

FRIENDS SURPRISED AT WONDERFUL CHANGE.

Sydney Woman Never Dreamed Any Medicine On Earth Could Do For Her What Tanlac Did.

"My friends are all surprised when they see me, now, and want to know what I have been doing to make such a big change, and I lose no time in telling them it was Tanlac," said Mrs. Kenneth McArthur, 52 South Bentinck St., Sydney, N.S.

"For two years up until I began to take Tanlac I was dreadfully weak and run-down. I suffered from a bad form of stomach trouble and no matter how careful I was about what I ate, I had awful attacks of indigestion. I really had to force myself to eat anything as I lost my appetite and even the sight of food became distasteful to me."

"I had trouble with my heart skipping and jumping and I thought it was seriously affected, but I know now it was due entirely to the condition of my stomach. I was nervous and miserable all the time, getting little rest either day or night, actually felt so tired and fagged out I

could not climb the stairs.

"Tanlac proved to be one of the greatest blessings of my life. I began taking it just in time, as I had almost lost hope and was ready to give up. It has made me feel like a different person. I have a hearty appetite, eat anything I want and have no discomfort afterwards, and my heart seems perfectly normal. I haven't weighed recently, but I can tell I have gained a number of pounds in weight by the feel of my clothes, they are getting tighter all the time."

"Every trace of nervousness has left me. I sleep sound all night and wake up in the morning bright and happy. I never dreamed a medicine could do so much good in such a short time. It's truly wonderful."

Tanlac is sold in St. John's by M. Connor, in Paradise by Mrs. Martin E. Byrne, in Upper Gables by H. C. Haines, in St. Joseph, Salmonier, by Mrs. J. Gushue, in Milltown by Ex-Platts Valley Royal Stores, Ltd., in Flat Islands by William Samson, in Jamestown by Christopher Haines, and in Lewisville by Uriah Freake, advt.

To Solve Riddle of South Polar Sea.

COMMANDER COPE'S EXPEDITION

New York (Associated Press)—Julius Verne, by the widest stretch of his imagination, never conceived of an adventure in the realm of fiction more thrilling than that undertaken by the British Imperial Antarctic Expedition headed by Commander John Lachlan Cope, who, with five ships and their crews, started in September, 1920, on a five year quest to solve the riddle of the great unknown South Polar Sea.

Cope's reputation for daring and bravery was established when, as surgeon and biologist of the Sir Ernest Shackleton expedition he and eight of his comrades in misfortune, all hope of rescue abandoned, lived for two years in a little hut established by the intrepid Scott, amid the icy wastes of Ross Island. They were marooned when the "Aurora," the Mawson expedition ship of 1915, was driven away from them during a blizzard. Their final rescue constituted one of the most interesting chapters in polar explorations.

DASH TO THE SOUTH POLE.

The expedition, backed by \$750,000, has for its purpose, the circumnavigation of the Antarctic continent, a dash to the South Pole, the exploration of more than 1,200 miles of territory never before trod by civilized man, the discovery of new whale fishing grounds, the study of weather conditions and the extent of South Polar mineral deposits, especially of manganese, coal, granite, marble and rubies. Commander Cope declared before sailing that for six months of the year the climate of the northern area of the Antarctic is no more rigorous than that of Alaska or Siberia.

Cope's ship, the Thor I, left England on September 23, 1920 and from Norfolk, Va., where the commander stepped aboard her, on the following October 26, the Thor I, on the way to her base, stopped at Montevideo and

then went to Deception Islands in the Falklands, where motion pictures were made of whales disporting themselves at sea and being harpooned for their ambergris and bone and oil. Late in October, 1920, a second ship left Cardiff, Wales, for the Falkland Islands. Three whalers of 7,000 tons each and one whale catcher of 200 tons also accompanied the explorers from their base.

MEMBERS OF THE EXPEDITION.

The personnel of the expedition included also N. G. Lester, navigator; Thomas W. Bagehowe, geologist; Captain George H. Wilkins, chief of the scientific staff who accompanied the Stefansson expedition in the same capacity, and 120 men. An airplane called the "Kangaroo" and so constructed that it can land on the ice by means of skids was to be employed in the dash to the South Pole. The goal was expected to be reached in a flight of from 20 to 35 hours instead of a tortuous journey of many months on sledges. The flight was to be undertaken in summer and was not to be a non-stop journey.

ELABORATE EQUIPMENT.

