

Vaseline

Oxide of Zinc

For Eruptions and Sores

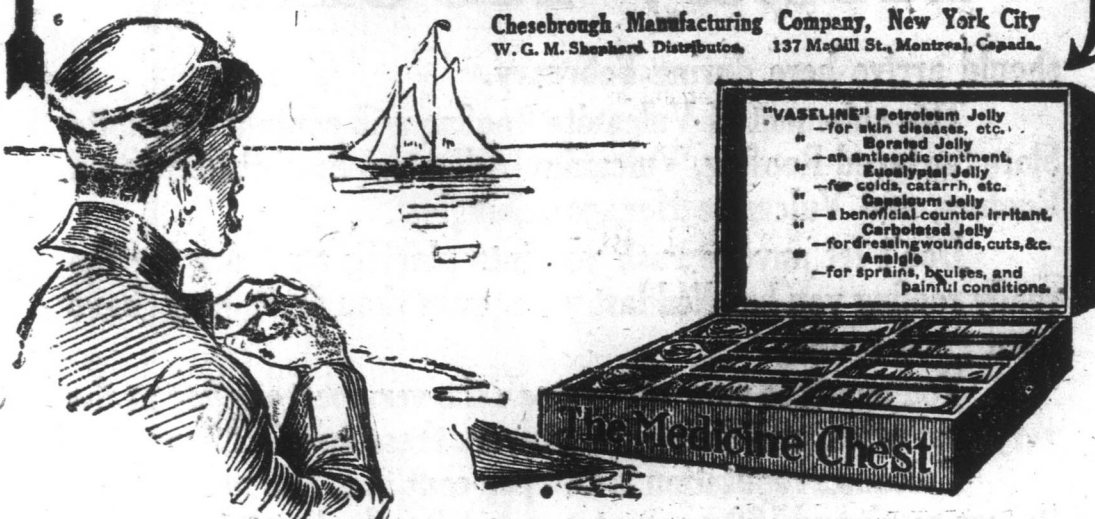
Is available as a ready remedy for eruptions, sores, eczema, etc. It should be kept in every medicine chest—in the home, and on the vessel.

START A MEDICINE CHEST

With a liberal supply of Vaseline Oxide of Zinc Ointment and the other "Vaseline" preparations shown here on the lid of the chest.

Sold at all drug and general stores.

Chesebrough Manufacturing Company, New York City
W. G. M. Shephard, Distributor, 137 McGill St., Montreal, Canada.



Side Talks

by Ruth Cameron

GETTING WELL



Anyone who has never convalesced from a serious illness, has missed one of the most wonderful experiences in life.

By a serious illness, I do not mean necessarily a dangerous illness, but one severe enough to take you completely out of the routine of daily living, set you apart, and give you a perspective on all the processes and sensations of life.

An Exquisite Negative Sensation.

The convalescence should begin with relief from pain. In all of the most wonderful things that nature has to offer, it is a sort of essence of peace distilled through your veins.

It does not seem possible to you, when it first comes, that you will ever cease to be conscious of, and grateful for it. You feel you must keep very still, you scarcely dare speak above a whisper, lest you break the spell.

That is one day. The next, you have come to take this gift of the gods for granted.

They Prepare Another Gift.

But the gods are forgiving. Instead of resenting it, they prepare a new gift for you. The gift of hunger. Never before have you savored a six course banquet as you savor that first dish of broth. Never, even in days rich with the eager desire of childhood, did your teeth sink into the most delectable piece of candy with any more delight than they strike into the first bit of unuttered toast that the doctor grants you. You eat it slowly, as food is meant to be eaten. You taste it as food is meant to be tasted.

Perhaps getting to be your next great adventure. How good it feels to be moving yourself, once more, instead of being moved by others. Strange, you never realized before what a wonderful thing it was to be able to walk (strange, too, how soon you will forget it).

You Creep Out Into the Sunshine.

