

In Wages or Profit

health, sooner or later, shows its value. No man can expect to go very far or very fast toward success—no woman either—who suffers from the headaches, the sour stomach and poor digestion, the unpleasant breath and the good-for-nothing feelings which result from constipation and biliousness. But just learn for yourself what a difference will be made by a few doses of

BEECHAM'S PILLS

Tested through three generations—favorably known the world over this perfect vegetable and always efficient family remedy is universally accepted as the best preventive or corrective of disorders of the organs of digestion. Beecham's Pills regulate the bowels, stir the liver to natural activity—enable you to get all the nourishment and blood-making qualities from your food. Assure you they will know that—in your looks and in your increased vigor—Beecham's Pills

Pay Big Dividends

The directions with every box are very valuable—especially to women. Sold everywhere. In boxes, 25c.

We are now clearing the Balance stock of

FURS.

(including)

STOLES, COLLARS,
MUFFS, JACKETS, ETC.,

at

1-3 off regular prices.

A good chance to get stylish
FURS CHEAP.

U. S. Picture & Portrait Co.

Superior Merit Alone

Can win the approbation of those accustomed to the luxuries of life. Their approval is not lightly given. The unstinted praise accorded OLD HOME TEA by tea-drinkers of this class clearly proves its vast superiority.

Made from the finest, purest and most carefully selected teas, OLD HOME is precisely what a perfect tea should be—full flavored, rich and exquisitely mild.

One Cup Means Many More

For Sale at all Grocers.

40c. and 60c. per lb.

Fresh Oysters,

N. Y. Corned Beef.
Turkeys and Chicken.
Bananas, California Oranges.
Florida Oranges.
Wine Sap Apples.
Lemons.
20 brls. Apples—N. Spy, Fall-water.
Celery, Ripe Tomatoes.
20 brls. Cabbage.
Carrots, Parsnips, Beet.

Purity Butter,

Fresh supply of 10 lbs. tubs;
2 lbs. prints, ex s.s. Stephano.

10 tins. Sinclair's Ribs,

50 bags Island Potatoes

3 barrels Bologna

Sausages

T. J. EDENS,

Duckworth Street and Military Road.

The Woman Movement.

By RUTH CAMERON.



what her husband's income was, and she was the wife of a man who has always been noted for his progressive ideas.

Of the five women who represented the younger school, there was only one who did not know exactly what her husband's income was, and she was the wife of a man whose work is of such a nature that he does not know that interesting fact himself.

It seems to me that that little incident has a great deal of meaning in it, because it so aptly illustrates the new position of woman in the home—or perhaps I should say, the position of the new woman in the home.

There was a time when the man who talked to his wife about his business, told her his income, and expected her to plan the proper use of that income with him, was an exception. To-day the man who does not do these things is the one who serves to prove the rule.

Even the men who do not approve of women going into the business and

professional world, who frown upon the Woman's Suffrage Movement, and look upon it as a thing which is not to be discussed in the air as to deny their women-kind at least a voice in the home government.

I am thinking of such a man now. He has always been a violent opponent of the Woman's Rights Movement, and yet he confides all his business secrets to his wife and turns over every cent of his salary to her. Thirty years ago a man of his temper would probably have kept both his business affairs and his salary strictly to himself.

There are many men to whom Woman's Suffrage is the great question of the age. While I believe thoroughly in woman's right to the suffrage and feel sure that we will soon get justice in that quarter, it seems to me that, after all, that is only a small part of the great woman movement, the movement toward getting ourselves recognized as at least the potential equals of men.

And mind you, by equal I do not mean identical. I realize that the sex differences between men and women are vastly more than physical. They affect mind and heart and character. But I do not believe they are such as to prevent women from being a responsible, intelligent partner for man, rather than a servant or a plaything.

And so I hail with joy every new sign—even so slight a one as that I chronicle to-day—that women are being admitted to their proper position.

Red Cameron

HOW TO PRESERVE YOUTH AND BEAUTY.