The "Kangaroo" carried, besides five men, fuel, a sledge, cameras and food for one month and this weight was expected to handicap the fliers in crossing a mountain range with peaks 11,000 feet high which rise as natural obstacles to the Pole. The start was to be made from the great ice barrier at the Bay of Whales. The total weight of the plane, occupants and equipment was 12,600 pounds and it was to be driven at an average speed of 33 miles an hour. The party was to include, besides Commander Cope, Mr. Lester, as navigator, George H. Wilkins, Jr., photographer and surveyor; Thomas W. Bagehowe, geologist, and one other man. The airplane was also to carry 30 dogs, Canadian "huskies." Several other planes and an extensive wireless system by

means of which it was hoped to keep in touch with civilization at all times were to be held in reserve.

Commander Cope, before starting South, said that while the Thor I was circumnavigating the lower part of the Continent, her sister ship, sailing from Cape Ann, would go around the Bay of Whales and the upper part of the Continent, completing the circle. The other planes, meanwhile, were to be utilized on shore. They have a cruising radius of 1,000 miles but the first year were to be spent only 230 miles for the establishment of new petrol bases and the following year sent out an additional 250 miles. The Thor I was scheduled, according to Commander Cope's plans, to return to New Zealand in 1925 at about the same time that her sister ship returned to South America.

THE OBJECT OF THE EXPEDITION.

"Previous Antarctic explorations have been adventures," said Commander Cope. "This one is a scientific and commercial proposition. The final object of our enterprise is a search for the mineral wealth with which we are sure the South Polar regions abound." In addition to the minerals previously mentioned he said that Antarctica was rich in gold, silver, copper and lead in the chain of mountains that rise like gigantic sentinels guarding the secret of its vast and icy polar fields.

AFRAID TO EAT MEALS

"Pape's Diapiesin" is the best Antacid and Stomach Regulator known

When your meals don't fit and you feel uncomfortable, when you belch gases, acids or raise sour, undigested food. When you feel lumps of indigestion pain, heartburn or headache from acidity, just eat a tablet of harmless and reliable Pape's Diapiesin and the stomach distress is gone. Millions of people know the magic of Pape's Diapiesin as an antacid. They know that most indigestion and disordered stomachs are from acidity. The relief comes quickly, no disappointment! Pape's Diapiesin helps regulate your stomach so you can eat favorite foods without fear and a box of these world-famous stomach tablets cost so little at drug stores.

Just Folks
Edgar & Guest
WHEN YOU GIVE YOUR GIRL AWAY.

Last night we had it all rehearsed. An' I could joke about it then. But now the minister has an' men are waitin' in the parlor there, an' pretty soon they'll come, I know. An' tell me it is seven o'clock an' time for all of us to go. I wish I didn't feel like this—I wouldn't spoil the wedding day. I never thought 't would be so hard to give my little girl away.

Since mother tied my tie an' said that I looked fine, I've been in here just thinkin' of her, livin' over all her life from year to year. It doesn't seem so long ago since she was just the little tot I used to go an' kiss each night when she was sleepin' in a cot. An' now he's won her, an' to-night I've got a bitter part to play—It isn't any smilin' task to give your little girl away.

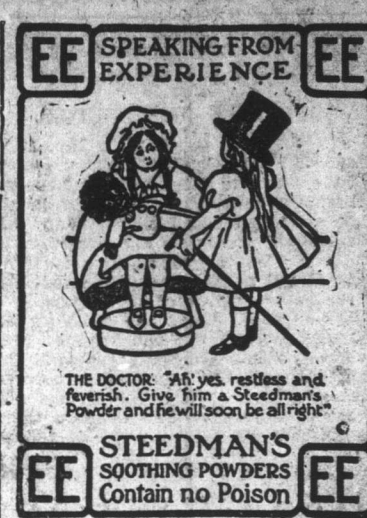
The boy's all right, I must confess. An' when he first came in to me, I asked if he could marry her, I was as proud as man can be. But here's the weddin' hour at hand, an' now they want me in the line—I hope nobody notices those red streaks round these eyes o' mine—All ready, Mother? Let's go down. 'What's that?' I'm quiverin', you say? Well, I confess it hurts down deep to have to give my girl away.

Stafford's Phorotone would not have the sale that it has only for the good results which it has proven to people who have tried it.—Jan. 15.

Cooking Eggs by Magic.

