

Still Leading!

Though assailed time and again, and threatened with displacement,

Gossage's Soaps

Still lead in sales. This is only due to its uniform quality which gives perfect satisfaction.

GEO. M. BARR, Agent.

Arrival of Prince Albert TOBACCO.

Prince Albert Tobacco is prepared for smokers under the process discovered in making experiments to produce the most delightful and wholesome Tobacco.

A rich mellow smoke, does not bite the tongue.

JAMES P. CASH

Distributor, Water Street.

R. WALLACE

STERLING

"The Saxon Pattern"

Something new which will never grow old
A rare combination of beauty and utility

If you contemplate a purchase of solid silver, be sure to see this exquisite line at our store

Remember, it's "The Saxon in Sterling"

T. J. DULEY & CO.,
The Reliable Jewellers.

Prepare for the Jaming Season!

We are now showing an extra heavy quality of

Enamel Skillets,

From 46c. to 70c. each.

Also, Best English Metal and Brass Skillets,
Wood Spoons, etc.

MARTIN HARDWARE CO.

Tintara

(AUSTRALIAN BURGUNDY)

In Bottles and Half Bottles

Hayward & Co.

Advertise in The TELEGRAM.

Getting Started.

By RUTH CAMERON.



"We've had such a good time this evening," said a neighbor of mine the other night, as she and her husband were leaving after a call that we, at least, had found most enjoyable. "I've done me lots of good to get out. We should have come long ago; we've spoken of it again and again, but you know it's so hard getting started. We won't let it be so long again."

"I'm sure my neighbor meant that last with all her heart when she said it, and yet I'm just as sure that it will be quite as long again. You see, I don't doubt that she'll want to come just as cordially as we want to have her, but I feel pretty sure that she'll run up against that same old snag—the difficulty of getting started."

"And what a snag that is, to be sure, for the whole human race."

"I meant to do a lot of good reading this winter," says Molly the Little Stenographer Lady, "but somehow I couldn't seem to get started."

"I don't know when I've enjoyed a course of lectures so much," says the author-Mrs., "and to think I missed the first three just because I didn't get started."

"I don't mind doing the dishes,"

Household Notes

An easy way of making water ices is with jam. Mix 4 heaping teaspoonfuls of jam with ½ pint of cold water; add the juice of a small lemon; strain and freeze. Or fruit syrups may be used instead of jam.

Frozen fruits are good for summer desserts instead of ice creams. Mash 6 bananas with ½ pint of cream, 2 ounces of sugar and the juice of a lemon. Freeze slightly and serve in a rocky heap on a glass dish.

Mint sauce for lamb is made by chopping the washed leaves very fine and pouring over them ¼ cup of boiling water and 2 tablespoonfuls of sugar. Let stand half an hour, then add the juice of a lemon and salt and pepper.

To freshen velvet, set a hot iron up on the end on an iron holder, cover the triangular surface with a wet cloth and hold the velvet firmly over this cloth, passing it backward and forward. The steam will cause the nap to rise.

An easy way of preparing spinach is to put it (thoroughly washed) into a saucepan, with no more water than clings to the leaves. Cook through, drain in a sieve, return to the saucepan and season with salt, pepper and butter and cream.

To clean suede shoes, rub the suede tops lightly with a soft white rag dipped in ordinary turpentine, turning the rag frequently as it becomes soiled. To remove small, let the shoes

EXPERIENCE OF MOTHERHOOD

Advice to Expectant Mothers

The experience of Motherhood is a trying one to most women and marks distinctly an epoch in their lives. Not one woman in a hundred is prepared or understands how to properly care for herself. Of course nearly every woman nowadays has medical treatment at such times, but many approach the experience with an organism unfitted for the trial of strength, and when it is over her system has received a shock from which it is hard to recover. Following right upon this comes the nervous strain of caring for the child, and a distinct change in the mother results.

There is nothing more charming than a happy and healthy mother of children, and indeed child-birth under the right conditions need be no hazard to health or beauty. The unexplainable thing is that, with all the evidence of shattered nerves and broken health resulting from an unprepared condition, and with ample time in which to prepare, women will persist in going blindly to the trial.

