

MRS. REIFENSTEIN, AGED 67, GAINS 25 POUNDS.

Declares She Would Like To Put a Bottle of Tonic In The Hands Of Every Sick Man, Woman and Child In This Country - Never Saw Its Equal.

"I am sixty-seven years of age, but in all my experience I have never known a medicine like Tonic. This is the story of a woman who is now a healthy, robust, and happy woman...



MRS. EMMA REIFENSTEIN, 337 Webster Ave., Syracuse, N.Y.

"My stomach was weak and easily upset. For days at a time I would go without solid food. I could not rest at night to do any good and felt tired and worn out all the time. Some days I could hardly drag myself across the room and was so weak and miserable I was ready to give up...

Produce and Provisions.

(From Saturday's Trade Review.)

Codfish.—The total shipments since last issue amounted to 18,973 qts., of which the following was shipped from the Outports: 3,518 qts. from W. T. Hollett, in the schooner Geo. A. Wood, from Burla for Pernambuco, 3,072 qts. by Thos. Garland, in the schooner Tommie G., Gaultois, for Oporto; and 3,957 qts. from Harvey & Co., Belleoram, by the schooner Gay Gordon, for Oporto. From St. John's: 5,931 qts. James Baird, Ltd., by the schooner Herbert Warren, for Pernambuco; and 2,492 qts. in the Marjorie Mahaffey, from Bowring Bros., Ltd., to Barbados; 49 qts. from A. E. Hickman Co., Ltd., by the s.s. Sable I, for Demerara via Halifax. The total exports from St. John's from January 1st to March 31st, amounted to 106,712 qts., as compared with 254,000 this date last year.

Cod Oil.—The export from St. John's since January 1st is 703 tons, as compared with 780 last year to same week. There was none shipped this week. The stocks on hand here are now very limited. A good deal of money is being lost on the oil that has been going out since New Year, a fact which the fishermen should take into consideration when they are considering the question of profiteering. This oil was bought at an average of \$220 a ton and has been selling at \$120.

Cod Liver Oil.—Shipments are going out very slowly and spasmodically, and only about 20 tons have been shipped from St. John's since New Year as compared with 171 tons this time last year. This indicates the poorest demand for a decade. The New York quotation last week was \$28 to \$30 a barrel for N.M., and is set to \$28 for Norwegian. It will be seen that our oil now has the lead.

Herring.—The price and the demand for herring declined this week in New York. Now that the Lenten season is over an indifferent demand is expected to prevail. Several small shipments were sent out by last week's aggregating 2,158 barrels, chiefly for New York. Large barrels were quoted there last week at \$18, Medium \$16 and Matsul \$11.50. In the local market there is a poor demand for Scotch Pack and nobody wants to buy even at \$8.

Lobsters.—The first outfit for the coming lobster fishery was shipped by S.S. Portia this week, cans, solder, rope, etc. The fishery opens by law April 26th on the South West Coast. Those packers who get their cans early will be the best off as there is only a limited supply in the market, and it is impossible to make provisions now for the manufacture of all that will be required, owing to the financial stringency. The probable opening price will be about \$20 per case.

Beef.—The imports of Beef are to date about on a level with last year's at this date, viz., 3,730 barrels as against 3,267 barrels. The tendency to lower levels in price that is influencing all other food commodities is also affecting beef, and prices for fishery outfitting, etc. this spring will be very favorable as compared with last year. Good Boneless can now be had in the local market for \$29 wholesale lots, Family for \$35 and Libby's Special Family and Kindred grades for \$38. The shortage in imports since New Year shows that dealers are waiting for more favorable prices and there will be big ordering in April and May.

