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Fish Foretell Weather.

Long before any barometer has indicated the approach of rain, you may see salmon and other fish behaving in the most excited way. They roll about, splashing on the top of the water, and at times leap high out of it. Why?

The body of every fish, with the exception of flat-fish, such as soles, plaice, turbot, and a few others, contains a large bag of very thin skin, called the swim-bladder. This bladder is tightly filled with air, and as soon as the slightest change occurs in the pressure of the atmosphere the air in the swim-bladder informs the fish of it. If it feels uncomfortably tight, then the barometer is falling. It is the discomfort caused by the enlarging of the swim-bladder that makes fish so restless on the approach of rain.

Birds, like fish, carry their own barometers. The bones of a bird are not filled with marrow; they are hollow, it is true, but the space within them is filled with air, and there are other air reservoirs in a bird's body. Flying is such hard work that an extra supply of air is needed to keep the blood in proper condition, and these reservoirs contain a kind of "emergency ration" of air that can be used as it is required.

NERVOUS AND RUN DOWN

Relieved by Taking Lydia E. Pinkham's Vegetable Compound

Cobourg, Ontario.—"For many years I have had trouble with my nerves and have been in a general run-down condition for some time. I could not do my work half the time because of trouble every month. I was told of Lydia E. Pinkham's Vegetable Compound by friends and advised to try it. It has done me good and I strongly recommend it. Since I have taken it I have been able to do all my own work and I also know friends who have found it good. You can use these facts as a testimonial."

—Mrs. BLISS PLATTEN, Box 761, Cobourg, Ontario.

Any woman in this condition should take the Vegetable Compound, for it has helped other women and so it should help you.

For nearly fifty years this good old-fashioned root and herb medicine, which contains no narcotics nor harmful drugs, has been the standard medicine for female ills, and has restored the health of thousands of women who have been troubled with such ailments as displacements, inflammation, ulceration, irregularities, etc.

Clean Up Those Records.

Gramophone records get dull when they have been in use for some little time, even though you may have taken every care to keep them free from dust.

Wonders can be worked in the space of one short second, however; and the distinctness of the records can be greatly improved in the following simple way.

Get three pennyworth of petrol and a wad of cotton wool, and, just before the record is fitted on the gramophone, dip the wad in the petrol and give the record a rub all over, following the direction of the "tune."

Wipe the record with a silk handkerchief (to pick up the tiny specks of dust that have accumulated during the record's life) and your record will be as fresh as new.

The Best in Life.

If you desire the best that life can give, it is not money that will win for you. The ever-present joys that live and fill your heart with sunshine through and through.

Nor is it what the foolish count as fame. Often a poor and empty thing at best—A paltry list of letters to your name Adds naught to life of zest.

The best in life is given unto those Who know the secret of a happy smile. That radiates as perfume from the rose Who gladly help a lame dog over the stile; Who, having little, as the world might say, Are rich in friends. Such riches are untold. They last unto the ending of the day And count for more than gold.

JUST RECEIVED—Stock Men's Dancing Pumps. F. SMALLWOOD, Water Street. Feb 24, 1922

SIDE TALKS.
By Ruth Cameron.

SOMETHING TO WATCH FOR AND BE INTERESTED IN.



A friend of mine who was a shut-in, had a wonderful gift Christmas. It was a box containing 12 packages of bulbs of various sorts. They are to be started one lot a month on the first day of every month. A bowl of white narcissus has bloomed and a bowl of crocuses is already beginning to show swelling buds of various colors.

"I think this one is going to be white and these two yellow and this blue," said my friend, lovingly touching the buds. It was beautiful to see her face brighten as she hung over the plants.

"I love them," she said, "they give me something to watch for and be interested in."

Try Your Gifts By That Test.

Don't you think that sentence is an excellent touchstone by which any gift for an invalid or shut-in should be chosen?

I know people who think they have done the most gracious and satisfactory thing when they order cut flowers for the sick room. Of course cut flowers are beautiful, and we all love the romance of a box of flowers to open now and then, but I think there are many ways of giving a shut-in more lasting pleasure.