One great secret of youth and beauty for the young woman of the mother is the proper understanding of her womanly system. Every woman, young or old, should know herself and her physical make up. A good way to arrive at this knowledge is to get a good doctor book, such for instance, as "The People's Common Sense Medical Adviser," by R. V. Pierce, M. D., which can readily be procured by sending thirty-one cents for cloth-bound copy, addressing Dr. Pierce, at Buffalo, N. Y.

The womanly system is a delicate machine which can only be compared to the intricate mechanism of a beautiful watch which will keep in good running order only with good care and the proper oiling at the right time, so that the delicate mechanism may not be worn out. Very many times young women get old or run down before their time through ignorance and the improper handling of this human mechanism. Mental depression, a confused head, backache, headache, or hot flashes and many symptoms of the womanly system can be avoided by a proper understanding of what to do, in those trying times that come to all women.



Mrs. G. H. Williams, of Lynnhaven, Va., writes: "It is six years since my health gave way. I had female trouble and all the doctors (I employed three) said I would die. I was not able to do my work, had to hire someone all the time. Finally, I read in the papers about Dr. Pierce's Favorite Prescription, and decided to try it. I had not taken but one bottle and I found it had done me good. I took it all five bottles of 'Favorite Prescription' and two of 'Golden Medical Discovery,' and now I am able to do all my housework and am well and happy. I feel like a new woman. I feel like a new woman. I feel like a new woman."

(For the Evening Telegram.)

Public Meeting at St. George's.

A most enthusiastic public meeting was held here on Thursday, the 27th February, attended by His Lordship Bishop Power and all our leading citizens, except such as were incapacitated by illness or unavoidably absent.

The meeting was strictly non-political but was representative of those who have the future well-being of our native land and our beautiful and fertile District of St. George's at heart.

It was called for the purpose of impressing upon the Government the fact that the time has now come when the rivers of Bay St. George should be bridged and communication established between the north and the south shores of the Bay; between town and town; between the farms of the fertile agricultural sections and their natural markets; the mining towns of our coasts and the logging camps of our forests.

As we are at present situated, there is scarcely a road in the District which is not divided from its neighboring section of the District by a river barrier.

Progress under such conditions seems utterly impossible; yet we have progressed, and we appeal, Mr. Editor, to the Government of our country, the party in power, and the Opposition, the Press and public spirited and intelligent Newfoundlanders of all shades of political opinion, to help us obtain this boon, which granted, we venture to affirm that we will show such improvements in Bay St. George in the next ten years as shall astonish our friends of the East and justify beyond measure the expenditure.

ST. GEORGE'S.

Situated on the tranquil waters of St. George's Harbor, the name, town and capital of the District of St. George's, holds a commanding position which when it has attained the growth to which it is entitled deserves

will make it one of the most beautiful towns in Newfoundland.

From the sea level the surrounding country slopes gradually upward to the foot-hills of the coast range, which are seen blue and picturesque from a 5 to 7 miles in the southern distance.

East and west it is (liquid) crystal, flanked by two sparkling streams, Flat Bay and Barachois Rivers. Within these boundaries from east to west St. George's measures about 6 miles.

Nearly all this land, from the cultivated fringe along the seacoast to that which unites with the encircling hills, is of an excellent quality for agriculture, and up the banks of Flat Bay and Barachois Rivers are miles on miles of excellent land.

On the banks of Flat Bay River gypsum in abundance has been placed by a beneficent Providence to fertilize the farms and ranches of our future farmers and shepherds. About 5 miles back of St. George's, Steel Mountain lifts its crests and "spit-towered pinnacles" above the dark waters of the Farm Pool (the home of some of our largest salmon). Here there is vast quantities of titanic iron ore, which, when the scientists now working on the problem have perfected the plans for extracting the acid, will be a source of wealth, and the labor employed to dig it from the earth will create a hive of industry that—let us imagine it for a moment—would rival with our own coal from Robinson's basin, shall fulfil the present promise of our future greatness.

Here are some facts to remember about St. George's:—
1. Fifteen years ago it did not exist.
2. It is now the seat of a Bishop.
3. The Catholic Cathedral is steam heated and electric lighted.
4. The Bishop's palace and St. Michael's Convent are hot water heated and electric lighted.
5. St. Michael's Academy for the education of young ladies is one of the most ably conducted and best fitted teaching institutions in Newfoundland.
6. The value of the Catholic Church



THE FINEST STIMULANT is the Rich, Old Nourishing Brandy, labelled thus

Brand, labelled thus

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To Help!

