

The Evening Chit-Chat

Stomach.



Oh, d e a r. another hot day. Wonabused as I was on that. yesterday. If I to strike. Just We ran for the train, which

was so jiggled the train. about and so tired that it took me plete rest before anything more comes

10.30 A.M. Two glasses of ice know about that!!! water have just arrived. It will take 7.45 We are going down town for all the energy I can pump up in the a chocolate walnut college ice!!!! next hour to warm me up to normal!

steadily ever since last entry. Think | lege ice and lemonade. she has finished them, though,

12.30. Decided she wasn't very hungry, and instead of a good solid dinner sent me down a cold egg nogg, heavy with chocolate. Could have managed it all right if it hadn't been hard to deal with.

1.10 P.M. More te water! 1.40 P.M Was mistaken about the peanuts. She found another handful in the bottom of the bag, and now I have them to tend to.

2.05 PM More ice water! 3.10 P.M. She has been lifting some neavy books, and, as usual, used my

Silence!

A Few Leaves From the Diary of a muscles instead of her arms muscles, as she should have done. Tired me more than digesting a six-course din-

> 2 20 PM Some one has brought us a box of caramels and she has started

4.30 P.M. Have received something am, I'm going like half a pound of caramels since last entry. She just said, "Oh, dear, disposed of a I don't feel a bit well. I know h a l f-chewed the milk in that egg nogg must have

4.50 P.M. We were invited out to have a soda before going home. Had meant that I a lemon phosphate and then ran for

6.30 P.M. We played a set of tentwice as long to do my work. Hope nis before dinner, and here I am all

she gives me an hour or two of com- tired out and a dinner to handle. 7 P.M. Fried potatoes, green corn, veal and blueberries. What do you

8.20 Got home and found some one had made some lemonade. She drank 12 M. Peanuts have dribbled along two glasses. That on top of the col-

8.30 Have sent back the college ice and lemonade.

8.40 Returned the blueberries. 8.50 And the veal.

9.10 P.M. She has sent for the doctor. Says that the college ice so cold, but that makes it terribly must have had something the matter with it. Her mother says it is probably the weak stomach she inherited from her father.

> 9.30 P.M. Doctor says it's just little upset, due to the hot weather

leaf, garnished with narrow sections

Dried wormwood, which may be had the drugstores, is an excellent protection against moths when puting winter clothing away. It should be scattered lavishly between the folds and each article wrapped separately in a newspaper before packing. A kitchen bouquet for flavoring soups can easily be made. Take a few sprigs of parsley and wrap them around peppercorns, whole cloves, a bay leaf and other herbs that are at hand, Tie up tightly. This can be removed from the soup without rouble.

To remove wall paper, take warm water that is softened with borax or ammonia and apply with a sponge. The paper will soon become soaked and blistered and may be easily stripned off. It is well to do this a day or so before the new paper is put on. For whitening boards or cleaning marble, take half a pound each of soda, powdered chalk and powdered pumice stone, stir together in a small

quantity of water and then add half pound of soft soap. Mix it as a paste and apply with a scrubbing Pea or bean flour found at the grocer's may be used for a quick vege-

table soup. Half a cupful of the flower, three pints of boiling water, a tablespoonful of beef juice, a small cnion and two or three slices of bacon, cut into tiny cubes, is an easy

Dr. de Van's French Female Pills

A reliable regulator; never fails. While these pills are exceedingly powerful in regulating the generative portion of the female system, they are strictly safe to use. Refuse all cheap imitations. Dr. de Van's are sold at \$3.00 and \$5.00 a box. Mailed to any address. The Scobell Drug Co. St. Catherines, Ont,-th&s

Goose Cove Notes.

Not for many years has there beer such a poor fishery at this place Traps average about 15 qtls and very little has been done with the hand line owing to the scarcity of bait. The Cove Copper Mines, Ltd., have their pier and tramway completed and is a splendid piece of work; a

credit to the company and the archi-The new R. C. school, started here in June, is now thoroughly finished and painted to perfection. It is a beautiful structure and a credit to the Board. Mr. D. Sullivan, the architect, deserves the highest praise for performing such a satisfactory piece

of work in a very short time. Rev. G. A. Thibault, C.C., Conche arrived here yesterday by the Prospero on a visit.

A young man named Elihu Patey, of St. Anthony, has gone astray in the woods and cannot be located, though search parties are on the alert these two days.

Consumption is doing its work here and this week has taken two of our small population, Mr. R. Young and Mrs. S. R. Newell being the victims. To their sorrowing friends the writer extends sincere sympathy. Goose Cove, Aug. 29, '10.

Note of Thanks.

Editor Evening Telegram.

