

## GRAND DANCE

ON  
Wednesday Next, Sept. 10th,  
C. C. C. HALL.

(A. A. A. Sports Night).

Music by The Mount Cashel Band  
(By special permission of the Superior).

TICKETS: GENTS' \$1.00  
LADY'S 50c.

Follow the crowd to the BEST Dance Hall  
and the BEST Dance Music.

## TO THE TRADE!

LOWEST PRICES QUOTED ON

Mill Ends, Remnants  
and

Pound Goods.

Denims, Khaki, Cotton Tweed, Flannelettes,  
Cretannes, Calico, Blanket Ends, Wool Tweed,  
Quilt Cottons, Percales, Shirting,  
Dress Serge, etc.

WHOLESALE ONLY.

Avalon Wholesale Dry Goods  
Co., Ltd., 303 Water St.

D. A. SUMMERS, Manager.

## COAL!

If you want the BEST order our  
WELSH ANTHRACITE.

All who used it last year say it is the best they  
ever had.

Screened North Sydney. Burnside Scotch.

A. H. Murray & Co., Ltd.

PHONE 1847.

BECK'S COVE.

## Skipper Brand Cutlery

Manufactured by S. HIBBERT & SON, LTD.,  
still standing the Test of Time after over a hundred  
years of competition, clearly indicates its unimpeach-  
able Quality and Worth.

Always Ask for Skipper Brand when  
Buying

Stainless Cutlery, etc.

## BE PREPARED!

Now is the time to arrange for your Winter Sup-  
ply of fuel. We have COKE for sale of the best  
quality, suitable for Industrial or Domestic use.  
COKE is an excellent substitute for Anthracite Coal.

Encourage Home Industries, and send us your  
orders.

PHONE 81 FOR PRICES AND PARTICULARS.

St. John's Gas Light Co.

## Crushed by a Girder.

A carpenter who purchased our Disability Policy last year,  
while working recently on the roof of a large city building under  
construction, suffered five weeks injury through a falling girder.

His small semi-annual premium, only \$ dollar a week, was  
never missed by him, but he very much appreciates the claim  
Clique We gave him.

\$100.00 FOR ONLY \$24.80

YOU CANNOT AFFORD NOT TO BE PROTECTED!

U. S. FIDELITY & GUARANTY CO.  
J. J. LACEY, FIELD AGENT.

ADVERTISE IN THE EVENING TELEGRAM.

## Molasses as a Food.

Molasses is by no means what it  
used to be. The liquid residue of  
sugar-manufacture has become less  
sweet as methods of recovering more  
and more sugar from it have been  
perfected. Not so very many years  
ago, says Dr. William Edward Fitch,  
writing in The American Food Jour-  
nal (New York), molasses was one  
of the principal foods of the United  
States. That was the day when it  
was made by pressing the juice from  
the sugar-cane, boiling it to a crys-  
tal in large open kettles, and then  
putting the crystalline mass into per-  
forated hogheads where the liquid  
was allowed to run off, leaving in  
the hogheads what was known as  
"open kettle" or muscovado sugar.  
The liquid was a heavy sirup known  
as "open kettle" molasses. This was  
the molasses that our grandmothers  
knew and used. Dr. Fitch continues:  
"To-day efficiency has lowered the  
quality of molasses by providing meth-  
ods for more thoroughly extracting  
the sugar. There is still, however,  
some of the good old molasses to be  
had. A little is produced in Louisi-  
ana, but it principally comes at the  
present time from the West Indies.  
"The amount of molasses consumed  
varies in different localities. In the  
metropolitan areas in the United  
States comparatively little is con-  
sumed. City people purchase molas-  
ses in cans, and not in barrels, and  
until recently only an inferior qual-  
ity of molasses has been available in  
cans. The problem of canning high-  
grade molasses has recently been  
solved, and this will undoubtedly in-  
crease the consumption.  
"In the country districts, particu-  
larly in the South and in some of the  
Northern States, New York, Connecti-  
cut, Vermont and Maine, the use of  
molasses is fairly large. The coun-  
try people are satisfied to buy molas-  
ses in bulk, and they have, there-  
fore, been able to secure right along  
the 'good old-fashioned sugary' molas-  
ses."

