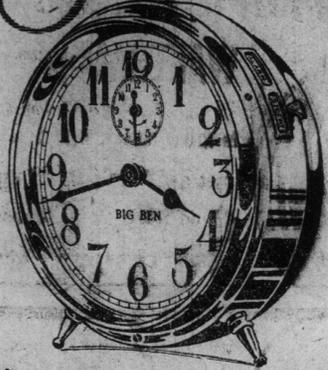


Big Ben



Don't set your mind—set Big Ben

Don't bother your head about getting up. Leave it to Big Ben. You ought to go to sleep at night with a clear brain—untroubled and free from getting up worries. You men, if you are up to date farmers, work with your brains as well as with your hands. Such a little thing as "deciding to get up at a certain time in the morning" and keeping it on your mind often spoils a needed night's rest, and makes a bad "next day." Try Big Ben on your dresser for one week. He makes getting up so easy that the whole day is better. Big Ben is not the usual alarm.

T. J. Duley & Co. John T. Lamb
A. McNamara R. H. Trapnell

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The attention of investors of small amounts who wish only the safest kind of securities—bonds, is called to our offering of bonds at \$100 denominations.

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Trinidad Consolidated 2 Telephones 6's.
Stanfield's Limited 6's.
Nova Scotia Steel & Coal 5's.
Nova Scotia Steel & Coal 6 p.c. Debenture Stock.
Maritime Telegraph and Telephone 6's.

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Members Montreal Stock Exchange.
C. A. C. BRUCE, Manager,
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The Canada Life.

In each of the past four years the Canada Life has earned a LARGER SURPLUS than ever before in its history.

Favorable mortality, and low expenses, the result of good management, have helped.

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5 ROSES.
VERBENA.
ROYAL HOUSEHOLD.
WINDSOR PATENT.
PURITY.
ROBIN HOOD.
SENSATION.
UNION JACK.

FEEDS.

HAY.
OATS.
CORN—whole.
CORN—crushed.
CORN MEAL—barrels.
CORN MEAL—sacks.
CORN MEAL—table.
MOLASSUIT.
MOLASSINE.
BRAN.
HOMINY FEED.

500 pairs FRESH RABBITS.
6 cases FRESH COUNTRY EGGS.

T. J. EDENS,

Duckworth Street and Military Road.

MARKING TIME.

By RUTH CAMERON.



But somehow just now I only seem to be marking time. I don't like it.

The man who said that to me is a young man of twenty-eight. He is an unusually successful young man. He has advanced rapidly in every way, but just now things don't seem to be moving as rapidly as he likes.

And he is restless and unhappy. I do not think he has any right to be.

Into each life there must occasionally come these "marking time" years. Into each life there must come these seasons when one does not seem to be progressing as one should.

Perhaps it's a marking time year with you just now, my friend.

If it is, are you allowing restlessness and discontent to take possession of your heart? Are you chafing against delay and cheaply and foolishly trying to hurry conditions that cannot or should not be hurried?

Or are you remembering that the greatest successes always come to him who "learns to labor AND to wait"?

It can't be always either seed time or harvest. One cannot be always either sowing or reaping. One must sometimes be simply waiting for the great forces to work, the forces of nature and of life.

And one cannot hurry them in either life or nature. It doesn't hasten the harvest any to dig up the seeds to see if they are sprouting. Neither does it do any good to rebel against the

"marking time" seasons in life. But that does not mean that the waiting need be entirely passive.

Not by any means. Does the farmer go into his house and sit idle while he waits for the seeds to sprout? Doesn't he rather find quite enough to keep him busy in keeping the conditions right for the seeds?

Try not to fret against the "marking time" seasons.

They must come into all lives. Try rather to possess your soul in peace and to put your energy into keeping conditions right for the growth that is going on as surely as it is silently and slowly.

John Ruskin has another and more beautiful simile for the samethought—He says—

"There is no music in a rest, but there is the making of music in it. In our whole life melody, the music is broken off here and there by 'rests,' and we foolishly think we have come to the end of time. God sends a time of forced leisure—sickness, disappointed plans, frustrated efforts—and makes a sudden pause in the choral music of our lives, and we lament that our voices must be silent and our-part missing in the music which ever goes up to the ear of the Creator. How does the musician read the rest? See him beat time with unvarying count and catch up the next note true and steady as if no breaking place had come in between. Not without music does God write the music of our lives. But be it ours to learn the time and not be dismayed at the 'rests.' They are not to be slurred over nor to be omitted, nor to destroy the melody nor to change the keynote on him, we shall strike the next note full and clear."

