

The Canada Life.

The Canada Life
Is the only Canadian
Company whose poli-
cies have doubled
through profits.



C. A. C. BRUCE, Manager, St. John's,
July 20, 1912
Canada Life Assurance Co.

We know of an Issue of Bonds of a Public Utility Corporation

That has an exclusive franchise.
Has a management that is making
good.

A Board of Directors that is
thoroughly familiar with the
kind of business carried on.

Net earnings that show a steady
increase amounting to 24 p.c.
more than those for the correspond-
ing ten months of the
Company's previous fiscal year.

These bonds can be secured to
yield six per cent. on the money
invested.

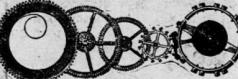
Assess equal to more than
twice the amount of bonds
issued.

We shall be glad to give you
full particulars of this issue
upon request.

F. B. McCURDY & CO.,
Members Montreal Stock Exchange.

C. A. C. BRUCE, Manager, St. John's, Mtd.
July 20, 1912

The Tale of Perfect Time in a Watch



From Mainspring to Hairspring, between them lies the
secret.

The Mainspring is the power which it transmits to
the active parts of the watch. The Hairspring has the
control and regulates the motion. The fitting is most
delicate; imagine a 100th part of a hair. (Impossible
to do!) Yet it is enough to interfere in its performance,
so wonderful is the adjustment. The friction
from accumulating dirt, lack of oil, etc., destroy these
parts. (In fact, do not let your watch run to ruin
from neglect. Remember our business is the care of
watches, and our opinion costs nothing.)

D. A. McRAE,
Watchmaker & Jeweller.
295 Water Street.

We are now showing a splendid assortment of

Lawn Embroideries and Insertions!

These goods are all of a very beautiful design, and
we have priced them all especially **LOW** so as to
give the Ladies a chance to secure at once their sum-
mer's amount of these excellent goods.

See our Window for a few of the many patterns
we are now showing.

G. T. HUDSON,
367 and 148 Duckworth Street, St. John's.



FUSSELL'S

FULL CREAM
CONDENSED MILK
IS THE
CREAM OF MILKS

OUTPORTS TAKE NOTICE!

Pictorial Paper Patterns, the simplest and most accurate patterns
published. Styles far in advance of all others, and the only patterns
which give the valuable **Cutting and Construction Guides.**

For the convenience of outport customers centres will be estab-
lished all over the Island where the Catalogue or Fashion Book may be
seen, thus avoiding the delay as well as the expense in sending
for one, the cost of which is 32 cents, postage paid. Look out for
the names of the centres, they will appear in the evening papers.

CHARLES HUTTON,
Sole Agent for Newfoundland.

The Wrong Kind of Sacrifice.

BY RUTH CAMERON.

"To live with the saints in Heaven
Is untold bliss and glory.
But to live with the saints on earth
Is quite another story."

The wife of a
neighbor of ours
has incipient
tuberculosis and
has been ordered
to spend the winter
at a health
resort. She leaves
at home a husband
and four children
of whom the oldest
is sixteen. A
married sister
who has no
beliefs of her own has come to take
charge of the home for the winter.

We had been asked by the invalid
to try to make her sister's stay as
pleasant as possible, and had been
paying our first call. In the course of
this call the sister—despite the pres-
ence of one of her small nieces—had
confided to us that she did not like
children; that it almost broke her
heart to close up her beautiful home
to which she was devoted, and that
she had been obliged to give up a long
planned sea trip in order to take
charge of her sister's household.

Practically our whole stay was taken
up in hearing of the sacrifices she
had made and in condoling with her.

Said Molly, the little stenographer
lady, as we walked down the street,
"Poor Mrs. Crawford. It's hard for
her, isn't it?"

"Why poor Mrs. Crawford, Molly?"
cried the lady-who-always-knows-
somehow, with spirit. "Poor babies,
I say. Don't you know that she's per-
fectly happy? Didn't you see how
much pleasure she got out of telling
us how she was sacrificing herself? I
don't doubt she takes it out of those
poor children and their father every

day of her stay, and she'll never let
her sister forget it. I can see she's
one of those people who love to sacri-
fice themselves and then take it out
of those they make the sacrifice for.
Poor Mrs. Crawford, indeed! Why,
my dear, she's simply delighted at the
chance to pose as a martyr and make
a lot of people feel uncomfortable."

"The lady-who-always-knows-some-
how doesn't often speak with such
warmth and with such an approach to
acerbity."

