

Cocoa is the Children's friend, Tea and Coffee are their enemies.



A child, up to seven years of age, should be brought up on milk. And it should never have a drop of tea or coffee until it is thirteen years of age. In fact, the authorities say it is better they should not drink any tea or coffee until they reach maturity.

But from the age of seven on, they may drink cocoa with great benefit.

But be sure to get the right cocoa.

There is as much difference between Lowney's Cocoa and ordinary cocoas as there is between cream and skimmed milk.

Lowney's Cocoa is absolutely pure. And we have the reputation of buying the very cream of the cocoa beans that come from the tropics. This is shown in the fine, full flavor of Lowney's Cocoa. It is thoroughly wholesome and perfectly delicious. Made in our neat-as-a-pin Montreal factory.

Sold by grocers. In tins—10c to 50c sizes.

LOWNEY'S COCOA

The Best Way to Make Cocoa

Mix two even tablespoofuls of cocoa with two of sugar. Add one-eighth teaspoonful of salt. Mix gradually with two cups of boiling water. Stir to a smooth paste. Boil 5 minutes. Add two cups of scalded (not boiled) milk, and beat with an egg-beater until frothy.

Lowney's shows you how Cocoa ought to taste.

The Walter M. Lowney Co. of Canada, Ltd. Montreal

A Terrible Tangle.

CHAPTER V.

An Impatient Lover.

(Continued.)

And while he sat dreaming so tenderly and happily about her, Elizabeth was trying to picture to herself what effect her letter would have upon him.

Now that it was gone, and that she had cast his love from her, her heart cried aloud in its anguish. Nothing that she suf-

SUFFERED EVERYTHING

For Years, Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Canadian women are continually writing us such letters as the two following, which are heartfelt expressions of gratitude for restored health:

Glanford Station, Ont.—"I have taken Lydia E. Pinkham's Vegetable Compound and never found any medicine to compare with it. I had ulcers and falling of womb and doctors did me no good. I suffered dreadfully for years until I began taking your medicine. I also recommend it for nervousness and indigestion." — Mrs. HENRY CLARK, Glanford Station, Ont.

Chesterville, Ont.—"I heard your medicines highly praised, and a year ago I began taking them for falling of womb and ovarian trouble. "My left side pained me all the time and just before my periods which were irregular and painful it would be worse. To sit down caused me pain and suffering and I would be so nervous sometimes that I could not bear to see any one or hear one speak. Little specks would float before my eyes and I was always constipated. "I cannot say too much for Lydia E. Pinkham's Vegetable Compound and Liver Pills, for there are no medicines like them. I have taken them and I recommend them to all women. You may publish this testimonial." — Mrs. SYDNEY J. MARTIN, Chesterville, Ontario, Canada.

What misery to lie awake nights and think of all sorts of things without being able to get the rest and sleep which is necessary to restore the nervous energy wasted in the tasks of the day. This symptom of sleeplessness is one of the surest indications of an exhausted nervous system. You must have sleep or a breakdown is certain. Dr. Chase's Nerve Food feeds the feeble, wasted nerves back to health and strength. In a few days you obtain the natural, restful sleep which helps so materially in restoring vitality to the nerves and strength to the whole body. Mrs. Sarah Campbell, 168 Alma street, St. Thomas, Ont., writes: "For months I was so bothered with nervousness that I could not sleep nights. There were other symptoms of exhausted nerves, but none caused so much misery, and I found myself continually getting worse. "I began using Dr. Chase's Nerve Food, and it was not long before I noticed great improvement in my health. It built up the nervous system wonderfully, strengthened the nerves and enabled me to rest and sleep well." Dr. Chase's Nerve Food, 50c a box, 1 for \$2.50, all dealers, or Edmanson, Bates & Co., Limited, Toronto.

Mary was right. Unpopular as David Barostan had been making himself for some time past, Warminster and the neighborhood around could not forget that his family had been for generations at Glen Farm—could not stand apart from him in this, his darkest hour.

With all respect, therefore, with flowers, and with tears, young Basil Barostan was laid to rest.

Elizabeth had bade her carriage wait a little further down the road, and she drew apart as the service was ended, and the others hastened away from the grave.

She saw the old clergyman, a dear friend of hers, approach David Barostan with words of pity and of consolation, and she was sure that there were tears in the vicar's eyes as he turned away, leaving that solitary mourner standing like an image of stone by his brother's grave.

