

The Untiring Energy

of the WOLF is proverbial. Practically no energy is required where SUNLIGHT SOAP is employed. SUNLIGHT SOAP is energy itself. The Wolf is the enemy of mankind;

Sunlight Soap

is the enemy of all dirt. It is the friend of the housewife, and is made for her profit. To the housewife it means less labour, less dirt, more leisure, and time and money saved. SUNLIGHT SOAP does away with needless rubbing and scrubbing, and so preserves the clothes.



GIVE IT A TRIAL.

Tipping May be Cured or Abated By Use of Sugar.

Cleveland Doctor Outlines New Treatment Based on the use of Sweets.

In the issue of the Journal of the American Medical Association for January 17, D. B. L. Spitzig of Cleveland, O., makes a preliminary report of a new treatment for alcoholism. He says:

"The study of the habits and characteristics of the alcoholic in eating and drinking has always been a source of great personal interest to me, and the following observations seemed particularly pregnant: Many tipplers begin at an age when boyish habits have yielded to those of man. At maturity the demand for carbohydrates is gradually lessened. Usually this gradually lessens his craving for sweets and begins to indulge in alcoholic beverages. As the supply of alcohol is increased the desire for sugars is correspondingly diminished, until a time when alcohol is taken in preference to carbohydrates.

"In alcoholism, then, there is often a positive aversion for sugar. This history of certain characteristics in the chronic alcoholic is quite general. He uses no sugar in coffee or tea, and eats little for pastries and starchy products. Stimulating food, rich in condiments, is his mainstay and his appetite for stimulating drink is thereby increased. The body, in consequence, receives a minimum of sugar and becomes accustomed to more alcohol, which has now replaced the former.

Sugar Users are Moderate Drinkers. "This is evident from a study of relationship existing between the type of beverages used and the resultant degree of alcoholism. The moderate drinker often utilizes a sweetened pro-

duct and is satisfied to indulge in moderation. He assimilates both sugar and alcohol and his thirst is stilled with less drink. The confirmed alcoholic craves for no sugar and absorbs greater quantities of unsweetened alcohol to satisfy his bodily economy.

"The success or failure of the treatment, according to its originator, depends largely on the mental and moral qualities of the patient. Those who will not co-operate with the physician fail to gain much benefit, while the intelligent class, who have sufficient interest at stake to make their recovery a matter of importance, are very generally improved or cured.

Substitute for Alcohol Necessary. The report goes on to say that many former systems of treating the drink habit have failed because the alcohol was suddenly withdrawn and nothing was substituted to satisfy the craving. "Narcotics merely numb the alcoholic desire, but seldom accomplish a permanent cure," said Dr. Spitzig.

"The demand for alcohol in the perverted metabolic state of the alcoholic is not mental alone, but physical, or rather physico-chemical. When the body cells are supplied with a physiologic balance of carbohydrates there is no further demand for alcohol.

"At the inception of treatment the diet is modified to contain an abundance of sugar. Cereals, with cane sugar, sweet fruits, pastries, chocolate and ice-cream are advised. In some cases, owing to a distaste for sugars, this change must be gradual to prevent rebellion. Here lactose is used. A dram every two hours, given in the form of a medicinal powder to encourage the psychic effect. Later, as the demand for alcohol is palliated ordinary sugars are taken with avidity.

"During the entire treatment elimination is increased by every known means.

Toddies, juleps and sweet wines are of especial value as substitutes for

strongly alcoholic drinks. After from three to five days alcohol is omitted entirely from the daily regimen, and very gradually the sugar is also reduced until the patient is again normal.

Items of Interest

Peter Nigosh, an Indian trapper in the part of the Lake of the Woods district in Ontario, was eaten by wolves after a desperate fight in which he killed nine of them, their half eaten bodies being found near what little was left of the hunter's body.

An English diamond digger has arrived in London with a diamond of the first water, amber in color and perfectly clear, weighing 178 1/2 carats, but he cannot find a purchaser. It was found at Droogeveld, South Africa, and resembles the Kohinoor.

