

The Evening Chit-Chat

By RUTH CAMERON



Just about every day of my life I am newly impressed with the vast possibilities in the science of motion study for the household.

I think I explained to you before that the science of motion study is arranging one's surroundings and training oneself so as to do all routine work with the fewest and least tiring motions possible.

Applied to business establishments, this science has saved thousands of dollars of money.

Applied to homes, I know it would save thousands of hours of labor.

Will you permit me to enter on a little personal history and tell you some of the ways in which I have found motions being wasted in my own household, in order to make my idea plain?

When was boiling eggs the other day I noticed that I had to take several steps to see the kitchen clock. Three times during the process of boiling those eggs—once to see what time it was when I put them in and twice to see if they were done—I took those steps. Absolutely wasted energy, wasn't it? And probably wasted many times a day in that kitchen.

I reached for my dictionary to look up a word one day and it suddenly occurred to me that I was demonstrating a motion leak. My dictionary is my largest book and for the sake of appearances has been placed at the further end of my book rack, and I have to reach over several books to get it. And yet it is the volume I use the most frequently. Needless to say,

appearances were thrown to the winds and the dictionary put in its proper place.

Again there is a large chair at the foot of my bed. Every time I walk around my bed in the process of making it, I must walk around that chair also. Only a few steps each time, to be sure, but how many thousand steps in a week, or a year, or a lifetime?

Just one more example. The coal shovel with which we put on the furnace coal has always stood, neither close by the furnace nor close by the coal bin, but against a chimney several feet away from either. That means that both before and after we put on coal, we walked several needless steps to get the shovel and replace it. Why does it stand there? Nobody knows. Simply for the reason that govern most household arrangements—that it always has.

I know that some better housewives than I are thinking that none of these leaks which I have mentioned would have existed at all in well-regulated homes. Perhaps not. Doubtless, these particular ones don't exist in yours, but Madame, I wouldn't be too sure that no others do.

In the arrangement of the pantry, in the arrangement of garments in your wardrobe, of the china in your china-closet, in your kitchen, and, indeed, all over your house, there are a thousand chances for motion leaks.

Even some of the most systematic business establishments have found that there were many leaks in their systems. Perhaps you are the rare avy who is the exception to this universal rule. But, before you decide that, don't you think it would be worth while to look about you and see if you can't find a few motion leaks in your household?

Ruth Cameron

When You Want POTATOES!

We have 500 barrels of the very best P. E. I. Blues—none better.

APPLES!

We have 100 barrels, just right for family use, at \$2.00 and \$2.50 a barrel. Good to eat, good to cook. Must be sold.

NORTHERN SPY APPLES.—A small lot of fresh packed, sweet, ripe and juicy, just to hand by Rosalind—Canada's very best—extra fancy.

50 bris Turnips, Blood Beet, Parsnips, Green Cabbage.

Fresh Ground Coffee, 40 cts. lb.—Morrison's Blend.

Soper & Moore

Phone 480.

Camorora Trial Drives the Judge Insane

Rome, February 9.—Lucchesi Palli, the Judge who abandoned the preliminary investigation of the charges against the Camorristas, because he was convinced the prisoners were innocent, became violently insane today, and was taken to a sanatorium.

The Judge raved about the Camorrist trial, and declared there was a conspiracy to execute him because he was convinced the prisoners were not guilty.

Judge Palli's condition is believed to have been brought about by worry over the trial. He received threatening letters from supposed victims of the Camorra.

It is stated that counsel for the prisoners will soon introduce a motion that 22 of the 36 prisoners be dismissed because they have already been imprisoned for five years, awaiting trial.

Sidewalk Sketches.

By H. L. RANN.

CLEOPATRA'S LOVE AFFAIRS.



Cleopatra's first husband was Julius Caesar who discovered that all Gaul is divided into three parts some time after his marriage. Caesar was of a very jealous disposition, and Cleopatra succeeded in introducing him to several new brands of gall that didn't have to be discovered at heavy expense. After a while Caesar decided that he could live alone more cheaply, without having to divide his salary with a large and tonguey retinue of hired girls, so he gave Cleopatra his watch fob and the agents' discount on his school books and hired out as foreman of the Roman Empire. About this time Cleopatra met Marc Antony at a Leap Year party and proposed marriage in a seductive tone of voice. Antony figured around a little, and after inquiring into Cleopatra's rating at the bank made up his mind to "take a chance. They had a quiet home wedding, none but the immediate relatives of the contracting parties being present, after which they assayed the wedding presents and settled down to housekeeping at the expense of the bride. After Antony had lived with Cleopatra and her temper for a few weeks, he came to a sad and realizing sense of what he had bitten off and began to spell his first name with a "C" instead of a "K," in order to forestall the paragraphs of the day. He was originally called Marcus, but he wore off the last syllable whenever he started in to praise Cleopatra to himself. Cleopatra thought a great deal of Antony, and showed it in a very promiscuous and unpleasant manner. He used to say it was a great bore to have 210 pounds of ardent royalty hanging on his right clavicle just when he wanted to shave or dress for dinner. Antony finally drowned his troubles by stabbing himself several times in succession, in a whole-souled and enthusiastic manner. When Cleopatra read of Antony's death in the daily paper, she went out and rented an asp which was in a low state of health and allowed herself to be stung in a vital spot, this being the only instance on record where anybody stung Cleopatra and got away with it.

