One Million $1.00 Packages Of Genuine Yeast Vitamine Tablets To Be Given Away Absolutely

FREE

as explained below to prove to you what they will do—Every Reader of this Paper Is Entitled To This Great Free Offer for Five Days

These are guaranteed to be the genuine Yeast Vitamine Tablets prepared from the original formula of Dr. Catrin of the Faculty of Medicine of Paris. They positively contain no drugs in any form.

This Will Often Quickly Help You Increase Your Strength and Energy, Put On Pounds of Good Firm Flesh and Round Out Your Face and Figure If You Are Weak, Thin or Emaciated Due to Causes Explained Below

HUNDREDS of thousands are taking Yeast Vitamines—They may be just what you need to increase your weight and energy and give you that good firm flesh which you may have so long desired. The fact that you may have taken Yeast Vitamine Tablets, mixed with drugs, without obtaining results would not prove that our Genuine Yeast Vitamine Tablets (pure and unadulterated) would not help you.

A small tablet which contains drugs might not contain a sufficient quantity of Vitamine to do you much good. Therefore, no matter what you may have tried without obtaining results, we advise you to get a free $1.00 package of our Genuine Yeast Vitamine Tablets from your dealer today. Try them for ten days and watch the results.

Investigations of the Medical Research Committee (composed of eminent physicians and scientists) would seem to show that no matter what quantity of food may be taken, if such food is deficient in Vitamines, you gradually lose flesh and become thin and weakened, while a much smaller quantity of food, rich in vitamines, quickly produces good firm flesh, and increases weight, strength and energy, provided your blood contains a sufficient quantity of oxygenated organic iron to enable you to assimilate your food properly. Without organic iron both food and Vitamines are absolutely useless, as your body cannot change inert, lifeless food into living cells and tissue unless you have plenty of organic iron in your blood.

Food examinations by physicians all over the country have shown that an enormous number of people are deficient in hemoglobin or iron content in the blood stream, and this is often the real underlying cause of a thin, emaciated, weak and run-down condition and it is for this reason that thousands of people may take Vitamines without obtaining results. It is not the fault of the Vitamines, but it is the fault of your blood. Organic iron takes oxygen from your lungs. This oxygenated organic iron unites with your digested food as it is absorbed into your blood, like fire unites with coal or wood and by so doing creates tremendous power and energy. Without organic iron in your blood your food merely passes through your body without doing you any good. Therefore, in practically every case where Vitamines are necessary, organic iron is also necessary.

For centuries scientists tried in vain to produce organic iron. At last the problem was solved, so that you may now obtain pure organic iron from any druggist under the name of "Nuxated Iron," which is ready for immediate absorption and assimilation by the blood the moment it enters the system.

If you merely wish to gain greater strength, energy, vigor and endurance we recommend that you take Nuxated Iron only. DO NOT TAKE VITAMINES UNLESS YOU WISH YOUR WEIGHT INCREASED up to what a person should normally weigh. We do not claim, however, that Vitamines will put flesh on everybody. Some people are naturally too thin and will probably remain so in spite of Vitamines and everything else.

Those whose meals consist principally of meat, soups, white bread, meats of various kinds, fish, potatoes, tinned fruits and vegetables, pies and cakes, are likely to suffer from under-nourishment and a weakened physical condition due to a deficiency of both Vitamines and Organic Iron, no matter how much they eat, and in such cases both Vitamines and Nuxated Iron should be taken. Always take Yeast Vitamine Tablets before meals and Nuxated Iron after meals.

Arrangements have been made with the druggists in this city to give every reader of this paper a large $1.00 package of Genuine Yeast Vitamine Tablets, absolutely free, with every bottle of Nuxated Iron that you purchase. Be sure to take only Genuine Yeast Vitamine Tablets with Nuxated Iron. Do not be misled by imitations which often contain drugs.

Insist on Genuine Yeast Vitamine Tablets, pure and unadulterated, prepared from the original formula of Dr. Catrin, of the Faculty of Medicine of Paris.

If as a result of faulty metabolism you feel tired in the mornings, restless at night, if you suffer from weakness, nervousness or lack of vitality, if your flesh is soft or flabby; if your eyes lack luster or your lips are pale; if you feel the need of more pep, vigor and energy so that you radiate magnetism, force and power, purchase an original package of Nuxated Iron, get a free $1.00 package of Yeast Vitamines with it and make this test.