The thing the shut-in needs above everything is something to occupy his or her mind, something to think about, "something to watch for and be interested in." That is why bulbs are an ideal gift.

A growing plant, too, is a lasting joy, especially a plant like a cyclamen which goes on blossoming day after day. I know a woman who counted 150 blossoms on a cyclamen in the course of its carefully tended career.

A good book, the kind you know her taste are sure she will like, is a delightful gift for the shut-in.

A Gift That Keeps Coming.

A subscription to a magazine or a newspaper is ideal because it is something to look forward to from day to day and month to month.

Another friend of mine had a shut-in friend to whom she longed to give all sorts of good gifts. But her means were very limited and she could do little in a material way. Finally she worked out this scheme of giving.

The shut-in was always longing for something to read. There was a good public library in the town but no one in her family had both the time and the judgment to get her the books she would enjoy. So my friend made it her gift to go once a week to the library and spend time and pains and judgment getting interesting books.

If one has magazines in one's house one can send them along either to personal friends who are shut-ins or to those with whom the Sunshine Bulletin is always glad to put one in touch.

Gifts That Cost Next to Nothing.

Day after day they slaved to earn the weekly check; and not a red cent saved when payday was on deck. So when disaster came, and tribulations sore, and sickness quivered their game, and wolves were at the door, they had no helpful word, the product of their sweat, and wearily they chafed the cud of black regret. To toil is not enough, man's welfare to insure; but he must save the stuff, the rhino, cold and pure.

they burned their store of chicken-feed. They after day they slaved to earn the weekly check; and not a red cent saved when payday was on deck. So when disaster came, and tribulations sore, and sickness quivered their game, and wolves were at the door, they had no helpful word, the product of their sweat, and wearily they chafed the cud of black regret. To toil is not enough, man's welfare to insure; but he must save the stuff, the rhino, cold and pure.

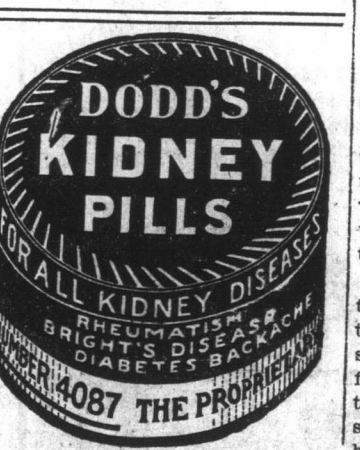
Shipping Notes.

S.S. Bornholm, 5 days from Halifax, arrived yesterday with general cargo for A. E. Hickman Co., Ltd. The ship had a stormy trip and met considerable ice on the passage.

The S.S. Watuka, Capt. Ricey, 5 days from Louisburg, arrived here at 1 a.m. yesterday with a cargo of coal for the Reid Nid. Co. The ship encountered considerable ice on the passage and as a result very slow progress was made.

INDUSTRY.

"By industry we thrive," remarked some ancient sage, who, when he was alive, pulled down some kind of wage. I know not how he wrought, I cannot name his trade; perhaps to town he brought some benefit, newly laid; perhaps he used to mix the dope to cure a cold; perhaps he peddled bricks that had a skin of gold. For ages he's been gone to better, brighter spheres, and still his words roll on, down all the living years. By industry we thrive; great words and trenchant, these! So in this human hive let's hum around like bees; but all this toil is vain unless, from day to day, in manner sane and sane, we salt the coin away. I've known a thousand men whose diligence was fine, but they put down no yen in the preserving brine. They blew in all they earned for things they didn't need; with nutty zeal



JOSEPH DRAKE.

"When I say that I weigh twenty-five pounds more than I did a short time ago it speaks volumes for the merit of Tanlac," said Jos. B. Drake, 430 Belmont Ave., Springfield, Mass. "The first thing Tanlac did for me was to give me an appetite and tone up my stomach. It wasn't long before I was eating things I hadn't dared touch for years and anyone who sees the hearty way I eat now would find it hard to believe that a few weeks ago I was dyspeptic and living on the lightest kind of diet."

