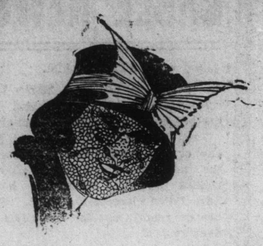

VAN RAALTE *Veils*

THE FINISHING TOUCH.

The well-selected Veil transforms you. It flatters your features. It blends and subtly harmonizes hat and gown, for every complexion, every hat, every costume has its true veil affinity. And the difficulty of selecting just the right veil is happily solved by

VAN RAALTE VEILS.

You cannot go wrong if your veil is a Van Raalte. Come in and look at our selection of Van Raalte Veils, and remember that besides their Leadership in design, they—

We also stock Van Raalte Veilings

Marshall Bros

Stretch without tearing—
☆Wash without wearing—
Outlast three ordinary veils
☆Except those Chenilled, Appliqued or Embroidered.

Why the Train Was Late.

By RUTH CAMERON.

Not long ago I heard a man who had been in one of the units which rushed help from Boston to stricken Halifax, tell about the experiences on the trip.

He began by saying that the train which carried the unit was three hours late in starting, though every hastily summoned doctor and nurse was ready ahead of time.

We Were Ready To Blame The Authorities.

Naturally we who listened were ready to be very indignant with the authorities who were to blame for that delay.

And then he went on to explain. A hospital unit must have not only nurses and doctors, but hospital supplies. To save time, the supplies which were to have been used for a base hospital abroad were commandeered. Unfortunately these supplies were stored four stories up in a building on a street about two miles from the station from which the Halifax train would leave. In this building there was one small, slow moving freight elevator. Had the supplies been sent abroad this would not have mattered, as sufficient notice would have been given to get them to the ship on time. In the present emergency it was, of course, a serious handicap.

Baggage Cars Could Not Be Used.

In the second place the supplies could not, for some reason inherent in their nature, be put in freight cars, and baggage cars could not be used because of the nature of the track leading from the siding of the warehouse to the station. To load them on automobiles and unload again would have been too slow a job. It was finally found necessary to put them on baggage cars, run them several miles out of the city from one depot and bring them back to another depot.

After we had heard all that, we who listened were ready to marvel, not because the train was three hours late on such an errand of mercy, but because it was only three hours late with such handicaps.

This Suggested The Infinite Details Under The Surface.

This little glimpse into the insides of things has had a great deal of effect on my outlook. It suggested such an infinity of little details behind the surface of things, that we who criticise and resent and are impatient, do not guess.

You have to be right up against a problem like this to know some of the reasons why things do not go smoothly and on time.

To be sure, this is a season when we can't afford red tape, and incompetence in high places any more than a man swimming for his life could afford to have leaden weights on his arms and feet. But it is also a season when intolerence and impatience and unreasonableness in the rank and file can do more harm than they ever did before.

We have been using MINARD'S LINIMENT in our home for a number of years and use no other Liniment but MINARD'S, and we can recommend it highly for sprains, bruises, pains or tightness of the chest, soreness of the throat, headache or anything of that sort. We will not be without it one single day, for we get a new bottle before the other is all used. I can recommend it highly to anyone.

JOHN WALKFIELD.
LaHave Islands, Lunenburg Co., N.S.

Milady's Boudoir.

FLESH REDUCING.

The only satisfactory means of reducing weight are diet and exercise. Breakfast should consist of unsweetened fruit, dry toast and coffee or tea without cream. Eat only lean meats, no potatoes or starchy vegetables and very little or no butter.

Avoid all sweets, pastries and cooked desserts, eating fruit instead and have all the bread toasted. If possible you should have two hours outdoor exercise every day. Brisk walks will help to reduce your weight and skating is the best possible thing.

Practice the following exercise in your room every night and morning with the windows wide open, if possible. Begin with a few minutes each time and gradually lengthen them.

Stand erect and kick as high as you can, first with the right foot and then with the left. Repeat the exercise, kicking backward. Bend the body trying to touch the floor with the fingers and not bending the knees.

Balance on the toes, rise to the standing position. Alternately rise and resume the squatting position several times without losing the balance. Lie flat on the back, extend the arms above the head and rise to the sitting position without help of the legs and arms.

Stand with the body straight, raise one knee until it is on a level with the bust, walk rapidly about the room, bringing the knee up as forcibly as possible at each step.

APPLES.

150 Bbls. Baldwins,

100 Bbls. Starks,

50 Bbls. Gnao,

Assorted sizes 1's 2's and assorted,

100 Boxes Evaporated apples, bulk,

50 Boxes Evaporated apples, 1 lb cartons,

Soper & Moore

Little Benny's Note Book.

By LEE PATE.

Me and Puds Simkins and Leroy Shooster was standing on the corner, jest standing there, and a big awtomobeel stopped on account of one of the tires getting punksured, and the showfer started to put on a new tire, and 2 little gerls got out of the back of the awtomobeel and started to watch him do it, being bewty looking little gerls with fur coats and hats, and Leroy Shooster sed, G, Benny, G. Puds, I bet those kids is each werth a million dollers.

