



The Woman Who Has to Cook

During the hot days of summer only a woman knows the hardships of cooking. Modern women take advantage of every opportunity to lessen the burden of summer cooking, and with this end in view all modern housekeepers use CRISCO for cooking and frying, for this pure vegetable shortening adds to the ease of cooking. It does not smoke, it is odorless and in all respects the most suitable cooking fat. For frying fish, doughnuts, eggs or anything else you should try CRISCO. It turns out deliciously fried food which you can be proud to put on your table.

CRISCO at all Grocers.

GERALD S. DOYLE, DISTRIBUTOR.

THE BEST RETURNS

Can be secured by using Ammonium Sulphate

It is the best fertilizer extant for hayfield or garden. By its use large crops are assured.

Sold in large or small quantities by

ST. JOHN'S GAS LIGHT COMPANY.

Enquiries solicited. Phone 81, Gas Works. N. B.—Orders taken at Calver's, Duckworth Street, King's Beach.

KILL THE FLY!

The most practical and useful instrument and liquid SAN-O-SPRAY now on the market.

ELLIS & CO., Limited, 203 WATER STREET.

SAN-O-SPRAY will knock flies off the wall, and not harm paint or paper. Will keep the Kitchen, Bedroom or Verandah clear of Flies, Mosquitoes, etc., for several hours after a few sprays.

NO INSECT CAN LIVE

where SAN-O-SPRAY is used. Yet SAN-O-SPRAY is non-poisonous to human beings and can be used with perfect safety in Pantry, Kitchen, Dining Room and Cellar.

In addition, SAN-O-SPRAY is a disinfectant and germicide.

Keeps the home sanitary and free from infectious diseases. SAN-O-SPRAY.

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MINARD'S LINIMENT USED BY PHYSICIANS.



IN THE SOFT GLOW OF THE LAMP

many a lovely secret is told which man likes to tell and woman to hear. Let it be a beautiful floor or table lamp which sheds its soft radiance like the moonlight and is a thing of beauty and a joy forever in the home.

ST. JOHN'S LIGHT AND POWER CO., LTD.

Angel Building.

m.w.t.f

Something NEW for Mr. Contractor, Builder and Houseowner--Asbestos Rain Water Pipe and Gutters

Last for ever.

GET OUR PRICES.

GEAR & CO. Limited

jne20, w.f.m.t.f



Perched Upon His Bench Turkish fashion, sewing away for dear life, the tailor who is absorbed in his work—who is determined to produce a suit worth while—is the man you should patronize. Let us tailor that next suit and you will be pleased and proud at our work.

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api7, eod, t.f

If the family as a whole likes either lemon or orange in their iced tea, add the juice to the tea before serving.

MINARD'S LINIMENT FOR ACRES



The Maritime Dental Parlors

You duty to your teeth is essential to health and happiness. You cannot afford to neglect them any longer; but you can afford to join our great clientele to whom we tender courteous and invaluable services. Call for free examination.

Painless Extraction \$50.00 Full Upper or Lower Sets . . . \$12.00 and \$15.00.

Crown and Bridge Work and Filling at most reasonable rates.

M. S. POWER, D.D.S.

(Graduate at Philadelphia Dental College, Garretson Hospital of Oral Surgery, a and Philadelphia General Hospital.)

P. O. Box 1220. Phone 62.

176 WATER STREET.

(Opp. M. Chaplin's.) w.f

STATUTORY NOTICE.

In the matter of the Estate of Agnes Mitchell, late of St. John's, Retired Milliner, Deceased.

All persons claiming to be creditors of or who have any claim or demand upon or affecting the estate of Agnes Mitchell, late of St. John's, Retired Milliner, deceased, are required to send particulars of their claims in writing, duly attested, to J. G. Higgins, 280 Duckworth Street, St. John's, Solicitor for the Executors of the said estate on or before the 20th day of July, A.D. 1923; after which date the said Executors will proceed to distribute the estate, having regard only to the claims of which they then shall have had notice.

St. John's, the 20th day of June, A.D. 1923.