Elizabeth's heart contracted with very anguish as she looked on that figure.

She would have given everything she possessed to have been able to approach him, to have said some words of tender and heartfelt sympathy.

He fascinated her, even though she feared him, the carriage drove away, the hired people disappeared. The old grave-digger and his assistant were seated on other graves, waiting, and Elizabeth waited, too.

Suddenly she gave a little cry, and she moved forward rapidly, but she was not quick enough to reach David Barostan before he fell.

The two men who were with her alone in the churchyard hastened to her assistance.

She pillowed his head on her knees.

"Bring water," she said, and they hastened to do her bidding.

It was like some strange and sorrowful dream to Elizabeth to find herself crouched on the ground with this man stretched like the dead at her feet.

She marked vaguely how handsome his face was, how lovable it could be with the fierce eyes closed, and the lines of bitterness and grief smoothed out for a time.

She felt his pulse; it seemed as though it did not beat.

He was her enemy; he had dealt her the greatest blow that

Exhausted Nerves Sleepless Nights

Continually Grow Worse Until Dr. Chase's Nerve Food Restored Vigor and Strength.



Mrs. Campbell. What misery to lie awake nights and think of all sorts of things without being able to get the rest and sleep which is necessary to restore the nervous energy wasted in the tasks of the day. This symptom of sleeplessness is one of the surest indications of an exhausted nervous system. You must have sleep or a breakdown is certain. Dr. Chase's Nerve Food feeds the feeble, wasted nerves back to health and strength. In a few days you obtain the natural, restful sleep which helps so materially in restoring vitality to the nerves and strength to the whole body. Mrs. Sarah Campbell, 168 Alma street, St. Thomas, Ont., writes: "For months I was so bothered with nervousness that I could not sleep nights. There were other symptoms of exhausted nerves, but none caused so much misery, and I found myself continually getting worse. "I began using Dr. Chase's Nerve Food, and it was not long before I noticed great improvement in my health. It built up the nervous system wonderfully, strengthened the nerves and enabled me to rest and sleep well." Dr. Chase's Nerve Food, 50c a box, 1 for \$2.50, all dealers, or Edmanson, Bates & Co., Limited, Toronto.

any human hand could have launched at her; but she was a true woman, and the sight of this strong man, stricken and feeble, worn out with immeasurable heart suffering and physical exhaustion, touched her to the quick.

It was she who moistened his lips with water, she who tried to put a little stimulant between those pallid lips.

The old vicar hastened at once to join her.

"Poor fellow!" he kept saying, "this is what I feared;" and once he put his hand gently on Elizabeth's shoulder. "It is good of you, my dear," he said, for he, like all the rest, knew that old story of feud between the Forsyths and the Barostans.

ZAMBUK
CURED US! WHY NOT YOU?

Injury to Foot Healed.
Mr. Reuben Atherton, of 267 Ferguson Ave., Hamilton, says: "While employed with the Otis Elevator Co. a heavy plank fell and severely crushed my big toe and right foot. The nail had to be removed from the toe when the doctor came to dress the injured members. The flesh was terribly bruised, turned very black, and the foot and leg became much swollen and painful. I was laid off work for some eight weeks. The doctor attended regularly at first, but the wounds did not heal. At last I heard of Zambuk and began using this ointment. It really seemed to act like magic, cleaning all unhealthy matter from the wounds, and drawing out all dirt, coloration, inflammation and soreness. In two weeks the toe and foot were well again. Zambuk balm is certainly a wonderful healer, and I would not be without a box in the house."

Poisoned Sore Cured.
Mrs. D. S. Green, of Kingston, Ont., writes: "My daughter Hazel sustained a poisoned wound on her neck. She had chills and when the skin broke some poison got into the wound and made a terrible place. It was painful, much swollen, and made her almost unable to move about. For a long time she could not bear to put a shoe on. I tried several things, but there was no trace of improvement. At last a lady friend recommended Zambuk. I left off the ordinary salves and applied this balm to her neck. In a few days Zambuk had cleansed and healed the sore as well as that she was able to put on her shoes, and a few days later the wound was healed and Hazel was back at school. I shall always keep Zambuk handy in future."

