

SALE!

BLINDS.

eam Blinds, with de-  
er and Fittings,

c. each

PARTMENT.  
City. Highest Qual.

Milady's Boudoir.

KEEP YOUR BACKBONE STRAIGHT

As far as looks are concerned you cannot improve on the good fashioned straight backbone! It gives your clothes a smartness that the faded walks combined could never give. It gives you youth! The author has not written of the straight charms of his heroine? Who the rounded shoulders and the protruding abdomen belong to create no longer young. Keep your backbone straight and the rest of your anatomy will take care of itself. Let it curve either in or out and in every other way it will bring down punishment. You'll cramp your muscles and damage your digestive organs. You won't be able to breathe correctly. Your stomach, liver, bowels, and heart action will be disturbed.

On the side of looks there will be a raised-in chest, which is most unattractive, and rounded shoulders, sagging and protruding wings. You will reflect the disordered condition of your internal organs. For one is beautiful who is not healthy. You will be quite without grace of movement and repose in posture.

Now, the exercise that I am recommending to you who have acquired the 1915 spinal curve is the exercise of will power. It is intended to cure according to the amount of exercise of will power you put in. When you walk or when you sit, or when you sit, think of the back of your neck and your spine as being continued straight line supporting your head. And hold that position. Try it before your mirror once a day. See what it does for you in the way of physical improvement. Your chest will be up and out the way it should be; your chin will be held up so that no double chin will get a chance of appearing therefrom. The contour of your throat will be wonderfully improved. Your abdomen will fall into correct position and your back will be symmetrical and straight so that when you place your hands across your shoulder blades there will be no protruding wings. A quieting repose which will not fail to have a soothing effect upon the nerves—will possess you, since the pressure on nerve centres will be relieved.

THE SUN.



When brooding clouds have the sun for a day, it is a good thing to see the sun out loose, and shed its well known beams. How optimistic we become, when those sunbeams descend upon us. And we're looking blue and gloomy for dismal days of end. We're bleak, forlorn, cloudy days, that he has little charm; we scowling and divers ways, and view things with alarm. We talk about our pains and aches, and of expensive pills; of how the soulless grocer makes ten profits on high hills. And as we journey on, lament, among the rains and fog, we say the ding-donged government is going to the dogs. All things around all prospects vex, and sorrow fills the land; we fall upon each other's necks and weep to beat the band. And then some morning comes the sun, the robes of fire arrayed, the good orb that takes the bun, and makes others fade. Across a sky of clouds, less blue it burns its stately way, and all the world is good as new, and we cry, "Hip, hooray!" Forgotten are the inborn woes of which we made our rhyme; the sun dispersed them where he rose, and started in to shine.

CHOICE TINNED FRUITS (In Heavy Syrup).

APPLES in Gallon Tins. FRAY BENTOS OX TONGUE.

HORLICK'S MALTED MILK.

VEGETABLES (In Tins). DANDELION. ASPARAGUS. CARROTS. PARSNIPS. EARLY JUNE PEAS. STRING BEANS. SUGAR CORN.

FISH (In Tins). SALMON. LOBSTER. SARDINES. CRAB MEAT. CLAM CHOWDER. BONELESS FISH in Packages. BACON in Glass.

BOWRING Bros., Limited, GROCERY DEPARTMENT. PHONE 332.

LONDON GOSSIP.

LONDON, March 3, 1919. ALEXANDRA AND DENMARK. Present arrangements hold good, and the infirmities should arise, Alexandra will leave this country during the late summer for a cruise on board the royal yacht with her name, and she has several weeks at the Villa Mairea on the outskirts of Copenhagen. Her Majesty owns this villa with her sister, the ex-queen Marie of Russia, who hopes to join her here. Prior to her visit to her native land last year, but these visits had to be suspended during the war, so that Majesty has not left this country since the autumn of 1918. The ex-queen Marie is living on her private estates in the Crimea, and it is understood that no obstacle will be placed in the way of her return to Russia whenever she expresses a desire to do so. It may be that she will never return there, but will intend to pass the greater part of her future at the Villa Vidvode, which occupies a most picturesque spot on the shores of the Sound. This is the case, Her Imperial Majesty will be a frequent visitor to London in the future, in order that she may pass as much time as possible with Queen Alexandra.