But I don't blame her a bit, do you?
It seems to me there is scarcely
any species more trying than the
"saints on earth" who rub their pseu-
do-sainthood into everybody with
whom they come into contact.

They simply gloat over a chance to
sacrifice themselves. They seize each
opportunity avidly because they know
that no pleasure they sacrifice can be
half so keen as the daylight of posing
as martyrs.

Do you know what I think would
be the best punishment for these peo-
ple? It's this:—I recommend it to
any victim—absolutely refuse to ac-
cept any sacrifice at their hands.

Remind them of Stevenson's creed
that any sacrifices which are not made
gladly and without ostentation had
better not be made at all. Thank
them, but tell them that their services
cost everyone concerned quite too
dearly.

Perhaps you don't think they will
mind this at all, but they will. By-
and-by you will have them begging
you to let them make some sacrifice
for you.

And perhaps if you keep them beg-
ging long enough, you will finally
even bring them to that state of mind
wherein they will actually be eager to
make a glad, unostentatious genuine
sacrifice.

Ruth Cameron

For The Nervous Woman,

Or the woman who experiences hot flashes nothing is so good to soothe, quiet
and calm the nervous system as a pure glyceric extract of native medicinal plants,
and made without alcohol, which has been sold by druggists for the past forty
years, and most favorably known as **Doctor Pierce's Favorite Prescription**. In
younger years some women suffer from dizziness, or fainting spells, hysteria,
headache, bearing-down feelings and pain. All these symptoms of irregularity
and female disturbance are relieved by the use of this famous "Prescription"
of Doctor Pierce.

As a powerful, invigorating tonic "Favorite Prescription" imparts strength
to the whole system, and in particular to the organs distinctly feminine.
For "run-down," "run-down," "run-down," "run-down," "run-down," "run-down,"
teachers, milliners, dressmakers, seamstresses, shop-girls, house-keepers,
nursing mothers, and feeble women generally, it is an excellent appetizing
cardiac and restorative tonic.

"My disease was called retroversion," writes Mrs. Lydia McDonald,
Albion, N. Y. "I had nervous chills and numb feelings and they would leave me
very weak. Then I had inflammation and the doctor said I had a disease
which I do not know the name of. I doctored seven months with our
family physician. He said I would have to have an operation. Then I
bought a bottle of Dr. Pierce's Favorite Prescription. After taking three bottles
of Dr. Pierce's medicines I have not had any nervous chills or weak spells. I am better
than for years."

My daughter is now taking the "Prescription" and Dr. Pierce's
Golden Medical Discovery, also the "Pellets" for nervousness and weak
stomach. These remedies have helped her ever at a stroke in a short
time. We have great faith in your medicines for female troubles.

Mrs. McDonald. Dr. Pierce's Pleasant Pellets induce mild natural bowel movement.

Household Notes.

Mold can be kept from the top of
preserves by putting a few drops of
glycerine around the edge of the jar
before screwing down the cover cap.

When frying anything in deep
fat have the flour sifter full of flour
handy. If the fat catches fire, sprin-
kle thickly with flour and save disas-
ter.

People who suffer from heat in
hands and feet will obtain relief by
putting inside their stockings and
gloves a small amount of very fine
oatmeal.

Marble washstands that have be-
come discoloured may be restored first
with wet salt, and if this does not re-
move the stains, then with salt and
lemon juice.

For lemon cake filling, heat one
egg, add a couple of sugar, and the
juice and rind of one lemon. Cook in
an enameled pan until rather thick.
When cool, spread.

For fried squash, take the small

green and yellow variety, peel and
cut into half-inch slices. Dip in eggs
and flour or crumbs and fry in plenty
of fat until brown.

A paste of olive oil and salt smeared
on spots on furniture and allowed to
remain a few minutes and then rub-
bed off with a soft cloth will often re-
move the spots.

The nicest duster for dusting out
a house is a duck or goose wing,
which, on account of its feathery soft-
ness, will not scratch the furniture,
as some dusters do.

Grease on the kitchen floor can be
softened by pouring kerosene over it
and letting it remain for fifteen or
twenty minutes. Later, scrub with
hot soda water or borax and water.

The coarse parts of lettuce and cel-
ery which are unfit for salad should
be placed in the stock kettle or chop-
ped up and put into the dinner soup.
Use the celery leaves as well.

To serve with hot chocolate, deli-
cious sandwiches may be made of
brown bread, with a filling of chopped
dates and pecan nuts, blended with a
few drops of honey and lemon juice.

