so beyed up that they don't know how

to relax even when they go to bed at

muscles still tense. The doctor at a

big college for women always places

urges, "Remember what the bed is for. Let it hold up. It is quite cap-

able of doing that. Don't try to re-

lieve the bed of part of your weight."

Occasional strenuousness has its

ralue; perpetual stremuousness

always defeats its end. "I know what

the trouble is." Theodore Parker once

shout which he was vexed because

great emphasis on just this po-

"Don't lie in bed stremmonsly."

Iram on Plates.

ressmaker should keep crap Book of our Patese will be found very r to from time to time.

UNIQUE AND STYLISH



Ladies' Waist Pattern Ladies' Skirt Pattern

voile with facings and embroidered net in was used for the develop-waist fronts are shaped t, beneath the che at cuff. The skirt has a The entire costum 61/2 yards of 40 inch ma medium size. The waist cut in 5 sizes: 34, 36, 38, ches bust measur waist measure ration calls for Two sep-s which will be mailed to on receipt of 10c.for each

aterials for any of these be procured from AYRE td. Samples on request, ern number. Mail orders ended to.

-A NATTY SUIT.



Two Styles of Sleeve

ip cord, flannel, linen, other seasonable materi-used for this design. The puble breasted, and the be tucked at the wrist, or h a cuff. The popular "knickers" are comfortst the thing for the boy is "teens." The Pattern izes: 3, 4, 6 and 7 years. % yards of 36 inch ma-6 year size. of this illustration mailed

TERN COUPON.

the above-mentioned r directions given below.

e to cut out the illusend with the coupon, out. The pattern canin less than 25 days. th, in cash, postal note, ddress: Telegram Pak Big Feed Depot!

Due Saturday Ex "FLORIZEL" PRIME TIMOTHY HAY WHITE CATTLE FEED

YELLOW CORN MEAL OATS STRAW

BRAN Queen St



CUT GLASS.

Inspection Invited,

TO the HOUSEWIFE.



Reamelware. Polishes of all kinds, Hollowware. Stove, Shoe and Scrub

Feather and Cloth Dusters, Spring Balances,

Wringers and Carpet Comes Washers and Wash Tubs,

Hair and Corn Brooms. TARTIN HARDWARE COMPANY.

Wanted!

An Experienced Man,

To ma a e Ou p rt St r ; lav A Capable Assistant.

GEORGE M. BARR.

Apply by letter stating salary required.

New Wall Papers.

Our Spring Stock of Wall Papers is now open and includes the

Newest and Most Attractive Patterns, For Room, Hall, Hitchen and Parlot. Also, a large stock of

New Floor Canvas and Line eums, in all widths.

WILLIAM FREW. Water Street.

WE OFFER to our Customers, the Trade in the City and Outports, this Spring, the finest assortment of

Regular Dry Goods,—English and American, of all kinds, specially selected.

also have a very complete assortment of POUNDS and REM-NANTS that will satisfy all classes of Customers.

We Invite the Outport Trader to Insect the Stocks

PRICES are set with the view of giving our Customers a chance of doing SEE our Stock of Muslins, Embroideries, Dress Goods, Fleeced Underwear and Gveralls, Pants and Jackets.

W. A. SLATTERY, Slattery Building,

The Evening Chit-Chat ORANGES! By RUTH CAMERO

they don't fat, or

pore tired at night, that they do not grow old more rapidly, that they aren't a great deal thinner, and that they don't more often have pervous

not if you walk as if to a fire, with every nerve keved up, and your mind ionately intent on your destina And that is the way this type person almost always walks, even stroll and has all the time there is. And not only do these folks de ac-

ive things, such as walking, in an unnecessarily strenuous manner, bumany things also which the norma person does quite passively they are ense and active about. Listening for instance. I have known a person of this type to come home from an hour's lecture as tired as if she had been doing a family washing. The explanation of her exhaustion was that she disagreed with the speaker and had been sitting on the edge of her chair mentally contradicting every word he said. Naturally she had verspent her mental energy, and sufred and made other people suffer in

they progressed too slowly to satisfy "The Lord isn't in a hurry and I People who are always in a mrry are always in trouble, because inite, and consequently out of tune with their best sleves and the best of he world. The Universe is never in a

he founder of Mt. Holyoke College, a out also knew how to be patient-"The quiet, undeviating round of the seasons gave her patience; she caught the secret of waiting fretlessly for the forces of God to act." There are a great many people in

Ruc

depressed or chilled.

Beauty Baths for the Complex-10n.

