



Little Lectures  
NURSE 'WINCARNIS.'  
(Lecture No. 3.)

## Run-Down

When your system is under-  
mined by worry or overwork  
when your vitality is  
worn—when you feel  
"run-down"—when your  
nerves are "on edge"—  
when the least exertion tires  
you—you are in a Run-Down  
condition. Your system is  
like a plant that is drooping  
for want of water. And just  
as water revives a drooping  
plant—so 'Wincarnis' gives  
your life and new vitality to  
your run-down constitution.  
Because 'Wincarnis' pos-  
sesses a four-fold power.  
It is a Tonic, a Restorative,  
a Food-maker and a Nerve  
Builder—all in one. Therefore

## WINCARNIS

restores new strength, new  
blood, new nerve force and  
new vitality. The benefit  
derives from the first wine-  
glassful. You can feel it  
doing you good. Over 10,000  
doctors recommend 'Win-  
carnis' especially to those  
who are 'Weak, Anemic,  
Nervy' or Run-down.  
Begin to get well  
FREE.

Send the Coupon for a free trial  
bottle and a more taste but enough  
to show you good. Regular supplies  
obtainable from all Stores,  
Druggists and Wine Merchants.  
'WINCARNIS' IS MADE IN ENGLAND.

## Free Trial Coupon

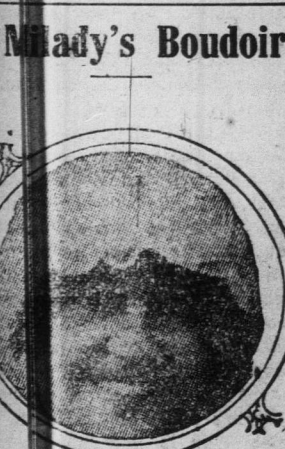
W. L. MAN & CO., Ltd.,  
Wincarnis Works, Norwich, England.

Enclosed me a Free Trial Bottle of  
'Wincarnis'. I enclose six cents stamps  
payable to you.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_

Agents for Newfoundland—  
Messrs. Marshall, Brook,  
Watson & Co., St. John's, Newfoundland.

## My Lady's Boudoir.



## WHEN HANDS ARE NEGLECTED.

When you have arrived back in  
the city after your vacation, and find  
your hands are burned and brown  
from the sun, and the rowing and tennis  
during the sun, you will probably  
be mortified to find the skin, for  
winter to come.

Do not let rough hands look well in  
the city in the winter, so it will  
be well to let the little Miss Vacationist  
look as gracefully as her complexion  
before the first invitation  
to the winter party arrives.

Remove any or diluted peroxide are  
very good remedies to be applied at  
night. If this is too strong it should  
be mixed with a little glycerine.

Nails can be kept pink and free  
from white spots by greasing the  
nails with cold cream each night.

When the hands are washed in the  
morning the flesh should be pushed  
back with the towel before the skin  
is thoroughly dry, use an orange-  
colored stick to loosen the cuticle.

For other manicuring implement is  
required except a pair of scissors  
and a pair of nail brushes for use on  
the hands and feet.

Girls will keep their scissors sharp  
by using the wide part of the  
scissors in cutting the nails. The  
points must not be used for anything  
but the cuticle.

Gloves can be worn to bring quick  
relief to burned hands, the best  
ones to be made of cotton and  
leaves to be easily washed. They should  
be washed every two or three days, if  
they are worn every night.

## THE SHOES I CAN'T WEAR All Because of a "Touchy" CORN

BUT you can wear them, Madam—and now.

Simply place on that corn a little Blue-jay  
plaster, and never again will you feel it. In two days  
it will be no corn. It will disappear for good. Millions  
of women know that. They don't pare corns. They don't  
use old-time methods. And

they don't suffer. When a  
corn appears they end it. We  
are urging you to join them.  
Corns are needless since  
Blue-jay was invented.

So they are absurd. You  
can prove in one minute  
that Blue-jay stops  
corn aches. You can  
prove in two days  
that it ends them  
forever.

Won't you?  
See and See at Druggists  
Also Blue-jay  
Sole Plaster  
BAUER & BLACK  
Chicago and New York  
Makers of Druggists  
Sole Plaster, etc.



Blue-jay  
Ends Corns

## Items of Interest.

German soldiers along the Swiss-  
Alsatian frontier, chiefly elderly men  
of the landstrum, have begun to ask  
food from the Swiss soldiers. The  
Germans say they have not eaten meat  
for weeks.