Flour.—The price of flour in local market declined this week to \$13.50 per barrel wholesale for leading brands and \$13.75 for the single barrel. This movement follows the ten-

MRS. HAYDOCK SAVED FROM AN OPERATION

Followed Advice of Her Druggist's Wife and Took Lydia E. Pinkham's Vegetable Compound

Chicago, Ill.—"I was in bed with a female trouble and inflammation and had four doctors but none of them did me any good. They all said I would have an operation. A druggist's wife told me to take Lydia E. Pinkham's Vegetable Compound and I took 22 bottles, never missing a dose and at the end of that time I was perfectly well. I have a six room flat and do all my work. My two sisters are taking the Compound upon my recommendation and you may publish my letter. It is the gospel truth and will write to anyone who wants a personal letter."

Mrs. E. H. HAYDOCK, 6824 St. Lawrence Avenue, Chicago, Ill.

Because Lydia E. Pinkham's Vegetable Compound saved Mrs. Haydock from an operation we cannot claim that all operations may be avoided by it, but many women have escaped operations by the timely use of this old-fashioned root and herb medicine.

MUTT AND JEFF

"I SHOULD WORRY OVER PROHIBITION. I'VE STUMBLED ONTO A HOME-BREW RECIPE THAT'S A WONDER!"

Woman Suffrage.

In demanding the ballot women are asking to have their opinions count as half of the people, and in the most direct way possible—the ballot is the best way yet found by the human brain as a means of representing the will of the people.

We sometimes hear women say: "What do I want with a vote? I have a husband, brother, sons as the case may be to vote for me." No one person can represent another. Men likewise can no more represent women than women can represent men.

The Nineteenth Century says "The strangest feature of masculine intelligence is man's utter ignorance of the subject of woman. As a student of every form of life, he has displayed a comprehension that is nothing short of marvellous."

Not only would they be able to make their opinion count directly, through the ballot-box, but they would have greater influence, because of the power of the ballot. Politicians would be more conscious of the interests of women if they were enfranchised.

What One of the Best Known Travellers in Canada Says.

"Now I am going to give you an unsolicited testimonial, as they say in the patent medicine advertising. Heretofore I have had a profound contempt for patent medicines, particularly so-called liniments. Perhaps this is due to the reason that I have been blessed with a sturdy constitution, and I have never been ill a day in my life."

When making lemon pies, do not grate the rind, but throw whole rind into filling for a few minutes before adding thickening. When ready to thicken, remove rind and finish as usual.

The Soldiers' Pensions.

Dear Sir.—As reference has been made in the press lately to an increase in pensions for the Newfoundland forces, naval and military, I deem it necessary to place certain facts before the public in relation to same.

The Government has granted a 20 per cent. bonus to full disability pensioners, that is an increase of \$120.00, making a total of \$720.00 per year. In the case of all other pensioners and dependants an increase of 10 per cent. for last year only.

The Premier also told a committee of the G.W.V.A. just before leaving England last year that the Militia Department would be closed at the end of the year. This has not been done, and apart from a reduction in the staff employed there the Militia Building is still open.

During Christmas of last year the G.W.V.A. had to provide pensioners and dependents with relief, and it was surprising the amount of poverty that existed among them.

The Premier received \$3,500 as Supt. of Church of England Education and also \$2,500 as Vocational Officer. \$73,000 was expended by the Civil Re-establishment Department last year. One would like to know what amount of this was paid to sailors and soldiers taking courses and the amount paid to the large staff of employees.

Do not suffer another day with itching, bleeding, or protruding Piles. No surgical operation required.

Remington UMC Shot Gun Cartridges TO BE CERTAIN that you have a genuine imported factory loaded. Remington UMC cartridge—examine the brass base of the cartridge for the company's own marking.

Motor Boat Supplies! Coils, Jump Spark and Make and Break Priming Cups, Gasolene Cocks, Gasolene Connections, Stuffing Boxes, Bronze Shafting, Copper Tubing, Mufflers, Exhaust and Water Pipe, Nipples and Elbows, Batteries, Steering Wheels, Tiller Chains, Switches, Wire, Spark Plugs, Water Hose, Packing, Mobiloils and Greases, etc.

JOB'S STORES, Ltd. For Prices, 'Phone

Just Folks to be a Guest FRIENDS. These friends of mine, I count them as my friends.