If potatoes are greased thoroughly
before being put into the oven to bake,
they will have a rich satiny look, and
the skins will peel off as thin as tis-
sue when they come to the table.

Good black lawn should not change
color in washing if it is washed quick-
ly in suds made of white soap and
warm water and then passed through
clear lukewarm rinsing water.

When a collar of a linen or batiste
blouse becomes slightly soiled it may
be cleaned with a little naphtha or
benzine in the same way as silk or
satin. With the process, the collar
will not need pressing.

To bake fish without a watery flav-
or, do not place it on the bottom of the
pan, but in an old plate, well greased,
set this in the pan and pour enough
hot water in the pan to reach nearly
to the edge of the plate.

A tube of white oil color is good for
mending china. The broken edges
should be wiped quite dry, the color
then applied and the parts pressed
together. This takes several weeks
to dry, but it will then hold perfectly.
A generous supply of eggs should

A Marvel of Healing

It does not take long for Dr. Chase's
Ointment to prove its magic healing
power. A single night is often suffi-
cient to produce the most startling
results.

Mrs. Chas. Gilbert, Haystack, Pla-
centia Bay, Nfld., writes:—"I was a
sufferer from Salt Rheum for ten
years, and had about despaired of
ever being cured, so many treatments
had failed. Hearing of the wonderful
cure effected by Dr. Chase's Oint-
ment, I commenced using it, and was
entirely cured by eight boxes."

Mr. Stanley Merrill, Delaware,
Ont., writes:—"For years I was trou-
bled with my hands, cracking, often
becoming so sore that I could hardly
do any work. I got some of Dr.
Chase's Ointment, and happily find
that one or two applications of same
to the affected parts makes them well.
I have had no trouble since using the
ointment for some time."

Dr. Chase's Ointment, 60c a box, at
all dealers, or Edmanson, Bates &
Co., Limited, Toronto.

New Fruit

70 baskets FRESH RIPE
CHERRIES, only
25c. each.

Ripe Tasmanian APPLES
30c. dozen.

Jamaica Oranges, Sweet
and Juicy, 30 and 40c.

California ORANGES,
Large, Ripe Fruit, 45
and 60c. doz.

BANANAS.
Big Bananas, 35c. dozen.

New Vegetables.

New Beets, New Carrots,
New Radish, New Tur-
nips, New Turnip Tops,
Nova Scotia Cabbage,
P.E.I. Potatoes.

Soper & Moore

Message From S.S. Portia.

The following letter was picked up
in a bottle on Saturday July 20th, at
Newtown, drove in by Samuel Green's
stage and was picked up by Mrs. John
Knee's adopted daughter, 11 years old.
MRS. JOHN KNEE,
Newtown.

MESSAGE.
Thursday, July 18th, 1912.
Just crossing Bonavista Bay, been
on the round trip with pleasant com-
pany and had a splendid time.

Would advise anybody with a fort-
night to spare to take a trip on the
good ship "Prospero," commanded by
the jovial Capt. Abraham Keen, the
hero of the frozen pans. Hoping to
get to St. John's by to-morrow noon.

Anyone who should pick up the bot-
tle in which this note is enclosed will
kindly post note to "The Evening
Telegram," for publication for the
purpose of finding out the currents of
Bonavista Bay.

This bottle consigned to the deep
with all due ceremonial rites watch-
ed by a crowd of weeping friends, the
contents of the bottle aforesaid hav-
ing been brutally made away with
previous to the burial at sea.

Yours truly,
An admirer of the ship and
the jovial captain.

HAD SPLENDID FISHING.—The
fishermen of Portugal Cove had the
best sport of trap fishing for the sea-
son yesterday. Cod was on the
ground in abundance and traps took
from 40 to 90 qts., the latter fare
being had by the Messrs. Somerton.
The hook and line men gave up their
work to help the trap men get their
catches ashore and were awarded
boats load of fish for the aid render-
ed.

A WINNING START.
A Perfectly Digested Breakfast Makes
Nerve Force For the Day.

Everything goes wrong if the break-
fast lies in your stomach like a mud
pie. What you eat does harm if you
can't digest it—it turns to poison.

A bright lady teacher found this to
be true, even of an ordinary light
breakfast of eggs and toast. She
says:

"Two years ago I contracted a very
annoying form of indigestion. My
stomach was in such condition that a
simple breakfast of fruit, toast and
egg gave me great distress.

