



# VAN RAALTE Veils

THE FINISHING TOUCH.

The well-selected Veil transforms you. It flatters your features. It blends and subtly harmonizes hat and gown, for every complexion, every hat, every costume has its true veil affinity. And the difficulty of selecting just the right veil is happily solved by

## VAN RAALTE VEILS.

You cannot go wrong if your veil is a Van Raalte. Come in and look at our selection of Van Raalte Veils, and remember that besides their Leadership in design, they—

We also stock  
Van Raalte Veilings

*Marshall Bros*

Stretch without tearing—  
☆ Wash without wearing—  
Outlast three ordinary veils  
☆ Except those Chenille; Appliqued or Embroidered.

### After the War.

By RUTH CAMERON.



RUTH CAMERON

What a lot of things this war has changed! What a lot more it is going to change!

And one of the things that belongs to both those classes is the servant problem.

Everywhere one goes one meets women who are cutting this Gordian knot. Before the war they were forever trying to untie it—that is to get good servants at reasonable wages. Then the war came along and offered them the shears and straightway they cut it by doing the work themselves.

Two Children And Nineteen Rooms.

Just the other day I met a woman who has two children, a house with nineteen rooms and a husband with more than a comfortable income. She used to keep one, and sometimes two, maids. She is doing her own work now with two days of a chorswoman's labor. She has two reasons, one that by so doing she can better rob the greedy maw of the crumb bucket. The other that she can thus have money of her own for the countless needs of war time.

Fine For the Children.

A gain I know a young mother with four children all under ten. Her husband, too, has a reasonably comfortable income and her father is a wealthy man. Yet she, too, is doing her own work, for much the same reasons. One of the interesting results in her case is the effect on the children. Each child has his or her task. Three of them are girls and they are learning a wonderful lot about housework. I asked the oldest how they liked the new order. "I don't like the dishes," she said, "but I'm learning to cook and that's lots of fun. I used to want to go into the kitchen and mother would never let me, and now I can go there whenever I want and I've learned to make hasty pudding and gingerbread and I'm going to make corncake to-morrow."

There will be many results of this exodus into the kitchen.

One will be that after the war

(especially with the probable influx of immigrant labor) inefficient maids will not be able to exact a wage out of all proportion to their abilities and to the rest of the economic scale.

The Maids Will Gain, Too.

Another is that women will be more intelligent and more thoughtful about the equipment of their kitchens. One woman I know has already reorganized her kitchen. When she used to keep a maid she was always wondering what made her so slow about getting a meal. She knows now. She knows that when the ice chest is down a long corridor and one has to go through two doors and round a corner to get the dishes to set the table, getting a meal is a burdensome thing. And she has changed all that. So the maids will gain as well as lose by this readjustment.

We have been using MINARD'S LINIMENT in our home for a number of years and use no other Liniment but MINARD'S, and we can recommend it highly for sprains, bruises, pains or tightness of the chest, soreness of the throat, headache or any thing of that sort. We will not be without it one single day, for we get a new bottle before the other is all used. I can recommend it highly to anyone.

JOHN WALKFIELD.  
LaHave Islands, Lunenburg Co., N.S.

### Your Boys and Girls.

It can never be insisted upon too strongly that children be given only light suppers and that the digestion should take its hardest work to do during the day, before evening and bedtime come. Bread and milk makes the best supper and a child should eat all the wishes of this light and nourishing food.

If care is taken in this direction, sleep will be sound and rest will be refreshing. There is no more perfect food combination for a child's supper than bread and milk, although in many homes this fact seems to be entirely forgotten. The dish is easily prepared, it contains all the elements of perfect food and it deserves a prominent place in the dietary of every child, provided the milk is pure and the bread wholesome.

MINARD'S LINIMENT CURES GARTS IN COWS.

### APPLES.

- 150 Bbls. Baldwins,
- 100 Bbls. Starks,
- 50 Bbls. Gnao,
- Assorted sizes 1's 2's and assorted,
- 100 Boxes Evaporated apples, bulk,
- 50 Boxes Evaporated apples, 1 lb cartons,

Soper & Moore

### To-Day's Tabloid Tale.

DEPENDING ON WHOSE.

Bullion Boliver's choleric blue eyes glowed angrily as he looked down at the placid face of Rudolph Penny.

