"My Heart Would Palpitate, I Had Weak Spells"

Mrs. L. Whiting, 202 King St. West, Brockville, Ont.,

"I took very sick with my nerves and stomach, and seemed to all run down. At times my heart would flutter and palpitate times thought I would



never get better. I had friend advised the use of Dr. Chase's Nerve Food. did not stop until I had taken twenty-five boxes. It has done wonders for me and I want to recommend

DR. CHASE'S NERVE FOOD

At all Dealers. GERALD S. DOYLE, DISTRIBUTOR.

SIDE TALKS.

By Ruth Cameron.

THEY WANT TO WRITE.

By any chance know it, if I neglect them a month

But the mass of people seem to

Expect Hard Work.

Mind you, I do not say that this de

has its technique just as much as

other arts. That it is one thing to be

that long days of labor and nights de-

void of ease are the portion of the

Write if you want to. It's a splen-

A frappe is frozen only to a mush.

Eggs are nice shirred over creamed

Cheese or ham eclairs are nice

Spaghetti is good cooked with

A little lemon or orange peel im-

If spoons are egg-stained, rub them

If rice is rinsed in skim milk

Carrots and cabbage may be shred-

will be a soft, creamy color.

ded and cooked together.

Hard lemon sauce is nice

with warm fruit betty.

served with consomme

cooked with macaroni.

with moistened salt.

proves baked dried apples.



write stories picture and dreams of some day some day. Read er Friend?

usual individual There are times when I doubt if technique or any study of life or

there is such a person in the world. even a knowledge of the English lar-Why, when writing stories is such guage or of grammar. an easy way to fame and fortune A woman wrote me that she had should anyone bother with any of the had to work hard all her life at house-

So and so, you are told, gets \$1,000 out and she couldn't do heavy work for one of his short stories. You read and so she thought she would like to one of them. It doesn't strike you as write stories, Apparently that was anything remarkable, just simple lit- her only qualification. tle every day comments, things you have thought yourself many times. and the plot isn't strikingly original. I could write as good a story as that sire to express oneself isn't a perfectmyself," you say, "if I had the time." ly natural one and a perfectly laud-And you plan some day, when you able one and that some who have it have the time, to sit down and write may not have a spark of the great one and get one of those \$1,000 fire. Nor would an initial ignorance checks. That is, if the editors will of grammar be a bar sinister if one pay any attention to new writers. You really did have that spark. What I have heard that it is all graft and pull protest against is the fact that people don't realize that writing stories and having an established name.

Of course you don't expect to do any able to think things and quite arsystematic studying or to go through any hard training and practising before you write that \$1,000 story.

writer as well as of other artists. the concert of a great pianist. You. too, play the piano and suspect your- did mental outlet, and it may some self of some musical talent. Yet you time lead to something. No one can never fancy yourself being able to get say it won't. But don't expect immean engagement to play before an enor- diately to win successes for which mous audience and receive several others have studied and worked and ARE." hundred dollars as he does, without concentrated for years. going through long years of training And now I want it understood that Jquires Juffering first. Paderewski has had years of when I speak of writing I mean the finger exercises. Even after he was laborious constructive work of a ported to have said: "If I neglect my story. I don't call my own talks writfinger exercises a day I see the effect, ing at all,-just talking to you on pa- night's Advocate. The Prime Minister if I neglect them a week the critics per.

Household Notes. Thursday's Mail.

"There are few Prime Ministers who ham. have consistently displayed the same courtesy and affability to all-comers as has Sir Richard Squires."

Gems From

"There have seldom been such departmental heads as Dr. Campbell." -"You know that you have received satisfactory and equitable treatment cheese and sweet peppers. from Premier Squires and his col- A little bacon is nice chopped and

Ye gods! Poor old Mail! Same old wail.

Just Folks. By EDGAR A. GUEST.

"I FORGOT" AND DIDN'T THINK."

Two excuses met one day, "I Forgot and "Didn't Think"-Met beside a country well, where

they'd stopped to get a drink. "Hello, brother," shouted one in a glum and dreary way, "Haven't seen you for a time. How are things with you to-day?"

"Well," said Didn't Think, "I'm tired I've been working day and night I get blamed for everything, nothing that I do is right; Every blunderer on earth quicker than a cat can wink

Stands beside the wreck he's caused telling men 'I didn't think.' "Yes, you get some blame, of course," then responded I Forgot,

But you do not get it all—on my
back there falls a lot.

I'm abused from day to day, I'm the handy man they call Every time a blunder's made that should not occur at all.

We're a sorry pair we are, Didn't Think and I Forgot, Run the world's excuses o'er, we're the poorest of the lot."
"Yes." said Didn't Think, "we are

We're not worth our cost in Still the blunderers of the world keep

on working us to death." MINARD'S LINIMENT FOR FALL ING OUT OF HAIR.