Cooking eggs and then returning them to their normal state is a secret trick practised by Indian fakirs. The apparatus consists of a leather boot-tongue and four pieces of string. An egg, after being placed in a sling made from these simple articles, is whisked high above the head and kept whirling at a great speed. No one can understand how the time required to cook the egg is reckoned, for no clock or watch is used. During the performance, the fakir talks to his admiring audience, and therefore cannot be accused of counting the time.

Should a customer wish a hard-boiled egg to be returned to its soft state, he need only speak. A little more skilful manoeuvring and the egg is as fresh as if it had just been laid.



Spartans Called

"Bricks."

To refer to some one who has pleased us as a "brick" dates back to very ancient times, and has its origin in a phrase delivered by the King of Sparta and recorded by so famous a historian as Plutarch. The Spartans or Lacedaemonians were trained to speak concisely and with a force to every sentence. This became so universal that one of our words to-day meaning "such expressed in few words" was taken from the name of the citizens, to wit: "Laconic." An ambassador from Epidaur was being shown over the capital of Sparta by the king himself. Some time prior to this there had been a great argument as to whether Sparta should have walls about its homes and temples, and the project had been frowned upon by the king and his chiefs. "Why are there no walls about the town of Sparta?" asked one ambassador who had heard of the argument. "Come with me to-morrow and I will show you the walls," said the king. The next day the ambassador was taken to a plain where there were drawn up untold Spartans in battle array. The king waved his hand toward them. "There are the walls of Sparta," he said proudly. "Every man is a brick."

For telephone, lighting or ignition purposes, RELIABLE BATTERIES are lively and long lasting—they give 100 per cent satisfaction.

First Font of Type.

A part of the first font of movable type ever made, cast in the year 1403 in Seoul, Korea, and bearing Chinese characters, is among a wealth of rare objects of artistic and historical significance in the Asiatic collections of the American (U. S.) Museum of Natural History. The other half of the ancient font is now in England. Each type of this font is cylindrically concave on the under side, to make it cling more firmly to the bed of beeswax which constituted the "form." When the type had been firmly and evenly embedded in the wax, the printer, sitting crosslegged before the form, covered the type with ink applied with a soft brush. Then the paper was laid lightly on the form and a piece of felt was brushed gently over the paper with one hand, after which the other removed the printed page. It was possible to strike off as many as 1,500 impressions a day in this way. Thrown aside as useless, the font lay as rubbish on the floor of the government printing office at Seoul, during the Japanese invasion of 1892 to 1897, and escaped being carried off into Japan. Later, however, the types were collected and the font again made up and used for printing.

Drink Baker's Cocoa Every Day

It is so delicious, so strengthening, so healthful, contains so much valuable food material that it should be used every day.

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Walter Baker & Co. Ltd.
ESTABLISHED 1829
MONTREAL, CANADA. DORCHESTER, MASS.

MOLASSES!

We guarantee the quality of all the Molasses we have in stock.

As a matter of fact, not for years has the quality been as good as that we now have, but as an additional precaution every puncheon leaving our premises is carefully tested by our master-cooper.

While the situation is generally regarded as weak, it must be remembered that there is a shortage in the importation this year of approximately 4,000 puncheons, while the new crop prospects at Barbados are regarded as none too bright.

Our stock consists of genuine Number 1 Choice Grocery and Fancy grades in puncheons, tierces and barrels, and we can readily look after the Trade's requirements.

HARVEY & CO., Ltd.

BEST GRADE HEAVY COATED

ENGLISH ENAMELLEDWARE.

Brown and White. Prices Right,

First shipment since the war.

Full Line of:

Childs' Baths, Cups and Saucers, Colanders, Dinner Plates, Soup Plates, Mugs, Chamber Pails, Frying Pans, Sink Drainers, TEA POTS and SAUCEPANS.

JOHN CLOUSTON

P. O. Box 1243.

140-2 Duckworth Street, St. John's,

Phone 406

Tree Traditions.

We no longer worship at the shrine of the ash and the oak on religious occasions, as did our ancestors, though superstition still makes us line our walls with holly, evergreen and fir, and hang a bunch of mistletoe in the doorway at Christmas.

Witch-hazel-mistletoe are relics of Druid festivals, and at one time the former was immersed in the water that was used to sprinkle on newborn children. Then no harm, it was said, could attack them.

Among the ancients, the laurel held first place, and the laurel wreath was the proud reward of anyone specialising in one of the arts, in athletics, or in prowess of some kind. To preserve against lightning, too, the Greeks favoured the bay tree, said to be impervious to storms. The withering of

the bay tree prophesied evil happenings.