And then comes that blissful day when you creep out into the sunshine. If your convalescence has been properly arranged it is spring sunshine. And you sit there, quiet, content, and let your soul and body be healed by it and you say to yourself, "I have been through a wonderful thing."

Convalescence is in itself a sort of springtime. Your loosening from the bonds of pain is like the gradual stirring into life of the earth.

Truly anyone who has never convalesced from a serious illness, has missed one of the most wonderful experiences in life!

How Happiness Helps.

Happiness is without a doubt one of the greatest medicines we have. We may not all grow fat with laughing, but laughter does us a great deal of good.

Happiness strengthens the beating of the heart and helps to deepen the breathing. If we eat our meals in the company of happy people and share their happiness and content of mind, we will not be troubled with indigestion, for a contented mind helps the gastric juices to deal with our food more successfully.

On the other hand, if we are unhappy the digestion of our food is seriously interfered with.

Laughter as an exercise has a very special value. It is invaluable to the muscles of the body and more particularly those muscles by which we breathe. The extra deep breathing which occurs when we laugh not only exercises the muscles of the chest it also, indirectly, exercises the heart.

In this way more oxygen passes into the blood and is carried more quickly than at other times to the different parts of the body.

But when we cry, our breathing is made irregular which, in its turn, affects the beating of the heart.

How the Black Watch Won the "Red Heckle."

For over a hundred years the regiment variously known as "the 42nd," "The Black Watch," and "The Royal Highlanders," have worn a decoration in their feathered hats distinctive of themselves. The other Highland regiments have a "heckle" of white feathers which passes over the left side of the full dress bonnet. The "heckle" of the Black Watch is red—a vulture plume; and the story of how the distinction was gained is worth recording. The regiment was in Flanders in 1795; and it had already, after years of trying service, proved itself thoroughly dependable in the most trying circumstances. It had so inspired confidence in the army leaders, and its valour was considered so invincible, that it was liable to be called upon to perform duties that would not have been expected from other corps. It was the 4th of January, 1795, and the British had, after driving the French across the ice-covered Waal, retired upon the village of Gildersdalens. The 42nd and several other regiments formed up to cover the retreat through the village—for the French had returned, and were pressing on in overwhelming numbers. The 78th were the first to encounter the French. This regiment gave way—the cavalry bolted, and the cannon was captured and turned upon the retreating British. The situation was critical, but the 42nd remained steady as a rock, face to face with the oncoming French. "Forty-second," cried Sir David Dundas, "for God's sake, and the honour of your country, re-take those guns!" Two companies of the Black Watch dashed out, but were repulsed; two more were sent out and engaged the French in a death grapple. The French were checked and driven back; Highland valour triumphed; the guns were re-captured and carried back to the village. Up to this time the 11th Dragoons had worn a red heckle as a distinctive decoration. But when General Sir David Dundas saw the Black Watch, and the guns being brought to a place of safety, he cried out, "Black Watch, the 11th Dragoons shall never wear the red plume on their helmets any more; and I hope the 42nd will carry it as long as they are the Black Watch!"

Nouriture Laxative Infallible, "LES FRUITS."—dec9,11

Mennonites to Leave Canada.

Forty Thousand are Going to Settle in South Eastern Mississippi.

Winnipeg, Dec. 22.—A local paper publishes the following to-day: "Mennonites of Canada, numbering over forty thousand, are making plans for migration from Canada to South Eastern Mississippi. The coming of spring will see the vanguard of the movement leave this country."

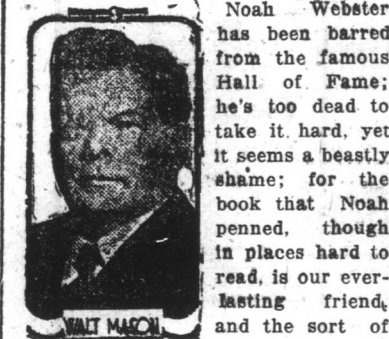
"H. A. Emmerson, of Yellow Pine, Ala., head of a large American land syndicate has been in conference with H. M. Klausen, representing Manitoba Mennonite colonists here and an agreement for the purchase of 135,000 acres of land in Mississippi has been entered into. The price paid for the tract was \$18 per acre, fifty per cent in cash and Victory Bonds at par, and the balance to be paid in Canadian currency."