The Menace of Coakerism.

ARTICLE XVII.

JUST READ THESE EXTRACTS PAPERS NOW CONTROLLED AND

(From the Advocate.)

"From 1897 we (Coaker) opposed Reid and we (Coaker) pray that our fingers will drop off and our blood (Coaker's) cease to circulate the moment we become soft enough to recognize the Reids as anything but Grabbers of the best blood of the people of Newfoundland."

It was about the same time Coak-

Grath, et al) for their treachery in not protecting the people from the clutches of Reids' outrageous freight

The young artist looks at a great think writing stories doesn't take any

work and that her knees had given

the sum of \$5,000 paid him by a been in power before this man grad-Company whose claims were under uated he would have built a special consideration and adjustment. I college for him. Coaker's day is done, leave the public to decide as to HOW Peter and Jim are on the bum. CLEAN THE HANDS OF SUCH MEN

From "Hives."

We positively giggled at Thursday obviously must have B's in his bonnet. After "buzzing round" for three solid weeks, using "honeyed" words and flowery inducements, he has collected a flock of B's and let them loose to buzz around in a tormenting way, until soon, very soon, we will have an opportunity to fly-swat these poor things and cease their irritating existence. Wait until your B's discover your roses are but painted, and your flowery delusions have vanished, Mr. Prime Minister, and you will need the dear old Doc's professional services to alleviate the "stinging" you will receive. In our levity we cannot resist anyhow. It is hard to take the boodle their bundles on their backs, and with from saying, they will B. D. Veated.

Cuticura Soap Imparts -The Velvet Touch Soap, Ointment, Talcum. 25c. each. Sold everywher Can. Depot: Lymans, Limited, St. Paul St., Montree

Coaker's Colleague at Salmonier.

Editor Evening Telegrant.

Dear Eir.—Please allow me space in your valuable paper which I am. TAKEN FROM THE NEWSPA. just going to give the people of this EDITED BY SIR RICHARD Coaker men of this little town have SQUIRES, MR. COAKER AND given such praise to Mr. Coaker and his bunch as I have noted in the paper of last week. Certainly these two men praise doesn't go very far Poferring to Mr. Coaker as Coaker's in this place without a house, as house. They don't have to get a \$1,000 er wrote in his organ the following salary from Coaker to build a house "God's curse will rest upon him store three years ago for Coaker busi-Sir Edward Morris) and his gang ness. That's where some more of the (which included Cashin, Crosbie, Mc- country's money was spent. Now

as he got \$1,000 for making four trips Now that the poor suffering people across the lake, come and go when whom Mr. Coaker championed when he like. He got no more respect for a be made those insane and profane clergyman or a lady than he got for a outbursts, are asking what it is that dumb animal. Now he will have to prompts his silence and what hap- transform Mr. Coaker's shep shed into pened to change his opinion of the an ice cream parlor as these two men Reids, who, up to a short while ago, have hundreds of tons of ice in, and were (according to him) grafters and they say they won't work win or lose. bloodsuckers. What do the same But I am very much in hope to se to Mr. Coaker, robbed right and left, and Jeff clearing the drains behind think of Mr. Coaker's duplicity and him. But it's well the people of this his present favoritism towards the place and Placentia district got more Reids? We will leave it to readers to brains than what they have got. As to my experience in this district the THAT \$5,000 DEAL-THIS MAN many years, it's only a fool or a read SQUIRES AS TOLD BY MR. man that would mark a ballot for (From the official debates of the lammed to the woods, as Coaker has House of Assembly, May 16, 1918.) ruined the fishery since he got in "This man (Squires) who is at- power. Only for the British North tacking me in the Star, and exhaust- American Trading Co. this place ing the English language to find suf- would be in a starvation condition as ficient words to vilify me, as quoted the fishery is completely gone Mesin the article 'Throw him out,' open- srs. Walsh, Sullivan and Sinnott caned up negotiations with the Reid | not lose as they have done their duty Nfid. Co., in reference to the sup- faithfully and well since they got in posed failure of one of the Reids to power to help the people of this live up to a promise made respecting place. We are anxiously waiting to

financial aid to the Star which nego- see them come around here again as tiations ended by the payment in they are not the graballs. Dear Bank of Montreal notes of \$5,000 by Reader, please overlook this short Mr. R. G. Reid to the then Colonial space as their is not so much gran:-Secretary, Mr. R. A. Squires. The mar or dictionary in this speech as public will be solely concerned with there was in that speech of last week the chairman of such a responsible think every person knows who he committee trusting and dealing on means, I don't know where he got all behalf of the Dominion, with claims this grammar too as it cannot be rn of such vast proportions, accepting derstood by anybody. If Coaker had

SYMPATHIZEP.

