

MAGIC

BAKING POWDER

MADE IN CANADA
CONTAINS NO ALUM
CONFORMS TO THE
HIGH STANDARD OF
GILLETT'S GOODS

Cheap Hosiery. Cheap Underwear.

for the warm weather,
At HENRY BLAIR'S

Superior Values at Small & Money Saving Prices

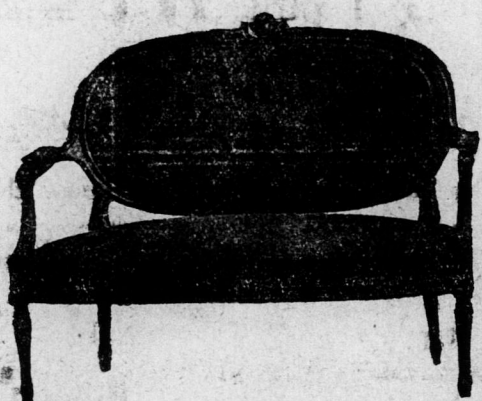
Women's White Ribbed Cotton Vests, Sleeveless, at 10c., 11c., 12c., 13c. and 14c. each.
Women's White Ribbed Cotton Vests, Short Sleeves, at 12c., 18c., 25c. and 27c. each.
Women's White Ribbed Cotton Vests, Full Shaped, Short Sleeves, Buttoned Fronts, extra value; at 25c. each.
Women's White Ribbed Cotton Vests, Full Shaped, Long Sleeves, extra-ordinary value; from 28c. each.
Women's White Cotton Bodices (or Corset Covers), Long and Short Sleeves, at 22c., 27c., 38c. and 40c. each.
Children's White Cotton Vests, Short Sleeves, from 11c. each.
Children's White Cotton Vests, Long Sleeves, from 20c. each.
Children's Tan Rib Cotton Hose, guaranteed fast; all the sizes from 5 inch to 9½ inch, only 11c. to 15c. pair.
Children's Black Rib Cotton Hose, guaranteed fast, (Job), all the sizes from 5 inch to 9½ inch, only 10c. to 14c. pair.
Children's Dark Red Cotton Hose, fast colours. An assortment of sizes from 5 inch to 8½ inch; regular 20c. to 30c. pair; now all round 12c. pair.
Women's Plain Black Fine Cotton Hose, only 13c. pair.
Women's Plain Tan Fine Cotton Hose, only 13c. and 20c. pair.
Large assortment of Women's Black, Tan, White and Coloured Lisle Thread Hose in Lace Ankle and Plain Makes.
Women's Plain Black Cashmere Hose, Superior values at 25c., 30c., 35c., 40c., 45c. and 55c. pair up.
Women's Plain Tan Cashmere Hose, Extra values at 30c., 32c., 35c., 45c., 55c. and 60c. pair.
Women's Coloured and Fancy Striped and Clockwork Cashmere Hose in great variety.
Just a small lot left of Women's Black Ribbed Wool Cashmere Hose at 22c. pair. These are some regular 40c. to 45c. value; slightly short in legs, clearing at this price.
Men's Black and Tan Cotton Half-Hose, only 13c. and 18c. pair.
Men's Black and Tan Cashmere Half-Hose at all prices.
Large Variety of Men's Coloured, Striped, Embroidered and Clockwork Cashmere Half-Hose.
Men's Natural Balbriggan Light Summer Underwear; regularly sold at 45c. garment. Our price: 35c. garment.
Men's White Net Summer Underwear, for the hot weather; at 45c. and 70c. garment.
Boys' Balbriggan Shirts and Drawers for summer wear; only 32c. to 40c. garment.

The Underwear and Hosiery House

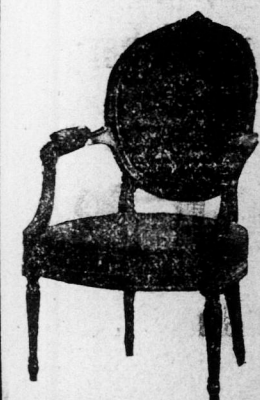
HENRY BLAIR.

