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Side Talks by Ruth Cameron

WHY SAY IT?

"I have reached the point in the last few years where I try never to say anything about anyone which I would mind having carried back to him. That is, unless I have reason to know that a man is a crook and that other people ought to know it so that they can look out for him. Then I speak up. But the sort of things I mean that I try not to say, are the sharp little criticisms, or sarcastic comments that don't do anyone any particular good and may do someone a lot of harm."

Just Decency.

The man who made the above statement is a man of about 35, a good citizen, but very far from being a goody-goody, and I think it represents not so much a high moral principle with him as his idea of common-sense, business sense, and decency. And when you come to think of it, that resolution is all of that, isn't it? What possible good do we ever get of the sharp things that most of us say now and then about other people, except perhaps the joy of relieving our minds and, if we say it well enough, the tribute of a laugh or a smile?

Kindly Wit and the Opposite.

But behind that laugh or smile always lurks the listener's feeling that he may be the next victim to the mill of your wit. Someone quoted to me recently Sterne's distinction between "the festivity and the malignity of wit." We are all conscious of such a distinction and, though we laugh at the wrong sort of wit, it does not endear its perpetrator to us.

And in the scale against the tribute of our audience's smile and its interest, there is always the chance that what you have said may be carried back to the person of whom you spoke by those strange venturers who are ever ready to do such work. The result may be a broken friendship (for inconceivable as it may seem, we say such things about those we call friends), a lost business opportunity, or an enduring and perhaps dangerous enemy.

There is no better habit in the world one can get than the habit of keeping under better control that little member that can kindle so great a fire.

The Three Things I Would Strike Out.

If a Fairy Godmother were to come to me and, after the manner of fairy godmothers who always think in threes, permit me to strike out three things from my past, all three would be sins of the tongue. One was a cruel taunt that I regretted the minute it left my lips, one was a friend's secret that I told in one of those moments of confidence-intoxication, and one was a silly thing that I said without realizing how silly it was going to sound.

I believe I have quoted before that magnificent proverb: "Of the unspoken word thou art master, but the spoken word is master of thee." Surely, it is worth quoting many times! Quote it to yourself when you start to say something you ought not to say and remain the happy master of your destiny instead of the slave of your folly.

The Cavendishes Discussed.

They are frank about vice-royalty over in England. For instance, the London Mail says:

Lady Rachel Cavendish, chaperoned by her sister, Lady Maud Mackintosh, and with other good friends, dined with the Prince of Wales at York House the other day. She is a charming girl, fond of sport, and is very good natured. Her mother, the Duchess of Devonshire, looked rather anxious once, when she was still in the schoolroom. "I'm afraid," she said, "that Rachel will grow up to be a beauty." She needn't have been so afraid. Lady Rachel is nice-looking, but her features, like those of all the Cavendishes, are rather too pronounced for actual beauty.

Brick's Tasteless can be purchased at T. McMurdo & Co's, Water Street. Price \$1.20 bottle. Postage 20c. extra. -sep15,12

PEARS In Half Barrels To-day

Ex S. S. Digby, Sept. 19th

25 Half Barrels Pears

Black, White and Red
GRAPES
60c. Basket, 20c. lb.

C. P. EAGAN,
Duckworth Street & Queen's Road

Remember the Orphans.

Editor Evening Telegram.

Dear Sir,—May I ask for a portion of your space to bring to the attention of our Catholic fellow citizens the desirability of giving to the little orphans at Belvedere a record collection on Sunday next. Although for over a quarter of a century very little has been publicly said about the untiring activities of the Belvedere Sisters, still recently their friends and well-wishers have compelled them to discard the cloak of modesty which so long enveloped them, and have shown to our charitable people the great needs arising from the work at that Institution. Intended primarily to accommodate about one hundred children it is now taxed far beyond its capacity, and under conditions that are not pleasing to either Sisters or children, one hundred and sixty little ones are being cared for at Belvedere. This situation has become so acute indeed that steps have recently been taken to enlarge the building, providing sleeping and recreation apartments, but the collection to be taken up on Sunday is not intended for this purpose.

Fortunately, a number of Catholic gentlemen have taken the matter in hand and have promised their support, and this is the only means by which an addition could be erected, but the regular collection is to provide food, fuel and clothing for the very large family of little ones that are being cared for. As a Reverend preacher at the Cathedral so pointedly mentioned on Sunday, we have only to recall the hard struggle it is to maintain a family of three, five or seven in order to bring home to us very conclusively the great difficulty that the Sisters meet with in trying to properly feed, clothe and keep warm such an abnormally large family.

A visit to that building would melt a heart of stone when one sees the little tots from one year up to ten or twelve years heretofore of father and mother and housed at Belvedere Orphanage, a heritage for those of us who through a kind Providence have more of the needs and necessities of life. There is hardly any need to use your valued space in stressing the point. Every household knows full well both the desirability of the annual collection and the need to have it a record one. As a point of information it might be interesting to know that, big as was the collection of last year, and previous years, it only sufficed to pay the coal bills, not to speak of all the food that is consumed and the many articles of clothing needed.