J. G. HIGGINS, Solicitor for Executors.

Address: 280 Duckworth Street, St. John's, Nfld.

june20, 27-jy4, 11, 18

ST. JOHN'S GROCERY STORES

Best Grade Flour Per Stone 65c.

Ham Butt Pork 18c. lb.

Fat Back Pork 16c. lb.

Choice Family Beef 10c. lb.

Spare Ribs 16c. lb.

Choice Bacon 40c. lb.

Armours Beans 18c. tin.

Potatoes Very Best 18c. gallon.

Rhubarb 8c. Bunch.

New Green Cabbage 12c. lb.

J. J. ST. JOHN, Duckworth St. & LeMarchant Road.

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AND

Kindling Wood

Birch junk, finest quality for sale cheap; also dry kindling wood delivered daily to any part of city.

West End Wood Factory.

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dec12, eod, t.f

The wise housewife is taking advantage of the low price of eggs and their value in the summer menu.

Misses' Rubber Sole Canvas Shoes. White, \$1.00 pair; Brown, 75c. pair; Black, 70c. pair at F. SMALLWOOD, Water Street.

june20, t.f

Comedy of the Patagonian Skull.

Anthropologists will not be surprised at the decision arrived at by the committee of experts which has submitted the "million-year-old human skull" discovered in Patagonia to a critical examination, writes the Scientific Correspondent of the London "Observer." The result of the inquiry is the definite declaration that the "skull" is only a "curiously shaped stone," entirely devoid of any scientific interest.

This alleged skull was found by a settler a few miles from Santa Cruz in 1916, and was submitted last February to a Dr. Wolf, a German geologist, who had no hesitation in describing as the skull of a human being contemporary with the tertiary age, and at least a millions years old. It was, he asserted, "exceptionally long in proportion to its width, had well-marked frontal eminences, and was most probably the skull of a female."

Had the German been correct in his deductions, Patagonia would have provided evidences of the existence of man 500,000 years earlier than the oldest human remains previously discovered in any part of the world. But though some of the papers printed long descriptions of this million-year-old skull, accompanied by imaginary pictures of what its owner was like, those qualified to form an opinion presented an open mind; for though Patagonia has deposits old enough to contain fossils of the most ancient human beings, none of the many discoveries reported from that part of the world have stood the test of expert examination. Those definitely human have proved to be of comparatively recent date, and in the case of a few of proved antiquity they have turned out not to be human.

Now that the Patagonian skull turns out to be a piece of stone, Pithecanthropus erectus, found in Java some forty years ago, the age of which has been estimated at 500,000 years, keeps its place as the oldest fossil remains yet discovered with any resemblance to man. But though Haeckel accepted the Java fossil as the long-sought missing link, the verdict of most anthropologists and naturalists is that the skull and thigh-bone—the only portions of Pithecanthropus erectus discovered—are those of an advanced species of ape.

So far the skull excavated nine years ago at Pildown, Sussex, is probably the most ancient remains of definitely human origin yet unearthed. Its period has been placed as between 100,000 and 200,000 years ago, it is clearly human, and measurement shows that its brain capacity is nearly 70 per cent. that of the average living man and quite equal to that of the modern uncivilized savage. Next comes the Neanderthal man, whose bones were dug up near Düsseldorf in 1856, whose family roamed over Europe from 20,000 to 50,000 years ago, so advanced in civilization that the females fastened their clothes together with bone pins. But our earliest ancestor has yet to be found. Anthropologists expect to find him, not in America or Europe, but in Central Asia, where fossil remains of large-brained apes, probably his predecessors, have been discovered, and where an expedition of American experts is searching for him at the present time.

Where the King Can't Go

There is one place in the King's dominions from which the King is forever barred—the House of Commons.

The meanness of his subjects may, on complying with certain conditions, sit in the public gallery and listen to the debates. But the Sovereign, once he has ascended the throne, can do so no longer; although as Prince of Wales he can, and frequently does, come down to the House and accept a seat in the Distinguished Strangers' Gallery.

Queen Victoria, however, being little more than a girl when she ascended the throne, could only imagine what the interior of her own House of Commons looked like when in session, for during her long reign of sixty years she never once set foot inside it.