AMIR'S IDEA OF JUSTICE. The late Amir of Afghanistan it is remarked that he kept a record of his dominion in his own way. One day he heard related to him by one of the Fellows of the Royal Society, that a British officer, Ensign Smith, when British troops at Kabul, was insulted by a man in the bazaar or market. The Amir made no reference to the matter in the end. Sir Charles looked at the matter in a serious light, and intended to bring it under the notice of the Amir. He did so, and was told that he was to be treated with respect. He called on the Amir and received the same cold reception, and even a third time, with the same result. About a week elapsed, and Sir Charles was summoned to the Amir and invited to take a ride with him. When they got outside the Amir made no reference to the matter, and in the end Sir Charles ventured to observe, "Your Majesty seems to have been busy of late." The Amir smiled and said, "Oh, that's your little lot. You will have no more trouble in that quarter." Sir Charles afterwards learned that the Amir had arrested every man member of the family of the native of whose conduct he had complained, and hanged the whole of them.

EX-KAISER AND HIS HOST. According to private advices from Holland, it is becoming increasingly evident that Count Bentinck wishes to be relieved of responsibility for the continued safe custody of the ex-Kaiser. It may be because of a sense of this fact that the fallen monarch is understood to have applied to the Netherlands Government for permission to change his place of internment. By a coincidence—it can hardly be more than that in view of the strained relationship known to exist between father and son—the ex-Crown Prince has made a similar application to leave Wieringen, a dreary spot most ungenial to him. Both applications are under the consideration of the authorities at the Hague, who are not at all likely, it is said, to give their consent.

EROS RETURNS TO PICCADILLY. Eros has come back to Piccadilly Circus. The workmen are setting his toes again on the top of the fountain, and some day soon the fountain will splash and sparkle. Once more Eros will threaten with his arrow the people that come and go at Piccadilly Circus. He has been hiding whilst the reign of hate was over London, and he did not see the bombs from the drifting Zeppelin that fell fifty yards from the fountain and smashed all the windows and left dead people lying on the floor of a famous cafe behind him. Nor did he see the great night of the armistice, when Canadian, South African and Australian soldiers climbed up the dolphins and waved Union Jacks on the top. But he could remember the days when the Boer War ended when a famous Anglo-American actress climbed beside him and waved stars, so he would know how it was all done. He is an aluminium god, it seems, not a bronze god, as we had always thought. Only an aluminium hero could hold his place on one foot in Piccadilly Circus. His return will make people look again at Gilbert's beautiful fountain, the most highly wrought piece of modern beauty in London. Eros may notice a newcomer after his own heart in Piccadilly Circus. That is the shop at the southeast corner which has over its door "The Kingdom of Bohemia." Up to then we had

thought that the kingdom of Bohemia was within ourselves, but now we see that it has a local habitation and a name. Robert Louis Stevenson would have been tickled to death to have seen it there.

NOTES FROM THE RHINE. A soldier writes from Mayence, formerly Mainz. He says: "From the general attitude of the Germans in the occupied region you would almost think we had come here to teach them English. Both in our zone of occupation and that of the French, Germans are most anxious to speak in the Entente languages. I suppose they were good linguists once, but five years without having any tourists among them has made their English dreadfully rusty. Similarly I find that my German, which used to be thought good, has got mixed up with French. The people here," he goes on, "go mad for chocolate and soap. If you want to go to Germany you had better take plenty of soap. Next to chocolate, I suppose, the German is most desirous of soap. It is perhaps to his credit that he will steal yours if you give him half a chance. The real acuteness of the soap problem was brought home to me at Mainz in a barber's shop. A man was being shaved, and was lathered with what looked like soap, but was probably a substitute. When the barber scraped his victim's chin, he wiped the lather off the razor, beard bristles and all, and put it back in a pot to use again later."