WE HAVE
FAITHFULLY

considered the Furniture needs and offer a choice line of Furniture that will bring brightness and comfort to the home. Everything here to fit the season. Never here before in larger,



more attractive or better variety than now. For summer time comfort, at home or away. You'll find here much that will interest you.



U. S. PICTURE & PORTRAIT Co.
Complete House Furnishers.
Water Street East.

Advertise in the TELEGRAM

Even as You and I.

BY RUTH CAMERON.



In a letter which came to me the other day was the following sentence: "Sometimes you are not so good as usual, and then I say, 'Well, perhaps Ruth has a headache today.'"

If there were more people in the world like the writer of that letter, how much happier a place this world would be! Because of the complexity of modern life we receive a great deal of service from men and women whom we never see. And just because we do not see these people we are apt to forget that they are men and women like ourselves.

Perhaps it is because so much work is done by machinery nowadays that we are inclined to act as if a machine cooked the food we eat at the hotel or restaurant; wrote and printed our newspapers; sorted our mail; tended the telephone switchboard, and performed all of the innumerable services whose agents we seldom or never see. But these things are NOT done by machinery. Indeed — to contradict myself — nothing is really done by machinery. That is: without a human element in the product. All these services are performed by human beings, and human beings are liable to headache, heartache, sleeplessness, grief, anxiety and all the other ills and accidents which sometimes make it hard for you and me to do our work well.

You take up your newspaper some morning and find the type badly "piled" right in the middle of a sentence. Do you stop to consider that the compositor may have sat up nights

with his sick wife or baby until he is so dead for sleep that he cannot always command his fingers aright—even as you and I have sometimes been? Or do you grumble, "How wretchedly this paper is set up!" and feel aggrieved that the machine which writes and prints your daily paper should have been allowed to get out of order?

Your cup of cocoa at the restaurant tastes burned. Do you simply send it back with an indignant word of condemnation, or do you remember that it was a human being like yourself who was careless for a moment and let that cocoa burn, and that there are times when even you and I make mistakes?

When the telephone girl gives you the wrong number some morning, do you reproach her sharply and sarcastically for daring to do such a thing, without a single thought for her end of the business? Or do you remember that she is probably young and possibly pretty, and surely fond of fun, and that perhaps she went to a dance last night and had a beautiful time and stayed later and got more tired than she really had any right to—even as you and I?

The world is full of human beings who are all sisters and brothers under the skin. It is also full of stupid people who never find that out.

To be sure we have a right to demand good service when we are paying for it with our hard earned money. That's justice. But don't forget that there is something higher than justice. That's mercy, and that teaches you to remember that your invisible servants are not machines but just weak human beings, liable to headaches and heartaches and mistakes and follies—"even as you and I."

Ruth Cameron

NATURE'S LAWS.

● Nature's laws are perfect if only we obey them, but disease follows disobedience. Go straight to Nature for the cure, to the forest; there are mysteries there, some of which we can fathom for you. Take the bark of the Wild-cherry tree, with mandrake root, Oregon grape root, stone root, queen's root, bloodroot and golden seal root, make a scientific, glyceric extract of them, with just the right proportions, and you have

DOCTOR PIERCE'S GOLDEN MEDICAL DISCOVERY.

It took Dr. Pierce, with the assistance of two learned chemists and pharmacists, many months of hard work experimenting to perfect this vegetable alterative and tonic extract of the greatest efficiency.

Mr. C. W. PAWLEY, of Millville, Calif., writes: "I wish to tell you that I have used your 'Golden Medical Discovery' in my family for twenty years. We have had a doctor called in but once during that time. I have a family of ten children, all well and hearty, for which, to a great extent, we owe thanks to you and your 'Golden Medical Discovery' and 'Pellets,' which we use when sick."

Dr. Pierce's Pleasant Pellets regulate and invigorate stomach, liver and bowels. Sugar-coated, tiny granules.

SOLD BY ALL DRUGGISTS.

