

The Choice of Society.

Three Flowers toilet requisites have been unhesitatingly accepted by the most charming ladies of Society as the most beautiful aids to a perfect appearance. The faint fragrance of the lovely Three Flowers odor is only one of the many appealing qualities of this dainty perfume which is incorporated into all the Three Flowers aids to beauty. The Talcum is distinctive and altogether fascinating. The Face Powder possesses a rare charm. The Vanishing Cream is so fragrant—appealing that its users experience a new delight every time the cover is removed from its dainty container. We have all the Three Flowers preparations in stock now.

PEDIGREW'S
DRUG STORE,
June 10, 12, 13 Military Road.

CITY OF ST. JOHN'S



St. John's
Municipal Council.
TENDERS.

Tenders will be received up to Thursday 19th inst., at 3 p.m., for the purchase of the Delco Lighting Outfit complete at Bowring Park. Information with regard to same may be obtained from Superintendent Canning at the Park.

Highest or any tender not necessarily accepted.

J. J. MAHONY,
City Clerk.

ANNUALS.

ASTERS, STOCKS,
CORNFLOWER,
ALYSSUM,
SNAPDRAGON,
HELICHRYSUM,
NIGELLA,
LOBELIA,
DIANTHUS,
CLARKIA,
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SWEET SULTAN,
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CANDYTUFF,
MUSK, COREOPSIS.

The
Valley Nurseries,
Limited.

Phone 1513 St. John's West.



"THE WAY TO SKIN LOVELINESS"
The active woman to-day is expected to appear always fresh, always youthful, always exquisitely groomed. And the same loveliness of clear, smooth skin may be acquired by any woman through the daily use of Pond's Two Creams.

June 9, 11, 13

Some New Books

The White Wilderness
George Allan England . . . \$1.50
Spanish Love, Juanita
Savage . . . \$1.50
"Harbottle" by John
Hargrave, a modern
Pilgrim's Progress \$1.50
The Romance of a
Rogue, Ruby M.
Ayres . . . \$1.50
Pears' Cyclopaedia,
New Edition, 2 million
copies already
sold. Price . . . 85c.

GARRETT BYRNE,
Bookseller and Stationer.

KIRK'S LINIMENT FOR DIS-
TEMPER.

In the Realms of Sport

TO-NIGHT'S FOOTBALL.

The G.C.C. and Star eleven will try conclusions this evening at St. George's Field.

ST. BON'S ANNUAL SPORTS.

The postponed St. Bon's Sports Day was held yesterday afternoon, commencing at 5.30 before a large attendance. Despite the long list of entries there were no delays and the different events were run off without a single hitch in the arrangements. Among those present were His Excellency the Governor, His Grace the Archbishop, under whose patronage the event was held, Monsignor McDermott, Rev. Dr. Carter and Christian Brothers. The prizes were presented after each event by His Grace the Archbishop, who complimented the young athletes on their success. During the evening the Mount Cashel Band was in attendance and, under the able leadership of Capt. Arthur Bulley, discoursed an excellent musical programme. The Ladies' Association, who looked after the teas and the various stalls, met with remarkably success, everything being practically disposed of and a handsome sum realized. The grounds were gaily decorated with bunting and the whole scene was a very pretty one. The following is the programme of events and winners:

Hurdle Races—Semi-finals.
High Jump—Seniors: 1st, C. Fraser;

2nd, J. Cotter; 3rd, W. Walsh. Intermediate: 1st, W. Cotter; 2nd, G. Power; 3rd, R. Baker. Juniors: 1st, K. Blandford; 2nd, L. Cantwell; 3rd, K. Bulger. Preliminary: 1st, W. Casey and J. Kearney; 2nd, L. O'Reilly.

Primary Races—9-10—R. Cooper; 11-12 1st heat, R. McGrath; 2nd heat R. Brynildsen.

Preliminary Races—12-13, J. Kearney; 13-14 J. Thorburn; 14-15 C. Strang.

Relay Race—(Boys) Students vs. Day Students—Won by Day Students.

Indian Club—Preliminary Class. 15 Yards Dash—Seniors: A. Slattery; Intermediate, W. Cotter; Preliminary, C. Strang.

Drill, Free Exercises—Preparatory Class B.

Final Hurdle Races—Seniors: C. Fraser; Intermediate, R. Baker; Preliminary, P. Thorburn.

