

THE MOST STRIKING
feature of the POLAR BEAR is its beautiful white coat, which is in keeping with the whiteness of its surroundings in the Arctic regions. The snow in those regions, however, is not whiter than clothes washed with **SUNLIGHT SOAP.**

The beauty of SUNLIGHT SOAP is in its purity, and the easy way in which it releases dirt



from clothes, without injury to the fabric no matter how fine it may be. It is manufactured with the purest materials and there is a 1,000 Guarantee of Purity on every bar.

TRY IT ON YOUR NEXT WASH-DAY.

Cigars.

By GEORGE FITCH.
Author of "At Good Old Sivash."
The subject of cigars is so vast that the mere attempt to contemplate it produces dizziness and gives the typewriter blind staggers.
Over 300,000,000 men on this planet are smoking cigars each day. They consume on an average of 600,000-000 cigars daily. This means the burning of 600,000,000 matches, which must be made from the wood of 100 acres of forest. It means that probably 150,000,000 men are stopped each day by 150,000,000 other men who want to borrow a match. The time wasted in this operation alone is equal to 300,000,000 minutes a day, or 5,000,000 hours, or 200,000 days, or 547 years—long enough to build, and completely finish a postoffice building in Chicago.
To say nothing of the time spent by each man in trying to paste down the end of his cigar so that it will not unwrap and allow the backbone to fall out. The time wasted in this performance would dig a Panama canal each day.
Smoking cigars is one of the very few forms of legal arson. Each day the public ignites \$10,000,000 worth of cigars which are a total loss by evening. Cigars are made of tobacco and near tobacco and almost tobacco and alleged and pseudo and quondam and quasi tobacco. They are like great singers. They go best under foreign names. This prejudice has filled our country with "La Ropera," "Burna Vila" and "San Queroseno" cigar, any one of which would smell as energetically under the American translation. In fact, the choice of a name for a cigar is much more important than the choice of tobacco.
A "Colorado Clara" cigar will sell nicely, but any manufacturer who puts a "Missouri Mabel" cigar on the market would be ruined in a month. When a manufacturer has secured a good fire burning name and a gilt and pink corset which will attract the eye, he is so well satisfied that he frequently doesn't bother about picking out any tobacco at all.
There are three grades of cigars: Good cigars, bad cigars and election cigars. Practically the only social division among men in the United States is made by the ten-cent cigar. Above the ten cent limit are the aristocracy, the prosperous business class and the sportsmen. Below it is the plain citizen who works hard for his money and can smoke with pleasure and content a cigar that biteth like a serpent and stingeth like an adder.

Household Notes.
When bread and butter is left over from breakfast adopt the follow method, and it will keep quite fresh and moist for teatime: Cover it over with a napkin, wrung out of cold water, and keep in a cool place.
To make meat cooked in a gas oven juicy, place a jar half filled with cold water at the bottom of the oven. The steam rising from the water makes the air in the oven moist and prevents the meat from getting hard.
Housekeeper, if you are so fortunate as to have a south porch, put on your sweater and take the mending out there. You will be surprised how much better you will feel if you take every opportunity to breathe the outside air.
If saucepans or kettles have to be used over a smoky fire, try smearing a little grease over the bright parts. This will prevent the smoke from blackening them. If washed afterwards in hot water, the pan will be as bright as ever.
Never throw away the ends of candles; drop them into a little white bag, and they will come in handy on ironing day. Occasionally pass the iron over the bag, and it will give the article a gloss as well as prevent the iron from sticking.
Do not rub woollens or flannels except in parts where the garment happens to be particularly grubby; just swish it up and down in a soapy lather and give an occasional squeeze. When all the dirt has come out the garment is ready for rinsing.
It is a pity to waste starch when you have made half a bowlful for the purpose of starching just a few little things, but this can be avoided by letting the starch settle, pouring off the water and then drying the starch in a warm oven. It will thus form into a hard cake and you can use it again.
Too much importance cannot be placed upon the careful cleaning of vegetables that are eaten raw. All salad, celery, radishes, etc., should lie in cold water for two or three hours and soak before they are finally scrubbed. There should be a small brush that is used for another purpose.