"Another good thing Tanlac did for me was to drive the rheumatism almost entirely out of my system. In fact, I can truthfully say it has made me feel like a new man in every way. It certainly is a grand medicine."

Tanlac is sold by leading druggists everywhere.

The Medicine Girl of Japan.

The medicine vendors of Tokio, Japan, are many and of various kinds, but among them none can compare with the girl who hails from Echigo, the cold northern province. She haunts the crowded districts, her country appearance in striking contrast to that of the trim city maiden.

But the girl from Echigo does not care a particle about her nonconformity with fashion; she has a mission to fulfil.

Generally short of stature, but strong and stout as a pony, her eyes look frankly from underneath a wide straw hat, tied under her chin with red cords. Her broad country face beams with health and good nature. She wears a kimono short to the knees, and leggings of dark blue that reach to her rough-shod feet. The very long, narrow apron hanging down in front and the coarse straw sandals she wears give her a peculiar style. She has a walk all her own and a particular poise of her body, this wild bird, the daughter of Echigo Province.

She generally rambles through Tokio with a companion who is her exact counterpart, and when her presence is made known it is also clear that the whole band to which she belongs is also in Tokio, the members of it operating in different quarters of this great city.

She belongs to a medicine guild that sends its members to sell the balls of earth taken from the compound of some Echigo temple and said to be a sure remedy for certain human ailments. So she comes from the mountains and valleys of her native country and arrives in the capital, where she lives in cheap lodgings with many of her sisters for protection.

The Echigo maid's introduction to the complex life in Tokio must prove to her a liberal education. Simple as she may seem, with her stooping figure, her wide hat, her long apron trailing down in front and her muddy sandals, her medicine box slung over her shoulder, and her big leather

Mingles With the Throng.

She mingles with the throng that crowds the way to the best patronized temples, or views the thrilling attractions of the lurid picture palaces of Theatre Street; she knows the intricate windings and turnings of the small street where restaurants of every description are to be found; she is not unknown to the luxury and extravagance displayed in the shop windows of the Ginza, Tokio's chief thoroughfare.

She may be found peeping into some western style of restaurant where the walls are all made of mirrors and people at small round tables partake of dainty food, or she may loiter round a shop from the depths of which emerge the strains of a phonograph. From spring until autumn she tramps about the city, always seeing some new aspect of the great metropolis and pondering over its many strange ways.

Then she says farewell to all its attractions, for she has accomplished a tidy sum from the profits of her sales and is anxious to hasten back to her native country.

But what is the motive which actuates this country girl to come all the way from her home and brave the unknown perils of the city? She has some special mission which keeps her trudging unwearied from morning until night—yes, one which makes the girls of other nations just as willing to go to still greater lengths. The Echigo maid, while selling her mud balls to suffering humanity, is earning the money for her trousseau.

And when the snow lies deep over the Province of Echigo she will have a heart in her own in some humble cottage and will relate to an admiring husband the story of her adventure in the great city.

Stafford's COD LIVER OIL Compound

TONIC and TISSUE BUILDER

This combination possesses the curative properties of cod liver oil without any of the latter's disagreeable features, as well as the medicinal virtues of the other standard remedies that enter into its composition. It is palatable, effective, and does not, even in the most delicate, produce stomach disturbances and other bad after-effects that are such a drawback to the best action of cod liver oil in its crude state and many other disagreeable medicines.

8 oz. Bottle40c.
16 oz. Bottle70c.
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An indispensable accessory to the Toilet.

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400 Tons Best Anthracite Coal, Furnace and Egg sizes only, \$23.50.

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Why So Many Wear Glasses.

The very general use of Eyeglasses nowadays does not mean that the vision of people is poorer than in former times, but that to-day they are having eye defects corrected that were formerly ignored.

Allow us to examine your eyes and determine their requirements.

R. H. TRAPNELL, Ltd.
Jewellers & Opticians, 197 Water Street.

MUTT AND JEFF—



—By Bud Fisher