PILE'S Do not suffer another day with itching, bleeding, or protruding Piles.

MINARD'S LINIMENT FOR SALE EVERYWHERE. I cannot find that pomp and fame. Am proud to have these friends I claim.

SKIN TROUBLES—Soothed With Cuticura. (Sole, Ontario, Toronto, 20, each. Sold everywhere.)

A QUART OF THIS STUFF WOULD GO A LONG WAY.

Comic strip panels showing characters talking about a product. "I SHOULD WORRY OVER PROHIBITION. I'VE STUMBLED ONTO A HOME-BREW RECIPE THAT'S A WONDER!"

Large advertisement for Minard's Liniment for Sale Everywhere, featuring a character holding a bottle and a list of ailments.

Freemantle Food, a Delicious Addition to your Table. Freeman's Food, a Delicious Addition to your Table. Freeman's Food, a Delicious Addition to your Table.

Freeman's Custard Powder

A wholesome and nutritious Food, which is at the same time a Delicacy. It is an invaluable addition to any Table, and is particularly agreeable with Fruit.

One of

FREEMAN'S ENGLISH GOODS



Side Talks by Ruth Cameron

A PH. D. IN WISE SPENDING.

My young nephew, aged ten, seldom comes in to the house at a o n without asking eagerly "Any mail?"

He Isn't Going to Run His Wares Down. Of course the advertiser is going to state the value of his wares as emphatically as he or the ad writer knows how, and you must use your common sense in your study of what he says.

No Fear of Old Country Going Dry. London, March 28.—Alarm over the prospect of Great Britain going dry was depreciated by Baron Kirkenhead, Lord Chancellor, while speaking at the annual banquet of the allied Brewery Trades' Association.

They Lack the "Gilt Up and Git". Some of his grown-up friends chided at my nephew for this habit. It is one of the many reasons I am proud of him. It seems to me that it shows a degree of sense of enterprise that a great many grown-ups (among them, those who chide at him) lack.

WELL DRESSED AT SMALL COST.—If you do not intend to get a Suit or Overcoat for the holiday season, you can at least be well dressed by having your clothes Cleaned and Pressed at SPURRELL, the Tailor's, 365 Water Street, and it will cost you about \$1.50.

New Brunswick White Table Potatoes, DRY AND MEALY. "International" Brand Family Mess Pork—Small ribs.

C. P. EAGAN, Duckworth Street & Queen's Road

MY COLUMN

By the CUB-EDITOR.

NOT GUILTY.

I was walking along Water Street the other day lost in deep thought. To be candid, I was at the time thinking out the problem of the relativity of a silk purse to a sow's ear, a matter which, has since the days of Adam, puzzled the scientific world.

People who borrow trouble usually repay it with a high rate of interest. A goose delayed a train for half-an-hour in South Wales. The bird flew across the railway line and broke the wires working the signals.

THE SWISS PLAN. The Swiss plan was proposed first at a meeting in Switzerland and was for a time so well thought of that it was approved by several of the leading Chambers of Commerce of Europe.

Fun for Women to Diamond Dye. Buy "Diamond Dyes," no other kind, then perfect results are guaranteed. Each package of "Diamond Dyes" contains simple directions to diamond-dye "soft shabby skirts, waists, dresses, coats, gloves, stockings, sweaters, brasieres, coverings, everything, whether wool, silk, linen, cotton or mixed goods, new, rich, fadeless colors. Druggish has Color Card.

As Others See Us. No man or woman has any really clear idea how he or she looks. The expression of the face is always changing, and no artist, no camera, can catch this fleeting expression.

RHYMES OF THE TIMES. (20) TO, HO FOR THE KING'S HIGHWAY I thought the days had passed, when I would stop you on the road.

THE HAPPY DAYS.—Socrates seldom dictated his philosophic utterances into a photograph. Julius Caesar never made a practice of using a safety razor.

JOKELITES. "Do you employ an efficiency expert in this plant?" "We certainly do. He's a big, red-headed, two-fisted, foreman. If he catches anybody loafing on the job there's trouble right away."