C.L.B. Shield Presentation.

His Lordship Bishop Jones presented the "Musgrave Shield" to the C. L. B. last night, which will be competed for by the Brigade during the season. As stated a few days ago, the Lord Bishop while in London last year was given the shield by Lady Musgrave, widow of a former Governor of this Colony, who still takes a deep interest in its affairs and has many pleasing memories of her sojourn here nearly 50 years ago. The shield itself is a very handsome one, being made of silver surmounted with ebony. The battalion was present in full force under command of Lieut.-Col. Rendell. The four chaplains—Revs. Canon White, J. Brinton, G. H. Hewitt and H. Uphill—were also in attendance. In presenting the shield the Lord Bishop took occasion to eulogise the memory of the late Governor Musgrave and his estimable widow. Lieut.-Col. Rendell replied and thanked His Lordship for the uniform interest that he had always shown in affairs of the C. L. B. At the conclusion the Lord Bishop called for three cheers for Lady Musgrave, which were given with great enthusiasm. Sergt. Major Dicks then called for three cheers for His Lordship, to which the boys heartily responded. Cheers were also given for Lieut.-Col. and Mrs. Rendell and the officers. Before the orders of the week were read out the Lieut.-Colonel said that he had one pleasing duty yet to perform, viz., the promotion of Sergt. Instructor Ebsary to the rank of Sergt. Major of "A" Co. The new Sergt. Major had been for a number of years Reveille Instructor. Sergt. Strong will in future take his place. After the orders of the week had been read out the proceedings closed with the singing of the National Anthem. The following is the inscription on the shield:—

Musgrave Memorial Trophy, Presented in 1911 to the Nfld. Regiment of the Church Lads' Brigade by Lady Musgrave in memory of her Husband Sir Anthony Musgrave, G.C.M.G., Governor of Colony 1865-1869.

Makes Hair Grow.

McMurdo & Co. have an invigorator that will grow hair or money back. The time to take care of your hair is when you have hair to take care of.

If your hair is getting thin, gradually falling out, it cannot be long before the spot appears.

The greatest remedy to stop the hair from falling is SALVIA, the Great American Hair Grower, first discovered in England. SALVIA furnishes nourishment to the hair roots and acts so quickly that people are amazed. A large bottle for 50c.

And remember, it destroys the Dandruff germ, the little pest that saps the life that should go to the hair from the roots.

SALVIA is sold by McMurdo & Co. under a positive guarantee to cure Dandruff, stop Falling Hair and Itching Scalp in ten days or money back. A large bottle costs 50c. The word "SALVIA" (Latin for sage) is on every bottle.

To-Night's Match

What, it is thought, will be the final hockey match of the season, takes place at the Prince's Rink to-night, between the Crescents and Feildians, as it is believed that the former will win out. The line up will be:

CRESCENTS—Thomas, G. Herder, Marshall, Stick, Woods, L. Stick, R. Herder.

FEILDIAHS—N. Hunt, Jeffrey, Collier, P. Hunt, Hunt, Strong, Winter.

The annual meeting of the managers of the Church of England Orphanage will take place on Monday next, at 3 p.m. His Excellency the Governor, who is patron of the institution will preside, and teas will be served at 4 p.m.

Chest Pains of Bronchitis

It is the tendency of every cold to develop into bronchitis, consumption 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 Syrup of Linseed and Turpentine.

Cough mixtures that may help an ordinary 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 Bates & Co., Limited, Toronto.

1-2 PRICE Sale

— OF —

Grand Fancy Embroidered Linens.

Embroidered Pillow Shams or Centre Pieces, worth \$1.00, for

45c.

Embroidered Side Board Covers, regular 80 cents, for

40c.

Embroidered Quilts, regular \$3.50, for

\$2.25.

Embroidered Pillow Cases, reg. 80c, for

40c.

Embroidered Night Dress Bags, regular 80 cents, for

40c.

Embroidered Laundry Bags, regular 70 cents, for

35c.

Travellers' Samples of Hair Brushes, Clothes and Hand Brushes, Half Price. American White Linen, 36 in. wide, suitable for Dresses, Skirts or Blouses, worth 25c. for 13 cents.

White Twilled Sheetting,

27cts., 31cts., 36cts.