Weigh yourself before you start and test your strength and endurance on a gymnasium testing machine, then again after ten days and see for yourself how much you have increased in weight, strength and endurance. It is often remarkable what an astonishing difference it makes in a person's appearance to round out face and figure with a few pounds of good, firm flesh, and it is often equally surprising what a tremendous amount of pep, vigor, force and energy a little more oxygenated organic iron will give a person whose blood is deficient in this magic-like substance.

If after making the above test you do not receive all and even greater benefits than you expect, the manufacturers will promptly refund your money.

FREE $1.00 COUPON

This coupon if used within one week entitles you to one regular $1.00 package of Genuine Yeast Vitamine Tablets, absolutely free with each bottle of Nuxated Iron that you purchase. If your dealer does not have our Vitamine tablets he can easily obtain them for you from any wholesale house. Cut out this coupon and present it to your dealer today.

SIDE TALKS.

By Ruth Cameron.

"LOOKING OUT FROM PRISON BARS—ONE SAW MUD, ANOTHER STARS"—R. L. S.

Among my letter-friends is one woman who has passed through as much sickness and sorrow and grief as anyone I know.

She has lost her husband and one Her one remaining child was ate for years and underwent op- on after operation. She herself had several severe illnesses in the few years. There is no spare y in the family to make sickness r and often the two of them d hardly see a step ahead; again again the mother has had to go to work when she should have in bed—and to my mind, of all hardships the poor bear, that is the worst.

Much We poor Can Enjoy Without Money."

this is what she writes to me in ent letter, after telling me that has just gotten on her feet after er severe illness.

wish I knew how to express my this so that I could tell of the things we see here in our beautiful city, the stars and sunsets and and flowers—there is so much we can enjoy without money. God is ed to His children and has made a beautiful world for us all to ."

at do you think of that?

Has Stood Ill Health, She Can Stand Anything.

't you thing that woman has a erful gift? The will to enjoy is y hers to a rich degree. It is , since she has passed through t every kind of sorrow one can that nothing can ever take this way from her. Anyone who can e the misery of constant ill h and still have such an outlook, ured against almost any cross flesh is heir to. As you may re- er, it was personal ill health came the nearest to breaking Job's morale, after he had stood ss of loved ones and of his pro- with comparative stoicism.

e people are born with more of will to enjoy than others. But it ertainly be cultivated, too. The is full of ugliness and sordid- and it is full of beauty, of color, sic, of sunshine, the sweet fra- of flowers and the mystic ma- moonlight. It may seem tire- and Pollyannish to repeat it, but much of one's happiness or unhappiness depends upon whether one opens one's being to the ugliness or to the beauty of the world.

For some reason there is one person who sees the beauty to ten who miss most of it.

Where Are the Other Nine?

I was once marooned with a group of people in a machine which balked some miles from the nearest garage. We waited three hours, getting home at 2 o'clock instead of 11. It was a perefctly wonderful night. And while all the rest were fussing, one of the group leaned out of the automobile and said, "Did you ever see anything lovelier than those stars?" One person, you see, out of six, was awake to the beauty of the situation instead of its annoyances.

Do you remember in the Bible where ten lepers were healed and one remained to give praise. "Where," said the Master, "are the other nine?" I wonder if he does not sometimes say it when he sees how many of us fail to give praise, even by our pleasure in them, for his gifts of beauty.

For Coughs or Colds take Stafford's Phoratone, it will cure.—jan4,tf

Harbor Grace Notes.

Mr. Sydney Parsons of Little Bay Islands has been in town of late visiting friends.

Mr. Graham Parsons of the Cable Staff, Bay Roberts, is at present in town on a holiday to his parents and other friends.

On the 23rd ult., there passed away at her home on Harvey Street, Dinah Martin, Wife of Thomas Martin. Deceased had been ill for some time. Beside her husband, she leaves, two daughters, Miss Annie Kitchen, by a former marriage, and Mary, by the latter, both of whom are living at home. The funeral took place on Thursday last, interment being made in the Church of England Cemetery, the Rev. W. R. J. Higgitt performing the last rites. We offer sympathy to the bereaved family.

We note the passing of two of our former townsman, the late Samuel Davis and George Hutchings, who had their homes in the city for some years, and where their deaths occurred. The family and friends of both have our sympathy.