C. W. PAWLEY, Esq., World's Dispensary Medical Association, Buffalo, N. Y.

Household Notes.

To salt almonds, first blanch and dry in the oven to a golden brown. Take the white of an egg and twice as much flour and beat well. Stir in the almonds and coat well, drain and throw into salt, coating all over. Soft dry and bottle.

Place clothes in two piles when ironing to avoid sorting them later, those which need mending may be put into one pile, and those which are whole on the other. When ironing it is easy to notice a torn place or where a button is missing.

After a walk in the sun and wind rub a little almond oil on the face, leave it on for ten minutes and then wipe off with a soft rag. It will prevent a burned, uncomfortable feeling and will remove any dirt there may be as well as washing would do.

French peasants to cure corns boil the tough outer skin of several strong onions until tender, and bind them, while warm, over the corn with a linen bandage. It is said that if this is repeated night and morning for two or three days the corn will disappear.

To make ice cream candy, take a cupful of granulated sugar, half a cup of water, one-fourth teaspoonful of cream of tartar. Boil ten minutes and add half a pound of butter. Cook

to the soft crack, pour out and when cool enough to handle flavor with lemon or vanilla while pulling. To blanch French chestnuts which are to be used as a vegetable either by stuffing, score each shell, put the nuts into a frying pan with a tablespoonful of butter and shake over the fire until the butter is melted. Then heat five minutes in the oven and the skins will come off with the shells.

Fruit cheese is a delightful and healthful confection for children. Use half a pound each of raisins, currants, dates, figs and blanched almonds and two pounds of English walnuts. Grind fine, mix well and pack tightly in a dish under cover. After two or three days cut in squares and troll in sugar.

The Complexion.

No care can cover up neglect of the skin: it is impossible to improve upon Nature—to do more than mask with an imperfection another imperfection. So if one resorts to the use of powders and rouge let her bear in mind that great cleanliness should be observed.

The scurf skin, therefore, must be entirely cleansed of its normal waste and rendered bright and fresh by daily bathing. For these baths Castile or other pure soap may be used

HATS! Ladies' Hats.

Final clearing of all LADIES' Untrimmed Hats, this season's newest styles. Owing to the past ten days unfavorable weather we find 6 doz. Untrimmed Hats unsold.

ALL OUR POPULAR 1.20 HATS

NOW GO AT 60c. EACH.

All other shapes Half-Price Also

15 only Home Millinery HATS—

\$3.60	for	\$1.80
4.20	for	2.10
5.00	for	2.50
6.00	for	3.00
7.40	for	3.70
8.00	for	4.00

Soper & Moore

for all portions of the body saving the face, which should be bathed with soap but three times a week, otherwise it will become yellow and hard. There is an art in bathing the face.

To make it plump and slightly flushed, first give it a brisk rubbing with a small rubber complexion brush in very cold water, then put in one quart of hot water, teaspoonful of borax, and softly sponge the face three or four minutes, wipe with a soft towel, and afterwards rub always from the chin up, with a soft flannel of chambray, this will give it a bright lasing glow and transparency. To first use warm water and then cold closes the pores and whitens the skin.

If the complexion is unbecomingly tanned or burned on the return from seaside or mountains, an excellent recipe to use is the following: Take equal parts of fresh lemon juice, rose water, and rectified spirits. Mix together; next day decant the clear portion and strain through muslin. Bathe the face night and morning with the lotion, wiping it afterwards with a soft towel.

Base Ball.

BY H. L. RANN.

