

Home Made Bread

Home made bread is without doubt the cheapest and most healthful food that can be produced for human consumption. It is the most completely digested solid food in the world, over 90% of it being transformed into health and strength. It yields nearly twice as much nourishment as rice or potatoes, and is ten times as nourishing as an equal value of meat. No bread is more truly wholesome or more perfectly satisfactory than that baked at home in which Royal Yeast Cakes are used.

Scientists have discovered a new and truly wonderful use for Royal Yeast Cakes. Physicians are prescribing it with remarkable success for conditions attributed to poor blood conditions. Soak a cake of Royal Yeast for half an hour in a cup of lukewarm water with one teaspoon sugar. Then stir well and strain once or twice through muslin and drink the liquid. BETTER results will be obtained by allowing it to soak over night and drinking half an hour before breakfast. Repeat as often as desired. Send name and address for free booklet entitled "Royal Yeast for Better Health."

E. W. Gillett Company Limited
Toronto, Canada

Made in Canada

Which by-and-by will make the music mute. And slowly widening, swiftly silence all."

Last year we wrote—for any man who has eyes to see, can see if he wishes, and we claim to be neither a prophet nor son of a prophet—the effect that the Government of Mr. Squires, built as it was in sections, would disintegrate once the cohesion between the segments loosened. This has happened, and unless the unforeseen happens the whole conglomeration will fall to pieces.

Strangely enough the Cashin party on the other hand is built more substantially and it is towards this more substantial structure that the disintegrated section of the Squires party seem to be working.

The silence of the St. John's Press, (The Sun cannot have seen the Special Edition of the Star and Advocate for perusal in Harbor Mail only) the passing of the Herald, the probable passing of still another daily, are the straws that show how the political wind is blowing.

The main difficulty is the fact that nobody wants to be the Government at the present time. The Country is faced with a shortage of over three million dollars in its revenue this year. The work of Mr. Coaker's Railway Commission has far exceeded the scope of the million and half dollar loan voted last year, and to add to that the Government has been unable to float a loan either in England or America. There is the increased cost of Members' Salaries, Departmental Heads, Fishery and Trade Inspectors, which will add another million or more. Thus the country is faced with a burden of between Five and Six million dollars over last year.

Further all extra taxation returns are reduced, and the Excess Profit Tax, for instance, will yield but a very small revenue this year.

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Bovril



SEE that the name on the bottle you buy is Bovril. Bovril is the one food which, in addition to its own direct nutritive value, has been proved by independent scientific investigation to possess the unique power of enabling you to get increased nourishment from other foods eaten with it. Take Bovril regularly, and use Bovril in your cookery.

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FRESH FROZEN CODFISH, SALMON, CAPLIN, COD TONGUES, SMELTS, HADDOCK, TURBOT, SMOKED CODFISH, HADDOCK, KIPPERS, Etc.

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JOB'S STORES, Ltd.

The North Sees It.

(Willingate Sun)

AND IT CAME TO PASS.

Whichever, no matter how low the barometer, the politician is ready to get "in." If he thinks the day is the evil thereof, like Mr. Micawber that "somebody will turn up."

As we will assay to tell what is to happen. The House will meet in normal manner. The agitation between the parties will be all behind the scenes. Some day, as not until the Estimates come under consideration the Government will be defeated.

Mr. Squires will hand in his resignation. The Government will call on Sir M. P. to form a Government. He will call on Mr. Warren, and the latter will call on Mr. Squires.

Mr. Squires and the Opposition party, and the Government of Mr. Squires and his following and Mr. Warren and his followers of the South-west Coast began to be evident. The crack between the Warren and Squires section became very noticeable following a dispute between the two over a letter while they were both in England, and became exaggerated as a result of the Fishery Regulations, in which the Southwest Coast Representatives claimed that their interests were sacrificed for the sake of the Northern Coast.

Again, during the absence of the Premier, Mr. Squires, the actual one, Mr. Coaker, ran matters with a pretty high hand, and undertook engagements which met with small favor on the part of Premier Squires when he returned. These included the work and scope of the Railway Commission, the Bell Island agreement and the Fishery Regulations, but chiefly the former and they became

"The little rift within the lute,

and Act 1. The performers have muffed their parts, and made a bull of the whole performance.

During the interval (unless the audience raid the stage and tar and feather these 'bum' actors) the country has time to meditate. It would be wise to do some thinking and let it soak in.

THE POLITICAL SITUATION.

The electors often imagine that after a general election politics is ended for another four years. As a matter of fact, nothing of the sort happens, and a continual undercurrent flows along among the rival parties in the Legislature.

More especially is this so when the grouping is marked by sectional lines as was the case of the representatives elected in November 1919. That representation comprised the Government party, made up of the Coaker party, the Squires party, and the Warren party, with the Opposition or Cashin party. Even early after the election the cracks in the structure of the Government party, made up as it was of Mr. Coaker and his following, Mr. Squires and his following and Mr. Warren and his followers of the South-west Coast began to be evident. The crack between the Warren and Squires section became very noticeable following a dispute between the two over a letter while they were both in England, and became exaggerated as a result of the Fishery Regulations, in which the Southwest Coast Representatives claimed that their interests were sacrificed for the sake of the Northern Coast.