Dear Sir .- Please allow me through the columns of your paper to express my deep gratitude to the people of Sandy Point and St. George's who so earnestly worked in the recovery of the body of my son, Arthur, who was drowned in the St. George's ferry boat disaster. Also to thank the many kind friends who sent telegrams and letters of sympathy to my family and myself during the darkest hours of our bereavement, and the following who sent wreaths for the casket:-Magistrate McDonnell, Mr. and Mrs. Martyn, Mrs. and Miss Barry, Mr. and Mrs. O'Rielly, Mr. and Mrs. Handrigan, Mrs. and Miss Jeffrey, Mrs. Warren LeRoux, Mrs. Edward and Miss Lilly Butt, Mrs. Bethune, Mrs. Wallace Parsons, Miss Bennett, Miss Abbott, Mrs. M. Butt, Mrs. Alfred Butt, Mrs. W. Bennett, Mr. Fred

Yours truly, GEORGE GOODLAND. St. George's, Aug. 27th, 1910.

A sailor King in every sense of the term is King Haakon of Norway, who recently celebrated his thirty-eighth birthday, for he served a severe marine apprenticeship in his youth. In the Danish navy cadets during the first period of their service have the same work, rations and quarters as ordinary seamen. So the King, during his first nine months on the Danish training ship Dronning Louise. had to take his turn in waiting on his nessmates and in washing up the lishes after meals. This rough training has proved a valuable asset in his government of a democratic race, and King Haakon has been popular with his people from the first days of his



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GLASGOW, ISLAY and LONDON

Gala Day at

the Iron Island.

thletic Sports in Afternoon -Fire-

Long Distance Race (1 mile)

Several entered for this, positions

being continuously changing until the

2nd last round, when J. Greene forg-

ed ahead, winning the Gold Medal for

first place. Time: 5.30. T. Neary

who ran a splendid race came in sec-

ond in 5.45, winning the Silver Medal

In the race a young lad, Peter Man-

ning, only 14 years old, entered and

ran a plucky race, being the third and

last to finish out of the crowd that

started. His plucky action commend-

ed itself to all present as well as to

the committee, who awarded him a

Football Fives .- Dominion (b) vs

High Jump- Won by J. Ryan, of

Broad Jump-Won by E. Lind. Dis-

tence: 14ft. 61/2 in. Without practice

Inter-Club Relay Race- Dominion

Club vs. Wabana Club-Won by Do-

minion Club representatives - J

Dawe, H. Noonan and J. Greene

Final Football Fives-Dominion (a)

vs. Dominion (b)—Won by Dominion

(a)-Burke, Barnes, Noonan, Roberts

and Martin-Gold Medals. Dominion

(b)-Dawe, Tierney, Buchannan, But-

This concluded the programm

Mrs. C. F. Taylor, wife of the Presi-

dent of the Committee, then presented

to the winning crews in the Football

and Amateur Boat Races on Regatte

At night a ball was held in S

Joseph's Hall, and was largely attend

ed, all voting it an enjoyable affair

Island were thus engaged fireworks

were displayed from the bridge near

the hall, and were a fitting wind up

to the day's enjoyment.

Bell Island, Sept. 1, 1910.

ler and White-Silver Medals.

Dominion Co. Height: 5ft. 4 in.

Wabana (b). Won by Dominion (b)

-1 goal, 1 corner to 1 goal.

Mr. Lind did remarkably well.

consolation prize.

Prize: Gold Medal.

Prize: Silver Medals.

Day.

New Markets for Our Fish.

works and Ball at Night. Ever since the early part of the ummer the athletes of Bell Island have been preparing with much enland: "A country with ninety-nine thusiasm for the one and only Field religions and one fish sauce, melted Sports which takes place there anbutter," could be paralleled in our nually. This Field Sports is conown beautiful Capital. The annual ducted by a sub-committee of the Reresort of an ever-increasing stream gatta Committee, and is a part of the of visitors, with a dozen churches and Regatta Programme, but this year not one solitary first class hotel or owing to miserable weather could not market. An old Scotch minister de be held on Regatta Day, hence on scribed the Presbyterian body in St. Wednesday, August 31st, the after-John's as "Twa Kerks and half noon was set aside for the Sports. congregation." In all our ways w Owing to this being the busy season are an insular people. We stand up the Companies could not close down on our old ways and cannot see the for a half day, but gave permission to changes that are taking place al those desiring to take part in the around us. Some time ago I wrotsports to do so. A fairly large gathtwo articles for the Manitoba Fre ering attended, and much interest was Press on the Hudson's Bay rout manifested in the events all through. These papers of mine were copic At 3 p.m. the programme opened with and commented on by the Canadia: Press, but no local paper would pub-100 Yards Dash. Four competitor lish them here. This new idea of entered-W. Thomas, of the Nova great ocean route is generally looked Scotia Co., winning in 12 secs. Priz upon in Newfoundland as a wild vis--Silver Medal. ionary idea, utterly impracticable and Football Fives-Dominion (a) vs. absurd. I may tell my readers that Wabana (a) - Dominion won by 3 contract for the new goals to 0. route has been given to the great Putting Shot-Won by P. Fitzger contractors, McKenzie and Mann; ald, 29 feet 9 inches. Prize-Silver Medal.