Every woman at this time should rely upon Lydia E. Finkham's Vegetable Compound, a most valuable tonic and invigorator of the female organism.

In many homes once childless there are now children because of the fact that Lydia E. Finkham's Vegetable Compound makes women normal, healthy and strong.

If you want special advice write to Lydia E. Finkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

says my neighbour as she lingers at the supper table, "but it's awfully hard to make the start."

How much pleasure, how many kind deeds, what brilliant enterprises are lost to the world just because that particular cog in the human make-up that gets things started works with such difficulty!

Most of human beings seem to be like automobiles which have been stalled. Once the start has been made we glide along as easily as can be, but someone has got to work over us just so long before we can be started.

There are always ten people who will go ahead with energy on any enterprise to one who will start it.

There are always ninety-nine people who will sign a subscription list on a protest or anything of that sort, provided the one-hundredth man can be found to start it.

Is there anything rarer than a caller who finishes her call and then starts to go, and actually goes without any repeats, any rumbling and creaking of her starting machinery? Unless it be the business man or woman who can sit down to his or her desk in the morning and start at once to work without any preliminaries.

Practice starting quickly and without fuss and you will be learning to eliminate one of the big wastes of the average human machine.

Ruth Cameron

Figures to Set You Thinking

Some of the Daily Happenings in the World's Greatest City.

Statistics of London life are generally speaking, dry, dull and uninteresting. They fall more often than not, to appeal to the imagination, and we simply regard them in a casual manner as so many units, tens, hundreds and thousands. There is, however, one subject at least which figures help us to understand better than pages of descriptive matter, and that is the immensity of London. As one writer observes:

"One lives only in the London one sees, and knows nothing and cares nothing for what is happening round the corner. One lives in a small and superficial London, not in the London in which 190 people die every day."

And while 190 people die every day, 325 households are invaded by 325 babies, and in the same time 105 marriages take place. A more sinister sidelight on the life of the metropolis is afforded by the fact that every day 120 men and women are sent to prison, and no day passes without someone being killed by the traffic in the streets. When it is mentioned, however, that no fewer than 4,000,000 people are carried every day on the trams, buses, tubes and local railways, it is not the number of accidents which is surprising, but the fact that they are so few, when one considers the immensity of London's traffic.

On an average there are 10 fires in London every day, 610 people go to the hospital, while 10 people become insane. And it is amazing that in this the richest city in the world there are 24,000 men and women in the work-houses, 500 being admitted to the casual wards every night.

This works out at a cost to London of \$20,000 a day. It is, however, but a fraction of the sum spent on amusements, for every day Londoners expend no less than \$150,000 in going to theatres, music halls, picture palaces and concert halls.

About "Paddy" Nolan.

The Magistrate Had Reasons of His Own for Feeling Nervous.

The late P. J. Nolan, of Calgary, whose resemblance to Hon. T. Mayne Daly was frequently remarked, was an Irishman with a spontaneous and irresistible wit, an excellent storyteller and an original and daring practical joker. His fund of anecdotes was inexhaustible, and the number of stories told about himself was legion. Here is one of them:

Like most Irishmen, "Paddy" Nolan had a big heart. He was easily touched by a tale of distress and generous to a fault. About the beginning of the century, when Calgary was a good deal smaller than it is now, a highwayman who lived in the town was killed in a wreck and left his

Travelling Man Recommends Duffy's



MR. CHAS. W. GITTLEMAN

"I have used Duffy's Pure Malt Whiskey as a medicinal tonic since 1906. I had pneumonia and was directed by my family physician to use Duffy's. It did me a great deal of good and ever since it has been used by my family. I am 38 years of age and a commercial traveler. An outdoor a great deal, and find this medicine a worthy stimulant and a good preventive of colds, etc., for which I cheerfully recommend it."—Charles W. Gittleman, 1684 Gates Ave., Brooklyn, N. Y.

Duffy's Pure Malt Whiskey

The merit and honesty of a product that has been before the public for more than half a century cannot be questioned. Its fame has spread the world over; it stands to-day a most celebrated and successful medicine. It is a great remedial agent in the treatment of pneumonia, grip, coughs, colds, other throat and lung troubles, and in all stomach troubles.

