

COLUMBUS

We are now occupying the premises, 166 and 168, Water Street, where we are showing a full new line of Rubber Footwear, from the Columbus Rubber Co., including the well-known

"COLUMBUS VACQUE BOOT."

We are exclusive distributors in Newfoundland for the Columbus Rubber Co., Ltd., of Montreal

J. B. ORR CO., LIMITED

Durant Cars!

A shipment of Durant Cars are here and are open for inspection. Let me show you how superior those cars are compared with others that sell for more money.

Free Storage on all Durant Cars. Catalogue and demonstration, from

Parsons, The Auto Man,
KING'S ROAD.

apr6,eod,smos

U. S. Picture & Portrail Co.

is now showing a full line of Columbia Grafonolas and a complete and up-to-date collection of Columbia Records.

The Columbia Grafonola stand for perfect ease of operation, an unequalled exclusive system of tone control, and exquisite beauty of tone and appearance.

Columbia Records stand for the latest music, the best, recording the choicest selections of all kinds, and the greatest exclusive artists.

Come in and see our Grafonolas. Play some of our Columbia Records. You are more than welcome to play any records you want on any instrument in our store.

Here are a few of the many world-famous artists who make records only for the Columbia:
CLARA BUTT. ROSA PONSSELLE.
ELSA STRALIA. JEANNE GORDON.
HACKETT, LAZARO, GRAVEURE, SEAGLE,
STRACCIARI, CASALS, YSAIE, GRAINGER,
BUSONI, SIR HENRY J. WOOD, ETC., ETC.



When you are "waning around again" or at functions where full dress is usually worn, don't you feel out of place with a jacket on? Now is the time to leave your order for Full Dress or Tuxedo. Our prices for these Suits are remarkably reasonable. For special parades, or social calls, we can give you something within your means in a Prince Albert, or Morning Coat. We specialize in these garments.

JOHN MAUNDER
TAILOR & CLOTHIER.

281-283 Duckworth Street.

SIDE TALKS.

By Ruth Cameron.

FAT VERSUS PROHIBITION.

A life insurance company has some interesting things to say about prohibition. Prohibition has improved the health of the country in a general way, but in one way it hasn't helped.

"Our observation has been that since prohibition became effective the average man has gained weight. Where he used to entertain guests and friends and customers at bars, he now entertains them at meals, buying rich food, pastries, sweets in greater quantities than ever before. He lingers over the table and forgets to curtail his appetite until he is gorged."

Isn't Fat Healthy?

But what if he does gain in weight, someone may ask, is that necessarily a disadvantage? Can't a fat person be just as healthy as a thin one?

Not according to the studies of the life insurance companies. "The deaths from infectious diseases (like T.B., typhoid, diphtheria, etc.) are decreasing. But the deaths from degenerative diseases are increasing, and much of this is on account of overeating and overweight. Fat affects the heart. It causes the heart to labor in proportion to the increase in weight of the body. How surely overweight affects longevity can best be appreciated by looking about to see how many fat old people you can discover. Fat old people are

rare. Most patrons over 60 years old are slim, practically all octogenarians are thin. Fat, usually mistaken for evidence of good health, is in reality a sign of danger."

Foolish Eating.

This is, needless to say, not an argument against prohibition, but an argument against over-eating and foolish eating.

I have always held that the women who upset their stomachs with rich college fees and candies, eaten at a time when the stomach should be having a well-earned rest, were as foolish, from a health standpoint, as the men who ruined their digestions with drinking.

And now the insurance companies tell us that even if the digestion manages to handle these superfluous foods and converts them into fat, we are still sinning against our health. Stored up fat is excess baggage and Nature doesn't carry around excess baggage without charging for it.

What You Should Weigh.

Of course there is no need to go to the opposite extremes, as so many women do nowadays, and make an idol of thinness. Somewhere between is the happy medium both of beauty and health. You can easily find out what you should weigh for your height, and if you weigh within ten pounds of that you will not offend seriously against your health or your appearance. Most people prefer to have it ten pounds under, because ten pounds over is such a dangerous start toward the swiftly rolling snowball of overweight, and because the present-day cannons of beauty favor slimmest.