Local Produce! 15 cases Fresh Country Eggs, 50 barrels Local Potatoes.

Two to Compete in International Race. Essex, March 24.—The question whether the Mayflower, the fishing schooner that is being built on yacht-like lines for Boston interests to defend the International fishing vessel cup won by the Gloucester schooner Esperanto at Halifax last fall, would be ready to participate in the season of fishing required in a contest for the honor of standing in defence of the Esperanto's cup, the 122-foot L. A. Danton, was launched here yesterday.

Backache tells of kidney trouble. The most prompt relief is obtained by using Dr. Chase's Kidney-Liver Pills, the well-known home treatment. One pill's dose. 25c. a box, all dealers.

Dr. Chase's Kidney-Liver Pills. Wholesale Grocers.

CALENDAR REFORM. A WORLD WIDE EFFORT TO IMPROVE THE CALENDAR. The Swiss Plan v. The American Plan. LIBERTY CALENDAR FORM VERY CONVENIENT.

The need for an improvement in our present atrocious form, but a very serious weakness lies in the fact that the weeks do not fit the months and the months are all of two different lengths. These two serious defects are entirely overcome in the American or Liberty Calendar plan.

THE LIBERTY CALENDAR

Calendar grid showing days of the week and month for the Liberty Calendar system.

In order to retain exactly one-seventh of the time for Sunday, the seventh New Year Day becomes 'Leap Year Day'. The added month is named 'Liberty' and is placed next after February. This month is January, February, Liberty, March, etc.

Confirmation of Scripture. Beards Are Healthy.

"If men considered health and sanitation they would all wear beards," says a medical correspondent. "You might as well shave the fur of the squirrel and cut the feathers from a bird as shave the hair from the human face," he continues.

Hobbies of the Great.

Some of the world's greatest celebrities had strange hobbies and pastimes. Peter the Great loved to ride round in a whistlbarrow and on more than one occasion he visited the cities of his realm wheeled about in this homely conveyance by a servant.

Women Lawyers.

The results of the Hilary Term Bar examination make it certain that at the appointed time women barristers will be practising in the English Courts. The brilliant success of Miss Helena Normanton and others in the first stage of their legal examination will surprise those men imper-

Mattresses. High-grade-Hygienic.

Do you care what's inside your mattress? Would you knowingly buy a mattress filled with the cheapest of flock and excelsior improperly cleaned? In our store no such mattresses find room, nothing but first-class fillings, thoroughly cleaned and carefully sterilized by cold air processes are used in our mattresses.

U. S. Picture & Portrait Co., St. John's.

Cup Defender Launched.

High Time at Lunenburg, N.S. Lunenburg, March 26.—Gaily decorated with flags and bunting and with her freshly-painted hull glistening in the morning sunshine the "Bluenose," a possible contender in the International fishing schooner races to be held off Halifax next fall, slid smoothly from her ways into Lunenburg harbor at 10 o'clock this morning.

The Week's Calendar.

- APRIL 4th Month—30 Days. MONDAY. St. Ambrose. Oliver Goldsmith died, 1774. German thrust at Amiens, 1918. TUESDAY. Battle of Serlingapatam, 1798. Wadhams's Gale, 1852. U.S.A. entered Great War, 1917. WEDNESDAY. Washington inaugurated President U.S.A., 1789. Notre Dame Bay storm, 1864. Peary reached North Pole, 1909. THURSDAY. Old Lady Day. Dick Turpin hanged, 1739. Poet Wordsworth died, 1770. FRIDAY. New moon. King Albert of Belgium, born, 1875. Battle of Athara, 1898. SATURDAY. S.S. Aurora arrived from icefields with four men dead, 1897. British captured Vimy Ridge, 1917. SUNDAY. Battle of Toulouse, 1814. Second after Easter. Indian Mutiny broke out, 1857. Algernon Swinburne died, 1900. German attack on Lys, 1918.