To help reduce the high cost of living we have decided to sell

EGGS!

good, reliable eggs—fresh country stock, also a few cases of selected imported eggs, at

32c.

dozen.

Soper & Moore.

property is not less than \$30,000.

(The enlarging and remodelling of St. Michael's Convent, the steam heating of the Cathedral, the electric lighting of that and the other buildings on Cathedral Hill is the work of the present Bishop, His Lordship Rt. Rev. M. F. Power.)

7. There is a fine Church of England Church in course of construction; it is nearing completion and will be a great ornament to the town.

8. A new school building is an important asset of the Church people; it is situated in the east end and is large and commodious.

9. There is a pretty Methodist Church situated in one of the beauty spots of St. George's, and a very fine school building.

10. The value of the annual hay crop of the townfolk at present prices amounts to \$7,760.

11. The value of the potato crop, \$3,902.

12. St. George's is one of three towns in Newfoundland that has a Board of Trade, and yet St. George's is cut off from civilization but for the railway trams and telegraph wires. On the east is the barrier of Barachois River, on the west is the barrier of Flat Bay River, and our people of praise must and alas! like the old nursery rhyme—

"They came to the river
And they couldn't get across."
A. J. O'REILLY,
Secy of Meeting.

Fashions and Fads.

Military styles are fashionable in separate blouses.

Flowered material will be very fashionable this spring.

Many coats show high waist line and three-quarter sleeves.

Narrow velvet ribbon trims some of the new lingerie.

All the new models show a decided feminine gracefulness.

Many sleeves are trimmed with a piping of contrasting color.

Amber and all the various shades of yellow will be very popular.

A return of flower-trimming is noticed on the new straw hats.

Ottoman silk is much-favored material for afternoon costumes.

A very pretty evening color for the young girl is cherry or coral.

Men's wear serge is the material used for the strictly tailored suits.

Draperies of fine cobweb and tulle lace will be very much used.

Materials are more costly than ever, and are of extreme suppleness.

The simple little evening dresses are all of the lovely draped description.

The small hats are in boat, triangle, bowler and tam o' shanter shapes.

A long sleeve which seems to be favored shows a cuff extending to the elbow.

Many of the little dancing frocks have their edges finished with a scallop.

A white crepe de chine blouse is effectively trimmed with scarlet bullet buttons.

Collars of bright-hued velvet are seen on the white suits of serge, linen and tulle.

Favorite materials for children's dresses are gingham, percale, linen and chambray.

The shoulder line of some of the new sleeves is two or three inches above the elbow.

Bright Bulgarian colorings are very prominent in the decorations of the new parasols.

Bulgarian embroidery is being used both on white and colored dresses for children.

On the more dressy frock, buttons and buttonholes are arranged in a startling fashion.

The new tailored coats have soft satin linings of flowered mouseline or embroidered linen.

The combination of black and white is favoured. The addition of a vivid color is much used.

Modish are the broad sailor collars of embroidered net attached to revers of the same material.

A MELANCHOLY RECORD.



MARY MARCH.

There are no darker chapters in the white man's progress than those that record the fate of the original inhabitants of the conquered territories. As noted in our feature "This Date in History" on Wednesday, Mary March was brought to St. John's in 1819. While not the last of the Beothicks, a short four years after saw the finish of this Indian race found in Newfoundland. The first rude trappers, hunters and fishermen, as they spread into the northern parts of the island, were outside the control of the law and were but little disposed to try conciliation and kindness on a tribe of savages whose presence interfered with their pursuits. The poor Beothicks were hunted down as vermin and destroyed, and in something over three hundred years, when an expedition was organized to penetrate to their last retreat at Red Indian Lake, only their graves and the mouldering remains of their wigwags were found. Their tools, their arrow-heads were to be seen, but they had gone.

"Like the cloud-rack of a tempest,
Like the withered leaves of autumn."