Much has been talked off within the last month regarding the long proposed Hospital for Hr. Grace, and the chief question now seems to be; Can we not have a "Cottage Hospital?" That is if it is not possible to act on a larger scale, and which it seems so at the present time, and has been since the "Brae-Head Property" was so kindly donated by the Munn family for a Hospital site. This emergency idea would fill the bill until such time as suitable and opportune to go ahead as anticipated by the old Committee formed some time ago. There seems to be no reason why this "Cottage Hospital" to cope with emergency cases especially, should not interest the whole town, and, if everyone will do their bit towards furthering the project, we are convinced in time they will be amply repaid for any effort made to help the thing along. Maybe, it would be the means of saving many lives, that would otherwise be lost and perhaps, unnecessarily. The ball has been started rolling, and we believe, the interest of the public is aroused, and we await to hear something further on the matter. The Rev. W. R. J. Higgitt indeed struck the right note when expressing his thoughts in our local paper, and it is pleasing to note, others have responded to his remarks, but let us hope that something definite will be done very shortly.

No doubt, the fact that Bell Island will resume operations was learned by all with much thankfulness. Although, on a very small scale business will be carried on and only deserving men employed, it will mean a matter of great importance to those depending on this as a means of livelihood.

Mrs. O. E. Grimm has been confined indoors for the last month, being ill. Her many friends hope to see her out again in short.

To-day—Candlemas Day—has been a very fine one, and if we are to believe the old adage, "the worst of the weather is yet to appear."—COR.

Febuary 2, 1922.

Valentine Social, Tuesday, Feb. 14th, Lecture Hall Congregatioonal Church. Please keep this date free.—feb3,4i

Neuralgia
Nightsweats
Sleeplessness
Indigestion
Hysteria
result from
Nervous Exhaustion
Take the new remedy

Asaya-Neurall

(TRADE MARK)

which contains the form of phosphorus required for nerve repair.

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MANF'G CHEMISTS MONTREAL

Obituary.

CHARLES ANDREWS.

The death occurred last midnight of Charles Andrews, printer, at the age of 38 years. For more than three years he had been suffering from a distressful malady. At times he was able to be about and manfully struggled to do a little work, but the fateful decree had gone forth and he knew the end was not far off. Charlie Andrews served his apprenticeship in the News Office, later joining the Free Press staff and subsequently working in other shops. A few years ago when his health began to give out he found employment as conductor on the Street Railway system, but during the past couple of years was associated with his brother, Mr. George Andrews, in the Andrews printing establishment on Duckworth Street East. He was a faithful and steady worker, quiet and unassuming in disposition, a good citizen, and a man generally esteemed. His early passing is deeply regretted by his co-workers of other days, and his many friends. To the sorrowing widow, and little ones, as well as other relatives we offer deepest sympathy.

OUR BUSINESS CREED for 1922

MORE BUSINESS AND SMALLER PROFITS.

Make Every Dollar Count!

Enamel Tea Kettles.
Constant on the stove demands a kettle of good quality, only $1.65

Enamel Water Pails.
Hard to chip, only . . . .95c.

Enamel Saucepans.
Special Prices: 35, 45, 59, 79, 95, 99c., $1.25.

Fire Shovels.
Extra strong handle . . . .25c. each

Wash Pans.
Only . . .29c. each

Men's Suspenders.
Good looking patterns, strong elastic, only . . . . . .39c. pair

Boys' Suspenders.
A very serviceable Suspender for every day service, only . . . . .29c.

Men's Heavy Horsehide Gloves.
We recommend them for heavy work . . . . . .59c.

Men's Heavy Grey Socks.
This is a heavy weight Sock, almost equal to home knit. . . .39c. pair

Boys' Heavy Hose.
Selected for long wearing qualities, 8½ to 10, only . . . . .59c. per pair

Ladies' House Dresses.
Made from good Percale, they are practical, serviceable and becoming, only $1.85

Ladies' Serge Dresses.
Made from Wool Serge with fancy gimp trimmings, only $8.50

Ladies' Blouses.
A new lot just arrived, assorted patterns . . . . .$1.35 to $1.95 each

Don't Forget
(After you have made your purchase) 5 lbs. of Good Sugar for . .39c.

Ladies' Singlets.
With V neck and short sleeves, only . . . . . .89c.

Boys' Fancy Shirts.
Here are Shirts to meet with your most critical approval, only $1.35

Men's Work Shirts.
Made from a very heavy Khaki Drill, only $1.95

Men's and Boys' Ties.
This is a job line of String Ties, only . . . . . .25c. each

Boys' Striped Blouses.
Made from a good Percale; all sizes, only . . . . . .75c. each

Cups and Saucers.
American high grade Cups and Saucers, all first quality, 3 for $1.00

Egg Cups.
Good assortment of Egg Cups, only . . . . . .6c. each

Clothes Brushes.
Good strong back; extra good value . . . . . .18c. each

Aluminium Ware.
That will make a good cook feel proud of her kitchen.
Saucepans . . . . . .49c. to $2.98

Children's Dresses.
Assorted Ginghams $1.35

Ladies' Coloured Hose.
Assorted colors, 95c.

