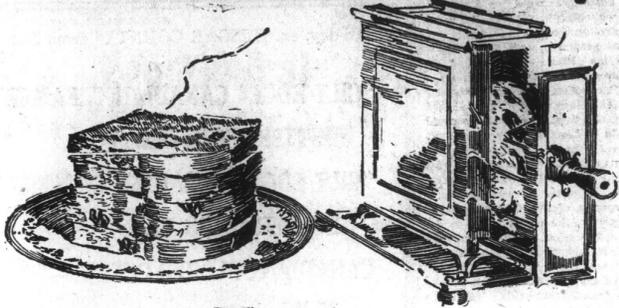


Wednesday is Raisin Bread Day



Raisin Toast— a breakfast delight

Crisp, golden toast filled with the rare, rich flavor of Sun-Maid Raisins—nothing could be better for breakfast!

Order my raisin bread for Wednesday and have this delightful treat every Thursday morning. Phone your grocer or baker now. Tell him to put you on his list for a standing order. Then he will deliver or reserve a loaf for you every Wednesday.

Raisin bread is baked "special for Wednesday" by bakers every week everywhere. Have this inexpensive mid-week treat every Wednesday in your home.

Your Baker
Endorsed by bakers everywhere,
and by the Bread and Cake
Bakers' Association of Canada



Place a standing Wednesday order with your Baker, Grocer or Bread Salesman

C.W.A. Report for August

Visits to homes 590
Special visits 1121
Attendances at Welfare Centre . . . 139
New Admissions to Welfare Centre . . . 73
Dental cases 8
The infant mortality rate! What is it? The public does not take much notice of it, and yet to a large extent it indicates the Health of the City they live in.

The Infant Mortality this month should stir every thinking man and woman to action. 41 Babies, under a year old, dead in 31 days.

How appalling in 1924 when it is a known fact, that the larger proportion of these deaths are preventable. If cattle, sheep or pigs, died at this rate in an agricultural country all the farmers would unite to investigate and stop such commercial waste.

Is it not possible to enquire into this raised summer mortality, before next year.

HOME VISITS.

The sickness in town makes a difference to our figures. Special visits in most cases mean nearly an hour in a home, and therefore this cuts down the total of our routine visiting.

It is at a time like this that further emphasis is put on the need of a District Nurse in St. John's.

WELFARE CENTRE.

Our centre figure still keeps up well. We are very fortunate in being able to open a West End Centre, and feel that this will be very successful. We now want one in the East!

DENTAL CLINICS.

Eight new cases at our Dental Clinic bring the numbers in our books to 24. We have had a great deal of encouragement and instruction through the visit of American scientists to St. John's and we are very grateful for all their kind interest.

May we thank:—Mrs. Emerson for clothes, Mrs. Hartnett for clothes, Mr. Johnson for Cod Liver Oil.

JANET A. ANDERSON,
August 30, 1924. Supt. C.W.A.

Cocconut Oil Makes A Splendid Shampoo

Do not use prepared shampoo or anything else that contains too much free alkali, for this is very injurious, as it dries the scalp and makes the hair brittle.

The best thing to use is Multisided cocconut oil shampoo, for it is pure and entirely greaseless. It is inexpensive and beats anything else all to pieces. You can get Multisided at the drug store, and a few ounces will last the whole family for months.

Two or three teaspoonfuls of Multisided is all that is required. Simply moisten the hair with water and rub it in. It makes an abundance of rich, creamy lather, which cleanses thoroughly, and rinses out easily. The hair dries quickly and evenly, and is soft, fresh looking, bright, fluffy, wavy, and easy to manage. Besides, it loosens and takes out every particle of dust, dirt and dandruff. Be sure your druggist gives you Multisided. Beware of imitations. Look for the name Watkins on the package.

Just Folks.

By EDGAR A GUEST

LOVE AND A FRIEND.

"What did you gather of worth and pride?"
Said the Angel of the Lord,
"Little by skill," the soul replied
"And nothing by the sword;
I lived the span of my years and died,
And I gave when I could afford."