I was cured of terrible lumbago by MINARD'S LINIMENT.
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MRS. S. KAULBACK.
I was cured of sensitive lungs by MINARD'S LINIMENT.
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A Duck's Foot complexion means a torpid liver. Stir it up with Davis Liver Pills 40 for 25c. Gentle but effective.
Tumblers that have been used for milk should be filled first with cold water and rinsed, and then use a little warm. Putting the milky glass into hot water at first has the effect of clouding it permanently.

Rub Your Stiff Neck To-Day-- Good Old "Nerviline" Will Cure

FIFTEEN MINUTES AFTER USING NERVILINE YOU ARE WELL.
Cold, excessive strain and exertion are a common cause of stiff neck, soreness or inflammation.
Generally the cause is so deeply seated that only a liniment as powerful and penetrating as Nerviline will effect an immediate removal of pain.
Nerviline is powerful, yet penetrating, is the most rapid pain-expecting agent the world knows.
Millions have proved its reliability and millions will share the relief its

marvellous properties confer upon suffering people.
Nerviline is sold upon a positive guarantee that is more prompt, more powerful, penetrating and pain-expecting than any other remedy.
If you have failed to obtain relief for rheumatism, neuralgia, sciatica or lumbago, try Nerviline. Good for small pains, the surest to drive out the big ones.
Nerviline is guaranteed to quickly cure any pain or soreness in the joints, and is sold by druggists everywhere. Large size 50 cents; trial size, 25 cents.

Things Worth Knowing.

A watch's mainspring is 2 feet long. It takes 5,000 bees to weigh a pound.
Tea can be bought in China for 1 1/2d a lb.
There are 556,000 seeds in a bushel of wheat.
Men over 40 are practically proof against enteric fever.
From 1874 to 1876 the income-tax was only 2d. in the £.
There are 5,400 square miles of coalfields in Great Britain.
There are 4,000,000 tons of stone in the Pyramid of Cheops.
Many of the theatres in Petrograd do not open till midnight.
Among 100,000 Germans there are twenty-one suicides every year.
The report of a gun a mile away takes a full five seconds to reach the ear.
Between 1811 and 1814 Wellington's army lost 81 per cent. of its officers wounded.
The first treaty with China, which opened its ports to foreign trade, was signed in 1842.
The furnaces of an Atlantic liner will consume no less than 7,500,000 cubic feet of air an hour.
Lord Kitchener built the railway across the desert at Khartoum at the rate of two miles a day.
Colonial troops served with a British army abroad for the first time in 1884-5, when New South Wales sent 800 soldiers to the Sudan.
Africa is three times larger than Europe.
After roasting, 100 lbs. of beef only weighs 67 lb.
French people eat 530 lb. of bread a head per year.
The muscles of the human jaw exert a force of 534 lb.
The French Legion of Honor is the biggest order of merit.
Boring with a diamond drill costs at an average of £3 a foot.
Except that of China, San Marino has the longest national hymn.
Every day the Thames scoops out of its banks 1,500 tons of earth.
The chance of two finger-prints being alike is one in 54,000,000,000.
In the Navy, as in the Army, it is forbidden to whistle certain tunes.
Sunstroke is caused by invisible violet rays from the sun, and not by heat.
There are four times as many marriages in Italy in December as in January.
Flying with a strong wind, a carrier-pigeon covers 1,600 yards a minute.
In Holland no landlord has the power of raising the rent or evicting the tenant.
Over 8,000 children were helped last year by the Invalid Children's Association.
In proportion to its size a fly walks thirteen times as fast as a man can run.
Hospital Saturday collections at Sydney recently reached the record sum of £10,000.
There are no declensions, moods, tenses, or inflections of any kind in the Chinese language.
No fewer than 534,793,356 passenger rode on London County Council tramway cars last year.
The first British submarines ever sent on foreign service left Devonport for China on February 10th, 1911.
There are 4,200 species of plant used for commercial purposes. Of these 420 are used for perfumes.
Instead of an engagement ring the Japanese lover gives his sweetheart a piece of beautiful silk for a sash.
Fourteen years old on March 27th, a boy in the Duke of Cornwall's L.I. is believed to be the youngest full private in the British Army.
When Queen Victoria came to the throne, the postage on letters had to be paid not by the senders, but by the people who received them.