Well wat if they are, I sed, that dont make them eny better than we are, does it?

No, it ony makes them richer, sed Leroy Shooster.

Lets go rite up close to them and start to tawk as if we was rich as enything, jest to show them they aint the ony pebbles on the beech, sed Puds Simkins.

And me and him and Leroy Shooster wawked rite up close in back of the gerls, me saying, Well, Puds, I heer you got a gold piano in your parler now.

Yes, we gave the diamond one away because we was afraid of bergiers, sed Puds.

We got a lump of radium in our house, sed Leroy Shooster, my father bawt it for a million dollers, its hanging up in the kitchin insted of a electrick lite.

Bring it over to my party tonite and we can have some fun with it, I sed, its going to be a pritty good party, my fathers going to give all the fellers 2 million dollers apeece and all the gerls 3 million.

Wich after that none of us cood tink of enything elts to say, and I sed, Well, wat do you say we go erround and see your lump of radium now, Leroy?

Sure, help yourself sed Leroy Shooster. And me and him and Puds wawked away with our faces up in the air looking rich as enything.

THE CONTRAST.

Some man is freezing in a trench, while I sit by the fire, and tune up, with a monkey wrench, my bargain counter lyre. The fire is warm, the room is bright and easy is my chair; and some one, in the bitter night, is freezing in despair. Some soldier, far from home and friends, toils on through snow and ice; and he my cozy home defends, at what a ghastly price! Of course, that soldier must be fed, but do not ask, I beg, that I shall cut out wheaten bread, my steak or morning egg. With soldiers brave I sympathize, I weep for all their woes; but I can't do without my pies, my roasts, and things like those. I go to bed at 10 o'clock, and feel no cold or storm; the midnight blast the house may rock, but I am snug and warm. Some soldier, on a windswept moor, this night is stricken low; that I may rest in bed secure, he's bleeding in the snow. He's wounded, dying, in the night, no loving voice he hears; I'm truly sorry for his plight; I'll shed nine kinds of tears. But do not ask me, I beseech, to help the Red Cross cause; I'll gladly shudder, weep and preach, spring maxims and wise saws; but when you ask me for a plunk, why, that's another tale; I'm free with words and kindred junk, but cannot spare the kale.

Your Boys and Girls.

Mothers often set a bad examble for the children by the manner in which they abuse their teeth. For instance, many mothers bite the thread when sewing instead of breaking or cutting it. Everyone should know that this is very injurious to the teeth. By biting fibrous substances, the enamel of the teeth may be cracked and ruined. Biting hard substances endangers the teeth likewise.

To crack the enamel is not only to make a surface break. Each tooth is a mass of sensitive pulp, having a living nerve and covered by a hard coat of enamel. The salvia get through the tiny fissue made by a crack and is absorbed by the inner spony structure, and the result is often the quick loss of the tooth.

The complete breaking up of solid food and its thorough mixture with the saliva in the mouth, is indispensible to its solution in the stomach and intestines, upon which vigor largely depends. Hence it is worth while to avail oneself of the skill of the dentist to prolong the life of the teeth of your children as well as you own.

Rheumatism Entirely Gone.

After Twenty-seven Years of Suffering —Swelling and Puffiness Has Disappeared—Not a Pain or an Ache Left.

A most astonishing cure of rheumatism and eczema has been reported here, and Mrs. Ray is enthusiastic in telling her many friends how cure was effected.

Rheumatism and eczema frequently go together, and in this case caused the most keen distress imaginable. All the swelling and puffiness resulting from many years of rheumatism have disappeared, and there is not a pain or an ache left.

Mr. G. H. Ray, R. R., No. 1, Kincardine, Ont., writes: "Mrs. Ray has been using your Kidney-Liver Pills. She was very bad with rheumatism and eczema, and had had that fearful itch for twenty-seven years. It was simply terrible what she suffered. I persuaded her to try $1.00 worth of Dr. Chase's Kidney-Liver Pills. She is now on the last box, and let me tell you she scarcely knows herself, she is so free from both these diseases. All the swelling and puffiness caused by the rheumatism has gone away, and she has gone down in weight 19½ pounds. She never has an ache nor pain, billousness nor sick headache all these months. She often says herself 'How glad I am that I know what to do instead of paying doctors so much to make me worse."

There is only one way that the poisons in the blood can be cleaned away and the cause of pains and aches removed, and that is by the healthful action of the kidneys, liver and bowels. Because Dr. Chase's Kidney-Liver Pills act directly and specifically on these organs and insure their activity they remove the cause of rheumatism and other dreadfully painful and fatal diseases. One pill a dose, 25 cents a box, all dealers or Edmanson, Bates & Co. Limited, Toronto.

Look for the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author, on the box you buy.

Everyday Etiquette.

"In what way does a gentleman's card differ from that used by a lady?" enquired Percy.

"A gentleman's card is smaller and narrower than that used by a lady. Otherwise it is quite the same, the engraving being sometimes a trifle larger," answered his father.

IN AID OF W. P. A.

Under the distinguished patronage of His Excellency the Governor and Miss Harris, the usual Irish Night Entertainment will be held in the Methodist College Hall on Monday, 18th of March, at 8.30 p.m.