Obstinate Skin Rash Ended.
Mrs. H. Burdett, of 188 Simcoe St., East-Hamilton, says: "I was cured by Zambuk of an obstinate skin rash which had defied all previous remedies. This eruption broke out in my face in the form of red pimples and blotches. Various remedies one after another were tried, yet nothing permanently removed this eruption. I used Zambuk. After each application of this balm my skin became clearer, and in a week my face was as smooth and white as before the rash broke out, thanks to Zambuk. Since then our home is never without it. For all skin injuries and diseases Zambuk is best. All druggists and stores have a box or post free for price from Zambuk Co., Toronto, and receive 7c per box. Mention paper."

TEST IT FREE
Send this coupon and stamp to Zambuk Co., Toronto, and receive 7c per box. Mention paper.

ADDRESS ALL APPLICATIONS FOR SAMPLES AND RETAIL ORDERS TO T. McMURDO, & CO., ST. JOHN'S, Nfld.

With a jerk of her head, she called the old man to her assistance, and they got David Barostan out of the carriage.

The knowledge that he was oblivious of her presence produced a painful effect upon Elizabeth.

She broke down and wept restrainedly as she drove away from that desolate place.

It was not the promise that she had given to Lil that held her now; it was the man's absolute destitution that seemed to claim her.

Aunt Willy had gone to spend the day with some friends in Warminster, so Beth had the house to herself. She tried to eat, to pass the day calmly, to find some occupation, but the effort was vain.

Down in her own fields the haymakers were feasting and making merry.

It was her custom to join them on such occasions, but though Mary tried to induce her, she turned away from the mere thought of seeing other people happy. And when evening came, bringing with it Aunt Willy, full of gossip, and dinner was got over, Elizabeth left her aunt slumbering in her usual corner, and yielding to an irresistible impulse, she left the house, passed through the orchard, and walked across the fields to the Glen Farm.

Her heart had been haunted all the day by recollection of a strong man's weakness—by the vision of Barostan's white, softened face; by that remembrance of him being helped like a feeble child into his old home. There was the moon rising be-

yond the trees, and the scent of the new-mown hay was in the air. Far in the distance she could hear some voices singing. Their song was a happy one, but to Elizabeth it seemed like a dirge.

To be continued.

Ladies of Culture and Refinement Use Salvia Hair Tonic. It Makes the Hair Beautiful.

At last a remedy has been discovered that will positively destroy the Pest Dandruff.

That Dandruff is caused by germs, is accepted by every sensible person. Dandruff is the root of all hair evils.

SALVIA will kill the dandruff germs and remove dandruff in ten days, or money back.

The manufacturer guarantees it. It will grow hair, stop itching scalp, falling hair, and make the hair thick and abundant. It prevents hair from turning gray, and adds life and lustre.

SALVIA is a hair dressing that has become the favorite with women of taste and culture, who know the social value of beautiful hair. A large generous bottle costs only 50c, at leading druggists everywhere. The word "SALVIA" is on every bottle. McMurdo & Co., Wholesale Agent.

It Was a Miracle.

A physician, who is something of a wag, called on a colored Baptist minister, and propounded a few puzzling questions: "Why is it," said he, "that you are not able to do the miracles that the apostles did? They were protected against poisons and all kinds of perils; how is it that you are not protected in the same way?" The colored brother replied promptly: "Don't know about that, doctor; 'spect I is. I have took a mighty 'sight of strong medicines from you, doctor, and I is alive yet."

A BAKING SUCCESS WHICH YOU CAN DUPLICATE IN YOUR HOME WITH BEAVER FLOUR

BEAVER FLOUR

All this talk about Western wheat flours being "pastry" flours, is just plain talk. Anyone, who knows anything about wheat, knows that Western wheat that Western wheat bakers call strength. It makes a big loaf of bread—but the bread is spongy and lacks flavor. Ontario wheat, blended with spring wheat, makes the ideal bread and pastry flour.

The bakers of Toronto and London—the experts at the agricultural colleges—and thousands of homes in Ontario, Quebec and the Maritime Provinces—have proved that "Beaver" Flour is superior to any Western wheat flour, and is equally good for Bread and Pastry. Try it.

DEALERS—Write us for prices on Feed, Cattle Grains and Cereals. THE T. H. TAYLOR CO., LIMITED, CHATHAM, ONT.