By Mme. Jeanne La Place. The daily bath is not a fad of idle and over-fastidious peoplé—it is practically necessary if one wishes to have a really good, clear complexion.

The pores of the skin are constantly icing their share toward throwing off the impurities of the body and unless these impurities are removed by bath ing after they have been eliminated they will work their way back into

The skin is an organism like the stomach or heart, or any other organ of the body. The skin of the face can no more be healthy when the skin of the body is clogged by impurities than | jority of people. top of the lungs can be in good condition if the lower part is diseased. daily bathing for a month I am sure rour complexion and will experience such a pleasing consciousness of being thoroughly clean and well-groomed that you will never relapse into the

"Saturday night" habit. It is not necessary that the daily bath should be a tub bath. In many homes this would be an absolute impossibility. A person can get along very comfortably with two or even one tub bath a week by taking "sponge" baths the other days. These can be easily and quickly taken in the wash basin in one's own room, with out interefering with the comfort or convenience of other members of the

People sometimes write to ask it they should take hot or cold baths. No one can decide this but yourself. Warm, full-blooded people can undoubtedly take cold showers and plunges and feel nothing but pleasant xhilaration afterwards. Thin, ane mic people would shiver themselves to death at the very notion.

I should advise anybody to experi ment very cautiously with the cold bath, gradually accustoming one's

Chest Pains

T is the tendency of every cold to develop into bronchitis, consump-tion or some form of lung trouble, Bronchitis is most dreaded, because it has a tendency to become chronic and return again and again, until the patient becomes worn out.

If the cough is dry and hard; if there is pain, soreness or tightness in the chest; if breathing is difficult and causes pain in the chest, you have every reason to suppose that you have bronchitis and should promptly begin the use of Dr. Chase's Syrap of Linseed and Turpentine. ed and Turpentine.

Cough mixtures that may help an rdinary cold have no effect on bronchitis and asthma, but Dr. Chase's Syrup of Linseed and Turpentine has won its enviable reputation on account of its wonderful success in curing these ailments. 25 cents a bottle, at all dealers, or Edmanson self to a lower temperature, and stop ping the practice at once if she feels

Nearly everybody, however, will find it beneficial to rinse the body with cold water after the warm bath. This exhilarates without the shock of the cold plunge, and will render any one immune from taking cold by going outdoors after bathing. If the bath is taken at night, however. I should recommend that the rinsing be postponed till the next morning, as an application of cold water just before retiring is likely to produce wake

fulness On the other hand, very hot bath have a tendency to weaken and enervate. The warm bath-one that will feel comfortable and dissolve grime but one not hot enough to redden the skin-is a good safe rule for the ma-

If your pimples are caused by stom-If you will try the practice of sch trouble-as they frequently arevon must regulate vour diet properly avoid rich and greasy foods and at over-abundance of sweets. Drink little tea or coffee and plenty of cool. fresh water. Exercise in the open air in order to work up a natural healthy appetité. Take a daily bath You will soon see an improvement in your skin. - Woman's World for

Women Soldiers at English Camps.

Women's Sick and Wounded Convoy Corps Are Not Suffragettes.

London. April 6,-While dozens of militant suffragettes are languishing in cells in Holloway jail during the brilliant Easter vacation, there is a than the purely domestic one. For This will all go, and, besides, there the first time men and women are will be no sour food left over in the soldiering together on equal terms. stomach to poison your breath with The second London division of the nauseous odors. territorial army's supply corps are company thirty strong of the Wom- as if your stomach wasn't there. en's Sick and Wounded Convoy Corps. There is no joke about it. The women are in earnest about the work. There any drug store. is no levity or frivolity about it, and they are as keen about the work as the crew of a battleship. The women detrained at Radlett yesterday. Indigestion or any other stomach dis where they met the commander-inchief, Mrs. Stobart, and marched to the camp. They erected their own tents, dug out their camp oven, and had everything in ship-shape in half

an hour. Sentries were then posted and at night they marched on their beats carrying electric torches. Orderly officers made the rounds at ten o'clock sounded at six o'clock this morning and all paraded. At seven there was an hour's hard drill, much of a double

64 cases Sweet Oranges. In store to-day, Saturday,

20 cases Extra Superior 10 cases Large Size Valen-

lot the cheapest, but the BEST

MORTHERN SPY Apples!