"You bring me no more than you took away"
Said the angel, soft and low,
"Neither fame nor fortune marks your stay
Or toil on the earth below;
And I felt my hand in mine,
I wasn't worth while to go."

"I saw the light in my baby's eye
And I felt her hand in mine,
I treasured her love as the days went by
Though I builded no lasting sign;
Of my time on earth, I should say that
I had blessings nine times nine.

"And a friend I had who was tried and true
Who shared in my bit of woe;
He wept whenever a grief I knew
And smiled when the hurt would go,
And all that I suffered I'd brave anew
Another such friend to know.

"Oh, it's little I gathered of earthly pride
But to sit again at my own fireside
I'd pass through another birth."
"Love and a friend," the saint replied
"Are the two great joys of earth."

Introducing the Beet
Sugar Industry

A new enterprise has been started recently in Great Britain by Lord Weir and Lord Inverness with a view to increasing and extending the production of beet sugar in England, according to advices received by the Bankers Trust Company of New York from its British Information Service. This scheme includes the building at a cost of £200,000 of a factory near Nottingham for the manufacture of sugar from beet to be grown in the neighborhood.

This factory, which is nearly complete, will have a yearly capacity of 8,000 tons, possible of development up

10 Cents Off Every Dollar

10 p. c. Off | PARKER & MONROE, Ltd., | 10 p. c. Off
The Shoe Men

Our Annual SCHOOL FOOTWEAR SALE!

10 p.c. Discount on all
Children's Footwear



The School Children's Footwear that has stood the wear and tear of the summer holidays will hardly be presentable for the opening of the fall term. You'll find our stores ready for your needs with a full assortment of choice Footwear for Boys and Girls.

Our School Boots are "built for wear". The leathers, the styles and the fitting stand first in the class of GOOD FOOTWEAR. Avail of this special Discount Sale in getting the School Children's Footwear.

10 PER CENT. DISCOUNT.

10 PER CENT. DISCOUNT.

Girls' School Boots

CHILD'S BLACK LACE BOOTS—Strong leather soles and heels; sizes 6 to 10 . . . \$2.30 less 10 p.c. MISSES', in same style; sizes 11 to 2, \$2.50 less 10 p.c.

CHILDREN'S BOX CALF LEATHER BOOTS—A boot for real hard wear; sizes 6 to 12, \$2.30; MISSES', sizes 11 to 2 \$2.50 less 10 p.c.

MISSES' BROWN HIGH LACE BOOTS—A very neat model, wide fitting; sizes 8½ to 2. Special Price \$2.35 less 10 p.c.

CHILDREN'S BROWN CALF LEATHER BOOTS—Blucher style, rubber heels; the "real" school boot; sizes 6 to 10 \$2.85 MISSES', same style, 11 to 2 \$3.30 less 10 p.c.

CHILD'S BOX CALF LEATHER BOOTS—Made especially for school wear; sizes 6 to 10. \$2.60 less 10 p.c.

MISSES' BOX CALF BOOTS—Same style as above; sizes 11 to 2 \$3.00 less 10 p.c.

MISSES' MAHOGANY SHADE HIGH LACE BOOTS—Strong and serviceable; sizes 8½ to 11½, \$2.25; sizes 12 to 2 \$2.50 less 10 p.c.

"SKUFFER" BOOTS—Child's Brown Skuffer Boots, well made of good strong leathers, extension sole. Special Prices—sizes 5 to 8, \$1.95; sizes 9 to 11, \$2.25 less 10 per cent.

YOUTHS' STRONG BOX CALF BOOTS—Solid Leather, Blucher style. Our Own Make. Rover, 9 to 13, at \$2.50. Less 10 p.c.

BOYS' STRONG BOX CALF BOOTS—Solid Leather, Blucher style. Our Own Make. Rover, 1 to 5, at \$3.00. Less 10 p.c.