LONDON NEWSPAPER CHANGES. Geoffrey Dawson, the editor of the "Times," finds himself unable to see eye to eye with his proprietor, Lord Northcliffe, on questions of national and international policy and he resigns his post therefore. He is to be succeeded by Wickham Steed, who will be the first editor of the "Times" who has not been an English public school and Oxford man. Steed had most of his education on the Continent, his universities being Johns, Berlin and Paris. His work in connection with the "Times" has been largely with regard to foreign news and politics. Before the war he was a Russophile and is now claimed by the Jugo-Slavs as one of their chief supporters. He has been "Times" correspondent at Berlin, Rome and Vienna. The change will no doubt allow Lord Northcliffe to exercise his complete control over home politics in a way that was impossible during Dawson's editorship. The "Times" will no doubt fall in line with the other Northcliffe papers. Another interesting newspaper movement is one whereby Walter Runciman, one-time Cabinet Minister under Mr. Asquith and shipwrecked with his leader in the last general election, adds to his present control of "Land and Water" and "Flying" the control of the "Queen," "The Field" and the "Law Times." Like all the Runciman journals, whilst catering each for their special clientele these journals will be definitely opposed to any scheme for preferential tariffs here. Other great daily and weekly newspaper camps now exist in London and will play a big part in future developments.

TO INTRODUCE OR NOT INTRODUCE. In view of the colossal boom in public and private dancing just now I gather that the question of introducing the dancing into the majority of the windows and left dead people lying on the floor of a famous cafe behind him. Nor did he see the great night of the armistice, when Canadian, South African and Australian soldiers climbed up the dolphins and waved Union Jacks on the top. But he could remember the days when the Boer War ended when a famous Anglo-American actress climbed beside him and waved stars, so he would know how it was all done. He is an aluminium god, it seems, not a bronze god, as we had always thought. Only an aluminium hero could hold his place on one foot in Piccadilly Circus. His return will make people look again at Gilbert's beautiful fountain, the most highly wrought piece of modern beauty in London. Eros may notice a newcomer after his own heart in Piccadilly Circus. That is the shop at the southeast corner which has over its door "The Kingdom of Bohemia." Up to then we had

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Maternity Hospital.

Editor Evening Telegram. Dear Sir:—Upon taking up a late issue of the "Halifax Herald" I find an article which should appeal to all of us. It is in connection with the proposed Maternity Hospital and its itself explanatory visit.

"The attached resolution was unanimously passed at the regular meeting of the Halifax Rotary Club: 'Whereas, a drive by the Salvation Army with the objective of \$150,000, for the purpose of building a maternity hospital in the city of Halifax will be put on during the first week of April. 'And whereas, such an institution is much in the interest of Halifax, the best medical authorities stating that 'the city is very badly in need of it. 'Therefore resolved, the Rotary Club of Halifax put itself on record as being strongly in favor of the project and the members both as a club and as individuals, pledge themselves to do all in their power to aid the drive and do all possible to enable 'the objective to be reached.'

Why not the Board of Trade and the various clubs and associations in our city adopt a similar method and help out this badly needed maternity institution. We have a chance now of getting something we want in our midst, viz.—A Maternity Hospital. Do not let us miss it. Surely some of us knowing the housing and other conditions existing to-day, cannot but appreciate the efforts that are being put forth to establish this institution. Let us take advantage and do our utmost to have it erected. Unity is everything, and if the members of the Board of Trade, who have done such noble work in the past, will join the clubs and associations unite in a three or four days thorough campaign the building of the maternity hospital would be without question. Yours very truly, A. H. SALTER.

April 8, 1919.

Good Products Necessary. The foregoing has been caused by the statements that Nfld. Scotch pack herring, packed in this country last fall, turned out badly at New York. A couple of years ago the Government instituted a system of inspection for herring of this cur, with an elaborate system of branding. Apparently it has been in vain and either the inspectors have been negligent, or much bad herring has slipped by them. The man who uses dishonest methods hardly ever suffers by himself—no matter what his line of business—there are always a number of innocent persons who suffer too. This is particularly true in connection with the fishery, and a few hundred barrels of bad herring may mean dollars less on the price of the season's catch. Good products—well cured and carefully packed herring—are what this country urgently needs during the coming season; for no longer shall we stand as practically the sole suppliers of salted fishes, as during the past couple of years, but we shall have to compete with the cure of the European fishermen and their well organized Government oversight. The fishermen of this country should put out a good product for their own sake and the sake of their country. The business men should insist on getting nothing but the best that is not exactly right. But there should be no need of this latter if the former is complied with. We have no desire to teach the fishermen his business; but one of the complaints one is always reading from the Fishing Journals of Canada and the States, is that of different cure of the Newfoundland fish products. This need not be—Twillingate Sun.