Tots Tricycle Race—Won by F. O'Dea and P. Fitzgerald.

Pole Vault—Seniors: A. Graham; Intermediate and Preliminary will be decided this afternoon.

Preparatory Races—Giants Race: A. McKenzie; 6-7, F. O'Dea; 7-8, B. Kenny; 8-9, B. Mitchell; 9-10, W. Edney.

Football Fives—Guards 1 goal; Saints 0; Cadets 4 goals 2 corners; C. E. I. 0.

Relay Race—(Past vs. Present)

Won by Past. Pupils, W. Skinner, J. Canning, Gerald Halley.

Swedish Drill—Primary Race.

Relay Race—(Preliminary A vs. Preliminary B)—Won by A. team, P. Thorburn, C. Strang, K. Blandford, L. Cantwell.

Quarter Mile Race—(Intermediate under 17)—Won by W. Cotter.

Dumb Bell Exercises—Preparatory Class A.

Half Mile—L. J. Cotter; 2, V. Farrell.

Egg and Spoon Race—Won by K. Malone.

Sack Race—Won by D. White.

250 Yards—(Preliminary)—Won by P. Thorburn.

Figure Marching—Senior Classes.

Final Football Fives—Cadets, Guards & Winning team: R. Walsh, M. Maddigan, W. Callahan, R. Meaney, M. Flynn.

GENEROUS OFFER.

Rev. Father Nangle has graciously offered a beautiful cup for the Belvedere Road Race, which will be run at a later date on the College Campus through the courtesy of the good Brothers of St. Bon's. All intending competitors are asked to get in training as early as possible, entries for which will be made at the store of C. J. Ellis, Water Street.

ST. MARY'S GARDEN PARTY.

Sports Programme.

The sports programme in connection with the annual garden party of St. Mary's Parish, was highly successful. The three mile road race proved a most exciting event and was won by Ron O'Toole in 16 min. 3 sec.; W. Linegar, 2nd; and G. Stone, 3rd. The following are the prize winners in the sports programme:

Quarter Mile (Open)—1st, C. Stone; 2nd, S. Parsons.

Boat and Box Race—1st, W. Carson; 2nd, W. Redstone.

Cavalry Tournament—1st, C. Reid and R. Squires; 2nd, W. Gilliver Sr. and W. Gilliver Jr.

Half Mile—1st, C. Stone; 2nd, C. Press.

Football Sixes—Cadets vs. Holy Cross. Won by Cadets, 2 corners to 1; Gaelic vs. Wesley, Won by Wesley, 2 goals to 1.

Tug of War—Won by St. Mary's team by default.

3 Mile Road Race—1st, R. O'Toole; 2nd, W. Linegar, 3rd, G. Stone.

1 Mile—1st, J. Ralph, 2nd, J. Thorne, 3rd, G. Stone.

Final Football Sixes—Cadets vs. Wesley. Won by Wesley, 1 goal to 0. The team was: B. Adey, J. Driscoll, A. Rooney, H. Haynes, F. Perchard, H. Marshall.

Eating Sunshine

HOW IT WILL HELP YOU TO HEALTH.

Although we don't actually consume the sunshine itself, we may well be said to eat sunshine when we consume cereals, fruits, nuts and certain raw materials which have been ripened in the sun and owe their vivid colouring to the effects of its rays. Sunshine has a powerful influence on health, and there is one important fact in connection with these sun-ripened raw foods which distinguishes them from foods cooked by the fire or electricity. These raw foods contain those all-important substances known as vitamins, which are destroyed either entirely or in great part, by the application of artificial heat.

It is, indeed, on the presence of these vitamins that the vital quality of all food depends, and it is the absence of them which causes certain diseases.

Disadvantages of Cooked Foods.
It is well-known, for instance, that the prolonged eating of cooked, to the exclusion of uncooked, food impairs the health and strength of adults and is the cause of infantile scurvy, which causes intense suffering in children. To cure such sufferers they must be given fresh milk or the juice of fruits.

Cooking greatly changes the character of certain foods. A ripe apple is a pleasant mingling of sweet and acid. If the same apple is baked, or stewed, the sweetness disappears and the acid is so intensified that much sugar must be added to make it palatable. What is true of the apple is equally true of other fruits.

While fruits are more or less acid to the taste, the advantage of eating them is that the acid is converted into an alkali by digestion, and this enables the blood to rid the body of certain substances which may be harmful.

