



Eat More Fruit and Vegetables.

ELLIS & CO.'Y.
LIMITED.

203 WATER STREET.

Navel Oranges.
Malaga Oranges.
California Grape Fruit.
Palermo Lemons.
Ripe Bananas.
Dessert Apples.
Fresh Cherries.
Green Peppers.
New Celery.
New Lettuce.
Cucumbers.
Ripe Tomatoes.
New Cabbage.
New Onions.
New Potatoes.
New Asparagus.
White Squash.
Carrots, Parsnips.
Beetroot, Turnips.

**Fresh Halibut
Fresh Salmon.**

Brown and Polsons Corn Flour.
Paisley Flour.
Swansdown Flour.
Bengers Food.
Jersey Corn Flakes.
Scotch Oatmeal.
Fine and Medium 7 lb. tins.
Parrot Food.
Potato Flour.
English Coffee Sugar.
English Castor Sugar.
Yellow Candy Sugar.

**Finnan Haddies.
Fresh Smoked.**

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.
may17,11

NORMA TALMADGE
and hundreds of other movie actresses are loud in their praises of

**INGRAM'S
MILKWEED CREAM**
for whitening, softening and beautifying the skin. So smooth, so daintily creamy, is MILKWEED CREAM that the skin absorbs it eagerly.
"There is beauty in every jar."
PRICE 50c. JAR.

**PETER O'MARA,
THE DRUGGIST,
THE REXALL STORE.**



THAT LUSTROUS FACTORY FINISH is that what you most desire in your car? Do you want to restore the finish of the body and top to its original glory? It will be done if you place the painting and finishing job in our hands. We'll leave the result to your critical judgment.

Lawrence Bros., Ltd.
307, 310, 11

NORTH SYDNEY COAL

FIRST
NORTH SYDNEY SCREENED COAL
to arrive this season due to-morrow.

S.S. "WATUKA" with 1990 TONS.
M. MOREY & CO., Ltd.
QUEEN STREET.
may26,11

Nitrate of Soda, etc.



To-day ex. S.S. Digby from Liverpool and Selling at Lowest Prices:

Nitrate of Soda—(The Great Fertilizer.)
Fancy Valencia Oranges—300's.
Egyptian Onions—112 lb. Sacks.
Singapore Pineapple, each 4 doz. 1 1/2 lb. Tins.

F. McNamara,

PHONE 393 QUEEN STREET

The New World Begun!

"Millions Now Living Will Never Die."—Judge Rutherford.

If you are interested in Bible Study and the fulfillment of Prophecy, you should hear the lecture given under the auspices of the International Bible Students' Association, by MR. T. H. THORNTON, of New York, at the Casino Theatre.

Sunday, May 27th, 1923, at 7.30 p.m.

SEATS FREE! NO COLLECTION!
may26,11

Houses! Houses! Houses! Down lower than ever.

Buy now at pre-war prices several good substantial homes in the following localities: One new Bungalow on Cove Road, two miles from town; two Bungalows on Burton's Pond Road, recently built; three good houses at the foot of Pleasant Street; a two-story house on Bond Street, Hamilton Avenue, freehold, and numerous other properties in different localities.

For Sale—Land Claims containing Birtles, Iron Ore and asbestos. Samples given at request. Write or see us. List your land and other properties with us. We are wanting to buy several two-story houses in central locality.

MONEY LOANED ON GOOD CITY PROPERTY.

JOHNSTON & EVANS
REAL ESTATE, MANUFACTURERS' AGENTS & COMMISSIONS.
SOLE AGENT FOR OLIVER OIL GAS BURNERS.
mar3,11

TO THE TRADE!

ON THE SPOT:
1000 bales CANADIAN HAY.
35 boxes CANADIAN BUTTER—
56 lb. solids, 1 lb. and 2 lb. blocks
TO ARRIVE:
2000 sacks CANADIAN WHITE OATS—4's.
20 cases EGGS.
LOWEST PRICES.

ARTHUR R. BULLEY
Telephone 818. Commercial Chambers, Water St.
may25,11

Don't Say Paper, Say the Evening Telegram.