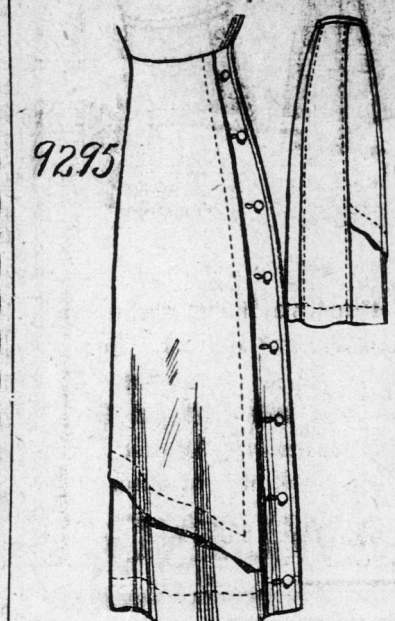


Base ball is one of the learned professions which everybody is in favor of so long as the home team is winning. It is a very lucrative and leggy profession. A good player, who has not been spoiled by adulation or a spit ball, is able to retire at a tender age loaded with certificates of deposit and protuberant mementoes, ranging from the reminiscent Charley Horse to the querulous Caruncle. There is a great difference in ball players. Some are composed largely of whalebone, and insist upon throwing the ball at somebody who is not on the batting order, thereby causing the bleachers to discharge ribald language and unpleasant references to the quality of the heaven's headpiece. Other players are noted for having very little ivory in their makeup and a head which conceals more mechanism than a cuckoo clock. The base ball fan is a prejudiced partisan with a sulphurous vocabulary, which he uses to satisfy everybody that the umpire is a direct descendant of the Forty Thieves. In order to emphasize his remarks, the fan sometimes decorates the person of the umpire with pop bottles and seat cushions. People bet about as mad at a ball game as they do at bridge whist, but it is less expensive to take a course in base ball. Few people care to play ball after they are seventy years of age, but a man never gets too old to snuggle up a euche deck. Base ball is responsible for a good deal of earnest prevarication and numerous faked death messages. Many a trusting wife has gone down to the office when a double-header was in progress, and found that her husband had been summoned to the ball park by the demise of his grandfather on his mother's side. There are several good things about base ball. It doesn't make a man cross-eyed trying to locate the corner pocket or send him home in the company of a royal and contagious bun. It is a noble pastime, and supports in affluence a large and perspiring class of our citizenship.

Evening Telegram Fashion Plates.

The Home Dressmaker should keep a Catalogue Scrap Book of our Pattern Cuts. These will be found very useful to refer to from time to time.

9295.—A STYLISH MODEL.



Ladies' Four Piece Skirt with Tunic.

This design is appropriate for all wash and woollen fabrics, and equally desirable for silk or satin. As here shown white corduroy was used with self stitching, pearl buttons, and crocheted loops for trimming. The Pattern which may be finished without the tunic, is cut in 5 sizes: 22, 24, 26, 28, and 30 inches waist measure. It requires 5 1-8 yards of 44 inch material for a 24 inch size.

A pattern of this illustration mailed to an address on receipt of 10c. in silver or stamps.

Suitable materials for any of these patterns can be procured from AYR & SONS, Ltd. Samples on request. Mention pattern number. Mail orders promptly attended to.

9293.—A SIMPLE BECOMING DRESS FOR THE GROWING MISS.



Girl's Dress with or without Deep Collar (in Round Neck) and with Long or Shorter Sleeve.

White voile with Arabian lace bands is here shown. White lawn with embroidery or "Val" insertion will be equally effective. The collar is unique in its shaping having a "tie end" front and deep round back. The sleeve may be long with a band cuff, or in "shorter" style with a turn back cuff. The skirt is straight and plaited. The Pattern is cut in 4 sizes: 8, 10, 12 and 14 years. It requires 3½ yards of 44 inch material for the 10 year size.

A pattern of this illustration mailed to any address on receipt of 10c. in silver or stamps.

PATTERN COUPON.

Please send the above-mentioned pattern as per directions given below

No.
Size.....
Name.....
Address in full:—

N.B.—Be sure to cut out the illustration and send with the coupon, carefully filled out. The pattern cannot reach you in less than 15 days. Price 10c. each, in cash, postal note or stamps. Address: Telegram Pattern Department.

An Intelligent person

may earn \$100 monthly corresponding for newspapers. No canvassing. Send for particulars. Draw Symplicite F1719 Lockport, N.Y. Seal 64.

MINARD'S LINIMENT USED BY PHYSICIANS.