Sold by most druggists, dealers and hotels in sealed bottles only, price \$1.25. If you can't procure it let us know and we will tell you how to obtain it. Write for free doctor's advice and book of recipes for table and sick room.

The Duffy Malt Whiskey Co., Rochester, N. Y.

widow penniless. His estate consisted of nothing but a gold watch. It was little it would bring, but some friends of the widow, among whom was "Paddy," sought to increase this pittance by disposing of the watch through a raffle. "Paddy" and some others undertook to sell the tickets. The affair had not gone very far, however, when an officious policeman swooped down and arrested the widow on a charge of conducting a lottery. She was haled off to court, but "Paddy" was beforehand. Approaching the magistrate who, he knew, was to try the case and who had, at this time, heard nothing of it, he told a touching story of the woman's poverty and departed after having exchanged two of the tickets to the raffle for a crisp five-dollar note.

The case came into court, and "Paddy" who was acting for the defence, had the woman make a clean breast of everything. Then he proceeded to lecture the bench. He told again the story of the woman's loss and the straits to which she had been reduced. He pleaded her ignorance of the law, and when reminded that that was no excuse, he proceeded to dilate on the danger of lotteries and raffles to a community. He painted a vivid picture of evils they might bring, and described at great length the punishments he deemed meet for anyone who, knowing the law, should dare to conduct a lottery or raffle or act as agent for it, or buy tickets in it, or have anything to do with so damnable an enterprise.

The magistrate had seen, quite early in "Paddy's" speech, how things were trending and had been squirming on his bench. Here, however, he cut the advocate short, and giving the woman a very mild reprimand, let her go on suspended sentence. Then he waited for "Paddy."

"D— you!" he exclaimed, shaking his fist in the face of the laughing Irishman. "I expected every minute to hear you say, 'And your Honor has two of these same tickets in your waistcoat pocket.'"

Varicose Veins and Itching Piles

Usually Arise From Same Cause—Relief and Cure Effected by Dr. Chase's Ointment.

Nearly everybody knows of Dr. Chase's Ointment as the most effective treatment for piles or hemorrhoids that medical science has been able to compound. So much suffering and misery arises from this ailment that one is not long in telling his friends who he has found an actual cure. This accounts for the enormous sales of Dr. Chase's Ointment.

MINARD'S LINIMENT RELIEVES NEURALGIA.

Chesley Woods Manufacturers Agent.

Needham Organs,
Mason & Hamlin Organs,
Kohler Pianos,
Tonk Pianos,
Expert B Sewing Machines,
Greelman's Knitting Machines,
etc., etc.

Pianos & Organ Warerooms.

The old stand, 140 Water Street.

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10,000 VERY CHOICE CIGARS.
BROCK'S BIRD FOOD.
ROSE'S LIME JUICE.
SUNSHINE CUSTARD POWDER
BIRD'S CUSTARD POWDER.
BLANC MANGE POWDER.
TINNED RABBIT.
TINNED BAKEAPPLES.

When you want a cup of appetizing TEA, get our 40c.

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"Scotia"
Six per cent Debenture
Stock,
Seasoned
Security,
Safe as regards Principal Invested.
Sure as regards Interest Return.
Secured by Assets valued at nearly
Five Times Amount Debenture
Stock Issued.
Price 98 and Interest.

F. B. McCURDY & CO.,
Members Montreal Stock Exchange.

C. A. C. BRUCE, Manager,
St. John's, Nfld.

The Surplus Earned.

In 1912 the Canadian Life earned surplus of \$1,530,667, exceeding by over \$237,000 the earnings of 1911, and by a much larger amount the earnings of any previous year. This is of importance to policyholders, for their Dividends must come from this account.

CANADA LIFE ASSURANCE CO.

C. A. C. BRUCE, Manager,
St. John's.

Choice Barbados

Molasses

In tierces and barrels; also,

BRIGHT WEST INDIA SUGAR.

SALT.

BAINE, JOHNSTON & CO.

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