—Harvey's Hand-Book.

YES

A few minutes after Zam-Buk is applied to a cut, a burn, a scratch, or any sore place, the pain is stopped. Mothers should never forget this, because it is one reason why Zam-Buk is the best thing for children's injuries. It stops their crying and gives them ease. Right from the instant of application healing begins, and Zam-Buk heals quickly. Note these statements from reliable persons, some of whom you may know.

Baby's Sore Healed.

"My baby girl had a bad sore on her chin, which was very painful, and caused her to be very restless. I put on some Zam-Buk, and in a wonderfully short time it gave her ease. In a few days the sore was completely healed."
Mrs. E. COCKER,
Yorkton, Sask.

Rusty Nail Pierced Finger.

"I ran a rusty nail under my thumb nail while at work. The pain was terrible and I feared blood poisoning was coming from the dirty, rusty nail. I melted some Zam-Buk and ran it into the wound, and it stopped the pain almost instantly. It kept away inflammation and in a few days the wound was quite healed."
Mrs. A. H. ORR,
Shipley, Ont.

A Bad Burn.

"In moving some wood in the store, I burned my thumb very badly. In a few minutes it was covered with a big white blister, and the pain was very bad. Zam-Buk was applied, and in quick time it gave me ease!"
H. E. JENSEN, Organist, Carman, Man.

Take this Advice!

If you have some sore place, some skin disease, some cut, or burn or ulcer, why continue to suffer pain? Every hour you suffer is an hour wasted. You cannot do your best work in pain; you cannot enjoy your leisure. Zam-Buk saves far more than it costs, by saving you time in this way.

Zam-Buk is a "short cut" to skin healing. There is nothing which acts so quickly and so surely. Use it for all skin injuries and diseases, Eczema, Ulcers, Blood Poisoning, etc., and for Piles. All druggists and stores, 50 cents a box, or post free from Zam-Buk Co., Toronto, for price. Refuse harmful imitations.

Zam-Buk

EVERY HOME NEEDS IT

ADDRESS ALL APPLICATIONS FOR SAMPLES AND RETAIL ORDERS TO T. McHURDO & CO., ST. JOHN'S, N.F.L.D.

Stevenson's Grave.

Its Romantic Site, in Samea, Atop the Forest Clad Valley.

No English novelist rests in a more eccentric spot than that chosen by Robert Louis Stevenson, who is buried on the summit of the forest clad Vaila, in the island of Samea, that genial spot in the South Pacific that the gifted writer loved so well.

The day after his death at Vallima, in 1894, his remains were carried to the top of this precipitous and picturesque peak by sixty sturdy Samoans, who had loved and now mourned their dead chief, Tusiuta.

A narrow cart-track had previously cut a pathway through the thick, tangled wood with knives and axes, while another party had prepared the grave. With infinite care and trouble they bore him shoulder high over the rough ground to his last long home, and there, under the starry sky, they

left him to sleep for ever, with the Pacific at his feet.

On either side of his tombstone is a bronze plate. One bears the words "The tomb of Tusiuta," while the other is inscribed with his own requiem, beginning:

Under the wide and starry sky,
Dig the grave and let me lie.

IS YOUR COUGH GOING FROM BAD TO WORSE.

If you catch a cold (which very often develops into a cough) everyone can tell you how to cure it! If one tried half the things his friends recommended he would be a physical wreck!

Fortunately it isn't necessary to experiment with ginger tea and such things, get a bottle of Stafford's Phosphate Cough and Cold Cure, take according to directions and you will be relieved in a few hours.

Phosphate is not like most things put up for this purpose. There isn't a particle of Quinine in it. It relieves the inflamed congested condition of the mucous membranes of the nose and throat, and soon rids the system of the poisons that cause colds.

Don't wait until you get that horrible, hacking cough which you are not able to get rid of. No treatment having been found successful up to the present time. Try Phosphate Cough Cure at once.

Price 25 cents a bottle. Postage 5 cents extra.

For sale at
STAFFORD'S DRUG STORE,
Theatre Hill.

STAFFORD'S PHARMACY,
Duckworth Street.

and all Outport merchants.

Feb 10/13