The Sisters of course would never be able to perform this Herculean task were it not for the fact that the Institution is practically god-fathered by the kind-hearted Catholic people of the City, and many of our generous Protestant friends as well, and by their united efforts the Institution has been kept going for the past and will continue to do its self-appointed work in the future.

The writer has an intimate knowledge of the pressing needs and of the many many bills that are waiting to be met by the proceeds of this collection, and in brief, the purpose of this letter is to ask a kindly consideration of same by every reader of this paper. Whether you have twenty cents or ten dollars to spare, despite all the many knows that they are legion—give it calls that are upon you—and the writer with a kindly heart to the innocent little orphans at Belvedere on Sunday next. There used to be a saying in war time "Give till it hurts," and this saying was never more applicable than in the present instance. Many calls there are of course, both from Church and State, private and public, but never one that so arouses the latent charity and love of humanity as the call voiced in the pulpits on Sunday and recorded in the press for the entire week.

If these few words of mine, poorly penned as they are, could only form a faint outline of the great need for help, I would be well repaid. Those self-sacrificing Sisters who have given their entire life to the cause of the orphaned poor, ask nothing for themselves—they only ask if for their little ones, and in their name I make the request that every reader will help on Sunday next to give them sustenance for the coming year.

Sincerely yours,

J. J. L.

Sept. 20, 1921.

Household Notes.

A red-hot stove is a waste of fuel. Eggs are delicious escalloped with cheese. Mushrooms give a savory taste to oysters. Bury a yeast cake in salt to keep it fresh. A four-pound fish should serve six or seven people. A long-handled dustpan is a household treasure. If the fern droops its fronds, it is probably rootbound. Chopped raisins or nuts are good to chocolate taploos. Keep all recipe books in a drawer in the kitchen table. Stale cake is the foundation of many a dainty dessert. Allow some time to harden and it will last twice as long. Silver should never stand overnight without washing. A little lemon juice improves the flavor of stewed carrots.

The Careless Smoker.

A fool there was and his pipe he lit
(Even as you and I)
On a forest trail where the leaves were
To become ablaze from the smallest
bit.
Of sparks—and the fool he furnished it.
The day was windy and dry.

The forest was burned to its very roots,
Even beneath the ground.
With the flowers, the birds and the
poor dumb brutes.
Old heavy oaks, and the tender shoots
Which might have made logs but for
such galeots.
Allowed to wander round.

The lumber-jack has now passed on
His pay day comes no more
And the screech-owls haunt the camp
at dawn.
Where the cook's tin pan woke the
men of brown
But the mill is silent, the trees are
gone,
The soil and the forest floor.

A deadly sight are those hills of rocks
Which aptly were beds of
No hope for the human, no food for the
flocks.
The floods must be held by expensive
locks.
And the harbor is silted to the docks.
The ships no more are seen.

But the fool smokes on in the forest
still.
Leaves campfires burning, too;
While the patient public pays the bill.
And the nation's wealth is destroyed
for all.

If the law doesn't get him, Old Satan
Will
When his smoking days are
through.
—Harris A. Reynolds, in The Open
Road.

False Teeth and Fitness.

Hints by a Famous Dental Surgeon.

Most accidents arising from false teeth can be avoided by the exercise of proper care.

This view, expressed by the T.B. man by Sir Frank Colyer, the distinguished dental surgeon, should reassure the thousands of people whose fears have been stimulated by the recent case in which a cyclist swallowed his false teeth with fatal result. The accident would not have occurred had the victim paid due regard to the fitting of his teeth.

Lack of precaution in this respect has led to many accidents. To wear a loose-fitting set of teeth, particularly if the plate is a small one, is to court trouble. The wise person will see that his or her teeth are fixed firmly in the mouth, from which they should be removed only when absolutely necessary.

Keep the Plates Clean.

Many people, it was pointed out in the interview, get into the habit of taking out their false teeth for no particular reason, or of agitating them with the tongue. Both are manifestations of a form of nervousness, and should be checked.

One question that often exercises the minds of false teeth users is whether their teeth should be worn at night. They should be taken out and kept in a glass of water, to which a pinch of permanganate of potash has been added. No more than enough to discolor the water should be used, as otherwise the teeth may be stained.

The fear expressed by many people that their mouths or gums will lose their shape during the night if the teeth are not fixed is groundless.

Dentists say that the majority of wearers of false teeth are not sufficiently careful in the matter of cleanliness. It was reported at an inquest held on a soldier not long ago that his dental plate could not have been cleaned for three months, as a result of which negligence he died of blood-poisoning.

Such cases are rare, but there is no doubt that ill-health is encouraged by lack of care in this respect. False teeth plates should be cleaned at least four times a day—on rising, and after each meal.

Special attention should be paid to the condition of the plate when replacing it in the morning. The tiniest fragment of food left on a plate may attract germs, and germs may mean pyorrhea.