To appreciate the reason for this hard and fast rule we must go back in imagination some hundreds of years, when kings possessed far more power than they do at present. In those days it is quite understandable that the presence of the Sovereign might exercise a certain restraint upon the members, preventing them from speaking their minds with the necessary freedom.

So jealous are the Commons of this right that it is against the rules for the King's name to be even mentioned in debate.

Once and once only, within historical times, has the reigning sovereign set foot within the British House of Commons, and then the act cost him both his crown and his life. This was when Charles I. forced his way into the Chamber and demanded the arrest of five members who had offended him, only to be informed by the Speaker that he was officially "unable to see" the persons whom the King pointed out.

An Extraordinary Attraction at the NICKEL Monday, Tuesday, Wednesday

Meet the Folks

The regular folks, whose story was so human and interesting that New York had to hear it retold 443 times on the stage. You can meet them by seeing the picture that's even greater than the great play—

"TURN TO THE RIGHT"

THE PICTURE YOU CAN'T GO WRONG ON.

A Metro-Rex Ingram Production

They liked it—and so will you—because it is a story, first of all, of the heart—a story as human as mistakes, a story of love and laughter, and for those who believe in mothers.

A METRO-REX INGRAM PRODUCTION.

Folly of Being Ill.

MAN OUGHT TO LIVE TO 140—KICKING OVER THE TRACES.

Dr. Leonard Williams, of Harley Street, London, speaking at the Aldwych Club recently on "Physiological Efficiency," said that if people got a disease it was for the most part their own fault, and they ought not to be pitied as victims, but condemned as fools. The man who talked about being a martyr to gout or rheumatism was talking arrant nonsense, and he might just as well talk about being a martyr to delirium tremens.

When a man arrived at maturity it was up to him to maintain the state of maturity as long as he could, instead of impairing his efficiency as quickly as possible by sending out S. O. S. calls to every microbe to come and take up residence in his body.

Man's average weight at 24 was 151, while at 50 it was 124. 4th. That was absurd, as the real normal in the latter case would be less rather than more than the young man's weight.

A man should live 120 or 140 years. Without vitamins no one could live, and these were found in raw foods and were relatively absent from cooked foods. The cooking stove was certainly not the invention of a High-Power. The question of physiological efficiency went back to the question of diet, and they should partake of meagre fare, fresh air and all kinds of raw foods, dairy produce and salads, then he warned them that they must attend to the repairing clauses of their lease.

About "Blue" Water.

Even experienced "home launderers" appear to find difficulty in securing exactly the right shade of "blue" water.

This should be the tint of fairly deep sky-blue when the water is lifted in the hand. Do not put too many garments in the blue water at one time, as each must be well turned in order that it may be evenly blued all over. Fresh blue must be added to the water if many garments are to be rinsed, as the material absorbs the blue.

Travel Feats by Bees and Butterflies.

By trapping bluebottles, colouring them with red powder, and then turning them loose, it has been discovered that a fly will travel six miles in one day.

A honey bee will travel eight miles from its hive in search of honey, but the wasp rarely flies more than a mile or two from its nest.

Butterflies are great travellers, for flights of them have been seen far out at sea. They travel with the breeze, and at times get caught in a strong wind and may be carried a hundred miles or more.

A flight of locusts will rise to a great height and cover forty and fifty miles in a day. But once the locust is caught by the wind, it rises to a great height, and is carried for many miles across country.

Unwritten Laws in Parliament. Many other ancient customs that still survive are mentioned by Dr. George C. Williamson in "Curious Survivals" (Herbert Jenkins).

What we call "spring-cleaning" is said to go back to the Passover. From that time there has been a custom whereby everything in a house should be cleaned in the early part of the year.

The custom was common among the Jews, especially those who settled in Holland, and gradually the whole of the Dutch nation became impregnated with this idea. From the Netherlands the custom spread to this country.

Ten Commandments of Buddha.