Boys' School Boots

LITTLE GENTS' BLACK GUN METAL BOOTS—"Skuffer" style, rubber heels; a snap for the money, sizes 6 to 9 \$1.80 less 10 p.c.

YOUTHS' BLACK KID BOOTS—Strong and durable, solid leather soles and heels, rubber heels attached; sizes 6 to 10 \$2.75 less 10 p.c.

YOUTHS' MAHOGANY BOX CALF BOOTS—Blucher style, rubber heels; specially priced for school children; sizes 10 to 13½ \$2.50

BOYS' MAHOGANY BOX CALF BOOTS—Same style as above, 1 to 5½ \$2.80 less 10 p.c.

YOUTHS' BROWN CALF BOOTS—"real boot" to wear, rubber heels attached; sizes 6 to 10. \$2.85 less 10 p.c.

BOYS' BLACK KID BOOTS—Superior grade, wide fitting for the growing boy, Blucher style, rubber heels; sizes 9 to 13 \$3.30 less 10 p.c. Same style, sizes 1 to 5 \$3.75

BOYS' STRONG BOX CALF BOOTS—Guaranteed to be solid leather throughout the making, Blucher style, rubber heels; sizes 9 to 13 \$3.30 less 10 p.c. Same style, sizes 1 to 5 \$3.75

BOYS' MAHOGANY COLORED BOOTS—Made of strong calf leather to stand hard wear, Blucher style, 9 to 13 \$3.50 Same style, sizes 1 to 5 \$4.00

YOUTHS' STRONG BOX CALF BOOTS—Solid Leather, Blucher style. Our Own Make. Rover, No. 300, 9 to 13 at \$2.75. Less 10 p.c.

BOYS' STRONG BOX CALF BOOTS—Solid Leather, Blucher style. Our Own Make. Rover, No. 200, 1 to 5 at \$3.30. Less 10 p.c.

195 Water Street East PARKER & MONROE Ltd. 363 & 365 Water Street WEST.

10 p.c.
aug30,41,a,m,w,f

What Gets Into the Motor Oil

Lubricating Oil in a combustion motor is partly oil and partly fuel nowadays, with admixtures of carbon, dust and water, we are told by a writer in The Scientific American. The one really noticeable item of expense attached to the upkeep of a car, he informs us, is that of oil, including both lubricant and fuel. These two together, and their consumption is interdependent more to-day than at any time in the history of an automobile. He discusses the lubricating oil principally, and explains how gasoline has such an effect both on the friction loss in the engine and the money spent on oil to keep it properly lubricated. We read:

"What is known as crank-case dilution is one of the most important factors governing the economical operation of an automobile to-day. When we obtained light gasoline in the early days, there was no such thing as dilution of the oil by the fuel. The fuel vaporized readily, and even if some of it did not do so in the carburetor or in the manifold, as soon as it reached the hot cylinder and piston it became gas and mixed with the air. Those times are past forever, because of the growth of the use of the automobile and the need for fuel. The refiner is now put to it to get all the fuel possible for automobile use, from each barrel of crude oil. Much of this lower grade fuel does not vaporize unless it is made very hot or drawn through the manifold at a very great speed. But there are many conditions of working when the engine is cold, as at starting, and when the air and fuel only creep through the manifold, causing the fuel to run down into the oil.

"Up to now nobody seems to offer

a definite suggestion as to how much fuel can be allowed in oil. It is quite usual to find 25 to 30 per cent. in the winter and 5 to 10 per cent. in the summer. It is the writer's opinion that the nature of the oil has far more to do with the matter than any exact percentage of dilution.

"A badly worn engine relies on the body of the oil to do many things that properly belong to the pistons, cylinders or rings. With a good condition of surfaces it takes only a very little oil to keep down the friction. A condition may arise when there is a good deal of chatter from the working parts. This is caused by irregular contact and surfaces which are not uniformly oiled. There also may be some water in the oil, which has come down from the combustion chamber originally in the form of vapor. If water gets on the surface first, it is very difficult for the oil to get there unless the oil contains matter which enables it emulsify or form a froth."