Political Paragraphs.

The Third of May will be known in future History of Newfoundland as "The Glorious Third."

On this day Terra Nova threw off the shackles of stagnation and depression, and entered on the road of prosperity.

Coaker ordered Squires to rush the election so that Monroe and Winsor would not have time to get over the District. All is in vain; his day of control is done.

Coaker is sending out the S.O.S. in the Northern Districts. His followers admit now that Stone, Monroe, Long and Ayre will be elected.

That the Battery will batter the three B's on Polling Day was as plain as a pike staff at Monday night's meeting.

Bennett and Hickman's progress around Conception Bay to Harbor Grace Monday was one continued ovation wherever the train pulled up.

The more Government money that Squires and Campbell throw away the more are they losing ground with the electors.

The big meeting at the Star Theatre has put the finishing touches on the destruction of Coakerism in St. John's.

The Mail blames somebody for stealing Squires' brains. His utterances about the Board of Trade and the Merchants do certainly prove that there is some truth in this report.

The man is desperate and seems ready to go to any lengths to hold on to the Government. If he had kept only one of the thirty-nine promises in his Manifesto possibly there would be some chance for him to get back.

The record is too bad. He wanted too much money. He piled up too much taxation. He made the times too hard. He allowed Coaker to dominate him and ruin the fish export trade.

He must, therefore, "bundle and go" on May the third.

The men who sold themselves for "an order" to supply goods to public institutions thank goodness can't sell anybody else. They can't influence one vote outside their own.

This policy will be found to bring such poor returns in votes that no party will ever try it again. This will be a good thing for the taxpayers. It is time to put a stop to such corruption and waste.

The Squiresites are now saying that it would have been better if the Election had been put off till the Fall. It would give them six months more of the "fresh pots," which they will now lose for ever.

The straight story that Monroe will tell the fishermen of Bonavista Bay about the damage caused by the Fish Regulations will be the hardest shot that Coaker ever got in his whole political career.

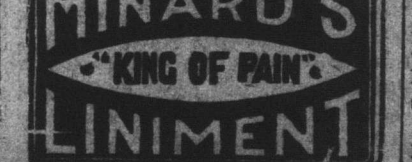
It is wonderful how the outport people have caught on about the Humber Deal, and how they see through the trickery of Squires and Coaker. They know that the Deal will be carried out much better and more honestly under Bennett and the defeat of the Government will not affect the contract.

If chocolate flakes in chocolate pudding, beat with an egg beater while it is still in the double boiler.

RHEUMATISM

Minard's Liniment is the old reliable relief for Rheumatism.

Rub it in to the aching part and you'll see why two generations have crowned it King of Pain.



Easter FOOTWEAR for the Whole Family!



FAMILY SHOE STORE

PARKER and MONROE Limited. THE SHOE MEN.

We've a pair of Bright, Handsome, Stylish Easter Boots or Shoes for Every Foot that comes to us!

We've gathered for our Easter trade Boots and Shoes that have a splendid reputation behind them! There are no Better made!

Every Man, Woman, Boy and Girl will certainly want to wear handsome and stylish Footwear on Easter Sunday!

We offer our trade everything that's new and desirable. A particularly choice gathering of the Best Footwear!

At Remarkably Low Prices

WOMEN'S SHOES at \$2.50, \$2.75, \$3.00, \$3.30, \$3.50 to \$3.75.

Men's Boots at 4.50

Men's Black Kid Blucher Boots \$4.50.
Men's Black Calf Blucher Boots \$4.50.
Men's Brown Calf Blucher Boots \$4.75.
Men's Brown Calf Blucher Boots with rubber heels attached \$5.50.
Men's Brown Calf Boots, perforated, rubber heels attached, \$5.50.
Men's Black Kid Blucher Boots, rubber heels attached, \$5.50.
\$4.50, \$5.00 and \$5.50.