Buddha, the great religious teacher of India, has 300,000,000 followers. Condensed into ten short precepts, his doctrines may be given as follows:

1. From the meanest insect up to man thou shalt kill no animal whatever.
2. Thou shalt not steal.
3. Thou shalt not commit adultery.
4. Thou shalt speak no word that is false.
5. Thou shalt drink no wine or anything to intoxicate.
6. Thou shalt avoid all anger, hatred and bitter language.
7. Thou shalt not indulge in idle or vain talk.
8. Thou shalt not covet thy neighbor's goods.
9. Thou shalt not harbor pride, envy, revenge, or malice, or desire the death or misfortune of thy neighbor.
10. Thou shalt not follow the doctrines of strange gods.

Keep the flies from your food by using Fly Dish Covers, selling at lowest prices. See our window. BOWRING BROS., LTD., Hardware Department.—July 4, t.f



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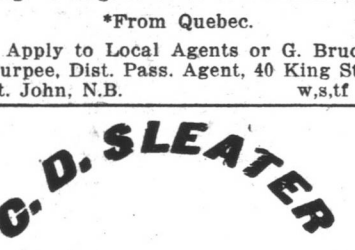
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Aug. 4 Empress of Scotland
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July 18 Aug. 15 Melita
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Graduate Optician

437 WATER ST. WEST.

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Age-Old Customs That Still Survive.

Old customs die hard, and in almost every part of the country one may find ceremonies which, linked to the days of long ago, have been handed down from generation to generation.

One of the most ancient of these survivals is the Court of Hustings at the Guildhall, which dates back to Anglo-Saxon and Scandinavian times, and which is the oldest court that still sits in England.

The date on the occasion of the sittings of the court is sprinkled with aromatic herbs, a ceremony which recalls the time when this was done to prevent infection from prisoners suffering from jail fever.

This custom is similar to one observed by Masters and Wardens of the various City Companies who, in official processions, carry sweet-smelling bouquets. This was done originally to ward off the smells from the streets.

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SIDETALKS.

By Ruth Cameron.

SOME STARTLING FIGURES.

Can you stand up under having your pride hurt? If you can't, don't read this. It may have that effect.

Most people have an idea that America is the most progressive country in the world. We have a pleasant notion of ourselves as inaugurating most of the reforms for human advancement and improvement, while the slow old countries across the water follow in our footsteps many a year behind.

But when you get down to facts, figures, and cases, is this true?

Let's look at a few figures.

Take matters relating to health, for instance. The expectation of life means (in case you are not versed in such technical terms) the age to which one has a chance by the law of averages of living when one is born. One would expect our country to have the highest expectation of life. It does not. The highest is possessed by New Zealand. The birth expectation there for females is 61.8-10 years. Whereas the total life expectancy for either sex in the United States is 55 years.

It doesn't happen to have the figures for males in New Zealand, but it would be slightly less than for females, that comparison holding true everywhere.

(You know the old answer to the statement that married men live longer than bachelors—they don't really live longer, it only seems so. Well, you can apply the same to these figures about males and females, if you like.)

Not the Healthiest Country.

To take the thing from a slightly different angle, the average death rate in the United States is 14 to the thousand; in New Zealand it is between nine and ten.

Surely with all our talk about care of babies we must lead the world in the prevention of infant mortality. We do not. The three countries which lead the world are New Zealand, Norway, and Sweden.

As to college attendance, we have been under normal climatic conditions.

Long days of warm sunshine needed immediately to fulfil the promise of the hay harvest, which especially fine in the case of clovers and mixed seeds, a class hay of which there is little left in Kent and therefore all the more needed.

Big values. Boys' Rubber Canvas Shoes. Brown, 90c. pair; Black, 85c. pair; sizes 1 to 3.

SMALLWOOD, Water Street.

june20, t.f

Farmers' Cry for Sunshine.

AND SO DO WE.

The effect of the unseasonable cold winds and sunless days on agriculture is being felt in Kent, where all plant-growth is lagging.

The critical month of May spoiled the outlook for many a fine breadth of wheat and oats, and both these cereals are now very patchy.

Where they have escaped the marring touch of the weather their promise is abundant, which shows how good a Kentish harvest there was have been under normal climatic conditions.

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SMALLWOOD, Water Street.

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P. E. I. Table Potatoes

In the finest possible condition

Blues

OR

Whites

All one price, per brl. \$4.25

Per half barrel sack \$2.15

C. P. EAGAN,

2 Stores: