

advice of his ministers, and will adopt no course that will hamper any no gaps in her day. political parties. It is the opinio If aluminum cooking vessels get in well informed circles that there will be no extended sojourn in Irescorched, do not scrape them. Half land until the present period of ten fill with water, add a teaspoonful of sion has been definitely ended. soda and boil for ten minutes.

Special to Evening Telegram. LONDON, Jan. 7.

well made of best materials, it re-While newspapers continue furiousquires very little flavoring. ly to debate Lloyd George's disarma-If a child swallows a bone or ob ment proposals, sober opinion, in ject like a button, make him bend his view of all the circumstances, leads to the belief that there will be n hard between the shoulderblades. change in the Government's nava The carbyde-a pearly gray powder programme for this year. Severa left from acetylene lamps. It stimubodies of the North of England relates growth of both flowers and cently, passed resolutions condemning oliage the constant growth of expenditure Every child member of the family on armaments, but, on the other hand, preparations are proceeding fo should be trained to hang up his coat by its hanger. This saves the a London meeting in favor of strong navy, and to show that the tearing out of armholes and similar huge tax-paying community compriscatostrophes ed in the City of London, realizes the The hygienic bedroom is not only vital necessity of a big navy for the large and airy, but all useless gimprotection of Britain. cracks are kept out of it. There

## Healthy and Unhealthy Lighting

Gas, it may be said, vitiates the at mosphere. True. But it also helps to purify it. Its purifying power it greater than its vitiating power Electricity does not vitiate, nor does i purify. Hear what three eminen men have said :--

## Much evidence has lately been a

duced to show that gas is more usefu than the electric light in promoting ef Acient ventilation of air. It is for this amongst other reasons, that gas is be ing frequently substituted for the elec tric light. The latest example is, per haps, the Society of Medical Officers of Health, which has recently installed gas on its premises, after experience with the electric light.—Dr. Jamiesor B. Hurry.

He would merely add that no mem-ber who had experience of their meet ing room under the old conditions could deny the improvement that had could deny the improvement that had taken place since gas had been sub-stituted for the electric light and the new system of heating and ventilation had been installed.—Dr. Reginald Dud field, before the Society of Medical Of-ficers of Health. I have in my sub-

ficers of Health. I have in my mind's eye, at the mo-ment, a hall which, in the old days was lighted by gas, and in which s large audience could, with comfort at through an hour's lecture, or with pleasure through a three hours' din-ner, but which with the march o' civilization, had its filumination changed from gas to electricity, the latter been employed with all the latter the entry of the light ing under the best conditions, with the It that any large gathering within valls leads to a state little short o on.-Vivian B. Lewes, Pro Chemistry at the Royal Na

house, the work should be carefully bit of rubber tissue, and over that bit of the material, then a dam planned for her, so that there will be cloth over that and press with a hoi

Extracts for flavoring cakes should

be used sparingly. If the cake is

should be as few dust-collecting arti-

To control nose-bleeding, let the

patient lie propped up in bed and ap-

oly cold compresses or an ice bag to

tril with absorbent cotton.

season comes around.

**Girl's Nerves** 

**Fully Restored** 

Too many girls grow up with weak,

anaemic bodies and exhausted nerv-ous systems. Indoor life and too

much application in school are some-

cles as possible.

## iron till dry. The Employee. AS THE BOSS SEES HIM.

By GEORGE FITCH, Author of "At Good Old Siwash." An employee is a man who come to work on time in the morning and head as low as possible and slap him leaves his troubles in his desk whe he goes home in the evening. He is paid to work and he does If he insisted on thinking, also, i would be harder for us bosses to held our jobs The employee is the luckiest man or earth. All he has to do is what he is told. He doesn't have to guess at it. He doesn't have to wonder what the rival house is going to put out next year in new designs or how to keep the cost of production down while wages are going up; or how run a business and pay wages in cash when collections don't advertise two pints of chicken feed a week; or how to ex plain to the board of directors why it is that the surplus will have to be tapped this year to pay dividends.

he nose, and stuff the bleeding nos-The employee takes his hat home with him at night, but he dosen't have Keep all bits of ribbons, laces, broto stuff the whole business into it. ades, and so on, in a box where they He can spend an evening at the movcan be got at easily, and they will be a ing picture show leaving a memorangreat resource when the gift-making dum on his bureau at home to remind

> When seven short time notes are due and there is a strike in the offing, the employee can get sick at 2 p.m. and go to the baseball game. Why, even when he loafs on his job he doesn't have to fire him self. The boss has to do it for him

Was Never Able to Obtain Lasting Benefit Until Dr. Chase's Nerve Food Was Used. big business grinding him on one side and the family of a punk employe looming up on the other, he feels like a fly between two milestones. The employee leads a happy life.

much application in school are some imes the cause. The blood needs enriching and the nerves need strengthening by such treatment as Dr. Chase's Nerve Food. This food cure is doing wonders for many thousands of girls whose par-ents had almost despaired of their even developing into strong, healthy saving \$16.35 a year and raising a family, unless he gets ambitious. Then he works overtime, worries about the other man's busines sneaks under more work, spends his ever developing into strong, healthy nights over books until at last he has Mrs. J. Bagnall, 395 Woodville aveacquired indigestion and jumpy nervnue, Toronto, writes: "My daught puffered from nervousness since child hood, and any medicines she tried d es. After that he becomes a boss an it serves him right. hood, and any medicines she tried did not do any lasting good. We read in the papers about Dr. Chase's Nerve Food, and my daughter used it with wonderful results. This treatment has built up her system and so

Many a boss would pay an employee a bonus to trade places with him but for one thing: "You can forget everything in the world excep how to live on a large salary."

has built up, her system and so strengthened the nerves that she feels like another girl." Dr. Chase's Nerve Food, 50 cents a box, 6 for \$2.50, all dealers, or Ed-manson, Bates & Co., Limited, To-MINARD'S LINIMENT CURES GAR-

Of the press, And the full-toned vox humana of th press

'Of the mighty ones of Cosmos I was born. Of the labour and the will that rid the earth: In their energy kinetic hear you the cry prophetic,

Here is scientific wonder at birth?" am but a trumpet flourish for th works of greater worth.

'I am looking, I am looking to th light That is spreading in its high aurora

curve: Whether God-made, whether manmade, I am but the humble handmaid Of the people, and the people I woul

serve. I would serve, For the highest of all missions

serve.' -By Bailey Millard, in "Songs of th

Press and other Adventures," in verse San Fancisco.)

MEIGLE REACHES PORT .--- The s.s. Meigle, Capt. Gooby, arrived here from Humbermouth yesterday after-100n, after a very stormy passage. On her last trip in the Straits service, she only went as far as Currant Island, as winter was then well advanced and heavy ice filled the Straits

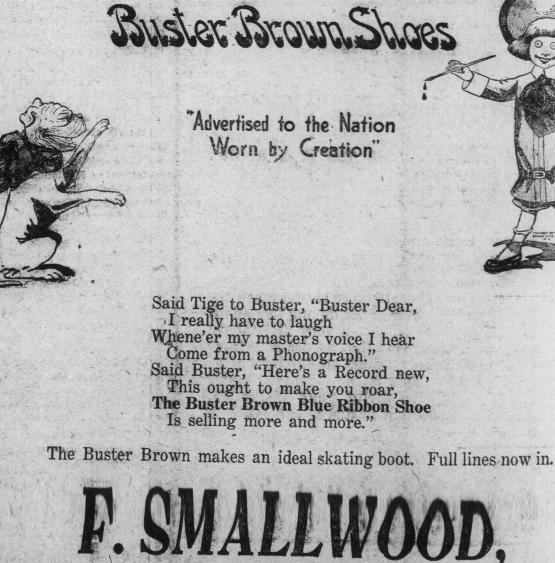
A RECORD."

Over 12,000 bottles of Stafford's Liniment sold Last Year.

We assure our friends who have patronized us that we appreciate their kindness to the fullest extent, and extend our wishes for a Happy and Prosperous New Year.

**DR. F. STAFFORD & SON** 

St. John's, Nfid.



**Newfoundland Views** 

LADIES' DEPARTMENT

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PARSONS' ART STORE. THE VIEWS OF BOWRING PARK, SUNSET ON LABRADOR. SUNSET IN ST. JOHN'S HARBOR. are gems of Artistic Photography. Don't forget your friends abroad. You can get a book containing 67 Views in Newfoundland for only 40 cents.