"Mr. Emmerson extended the Mennonites an option on another 100,000 acres of land to expire March first, 1921."

"Governor Russell, of Mississippi, has promised the Mennonites every religious and educational freedom demanded."

"One hundred thousand acres of Mennonite land holdings have already been disposed of in the Swift Current district to French Canadian purchasers. Swift Current Mennonites will be the vanguard of the great migration to the United States."

POOR OLD NOAH.



Noah Webster has been barred from the famous Hall of Fame; he's too dead to take it hard, yet it seems a beastly shame; for the book that Noah penned, though in places hard to read, is our ever-lasting friend, and the sort of friend we need. Noah's picture must not hang in the Hall so bright and fair, though 'twould honor all the gang of punk poets entered there; Noah wrote no cheap romance, and he played no rhymster's game, so he never had a chance in the wall known Hall of Fame. Noah took the toughest words that the country could invent, or could borrow from the Kurds, and he showed just what they meant; not a word could get away, when this man was on his trail; he would chase it day by day till he grabbed it by the tail. 'Twas a time, many a back but old Noah held it down, while his neighbors used to bark idly in the idle town. Sages, poets, all such birds, went to Noah's noble tome, for the meaning of the words that they used in speech or poem. Now the sages and the birds fill that Hall of high renown, while the surly outside guards turn the gifted Noah down. Shade of Noah, never mind! You're a winner just the same, though the judges, deaf and blind, shoo you from the Hall of Fame.

Will It Cost a Million Dollars?

By an agreement made between the Coaker-Squires government last summer the Government, which is operating the Railway service till next June undertook to pay for any deficit over \$100,000. Opposition papers point out that although the line was not operated over the Topicals last winter there was a deficit of considerably over half a million (\$466,949.02 to be exact) last year. As the Government Commission now plans to operate the road through the country this winter it is openly stated that the Colony will face a loss of a million dollars by next June on operation of the railway alone.—Twillingate Sun.

The Gift for Health from the East, "LES FRUITS." ELLIS. dec9,11

The Commercial Night School.

The advertisement of the Commercial Night School in our columns this week strikes a timely note of real progress. "The evening out of the efficient first" is taking place to-day. Never before was there so much need for far-seeing or efficient service in business. Courses are being given in New York University in Trade and Transportation, Marketing and Advertising, Wholesale and Retail Business, Real Estate, Organization and Administration, Political, Industrial and Social Economy, Economic Geography, Finance and Accounting, Secretarial Training, Psychology of Business, Salesmanship, etc. All these are necessary for a wider outlook and next year the Principal of the School, Mr. P. G. Butler, who is continuing his courses in these subjects again this year for his Master's degree in Commercial Science and Philosophy intends adding an advanced course along these lines here next year in the Commercial Night School, in addition to the present Stenographic and Accounting Departments of the School, and every one will wish him success. The School is continuing this winter under the ablest management and assistants available and students are assured a successful year.

No "Scripts" Required

FOR STAFFORD'S ESSENCE OF GINGER WINE.

DIRECTIONS:—Dissolve 1 1/2 lbs. of sugar in 3 quarts of water and add contents of one bottle of Stafford's Essence of Ginger Wine. This will make 120 ounces of Ginger Wine. One wineglass contains two ounces. Just imagine, 60 glasses for 63 cents. Practically one cent per glass. The proof:—
1 1/2 lbs. sugar at 25c. 37c.
1 bot. Stafford's Ess. Ginger Wine. 26c.