Pacific Coast Fishery.

Instructional Letter From Mr. A. Freeman to his Brother—Handed to The Evening Telegram for Publication.
S. S. Flamingo, Massett, B. C., Oct. 30th, 1915.
Dear Bill, I wrote you from Nanaimo this trip when sailing, since then we have been out 13 days and have only 2,000 lbs. I came in here today with a sick man, old Paddy Sheehan, you may know him, he fished with Mark just before he went home. It is blowing a gale now from S. E. and have been nearly all the trip. Fish is unusually scarce and we cannot find any matter where we go. I don't know yet if we will be running all the winter or not. There is practically no bait to get and the halibut business seems doomed here for steamer fishing. There is quite a lot of small gasoline boats, and some quite large boats capable of carrying over 100,000 lbs., and they are fishing all the way from Columbia River, that is 130 miles south of Cape Flattery to Kodiak Islands in Alaska, a distance of about 1,500 miles, and now the only trips of any account is got in Alaska about Portlock Bank, off Kodiak Island. We do not go there as we cannot carry supplies for the trip; the fish is getting scarce there and it is only a matter of a short time when these grounds will be the same as those we are fishing on here.
To show you how scarce we have found the fish this year. We have taken 32,000 lbs. of frozen halibut every trip this summer and fall, that equals 80 casks of 400 lbs. each or 160 barrels, enough to run from 750 to 800 tubs of gear of 3 lines or 400 fathoms, and the largest catch we have got was only 115,000. You can see that we have to do a lot of fishing now to get a few fish. I see by some Newfoundland papers I get that a schooner had put in at Woods' Island with 100,000 lbs. of frozen halibut, that would equal about 250,000 lbs. of fresh fish. I do not know whether Woods' Island is in Newfoundland or Labrador. I have seen where a schooner can get fish a steamer can easily double the working of the same gear with corresponding results. I have before me here now the Fishing Gazette, of New York, showing the prices of halibut in the New York market from August 21st to 27th. For Eastern fish 15 cents per pound for white, and 13 to 14 cents for gray, each day. The proportion would probably be 25c. for grey, Pacific or Western halibut 10 to 12 cents per pound according to quality. That is a rather larger difference than usually exists. Eastern halibut is always quoted from 2 to 4 cents above Western. I have wondered that some of our Newfoundland people do not look more into the possibilities of the fish business. There is no duty on halibut going to the U. S. A., and other expenses for operating if ice and facilities for shipping over the railroads could be arranged for it should be less than from this coast. This summer some of the steamer from Seattle have been fishing at Shumagin Island, more than 1,600 miles from Seattle, that is about the same distance as from Boston to Cape Mugford. In the same way if steamers from Boston, caught their fish at Cape Mugford, landed at Boston and shipped to Seattle. If a steamer could land at say Trinity and ship it would save about 1,600 miles of run and give that much more time for fishing. We have to pay 3 cents per pound express rate and it takes 5 to 6 days to New York or Boston, it should take far less time from Trinity, not being much more than one-third the distance. The express rate should be less, while the difference in price ranges from 15 to 20 per cent. more for eastern fish.
Those grounds out here are getting fished out and the fish is getting everywhere. It is only a matter of time until the Americans or some others will take this matter up. I have been approached about the same subject as to future prospects. They are freezing salmon and halibut at Prince Rupert and shipping to England. A cold storage is a very necessary adjunct to handling fresh fish on any extensive scale. It is not such a very expensive affair to run when once completed. We make ice for \$150 per ton after paying 25 cents a thousand gallons for water and it takes very little power to hold anything when once it is frozen. All the boats here use frozen bait as it keeps much better when thawed out than fresh bait; it will stay good on trawls 4 or 5 days in the warm weather. Fresh herring would drop to pieces in half the time. The cold storage at Prince Rupert sets bait at \$15 per ton; their regular price is about \$20 per ton. You can see that the method is cheap. There is a steam plant and their coal cost them landed in Prince Rupert about \$7.00 per ton. They also pay about twice as high wages as is paid in Newfoundland. We pay \$15 per ton at Albergo, Vancouver Island (West Coast) and pay the freight to Vancouver, costing us about \$20 per ton. The plan now adopted out here in all the freezers is to freeze in blocks of about 50 or 100 lbs. A 50 lb. block is 18 inches x 20 inches square and 4 inches thick, the other is of larger area but of same thickness. That gives surface enough to thaw out when baiting. They keep better and do not break up in handling; also, they can be packed in boxes. It would be a fine thing if a small bait plant was in the night it would give the people fresh bait anytime, and could be put up at very small cost, especially capital.
(To be continued.)