Songs, Dances, Recitations, Instrumental Selections by leading artistes, followed by J. M. Barrie's charming dramatic sketch, "The Twelve Pound Look," in which Misses Hayward and Keegan, Commander MacDermott and Lieut. Woolley will take part.

Doors open at 7.30 p.m. Concert at 8.30 p.m.

Tickets 50c. each, for sale on Thursday morning at the store of F. V. Chesman, where plan may be seen.

mar13,3i,w,th,s

MINARD'S LINIMENT CURES DIPHTHERIA.

CATELLIE'S
Macaroni, Spaghetti, Vermicelli.

GRAVY BROWNING.
CAPERS, 4 and 8 oz.
CURRIE POWDER.
CLARK'S TOMATO CATSUP
CALIFORNIA PEA BEANS.
AIRLINE PURE HONEY.
SALTED PECAN NUTS.
SARDINES, 15c. can.
MAPLE BUTTER, 1 lb. tins.
EMPEROR GRAPES.

KIPPERED HERRING.
FISH SOUNDS.
FINNAN HADDIE.
FRESH CODFISH.
BONELESS CODFISH.
SELECTED SALT FISH.
SMOKED BACON, 30c. lb. and up.
Machine sliced to your order. Try some to-day.

FRESH RABBITS To-Day.

C. P. Eagan
Duckworth Street and Queen's Road.

ARE YOU A BIG MAN?
If you are, here is an item to interest you.
$6.00 SWEATER COATS for $5.00.
All wool SWEATER COATS in plain Navy shade, V. neck, very comfortable. We are headquarters for the best in this line.

Smyth's
ESTABLISHED 1875
The Young Men's Store.

NO MATTER HOW THE FIRE IS CAUSED
if you're not insured, you're a loser. Take time to see about your policies. We give you the best companies and reasonable rates.
PERCIE JOHNSON
Insurance Agent.

P. E. I. Butter!
Just Arrived:
75 boxes P.E.I. Butter,
2 lb. Slabs.
GEO. NEAL

"Chill Chasers."

We have received another shipment of these popular portable heating stoves in three sizes which we are selling at $6.50, $7.50 and $8.50.

We also call attention to our special "Humphrey" Gas Iron, in nickel finish, complete with flexible tube connection. We are selling this Iron at $5.00, and recommend it as a useful Xmas Gift.

Phone 97, or call at our Showroom, Oke Building.

ST. JOHN'S GAS LIGHT CO.
dec22,tf

SPEND NOW

SPRING DRESS M...
Whipcord ...
Poplin ...
Serge ...
Gabardine ...
Stripe Jersey Cloth ...
New Tweeds ...

And many other staple... Stripes and Plaids. The... is evident in the predom... and Navy Blue among ...

'Phone 484.

True Heroes of the Sea

(From the New York World.)

The loss of the Florizel has its brighter side. The skill and daring and devotion that snatched forty-four persons from what seemed certain death have perhaps never been surpassed in the long record of ocean disaster. One can guess what the gale must have been from the fact that an experienced commander like Captain Martin misjudged the headway the Florizel had made against it and turned Cape Race, as he supposed, too soon. The coast is fanged with rock. The wind was driving breakers over the ship with such power that the Prospero was forced to stand by all night. When daylight made it possible to begin the rescue, not only life-boats but three dories set out on the work. The sea was too rough to make shore, and a second transfer had to be made at sea of persons half-frozen and wholly helpless, by men almost as battered by five hours of ceaseless struggle and exposure as themselves. If in such circumstances most of the saloon passengers perished, it was because of their slighter physique and feebler resisting powers. Nothing that could be done for them was neglected. There are Iron Crosses and decorations "Pour le Merite" for men who torpedo ships at sea and send down women and babies to a lawless death. Nothing prompts to such heroism as the Florizel rescuers showed except manly strength and stout hearts. That a man must do what he can at such a time is the simple creed of the heroes of the sea.

Household Notes.

Tomato sauce is much improved with a little chopped onion in it.

Let beets stand in cold water after boiling and they will skin easily.

If a faucet is clogged, give it an overnight soaking in a cup of vinegar.

Soot is a very poor conductor of heat—see that the chimneys are clean.

HOME...
obtainable from any dealer... purchase and use with con... which they are recommend...

Perry Davis' Painkiller for... Liniment for Sprains, Bru... years. 25c. & 50c. bottle...

Allen's Cough Balsam for... recommended for children... 50c. and $1.00 bottle...

"The D. & L." Hazo... the quick relief of Pneumo... Combines the well-known... air-tight tube. Price, 25c... size plasters, $1.00...

Davis' Liver Pills for Constip...

Davis' Menthol Salve So... Skin injuries and infection...

Dylcia Toilet Cream A... Complexion, Hand... up, 50c. per bottle. Send... Co., Montreal.

"The D. & L." Emulsion ... delicate women and children... chitis, Colds, etc. Palata...

Ferrovim. The Invigorating ... haustion, and General De... enough Pure Spanish Sher...
All these standard preparati... dealers, write to the Pro...
Davis & Lawrence C...