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ION.

Lunch Basket is **Empty Now When** He Gets Through

Melville's Appetite is Splendid Since He Began Taking Tan-lac—Indigestion Gone.

"I was never much of a hand to praise any kind of medicine, but I can certainly say something good for Tanlac," said Claude Melville, of Tainlie, NB, the other day. Sir Francis Yo During the World War, Mr. Mel- bers's Journal.

ville was with the Royal Artillery in France, as an expert. Since coming to Canada from England a year ago, he has been employed by the Nashwaak Pulp Mill.

"Six months ago," he continued, "I was as healthy a man as walks the streets of St. John, but about that every meal I suffered horribly from the pit of my stomach.
"Often I couldn't eat a bite

taking just a few mouthfuls for breakfast, and then carried home my lunch hasket in the evening nearly as full as when I started out in the

ime I woke up in the morning feeling as tired as on going to bed. I had job altogether.

"But Tanlac has certainly changed! all that for me. My appetite picked

lon't hear a sound or make a move ease lived and flourished, and among till morning. The long and short of it is, I am free from all my aches and pains and feel like a different man altogether. From now on you can put me down as a firm believer

Lewisporte by Uriah Freake.-advt

Short Lived Rejoicings.

When the French Revolution broke out Liberals the world over rejoiced; similar rejoicings were manifested when the Russian revolution took place. Slowly the conduct of the French of mankind; more slowly sane men persuasion—are growing disgusted disillusionment in the "land of free- source of disease. dom." Bertrand Russell, well-known as an English Communist writer, went and the repair of the broken-down Russia to learn the truth; and Snowdon, a noted leader in British which emanated from Petrograd were the old Tower of London being now garbled by prejudiced writers, but it erect and firm as ever. There was one would seem as if those who continue portion, however, which needed little patronage in the past and will to hold to the belief that the Russian repair—namely, the White Tower, the them as good an article in moulik is the most free, and the Soviet which stands sturdy and strong as it who wilfully close their eyes to the walls. truth: even that testified to by their

Constable of the Tower.

One of the greatest "Constables" the ower of London has ever had was the Duke of Wellington, and he has left is name indelibly imprinted on its

The hero of the Peninsular War, th victor at Waterloo, the great general who overthrew Napoleon, a duke and a prince, he accepted the constableship not as an empty honor or an added perquisite, but to do his best for the Tower as its titular head, writes Sir Francis Younghusband in Cham-

It was in 1826, eleven years after Waterloo, that the Duke took over office and at once his orderly mind began to work. Constantly clad in tight white overalls and a blue coat (the coat still hangs in the White Tower) time my stomach got out of fix and I he would mount his horse at Apsley just went down hill in a hurry. After House, and take his morning ride down he would mount his horse at Apsley to the Tower, a good seven miles gas and the sharpest kind of pains in ride, much of it through unsavoury slums. There what did he find? The many a day I went to my work after old Tower, through the neglect of ages, falling into decay and disrepute, great gaps in the crumbling walls the loose towers fast becoming ruins Every passage and roadway within "It was very unusual for me to get a good night's sleep, and most of the buildings, and leantos. The moat was was blocked with squalid huts, mean a foetid ditch into which the garrison an aching in my joints something like and the inhabitants had emptied their rheumatism, and felt so weak and filth for centuries. Only on the top was bad I didn't know what to do. I lost there a shallow layer of water slightweight and strength continually, had to lay off work for three and four days at a time, and frequently it tide, whilst beneath lay filthy slime to looked like I would have to quit the the depth of a man's height. Within the circle of this noisome ditch and inside the ruined walls of the Tower all that for me. My appetite picked up from the start, and now I can tell lived not only the garrison, but a lived not only the garrison, but a dand serve as tables and dressers. In dense population of men, women and ti goes home in the evening. Everything agrees with me and I have already gained back ten pounds of my lost weight.

Amidst these congenial surroundings Amidst these congenial surroundings ost weight.
"At night I sleep like a top and the microbes of every imaginable dis-

The Duke took some little time to get his bearings, and, still more important to procure money for his re-Tanlac is sold in St. John's by M. Connors, in Paradise by Mrs. Martin F. Byrne, in Upper Gullies by Heber Andrews, in Portland by H. C. Haines, in St. Joseph. Salmonier, by Mrs. J. Gushue, in Millertown by Exploits Valley Royal Stores, Ltd., in Flat Island by William Samson, in Jamestown by Christopher Haines, and interest in the old Tower. Henceforth forms: for, as after all great wars what seemed a hopeless task became, with perhaps a set-back here and there, a settled policy which was maid, who carries her clean garments steadily carried on even after the old

them carried off more victims than

did the axe of old.

duke's death. One of the first improvements to be taken in hand was the draining and cleansing of the moat. To effect this the river was shut out, a modicum of the filth and slime removed, and then revolutionaries alienated the sympathy six feet of dry earth and rubble were rammed in, thus making a hard, dry and women-even those of Radical surface. At the same time the wretched hovels which disgraced the interwith the turn of events in Soviet Rus- | ior were gradually removed, and with sia. Reds who were deported from them the superfluous population which the United States to Russia, among had no duties to perform in the Tower, them Emma Goldman, write of their and were only an encumbrance and a