The Lemon and Salad Cures.
It is in this way, for instance, that the lemon cure acts. It is an exceedingly simple treatment for rheumatism and gout, but it should not be undertaken without medical advice.

Certain consulting physicians in London are now prescribing salads to cure disease and to keep their patients well. The theory which apparently underlies this treatment is that the green colouring matter of plants is

closely allied in composition to the red colouring matter of the blood, and that the former, may, therefore, readily be converted into the latter.

Now, sunshine plays a vigorous part in producing colour. Bulbs which are grown in the dark and whose young stems come up practically blanched, rapidly turn green when placed in the direct light of the sun; and anemic children recover rapidly when kept in the sunshine.

Victims of "Light-Hunger."

Everyone knows how depressed we get during the dark days of winter. This has been attributed to the fact that we are the victims of "light-hunger," because we have been starved of what should be our proper allowance of sunshine.

It has been discovered that cod liver oil, cream, and the fat of bacon and meat have qualities which correspond to a certain extent to sunlight. Realizing this, some authorities have recommended that, during the dark days, we should eat a lot of these fatty substances, which are, practically, transformed sunshine. During the summer animals feed on foods growing in the sunshine. This they absorb into their tissues and store up in their fat, and we take it second-hand if we eat such fat. Those who habitually eat stored sunshine in fruit and raw vegetables declare that they are far healthier and happier than they were on the flesh diet most of us still use, that this food prevents any possibility of over-eating, that it contains no waste matter in purity, in the body or to affect the delicate cells, and that it beautifies the complexion.

Wedding Bells.

NEARIN-HARVEY.

Last Sunday at 3.30 p.m. at the R. C. Cathedral, a pretty wedding was solemnized by Rev. Dr. Carter, the contracting parties being Annie daughter of John Nearin, 18 Hayward Avenue, and Mr. M. Harvey, son of Mr. F. Harvey of Bell Island. After leaving the church a reception was held at the bride's home. On Monday they proceeded to Bell Island, their future home. Their many friends wish them long years of health and happiness in their wedded journey through life.

KIRK'S LINIMENT RELIEVES NEURALGIA.

Entire Change at The POPULAR STAR To-Night.

The HAWAIIANS in a Complete Change of Program

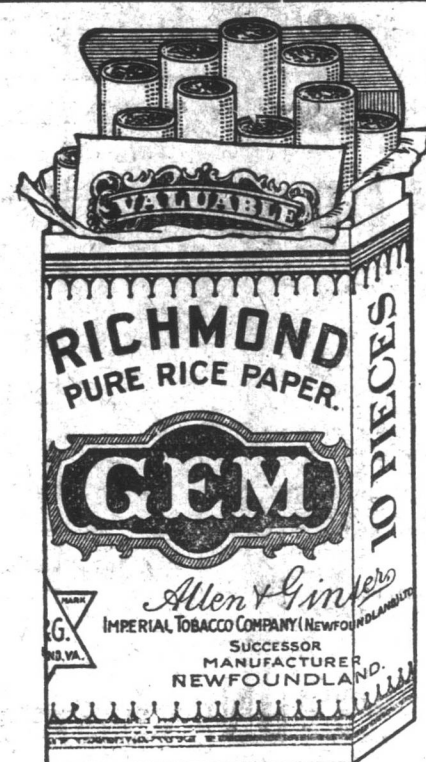
WILLIAM DUNCAN in Episode Three of That Exciting Serial

"THE STEEL TRAIL"

Paramount Pictures presents a HIGH CLASS SOCIAL DRAMA in Six Parts

"The Sporting Earl"

The Usual Big Matinee Saturday—Send the Children to hear Eddie, Big Bill, Charlie, Indetta & Jonia, MONDAY, That Big Sensation, "ABOVE ALL LAW"—Don't Miss It.



The best cigarette money can buy
positively none better

Certainly!

Save your cigarette Box Fronts—
It's worth while and no trouble,
you stand a chance of winning one
of the fifty prizes offered—Get
busy and start saving to-day.

Look at These Prices!



MEN'S DARK TAN BOOTS
with rubber heels.
Only \$4.50.

MEN'S DARK TAN BOOTS
with rubber heels.
for \$5.50 and \$6.50.

MEN'S BLACK LAC-ED BOOTS
with rubber heels.
Only \$4.00.