"In the cities what little molasses is  
used is principally for baking. In  
the country it is not only used in  
baking, but as a substitute for but-  
ter and for jam. In certain sections  
of the country when one stops at a  
small wayside inn and orders his  
coffee he will be asked whether he  
wants long or short sweetening. The  
"short-sweetening" is sugar, and the  
"long sweetening" is molasses.  
"In Newfoundland, molasses-to-day  
is still one of the principal ingredi-  
ents for sweetening tea-and coffee.  
In the South the consumption of mo-  
lasses is large, and there it is used  
in a multitude of foods. Molasses  
pie is considered a great delicacy in  
Alabama and Louisiana as well as  
other Southern States. All Southern  
families serve baked hams with mo-  
lasses. In New England large quan-  
tities of molasses are used in baked  
beans, apple-pie and gingerbread."

"Molasses is of special interest from  
a chemical and dietetic point of view,  
because of the variety of ways it has  
been utilised as a food. Molasses  
contains not more than 25 per cent.  
of water, and not more than 5 per  
cent. ash, and the importance of mo-  
lasses as a food is seen when it is  
realized that about 25 per cent. of  
the sugar present in the original  
juice is found in the final molasses.  
"With the introduction of modern  
methods, larger quantities of sugar  
are now obtained in a crystallizable  
form, but the quality of molasses is  
more or less impoverished. It is the  
rule now to secure at least three  
crystallizations. "First molasses" is  
obtained by placing the crystallized  
sugar from the vacuum pans in the  
centrifugal machine; the product is  
called "first molasses." Usually this  
is diluted to a sirup and rebolled  
with fresh clarified juice direct from  
the sugar-cane, from which a second  
portion of sugar is recovered; or the  
molasses may be boiled separately,  
resulting in a second crystallization,  
and the sugar separated by centri-  
fugation. The molasses from this  
second process is known as "second  
molasses." The "third molasses" is  
made by rebolting the second molas-  
ses to a thick consistency, transfer-  
ring it to a warm room, where a third  
crystallization takes place in from 60  
to 80 days. The sugar from this crys-  
tallization is separated as before by  
centrifugation, and "third molas-  
ses" of still greater inferiority is pro-  
duced."

"The assimilation of the sugar con-  
tent of molasses has received con-  
siderable attention at the hands of  
physiologists and chemists. As a result it is now the consensus  
of opinion, Dr. Fitch tells us, that  
after entering the blood it is conver-  
ted by the liver into glycogen, a white  
mealy compound containing the same  
chemical elements as sugar, but in  
different proportions. Just what be-  
comes of it after that is more or less  
disputed, but every one is agreed  
that glycogen is the form in which  
sugar is stored in the body, for a time  
at least. He goes on:  
"The fact that sugar may have a  
disturbing influence upon the diges-  
tion does not mean that sugar itself  
it at all likely to escape digestion.  
"The readiness with which sugar is  
hydrolyzed by the intestinal juices,  
combined with the susceptibility of  
sugar to the attack of bacteria, makes  
it unlikely that much sugar will pass  
through the digestive tract unchang-  
ed." Fitch says, "Undoubtedly su-

gar in the blood is heavily drawn on  
during violent exercise, hence the  
longing for it in a form that can be  
readily assimilated."

"Good old-fashioned molasses is  
ranked as a more available heat pro-  
ducer and a more decided force con-  
server than starchy foods. Molasses  
is a highly concentrated form of  
carbohydrate food; easily digested,  
and almost entirely absorbed, adding  
largely to the fatty tissues of the  
body. The sugar content of molasses  
is highly nutritious, and is a great  
source of muscular energy."

"The negroes in the South, during  
the molasses-making season, from  
chewing the pith of the cane stalk and  
gorging themselves the newly made mo-  
lasses, rapidly increase in body  
weight and muscular development.  
The mules also grow sleek and fat  
from eating the refuse around the  
cane mills."

"The highly fattening properties of  
molasses, when in sugar form, are  
beyond question. The caloric value  
of old-fashioned molasses, and a few  
other important every-day foodstuffs  
are given below in calories per pound:  
Molasses . . . . . 1280  
Sugar . . . . . 1285  
Honey . . . . . 1785  
White Bread . . . . . 1225  
Butter . . . . . 3805  
American Cheese . . . . . 2005  
Porterhouse Steak . . . . . 1570

"A point to be considered in deter-  
mining the food value of molasses is  
the fact that it contains natural  
mineral salts, which have been al-  
most entirely removed from white  
sugar, and from white flour. In the  
well-balanced modern ration molas-  
ses not only supplies these mineral  
salts, but it also supplies vitamins."