There were many thousands of executions in China last year, and official figures for some of the provinces published in Peking on Jan. 2nd show that in Sze-chuen alone 24,000 were put to death, most of them being robbers. A number were political offenders. It is intimated in official circles in Peking that the estimate of 24,000 is conservative.

As the result of a drunken man poking his head through the door of the Italian Hall in Red Jacket, the business district of Calumet, Mich., and calling out 'fire' six or seven hundred persons, principally women and children, who were attending a Christmas tree entertainment got up for the children of the striking copper miners, became panic-stricken and rushed for the closed doors at the foot of a narrow stairway, in their endeavors to get through which 72 lives were lost, 64 being children.

Shot Blackhand and is Acquitted

New York, Feb. 6. —Carmine Lyonzlata, on trial for murder, told a story of blackhand persecution to a jury in general sessions court yesterday that resulted in his acquittal. Lyonzlata shot and killed Luigi Giordano in Hester Street, on November 24 last. He testified that for a year he had been followed by Giordano's gang,

that the gang had put four bullets in his body at different times, and that once they had placed a bomb in his brother's store. On the day of the shooting he said Giordano accosted him on the street and demanded "the money" mentioned in a black hand letter sent to the defendant. The other witnesses testified that Giordano's friends removed a revolver from his pocket after he had fallen.

What's an Oyster

"Now," asked the teacher, "who can tell me what an oyster is?" Silence for a moment, while small brows were knit in strained effort at remembrance. Then little Tommy's facial muscles relaxed and eagerly he raised his hand. "I know," he triumphantly announced. "An oyster is a fish built like a hut." —Cleveland Ledger.

Radium Lost and Found.

New York, Feb. 7.—A cable from Liverpool to the world, says: It was found yesterday that a tube of radium worth \$5,000 has been found in the royal infirmary here. It appears that the tube was fixed with bandages to the face of a patient where it was supposed to stay all night. In the morning it was gone. It was thought that it must have fallen out of the dressing to the floor and been swept out. The sweepings filled a big cart, which was stopped in time. Prof. Wilberforce by placing an electrocope on the edge of the cart was able to determine that the radium was there. The rubbish was dug out in buckets. As the twelfth bucket was taken out, Prof. Wilberforce detected the presence of the radium tube, which was soon found.

One Dose Relieves A Cold--No Quinine

"Pape's Cold Compound" makes you feel fine at once—Don't stay stuffed-up! Take it now.

Relief come instantly. A dose taken every two hours until three doses are taken will end gripe misery and break up a severe cold either in the head, chest, body or limbs.

It promptly opens clogged-up nostrils and air passages in the head, stops nasty discharge or nose running, relieves sick headache, dullness, feverishness, sore throat, sneezing, soreness and stiffness.

Don't stay stuffed-up! Quit blowing and snuffing! Ease your throbbing head! Nothing else in the world gives such prompt relief as "Pape's Cold Compound," which costs only 25 cents at any drug store. It acts without assistance, tastes nice, causes no inconvenience. Be sure you get the genuine.

Fortunes at the Finish

Miners' Luck at the Eleventh Hour. "Boss, come here," said one of the "boys" in the employ of Mr. Bowker, an Englishman who was working a diamond claim at Droogeveld, on the Vaal River.

The boss came and the kaffir showed him a huge diamond of 178 1/2 carats, or early the size of the Kohinoor.

This was in October last, and on the very day when Mr. Bowker and his partner had decided to abandon the claim which had produced only a few small stones. Needless to say, they did not leave, and a few days later they hit upon another diamond even larger than the first. It was of 196 3/4 carats, and sold in the rough for £1,770.

It is strange how often the miner makes a fortune out of an abandoned or almost abandoned claim.

There was such a case at Waarn Yarra, in Australia, in May, 1903. Two Kingston miners bought an old claim for a song, and found it in such bad condition that it needed timbering all through. One wanted to give it up, but the other suggested that they might try their luck for a day or two. So they took some props down and set to work.