WHITE HOUSE SHOES
MEN'S DARK TAN SHOES
with rubber heels.
for \$5.50 & \$6.50 per pair

F. SMALLWOOD The Home of
GOOD SHOES

Great Film at Majestic Monday Next

FAVOURITE STARS APPEAR IN
CANADIAN PRODUCTION.

Does Hollywood produce the greatest motion pictures. Well, judging from what we've seen contained in "The Stranger of the North," they can make just a beautiful production right over here in Nova Scotia. It was in Cape Breton that the Mar-

time Motion Picture Co. made the above spectacularly beautiful picture. The cast is one superlative value consisting of our old favourite actor Richard Travers of Essanay fame, supported by Ruth Dwyer, popular screen beauty; DeSade Moore (better known as the blonde vampire); Chas. Graham, famous character artist; James McDuff, impersonator of many roles; Louis Dean, another well known character man and Pat Hardigan noted screen villain. A short synopsis of the story is as follows:

Laddie Ferguson comes from Scotland to make a fresh start in Nova Scotia, where Donald MacGregor, a friend of his mother, has vast lumber interests which a syndicate is trying to wrest from him. MacGregor has a daughter, Mary, who is so married from the outside world so married from the outside world that every man in MacGregor's employ is forbidden to speak to her. This order is sternly communicated to Ferguson by MacGregor, whereupon the young man is sent on a six-mile walk to the lumber camp. Mary way-lays him, however, and does her ut-

most to make him break his silence. Her further effort and Ferguson's resistance are lighter moments in a story that make the plot an absorbing one.

There will be a Big Dance in the Recreation Hall at the Belvedere Garden Party next Wednesday, under the management of Mrs. Harry Pedigrew. That means a big time for all who attend.

An Effective Light

The Council are to be congratulated on having placed a light in the lane connecting Prescott and Victoria Streets. This is a thoroughfare much used by pedestrians during the day time, but until now it was a gloomy passage through which few cared to venture after nightfall. A rendezvous for those who prefer darkness to light and a depository for empty bottles and rubbish, but the flood of light thrown upon it will effectively tend to banish the loiterer and to make the lane a great convenience.

What makes Balloon Tires possible? It is the greater flexibility which the cord layer construction provides. Goodyear developed and perfected the cord layer construction now used in all successful tires. —June 12, 21



PUBLIC NOTICE.

RENEWS BRIDGE.

The public are hereby warned that the Long Bridge at Renuws is in a dangerous condition and is not safe for motor traffic. It may, however, be used for the present by foot passengers and horse vehicles.

C. E. RUSSELL,
Acting Minister Public Works,
Dept. of Public Works,
St. John's, Nfld.,
June 11th, 1924.
June 11, 21

St. JOHN'S

Grocery Stores

Best Grade Flour
58c. Stone.

Choicest Cut Rib Pork

Very Choice Beef
12c. lb.

Spare Ribs
13c. lb.

Choice Beef at 10c. lb.

Small Green Cabbage

J. J. ST. JOHN.

Duckworth St. & LeMarche Road.

YOUR GIRL

Will take a real interest in making a success of the fine art of cooking if you provide her with the necessary equipment. The age of a young generation should be taken into consideration. If you have a young girl, a kitchen is equipped with a "SMOOTHTOP" VULCAN GAS RANGE, fitted with a Modern Heat Regulator, perfect results are certain.

Try this recipe for M. BREAD: 4 cups flour, 6 spoons baking powder, 1 spoon salt, 1 cup sugar, 1 English walnut, 1 cup milk and eggs. Mix and sift dry ingredients and add the chopped nuts. Add milk and well beaten eggs. Put in two buttered pans and let stand 20 minutes. Set in oven heat regulator at 375° greens and bake for 20 minutes. Estimates and full particulars gladly furnished by

St. John's Gas Light Co.
Phone 81.

We have on the spot:

500 1-2 Chests
TEA

which we are selling below to-day's Colombo prices.

BAIRD & CO., LTD.
Water St. E.

NOTICE.

To our friends and the general public. We are prepared to all kinds of Cemetery work, monument and headstones, line, such as lettering, painting and renovating, we also concrete walls. We guarantee satisfaction. Prices reasonable. Write or call to the following addresses:

L. J. MADDEN,
277 Water St.,
J. F. MURRIN,
38 Hayward Ave.