General Chen Chi-Nel, a high official  
of the Chinese Revolutionary Party,  
was assassinated, it is alleged, by  
three Yuan Shi-Kai supporters in  
Shanghai, on the night of May 18th.  
Two of the murderers were caught.

An announcement by the Royal police  
in Vienna says that parents of  
children who are seen wearing  
military uniforms of Austrian soldiers  
in public may be fined from forty cents  
to \$40, or be sent to jail for from six  
hours to fourteen days.

The new British Air Board will consist  
of Lord Curzon, Lord Sydenham,  
Major Baird and two naval and two  
military representatives, with Lord  
Curzon as president. It will be an  
advisory board and will be free to refer  
unadopted recommendations to the  
War Committee.

The problem in England of housing  
200,000 Belgian refugees has been  
partly solved by the building of wood-  
en houses so constructed that when  
the war is over they may be easily  
taken down and shipped to Belgium  
to replace dwellings destroyed by the  
Hun invader.

Madame Sarah Bernhardt, the great  
French actress, who, as a result of  
her marriage with a Greek actor named  
Jacques Damala, became a Greek  
subject, has resumed her French national-  
ity by special decree of President  
Poincaré. Damala died twenty-  
seven years ago.

The army reorganization bill has  
been passed by the U. S. Senate with  
out a roll call, as "the best we can  
get." The bill provides for a regular  
army of 211,000 at peace strength, and  
approximately 260,000 at war strength  
and for a federalized national guard  
of 457,000 at maximum strength.

Vienna's tax on tickets for theatres,  
music halls, cinemas, dance halls, and  
sporting exhibitions like football  
games, which has hitherto produced  
£1,200 a year, is to be raised at once  
to as to bring in an income of £50,  
000 from an impost of 10 per cent on  
all paid admissions.

The crisis brought about by the war  
party in Sweden intent upon taking  
up the sword for Germany has fortunately  
passed and Sweden will remain  
firmly and impartially neutral.  
The government feels no alarm com-  
ing Russia's activity in fortifying  
the Aland Islands, which, on British  
suggestion, will be demolished at the  
end of the war.

The General Council of the Seine  
Department, which includes many  
important industrial towns and ports

## Nervous and Almost Crazy With Pains in the Head

Clergyman Certifies to This Cure of Nervous Prostration by Use of Dr. Chase's Nerve Food.

No ailment is more discouraging  
than Nervous Prostration. You may  
feel better for a day or two, only to  
find the next day that you have lost  
ground and are worse than ever. The  
headaches are worse, languid feelings  
are terribly depressing. As you lose  
strength you lose hope and courage  
and look to the future with fear and  
trembling.

Dr. Chase's Nerve Food is the great-  
est blessing that has ever come to the  
sufferer from nervous exhaustion. It  
is not narcotic in its influence. It  
does not deaden the trembling, irri-  
tated nerves, but through the medium  
of the blood nourishes them back to  
health as nothing else can.

Mrs. Abner B. Elmer, Biltown,  
King's county, N.S., writes:—"I was  
very low with nervous prostration  
and was about discouraged as I could  
not sleep nights and was almost crazy  
with the pain in my head. I had tried  
many doctors, but seemed to get lit-  
tle benefit from their treatments.

as well as a agricultural population,  
has unanimously bidden the French  
Government to strengthen its meas-  
ures against drink, which it says, is  
the sole cause of most crimes as well  
as being productive of tuberculosis  
and race suicide.

The purchase of Palestine from  
Turkey for \$500,000,000 by the joint ef-  
forts of the Jews and Christians of the  
Jews and Christians of the world, to  
be turned into a small free republic,  
was proposed at a meeting in Chicago  
on May 22nd by Mr. Morganthau, ex-  
United States Ambassador to Constanti-  
nople. The speaker thought Tur-  
key would be persuaded to sell after  
the war was over.

Larkin, the Irish labor leader, and  
founder of the Irish 'Citizen Army,'  
who has been living in Chicago for  
some time, made a murderous assault  
upon a man who at a meeting on 21st  
disputed the statement of a Polish  
doctor that the 'English certainly  
murdered the Irish in true Russian  
fashion.' Choking and shaking an ob-  
jector violently is Larkin's way of  
answering his argument.