White Nainsook, 36 in. wide, fine as Silk, worth 13c.,

For 12 cents.

Travellers' Samples of Silk and Lawn Blouses, Half Price.

OUR EMBROIDERY Sale is still going on, it has been a great success. Those intending to purchase better hurry up.

A Beautiful lot of Ladies' American COLLARS just arrived from New York.

Pictures given with every purchase **P. F. COLLINS,** Pictures given with every purchase of 50 cts. and over. 340, 342 and 344 Water Street, of 50 cts. and over.

Women's Secrets

There is one man in the United States who has perhaps heard more women's secrets than any other man or woman in the country. These secrets are not secrets of guilt or shame, but the secrets of suffering, and they have been confided to Dr. R. V. Pierce in the hope and expectation of advice and help. That few of these women have been disappointed in their expectations is proved by the fact that ninety-eight per cent. of all women treated by Dr. Pierce have been absolutely and altogether cured. Such a record would be remarkable if the cases treated were numbered by hundreds only. But when that record applies to the treatment of more than half-a-million women, in a practice of over 40 years, it is phenomenal, and entitles Dr. Pierce to the gratitude accorded him by women, as the first of specialists in the treatment of women's diseases.

Every sick woman may consult Dr. Pierce by letter, absolutely without charge. All replies are mailed, sealed in perfectly plain envelopes, without any printing or advertising whatever, upon them. Write without fear as without fee, to World's Dispensary Medical Association, Dr. R. V. Pierce, Prest., Buffalo, N. Y.

DR. PIERCE'S FAVORITE PRESCRIPTION
Makes Weak Women Strong,
Sick Women Well.

Household Notes.

White of egg used instead of water in mixing a mustard poultice prevents the skin from blistering. A little white of egg spread promptly over a burn eases the pain and prevents formation of blisters.

If you wish a bright light, and do not want your chimney smoked, trim the wick round or curved, with the shape of the burner; then cut a small V in the center of the wick. It is a tried and true fact that the wick will not smoke.

When washing one-piece dresses it is hard to hang them on the clothes line so that they will keep their shape. I found that by slipping my dresses over an ordinary coat hanger they dried beautifully and hung as evenly as when they were new.

It is often disappointing when cutting a nut cake to find that most of the nuts have settled at the bottom. To remedy this, sprinkle the nuts thoroughly with flour; they will stay in place after they have been stirred into the cake.

A brass curtain rod, such as is used for sash curtains, put up in the pantry or any other convenient place, makes a very neat and satisfactory holder for kettle covers. It is very easy to put up, always firm, and can be made any desired length.

When I wish to press either a silk or wool garment which cannot be sprinkled nor wrung in a wet cloth, I hang it in a damp cellar for a few days. It will gather just enough dampness to press easily, and will look delightfully fresh again.

Put a soft, thick cloth on a table at one corner. Lay the shirtwaist on the table, with one armhole over the corner, pull the waist tight and iron

it. In this way the shoulder is ironed smooth and kept in shape. It is especially good for plaited waists.

A good way to keep a skirt placket from tearing out at the bottom is to sew on a hook and eye at the extreme end of the placket, fasten and then crush them flat. This is a simple but very useful thing to know, as it saves many a stitch.

Have a hot iron; turn the bottom side up and place a damp cloth of two or three thicknesses over it. Lay the velvet, right side up, on the damp cloth over the iron. Brush the velvet the way of the nap with a whisk broom or clothes brush. This will give it a new appearance.

When room for kettle covers, pie and cake tins is scarce, try my scheme. I bought five screen door springs and fastened them to the back of my pantry door, stretching them tight across the door. Then I put my covers and pans between the spring and door, the spring holding them in place.

When your Welsbach burner becomes blackened you can prolong its life and its brilliancy by following these directions: Light the lamp, turn the flame down quite low, and carefully sprinkle salt over the burner. It will absorb all the blackness and leave the burner almost like new.

Before washing homemade net curtains having a straight-hemmed edge, run a string of common white grocery twine along the hem, measuring the exact length of the outer edge of the curtains. Whether you iron or stretch them they will always be as even as before laundering.

To clean white enameled furniture, remove all dirty marks with a flannel dipped in methylated spirit. Then wash at once with tepid water, to which has been added a little fine oatmeal. Never use soap or soda.

The Cocoa of the Delightful Flavour

A DELICIOUS FOOD AND DRINK in one.

EPPS'S

Grateful—Comforting.

A cup of EPPS'S at breakfast warms and SUSTAINS YOU FOR HOURS. As a supper-beverage it is perfect.

ENORMOUS BARGAIN SALE!

Laces, Embroideries and Ribbons

Don't Buy a Yard till you see our Values.

UNPRECEDENTED REDUCTIONS.

A. & S. RODGER.