"It is a well-known fact," says  
Abel, "that the harvester, laborer,  
lumberman, and others engaged in  
laborious work in the open air con-  
sume great quantities of sweets in  
their dietaries; largely in the form  
of puddings, sugar and molasses, al-  
ways with benefit to them." In this  
class of manual labor sugar furnishes  
the extra energy required for the  
muscular energy expended in such  
strenuous work. Brilliant-Servant long  
ago pointed out the interesting fact  
that the English added sugar and  
molasses to the ration of their race  
horses to sustain them in their trials  
for speed and efficiency. When mo-  
lasses is added to the diet the ability  
to perform work is increased, while  
fatigue and nitrogenous waste is less-  
ened. Molasses is one of the most  
concentrated of all carbohydrate  
foods that contain a considerable  
percentage of mineral salts and vita-  
mins."

"The development of the sugar-  
cane industry has had a far-reaching  
effect on the national health."—Lit-  
erary Digest.

GRAND DANCE C.C.C. HALL  
—On Wednesday next, the night  
of A.A.A. Sports. Music by Mt.  
Cashel Band. Don't miss it. Wet  
or shine it will take place.

Enjoyable Garden Party  
at Witless Bay

The Garden Party at Witless Bay  
held yesterday afternoon was an at-  
traction for a large number of people  
from the city. Over 300 people went  
by train which left the station at 2  
p.m. and many others proceeded by  
motor car. The weather was ideal  
and patrons had a most enjoyable  
time amongst the amusements was a  
series of football five. Four teams  
contested. The first game B.I.S.  
vs. Bay Bulls, was won by the B.I.S.  
whilst in the second the Gaelic de-  
feated the Witless Bay team. In the  
play-off the Gaelic were victorious  
and were awarded a handsome silver  
cup. Other side shows and attrac-  
tions helped to make the evening one  
of pleasure and the appetizing teas  
served by the ladies of the parish  
were in themselves a big attraction.  
During the evening excellent music  
was provided by the C.C.C. Band.  
The train with visitors on board ar-  
rived at 12:45 this morning and all  
were glad they had gone to Witless  
Bay Garden Party.

McMurdo's Store News

BONICILLA CLASHING BEAUTIFIER.  
—The modern woman's way of keep-  
ing her skin clear and beautiful. It  
is nature's greatest aid for every im-  
portant, if real, wholesome beauty is  
desired.  
Bonicilla Beautifier, Tubes . . . \$1.35  
Bonicilla Beautifier, Pots . . . . 2.00  
Bonicilla Vanishing Cream, Tubes . 65  
Bonicilla Vanishing Cream, Pots . 50  
On Friday & Saturday.

We have our weekly fresh supply of  
delicious candies at our usual week-  
end prices.  
Choc. Cherries & Raisins, Pineapple  
Cubes & Ginger, Choc. Brazil & Al-  
monds.

Our Extra Special.

O. K. Creams . . . . . 35c.

Italian Mixture . . . . . 38c.

GRAND DANCE C.C.C. HALL

—On Wednesday next, the night  
of A.A.A. Sports. Everybody go-  
ing. All the latest Dance music  
by the wonderful "Boys" Band of  
Mount Cashel by Special permis-  
sion of the Superior.—Sept. 8, 21

## JUST OPENED!

A large selection of British and Foreign Goods  
in all Departments.

These goods are the pick of the markets and are now being opened and mark-  
ed at our usual low rate of profit.

VELVET  
and  
TAPESTRY  
TABLE  
COVERS.

INLAIN  
LINOLEUMS  
and  
FLOOR  
COVERINGS.

STAIR  
CARPETS  
and  
HEARTH  
RUGS.

TOWELS  
and  
SHEETS.

H. S. SHEETS  
and  
PILLOW CASES

EIDER  
DOWN  
QUILTS

LADIES' EVENING DRESSES.

LADIES' DAY DRESSES

LADIES' FLANNEL

DRESSING GOWNS.

LADIES' MILLINERY HATS.

DRESS VELVET, SILK VELVET.