The restoration of the lesser towers found it very unpalatable indeed. Mrs. work affair. In the person of Salvin, a first-class architect, and one imbued Radical Labor circles, also went to with the spirit of the place, the Tow-Russia to find out at first hand the er obtained a true and sympathetic value of the Soviet brand of Commun- friend. Using the old plans and sketchism: and she has written in her book es of the Tower as it had been at its some very bitter criticism of Lenine zenith, Salvin drew up a complete and Trotsky's administration and of scheme of restoration. This compretheir curtailment of the people's hensive plan, though it took several liberty. No doubt some of the reports decades to complete, has resulted in to hold to the belief that the Russian repair-namely, the White Tower. system as practised in Russia is the did when William the Conqueror first mest conducive to liberty, are those held his court within its massive

The Duke of Wellington was Conown leaders in thought,-Montreal years, and on his death the appoint- House.

ment went first to one of his old comrades, Field-Marshal Viscount Combermere, and then to another Peninsular veteran Field-Marshal Sir John Fox Burgoyne, From that time on-wards the office of Constable has invariably been held by a soldier, sometimes a field-marshal and sometimes a general. So far as it has been possible to trace them, there have been about 136 Constables since the Tower was built.

Very soon after William the Conqueror started to build the Tower (Sir Francis says) he appointed one of his Norman followers to give military advice during its construction, so that it might be impregnable from all sides, and, when it was completed to the king's satisfaction, to take command of the fortress and its Norman garrison. This officer the king named "The Constable of the Tower," and the first, to bear the title was Geoffrey de Mandeville. This Geoffrey de Mandeville was a stout soldier who had fought with William in many battles and skirmishes on the Continent and had borne himself with conspicuous courage and resources at the battle of

How Persian Women Live.

To study the simple life in perfection one ought to go to Persia, where no furniture is used in the houses. The inside walls are covered with fine white plaster decorated with lovely mouldings, and little arches of white plaster spring up in every direction, and casts charming coloured reflections on the snowy interior. No chairs are required, because Orientals sit on the floor, while everywhere the Persian lady goes she takes with her, as part of her luggage, a thin mattress stuffed with coton wool, on which she can repose either

by night or day. As there is no furniture, sweeping and dusting are unknown in the Persian home. Also the laundry is not serious, for women wear the same clothes to sleep in as they do when up. These are changed once a month, when the lady attends the public bath, the Hamun, accompanied by a on a tray. Here she is scrubbed from head to foot with pumice stone (sorp is unknown), her eyes are blackened with indigo, and her hair, and also the palms of her hands and the soles

of her feet are dyed red with henna. The hair of the Persian woman is her great beauty, and is usually long enough to sit upon. From early childhood it is closely plaited with white cotton, which is supposed to give it a downward tendency and to make it grow.

When a Persian lady goes abroad she wears wide trousers of bright grass-green silk over her scanty indoor clothes, and is closely veiled. No man may look at her, and she might be a jewel in a casket too precder some of the better educated women are beginning to rebel against the restrictions which have imprisoned them for centuries in tolerance and

White House Dress. SOME OF THE TRADITIONS OF GENERAL WASHINGTON.

When President Wilson, because of illness, received the King of the Belgians while propped up in bed, and told the Prince of Wales that the bed in which he lay had been occupied by Baron Renfrew, later King Edward VII., and Abraham Lincoln, stable of the Tower for twenty-six ready clinging about the White he added traditions to the host al-

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STEER BROTHERS.

"President Wilson's enforced dishabille recalls the premediated negligee-worn slippers, yarn stock ings, and old suit-by which Jefferson sought to impress the British Ambassador with American democracy when that official arrived in full official dress to present his credentials," observes a bulletin of the National Geographical Society. "Early morning callers on John Quincy Adams had to cool their heels until that President finished three chapters in the Bible and walked down back of the White House for a swim in the Potomac. To "drop in" at the White House evenings, quite the sociable thing to do during Jackson's terms, meant finding the Chief Executive before an open fire, in an old loose coat doing duty as a smoking jacket, puffing at a long pipe with a bowl of red

"No room at the White House better known to the public than the East Room, of late years the scene of brilliant receptions and White House weddings. It, too, has memories of a cruder democracy when all Washington flocked there to "follow about the servants who carried refreshments, seizing upon whatever they could get," and upon one occasion two "ladies" perched upon the chimney piece to get a better view of the

"Strange were the gifts to Presidents of earlier years. Strangest of all, perhaps, was the cheese sent to Thomas Jefferson, with the admiring inscription, "The greatest cheese in America for the greatest man in America." It was conveyed to Jefferson by a six-horse team. He insisted upon paying for it, and it lasted for more than a year, being the piece de resistance of many a state dinner

MINARD'S LINIMENT RELIEVES

Selling Human Bones.

The keeper of a public cemetery of small Bohemian town near Prague graveyard, and sold all the old bones suspended from the post.

he could find for industrial purposes, as he found that certain manufacturers paid more for human bones than for those of animals. He had been earning money in this way for sevexcavated the older parts of the eral years before he was detected and

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