

Wash Gingham

We have secured a big job in WASH GINGHAMS bought before recent sharp advances, now selling at

9c. per yard.

Harbor Grace Health Club.

Editor Evening Telegram.

Dear Sir:—Could you find space in your valuable columns for some little account of the Health Club of Harbor Grace?

One of the outcomes of the Prohibition Campaign was a Health Club for our town, as well as for other places. We organized during the visit of Dr. Geisel, and since that monthly meetings have been held in the Town Hall, of a more or less interesting character, and we hope beneficial in their way.

But it is to report the visit of Miss Margaret Craig, trained nurse and lecturer of Indiana, U.S.A., but more locally from Botwood, that I write at present. She has been with us this past week and has tried by public lectures, day-school talks and home-visiting to be of help to us in our town.

The first time the writer had the privilege and pleasure of hearing one of her talks was at the Women's Patriotic Meeting on Wednesday afternoon, March 22. Then she came in the most informal way and as some knitted or sewed quietly, delivered a very interesting and inspiring address on "Home-making, its expenditure, work, food, clothing." She treated housekeeping as a profession and stated the great need there was of bringing to bear on its problems, the best powers that are given us. For the home is the fountain of national life, and it is not behoove us to look to it that the fountain was pure so that its streams should be refreshing, and life-giving. Efficiency is a big word and embraces a deal of meaning in the world of to-day, and that efficiency should be exercised in the problems of home-life as well as in the larger business world, for to make that world go forth our men, boys, girls, etc.

The greatest good for the least cost is something to be thought of. Then the distribution of labor in the home—not the energetic mother doing everything to the disadvantage of her child's after life—but the child sharing in its own little way the work and tasks for the welfare of the family. The question of clothing was dealt with and an allowance to the child occasionally made for such, was advocated, to give the child some idea of the value of money and to let it exercise its judgment as to its particular needs and the places to make selection of such things as it needs. The ethical side of home-life was treated in this meeting, and many wives and mothers must have been encouraged by the thought that house-keeping was classified as a profession and given its rightful place alongside the other professions. Keeping home sweet and clean and beautiful—and thereby developing the aesthetic faculty—good well-cooked and daintily served, inmates made happy and made partners in the great domestic scheme is no mean ideal for any of our townsmen, and one well worth living up to. This meeting closed with a vote of thanks to the speaker.

Then other meetings were arranged for: The Church of England girls met in the Parish Hall and the Methodist and Presbyterian girls in Coughlin Hall where the following topics were discussed: Science to-day and its bearing on medicine. An X-ray experiment was described which demonstrated in an interesting and practical way, the great necessity of food leaving the body within twenty-four hours. This led to the discussion of the great evils of constipation. The danger of auto-intoxication from remains of food, that was no longer nourishment, but poison. The need of drinking plenty of water (8 glasses daily), and exercise (walking) in the open air daily (4 miles at least). A shoe of the shape of the foot, not the fashionable shoe. The evils resulting on wet feet and remaining in them. The need of absolute cleanliness and daily bathing. The proper way to breathe deeply and effectively, with the collar buttoned. Carrot exercises were given at the end of these little talks, both sitting and standing exercises, that if practised will doubtless do away with many of

the round shoulders and narrow chests.

A little personal reminiscence to help in case of an attack of the blues was related, and was highly recommended by its being so easy to follow.

The formal meeting of the Health Club was arranged for Thursday night. There gave President Mrs. (Rev.) Holmes, introduced in a few well-chosen words, the already well-known lecturer. Then was her mission explained in more detail, viz., that she had come to help the well, keep well, not to cure the sick, as that was the doctors' work. Sickness, she stated, was the want of sympathy between the different organs of the body, and it was our duty to bring these into harmony as far as possible. Several of the common ailments, such as tonsillitis, diphtheria, typhoid, etc., their symptoms and precautionary measures to be adopted, were dealt with in an enlivening and interesting manner. Much and valuable information was given on certain topics and books mentioned that would be placed within our reach on application etc., etc.