A rather unhappy Continental belief, which prevails to this day in some localities, is that the whitethorn formed Christ's crown of thorns, and that this tree utters groans and cries on Good Friday. In bad odour, too, is the mistletoe in some lands. An old Celtic tradition tells us that it was originally a forest tree from the wood of which was made our Saviour's cross. Consequently, the mistletoe was doomed to exist as best it might as a parasite for its evil action.

Composer Makes New Discovery.

There has been much talk by archaeologists that the American Indian and the Chinese primitive civilizations are from the same source. Hence some professors have gone so far as to believe that the American Indians had their origin from the Chinese. Be that as it may, however, here is a fragment which may enlighten the curious minds of the professors and the archaeologists.

It has been discovered by Charles Wakefield Cadman, the famous American composer, and Moon Kwan, a young Chinese poet, that the American Indian flageolet and the Chinese flute are identical. That is, the tones and scales are alike.

Mr. Cadman explains that the Omaha Indian flageolet or flute is usually made of red cedar or willow wood. In the old times this instrument played a great part in the "wooing" scenes of Indian romance. The serenading would always be heard at the break of day or as the sun was coming up the horizon of the east. If the plaintive notes of the flageolet lured the maiden from her teepee or home to her lover then they would walk along the village path, she under his gaily colored blanket and he with his arm about her. This was considered an engagement, and soon the old chief would make them man and wife.

Mr. Cadman has set three of Mr. Kwan's poems to music which is based upon genuine Chinese themes. These were played by Mr. Kwan upon the Chinese flute, and, as Mr. Cadman plays the Indian flageolet, the identity of the two instruments was discovered. The title of the cycle is "The Willow Wind."

A Chinese legend tells how the phoenix, the mythical bird that symbolizes virtue and immortality, rested

upon the bamboo on Quam-Lun mountain and carved with its claws the holes for the flute's celestial notes.

And it has been used by the Chinese to express love and emotion ever since its invention (3000 B.C.). It has a most plaintive and appealing quality, and there is one story that tells how once a lovely prince in exile played a melody so wistfully upon it that it charmed a goddess from the moon to be his mate—Musical Courier.

The Unpopular Title "Dame."

(From the Liverpool Post.)

It seems that the title of "Dame," which goes with the highest honor for woman in the British Empire Order, is not altogether popular, and it has been publicly stated on behalf of Mrs. Lloyd George that she prefers to be known as "Mrs." It must be confessed that "Dame" was perhaps not the happiest word, though it was difficult, no doubt, to find a better. There is something a trifle stodgy, if I might say so, about "Dame," which brings with it memories of "dame schools" and such things, and it is quite likely that the word which was intended to give distinction in this case will be quietly dropped altogether in future. As far as I have noted, very few of the D. B. E. have ever used it, though it is occasionally conferred on them in the newspapers, and it certainly is not regarded in the same light as the "Sir" which attends the highest ranks of this and other orders. Perhaps its suggestion of widowhood is against it.

STOP THAT COUGH

A good many people have the idea that a cough does not amount to much—most excellent people whose throats were sorry to lose them. Now make this mistake—a cough is the first step towards serious and fatal sickness. Stop it right there. Stafford's Phorotone Cough and Cure has proved a marvellous stopper. Price 35c. bottle, 75c. 10c. extra.

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ECZEMA

ment for Eczema and Skin Itches. It relieves at once and fully heals the skin. Sample bottles sent free. If you need it, send for it. All dealers or Edmunds, St. John's, Newfoundland.

A Story of Handel

The Orchestra of Mary-le-bone, den, stood upon the site of the old now No. 17, in Devonshire Place, very near where Mr. Purcell's Boarding-school stood, nearly opposite to the old church, still standing in High Street. Mr. Fontaine succeeded Mr. De la Place in school, was once walking with the round Mary-le-bone Gardens, and on hearing music which he could understand, observed to the "This is d-d stuff!" "It may be stuff, but it is mine," rejoined Handel.

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Good cooks find uniform wholesomeness in the perfectly raised biscuits, muffins, waffles and cakes baked with Rumford.

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Rumford is absolute in purity, unsurpassed in quality. Its uniform strength, efficiency and dependability have made it the choice of good cooks everywhere.

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THE WHOLESOME

BAKING POWDER

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