Made of Rubber.

AND 100 OTHER USES FOR THIS VALUABLE SAP.

Waterproof coats, rubber tyres and pencil erasers—up to a few years ago these were the principal uses for the sap of the rubber tree. Now, scores of new uses have been discovered and a being rapidly developed. They are so important that, instead of drying the rubber into sheets on the spot, tank steamers are being built, which will convey the sap in tanks just like oil.

The sap, it is found, can be used, raw, in paper making, producing a particular tough and thin paper. As an ingredient of concrete, it lessens the effects of expansion and contraction and it can be added to terracotta to make it waterproof.

We Walk on It.

For some time past many of us have been wearing rubber soles on our shoes. Now the footwear trade has taken up pure "crepe" rubber as the most perfect material imaginable for soles for golf, tennis, badminton, bowls, cricket, and indeed all forms of sport.

Rubber sponges are cheaper than ordinary sponges. Rubber nail and tooth-brushes, soap mats and razor cups help to furnish the washstand.

The housewife has discovered that she need no longer scrap the family teapot because the spout is chipped. A rubber spout covers up the break and pours better than the original. She also fits anti-splash rubber noses on the taps in the bath-room and the kitchen, and rubber plugs for the sinks and the bath.

No More Broken Crockery.

Some sinks are now made entirely of rubber. They have the great advantage, that they save the crockery from breakage. One of the most useful of kitchen inventions is the rubber force cup, by means of which a waste pipe which has become choked can be cleared, without going to the expense of sending for the plumber.

The doctor is finding that rubber plays an ever increasing part in surgery and sick room. Water beds made of rubber prevent that dreadful ailment, bed-sores. Ice bags are made of rubber; so are elastic stockings, bandages for varicose veins, hot water bottles, and operation aprons and gloves.

For the cripple the rubber tip prevents his crutches from slipping on polished surfaces.

Rubber in Sport.

In games we have long used rubber tennis balls, and wound up the inside of golf balls with rubber. But to-day the great use of rubber is for "grips." For cricket bats, tennis rackets and golf clubs, these grips are invaluable.

For some time past rubber has been used for paving. The oldest example is in the courtyard at the Savoy Hotel. Now it is cheap enough to be used for floor-coverings, and especially for stairs. It is also being used for door springs, for window sash handles, for wedges, and for rubber door stops.

Sunspots Bring Storms.

The wild, stormy weather which marked the close of last year was due, according to Sir Oliver Lodge, to a group of sunspots—one of them bigger than our earth—which appeared on December 28th.

Sunspots are now generally believed to be due to whirling, cyclonic storms in the sun's atmosphere—terrestrial tornadoes, by comparison with which the fiercest of earth storms could be but the placid breathing of a sleeping infant.

The "spot" is really a hole in the sun's outer gaseous envelope, rent open by the storm. Some of these "holes" are big enough to stagger the imagination. One that appeared in May, 1911, was sixty thousand miles across, and of unknown, almost unimaginable depth, and others almost as big have been observed and measured.

Welling up through these gigantic cavities from the unimaginably hot incandescent mass of the sun's interior come clouds of super-heated gas, millions on millions of tons of it.

It would be strange indeed if such happenings as these, even if they do occur over ninety million miles away—lucky it is for us that they are no nearer!—did not affect the earth's climate in some way or other.

And as a matter of fact, experience has shown that they almost invariably do.

Why Does the Wind Blow?

The most familiar illustration of wind, which is only air in motion, is afforded every time we see a lighted fire. It creates a "draught," and this is all that "wind" is.

Heated air, like any other gas, naturally tends to rise and at the same time to expand. As it rises it leaves a vacuum, and to fill this top colder air rushes in.

At the same time the expanded air, "of low pressure" as we call it, is attacked by cooler and denser air trying to mix with it. In either case it is the rushing in of this colder air that makes our wind.

Land, conducting heat better than the sea, becomes hotter during the day, and the air above it rises, colder air blowing in from the sea to take its place. But at night, the land cools more quickly than at sea, the reverse takes place, and the wind blows from the land.