that the work has been commenced and twenty-five million dollars appropriated to carry it out. Sir Wilfred Laurier told the people of the North-West that his Governmen were pledged to the new line, and would carry it out and provide all the required transport. This will open up a very large market for our fish. If the wheat and cattle can come out fish can come in. Very few can hav any idea of what the great Wes means. I noticed when I was or there that every farmer bought drie cod. It was the poorest stuff I eve saw, but it was bought, and there an immense demand. This season th new England papers admit that the fish supply is very short and tha they will be unable to furnish the immense requirements from Western States. In consequence the price has gone up. I may be consid ered a visionary, but I firmly believe in the Hudson's Bay route, and that when it is opened it will give us

ground and study the whole situation and its possibilities. D. W. PROWSE. Sept. 1, 1910. I know, as Sydney Smith said of Reform, that it requires a surgical operation to get a new idea into New-

foundlanders, but I have delivered

my soul and the fish dealers must do

new market for our produce. In this

view we should prepare for it. Have

our own representative to go over the

-- Asaya-Neurall-Nervous Exhaustion

The depression experienced by womenduring convalescence from childbirth is never forgotten. The sense of utter nerve fatigue blots out interest in everything. "Asa-YA-NEURALL" is invaluable at such times. It feeds the nerves, induces sleep, quickens the appetite, aids digestion, and soon buoyancy of spirits and the sense of nervous vitality returns. \$1.50 a bottle. Obtain from the local agent.

M. CONNORS.

New Arrivals at the Wholesale Fruit Store.

60 brls New APPLES-Early Williams, Red Astrakan and Duchess. 100 kegs Tinted GRAPES-Sweet. 50 half boxes Choice LEMONS.

> New Stocks of CHEESE-Small and Large. ONIONS, POTATOES, TURNIPS and BANANAS.

EDWIN MURRAY, New Gower Street.

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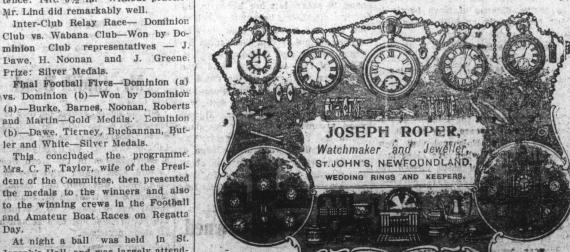
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Wedding GIFTS!



While the youth and beauty of the Repairs of every description Carefully and Skilfully Executed.

JOSEPH ROPER.

The following committee conducted the Sports:-C, F. Taylor, President; J. T. Lawton, Sec.; A. Heath, J. M. Greene, G. Roberts and T. Hughes, Judges-F. Jardine, A. Cohen. Judges-F. Jardine, A. Cohen.
Starter-J. P. Burke.
Time-keepers-E Lind, C. Bowden.
Herald-R. Pine.
ell Jaland. Sept. 1, 1910.

The instinct of modesty natural to every woman is often a great hindrance to the cure of womanly diseases. Women shrink from the personal questions of the local physician which seem indelicate. The thought of examination is abwhich seem indentees.

horrent to them, and so they endure in silence a condition of disease which surely progresses from bad to worse. It has been Dr. Pierce's privilege to cure a

great many women who have found a refuge for modesty in his offer of FREE consultation by letter. All correspondence is held as sacredly confidential. Address Dr. R. V. Pierce, Buffalo, N. Y.

Dr. Pierce's Favorite Prescription restores and regulates the womanly functions, abolishes pain and builds up and puts the finishing touch of health on every weak woman who gives it a fair trial. It Makes Weak Women Strong,

Sick Women Well. You can't afford to accept a secret potrum as a substitute for this non-alcoholic medicine or ENDAN COMPOSITION.

HOUSEHOLD NOTES.

Housecleaning

Though steam heat is cleaner gen- sponge cake, when it becomes dry and erally than a furnace, it will soil the light, test its stiffness by turning the curtains and walls much more, es- dish containing it upside down." If it pecially if the radiators are placed is beaten to the proper point not a close to the wall or under the win- particle will become detached. dews.

Browned flour makes deliciou very hot oven. When it begins to then easily pour out, bringing with it brown it should be constantly stirred the dead insect. until brown all through.

If a few beans, either lima or string. have been left over, make then into a salad, add a few chopped olives, a few capers, and some Spanish red pepper. French dressing is prefer-

In ironing the plait of the back of a shirtwaist on which tiny buttons are sewed, try laying it on a flannel or Leavy Turkish towel, as you do your

the material is ironed.

A teaspoonful of warm olive oil or camphorated oil poured into the ear, Butt, the Misses Cuttler and brown gravies. Put it in a pie plate and held there for a few minutes, will and set on top of the stove or in a destroy a bug in the ear, and it will A wire basket, known as a salad

shaker or drainer, should be used to A King Who Washed Dishes. dry greens after they have been throughly washed. Leaves of lettuce often hold water after they have been thoroughly shaken. If they are not fully dry they will not hold dressing

supper table consists of large queen embroidery. The buttons sink in as olives, cut in half, and with the stones replaced with cavaire paste. One is

A delicious little appetizer for the When beating white of egg for served to each person, on a lettuce Ayer's Pills