We have over ten thousand bottles (10,000) ready for sale at the present time. The past two years we have not been able to supply the demand on account of the difficulty of procuring the ingredients but this year we have been able to obtain large stocks.

Stafford's Essence of Ginger Wine only 20c. bot. Postage 10c. extra.

DR. F. STAFFORD & SON,
Wholesale and Retail Chemists and Druggists,
St. John's, Newfoundland.

St. John's Anniversary.

The anniversary of St. John the Evangelist, the patron saint of Freemasonry, was celebrated by Royal Albert Lodge, 19, A.F. & A.M., on Sunday last. The members of the fraternity paraded to St. John's Church of England, where an excellent sermon was preached by Rev. A. W. Nicholls. The music by the choir, under the leadership of Prof. T. T. Williamson, was of a very high order and splendidly rendered, and those who were privileged to attend the service, expressed themselves highly pleased at the manner in which it was carried out.—North Sydney Herald.

KEEP IT SWEET

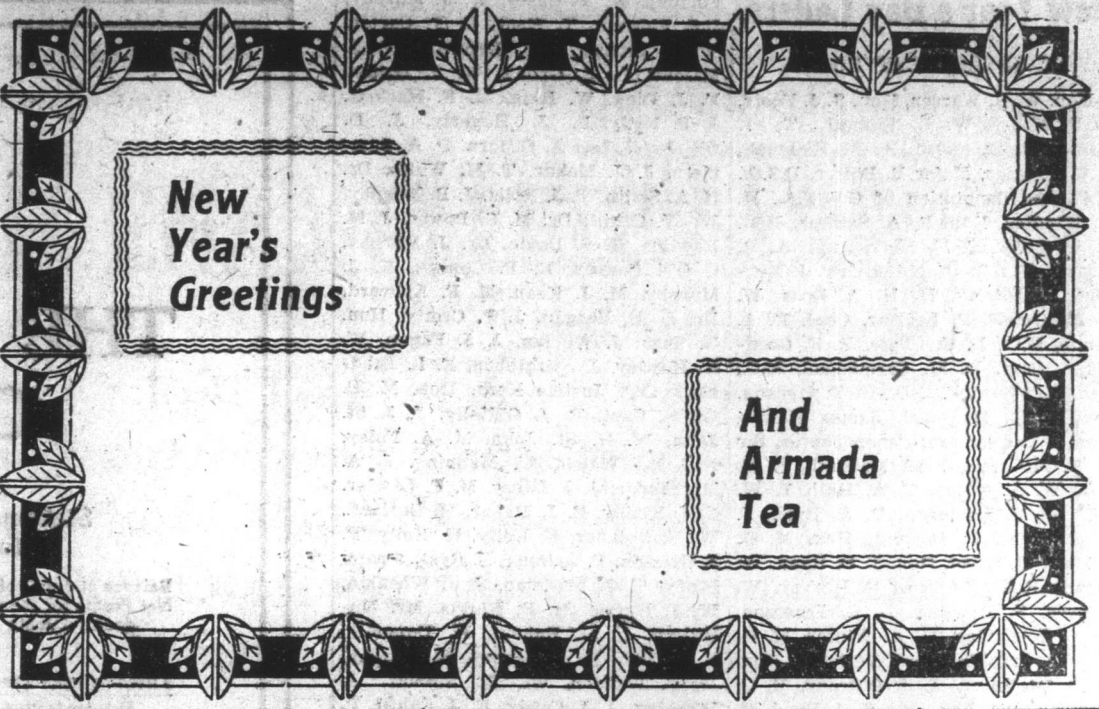
Keep your stomach sweet today and ward off the indigestion of tomorrow—try

KI-MOIDS

the new aid to digestion. As pleasant and as safe to take as candy.

MADE BY SCOTT & BOWNE, MAKERS OF SCOTT'S EMULSION.