"This is a free country and every man in it has the right of free speech," he cried. "No arbitrary power has the right to interfere with the free expression of a man's personal opinion, and my personal opinion is that President Wilson hasn't got sense enough to come in out of the rain, that the American people are a set of ignorant blockheads, and there's not a sane Englishman in all England, because no sane man would be an Englishman. That's my opinion, and this is a free country and I've got a right to express it, and every other man's got an equal right to give his opinion. I don't care what it is or who suffers in consequence."

Rudolph Penny reached out and shook his hand.

"I'm glad to hear you say that," he said heartily. "Every man should be entitled to the free expression of his own opinion, that's right. No man's opinion if a man that has sentiments like yours in a time like this present is that he is a rank ingrate, a miserable excuse for a citizen, a yellow patriot and a pro-German. Of course, that's just one man's opinion, but as you say, I have a perfect right—"

Bullion Boliver took him by the scruff of the neck and hurled him against the nearest wall. Then he lifted him by the seat of the trousers and hurled him against the furthest wall. Then he jumped on him eight times, called him out of his name, and walked off.

"Fish!" murmured Rudolph Penny weakly, but disdainfully. "I called his bluff, all right!"

sometimes taken in place of meat, where this is eliminated from the diet as in the case of kidney disorders. It is a gentle lubricant and is desirable on that account if the oil possesses no other virtue. When the digestion and blood are in prime condition the various functions must be retained and this is impossible without a certain amount of exercise, preferably out of doors.

Exercise within a heated apartment or house is surely better than none but the ideal place for exercise is in the open where the air is not contaminated with impurities to be found even in the cleanest, most sanitary home.

Exercise out of doors increases the oxygen supply, it warms the blood and stimulates the circulation. Naturally we feel a glowing warmth, which no radiator or artificial means could produce. Activity out of doors for half an hour or an hour every day the weather permits, will tend to keep the head and throat clear, steady the nerves and encourage deep breathing.

Sleeping in a well ventilated room is important for good health. Avoid drafts, but have a free current of air in the room, the bed clothes warm but light in weight.

### WARTIME SMILES.

No war comrade, more than ever, when war goes on apace, it should be your endeavor to wear a cheerful face; don't cast wet blankets over us; there are enough to bore us with their depressing chorus, when grief is a disgrace. We hear enough forecast of disaster, as we go; we hear enough dod-gasting of everything below; we hear enough of sighing, we see enough of crying, without another trying to hand out slabs of woe. Don't labor to dishearten the delegates you meet; but show, with courage Spartan, a smile serene and sweet; we're weary of the fellow who, with his streak of yellow, can only beef and bellow, and show his frigid feet. One thing is true as blazes, and always has been true; a lot of grouchy phrases won't make things good as new; should we strike ugly sailing, and see our plans go trailing, a lot of tears and wailing won't make the boys less blue. One thing is true as thunder, and always has been so; if we would trample under a fierce and deadly foe, we need high hearts, undaunted; and with us is not wanted the man who's always flouted the condor wings of woe. So dry your tears disgustin', and let our soldiers feel that you have perfect trust in their courage and their steel; how can they fight, on hearing that we, instead of cheering, are doubtin', weeping, fearing, and making doleful apit?

WALT MASON

"Chill Chasers."

We have received another shipment of these popular portable heating stoves in three sizes which we are selling at \$6.50, \$7.50 and \$8.50.

We also call attention to our special "Humphrey's" Gas Iron, in nickel finish, complete with flexible tube connection. We are selling this Iron at \$5.00, and recommend it as a useful Xmas Gift.

Phone 97, or call at our Showroom, Oke Building.

ST. JOHN'S GAS LIGHT CO.  
dec22, 17

### Milady's Boudoir.

KEEPING WELL FOR BEAUTY.

The old habit has become in the winter regime of many women who feel the cold and must go out every day. From a tablespoon to a wine glass, the latter advised by a celebrated physician, is taken twice or three times a day according to the digestion. This is heating and nourishing and is



### Open Every Night.

Stafford's Drug Store, Theatre Hill, will be open every night till 9.30.

Stafford's Liniment for Rheumatism, Lumbago, Neuralgia and all Aches and Pains.

Stafford's Prescription "A" for Indigestion, Dyspepsia, Catarrh of the Stomach and Nervous Dyspepsia.

Stafford's Phorastone for Coughs, Colds, Bronchitis, Asthma and various Lung Troubles.

Prepared only by  
DR. F. STAFFORD & SON,  
St. John's, Nfld.

