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PLAIN INGRAIN PAPERS--Shades, Blue and Green, 30 inches wide, at our usual price, 50c. per piece, Friezes to match.
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Marshall Bros



Keeping Still for the Children.

By RUTH CAMERON.



One find oneself wondering now and then what the person who enunciated the old proverb "children should be seen and not heard" would say if he could spend a few weeks in an average American family observing some specimens of the average American child.

I fancy his sensations would be the mental equivalent of the sensations of a man who finds himself stood on his head.

I could not help invoking the shades of this person when I met some people who have an average—a very average—young person for a daughter. She is a most self-possessed young miss aged, I should say, about twelve. And if the man who wrote the proverb could only meet her I would much prefer being present at the meeting to spending an evening at the theatre or at bridge.

When Elders are Hushed Up.
Now do not infer that I agree with the gentleman of the proverb, (I have a feeling somehow that it was a man. A man would resent having the centre of the stage taken away from him more than a woman) that children should always be hushed up in the presence of their elders. But what gets me is the way in so many families that elders hush up when a child begins to speak.

That was what I specially noticed during my evening with the self-possessed young person and her parents when she started to speak the whole room instantly became silent while we all listened to what she had to say. The hush was really impressive. What she had to say seldom was.

The Little Girl who Suttered.
Nor is this an unusual case. I can think of several similar cases that I can think of another occasion when some people called on me with their little girl, a child of about seven. She sutters quite badly (acute trich) they have permitted to grow upon her) and the inevitable result was that whenever she took the floor she held it for some time. And as the

group of us, some eight or nine adults were supposed to cease our chatter when she spoke, the result was that we spent most of our time listening.

No Monopoly for Either, my Platform

I do not believe in monopolies on the part either of children or grown-ups. Children should be listened to courteously but I do not think this courtesy should be exaggerated into a deference that is sure to give the child an idea that he is the only person who greatly matters in the scheme of things. That idea will add none to his usefulness, his popularity nor his happiness as he grows older.

WOMEN TRIUMPHANT.

The woman barber is on her back; to-day the dyer is on his side; boards blue, and brushed some talcum on my neck, as well as any man could do. Her fingers held my nose, she lathered me with queenly grace, and tinted up the brush that grows around the borders of my face.

Today I took a jitney ride; a woman driver held the wheel; she was as blooming as a bride, and full of business as an eel. And when I offered her in pay a bogus seven dollar bill, she threw me over a stack of hay with most surprising strength and skill. I went to shove some sheaves of wheat, that all the nations may be free; and I totted on weary feet, a husky dame worked next to me. As counsel for James Pritchard Hose, in court I did my very best; a woman lawyer then arose, and knocked my logic galley west. While I was fighting with my wife I fell downstairs and broke a thigh; a woman surgeon brought a knife, and fixed me up as good as new. The men have gone to whip the Hun; their wives and daughters stay behind, to see that every duty is done, to carry on the ceaseless grind. To-day I thought, with whoop and song I'd celebrate a Hun defeat; a woman peeler came along, and pinched me, on Commercial street. A woman jailer saw me kneel contritely on the prison stones; a woman cad heard my spiel, and put me down for fifteen bones.

Beauty of the arms includes not only their appearance but their action. In the muscular development of the arms girls are much inferior to boys. Nearly every boy can pull himself up by a bar until his chin touches his fists, but few girls are able to accomplish this feat. There is such a close connection between the arms and the muscles of the front and back of the trunk, that any exercise that develops the arms will also develop the upper trunk muscles.

A splendid resistance exercise for the arms, which should be taken slowly is as follows: With the arms at sides, inhale deeply, clench the fists, bring fists to shoulders moving the lower arm only, and resisting the movement partly. Now, with the first shoulder high and held there, bring the elbows slowly out and up to the shoulder level. The third part of the movement is to carry the fists close under the arm pits and as far back as possible. Cross the fists high up on the back and then lower them easily to the sides. Every part of this exercise includes resistance.

Lifting weights from the floor to enlarge the upper arm need not be done with an actual weight in the hands, in fact, it is much better for girls to control the resistance, regulating it according to their own individual strength which varies from day to day.

Take a long step forward and bend to the floor with the hands touching the floor. Take a deep breath, clench the fists, and pull the arms up as if lifting a heavy weight. As you lift carry the weight of the forearm, bring the back foot, flexing the back knee, keep the elbows high and wrist until the palms are up and the elbows back as far as possible. Repeat three times to the right and three times to the left. Follow by three deep bow breaths. To increase the size of the forearm, open and close the hand rapidly with tension, increasing the number of times daily.

A yellow mull frock may have a deep hem of silk and a sash of black lace. Sweaters are being knit in mercerized cotton and trimmed with angora.