Salmonier, March 31, 1923.

IMPOSSIBLE OPTIMISM.

Let us pay our

income taxes

with a broad and

cheerful g r i n.

looking not like

battle-axes a s

we hand the

money in. Let us

be serene and

sunny, chortling

with a joyfui

sound: for our

Uncle needs the money, he must Uncle needs the plunder, he is holdrolls asunder to comply with his de- the air with twitters as we hand the mands. He requires a sum that's kopecks in.

Easter FOOTWEAR for the Whole Family!



FAMILY SHOE STORE

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.

Women's Black Kid Laced Shoes.

Women's Black 2-Buckle Shoes,

rubber heel \$2.50

rubber heel \$2.50

rubber heel \$2.75

Women's Black Laced Shoes, rubber heel \$2.75

Brown Laced Shoes, rubber heel, \$3.00 and \$3.30

Black Laced Shoes, rubber heel\$3.00

Brown Laced Shoes, rubber heel \$3.50

Brown Laced Shoes, rubber heel \$3.75

Brown 1-Strap Shoes, rubber heel \$3.50

Patent Leather, 1-Strap, rubber heel \$3.50

Patent Leather, 2-Buckle, rubber heel . . . \$3.75

Women's Brown 2-Buckle Shoes.

Women's Brown Laced Shoes,

medium heel \$2.50

Men's Boots at 4.50



Men's Black Calf Blucher Boots

Men's Black Kid Blucher Boots

Men's Brown Calf Blucher Boots \$5.00.

Men's Brown Calf Blucher Boots with rubber heels attached Men's Brown Calf Boots, per-

forated, rubber heels attach-

ed, \$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' He	eavy Black Blucher\$3.50
	eavy Tan Blucher\$3.50 Sizes 2 to 5.
Youths'	Black Calf Blucher\$3.50 Sizes, 9 to 13.

Sizes, 5 to 15.
Girls' High Tan Boots, rubber heels
Girls' Black Button Boots \$2.2 Sizes 6 to 10.
Girls' Black Button Boots\$2.5 Sizes 11 to 2.
Children's Brown Skuffer Boots
Girls' Brown Skuffer Boots
Girls' Brown Skuffer Boots \$3.25 to \$3.5

Brown Brogue Lace Shoes, rubber heel ..\$3.75 Brown Brogue 1-Strap Shoes, rubber heel ..\$3.75

4
1
Infants' Boot
Infants' Lace or Black
Infants' Lace and Black and Bro

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 Bik. 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.

ts at 1.35 to 1.50

and Brown.

d Button Boots ...\$1.50 own. Sizes 3 to 6.



Parker & Monroe, Ltd.,

The Shoe Men

make the wheels go round. Though regal, coin must reach him in the total has dismayed you, wear no stream, that our celebrated eagle may frown upon your brow; being grouchy not wilt and cease to scream. So the will not aid you-you must pay up dead game sports are rising, with that we need for gas and oil, paying fortitude surprising they pay up their it to Yankee Doodle, so he'll make income tax. And the pikers all are the kettle boil. It is hard to hand the swearing as they near the captain's lucre that we need for pie and jam desk, they are angry and despairing, and for games of bridge and euchre, and their words are picturesque. to our worthy Uncle Sam. But our Since we all must take our bitters let ing out his hands, and we strip our us take them with a grin, let us fill

Household Notes.

Add a little grated nutmeg to the cream sauce for chicken patties. Fruit stuffing is delicious for capon.

Serve with brown gravy. Garnish cream pie with red candied cherries and green citron leaves. Serve cold ham sliced very thin being made. with a green salad and baked pota-

To clean a small rug lay it face down and beat with a flexible rattan The summer wardrobe will include

coral and yellow tones, it is foretold. one coat of painter's sizing and one chocolate sauce.

Camphor will remove fruit stains from linen if they have not been put Serve with catsup. Syrup will not be so apt to sugar f a little vinegar is added when it is in powdered sugar.

Cold water and soap will remove machine-oil stains, while hot water will set them.

Shades of gray in long and supple If you object to the strong taste of

Place slices of brick ice cream be A good foundation for enamel is tween slices of cake and serve with Add a tin of shredded sardines to

> Stuff pitted prunes with grated cheese, peanuts or walnuts and roll

cornmeal mush, then cool and fry.

Baking powder biscuits, split and buttered while hot make delightful individual shortcakes.

owns are favored by one Parisian turnips, add a spoonful of sugar to the boiling water.

lo Burn

Probably

orld has ju inds eighte

It has been

to Caruso

aring his li

wing gif

ved this

MUTT AND JEFF-THIS IS ONE WAY TO ALMOST GET A BUCK.