There is a political crisis in British  
Columbia, brought on by the Lieut.  
Governor refusing to sign the prohibi-  
tion measure, his reason, it is under-  
stood, being that it contains no pro-  
visions for compensation. Unless the  
Governor comes to time it is believed  
that the lower Government, notwith-  
standing its large majority, may re-  
sign and go to the country on the pro-  
hibition and anti-compensation issue.

A report has reached Rotterdam  
that Germany has taken the most  
drastic possible measures for coun-  
teracting the food shortage. A recent  
act passed by the Bundesrath em-  
powers the Imperial Chancellor to  
confiscate and distribute all foodstuffs  
and cattle foods as well as raw ma-  
terials at prices to be regulated by  
himself. The butter ration has been  
reduced from one-quarter pound  
weekly to ninety grammes.

Minard's Liniment Co., Ltd.  
Gents.—I have used your Minard's  
Liniment in my family and also in my  
stables for years and consider it the  
best medicine obtainable.

Yours truly,  
ALFRED ROCHAV,  
Proprietor Rixton Pond Hotel and  
Livery Stables.

Mainly on the grounds that their  
presence in England has tended to  
hamper the efficiency of the men, the  
Canadian agents-general in London  
have passed a resolution calling upon  
the provincial governments to take  
prompt steps to discourage officers  
and soldiers' wives visiting England  
until the end of the war. There are  
over three thousand wives now in the  
United Kingdom, with prospects of  
several more arriving in the next two  
or three months.

## Pat Henry.

By GEORGE FITCH,  
Author of "At Good Old Slivash."

Pat Henry was a barefoot boy in  
Hanover County, Virginia, who had  
a ready tongue, was suspected of  
stealing apples and was nobody in  
particular, not having descended  
from the first or even the fifteenth  
families of Virginia. He was born on  
May 23, 1736, and history would not  
have had any interest whatever in this  
date if Pat had not been such a poor  
business man.

Pat grew up without being pestered  
by society or annoyed with educa-  
tion, and at the age of eighteen he  
married and opened a store. He did  
not have to go to the bother of closing  
it. The sheriff kindly did it for him.  
Pat then rented a farm and tried to  
cultivate it. His efforts proved so  
hard on the farm that he soon gave  
it up. Everybody said Pat was a good  
fellow and would be fine company in  
the pothouse some day.

When Pat failed on the farm he  
took up the law, in which almost any-  
one could succeed at that time, a  
lawyer's duty being simply to prove  
that he had the right on his side.  
While waiting for clients Pat be-  
gan to make speeches after the cus-  
tom of lawyers and people discovered  
that he had a razor-sharp tongue  
with a way double edge like a Crispy  
bread knife.

Virginia was being very much  
abused by King George of England  
just then and Pat Henry got to mak-  
ing remarks about it in public. When-  
ever he got warmed up a little and  
began to swing his arms and allude to  
tyranny and the baseness of being  
slaves, he got his audience heated up  
to the point of demanding tyrants on  
toast and in the end he was elected a  
delegate to the first Continental Con-  
gress. He went to Philadelphia and  
there got up and discussed King  
George in words which had a scribe  
in every syllable. His anxious friends  
tugged at his coat tails and bade him  
sit down for the sake of his health and  
respiration, but Henry replied: "Give  
me liberty or give me death," and he  
continued to ask for one or the other  
with such vehemence that the Con-  
gress eventually heated up and boiled  
over on July 4, 1776.

After this Pat Henry was known  
as Patrick Henry and was elected  
Governor of Virginia four times hand  
running. He died in 1799 full of  
honours. But if he had succeeded in  
business, he would very likely have  
lived and died a fat conservative in a  
state of continual alarm over the  
agitations of irresponsible reformers.  
It is much easier to shout for reform  
when one is only imperiling some-  
one else's money, and we should  
never cease being thankful for the  
Patrick Henrys, Benjamin Frank-  
lins and Abraham Lincolns who did  
not have enough prosperity to keep  
them entirely busy safeguarding it.

## Listen for the Bronchial Wheeze When You Breathe Deeply.

It means that disease will soon at-  
tack the lungs. Wheezing is distress-  
ing to the sufferer and annoying to  
his friends. Nothing half so certain  
in bronchitis and throat trouble as  
"Cattarrhooze"; it gives instant re-  
lief and cures even the worst cases.  
Bronchitis fairly flees under the magic  
influence of Cattarrhooze which  
cures so thoroughly the disease never  
returns. Other remedies may relieve,  
but Cattarrhooze cures bronchitis,  
catarrh, and throat trouble for all  
time to come.

