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Have those Photographs you were given this Christmas and New Year framed before they get soiled or damaged in any way.

We have a large new shipment of framing and we are sure we can please you.

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NEW ONES OR OLD ONES. ABSOLUTELY REGARDLESS OF COST.

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THIS IS A REAL XMAS BOX! TO YOU! TO EVERYBODY!

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Filed for a Year— At Hand in a Minute!

There are records kept in your business which are seldom referred to, but when reference to them is desired, can you locate them instantly?

"Office Specialty" Filing Systems do more than provide a place to file papers. The method of filing the papers under proper indexes makes the finding of any letter, on any subject or from any firm, as easy as the filing. You don't have to tumble all the letters out of the file to find any particular one. There is only one place for each letter, and every letter is in its place. Card Records, Cheques, Stock Records, Correspondence, are all found instantly when wanted if filed by "Office Specialty" Saving Systems.

Here is a very convenient stack of Sectional, Quarter-Cut Oak, Filing Cabinets, 2 vertical drawers for Letters, 5 drawers for 5 x 3 inch Card Records, 3 Shannon drawers for Receipts, Invoices and Bills, 4 drawers for 6 x 4 inch Card Records, 3 Stationery drawers, which together with the top and base make a very useful stack for any business office.

OFFICE SPECIALTY MFG. CO., Limited.

1914, Fred. V. CHESMAN, Representative

APPLES, ORANGES, GRAPES, etc

Offer fresh shipment: 10 boxes Sair Dates. 10 cases Valencia Oranges. 10 cases Jaffa Oranges. 10 cases Choice Grapes. 10 cases Winter Apples. We are selling good sound Grapes cheaper than it would cost you to import.

EDWIN MURRAY.

Advertise in Telegram.

Why Do We Do It?

By RUTH CAMERON.



Of all the unreasonable things we unreasonable human beings do it seems to me that blaming people for actions which in themselves were perfectly guiltless, but which happen to cause us discomfort, is one of the worst.

The other day when I was trying to transact some important business over the telephone someone from above stairs, who did not know I was talking over the phone, began calling to me. Now anyone who has ever used a telephone, knows how annoying and confusing it is to have someone try to speak to you while you are listening to the party on the wire. The result of the interruption in my case was that the important business was very much muddled. Needless to say I left the telephone in a state of great annoyance and at once went upstairs to scold the interrupter.

And being a person with a very bad temper, it wasn't until after I had freed my mind and cooled down that I realized how unreasonable I had been. She didn't know that I was listening at the telephone and to call down to me when I was not at the phone was perfectly guiltless. I had suffered a good deal of inconvenience, but it was only through a mistake, not any deliberate offense. And so, after all, it was I who deserved the scolding instead of she.

Of course you do not fly off the handle as badly as that because you have a better disposition, but tell me, reader friend, don't you sometimes make the mistake of blaming people for actions which in themselves were perfectly guiltless but which happened

to cause you discomfort or inconvenience?

Especially in dealing with children it seems to me, we make this mistake of letting the trouble an act of theirs causes us and not the culpability of the act itself, be the criterion of the blame they shall receive.

I have seen a child put to bed for tipping over a plant with one of those quick, impulsive motions, for which children are hardly to be blamed at all; and merely removed for a serious exhibition of selfishness.

In my own childhood nothing caused such a ferment of indignation in my heart as when I was punished for acts which I had committed with no intent of wrong. I shall never forget being sent to bed by an aunt whom I was visiting because I tore my dress in an attempt to do something which I really thought would please her. She lived in the country and kept hens. I had no previous experience with these creatures, and was deeply interested in them and especially in the urgent desire on the part of my aunt and uncle for more eggs. I realized that the hens laid when they sat on the nest, and so one day I took a hen which I thought had not been doing her duty, wriggled in behind the nest and firmly held her on for some moments.

The punishment I received for the torn dress which was the only result of my unselfish labor, still rankles. I knew that I had meant to help, and to be punished for my mistake was almost more than I could bear.

Of course it takes a great deal of patience to be just when you are annoyed or inconvenienced; and we human creatures cannot always accomplish the feat. But surely to be just under such circumstances is an ideal well worth striving for.