Mity-LARGE SIZE

Soper & Moore

entry. It is written of Mary Lyons, the supplies and transport for the convey. When the women with their light waggens were paraded a woman soldier took her place in each waggon alongside a man as second in ommand. Miss Streatfield, on horseback, rode in command of the women. The women soldiers who remained in camp were taken out and put through this world who need to learn much a stretcher drill, doing such stunts as from "the quiet undeviating round of carrying an instructor on a stretcher. over all sorts of obstacles, such as wire fences and ditches. They also arried supposed wounded men and set fractures hastily from any sort of material that could be procured such as fence rails. There are thirty or forty similar women detachments but this is the first one to go into regular training with men. Admission to the corps is no mere matter of volunteering. Candidates for admission to the corps are interviewed with the greatest care to exclude the introduction of frivolity. Most of the members are of independent means. Some of them are teachers, others artists. The minimum age of admission to the corps is 18. All move at The uniform worn by the women

the double quick in obeying orders. soldiers consists of long coats, diided skirts, green-gray shirtwaists to natch the skirts, a black tie, black stat outtees, belimets of grev-green, a officers wear a similar uniform, ex-Mpt their shirtwaists are of white

SURELY SETTLES UPSET STOMACHS

Indigestion, Gas, Heartburn or Dyspepsia vanish in five minutes.

Every year regularly more than a million stomach sufferers in the United States, England and Canada take Pape's Diapepsin, and realize not only immediate, but lasting relief. This harmless preparation will di-

gest anything you eat and overcome a sour, gassy, out-of-order stomach five minutes afterwards. If your meals don't fit comfortably or what you eat lies like a lump of lead in your stomach, or if you have

heartburn, that is a sign of Indiges-Get from your Pharmacist a 50-cent case of Pape's Diapepsin and take a passion. While this is commendatory, dose just as soon as you can. There will be no more sour risings, no little band of women just fifteen miles beiching of undigested food mixed away who are trying to prove by a with acid, no stomach gas or heartmethod far remote from the Pank- burn, fullness or heavy feeling in the hurst window-smashing crusade that stemach, Nausea, Debilitating Headwomen have a useful vocation other aches, Dizziness or Intestinal griping.

Pape's Diapepsin is a certain cur camped for Easter training at Rad- for out-of-order stomachs, because it of Bronchitis lett. in Herts. Attached to them is a takes hold of your food just the same

> Relief in five minutes from all stomach misery is waiting for you'at These large 50-cent cases contain more than sufficient to thoroughly

Sensational Feat.

cure almost any case of Dyspepsis

New York, April 9.- Frank Law, the parachute jumper who recently made a successful leap from the Statue of Liberty, perfomed another sensationa feat late yesterday in jumipus from the top of the thirty-nine storey Bankers Trust Building at Wall and Nassau Streets. He landed safely on the roof of the Sub-Treasury building a two-storey structure adjoining.

MINARD'S LINIMENT CURES DIPE

"Titanic" Disaster.

The Inquiry at New York

NEW YORK, April 21. Titanic will appear there. No explanation of the transfer was given, but it is intimated that the power of the Senate on Federal territory would be undisputed, and no question of State rights would arise to interfere doning the hearing. Moreover, officials of the White Star Line had martraved the danger of sailors' hoarding houses in New York as a reason why those detained by the Committee should be allowed to sail by the Lapland which left port yesterday. Throughout the hearing this morning, surviving operator Harold S. Bride, crippled and seated in an invalid's chair, told his story. The narrative was drawn from him by the shrewd questioning of Senator Smith and enthralled the Committee. When the ordeal was over he was on the verge of collapse. Herhert I Pittman third officer was calliog. Witness remlied he did not know.

ed in the afternoon. Senator Smith of collapse, Senator Smith ended his asked the whereabouts of the ship's wireless inquisition. Theremone the Senator announced the decision to resume the inquiry at Washington. Later he issued a statement, giving reason for the change. was the first witness: then came sheian's care. Like Cottans, who is the children. He died a sailor's death, Cotam testified he had not slept more reach the lifeboat with the child. than S or 10 hours between the Titan- took the other one in my arms as

onishment, and repeatedly pressed ressel many miles nearer a sinking a direct reply by saying that probably his accounts, the Californian was bergs were in the path of ocean tray fid not answer because he was bosy

Special to Evening Telegram.