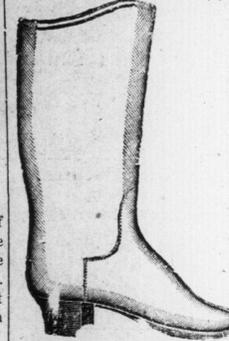
R. G. ASH & CO., St. John's, Sole Agents Newfoundland, will be pleased to quote prices

LIFESAVING STATION

Fishermen! Don't get your feet wet. Get Smallwood's Hand-made Waterproof Boots, they will keep your feet dry and warm. Beware of imitations. Look for this plate on the heel of your boot. All our Hand-made Waterproof Boots bear this heel-plate.



None genuine without this stamp.



Hand-made Waterproof Tongue Boot. Also Tongue Wellingtons, 7" tongue High and Low 3" Boots. Measure taken and perfect fit guaranteed.



Men's Field Boots, hand-pegged, 12 inches high. Price \$5.50. Men's 12 inches high, full Bellows Tongue to top. Price \$4.50. Men's 10 inches high. Price \$4.00. Men's 8 inches high. Price \$3.50.



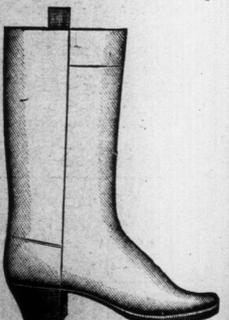
Boys Storm Shoes

Boys' Storm Boots, 8 and 10 inches high, with full Bellows Tongue to top. Just the thing for the boys in wet weather.



Men's Hand-pegged Grain Leather Boots. Price \$2.20. Men's Hand-pegged Bellows Tongue Boots. Price \$2.50.

These Boots are guaranteed all solid sole leather, and sold in every particular.



The Wellington Boot. Hand-made and Waterproof. Our stock of Rubber footwear is one of the largest in the city. Men's Women's, Children's, Boys' & Girls' Long Rubbers, Gaiters, Storm and Plain Rubbers. All orders receive prompt attention.

F. Smallwood, THE HOME OF GOOD SHOES.

Home Easy and RO BAKING Adds Healthful The only Baking from F. Smallwood's ABSOLUTELY GUARANTEED

Hr. Grace Notes

Sunday next a Thanksgiving service will be held in the Kirk at 6 p.m., Rev. F. S. Coffin officiating.

A Missionary Meeting will take place at the Methodist Church here to-night. The speakers will be Rev. F. R. Matthews, Rev. E. P. Ward, and Rev. F. S. Coffin.

Mr. W. J. James of the Harbor Grain Boot and Shoe Factory is a busy man. Besides running the factory at his pressure day and night to fill the orders constantly coming in, he is arranging the necessary equipment for doubling his present outlay of the class boots and shoes. Congratulations to manager and employees.

Miss Coady's music pupils are preparing a concert to be given about the end of November. A very pretty opera entitled "The Lost Lady's Silver" will be produced by the pupils. Miss Coady's concerts are always enjoyable.

Miss Line Butt, teacher, is now on a visit to her cousin, Mrs. C. Manning of Exploits.

Mr. Wm. Parmiter, who was suffering from typhoid fever, was brought in here by steamer Mary, yesterday under the care of Dr. Cron. The steamer was at once fumigated, and sailed for the Island with her passengers. This morning we are glad to be able to report that Mr. Parmiter is much better.

The "Daily News" correspondent of Saturday last, informed Mary, yesterday that although we led the public to think that the Western Union Cable now at Bay Roberts would not be brought to Harbor Grace. There are statements other than rumors, he said, that this cable will be brought here. We are warm hearted enough towards this old town to wish that his statement is correct, and that ours is wrong, but— Well time will tell.

The C. C. C. Club Room was opened on Monday last. The following is the list of officers:—Rev. J. Walker, Chaplain; W. H. Kennedy, President; H. F. Hennessy, Vice-President; P. Stapleton, Treasurer; Thos. O'Neil, Secretary; John Fallon, Edward Ryan, Alex. Ryan, Michael Palmer, Committee. A hearty vote of thanks was accorded Edward Parsons, Esq. M. H. A., for his present of a table for the room. Any male member of the Parish 18 years or over is eligible.

The ladies of St. Paul's Church are holding their Sale of Work this Wednesday and Thursday, 13th and 14th inst. CORRESPONDENT.

Hr. Grace, Nov. 11th, 1912.

BLANKET AT DE 200 Pairs YORK Just open \$2.00 to \$8 GREAT Are you water J. M. DEVINE, Water