Ruth Cameron

Household Notes

A good scouring for boards and tables is this: Work into a paste half a pound of sand, half a pound of soft soap and a quarter of a pound of lime. Put it on the scrubbing brush instead of soap, then wash the wood with plenty of clean water.

If turpentine is put on a burn immediately, it will stop the burning and there will be no pain. Saturate a piece of bandage with turpentine, then wrap the burn carefully and saturate again and again, keeping the bandage wet for some time.

In every way possible beauty and utility should be combined in the home. Dispense with everything that does serve well for use or ornamentation. Gaudiness and congestion are not suggestive of prettiness, and things unnecessary only collect dust.

The work of polishing windows and mirrors can be made much lighter if instead of using wet cloths or whitenings you sprinkle a little liquid brass polish on a rag and then clean off with a soft dry duster. The result will be most satisfactory.

In cooking meat, the idea is to retain the nourishment and flavor. The flavor and juices depend as much on the method of cooking as upon the quality of the meat. Boiling water or strong, dry heat will retain flavor, in closing the meat in a crust which will not permit the juices to flow out.

The flesh of fish out of season is unwholesome. If necessary to keep fish overnight, place them where the moon will not shine on them; the effect is as bad as hot sunshine. Cod, haddock and halibut may be kept a day before using, but mackerel and white fish lose their life as soon as they leave the water.

A simple and easy way to iron sheets is to first fold the two hems together, right side out, then fold the sheet across the center forming a square.

Cured Eczema Like Magic

Suffered for Years—Tried All Kinds of Treatment—Surprised at Results From Dr. Chase's Ointment.

You can soon tell when people are enthusiastic about medical treatment by the language they use. After experimenting with all sorts of ointments in a vain effort to obtain relief and cure, the writer of this letter was astonished at the quick and satisfactory results obtained by the use of Dr. Chase's Ointment.

"It worked like magic," she writes. Indeed, it is surprising the healing that is often effected in a single night by this great ointment. The stinging and itching are relieved at once, and cure is only a matter of time and patient treatment.

Mrs. Clements, 13 Strange street, Toronto, Ont., writes: "I have suffered from eczema for years, and after using all kinds of ointments, at last tried Dr. Chase's Ointment. It worked like magic and proved a God-send to me. I would advise anyone suffering from eczema to try one box and be convinced." 50 cents a box, all dealers, or Edmondson, Bates & Co., Limited, Toronto.

with the broad hem on top of the sheet outside. Then simply iron the square on both sides and the sheet will have a well-ironed appearance when on the bed.

A quick and easy way to dry the hair is as follows: Remove the crown from an old straw hat. After the shampoo, remove the greater part of the water from the hair by rubbing with a towel, then list the hair through the crown of the hat, rest the hat on the head and spread the hair out around the brim to dry.

If convenient, the waffle batter may be made the evening before it is used. The cakes will be lighter and any batter which is cooked fast, such as griddle cake or fritter batter, is more easily digested if made long enough ahead to allow the starch grains in the flour to swell so that they will burst when heat is applied.

The richer the cake the more easily it is spoiled if the oven is too hot. As soon as the cake has risen and taken a rich brown color, the heat should be lessened to what cooks know as a "soaking heat" and the cake should be kept in this moderate heat until a pointed knife or a skewer stuck in the middle of the cake can be drawn out without uncooked paste sticking to it.

Minard's Liniment Co., Limited.

Gentlemen, — I have used MINARD'S LINIMENT from time to time for the past twenty years. It was recommended to me by a prominent physician of Montreal, who called it the "great Nova Scotia Liniment." It does the doctor's work; it is particularly good in cases of Rheumatism and Sprains.

Yours truly, G. G. DUSTAN, Chartered Accountant. Halifax, N.S., Sept. 27, 1905.

The Great Salt Lake.

By GEORGE FITCH, Author of "At Good Old Swash"

The Great Salt Lake is the American edition of the Dead Sea. Like everything American, it is an enlargement and improvement upon the original, having several times its area and being far better equipped for the tourist trade.