NOTICE.—To be sold on Wednesday next, January 5th, at 12 o'clock (Noon), all the Woodwork and all the Piping on the Star of the Sea Grounds, WM. F. TRELEGAN, Chairman Building Committee; THOMAS KELLY, Secretary.—Jan3,21



Seasonable Goods!

Silver Plate:	Brassware:	Sundries:
Biscuit Barrels	Photo Frames	Manicure Sets
Cruet Stands	Mirrors	Pipes in Cases
Butter Dishes	Letter Racks	Pipe Racks
Bon Bons	Fern Pots	Cigarette Cases
Cake Plates	Coal Vases	Cigar Cases
Sugar Basins	Flower Stands	Tobacco Pouches
Casseroles	Fire Brasses	Cigarette Holders
Trays	Wood Boxes	Cigar Holders
Cream Ladles	Toddy Kettles	Reading Lamps
Pie Servers	Match Stands	Safety Razors
Sugar Shells	Cigarette Stands	Slides
Salad Spoons	Crumb Trays	Ladies' Hockey
Bread Knives	Fire Dogs	Skates
Meat Carvers	Umbrella Stands	Gent's Hockey
Meat Forks	Bouquet Holders	Skates
Stainless Dessert		Hall Lamps
Knives		Ice Creepers
Stainless Table		
Knives.		

BOWRING BROTHERS, Ltd.

Hardware Department.

The Phantom Canoe With the Old Chief.

Tari was an Englishman, who had dwelt for uncounted years on Ahu Ahu, an island in the South Pacific. Later he acted as supercargo aboard the schooner Alouette, and while occupying that position he told the following weird story:

"What is one to believe? If feeling is believing, then count me a believer, for mine own eyes have seen an incredible thing."

"It was on Aitutaki, in the Cook Group. An old chief, the descendant of a very ancient family, lay ill in the village. I had turned in early, as I promised to go fishing on the reef when the tide served, an hour after

midnight. You know how the spirits of the dead were believed to flee westward, to Hawaiki, and how their voices might be heard at night, calling to one another in the sky, as they drove past high overhead.

"Early in the evening, as I lay in bed, a boy came into the next room, panting with excitement. He had been to a plantation in the hills, it seemed, and as he returned, just after dusk, had heard the voices of a shouting multitude passing in the air above him. I was tired and paid little attention to his story, but for some reason I found it impossible to sleep. It was a hot night, very still and sultry, with something in the air that made one's nerves twitch every time a coconut frond dropped in the distance.

"I was still lying awake when my

fishing companions came to get me; a little ahead of time, for, like me, they had been unable to sleep. We would wait on the reef, they suggested, where it was sure to be cool, until the tide was right.

Flaring Red Lights Appear.

"We were sitting on the dry coral, smoking. I had just looked at my watch. I remember, it lacked a few minutes to one o'clock. Our canoes were hauled up on one side of the Arutunga Passage—the western pass, by the way. There was no moon. Suddenly one of the boys touched me. 'What is that?' he exclaimed, in a startled voice. I looked up; the others were rising to their feet.

"Two flaring lights were moving across the lagoon toward us—together and very swiftly. Nearer and nearer they came, until they revealed the outlines of a canoe larger than any built in the islands nowadays—a canoe of the old times, with a flaming torch set at prow and stern. While we stood there, staring in silence, it drew up abreast of us, moving with the rush of a swift motor boat, and passed on—out to sea. I was too amazed to think clearly until I heard one of the boys whisper to another: 'Kua mate te ariki—the chief is dead; the great canoe bears him out to the west.'

"We launched our canoes and crossed the lagoon to the village. Women were wailing; yes, the old man was dead—he had drawn his last breath a little before one o'clock. Remember that I saw this thing myself—Perhaps it was a dream—if so, we all dreamed alike."

—By Bud Fisher.

MUTT AND JEFF

AT PRESS TIME JEFF WAS STILL FOLLOWING THE TAXI.



Cuticura Soap Will Help You Clear Your Skin

MINARD'S LINIMENT FOR RHEUMATISM.