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Marshall Bros

To Arrive--Ingrain and Oatmeal
Papers with Frieze to match.

Side Talks by Ruth Cameron

GIVING YOURSELF THAT PUSH.



Do you remember that I wrote some weeks ago of the dreadful state of depression one sometimes gets into, and of the tremendous help that a friend sometimes gives one by bringing some pleasure into one's life at such a crucial moment?

I told of a friend who carried me off on an auto trip and started me, when I had gotten into this "cul bono" condition, on an upgrade which I have ever since been able to hold. In response to this talk, I received a letter which carries my thought a step further in a direction that it certainly should be carried.

This is the letter:

"It was with much satisfaction that I read 'A Push That Helps' in this morning's paper, for you describe so accurately a state that has troubled me a great deal in the past two years.

You CAN Do It Yourself.

"May I just add that while it is such pleasant to have this 'push' come from a friend or acquaintance, as it did to you, yet one can do much for themselves along this line by determining to do something which, even though it seems of little interest to think about while in this mood, will be a change and force oneself out of that awful depressing state of mind.

"Slowly I have come to the realization that one must depend on oneself when it comes to conquering the things that make for an unhappy state of mind, and each victory gained makes the next one a little easier.

Even When You Don't Want To.

"And so, lately, when life doesn't seem in the least worth the effort of living, I force myself to do something that I have thought at times I like to do, such as visiting an Art Gallery or Museum, or perhaps taking a trolley ride to some nearby place of interest, or many times just going to see a play that might prove interesting--anything so that I make an effort to overcome a depression that is dangerous to allow to grow on one.

"Of course, it is much nicer to have a friend invite one to do some pleasantly unexpected thing, but we can't always have this help just when

it is most needed, and that is why I am trying to learn to help myself at such times."

Isn't that a fine letter and a worthwhile thought?

There are so many of these things that one can do even without large means.

Even writing a letter to someone one is fond of, will help at times. Or going to call on some person with the gift of a happy disposition and an interest in life.

Get Out of that Rut SOMEHOW.

Of getting hold of some thoroughly interesting novel.

Or trying out some new household device, or some new schedule.

You've heard of the old lady who didn't mind washing dishes in a friend's house because they were different dishes from the ones at home that she had washed so many hundreds of times!

One of the big elements in the depressed feeling is apt to be that one has gotten into a rut, and anything that will help in any degree to joggle one out of a rut is worth trying.

But while you are using this medicine, don't fail to see if there is any physical reason for this mental state, and get at that, too, if possible.

Coughs and Colds.

Stafford's Phoratore.
Stafford's Syrup Tar and Cod Liver Oil.
Stafford's White Pine & Tar.
Stafford's White Pine Eucalyptol and Honey.
Stafford's White Pine Eucalyptol and Menthol.

Stafford's White Pine Balsam.
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Stafford's Chlorodyne Cough Syrup.
Stafford's Baby Cough Syrup.
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Wholesale and Retail Chemists and
Druggists, St. John's, Nfld.

More and more elaborate are the evening hair ornaments. Gold and black embroidery is pretty on navy tricot.

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250 cases No. 1 LOCAL SALMON.
160 cases 1's TALL IMPORTED SALMON.
50 cases NOR. SEA SARDINES.
20 cases BRUNSWICK SARDINES.

Soper & Moore

Wholesale Only.
PHONE 480.

IN CUBA.



Where Cuba dots the ocean, John Barleycorn is gone, to offer men a potion from his old demijohn. Some soaks may find it handy to sail for Cuba's shore, and get a swig of brandy, or maybe three or four; but Cuba soon will weary

of opening her gates to pilgrims jagged and beery, to stewed hangerover skates. And she will say to Johnnie, to Barleycorn, "Aroint! Take out your bugle tawny, and close your sordid joint! Your free lunch wienersursty, let it be straightway fired! You're bringing legions thirsty who make the island tired! And strangers weird and frisky whose breath pollutes the air, are coming here for whiskey from almost everywhere; they come from western valleys, from eastern hill and dale; they're sleeping in our alleys, decaying in our jail. They spoil the reputation of this our fragrant isle, they're bringing tribulation to folks who tain would smile. So take your locoliquor, your poisoned forty drops, and onest stop to bicker, but haste to hop the hops." No moral country wants him, no island, bay or cape; his doom pursues and haunts him, and hangs on him the crape.