Boys' Boots at \$3.50 a pair

Boys' Heavy Black Blucher \$3.50
Boys' Heavy Tan Blucher \$3.50
Youths' Black Calf Blucher \$3.50
Girls' High Tan Boots, rubber heels \$2.95
Girls' Black Button Boots \$2.25
Girls' Black Button Boots \$2.50
Children's Brown Skuffer Boots \$1.95
Girls' Brown Skuffer Boots \$2.50 to \$3.00
Girls' Brown Skuffer Boots \$3.25 to \$3.50

Women's Black Kid Laced Shoes, medium heel \$2.50
Women's Black 2-Buckle Shoes, rubber heel \$2.50
Women's Brown 2-Buckle Shoes, rubber heel \$2.50
Women's Brown Laced Shoes, rubber heel \$2.75
Women's Black Laced Shoes, rubber heel \$2.75
" Brown Laced Shoes, rubber heel \$3.00
" Black Laced Shoes, rubber heel \$3.00
" Brown Laced Shoes, rubber heel \$3.50
" Brown 1-Strap Shoes, rubber heel \$3.50
" Patent Leather, 1-Strap, rubber heel \$3.50
" Patent Leather, 2-Buckle, rubber heel \$3.75
" Brown Brogue Laced Shoes, rubber heel \$3.75
" Brown Brogue 1-Strap Shoes, rubber heel \$3.75

Women's High Laced Boots \$2.50
Blk. High Laced Boots, med. heel, \$2.50
Grey High Laced Boots, med. heel, \$2.50
Brown H. Laced Boots, med. heel, \$2.95
Blk. High Laced Boots, med. heel, \$3.00
Brown H. Laced Boots, rub. heel, \$3.25
Black Blucher Boots, med. heel, \$3.50
Black Button Boots, med. heel, \$3.50
Brown Laced, wide toe, low rub. heel \$3.75
Black Laced, med. heel \$3.50
Hundreds of styles to select from.

Infants' Tan Lace Boots (3 to 6) . . . \$1.10
Leather soles and heels.
Infants' Black Kid Lace Boots . . . 85c.
Sizes 3 to 8 with leather soles.

Parker & Monroe, Ltd.,

The Shoe Men

'Enchantments to Egypt'

It is curious how certain proverbs are common to several languages, although expressed differently.

For instance, most of us take it for granted that the well-known expression "Taking coals to Newcastle" is thoroughly English, but the Greeks had a very similar saying long before Newcastle became famous for coal, which was, "Taking owls to Athens," for the city was at that time infested with these birds. Other such expressions, famous throughout the east, are "Enchantments to Egypt," and "Pepper to Hindustan." They all express the same idea.

Our saying, "Give him an inch and he'll take a yard" has an equivalent

in several languages. The Italians say, "If you let them put a calf on you, they will soon put a cow on you as well." And the Germans declare that "If you let someone sit on your shoulders, you will soon have them on your head."

We have a proverb, "Daub yourself with honey and you'll be covered with flies." The Danes put this in a more picturesque way, for they say "Make yourself an ass and you'll have everybody's sack on your shoulders." Frequently we use the expression that "the receiver is as bad as the thief." The French equivalent is, "He who holds the sack sins as much as he who fills it," and the Germans say, "He who holds the ladder is as guilty as he who mounts the wall."

War on Rats.

There are indications that rats are going to have a bad time. The only way they can avert it is to reform, but rats are hardened criminals, and there is little likelihood that they will cease to gnaw and steel baby chicks before the new war is waged against them.

The Incorporated Vermin Repression Society is the G. H. Q. of the rate destroyers. It must be confessed that, up till now, the rats have got rather the better of the fight, but the rats are now to be fought on 'co-operative and co-ordinated scientific lines,' and the very sound of that should make the

rodent tremble. Rats are comparatively speaking modern menaces in this country. Ichthyosaurus died long before the rat began. William the Conqueror never saw a rat in England. He has seen moles, but rats and moles were not known in his day, and said to have been brought back by Crusaders.

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The do long and FORGET.

J.