Beware of dangerous substitute  
meant to deceive you for genuine  
Cattarrhooze which is sold every-  
where, large size containing two  
months treatment costs \$1.00; small  
size, 50c.; sample size, 25c.

## Your Boys and Girls.

An easy and inexpensive method of  
fireproofing children's clothes in  
spring, bonfire weather, is to make a  
solution of ammonium phosphate as  
follows: Dissolve one pound of am-  
monia phosphate in one gallon of cold  
water, and a clear solution is formed,  
in which the garment to be fireproof-  
ed should be soaked for five minutes.  
Then remove the garment and let it  
dry, after which it may be worn with  
perfect safety, as it is absolutely fire-  
proof.

This medical bath will not injure  
the fabric any more than does plain  
water and is non-poisonous. The  
ammonium phosphate comes in a  
powder at about 25 cents a pound at  
the druggist's, and the article fire-  
proofed will remain so until washed  
or drenched with rain. Draperies for  
entertainments and amateur scenery  
should be drenched with this bath to  
safeguard the participants in crowd-  
ed festivities.

The bone should be left in the roast  
it will keep the juices in and add  
flavor and sweetness.

The finer you crush the ice to be  
used in the freezer the more  
quickly it will freeze the ice cream.

## Going Fishing? Don't forget

## CLARK'S Soups

## Pork & Beans

## Spaghetti

## Meats

## Tomato

## Ketchup, etc.

W. CLARK, LIMITED  
Manufacturers  
MONTREAL

## Lieut. Marshall Back to Duty.

Second Lieutenant Fred W. Mar-  
shall who for some time was confined  
to Southall Hospital, London, suffer-  
ing from gastritis ulcers was discharg-  
ed May 1st. So serious was the  
young officer's case that for five days  
he was unconscious, and his uncle,  
the Rev. Ed. Reid, Rector of St. Paul's  
Cathedral, Exeter, who had been sum-  
moned to his bedside, prepared the  
young man for death. No doubt his  
strong constitution, developed through  
athletic and Brigade training, ac-  
counts for him being alive to-day; he  
was for years a member of the C. L.  
B. Rev. Edward Reid is a brother of  
Mr. Walter Reid, of this city and will  
be remembered by the old footballers  
as a member of the C. E. I. team and  
was one of the number who carried  
of the trophy in 1898.

## Strike at Port-aux Basques.

INCREASE WAGES GIVEN.  
We learn from passengers on the ex-  
press that reached town at 4.30 p.m.  
yesterday that the labour strike at  
Port aux Basques that started last  
Saturday was settled a few days ago.  
The men, 35 in number, struck for 20  
cents an hour, an increase of 7½ cts.  
—the same rate of pay as is paid to  
labourers working on the boats in  
North Sydney. An agreement was  
reached between the company and the  
men for 15 cents an hour day time and  
17½ cents an hour overtime, from  
12½ an hour straight as was pre-  
viously paid.

Fresh Salmon, Fresh Halibut,  
at ELLIS'.

Allow five hours for cooking corn-  
meal in a fireless cooker.

## THE GREENER "Empire" Gun

Like all GREENER guns is made  
in the most completely  
equipped Sporting Gun Factory  
in the West by ALL BRITISH  
labour under the supervision of  
Sportsmen - Gunmakers, who  
know by experience JUST  
WHAT YOU WANT. Satisfac-  
tion is guaranteed you get a  
gun with 'Life' in it, a weapon  
you will 'love' and hand down  
to your grandson as a 'real  
killer.' Don't buy a piece of  
metal and wood, a 'courtesy'  
gun built by the mill and cut  
off by the yard. Get a 'real gun'  
—a GREENER, and get it NOW.  
Catalogue S. J. T. 3 and book-  
let free.

W. W. GREENER,  
101 Windsor Arcade Buildings  
478a St. Catherine St. W.  
MONTREAL, P.Q.

5c. The Crescent Picture Palace. 5c.  
EVERY AFTERNOON AT 2.15—EVERY NIGHT AT 7.15.

## "The Jungle Lovers."

A Diamond special feature in 3 reels.

"A SPRIG OF SHAMROCK"—A pretty Irish drama by the Edi-  
son Company, featuring Bessie Learn and Pat O'Malley.

"VERSUS SLEDGE HAMMERS"—An Essanay Snakeville com-  
edy.

FRANK De GROOT, singing Classy and Popular Songs.

GOOD MUSIC AND EFFECTS—A CLEAN, COMFORTABLE  
AND WELL VENTILATED THEATRE.