"Granny's Laddie."

TO THE MEMORY OF ONE OF THE BOYS I MET AT THE FRANT.

(By HARRY LAUDER.)
His hair was fair, and his eyes were blue.
His face was burned a brownish hue;
I said: How old are you, my lad?
He said seventeen and a half by Gad;
I'm maybe looking forty-two.
(His hair was fair and his eyes were blue.)

I said: How long have you been here, man?
He said: Since two weeks after the show began;
He said: I've been here since "fourteen."
And wouldn't miss what I have seen; I've just seen brave men all the while, Men! don't cry here, when dying, they smile.

He said: I've been to Neuve-Chapelle, Where the guns barked like Hounds of Hell;
I've heard men say, what they've seen in the blues,
Was nothing compared with the battle of Loos;
I've been up to my knees and chin in the mud,
When my pulse stood still, and my eyes oozed blood.

He said: "I've seen you in Scotland," his eyes beamed bright,
His face lit up with a beautiful light;
Then smiled and said, if I don't get home,
Tell my "Granny" ye saw me, and that I died game;
Tell her because I would like her to know,
I played my part here wi' the best o' men.

"ROSY-FIT"

If Bilious, get your
Pep and Color back
with "Cascarets"

Furred Tongue, Bad Taste, Indigestion, Sallow Skin, and Miserable Headaches come from a torpid liver and sluggish bowels, which cause the stomach to become filled with undigested food which sours and ferments, forming acids, gases, and poisons. Cascarets to-night will give your bilious liver and constipated bowels a thorough cleansing and have you feeling clear, bright and as fit as a fiddle by morning. Cascarets never sicken or inconvenience you like nasty Calomel, Salts, Oil, or gripping Pills. They work while you sleep.

Stafford's Liniment for Neuralgia, Lumbago, Rheumatism and all kinds of Aches and Pains. Price 20c. bot. For sale everywhere.—Feb 2, 1920

Ostrich plumes hold their own in the spring millinery. The extremely tight skirt is extremely out of fashion.

Published by Authority.

His Excellency the Governor has been pleased to accept the resignation by Charles G. LeVisconte, Esq., M.D., (King's Cove), of his Commission as a Justice of the Peace for the Colony.

His Excellency the Governor in Council has been pleased to direct that Rencontre West, be made a Port of Entry for the Colony.

His Excellency the Governor in Council has been pleased to appoint: Hon. H. J. Brownriggs, Minister of Finance and Customs (Chairman); Hon. R. A. Squires, K.C., Colonial Secretary; Hon. W. R. Warren, K.C., Minister of Justice; and Hon. W. W. Halfyard, to be the Treasury Board, under the provisions of Section 10, Cap. 19, 61 Vic., "An Act Respecting the Department of finance and Customs." Lieut.-Col. Rendell, C.B.E., (Chief Staff Officer, Department of Militia) to be a member of the Military Hospitals Commission. Mr. John Forbes, to be Chief Examiner of Engineers, and Assistant Inspector of Boilers, in place of Mr. D. M. MacFarlane, transferred. Mr. Lewis Crumme, to be Sub-Collector of Customs at Western Bay, in place of Mr. P. L. Fahy. Mr. Samuel Mills, to be Sub-Collector of Customs at Rencontre West. Rev. Canon L. L. Jeeves, to be a member of the Church of England Board of Education for the District of St. John's. Mr. William Vey, (Long Beach) to be a member of the Church of England Board of Education for the District of Random, in place of Mr. George Vey, retired. Mr. James Inder, to be a member of the Church of England Board of Education for the District of Eastwood, in place of Mr. Harry Burt, retired. Rev. E. Andrews, Messrs. James D'Aré, Nathaniel Parsons, Jacob Morgan, to be members of the Church of England Board of Education for the District of Coley's Point, in place of Messrs. William French, James Earle and John Kelly, retired. Mr. Thomas Nesworthy, (Brigus) to be a member of the Church of England Board of Education for the District of Brigus, in place of Captain Moses Bartlett, retired. Mr. Bethlehem Mercer, to be a member of the Church of England Board of Education for the District of Bay Roberts, in place of Mr. D. G. Fraser, retired. Mr. H. G. Chafe, to be a member of the Church of England Board of Education for the District of Brigus, in place of Mr. S. E. Chafe, retired. Mr. William Fahy, to be a member of the Roman Catholic Board of Education for the District of Northern Bay, in place of Mr. John T. Hogan, retired. Messrs. Martin Barnes, (English Hr.) and Martin Pottle (English Hr.), to be members of the Methodist Board of Education for the District of Trinity, in place of Messrs. Gilbert Bugden