Cure of Diabetes.

SUBSTANCE SIMILAR TO INSULIN FOUND IN YEAST.

Several interesting facts have emerged during the trials in England of insulin, the new remedy for diabetes. Insulin, it may be explained, is a preparation from the pancreas (or sweetbread) of oxen, sheep or pigs, and its effect is to absorb the deadly sugars in the body of the patient. According to the British Medical Journal, "a substance similar to insulin may be obtained from yeast." Cases of diabetes were rendered sugar free by this substance and "of the seven cases examined, five showed marked improvement." It is thus possible that the yeast-plant contains an active principle similar to that of pancreatic insulin. The value of yeast in the treatment of boils, which are common in diabetes, has often been commented on. Another discovery is that insulin can be introduced into the blood stream by rubbing it into the skin. This method, however, necessitates the use of much larger quantities of the drug than those required to produce comparable effects by subcutaneous injection. On the other hand, the skin method affords a more prolonged and gentle action, and possibly may be helpful in utilizing crude products unsuitable for injection. Generally speaking, the experiences with insulin have been most satisfactory, and have confirmed those of the Canadian and American workers.

Hush-Hush 'Planes.

SECRET EXPERIMENTS WITH NEW MACHINES.

A new all-steel bombing plane of the largest type has been built for the Air Ministry by Messrs. Boulton and Paul, of Norwich.

Experimental flights are being made secretly at the aerodrome, but it is understood that the machine is driven by four air screws, two on either side of the body. There are three cockpits and a cabin, and the machine is fitted with machine-guns.

Another new "hush-hush" aeroplane is to be taken over by the Air Ministry immediately. It is the Napier Parnell, built at Bristol. It has three tiers of wings and is driven by twin screws set into the centre wing tier. The engine may be started or stopped in mid air.

In place of the usual tail skid the Napier Parnell has a steerable tail-wheel, which enables the machine to turn while on the ground in a remarkable small space. Automatic brakes are also fitted to this wheel, which is actuated by the weight of the machine itself as it touches the ground.

WHAT BAD THING LEAD TO.

Do you know that many of our diseases come from the conditions of your teeth? The fact now, well known to the sciences.

DR. A. B. LEHR,
329 Water Street,
Specialist in Dentistry.
Phone 700.

**KNOWLING'S
HOSIERY CANNOT BE SURPASSED**

MEN'S, LADIES' CHILDREN'S

Ladies' Hosiery

COLORED CASHMERE PLAIN HOSE—Good length; shades of Nigger, Putty, Mole, Suede, Coating, Grey and Navy 90c. pair.

COLORED CASHMERE PLAIN HOSE—Wolsey and Jason makes, in all shades— 1.35, 1.45, 1.80

COLORED LISLE HOSE—British made; good colors; shades of Nigger, Navy, Pearl, Suede, Champagne, Putty, Mole. Prices 90c. & 1.00

SILK HOSE—Extra heavy weight; shades of Fawn, Greys, Nigger, Black, Sky, White, Pink. Only 1.35

SILK HOSE—In shades of White, Greys, Nude, Black Cordovan 90c. 1.25, 1.75

Children's Hosiery

CHILDREN'S TAN CASHMERE HOSE—Plain and ribbed; sizes to fit all ages—
Prices 65c. to 1.00

BOYS' and GIRLS' RIBBED WOOL HOSE—Black; sizes to suit all ages 55c. to 1.60

CHILDREN'S COTTON HOSE—Ribbed and Plain; shades: Cordovan, Tan, White and Black; sizes 5 inch to 9 1/2 inches 20c. to 70c.

CHILDREN'S SOCKS—In Cashmere and Cotton; fancy tops and plain shades. Good values from 30c. to 75c.

BOYS' GOLF HOSE—Fancy tops; Greys, Heathers Mixtures, Navy; sizes to fit 6 years up— 65c. up to 2.45

**Special Values Ladies' Black Cashmere Hose, Ribbed and Plain
80c to 1.80**

Men's Hosiery Dept.