refuse on the bridge, two little children remained by the side

The Committee devoted the entire of Capa. Smith until that portion of day to an investigation of the com- the big ship had been swept by water. nection of wireless with the disaster. A survivor of the erew, who went Costam, an operator on the Carpathia, Liown with the Titanic but was saved hy clinging to an unturned lifeboot Bride He was bellow-cheeked and told to-day of the sultant commandwan, and had just come from a phy- er's efforts to save the life of one of 22 Bride is a mere boy, a year young- and the little girl who had entrusted er. Neither had any experience. Both | her life to his care died with him. He told tales of long hours, low wages, held the little girl under one arm. and sleepless nights. Senator Smith said James McGana, fireman, and hore persistently on these questions, immed into the sea, endeavouring to ie's first call and Thursday night, was sweet from the bridge deck. Theu when the vessel docked. Bride's story I was plunged into the water and confirmed Cottam's. He was closely compelled to release my bold. I am questioned as to the first call, and satisfied that the same thing harmened said the first tessel to answer was to the contain. I had some to the the Frankfurt, of the North German bridge deck to assist in lowering a line whose operator annarently con- collansible hoat but it was overturned sidered the call more or less trivial, and used as a life raft, some thirty for half an hour after the imperative or more, mostly firemen, clinging to call he asked the Titanic for specific it. The captain looked as though tryinformation as to what was wrone, ing to keep back his tears as he ile Phillins the Titanic's senior on- thought of the doomed ship. He turnerator, said he was a fool, and told ed to the men lowering the boat and tim to keep out, meaning that 'he shouted, "Well, boys, it's every man should leave the trackless realm free for himself now." Then he took one for the Titanic's call. No effort was of the children and jumped into the made to re-establish communication sea. He failed to reach the ever with the Frankfurt, although Phillips turned bost, and that was the last w was certain that that vessel was near- saw of Capt. Smith. McGann said or than the Carnathia. This, Bride that the captain directed the lowering thought Phillips gauged by reason of of the lifeboats, and emphatically dethe greater nower of the Herstan nied the story that he had committed

wave Senator Smith expressed as- spicide. En Passant.

Now that subscription lists are be ing opened up in Europe and America for the unfortunate passengers and erew of the liner Titanic, our charitably disposed citizens will, no doubt, considerably assist in augmenting the funds, as the terrible disaster has evoked world wide sympathy and com-I trust our kind donors will not overlook the apparent calamity which has fallen over our people through the missing s.s. Erna. The fate of the later steamer has not been brought befere us so vividly as that of the other but we cannot overlook the fact that of the fifty-one who left the coast of Scotland ferty-seven were bread-winners and the main support of their families. I would, therefore, suggest that subscription lists be opened up in our daily papers to assist the relatives of those missing on the Erna for it must be borne in mind that

JACKMAN'S SALE CONTINUING.

25 Per Cent. Off Everything. pairs of stockings to darn for the a full freight and as passer youngsters. Don't bother about them, saloon: J. W. Kenton, Mrs. you can get them at Jackman's with-out the darus at 25 per cent. off regu-lor, Miss Jean Franklin, W. H. Frank-

lar price.

The new silk-serge suitings are incomparably lovely. They come in black and colors, but 'are unusually 4.831 orls, of codfish from A. Goodsmart in white striped diagonally in ridge & Sons, black or gray.

Heating WithGas

If you have tried the old type of gas heaters a few years ago, and were disappointed with the results cotaped, this should not deter you from trying besa incorporated into the design of gas fires and all the old defects have been removed. Some of the old fires were not quite satisfactory, now, howfunes enter the room, the atmosphere is kent more and is not dried, and the

The medical profession was at first antagonistic to them, but of late thousands have been fitted in doctor's estimonial on the hygienic

Florizel in Port.

The s.s. Florizel, Capt. Smith, 53 hours from Halifax, reached port at 1 a.m. yesterday. She left Halifax at 2 p.m. on Thursday, encountering strong head winds at the outset, which were continuous throughout the passage. On reaching the vicinity of Cape Race several icebergs were sighted, and the weather being some-My! how annoying on Saturday what hazy, the ship had to be care night to find you have four or five fully navigated. The Florizel brought a full freight and as passengers in A. Vincent, Miss H. Vincent, E. Taylin, J. R. Nettleton, S. J. Foote, G. M. Barr, D. A. Menich, S. B. Kesner, F. Women's Brown and Tan Hose. Val. Y. Balcomb, T. Trumper, J. D. Ryan, ues up to Ac. New 26c. per pair. Miss M. E. Arnaud. W. H. Bowser, T. JACKNAN THE TAILOR,
The Mail Order House, zies, Mrs. Menzies and 10 in steerage

The schr. Manle Leaf is now ready to sail for Pernambuco. She takes

MNARD'S LINIMENT CURES GAR-