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Your Boys and Girls.

It is very important to keep the baby's feet and legs warm. Stockings and diaper should meet, leaving no part of the leg exposed. In cold weather and when it grows cold towards night it is well for him to wear a pair of merino stockings. These need not be all wool, indeed if of a mixture of cotton they are much better as they will not shrink.
For an older baby who is on the floor a great deal, stockings and soft soled shoes are necessary for comfort, except, of course, in the heat of summer. All the shoes, from the very first, should be chosen to fit the natural shape of the foot, with broad toes and straight soles. Socks may be worn in summer, but in the cooler months the baby's legs should be entirely covered.

MINARD'S LINIMENT CURES GARTERS IN COWS.
Minard's Liniment Cures Dandruff.

OVALTINE?

HAVE YOU TRIED
The Greatest Restorative and Body-Builder in the World.
OVALTINE contains Malt, Milk and Eggs and can be used just like Cocoa. Recommended by all doctors. Put up in 1/4s, 1/2s and 1 lb. tins.

Fresh Supplies due to arrive S. S. Stephano:

NEW YORK TURKEY	TABLE APPLES.	BANANAS.
New York CHICKEN.	ORANGES.	PEACHES.
New York DUCKS.	GRAPE FRUIT.	PINEAPPLE.
New York BEEF.	GRAPES.	LEMONS.

We have just received our CHRISTMAS CRACKERS, STOCKINGS, etc. They include some very pretty designs. Now is the time to secure your Christmas stocks when the variety is large.

AYRE & SONS, Ltd.,
Grocery Department.

Common Sense

calls for the wearing of Rubbers as a protection against the cold and wet of the Present Season. We are showing magnificent quality in:

BOYS—Size 9 to 5, from **56 cents** to **74 cents** a pair.

GIRLS—Size 6 to 2, from **46 cents** to **64 cents** a pair.

Women's 70c. 75c. and 85c. per pair
Men's \$1.00 and \$1.20 per pair, at

A. & S. Rodger's.

New York's Latest

Another shipment of these Tams to hand, all shades of Corduroy Velvet with Tassel. Same good value as last.

Our Price: 66c. only.

Why Pay More?

Boys' NAP HATS, 80c.

Just the thing to match his Blue, Brown or Grey Coat. They have come in

Children's Am. MILLINERY, \$1.10 to \$1.90.
Don't wait until they are sold out again. See them now while they are at their best.

LARGER SIZES THIS TIME.
See Window for **Ladies' Ready-to-Wear HATS.**

BISHOP SONS & Co., Ltd.

Phone 484. MAIL ORDERS Receive Careful Consideration. Dry Goods Dept.

THE NEW FRENCH REMEDY. THERAPION NO. 1
CURES CHRONIC NEURALGIA, SCIATICA, LUMBAGO, ETC.
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CURES CHRONIC NEURALGIA, SCIATICA, LUMBAGO, ETC.
SALE AND DISTRIBUTION IN NEW ENGLAND AND ADJACENT STATES BY THE NEW ENGLAND DISPENSARY, 100 NASSAU ST. N.Y.C. FOR ALL OTHER REGIONS WRITE TO THE MANUFACTURER, THERAPION, S.A., 110 RUE D'ANGLOIS, PARIS. SEE THAT TRADE MARK IN FRONT OF PACKAGING. BEWARE OF COUNTERFEITS. PRICE IN ENGLAND, 3/6 PER BOX. 10 BOXES 3/6. CASH IN ADVANCE.