Evening gowns of white silk jersey have bands of chalk and jet beads for their sleeve straps and their adornment.

You don't press a button any more but we still do the rest. Expert workmen, modern methods, improved equipment & tested chemicals insure results. Let us finish what your Kodak began. TOOTON'S, THE KODAK STORE, 320 WATER ST.

Patti's Independence. With a voice that carried her a million sterling, Madame Patti, the ever-youthful, although she has just entered her seventy-seventh year, could afford to be independent. In this connection a retort by her has become historic. When she was told that even the President of the United States did not receive nearly so much for his services as she demanded for hers, she answered: "Very well; got the President of the United States to sign for you."

Minard's Liniment Cures Diphtheria.

Fresh Cod Tongues!

NEW YORK TURKEYS. NEW YORK CHICKEN. BOLOGNA SAUSAGE. FRESH FRUIT—California Apples, Oranges, Grape Fruit, Lemons, Pears, Grapes. FRESH LAID EGGS. New Stock of LOVELL & COVELE'S CHOCOLATES—Fancy Boxes. CANDY COATED ALMONDS. PURE CRYSTALLIZED GINGER, PURE SAP MAPLE SYRUP. GREEN PEPPER SAUCE, RED PEPPER SAUCE, LOOSE BROAD' FIGS. DROMEDARY DATES, FIGS IN SYRUP, CHERRIES IN SYRUP. DURKEE'S SALAD DRESSING, HORSE RADISH, PAN YAN PICKLES. HEINZ'S SALAD VINEGAR, "OVALTINE", HORLICK'S MALTED MILK.

AYRE & SONS, Limited. PHONE 11. GROCERY DEPARTMENT. PHONE 11.

1,000 Crankshafts Shipped.

Of all the parts that constitute the successful Champion engine, the one and only item that might give us any concern was crankshafts. In fact some of our critics said we couldn't get us any before next Fall, if then, so the Company sent its representative to New York, and presto— 1,000 crank shafts—enough for the season—are already on the way.

If you haven't any shares in the Champion Machine & Motor Works, Ltd., just call in at the factory for half an hour and then see the "Champion 6" on display bottom of Prescott St. After that, you'll be looking for them.

Shares, Ten Dollars each.

J. J. Lacey & Co., Limited, City Chambers.

MILLEY'S

SILK SKIRTS

—IN—

In Many Stunning Styles.

There is a distinct new styling to these separate Skirts which, with the new materials and colour combinations, will meet the approval of every woman who seeks for fashionable wear.

Draped to the new waist line, and shaped on the new straight line figure, the trimming and decorative effects make these Skirts more than usually attractive.

The displays are fascinating from the viewpoints of varied assortments—and attractive price.

\$6.75 each.

MILLEY'S

"Monkey." One of the best of the many good stories told by Lord Evelyn in his reminiscences concerns an Irish M. P. named Scully. Just before a certain critical division of the then Liberal Whip, Lord Moncke, found him hesitating as to which lobby he should go in. "My dear Scully," said his lordship, linking his arm familiarly in Scully's, "I hope you are going to give us your vote?" Scully testily withdrew his arm, and retorted:—"My dear Lord Moncke, I hope next time you abstract a 'y' from my name you will add it to your own!"

Grove Hill Bulletin. WREATHS & CROSSES. CARNATIONS. LETTUCE. PARSLEY. Terms: Strictly Cash. Phone 247. J. McNeil, Waterford Bridge Road.

Seal at Harbor Grace. Raine Johnston's Seal, Captain Randall, arrived at Hr. Grace, Monday afternoon with 11,000 prime young harks. During the trip the ship lost three of her propeller blades, the ice conditions being the worst in the experience of any of the crew. A sealer named Christopher, suffered from a severe cold during the trip, and for a time was very ill. Thanks, however, to the skill of Mr. Gerald Doyle, the ship's doctor, he is now alright again.

MINARD'S LINIMENT CURES DIPHTHERIA. TEMPER.

The House of Quality.

The Piano to be used at Captain Campbell's Recital on Thursday evening is a

"Sohmer" Grand.

CHARLES HUTTON, Sole Agent for Newfoundland.