Table Butter!

5 only 60 lb. Boxes 1 lb. Slabs.
5 only 30 lb. Tubs.
10 only 60 lb. Tubs.

Soper & Moore

Milady's Boudoir.

BEAUTIFYING THE ARMS.

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Just Folks

SEND HIM A PAPER.
Said Private Jimmy Barkis as he chatted with his mates, "I wonder what they're doin' in the 'O United States; Is Ty Cobb hittin' doubles in the way he used to do?"

"I can't get interested in the Daily Mail or Times. I want the home town paper with its latest local crimes. I'm wondering who has married since the day I met that girl. Who's been buried, since I left there. Oh, it seems so long ago! For a copy of the paper I would give up six months pay. There's no much I'd like to read of 'an' 'sp' much I want to know."

Said Private Jimmy Barkis, "It's a funny thing to me. But they seem to think a paper we don't want to see. They write us cheerful letters an' they send us things to wear. They send us good tobacco, an' we're mighty grateful too. But they plumb forget a paper from the old town over there. Is a thing we'd never part with 'ill we read it through an' through."

Household Notes.

Scarfs edged with wool fringe finish some of the prettiest duvetyne coats. Turquoise silk trimmed with lavender organdie makes an attractive frock. Evening capes have collars made of silk flowers sewed very close together.

Ostrich feathers are much used on hats, but usually flat under a veiling of tulle. Pink and gingham trimmed with pink organdie makes an unusually smart frock. Ratine and spotted batiste, and even mill make the war-time garden party gowns.

A yellow bathing suit is girdled with blue, and has pockets of yellow and blue stripes. Among the ornaments seen on the summer hats are silk flowers painted by hand. The untrimmed low-cut necks of dresses are becoming only to plump and lovely throats. A summer suit of shantung is splendid for two reasons: it looks well and wears well.

A dress of white dotted rose foulard can be very attractive if trimmed with brown rabbit fur. Silpans of wool, lined with foulard, are worn inside out when the owner wants a change of dress. Tunics are as much worn as ever, and are often carried out in trikot over an undershirt of smooth satin. A pink tunic hat embroidered in French knots can be worn upon either afternoon or evening occasions. One smart dress of mull was trimmed with a soft bow tie of lace insertion, which had long, pointed ends. An attractive motor veil was made of net, weighted by a very broad band of velvet—broad enough to be used as a gape. If one wears a girdle of blue with a white dress, it is only right to wear blue stockings and white shoes to complete the costume.

Some Sneezing Superstitions.

Sneezing superstitions are prevalent all over the world. In Scotland it has long been maintained that idiots are incapable of sneezing, and the power to do so has been deemed evidence of the possession of a certain degree of intelligence.

It was a Flemish belief that a sneeze during a conversation or a bargain proved that what you said was the truth. The Chinese believe that a sneeze on New Year's Eve means bad luck through the coming year. The Japanese hold that one sneeze means that someone is praising you; two, show blame; whereas, if you sneeze three times, you are merely ill.

When an American Indian falls sick and sneezes he believes his illness to be the work of some spiteful spirit. When he gets well he changes his name, so that the demon may not know him again. A pious Brahmin will touch his right ear when he sneezes. Evil spirits are believed to enter the body by the ears, and the object of protecting the ear with the hands was to prevent their gaining admission. Speke and Grant, the African explorers, were unable to discover any trace of religion among the natives of Equatorial Africa, except an ejaculation (apparently a prayer) whenever a person sneezed.

In France in earlier days, a sneeze was greeted by the removal of the hat; and when the paroxysm was over the sneezer formally returned the salutes of all present. In England also, in the seventeenth century, a sneeze was saluted by the removal of the hat. Joseph Hall, Bishop of Exeter in 1587, wrote that a man no longer reckoned among his friends those who failed to uncover when he sneezed.

The Siamese have a peculiar idea of their own—that the gods are continually turning over the pages of the Judgment Book, and when they come to the page relating to any particular person, that individual invariably sneezes. Their salutation is, "May the Judgment be favorable to you."

Home, in the Odyssey, mentions a princess who prayed to the gods for the speedy return of her husband. Scarcely was her prayer ended when her son sneezed! This was regarded as a sign from the gods that her prayer was granted.

Once while Zenophon was addressing his soldiers, some one sneezed. The great general remarked that Jupiter had been pleased to send him a special sign that their cause was a righteous one.

Sneezing was usually considered unlucky in Wales, but in Europe generally it was deemed lucky unless overdone. If a man sneezed more than three times, for instance, it was a sign of bad luck. The Welsh belief of ill-luck has prevailed, and it is a very general custom among Italians, when a person sneezes, to say, "God be with you."