The Great Salt Lake is 80 miles long and 20 to 30 miles wide. It is also deep enough to drown the tallest man. However, the only way in which even a short man could drown in this lake, would be to tie a rope to the bottom and climb down. This is because of specific gravity which the lake contains to excess. So strongly is the water impregnated with specific gravity, in fact, that human beings float in it without effort, their heads and toes above the surface. Floating in the Great Salt Lake is as easy as floating in New York Society with only a title for support. However, the floater must be careful not to swallow any of the water in an unguarded moment. It is seven times more dis-



MOTHERS! DO YOU KNOW

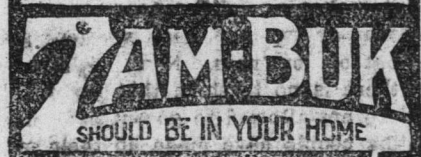
That when you put a salve onto your child's skin, it passes through the pores and enters the blood, just as surely as if you put it into the child's stomach?

You would not put a coarse mass of animal fat, colored by various mineral poisons (such as many crude salves are) into your child's blood by way of the stomach? Then why do so by way of the pores?

Take no risk. Use always the pure herbal essences provided in Zam-Buk. Zam-Buk contains no trace of any animal oil or fat, and no poisonous mineral coloring matter. From start to finish it is purely herbal.

It will heal sores, ulcers, abscesses, eruptions, varicose ulcers, cuts, burns and bruises more quickly than any other known preparation. It is astringent, quickly stops the oozing of a sore or cut, cures piles, inflamed sores and blood-poisoning. It is a combination of healing power and scientific purity. Ask those who have proved it.

All druggists and stores who sell or Zam-Buk Co., Toronto, for price.



Address all applications for samples and retail orders to T. McMURDO & CO., St. John's, Nfld.

agreeable than the most popular and beneficial mineral water, and even if it were to be distributed free, on election day in a Bowery precinct, no one would willingly drink it.

This is because of its salt. We now approach the secret of this lake's name. It is from five to seven times as salt as the ocean, depending upon the industry of the sun in evaporating it from year to year. Fish cannot live in it—not even codfish—and vegetation for miles about it is extremely sparse and dejected. Very little use has been found for the lake thus far, though thousands of gallons of it are sold in small bottles to tourists during the season. Even a bath in it is a delusion and a snare, as the bathers have to wash off with a hose afterward. However, the lake does stand between Utah and the salt trust in a noble and efficient manner, and it furnishes Salt Lake City with one of the most novel summer resorts in captivity.

The Great Salt Lake is remarkable for its fluctuations in size, surpassing in this respect the republican vote. For many years it gained steadily in area until Salt Lake City became nervous during every rainstorm. Then it shrank until the bathing pavilion was far out in the desert. Now it is growing again. It is better equipped with railroad facilities than any other body of water, the Southern Pacific railroad having built a bridge and causeway straight across it. After having viewed the marvellous energy of man at Niagara Falls and elsewhere we can only feel thankful that the Southern Pacific did not move the lake away entirely instead of bridging it, thus wiping out a great national wonder.

MORE DIPHTHERIA.—Diphtheria was reported from Witless Bay yesterday, to Dr. Brehm. Only one patient is suffering from the disease and is being attended by Dr. Freebairn.

Twice Proven Cure for Nerves

Irritable, Hysterical, Sleepless, Dr. Chase's Nerve Food Restores Health.

There is a message in this letter for thousands of women who are suffering from broken-down nervous systems. Sleepless nights, much irritability over little things, spells of dizziness and nervous sick headaches are among the symptoms.

You may not realize the nature of your ailment until nervous prostration comes upon you. But in whatever stage you find yourself, Dr. Chase's Nerve Food is ready to help you. Mrs. W. J. May, 88 Annetts street, Toronto, writes: "Some years ago I suffered from nervous trouble, and took Dr. Chase's Nerve Food, which completely cured me. About six months ago I received a shock which again shattered my nervous system to such an extent that I was irritable and hysterical, and could not sleep nights. I began to use the Nerve Food again and was not disappointed. Improvement was apparent from the first box, and now I am entirely well." Dr. Chase's Nerve Food, 50 cents a box, 9 for \$2.50, all dealers.

W. E. Bearn's,

The Haymarket Grocery.

"We always have something new."

Austin's Delicious Fruit Salad, 40c. bot. Austin's Red Morrello Cherries. Austin's Delicious Peaches in heavy syrup. Delightful for Christmas Dessert.