Value of Massage and Treatment

Given by A. L. Wallis, Qualified Masseuse and Doctor's Assistant.

To the Gentlemen and Ladies of City and Outports:

Having had considerable experience in the treatment of massage for all local and chronic diseases in this city for the last three years, I shall be open to give massage to numerous other patients which I could not hitherto do before on account of giving massage by hand alone. Through the kindness of my old personal friend and tutor, Mr. A. S. Eccles, a renowned professor of manipulation, he has recommended a new improved Electric Vibrator, and as science is developing on every side and almost in every kind of business, I decided to purchase one of these instruments at great cost. The instrument acts in the same way as the human hands and slightly deeper; manipulation thereby searching out lost parts of waste matter that the hands may have neglected to do. Until lately I have not been prominently before the public, my work mostly being private. During this last fortnight I have been asked by my friends to further extend my work and now with the aid of this new manipulator, I shall be able to treat 20 patients daily instead of as before only 3 to 4 daily. There is also a combination attached which gives Electrical Vibration all over the system while treating any diseased spot. The strengthening and stimulating advantages being administered at the same time. I have decided to reduce the charge for treatments to meet all classes. I would thank my late patrons to recommend to their friends my last work done to them. One particular mode is: I don't treat patients with their clothes on—one's common sense gives all human individuals that discretionary judgement. As I stated before, I have practiced and treated several prominent gentlemen and ladies and business persons, in this city and out of it, who have and will again benefit by massage. My head and face massage a specialty for beautifying and cleaning the features and scalp, nothing to beat it. I hereby explain the different names of application by the different names applied, viz., "effleurage," "petrissage," "tapotement," "vibration," and massage—a friction.

The two first being employed in General Corporal massage with the addition of the third and fourth in certain cases, the use of the last being confined to local massage and most frequently applied in the neighborhood of the larger joints. The external and internal temperature of the human body are modified by muscle-kneading with sphymographic and sphygmo-manometric records.

Massage a friction is especially adapted to the manipulation of joints and is indeed a combination of rubbing and kneading, having for its purpose the distribution and squeezing out of waste products from its tissues in which they have formed.

The undermentioned diseases have been successfully treated by me, viz: Massage in Disorders of Digestion—In Diseases of the Stomach, Constipation, Liver, Gall Bladder, Chronic Diarrhoea, Anemia, Obesity, Rickets, Scoliosis.

Massage in Diseases of the Nervous System—Neuralgia, Neuritis, Perineuritis, Sciatica, Paralysis. Central Origin—Toxic, Periphrenic, Occupational Neuroses, Chronic Alcoholism, Morphinism, Chorea, Hypochondriasis, Neurasthenia, Railway Spine, Insomnia. Massage in—Heart Trouble, Asthma, Sprains and Strains, Golf Hips, Lawn Tennis Elbow, Writers Cramp, Piano Cramp, and last that prevailing complaint, Rheumatism, in all its forms; Beri Beri.

No charge for lectures or demonstrations. Call or write. Consultations free.

REFERENCES—20 years practical assistant to the medical fraternity, Royal Navy. 11 years of which was served on Newfoundland fishery duties in H. M. Ship "Mohawk," "Buzzard" and "Charybdis."

Practical Assistant to the medical gentlemen of this city. Filled the position of medical officer in the undermentioned sailing ships, viz., "Diana," "Florizel" and "Stephano." Note the address.

130 Gower Street E.
I remain, yours very sincerely,
ALDRIDGE LEATHERINGTON WALLIS.

N.B. The (New Improved Electric) Vibrator will be here in fortnight time.

WIRE WOUNDS

My mare, a very valuable one, was badly bruised and cut by being caught in a wire fence. Some of the wounds would not heal, although I tried many different medicines. Dr. Bell advised me to use MINARD'S LINIMENT, diluted at first, then stronger as the sores began to look better, until after three weeks, the sores have healed, and best of all, the hair is growing well, and is NOT White as is most always the case in horse wounds. Weymouth. F. M. DOUGET.