This is to certify that fourteen years ago I got the code of my left wrist nearly severed, and was for about nine months that I had no use of my hand, and tried other Liniments, also doctors, and was receiving no benefit. By a persuasion from a friend I got MINARD'S LINIMENT and used one bottle which completely cured me, and have been using MINARD'S LINIMENT in my family ever since and find it the same as when I first used it, and would never be without it. ISAAC E. MANN, Metapedia, P. Q. Aug. 31st, 1908.

Parlor Suites and Odd Pieces!

We have in stock some extremely fine Parlor Suites in Mahogany (3 and 5 pieces), beautifully upholstered in Tapestries, Brocades and Silks of elegant designs and beautiful colorings. These are Genuine Mahogany, and are being offered at very moderate prices.

Also a large assortment of "Odd" Parlor Pieces, "Odd" Chairs, "Odd" Tables and lots of pretty "Odd" pieces, any one of which would be a nice addition to the Parlor. Come in and inspect them, you're sure to select from them.

U. S. Picture & Portrait Co.
St. John's.

THE PIANO PAR EXCELLANCE.

Emerson Piano Players,
Emerson Pianos.
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Milton Pianos.
Terms and price the best. Second-hand instruments taken in part payment.

CHARLES HUTTON,
The Reliable Piano & Organ Store.

SLATTERY'S Wholesale Dry Goods

Are now showing the following goods:-
American Millinery Hats, Boys' Cotton Suits, Ladies' White Skirts, Ladies' Hosiery, Misses' & Children's Hosiery, White Curtain Scrims, White Dress Crepe, 38 ins. wide; Colored Dress Goods; and a splendid assortment of Smallwares. Wholesale only.

SLATTERY BLDG., Duckworth & George Sts.

Advertise in the "Telegram."

A Map for German Submarines

A German map with numbers squares of waters around the United Kingdom was discovered in Norway and lately released for publication by the French censor, and shows how the German navy plotted the North Sea and English Channel for the use of its submarines.

By the use of a special code the departure of every vessel, its tonnage, speed, route and whether it was a ship of commerce or of war, was wirelessed to the submarine by spies in certain coast towns of the adjacent waters. Mr. Henry Barby, writing in the illustration gives the following translation of this code, and as it will be seen it is so designed that every message shall seem to refer to some innocent commercial transaction.

The nationality of the vessel is indicated by first, second, third or fourth quality, meaning in that order, British, German, French, or Russian while neutral shipping is designated by colors, such as Norwegian, painted black; Swedish, painted blue; Danish, painted red.

The description of the vessels is designated in the following way. "Wooden Box, Series 1, means a warship with one smokestack. Series 2, two smokestacks, and so on. Packing case, Series 3, means armored cruiser, three smokestacks. Metal box, Series 2, 3, or 4, means light cruiser, two, three or four smokestacks. Barrel, Series 2, 3, or 4, means destroyer, two, three or four smokestacks. Barrel, Series 1, means a torpedo boat, while the submarines are designated as "samples" and mines as "packages." The position of the boat is indicated by the number of the square on the map; thus a wireless reading "First quality packing case, Series 4, No. 432," translated is "British armored cruiser, four smokestacks, in square 432."

The discovery of this map and the translation of the code quickly led to the discovery of the wireless stations which were being used by the German spies, and it is said that this discovery and the use the Allies put to it, accounts in no small measure for the falling off in the list of the U-boat victims.—Scientific American.

Bank Responsible for Error

An interesting decision has been made by the Missouri court of appeals, relative to holding the sender of a telegram responsible for a mistake in transmission. A Wyoming bank telegraphed a brokerage house, offering a carload of potatoes at \$1.35 a hundred pounds. The telegraph company's mistake in transmission made the price 25 cents a hundred. The sender of the telegram was accepted by the brokers and the potatoes were shipped. When payment was tendered at the rate of 25 cents a hundred the Wyoming bank refused to accept the money and brought suit for the full amount. The Missouri court of appeals ruled that the bank had made the telegraph company its agent in forwarding the telegram and that as the brokerage house acted in good faith it could not be compelled to pay more than the amount quoted in the message.

Suspected of Aiding U-Boats Off Coast.

Boston, July 25.—Oswald Kunhardt, formerly German and Austrian consular agent in this city, was arrested yesterday as an enemy alien at his home in Manchester and brought here. Federal officers refused to confirm or deny a report that the arrest was connected with submarine activity off the coast. It was admitted, however, that information in the possession of the officers indicated that the arrest was of more than ordinary importance.

My two Boys

There's no food that contributes more splendidly to building a rebuilding sturdy, virile "youngsters" than a morning dish of delicious wheat and barley.

Grape-Nuts

—served with cream
"There's a Reason"



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