The first man stuck his pick into the clay roof to make a hole for a prop, and down fell a large stone almost on his head. But it was not a stone. It was a nugget of pure gold, weighing 115 oz.

Made Two Millions in a Year.

The richest copper mine in the world is the United Verde in Arizona. It was originally found by a couple of ranchers who sold it for 10,000 dollars (£2,000) to two men named Murray and Trimble.

They worked it and found little copper, and were absolutely at the end of their resources when they struck a pocket not of copper but silver ore, which netted them a sum of £18,000.

They came to an end of the silver, and abandoned the mine as worthless. Another man came down from Montana and bought the old claim for a few hundreds. He struck the real vein of copper, and within ten years it made him one of the richest men in the world. In a single twelve-month he took out copper valued at £2,400,000.

This calls to mind the even more famous Mount Morgan gold mine. The first owner of the land was Donald Gordon, who grazed his flocks above untold and unknown riches and sold the land for a pittance to two brothers named Morgan.

They set to work, and the quartz panned out up to 800 oz. of gold to the ton. In 1889, £1,000,000 was distributed to the shareholders. One shareholder left a fortune of £2,311,000.

Gradually the gold quartz petered out and the Mount Morgan mine was supposed to be dead.

Then some clever mineralogist, poking about the half-deserted works, realized that there was more copper producer, and a new process was discovered for extracting gold from the copper. To-day Mount Morgan is still going strong.

Yours for 850 Mayo's Tin Tags

This Clock for Mayo's Premium Tags only



SMOKE MAYO'S and save the Premium Tags. This Clock for I. T. Co. Premium Tags only.

The Crescent Picture Palace, 10th Week

Holiday Programme, 5 Pictures, all Features.

- "AN OUTCAST AMONG OUTCASTS"—A strong picture showing an outcast's gratitude.
- "THE SPRING IN THE DESERT"—A gripping Nestor Indian romance.
- "JUST IN TIME"—A great detective drama, featuring Lois Webber and Phillips Smalley.
- "SQUARING THINGS WITH WIFEY"—500 feet of fun.
- "IN JUJUTSU"—A wrestling match, full of comical situations.
- Mr. Dave Parks, Baritone, sings the latest illustrated song, "Nothing to do but love."

USUAL SESSIONS — AFTERNOON AND NIGHT.

LOOK! BIG HOLIDAY PROGRAMME TO-DAY

- THE LITTLE INDIAN MODEL—A Pathe play, with the ever popular Betty Gray in the lead.
- THE SPENDTHRIFT'S REFORM—Story deals with a domestic problem and is presented in striking style.
- THE PRICE OF JEALOUSY—An exciting and remarkably well acted war picture.
- THE GUNFIGHTER'S SON—The kind of Western picture you would like, full of action.
- WILLIAMSON'S NEWS—The popular film, telling the news in the universal language of pictures.

RUDOLPH L. KOCH, FAREWELL WEEK.

THE NICKEL! ALWAYS GOOD! RECOGNIZED THE BEST!

PICTURE FRAMING!

We have just opened a new line of PICTURE MOULDINGS in Plain and Ornamental Oak, Gilt, Veneer, etc., etc. The largest stock and biggest variety in the city.

S. H. PARSONS & SONS, Photographers,

Corner of Water and Prescott Streets. PIONEER PICTURE FRAMERS IN NEWFOUNDLAND.

Every Day Someone

finds out that tea or coffee drinking is the unsuspected cause of various aches and ills—that

Steady nerves and a clear brain are often impossible to the regular tea or coffee drinker.

Our work is to tell the facts about tea and coffee—then

It's Up to You

to decide from your own condition and feelings whether to stick to tea and coffee, with such handicaps as biliousness, headache, nervousness, indigestion, heart trouble and sleeplessness—or make

A Fair Test

Quit both tea and coffee absolutely for 10 days, and use the pure food-drink—Postum. Then take count of yourself.

If you find, as thousands of others have, that the old troubles are disappearing, you'll know

"There's a Reason" for

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—sold by Grocers everywhere.

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