

ARRIVED: **Galvanized Buckets**,

sizes: 11, 12, 13, 14 inch

LSO SO CASES melware.

Coffee Boilers. Milk Kettles, 1, 2, Pie Dishes. 4 gts sizes. Dinner Plates. Mugs. Dippers. Chambers. Sink Drainers. Funnels.



S, OIL HEATERS, ck), LAMP BURNERS & CHIMNEYS, ENAMEL, ALUMINUM PAINT.

TINWARE, at CLOUSTON'S, ckworth Street

PHONE 406.

the "Telegram.

But whether the cause of such a condi-tion is from overwork, worry, mental anxiety or nervous shock, restorative

A Mother's Eline Lilly

F there is ever a time when a girl needs the sympathy of a loving mother it is when her nerves give out, for there is cells. no condition under which one feels so

utterly helpless and discouraged. Nervous diseases are too often misun-

derstood. Even the family doctor's knowledge of diseases of the nerves is limited, and he sometimes makes the mistake of joining with those who are deceived into believing that the patient only "thinks she is ill," is only "putting it on."

And so it happens that patients suffer-ing from neurasthenia and nervous pros-tration are often greatly wronged and even cruelly treated.

The mental tortures of nervous suffer-ers are often so indescribable that no physical pain can be compared to them.

The patient may look perfectly well or she may be mentally ill and gloomy. One day she may feel better and begin to be encouraged, only to be more discouraged than ever on the day following. sers.

If in addition to the disheartening na-ture of her aliment she finds her friends and relatives out of sympathy with her you can scarcely wonder at the develop-ment of a chronic state of gloom and desnondance

St., St. John's, Sole Agent.

treatment must take the form of nourishment for the starved and depleted nerve

While there is not the hopelessness in such cases that there is when paralysis sets in, the building up process must necessarily be slow at first, and the patient needs all the sympathy and encouragement that she can get.

There is no question that the regular use of Dr. Chase's Nerve Food will restore the run-down nervous system, but the treatment must be persisted in if the best results are to be obtained.

The use of the nerve food will stimulate the appetite and improve digestion. It is important that the food should be the most wholesome and most nourishing in order that an abundance of rich, red blood may be formed.

The patient should get into the sunshine and out into the fresh air, if possible. Her associates should be cheerful and pleasant. Keep out the pessimists and gloom

While the building-up process resulting from the use of Dr. Chase's Nerve Food may seem slow at first, it is most highly satisfactory, be-cause the benefits obtained are lasting. You can feel that each dose is at least doing some good, and that you are on the road to recovery.

Dr. Chase's Medicines are sold by all Druggists and Dealers in St. John's and the Outports. Whole-sale quotations from GERALD S. DOYLE. Water

Gold Seal will make better Buns, etc. than any other Flour, it's White Flour.

Colin Campbell, Ltd.

on consignments.

Ltd., Oporto.

References:-

CODFISH IMPORTERS.

UNIAO IMPORTADORA, Ltd.,

Trust of 18 Great Importers,

OPORTO-PORTUGAL.

Telegrams :--- Uniao Importadora.

KARARAKARARAKARARARARA

Buyers and Consignees. Liberal advances

Banco de Portugal, Banco Nacional Ul-tramarino, London & Brazilian Bank,

jan19.eow

out of at total of 240. N. I. W. A. WILSON'S MOVEMENTS.

PARIS, Dec. 20. The last meeting of this Association President Wilson will statrt for for the year was held last night, the ondon immediately after he has President in the chair. The next Christmas dinner with the American meeting will be held on January 3rd, troops in the field. He will not return when the election of officers will take directly to Paris but will visit the place.

desire to consult the British Government regarding the Russian situation before the preliminaries to the peace

conference. The correspondent points

to the presence in London of former Premier Kerensky and Paul Milu-

koff, former Russian Foreign Minister and leader of the Constitutional Democrats. He also called attention in this

connection to Wednesday's statements

by Viscount Milner, the Secretary for

War, on the Russian situation which

was "evidently intended to prepare

GERMAN ELECTIONS, JANUARY 19.

(By the A. P.)-The congress of

Soldiers and Workmen's Council has

decided that elections to the National Assembly shall be held on January 19. Those opposed to the summoning of a

National Assembly polled only 40 votes

BERLIN Dec. 19.

the public for events to come."

devastated regions of Northern France and Belgium. It is expected he will be Constitution which will be undertaken back in Paris about January 4, on the by a committee to be appointed by the eve of the first meeting of the inter- incoming executive, was given. A com-Allied conference on January 6. The mittee from the Association with a ppening meeting of the inter-Allied deputation from the G. W. V. A. will onference will be confined to repre-entatives of the Allies and the United mittee to-night to discuss matters re-States who will arrange a common lative to the re-employment of return-States who will arrange a container latter to the to the provide the section for the formal sessions of action for the formal sessions ed soldiers. A meeting between these took place in October, but further sestions were prevented by the Board of January.