NEW RIBBONS, CAMISOLES.

NIGHT DRESSES.

SILK UNDERSKIRTS, SILK DIRECTORATE KNICKERS

LADIES' OPERA VEST, INFANTS' SILK DRESSES.

GIRLS' SERGE KILTS, MERCERIZED SILK SCARFS.

INFANTS' ROBES, SLIDES FOR BOBBED HAIR.

SWEATER WOOLS, LADIES' COSTUMES.

LADIES' DRESS SKIRTS, GIRLS' SERGE REEFERS.

LADIES' FUR COATS, CHILD'S MILLINERY HATS.

LADIES' HOSIERY IN SILK, WOOL AND LISLE.

HOUSEMAIDS' DRESSES AND APRONS.

Special  
Value  
Ladies'  
Wool  
Sweaters.

WOOL  
BLANKETS.  
We were fortunate in  
placing our order before  
the late advances.

MEN'S  
ENGLISH  
TUNIC SHIRTS.  
Double cuffs. Splendid  
designs.

TOYS  
and NOVELTIES  
for Xmas and Church  
Bazaars.

BOYS' TWEED SUITS.  
BOYS' SAILOR SUITS.  
BOYS' JERSEY SUITS.  
BOYS' PANTS  
in Serges and Tweeds.

LADIES' AND GENTS' KID, WOOL AND FABRIC GLOVES.

LADIES' GAUNTLET GLOVES, CHILDREN'S GLOVES.

LADIES' BUCKRAM HAT SHAPES, CHILD'S VELVET TAMS.

VENETIAN  
LADDER  
TAPE.

TEA  
—  
COSEYS.

TAPESTRY  
and CHINTZ  
FURNITURE  
COVERING.

BLIND LACE  
and  
BLINDING.

WHITE  
HONEYCOMB  
and SATIN  
QUILTS.

STRIPED FLANNEL, CYCELLA, SAXONY FLANNEL, SCOTCH WINCEY, DRESS GOODS.  
LAWNS and NAINSOOK, DRESS SUIT CASES, LADIES' HAND BAGS and PURSES.

CALL AND BE CONVINCED OF VALUE

## G. KNOWLING, Limited

"The Eternal Three"  
at the Majestic

WONDERFUL FEATURE STARRING  
HOBART BOSWORTH AND  
CLAIRE WINDSOR.

Marshall Neilan has produced a  
picture of much power in "The  
Eternal Three." It will be shown at  
the Majestic Theatre to-day.

Reviewed by Mary Kelly.  
With a story built along popular  
lines, Marshall Neilan has produced a  
picture of power.

The plot is elaborate. The picture  
starts as a tribute to surgeons, gives  
a slant on a victorious operation in a  
hospital, takes the surgeon through a  
love affair and marriage which is al-  
most disrupted by a foster son whom  
the doctor has rescued from the gut-  
ter. Hobart Bosworth, Claire Wind-  
sor and Raymond Griffith are the  
"eternal three."

But the most stirring part of the  
story is in a subsidiary love affair.  
Here the human interest is typical of  
Marshall Neilan as he is universally  
appreciated. The work of Essie Love  
and Tom Gallery in an erring romance  
of youth is the really moving thing  
tively done. One of the shots in Mes-

about this picture. It shows a delicacy  
of directing and a sincerity in the  
performance of these two that strikes  
deep.

The cast is an excellent box-office  
angle. Claire Windsor is beautiful  
and charmingly suited to preside at  
the various sumptuous affairs. Hobart  
Bosworth's best talent is not realized  
and a tendency to overact seems not  
so much his fault as the general de-  
fect of the picture which takes sud-  
den melodramatic plunges at times.  
William Norris is funny as the old  
rue in the cabaret scenes. These  
have been painstakingly and effec-  
tively done. One of the shots in Mes-

too is particularly beautiful. The di-  
rector has incorporated his idea of a  
modern, weakling, destined to do much  
mischievous as he pursues his frivolous  
way, in Raymond Griffith, who will re-  
call to most everyone a familiar type.

GRAND DANCE C.C.C. HALL  
—This is going to be a wonder-  
ful Dance on Wednesday, there-  
fore don't fail to attend. End  
"the day" by enjoying a splendid  
Dance in a splendid Hall to splen-  
did Dance music "the best ever."