During the day the different schools were visited and the way in which some of the hard duties of life were dressed up for the children's inspection and reception was really attractive. Some of the little ones felt quite glad that they could be classed as heroes and heroines if they could follow the form the necessary health obligations faithfully, such as breathing through the nose (where nature placed the wonderful strain), rather than through the mouth—washing the teeth carefully daily or even oftener sitting and standing as to acquire a more military carriage, eating slowly and thoroughly masticating the food, etc.

Then another and last meeting was held in the Town Hall, Saturday night and surely the crowd of interested women must have demonstrated to the speaker the deep appreciation of her former efforts, and an anxiety to hear still more.

The food problem was dealt with pretty thoroughly, and regrets were in order that certain good and cheap vegetables were not procurable in the country. Then the need of organization and co-operation on such questions was strongly advocated. What had been the masses witnessed as one whole been able to do. What one could not do many could. Meat substitutes with great credit and proved very acceptable in these days of high-priced meats.

The effect of certain foods on our health was looked into. The great increase in our country of that disease known as Beri-beri, which was due in no small measure to mistakes in diet. Brown bread was recommended as one of the helpful articles of diet in such cases. Towards the end of the lecture many searching questions as to health efficiency were directed towards our club and the inability of many of us to answer these in the affirmative gave us some notion of how backward we are in the science of health, and what need there is for temperance and reformation along many lines hitherto undreamed of. Helpful exercises for rheumatism and healing were again given. At the close the President in a neat little speech voiced the thanks and appreciation of the listeners, followed by Mrs. (Rev.) Haggitt, Vice-President, and others.

The lecturer can wax and ought but that the women of Harbour Grace are under a deep debt of obligation to her for her untiring efforts to help them in this great forward movement of health. We can but hope that the philanthropic plans of Mr. Crowe, of his great untiring efforts to help them fullest extent and that a tangible result may be seen in the increased health and happiness.

WORKER.

FOR SALE—One Kohler Piano, almost new and very slightly used. Property of a person leaving the country. Will be sold at a bargain. Apply CHESLEY WOODS, 282 Duckworth St.—ap8.

MINARD'S LINIMENT CURES DISTORTIONS.

WE ARE SHOWING A VERY COMPLETE LOT OF

American Muslins and Crepes.

Seldom does a season bring forth such a wonderfully beautiful assortment of distinctive new patterns as we are able to show at present. The following are a few of the many lines now at your disposal, all worth a great deal more money to-day.

OLYMPIC BATISTE	10c. yard.	Worth to-day 14c.
LUCILLE BATISTE	12c. yard	
PACIFIC PLISSE in very dainty shades	20c. yard	
CORDED ORGANDIE	20c. yard	
FANCY CREPE CLOTHS, beautiful designs	20c. yard	
PLAIN CREPE CLOTHS, shades Pink, Sky White	22c. yard	
RED SEAL ZEPHYRS	18c. yard.	Worth double.
SILK BROCADES	30c. yard	
RAINBOW SILKS	40c. yard	
FLEMISH POPLINS	25c. yard	

MARSHALL BROTHERS.

A LOT OF Remnants

White Piques,

Regular Price 35c. yd.

We offer them at

25c. yard.

Why She Wasn't Loved.

By RUTH CAMERON.



The other day a group of us were discussing a piece of good fortune which had befallen a woman we all used to know in our school days.

She has inherited a sizeable sum of money from a distant relative, and the poverty with which she has always had to struggle is at an end.

We all said what a good girl she has always been and how glad we were for her, and then suddenly one franker than the rest, spoke out, "It's a queer thing—but I'm going to confess it. I never liked Amy. I always felt I ought to, but I didn't."

We looked at her with startled eyes and then we looked at each other, and then from each of us, it came—

"You don't mean it! Why that's just the way I've always felt. Only I never dared say so before."

"My dear, it's simply uncanny! I've been so ashamed of myself because I couldn't like her."