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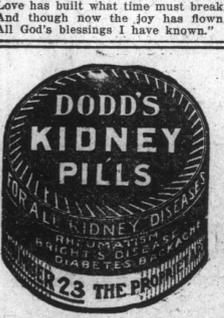
THE JOYOUS PAST.

This is what he used to say: "Take your laughter while you may, Love the sky when it is blue, Let the sunshine warm you through, Take your joy of early joy, Play the lover and the boy, Soon, too soon, glad lips grow dumb, Soon enough will sorrow come."

Then to him the sorrows came, Quenched was summer's gentle flame, Round his home the tempests blew, Chasing all the joys he knew, Grief and age were his to share, Winter's snow was in his hair; Even then he'd smile and say: "Life was lovely yesterday."

"Battered in this heart of mine And these eyes have lost their shine, From the garden I have known, Many tender blooms have flown, But how rich I've been and glad Through the summers I have had; From the joys of long ago Come these scars of hurt and woe.

"Pips of beauty I have pressed Caused this hurt within my breast, Poor am I to-day and sad, But the joys of life I've had; Life has given what death must take, Love has built what time must break, And though now the joy has flown, All God's blessings I have known."



Thought Signs.

Have you noticed how a person, deep in thought, usually forms the habit of repeating, unconsciously, some little action or thought sign? One man will stroke his mustache, another his chin, one will rub his nose, while another will scratch his head. Such signs are not confined to men; women indulge in signs of a similar nature.

Mostly such actions are performed quite unconsciously. Now and again one remembers and stops for a time; then, as one becomes more and more absorbed in thought again, the actions recommence.

Why do people make these un-happens signs while thinking? Perhaps it is because when a deep thought certain nerves have a tendency to act in a certain manner; in other words, the movements are perhaps of a more or less nervous nature.

Again, it may be that sitting perfectly quiet is a very difficult matter, and while one is comparatively quiet when thinking, the fingers naturally start moving. As even the most absent-minded person would hardly move them simply backwards and forwards in the air, they subconsciously start performing some little action with no other purpose than to give idle fingers something to do.

After a time these actions become the mechanical thought signals from which none of us are entirely free.

Has the Earth a Tail?

Opposite to the sun there is a very mysterious glowing patch, which is thought to be attached to the earth as a comet-like tail.

The highest regions of our atmosphere consist of very light gases, and the impression is that some of these were driven away by the sun or by other means, and that they stream off

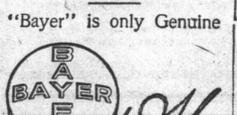
from the earth into space just as the light gases do from the head of a large comet.

Naturally, such a theory has aroused much controversy, and has led to all sorts of ingenious suggestions. One of these is that a swarm of meteors (of the kind we know as shooting stars) keeps us company through space at a distance of about a million miles, or four times the distance of the moon. But a tailed earth is an ideal vehicle for imaginative flights.

It might be argued that if our globe has a tail why should not the planets Mercury and Venus, and even Mars, have one. Well, perhaps they have for all we know to the contrary. Our earth's tail would be much easily seen by us because of its nearness and brightness.

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THE WAILER.



A cold wet wind blows from the sea, and puts rheumatics in my knee; my sole remaining tooth gets sore, and aches until it seems a bore. The wind comes sighing from the sea, all day, and puts a crimp in me. But on the hills, some miles away, the breeze is warm throughout the day, the sunshine on the landscape glows, and there an old gent might repose without an ill to cause him grief, without occasion for a beef. Why, then, you ask, do I remain, upon the seashore and complain? Alas, I could not happily be where everything is fair to see; unhappy is the wight who wakes to find his person free from aches; he has no topic and no theme to justify a roar or scream. I sit and watch the sea-gulls wheel, and tell the world how tough I feel, describe the ache that racked my head last evening when I went to bed, detail the symptoms I possess, and analyze my soul's distress, and life seems weary and full to me, when dank winds come in from the sea. I might be freed from all my ills, they tell me, if I sought the hills, but then I'd have no good excuse for shedding tears to beat the deuce.

The Weight of Light.

It seems odd to talk of such an unsubstantial thing as light having weight.

Yet such has been proved to be the case, and the principal proof came from tests made during the famous eclipse of the sun, on May 29th, 1919. It was then shown that a ray of light had sufficient "body" in it to be acted upon by the sun to the extent of being displaced by a certain definite amount. The light, in short, might for all the world have been matter, but matter of an extremely "light" kind.

That being so, a facetious reader might ask how much of it goes to the ounce. But a brilliant astronomer has been able to calculate even that; it is an appalling amount.

For example, the cost of light supplied by gas and electric light companies works out at something like \$10,000,000 an ounce. Yet the sun gives us no less than one hundred and sixty tons of this valuable stuff every day.

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with Cod Liver Oil Compound will give you almost instant relief. It heals the rawness of the throat, stops the annoying tickling that leads to the cough and restores the throat to its normal healthy condition.

Large bottle 60c.

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The Druggist,

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TO-DAY'S THE DAY THE NATION CELEBRATES G. W.'s ANNIVERSARY.

—By Bud Fisher.