Ruth Cameron

THE SECRET OF LONG LIFE.

Do not sap the springs of life by neglect of the human mechanism, by allowing the accumulation of poisons in the system. An imitation of Nature's method of restoring waste of tissue and impoverishment of the blood and nervous strength is to take an alternative glyceric extract (without alcohol) of Golden Seal and Oregon grape root, Bloodroot, Stone and Mandrake root with Cherrybark. Over 40 years ago Dr. Pierce gave to the public this remedy, which he called Dr. Pierce's Golden Medical Discovery. He found it would help the blood in taking up the proper elements from food, help the liver into activity, thereby throwing out the poisons from the blood and vitalizing the whole system as well as allaying and soothing a cough. No one ever takes cold unless constipated, or exhausted, and having what we call mal-nutrition, which is attended with impoverished blood and exhaustion of nerve force. The "Discovery" is an all-round tonic which restores tone to the blood, nerves and heart by imitating Nature's methods of restoring waste of tissue, and feeding the nerves, heart and lungs on rich red blood.



Mrs. Donx.

"I suffered from pain under my right shoulder blade also a very severe cough," writes Mrs. W. Donx, of New Brunswick, N. C., to Dr. R. V. Pierce, Buffalo, N. Y. "Had four different doctors and none did me any good. Some said I had consumption, others said I would have to have an operation, and I was unable to sit up for six months—and was nothing but a live skeleton. You advised me to take Dr. Pierce's Golden Medical Discovery and Dr. Pierce's Pleasant Pellets. When I had taken one bottle of the Discovery, I could sit up for an hour at a time, and when I had taken three bottles I could do my cooking and tend to the children. I took seven bottles in all and was then in good health. My weight is now 187 pounds."

Household Notes.

If you use carbolic acid as a disinfectant, mix it with boiling water.

If you want a loaf cake perfectly browned, put a handful of shavings on the fire just before taking the cake out of the oven.

An easy way to find a puncture in a tube. The bluing will indicate the spot on the outside.

Babies' cape and bonnet strings soil so quickly that it is a good plan to attach them by hooks and loops to the capes and bonnets.

Fish scales are easily removed by pouring hot water on all the scales curl, then scrape quickly. Wash in several waters, the last one salt.

Never wash windows while the sun is shining on them, otherwise they will be cloudy and streaky. Also wash the inside of the window first.

In ironing embroidery, especially handwork, the embroidery should be laid face down on a thick cloth or towel and pressed on the wrong side.

Sheer white materials may be made into charming inexpensive gowns by stenciling before making up. A morning glory design is excellent.

A good breakfast toast is made by dipping the slices of bread in a pint

of milk to which a beaten egg and a pinch of salt are added, and frying.

Dried fruits are often made palatable by the addition of a fresh flavor. Orange juice improves strawberries, lemon improves prunes, ginger root with pears.

To freshen a velvet tam hat hold the crown over boiling water and brush the nap up with a stiff, fiber clothes brush. Be careful not to touch the velvet till it is dry.

To clean ivory soak the articles in cold water for twenty-four hours, then lay them on a clean, soft towel and let them dry in the air. Any lingering water drops should be blown out; if left they will spoil the color.

The lids of saucepans often need to be raised while cooking—and a peg with a tack in its top will answer the purpose. Fix the peg on the edge of the saucepan as if it were a line and rest the lid on the tack.

Hospital gauze can be supplied at home at small expense. Cut the gauze into yard lengths, fold and roll it, then put the rolls in an old towel and bake for two hours in a moderate oven, taking care that it does not scorch. Handy for colds, burns or cuts.

Old, soft, woolen articles—blankets, dressing gowns, worn shawls—should be beautifully cleaned and mended then put away for use in an emergency. They are much more comfortable than

Tested the Whole World Over

and through three generations Beecham's Pills are universally looked upon as the best preventive and corrective of disorders of the organs of digestion and elimination ever known. They give speedy relief from the headaches, sour stomach, indigestion due to biliousness or constipation.

BEECHAM'S PILLS

are no experiment. They are too well known for that; and their mild and gentle, but sure action on the bowels, liver, kidneys and stomach, too well approved.