"Isn't it the queerest thing? I admire her for being so good, but she always exasperated me."

Was it because she was so Good She Shamed Others?

"What do you think the reason is?" said the analytical one of the group.

"Is it because she's so good that she makes us ashamed because we aren't better, and so we don't like her?"

She knew that she was Good

"No," said the analytical one again; "I wouldn't go so far as to be sure of that. But she did think she was good. It was just that, that she was self-consciously good, and I don't believe that kind of goodness ever made people loved."

So we left it.

And so, I believe, it is. We often wonder why someone who is very good isn't more generally loved. And we talk about other people's selfishness and ingratitude. May it not be partly due to the quality of the goodness?

Nobody Loves Self-Conscious Goodness.

Pious people, in the invidious sense of the word, are people who are self-consciously good.

"To live with the saints in Heaven is untold bliss and glory. But to live with the saints on earth is quite another story."

I WANT TO APOLOGIZE, MR. TRIMMER, FOR FAILING TO KEEP THAT DINNER ENGAGEMENT WITH YOU YESTERDAY—THOUGH YOU MAY NOT BELIEVE IT, JUST AT THE TIME I WAS TO MEET YOU I WAS VERY BUSY CANNING SOME PEACHES!



BUT THIS IS HOW HE DID IT



To Arrive

Early next week by S. S. Stephano:

- 100 brls. Apples. (No. 1 Reds.)
- 50 crates Cabbage.
- 20 cases Calif. Oranges.
- 10 cases Lemons.
- 15 brls. Cranberries.
- Parsnips, Carrots, Beets.

Also on hand:

Irish Creamery BUTTER,

in 50 lb. boxes.

Soper & Moore.

Importers & Jobbers.

'Phone 480.

So wrote a clever rhymester with more truth than poetry. And the difference is that the saints in Heaven are those who got there by being unself-consciously good on earth, while the "saints on earth" refers to the people who wear their saintliness in much the same spirit as they would wear a gown that was richer and finer than their neighbour's gown.

There is a snobbery of saintliness, you know, just as there is a snobbery of intellect or wealth or family.

Simple, unconscious goodness is one of the greatest powers in the world. It can remove mountains of evil by the mere beautiful fact of its existence, while self-conscious goodness is utterly futile and impotent, so far as influencing or helping others. It is more apt to antagonize and irritate.

Vigorol

A SPRING TONIC

The latest medicine on the market is the Great French Tonic VIGOROL. Every home should have it. VIGOROL cures the whole system. Run-down men and women can be made strong and healthy. It tones you at once. That tired, dragging, sleepy feeling is removed, and you become bright and cheerful. The blood is purified, pimples and blotches are removed and a clear skin is the result, and life becomes worth while. Do you need toning up? Well, then get a bottle of VIGOROL at all drug stores.

AT THE CRESCENT.

One of the best scenic pictures produced this year is "The Woman Hater" shown at the Crescent Picture Palace to-day, there is a great scene of a hunting meet and some beautiful racing scenes, all the Esanay stars feature in this great drama. A drama full of soul stirring incidents is "A Tragedy in Panama" produced by the Selig Company. "Cartoons in the Laundry" is a great comedy, one of the grouch chasers. This is a big mid-week show, don't miss seeing it.

LIGHT, HEAT, COMFORT!

The proprietor of one of the best known multiple shopping systems is credited with saying, "Give me any old shop, in any old street, and I'll guarantee to make it in twelve months the most widely known and best frequented shop in the district." He was asked to explain. Holding up three fingers he said, "I believe in the trinity of LIGHT, WARMTH, COMFORT. I should dazzle the moths until the candle drew them. I should bring them into a warm, comfortable shop, filled with a soft, pleasing radiance, and the rest is—well, mere child's play."