Practical Advice.

One of the best methods of cleaning a dental plate is to use a small stiff nail-brush and a solution of ordinary soap and water. Soap extracts are equally useful. Every indentation in the plate should be scoured out thoroughly, the whole being rinsed afterwards in clean water.

The unpleasant taste in the mouth of which many users of false teeth complain is often traceable to an unclean plate, while the breath may be tainted in the same way.

Those who indulge in sports and games should be careful if they possess artificial teeth. It is unwise to play football or any rough-and-tumble game with false teeth in one's mouth. Swimmers and divers, too, should be careful. It requires courage to face a crowd of admirers with toothless gums, but a combination of false teeth and false pride may spell disaster. More than one athlete has had his career cut short by disregarding this advice.

False teeth are not a modern innovation. They were known to the Egyptians in 1600 B.C. Specimens of bridge work of this period are preserved in the Corcoran Museum in Italy. The Romans also knew and practised the art of dental restoration, but the greatest advance was made during the nineteenth and present centuries.

Wharfedale's business used by Physicians

Brick's Tasteless

THE ONE WHO TAKES IT MUST EAT



Stop! You Need a Tonic

A bottle of Brick's Tasteless is a wonderful tonic and will certainly improve your health. Brick's Tasteless is well known as an appetizer and good strengthener. All it costs is \$1.20 bottle. Postage 20c. extra. Cheap enough for such a food medicine.



Health and Happiness

The condition of the mind depends on the condition of the body, and the condition of the latter depends on the kind and quality of the medicine used. Brick's Tasteless is far superior to any other tonic for increasing weight and restoring one back to perfect health. Try a bottle.



Don't blame him, he can't help it; he's had a headache for a week. But we could fix him right away. Brick's Tasteless has cured thousands of cases. It has never yet failed. Try a bottle.



Tune Up Your System

When you feel "draggy," "listless," "lazy," not really sick, but far from well—what you need is a new supply of rich-red blood. Brick's Tasteless helps the system and aids nature. It is a safe medicine that makes good blood, sound digestion and builds up the system.



Stop that Hack

And cure that cold. It debilitates the system and leaves it an easy prey to disease. Brick's Tasteless tones up the system, increases the vitality and acts as a general bracer.



CHEER UP! BRACE UP!

Brick's Tasteless will bring relief at once. It is a tonic that run down systems need. Costs only \$1.20 bottle. Postage 20c. extra.

BRICK'S TASTELESS can be purchased from Stafford's Drug Store, Theatre Hill, for \$1.20 bottle, Postage 20c. extra. Over 2000 bottles arrived a few days ago.

Dr. F. STAFFORD & SON,

Wholesale and Retail Chemists and Druggists, St. John's, Newfoundland

P.S.—WRITE US FOR WHOLESALE PRICES.

PHONE 640

REMARKABLE SOAP OFFER!

Commencing on Sept. 26th, and to continue for a short period, we announce the following offer:—

Purchasers of 3 bars of Tiger Soap at 9 cents per bar will be given an additional large bar FREE.

To get this LARGE BAR OF TIGER SOAP—FREE, all you need do is, buy 3 large bars for 27 cents and ask for the FREE bar of Tiger.

Tiger Soap is an English Soap of excellent quality—it lathers freely—does not waste away and is not injurious to either hands or clothes.

Shopkeepers who wish to participate in this distribution plan may obtain full particulars from any of the WHOLESALE FIRMS or from

Colin Campbell, Limited,
Agents for Hodgson & Simpson, Ltd.,
Liverpool, England

Carpentier and Chaplin.

ARE STARS AT LONDON SCRAP.

London.—Georges Carpentier saw Joe Beckett knock out Roy McCormick here the other night as did also Charlie Chaplin. Chaplin concealed his identity in the big society crowd. He hid in the back of a box. It was announced before the bout that if Chaplin was present the management

would give five hundred dollars to any person identifying him. There was a tumult of howls for Charlie, but he was not found. An evening-gown society lady entering at this moment was embarrassed when the crowd halted her, thinking she was Charlie elaborately disguised.

Then an unnamed millionaire opponent offered from the stage to contribute fifty thousand dollars to any charity if Chaplin would stay for a

three round bout with Georges Carpentier. More howls for Chaplin. Charlie was reticent. Georges, with his customary grace, agreed, and was willing to take his chance in such a combat. Charlie, however, was silent. The crowd was "good naturedly disappointed" that he didn't box, as Georges was willing. Chaplin slipped out of the Opera House at the conclusion of the bout, a crowd of five thousand awaiting him in the streets.

where a big, joyful riot was staged. It is stated that Chaplin, as a boxing enthusiast, spent much time in the "gym" on the Olympic coming over.

If you are looking for comfort see the Hug-Me-Tights at L. LEVITZ. Black only. Worth \$2.00. Clearing for 79 cents. 252 Water Street, opp. Dick's & Co.—sep16,21