If you are out of sorts take at once this famous remedy and you will endorse the good opinion of thousands—you will know why Beecham's Pills so deservedly

Have Unequaled Reputation

Sold everywhere. 25c. The directions with every box point out the road to health.

Could Not Digest His Food

Suffered For Years From Indigestion Until Cured by Dr. Chase's Kidney-Liver Pills.



Mr. J. D. S. Barrett.

If you suffer from chronic indigestion, forget about the stomach and pay attention to the condition of the liver and bowels. Ten to one that is where the real trouble lies.

The liver gets sluggish and fails to filter the bile from the blood, the bowels become constipated and the whole digestive system is upset.

As to cure, you cannot do better than to read of Mr. Barrett's experience with Dr. Chase's Kidney-Liver Pills. There is no treatment so prompt and thoroughly effective. Mr. J. D. S. Barrett, Nelson, B. C., and formerly of Tillamook, Oreg., writes:—"For several years I was a great sufferer from indigestion. The least bit of food caused me considerable trouble and often I could scarcely eat a meal a day. The many remedies I tried proved futile until in 1906 I began the use of Dr. Chase's Kidney-Liver Pills, and after using about eight boxes I was completely cured. Since that time I have not been troubled with indigestion, which I consider a great blessing."

Dr. Chase's Kidney-Liver Pills, one pill a dose, 25 cents a box, all Dealers or Edman Bates & Co., Limited, Toronto.

the new ones when sickness comes.

Oilcloth will last twice as long if treated with glue. Melt a little ordinary glue in a pint of water, letting it stand on the top of the oven till dissolved. At night go over the clean oilcloth with a flannel dipped in the glue water; by morning the glue will be hard and make a gloss like new.

The Mail Carrier.

By H. L. RANN.



The mail carrier.

The mail carrier is a human dumpy with a self-dumping attachment and a full set of calloused feet. He leads a stiothful life of luxurious ease, for all he has to do is to walk thirty miles a day with 120 lbs of love letters, free garden seeds and uplift magazines on his back.

Mail carriers are chosen as the result of a physical examination which begins with their feet and ends in the same locality. A mail carrier may be shoulder-bound, tongue-tied, sway backed and pigeon-chested, but if he has a pair of non-skidding feet, which do not have to be coaxed along with corn plasters and bunion cures, he will pass the civil service examination with a high rating. A mail carrier with a limp is harder to find than a minister of the gospel with money in the bank.

Mail carriers are not allowed to smoke, eat, converse or think while engaged in the performance of their duties. They are not even allowed to read the postcards or try to figure out why Bernice calls for her mail at the general delivery. Their life is very sad.

When off duty the mail carrier has his shoes halfoled and puts his feet in some quiet place where the pavement cannot rise up and hit them. Whenever the mailcarrier makes a mistake, he is bawled with the utmost enthusiasm by everybody who can get to him and called everything from a government hireling to a wooden-headed dud who ought to hire out as a chamber maid to a traction engine.

During the holiday season the mail carrier is obliged to add on a couple of upper decks and invest in new outer tires for his feet. When a carrier is loaded up for Christmas morning delivery, a near-sighted person won't be able to tell him from a two-legged van, yet if he is fifteen minutes late he can hear people in the flat on the sixth floor blaspheming in all the colors of the rainbow.

When the parcels post gets well under way, mail carriers will not be able to get any insurance except the plate glass variety. He will have to deliver everything from Barred Plymouth Rock hens to baby grand pianos, and will do it without a murmur.

Murder's Lintment Cures Diphtheria.

LARACY'S Remnants

Dress Goods!

Flannelettes, Blouse Cloths,
Regattas and Flannels,
VERY CHEAP, at
LARACY'S, 345 and 347 Water Street,
feb18,tu,th,s
Opposite the Post Office.

1913. 1913.



Just to keep things humming we are offering two leaders—19-13. Our \$19 Suiting is a guaranteed Wool, made in the "Maunder" style. The woollen market is still going up. This is the season to get your money's worth, as you will probably pay more for the same article in the Spring.

Our \$13 Suiting is cut and finished to your own selection of style for Spring and Summer of 1913 from our style sheets just in. Only the price of a hand-me-down for a splendidly tailor-made suit.

John Maunder,

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