Mixed metaphors, perhaps, but expressive. Now we can more than imagine the kind of shop this well-known individual would open, for we pass it in almost every town—always a landmark to the street. No one fails to notice it. There is an indefinable air of welcome and invitation as one stands for a moment on the pathway and lets one's gaze travel inside it. The subdued, restful lighting effect that so charms because of its very unobtrusiveness, the absence of dark corners, the intangible feeling that if one would step inside one would be sure of experiencing a delicious sense of warmth and comfort and cheerfulness—all these are part of its appeal. Truly a shop with an individuality.

We cordially invite all progressive business men to visit our showroom and see our latest Lighting and Heating Appliances, by the adoption of which the ideal outline in the above extract from a London paper may be easily secured. Our new RADIO X. Lamp and GASTHEAM Radiators fill all light and heat requirements.

ST. JOHN'S GAS LIGHT COMPANY.

deet,tt

NEW CABBAGE, etc., etc.

To arrive ex S. S. Stephano Monday:

- 100 crates CHOICE NEW CABBAGE.
- 100 part bags SILVERPEEL ONIONS.
- 50 barrels No. 1 APPLES.
- 20 barrels CHOICE HARD CRANBERRIES.
- 40 cases CHOICE CALIFORNIA ORANGES.
- Counts 150s, 176s, 216s.

Burt & Lawrence, 14 New Gower St.

CHAIRS for Comfort—

Chairs—being the most used articles of furniture—need to be of many designs and qualities to suit all needs. Here in our large Showrooms we have every kind conceivable, and all are the best of their particular make.

We call your attention to our fine English Easy Chairs. They are of many designs, all are heavily padded, with delightfully easy springs and handsomely upholstered in Plush, Rug, Tapestry and Leather.

This large stock of Chairs needs no recommending, their many merits can be instantly seen and form a "sure-winning" combination—sterling quality and reasonable prices.

U. S. Picture and Portrait Co.

Tiring, Cease! Can be

Relief is Almost Unfailing the First Application

RUB ON NERVILIN

Cold has a vicious way of out-aching muscles or worse. How often pain settles in a causing inflammation and ting soreness. Stiffness and all over follows.

An application of Nervilin start, gives immediate relief. vents worse trouble.

When the pain is very a villine has a chance to show derful penetrating and ducing power. It strikes and its strike-in-deep quality its superiority to foodler. Then this goodness is mks strength, easily five time than most liniments.

Should Meet Commission

Editor Evening Telegram.

As a taxpayer I wish to appreciation for the splendid performed by the Commission demonstrated by the new Bill. I do not think that will ever be able to realize has meant to the Commission time and study for the past a labor which has been performed with one object: "the betterment of the city."

I was surprised to note public meeting held last Commissioners were not of form or invited to take the meeting. We found meeting ready to condemn or certain sections of it. hours consideration.

My contention is that should have been in a possibly to all or any criticism meeting would have had it both sides of the argument any section is condemned. Commissioners should be their reasons for submitting have spent near two years local conditions and come with conditions as found. lies, accumulating all the possible on the subject but and legal, and surely the which I know the decision be studied before any second or substituted.

I would suggest that a Committee now considering be asked to invite the Co-operate with them. I may have the benefit of investigations held. I do not the question of taxation eminent, especially when ted that we spend on amusements \$50,000 per main concern should be city."

We should remember that for did not ordain that the of the city. As high as London, the settled that question by fled with a dirty city, and cobble stone drains, sewered houses with com soil carts, etc. A large other English, Canadian towns are clean and deep with a low death rate. people are paying the m to keep them so.

With reference to the tion on a \$20,000 house, with a \$2,000 house, one man got more water as from the city? If so how Supposing we agree that water service gives us much water, why should ten times as much?

Let us at least drain man as well as the pay encourage all to build I sincerely trust that this in all necessary to be passed by the Legisla tion, and that a new of for St. John's.

Yours truly,

April 11th, 1916.

TRAIN ARRIVES LATE

from Carbonear did not until early this morning delayed picking up their

Homes TE

is noted for its ty, perfect pur low flavour.

It is the ex select growth of most celebrated of Ceylon and grade tea at price.

"There's a in every Homestead

C. K. DUCK