Springs' Banana Butter 35c. jar Springs' Lemon Curd 35c. jar

Honie's Lime Juice Cordial 30c. bot. Honie's Green Ginger Wine 30c. bot. Honie's Orange Wine 30c. bot.

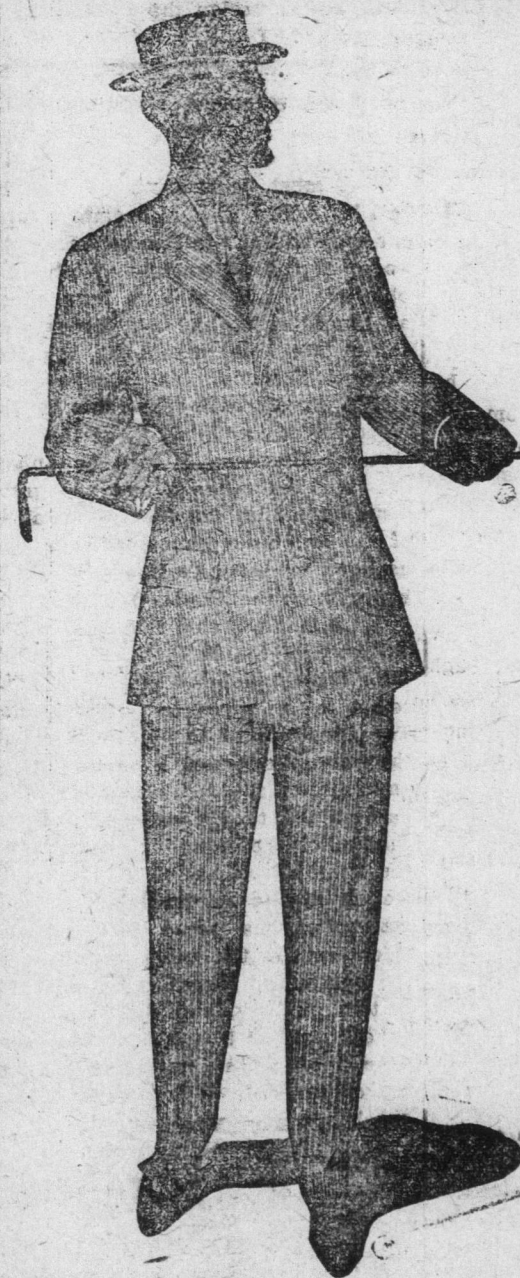
Something of exceptional quality. DIPLOMA ENGLISH WILTSHIRE BUTTER, 45c. per 1 lb. tin.

GENUINE WILTSHIRE BACON. Specially selected for ourselves. Nice streaky pieces. Per lb. 35c.

Fresh by train to-day: Choice Drawn TURKEYS, GEESE, CHICKEN, DUCKS, also PARTRIDGE, RABBITS & VENISON.

Use the telephone. Your orders will receive prompt attention. Call up

W. E. BEARNS.



THE BEST

and nothing but the best goes in the garment made at Maunder's. Our assistant cutter and foreman tailor have just arrived from New York, where they have been studying the very latest in Cut and Style and how it is done.

Remember, we have the largest selection of up-to-date tailor goods in the city. Come right along and have the "Maunder make." Certainly some style.

John Maunder's TAILOR & CLOTHIER, ST. JOHN'S, N.F.

Free! Free! Free!

In order to advertise our

Special Family Tea

during this month, we have decided to give away absolutely FREE, one large Canister of Tea to everyone that buys Five Dollars worth of Goods in either of our Stores.

We will give Coupons with every purchase of One Dollar, and when you have received 5 coupons you may return them and obtain a Canister of Tea.

GEORGE T. HUDSON, 367 & 148 Duckworth Street.

ORANGES, GRAPES, etc.

Now in Stock at Lowest Prices.

Silverpeel Onions, Choice Green Grapes, Valencia Oranges, P. E. I. Blue Potatoes, P. E. I. Parsnips, P. E. I. Beet. Also, Good Canadian Apples.

BURT & LAWRENCE, 14 New Gower Street, Box-245, Tel.-750.