopping it for no man. Evidently it is considered an interference with man's

What is H.P.? The New Sauce Just arrived from England Ask your Grocer.

prerogative to attempt to put down the pernicious habit of careless spitting, even by explaining its evils.

COOKING.—Cooking is of the crudest kind, very little attention being paid to varying the methods of presenting the food. Stores furnish very little variety of foodstuffs, as it is claimed they will not sell. In most households there are a large number of meals. Flour is usually of a good quality, and if cooking classes could be established for a few months in some of those localities the women would be very teachable, and under a competent nurse with the same expenditure the appetite could be much more effectually appeased. The stomach would not be compelled to work overtime. The system would be better nourished and the proclivities to consumption would be lessened.

M. C. ROBERTS. NOTE.—The conditions upon which Mr. Roberts comments in the above report are more or less prevalent over a large part of Newfoundland, as most people know. There is some reason to think, however, that in some degree they are improving. The principal hope of betterment would appear to lie in continuing the agitation that has been begun and pursuing a campaign of education by lectures, by trained nurses and through the schools and societies. The subject is admittedly of sufficient importance to call for the appointment of a special Health Officer or Department whose entire time and attention can be devoted to the study and improvement of public health matters. The cost would pay for itself over and over again. The people are ready and willing to learn, and our social obligations demand that this question should be seriously dealt with.—Com.

Dr. de Van's French Female Pills

A reliable regulator; never fails. While these pills are exceedingly powerful in regulating the generative portion of the female system, they are strictly safe to use. Refuse all cheap imitations. Dr. de Van's are sold at \$3.00 and \$5.00 a box. Mailed to any address. The Scobell Drug Co., St. Catharines, Ont.—th&s

Wedding Bells.

PIPPY-BERTEAU. "Happy is the bride the sun shines on." Such were the words that was spoken yesterday when it became known that the wedding of Francis F. Berteau and Nellie W. Pippy would take place in the Methodist Church at 2 p.m. before a large audience.

The officiating clergyman was the Rev. A. M. Bamford. The bride, handsomely attired in a dress of cream lace over satin, with wreath of orange blossoms, sweet peas and chrysanthemums, looked charming as she entered the church, leaning on the arm of her father, Thos. A. Pippy, Esq., with Miss Enid Berteau as bridesmaid. She was met at the altar by the groom, he being supported by Alexander Winter, Esq., St. John's.

The ceremony over, the bride parted left the church amidst showers of rice and the old slipper. The wedding reception was held at the residence of John B. Martin, Esq., where a large number of guests were invited, of whom were Dr. G. N. Murphy, Misses Berteau (3), Mr. and Mrs. Berteau, Mr. and Mrs. J. E. Martin, Mr. Hayward, Miss Nettle Anthony, Miss May Downer, Miss Nellie Warren, Miss Ramsay, Mr. and Mrs. J. J. Miller, Miss Pearl Pippy, Mr. Harold Pippy and Master Teddie Berteau. After the reception the party left for Port-au-Ferme to spend the honeymoon, returning to the island on Saturday next. The presents were costly and numerous. The groom's gift to the bride was a gold necklace and the bridesmaid a gold stick pin. We wish them many years of wedded bliss and abundant success in the welfare of their future happiness.

CORRESPONDENT. Bell Island, Sept. 15, '10.

ASK FOR MINARD'S AND TAKE NO OTHER.

ANOTHER WOMAN CURED

By Lydia E. Pinkham's Vegetable Compound

Gardiner, Maine.—"I have been a great sufferer from organic troubles and a severe female weakness. The doctor said I would have to go to the hospital for an operation, but I could not bear to think of it. I decided to try Lydia E. Pinkham's Vegetable Compound and Sanative Wash—and was entirely cured after three months' use of them."—Mrs. S. A. WILLIAMS, R. F. D. No. 14, Box 38, Gardiner, Me.

No woman should submit to a surgical operation, which may mean death, until she has given Lydia E. Pinkham's Vegetable Compound, made exclusively from roots and herbs, a fair trial.

This famous medicine for women has for thirty years proved to be the most valuable tonic and renewer of the female organism. Women residing in almost every city and town in the United States bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound. It cures female ills, and creates radiant, buoyant female health. If you are ill, for your own sake as well as those you love, give it a trial.

Mrs. Pinkham, at Lynn, Mass., invites all sick women to write her for advice. Her advice is free, and always helpful.

Itching Piles For 27 Yrs.

Despaired of ever getting relief until cure came 3 years ago with use of DR. CHASE'S OINTMENT.

Mr. John Johnson, Cawley, Alta., writes: "Three years ago I was cured of blind, itching piles of twenty-seven years' standing by using Dr. Chase's Ointment. I used to think that death would be the only relief I could ever get from the terrible misery of piles."

"Dr. Chase's Ointment is worth sixty dollars a box instead of sixty cents. I am a different man since using it. I am farming all the time now and never miss a day. Words fail to express my gratitude for the cure this Ointment made for me. I cannot tell half as much about it as it deserves. Any one doubting this can write direct to me."

Do not accept an imitation or substitute in place of Dr. Chase's Ointment, for there has yet to be discovered a treatment which so promptly gives relief from itching and so thoroughly cures every form of piles. 60 cents a box, at all dealers, or Edmanston, Bates & Co., Toronto. Write for a free copy of Dr. Chase's Recipes.

Woman's Power Over Man

Woman's most glorious endowment is the power to awaken and hold the pure and honest love of a worthy man. When she loses it and still loves on, no one in the wide world can know the heart agony she endures. The woman who suffers from weakness and derangement of her special womanly organism soon loses the power to sway the heart of a man. Her general health suffers and she loses her good looks, her attractiveness, her amiability.

Dr. R. V. Pierce, of Buffalo, N.Y., with the assistance of his staff of able physicians, has prescribed for and cured many thousands of women. He has devised a successful remedy for woman's ailments. It is known as Dr. Pierce's Favorite Prescription. It is a positive specific for the weaknesses and disorders peculiar to women. It purifies, regulates, strengthens and heals. Medicine dealers sell it. No honest dealer will advise you to accept a substitute in order to make a little larger profit.

IT MAKES WEAK WOMEN STRONG, SICK WOMEN WELL. Dr. Pierce's Pleasant Pellets regulate and strengthen Stomach, Liver and Bowels.

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HOUSEHOLD NOTIS.

A good bait for a rat trap is a paste made of cornmeal and eggs.

Cucumber and almond cosmetics both cleanse and whiten the skin.

The interior of every refrigerator should frequently be scalded with soda water.

Very delicate flagee work may be cleaned with a paste of sweet oil and trippol.

Nothing else is as good as kerosene to keep vermin out of garbage kettles.

Ayer's Sarsaparilla Cleanses