Job Lot of Purses.
25c. to 40c. each

KINDLY REMEMBER

W. R. GOOBIE is just opposite the Post Office.

feb3,3i

Died of Heart Failure.

Yesterday afternoon Mr. H. W. LeMessurier, Assistant Collector of Customs, received the following message from Mr. G. N. Spence, Whitbourne:—"William Smith, mate of the revenue cutter Daisy, passenger on last evening's express, going to his home in Hant's Harbor, died here suddenly at 7.30 o'clock this morning going from his boarding house to station." Heart disease was the cause of death. It is understood that the deceased had been engaged on the revenue cruiser Daisy during the past season, and was returning to his home when his unexpected passing occurred.

FOR the prevention of pains after eating, flatulence, headaches, biliousness, constipation and other disagreeable forms of
INDIGESTION
no remedy is so justly famed as Mother Seigel's Syrup, the stomach and liver tonic with 50 years' reputation.
MOTHER SEIGEL'S SYRUP

Ladies Auxiliary Formed

The lady friends of the T.A. & B. Society met last night in the Society's Club Rooms and organized a Ladies' Auxiliary. The following ladies were elected as the executive:—

President.—Miss M. Ellis.
Treasurer.—Mrs. L. Daly.
Secretary.—Mrs. L. O'Dea.

All the executve officers of the Society were present and the ladies were addressed by Vice President J. J. Murphy. The preliminary business of the new Association was arranged, after which the meeting adjourned until Tuesday night next.

1000 Books

TO CHOOSE FROM.

We are now selling to clear our entire stock of 70c. pocket size Novels for

50c. each.

All of the Leading Authors.

Outport orders shall receive immediate attention and our personal selection, also post paid on receipt of price.

Garland's Bookstore,
177-9 WATER STREET.

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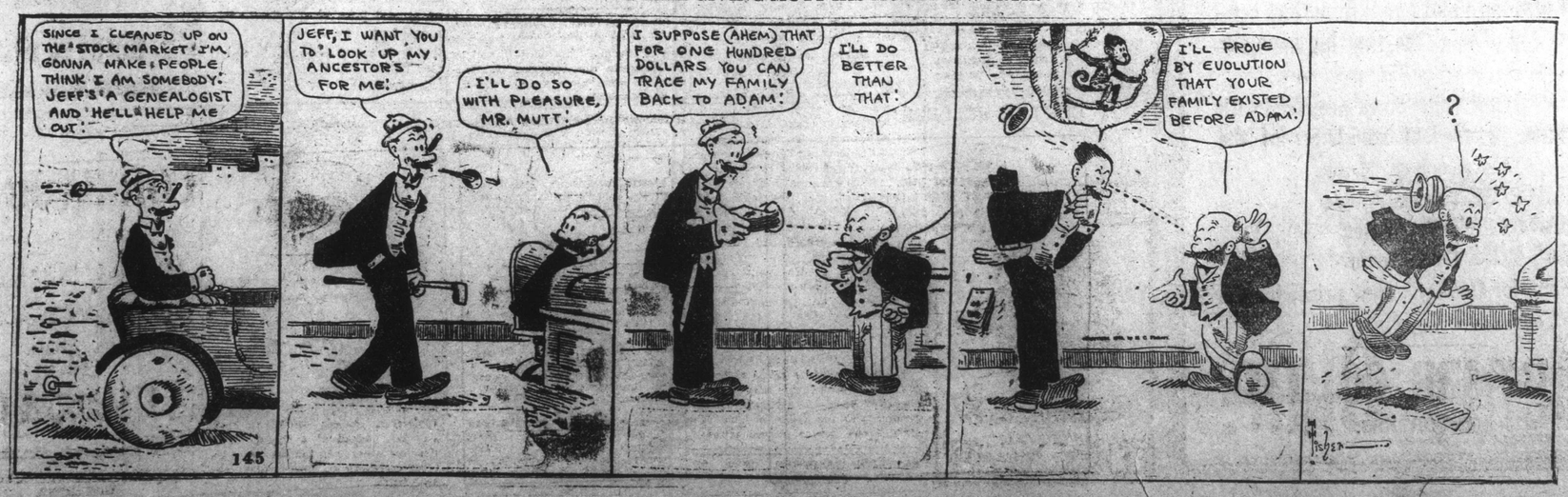
MUTT AND JEFF— NOTHING LIKE GIVING MUTT HIS MONEY'S WORTH. —By Bud Fisher.