MEN'S GOLF HOSE—Fancy Top; assorted Heathers, etc. Splendid values 80c. to 2.90

MEN'S BLACK KNICKER HOSE—Full length, well knit. Only 2.50 pair.

LOCAL KNIT HALF HOSE—Splendid thing for wear in long rubbers for the Labrador Gold rush 35c. to 70c.

MERCERISED and SILK 1/2 HOSE—In shades of Black, Tan, Grey, Navy and Black—
50c. 55c. 95c. 1.20, 1.30, to 2.00

MEN'S COTTON 1/2 HOSE—Assorted shades, splendid value for 25c. Our Price 15c. pair.
Black, Tan, Cordovan, Greys 27c. pair.
Tan only 35c. pair.

MEN'S CASHMERE 1/2 HOSE—English make, assorted shades. 55c. 65c. 70c. 95c. pair.

WOLSEY 1/2 HOSE—Particularly adapted for tender feet 1.10, 1.25, 1.30, 2.70 pair.

Splendid Values in BATHING COSTUMES for Men, Boys, Girls and Ladies

See Our Values in
**LADIES' KID and
FABRIC GLOVES.**

G. Knowling, Ltd.
The Store for Everything

**MEN'S KID & FABRIC
GLOVES.
MEN'S SWEATER COAT
and JERSEYS.
All at Special Values.**

may23,24,25,11

In one case the worms, which were completely absent when the land was saved, arrived very soon and peopled several acres in a single year. A scheme for importing worms was actually anticipated by this wonderful migration of the local worms.

How the multiplied and travelled so quickly is a puzzle.

A student of the ways of worms has come across some yet more miraculous migrations. He found an old rook's nest on a tall elm to be full of earth-worms, breeding and flourishing in the wet rubble at the base of the nest. Another of his discoveries was a nest of worms in a doornut in a loft. For a creature with so soft and fragile a body as the earth-worm, to be able to penetrate where he does is one of the marvels of Mother Nature's handiwork.

Why Does the Wind Blow?

The most familiar illustration of wind, which is only air in motion, is afforded every time we see a lighted fire. It creates a "draught," and this is all that "wind" is.

Heated air, like any other gas, naturally tends to rise and at the same time to expand. As it rises it leaves a vacuum, and to fill this top colder air rushes in.

At the same time the expanded air, "of low pressure" as we call it, is attacked by cooler and denser air trying to mix with it. In either case it is the rushing in of this colder air that makes our wind.

Land, conducting heat better than the sea, becomes hotter during the day, and the air above it rises, colder air blowing in from the sea to take its place. But at night, the land cools more quickly than at sea, the reverse takes place, and the wind blows from the land.

How Worms Help Us.

It is fairly common knowledge that the earthworm helps the farmer by breaking up the soil and keeping it loose and free.

Here is an astonishing instance—which has just come to light—which shows the remarkable persistence of this little worm.

The cultivators of some land reclaimed from the sea were delighted, as well as puzzled, by the amazing rapidity of the migrations of the worms. Reclaimed land is often more or less useless till the earth-worm gets to work and renders the land cultivable.

day, and the air above it rises, colder air blowing in from the sea to take its place. But at night, the land cools more quickly than at sea, the reverse takes place, and the wind blows from the land.

There are, too, many other "usual" winds. The air over the Equator, for instance, is normally hot and rains, so causing a regular wind from the colder parts of the earth. But their course is complicated and diverted by the "spin" of the earth's rotation.

quantities of the drug than those required to produce comparable effects by subcutaneous injection. On the other hand, the skin method affords a more prolonged and gentle action, and possibly may be helpful in utilizing crude products unsuitable for injection. Generally speaking, the experiences with insulin have been most satisfactory, and have confirmed those of the Canadian and American workers.

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**Patent Leather
Black & Tan**

Men's
EASTERN
From S



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of Russia
Now Under

BY IGNORANT
LAWS OF HONEST
REV. P. F. KOMLO

Med School for
Year Constantino
evidences of the
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The

SHERMEN!

SHERMEN!

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Tongue Boots,
made out of all

men and
FISHERM
Solid Leather
men's Laced
Boys' Laced

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