We stock  
Men's Semi-  
Ready  
Suits.

A SNAP  
IN  
Boys'  
SUITS!

We Carry  
Clothing  
of  
Quality.

A lot of 54 Boys' American Suits, light  
weight Tweeds for Summer, pleated and belted  
back in smart shades of Grey, Brown and Mixed  
Tweeds. All one price,

\$5.50.



This quantity is made up:

4 Suits of each size, fit boys

5 to 10 years.

6 Suits of each size, fit boys

11 to 15 years.

As these Suits are Extra

Special Value, intending pur-

chasers should see them at

once.

Terms:—STRICTLY CASH—NO APPROVAL

Smyth's  
GEO. KEARNEY Manager

## EAST END STORE.

## Are You Looking For a Sole-Mate?

We have a pair of them here for you.  
We guarantee to fit you so perfectly and  
comfortably in Regal Shoes that you will  
never wear any shoes but Regals hereafter.

## REGAL SHOES

give you the latest New  
York custom styles—which  
you don't get in other ready-  
to-wear shoes. And Regal  
quarter-sizes afford you  
made-to-measure fit. No  
need to 'tell you about  
Regal quality—everyone  
knows it is standard.

Regals are Made  
in All  
Popular  
Leathers

## NEW STYLES.

Just opened. Drop in to-day.

PARKER & MONROE, Limited,  
SOLE AGENTS.

## Let Us Fill Your Order from FRESH SUPPLIES.

## ELLIS & CO.,

LIMITED.  
203 Water Street.

Fresh New York Turkeys.  
Fresh New York Chicken.  
Fresh New York Ducks.  
Fresh New York Sausages.  
Fresh N. Y. Corned Beef.

Cucumbers.  
Parsley.  
Asparagus.  
New String Beans.  
New Green Peas.  
Fresh Celery.  
Ripe Tomatoes.  
Sweet Potatoes.  
American Cabbage.  
Carrots, Parsnips, Beet.

## Fresh COD.

Dessert Apples.  
Bartlett Pears.  
Bananas.  
Grapes, Fruit.  
Navel Oranges.  
California Lemons.  
Pineapples.  
Red & Black Cherries.  
Fresh Rhubarb.

## Celebrated Harbor Breton KIPPERS.

FRESH HALIBUT.  
FRESH SALMON.

Smoked Loch Fyne Herring,  
1 lb. bundles.  
Scotch Pickled Herring,  
small kegs.

IRISH HAMS.  
IRISH BACON.

FRESH SUPPLY

Haydon's

Confectionery.

REMEMBER OUR

TELEPHONES.

Nos. 482 and 786.

## Household Notes.

A little vinegar will soften the  
roughest of hands.

Sweet spirits of nitre will remove  
ink spots from wood.

If frozen too quickly, ice cream  
will be coarse-grained.

When one needs a stimulant, one of  
the best is milk.

Improperly kept food exposes the  
family to ptomaine poisoning.

Junquet is a convenient dessert for  
the cook to make on a busy day.

Perennials are better than annuals  
to plant in moist gardens.

Sugar gingerbread makes a whole-  
some sweet for the children.

English walnuts added to orange  
gelatine give it a delicious flavor.

Grease spots can be removed from  
the floor by means of alcohol.

Allow 20 inches space for each  
person when setting a dining table.

Parsley or celery rubbed on the  
hands will destroy the odor of onions.

Middies of white crepe save laundry  
work, as they don't have to be ironed.

Whatever fruit is in season should  
be made the most of, especially for  
desserts.

When preparing pickles a wooden  
spoon or fork should be used, never  
a metal one.

A boiled custard with crushed ber-  
ries added to it after cooking is a  
delicious dish.

Candied fruits, flowers and aromatic  
leaves can be made at home at small  
expense.

Use a stump of a candle instead  
of a cork for the glue bottle end it  
will not stick.

A piece of fungus broken from an  
old tree is a splendid buffer for mah-  
ogany furniture.

If pantry shelves are painted white  
they will be easily kept clean and  
will look attractive.

The first requisite in the summer  
home is coolness and all furnishings  
should be the simplest.

## Cape Report.

Special to Evening Telegram.

CAPE RACE, To-day.

Wind, S. W. light, dense fog, several  
steamers were heard passing east  
and west since last report. Bar. 79.55.

Ther. 60.

ASK FOR MINARD'S LINIMENT AND  
TAKE NO OTHER.