10 lbs. PERFECTLY SOUND VALENCIA SILVERPEEL ONIONS, 70c.

VAN HOUTEN'S COCOA

2½ oz., ¼ lb. and ½ lb. tins.

Eno's Fruit Salts, 90c. bot.
1 lb. tins Salmon, 27c.

Raspberry & Strawberry Jam, ¼ & 1½ glass
Shirriff's Marmalade, 1 lb. glass, 46c.

"DEL MONTE" SLICED HAWAIIAN PINEAPPLE, 2½ lb. tins.

"SUNKIST" SLICED HAWAIIAN PINEAPPLE, 2's tins.

C. P. EAGAN,

Duckworth Street & Queen's Road

and William Ivany, retired. Mr. Edgar Davis, (Safe Hr.), to be a member of the Methodist Board of Education for the District of Greenspond, in place of Mr. John Bourne, retired. Mr. William Perry, (Indian Island), to be a member of the Methodist Board of Education for the District of Seldom Come By, in place of Mr. Thomas Carrell, retired. Mr. Thomas Spencer, to be a member of the Methodist Board of Education for the District of Fortune, in place of Mr. John Bennett, retired. Messrs. Charles Courtney, (Petites); John R. Billian, (Grand Brunt); and Frank Stickley, (LaPelle Bay); to be members of the Methodist Board of Education for the District of Petites, in place of Messrs. Prescott Anderson and Philip Bon, retired. Messrs. Kenneth Hick, (Dong Cove); and Albert Elliott, (Musgrave Hr.); to be members of the Salvation Army Board of Education for the District of Twillingate.

Department of the Colonial Secretary, March 2nd, 1920.

PILES

Do not suffer another day with Piles. No surgical operation required. Dr. Chase's Ointment will relieve you at once and as certainly cure you. See a box; all dealers, or Edmunds, Bates & Co., Limited, Toronto. Sample box free if you mention this paper and enclose 10c stamp to pay postage.



BE A GENTLEMAN.

You can grow rich and rise to fame. Life's highest prizes you can claim. And prove your skill and prove your might. And still be kindly and polite.

You can grow great without conceit. Can be a friend to all you meet. And have a cheerful word to say. And still get far along life's way.

You do not need to wear a frown To come to glory or renown; You can succeed in any sphere And still respect your neighbors here.

You need not treat your fellows ill To prove that you're a man of skill; Just look about you and you'll find The biggest men are also kind.

You need not wear a stony face To hold your station or your place. You can do all that mortals can, And still remain a gentleman.

Onoto Pens

THE SIMPLEST PEN TO USE.

The Onoto will fill itself in a flash from any ink supply and it cleans itself in filling.

You can regulate the flow of ink to suit your handwriting.

When you have finished writing a twist seals the reservoir so that the ink cannot escape until you yourself release it.

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By Gene Byrnes