"I was slow to believe that trouble
could come from such a simple diet
but finally had to give it up, and found
a great change upon a cup of hot
Postum and Grape-Nuts with cream,
for my morning meal. For more than
a year I have held to this course and
have not suffered except when judi-
ciously varying my diet.

"I have been a teacher for several
years and find that my easily digested
breakfast means a saving of nervous
force for the entire day. My gain of
ten pounds in weight also causes me
to want to testify to the value of
Grape-Nuts.

"Grape-Nuts holds first rank at our
table."

Name given by Canadian Postum
Co., Windsor, Ont.

"There's a reason." Read the little
book, "The Road to Wellville" in
picks.

Ever read the above letter? A new
one appears from time to time. They
are genuine, true, and full of human
interest.

THE CANADIAN BANK OF COMMERCE.

Head Office Toronto.

Capital \$15,000,000 Rest \$12,500,000

A branch of this Bank has been established in St. John's
at 222 Water Street, where a general banking business may
be transacted.

Savings' Bank Accounts.

Interest at the current rate is allowed on all deposits of
\$1.00 and upwards. Careful attention is given to every
account. Small accounts are welcomed. Accounts may be
opened and operated by mail, and also may be opened in
the name of two or more persons, withdrawals to be made by
any one of them or by the survivor.

July 24, 1912
F. E. DENCH, Manager.

TINNED SALMON!

THIS SEASON'S PACK.

Choice No. 1 Salmon,

Put up by a Reliable Packer. Prices Right.

A. H. MURRAY, O'Dwyer's Cove.

Call & Inspect Our

STOCK OF
**Wedding
Presents.**

JOSEPH ROPER.

A RARE CHANCE

To get good clothing for Men and Boys at real
BARGAIN PRICES. We have:

Men's Tweed Suits, from	\$4.50 up
Men's Tweed Pants, from	\$1.00 up
Boys' Tweed Suits, from	\$1.20 up
Boys' Tweed Pants, from	60 cts. up

Made of thoroughly reliable material in Latest Styles.
Send along your Mail Orders.

WILLIAM FREW, Water St.

Every body's doing it.
Doing What?
Drinking Golden Pheasant Tea.

FERGUSON, HOLNESS & Co.
J. B. MITCHELL, Selling Agent.
July 15, 1912

The BIG Furniture Store.

JUNE WEDDINGS

Will soon be the order of the day, and Wedding Gifts follow as a natural
sequence. In these strenuous times the bride and groom will appreciate
nothing better than some article of Furniture. We pride ourselves on the
fact that in no Furniture Store in Newfoundland can be seen a more var-
ied, more artistic, or more reasonable goods than we are showing. For a
gift how would some of the following do?

DRESSER.	SIDEROARD.
PARLOR SUITE.	EXTENSION TABLE.
ROCKING CHAIR.	CHINA CLOSET.
MUSIC CABINET.	BOOK CASE.
CHESTERFIELD.	LOUNGE.

But it would take a whole newspaper to itemize the many suitable ar-
ticles we can supply.
Call and have a walk through our store and pick out what best suits
your ideas and purse.

CALLAHAN, GLASS & Co., Duckworth and Gower Sts.

ng
ram
n Plates.
ssmaker should keep
p Book of our Pat-
will be found very
from time to time.
LISH MODEL.
eece Skirt with Tunic.
s appropriate for all
en fabrics, and equal-
ilk or satin. As here
rdinary was used with
pearl buttons, and
for trimming. The
ay be finished without
in 5 sizes: 22, 24, 26,
es wait measure. It
yards of 44 inch ma-
ch size.
his illustration mailed
on receipt of 10c. in
aterials for any of these
procured from AYRE
Samples on request.
n number. Mail orders
ded to.
LE BECOMING DRESS
GROWING MISS.
with or without Deep
Round Neck) and with
horser Sleeve.
with Arabian lace bands
m. White lawn with em-
"Val" insertion will be
fective. The collar is
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ad deep round back. The
e long with a band cuff.
er" style with a turn back
irt is straight and plain-
tern is cut in 4 sizes: 8,
4 years. It requires 3 1/2
inch material for the 10
of this illustration mailed
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TERN COUPON.
nd the above-mentioned
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No.
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send with the coupon.
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each, in cash, postal note,
Address: Telegram Pub-
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elligent person
100 monthly corresponding
ers. No canvassing. Send
rs. Free Syndicate F1123
Y
LIVEMENT USED BY
PHYSICIANS.