"The most serious result of water and gasoline getting into the oil is due, we are informed, to the amount of dirt which they carry with them. In addition the deposit of carbon and dirt which is always on the inside of the pistons is loosened and drops into the crank-case. All this acts as a grinding material. If the oil could be kept free from grit, it would last very much longer than at present. No matter how bright or pale the oil is when put into the engine, it soon looks black, due to the very small particles of carbon which collect. This does not do any harm so long as it is not gritty. The writer continues: "No kind of filter used in an automobile will hold up the grit entirely; the best material to use is a woven fabric or cloth. To make a job of cleaning the oil, it should be passed through several thicknesses together;



Keep Your Beauty

If Summer Sun plays havoc with your complexion our Lemon & Vanishing Creams

will quickly restore it. These are two dainty creams that will improve the skin and keep it in perfect condition.

You use the LEMON CREAM at night, and the VANISHING CREAM in the daytime.

TRY A CROCK.
Price 25c. each.

Dr. Stafford & Son
aug5,1m Theatre Hill

it will go through more quickly if it is hot.

"Dilution can best be minimized by observing some care in driving, particularly at starting. More trouble can be caused by holding out the choke for a few minutes than can be remedied in a long time. In less than a minute half a pint of gasoline can be thrown into the crank-case by this means. Even the best piston rings cannot be expected to stop it all. Idling the engine for long periods will also cause flooding and always a cold engine will be worse than a hot one.

"Carbon deposit is mostly road dust. If the oil which is used gets gummy when hot, the dust going through the carburetor is caught by this gummy oil and held on the pistons. Some oils, those which contain much cylinder stock, form hard cakes of deposit, other oils deposit in small pieces or grains, which are generally dry. As long as the heads of the pistons keep dry, with this kind of oil, there is not much deposit formed. In any case the adjustment of the carburetor on the lean side will help very much to reduce deposit forming."

Pearline for easy washing—July 17, 11

The TIME YOU LOSE when Constipated

makes every Beecham's Pill worth at least a Dollar in the Time it has Saved you.

The Constipation Habit costs more than time, for it sets you back in many ways. It lowers vitality, cuts down your ability, wastes even the food you eat. Beecham's Pills make your bowels free and regular. They are famous also as an aid to digestion and a stimulant to the liver. Beecham's Pills, by helping the entire digestive tract, benefit the whole system.

Sold Everywhere in Canada

BEECHAM'S PILLS

Animal Remains Indicate Britain Once Was Tropical

England 100,000 years ago was a tropical country in which the inhabitants hunted elephants and other animals of the warmer climates with skillfully made weapons, in the opinion of Major A. G. Wade, the British archaeologist, who has recently made important discoveries in the gravel pits near Farnham Dorsetshire.

Among the relics brought to the surface were the remains of mammoths, an elephant, wholly rhinoceros and beautifully made flint instruments. The finding of the remains of the mammoth and the rhinoceros has no bearing on the climatic theory, according to Major Wade, who said that both had thick coats and could have lived in a cold climate.

"With the elephant," he said, "the case is different. He was not only a warm weather animal, but needed a tropical climate."

The flint instruments consist of great hand axes, oval shaped discoidal implements larger than a man's hand

Notice to Parents!

Have your Children Normal Vision, or are they suffering from EYE STRAIN?
This is a very important question and demands your immediate attention.
The future success of your child may depend upon your action now.
Children suffering from Eye Strain are working under a great handicap, which properly fitted Glasses will correct.
Begin the school year right. Have your children's eyes examined by us, and if necessary PROPER GLASSES FITTED.

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which were probably used for skinning and cutting up large animals, and enormous spears of the Paleolithic age. According to Major Wade, persons who used them attained a much higher degree of civilization than those of the Neolithic period who followed them.

discoveries at 100,000 years, basing estimate on the depth at which they were found under the gravel of the old bed of the Wey River.

Pearline for easy washing—July 17, 11

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