### Household Notes.

- Rice is rich in starch and deficient in oil.
- Scalloped codfish and rice is delicious.
- Growing children need most nourishing food.
- Children should not be allowed fried foods.
- Chopped parsley adds a nice flavor to an omelet.
- Salmon is particularly good for fish timbales.
- Corneal mush needs very thorough cooking.
- Canned beet greens can be used the same as spinach.
- Dumplings can be made with half corn flour.
- Spinach is excellent cold with a salad dressing.
- Fried bananas are a good accessory with meat.
- Rice bread retains its moisture for several days.
- Honey is particularly good in cakes and cookies.
- Potatoes are more wholesome baked than boiled.
- Good gingerbread can be made with part rye flour.
- Gelatine pudding can be made with dried apricots.
- Popovers can be made of half rye and half white flour.
- Corneal hot cakes are best when the batter is very thin.
- Baked bananas are an agreeable change in cooked fruits.
- Two minutes in boiling water will set the white of an egg.
- Simple sweets are essential to the proper growth of a child.
- Hot scones made partly of oatmeal are delicious for tea.
- Fat and flavor should be supplied to fish by sauces and relishes.
- Young green vegetables should be cooked in salted boiling water.
- A three-pound lard pail is good for keeping fish in the icebox.

### Everyday Etiquette.

"Should a widow use her husband's initials or name or her own on her cards?" asked the young widow.

"Legally, a widow has no right to use her husband's initials or name, but public sentiment is in favor of allowing her to do so," said her social mentor.

### Just Received:

A large shipment of

Columbia  
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and  
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U. S. Picture & Portrait Co.  
Graphophone Department.

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The Best!  
The Sweetest!  
The Cheapest!

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SPRING DRESS MATERIALS

- Whipcord . . . . .95c.
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And many other staple fabrics Stripes and Plaids. The mill is evident in the predominant and Navy Blue among the

### Inexcusable Bungling Ties Up Railway.

OFFICIALS TOO SMALL FOR THEIR JOBS.

Editor Evening Telegram.

Dear Sir,—Taking a retrospective view of railway operations since the beginning of this year the question which the situation suggests to one is: how long is this fiasco going to continue?

What has the Government done in the matter of the Company's inability to live up to the terms of its contract in so far as it relates to the operating of the cross-country train service? It cannot any longer remain inactive in the face of the record of the road during the past two months.

The patience of the people is about exhausted. The commercial men when asked if nothing can be done to improve the service shrug their shoulders and tell us it is useless to approach the officials of the Company as they appear to be utterly indifferent. The Government seem to be bound hand and foot by Mr. Coaker, whose recent association with the President of the Road and other officials high in its service, in business matters, appears to have chained him to the Reid Company's chariot more firmly than Mr. Coaker would have believed the ex-Premier, Lord Morris, was bound to the Reid interests by the collective force of "gold."

When we were having a daily cross-country express service in operation and traffic circulating over the system in a fairly satisfactory manner, Mr. Coaker used to be loud in his denunciations of the Company's delays. He assured the fishermen that as soon as they turned out Morris and gave him power he would have the Reid Company prosecuted and compelled to pay damages for their failure to live up to their obligations. He pointed out then that they had Mr. Morine in the country and could

### T. J. EDENS.

Purse Pleasing Prices.

- 100 bags P.E. WHITE OATS.
- 2 cases FRESH LAID EGGS.
- Beans, good Canadian . . .10c. lb.
- Blueberries . . . . .15c. tin
- Coffee, 1/2 lb. tin . . . . .12c.
- Sardines in oil or mustard. . .15c. tin
- Castard Powders, 3c. pkts., 30c. doz.
- Candles, packet of 4 Candles, 6c.
- Bird's Baking and Egg Powders, 45c. tin.
- Bird's Jelly Powders, 1 pint packet, 10c.
- Milk, Gold Reef.
- Old Dutch Cleanser . \$1.00 doz.
- 3 tins for 20c.
- Corneal Beef, 6 lb. tins . . . \$2.00
- Sauce, Old English . . . . .15c. btl.
- Strawberries in tins . . . . .30c. tin
- Libby's Soups . . . . .12c. tin
- Currants, Cleaned . . . . .15c. pkt.

SPECIAL:  
CODFISH—Fresh Frozen.  
CODFISH—Selected, Salt.  
CODFISH—Shredded.  
HERRING—No. 1 Salt.  
RABBITS—Fresh Frozen.

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Duckworth Street and Military Road.