

NEW GOODS!

We've just received from the makers a new stock of the

Celebrated 1847 Rogers Bros. Silverware

- Consisting of:
- TEA SPOONS,
 - DESERT SPOONS,
 - TABLE SPOONS,
 - SUGAR SPOONS,
 - BERRY SPOONS,
 - CREAM LADLES,
 - GRAVY LADLES,
 - SOUP LADLES,
 - ICE CREAM SPOONS,
 - COLD MEAT FORKS,
 - DINNER KNIVES,
 - DESERT KNIVES,
 - FRUIT KNIVES,
 - NUT CRACKERS,
 - PICKLE FORKS,
 - BUTTER KNIVES,
 - PIE SERVERS,
 - CHILD'S SPOONS,
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Splendid goods at reasonable prices. Call and inspect them at
R. H. TRAPNELL'S,
Water Street.

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DICKS & CO.,

Flower Store Bulletin.

THIS WEEK!
CUT FLOWERS: Sweet Peas, Carnations (various colors); Poincés, Sweet Scented Mignonette.
Bridal Bouquets, Crosses, Wreaths, Selections for table decorations in handsome style. Prices of Carnations Reduced.
Phone, 197.

J. McNEIL,
RAWLINS' CROSS.

Hyman's Tobacco.



JAMES P. CASH,
Distributor.

Why We Get Tired.

BY RUTH CAMERON.



Few women realize how disproportionate a t e l y much weariness and exhaustion comes to them from doing some little thing which is beyond their normal strength. A doctor was called in one day by a woman who found that she could not get through her day's work in a comparatively small house, and with a family of three, without being completely tired at night. He surprised his patient by asking to see her kitchen. This room was a fairly compact place arranged with some regard to efficiency, and for awhile the doctor was puzzled. Then they passed into the dining-room and his face lit up with comprehension. Between the two was a heavy swinging door. "That door ought to stay back, doctor," explained the woman, as she pushed wearily through it and it swung back, "but the catch won't work. I've been meaning to have it fixed for months."

"How many times a day do you suppose you go through that door?" asked the doctor.
"I couldn't tell you," answered his patient; "perhaps a hundred."
The door was an exceptionally heavy door, resisting to the extent of nearly fifty pounds pressure, according to the doctor's estimate. Every time the house-wife passed through it she had to exert that much effort. It was evidently the last straw that broke the camel's back.

The doctor ordered a spring tonic, but he also prescribed much more emp-

tically a new catch for the offending door.
One over-exertion will tire anybody infinitely more than a dozen exertions. When you make a normal exertion you are simply using muscles and hence strengthening them. When you over-exert yourself, you tear down and weaken your muscles.

You may carry a weight which your arms are easily capable of holding, some distance without tiring yourself; but if you attempt to lift a weight which your arm muscles cannot easily manage, and try to help yourself by using your stomach muscles, as we all do, you will exhaust yourself even if you only carry the weight a very little distance. The first round of work done in the first case may be greater than in the second, but the exhaustion is much less because the effort was normal.

The other day I found myself tired out at noon. It did not seem to me that I had done very much, and I remembered a struggle with a window which was swollen from the damp weather. I had exerted my utmost strength—and more—to try to force the window up, and it was undoubtedly that over-exertion which left me worn out long before the day was over.

Every woman ought to beware of the over-exertions. She ought to be sure that there is nothing in her equipment such as a refractory door, or a heavy tea-kettle, or anything of that sort, which will over-tax her strength. And she had better suffer inconveniences, such as the window that would not open, rather than exhaust herself in trying to overcome them. House-work is none too easy at best. We certainly cannot afford to be extravagant with our strength in this way.

Ruth Cameron

Bitterly Disappointed.

Dear Sir—Please permit me space in your esteemed journal to publish a few facts in relation to the manner in which the present Humber Party are treating the people of this shore in connection with their roads, etc. To say that every right thinking man on this shore (bearing a handful of shillings) is disgusted with the management of public affairs is to put it mildly.

I was one who did my best to support this notorious picnic band last year, but to-day, like every other person who possesses brains and reason enough to distinguish good from evil, I have arrived at the conclusion that such a parcel of deceptive office seekers never before disgraced a country.

Among the numerous promises or bluffs which was made to us last election was one that we should have the Elective Road Board system in this district. Well, we elected Woodford and Murphy, and no sooner were they returned than they set about (behind the screens of course) with callous indifference to public demands and placed the Road Board as well as other jobs in the hands of a few friends; and indeed after so much sifting and culling it is quite apparent they selected parties quite as indifferent to the people's interest as themselves. Consequently to-day, the 27th of June, not one solitary dollar has been expended upon our local roads, and the poor farmer is left to do his carting this spring and summer over roads which are in a disgraceful condition. And now the caplin school is here, and after the hardship of securing these fish for fertilizing purposes, we are compelled to get them to our gardens as best we can, sometimes more than a mile over roads washed out by the elements of the past winter and spring. And this is the way the Government are assisting farmers and promoting agriculture. But they will find that our people can better appreciate a good road to

their gardens than a hundred thousand dollar (so-called) agricultural policy, which robs us of about \$250 per family to support it, and hands back the balance (which is not devoted in excessive salaries and unprofitable exhibitions) in the shape of a gallon of seed potatoes and a \$200 grant annually, which if equally divided would just about give the one thousand voters in this section twenty cents per man; and gives the farmer of this country about as much information on real farming as might be obtained on application to the chief of an Esquimaux settlement on Labrador.

I wonder does Mr. Woodford imagine that with the aid of a few healers here, and a nice smile and handshake, he hopes to cod and bluff the electors into supporting him for another term. If so, he'll find there'll be something doing in 1913 when he tries again.
As for Murphy, he was never taken very seriously, for with the exception of perhaps a health trip to the seashore he is seldom seen. In fact when he made his appearance a few days ago, if it was not for the affectionate way he was embraced by a certain heeler he might have left again unrecognized. It will soon be time for him to again show off behind his coach and four. If only to make himself appear imposing and conspicuous, see ridiculous.

I intend, Mr. Editor, when time permits, to deal more fully with other public matters here, and the outrageous way in which our public money was squandered in building a wharf for a supporter and in addition it is in to-day, owing in part to the extraordinary vigilance of the chosen caretaker.

Yours truly,
ELI DAWE.
Kelligrews, June 27th 1912.

Ask your Druggist for
SERRAVALLO'S TONIC
(Bark and Iron Wine).
Cures:
ANÆMIA, CHLOROSIS, DEBILITY
Delicious Taste.

New Arrivals,

per S.S. Almeriana to-day.

- 3 only Leghorn Hats.....\$1.10
- 3 only Leghorn Hats.....\$1.50
- 3 only Tuscan Hats.....\$1.80
- 3 only Tuscan Hats.....\$2.30

Ladies' blk. Crinoline.

- 6 only assorted shapes...\$1.20
- 6 only assorted shapes...\$1.50
- 3 only assorted shapes...\$2.00
- 4 only assorted shapes...\$2.80

NEW FLOWERS.

- 5 boxes Newest Roses.
- 3 boxes Newest Foliage.
- 2 boxes Newest Forget-Me-Not.
- 2 boxes Children's Wreaths.
- 3 boxes assorted Flowers.

SOPER & MOORE

From Norris Arm

Editor Evening Telegram.
Dear Mr. Editor.—Will you kindly allow me space in your valuable columns wherein to make a few remarks and in general to thank the people of Norris' Arm North for their great kindness to me during my term that I spent with them as teacher of their school?

We opened Jan. the 18th and closed June the 19th, after a term of six months. It seemed to be a very enjoyable time all through, and the friendship and kindness of the people has endeared them to me very much, and at the close of the school the kind people gave a beautiful garden party out of mere kindness to me.

We had a very nice procession. The scholars and myself marched with music and banners singing "Onward Christian Soldiers" to a nicely selected place by the sea; there the tables were beautifully dressed where we partook of a very nice tea, after which we had games, races for prizes, boating, etc., which we enjoyed very much—so much that if we gave vent to our poetical strains we would have to exclaim—
"The sun went nor ceased the pleasure there."

I would also wish to thank the old folk for the very nice present that they bestowed on me at the time of our parting. I wish to say in a word that I shall never forget the kindness I received from the people of Norris' Arm North, and as it is out of my power to reward them, I pray that Heaven will be their great reward. So thanking you, Mr. Editor, with the hope you will make public the above, I remain,
Yours truly,
A. R. P.
Bishop's Falls, July 8, '12.

NOXALL KIDNEY PILLS.

50c. BOX, OR 3 BOXES FOR \$1.25
Sold by McMurdo & Co.

The Unfitted.



So many are bound to write, who haven't the gift of pens! They labor by day and night, in mansions or attic dens producing their toilsome reams of limpid or turgid prose, or weaving their hopeful dreams in songs that nobody knows! Alas for that lure unkind—the lure of the printed page, that stirs in the yeoman's mind a counterfeit poet's rage! Alas for that inkly hope, which bids, for a poet's wreath, the doctor forsake his dope, the dentist abandon teeth; the farmer desert his plow, the blacksmith neglect his fire, the milkmaid abjure the cow, and reach for the nearest lyre. Oh, sisters, may you ne'er know the trouble, the grief, the pain, the carking, corroding woe, of poets who write in vain! Oh, nieces and aunts and sires, don't throw all your tools away, to kindle poetic fires, a-hoping to make it pay! Where one of the tribe succeeds ten thousand are chewing rags o'er sheaves of rejected screeds sent back by the monthly mag! And even the ones who win have trouble and grief to spare, and early in life begin to shed both their health and hair. Oh, cousins, your peace of mind is better than all the dimes you'd earn in the beastly grind of turning out deathless rhymes.

Going Away for Your Vacation?

Well, be sure and take one of our

AMERICAN Golf Jerseys

with you.

They are all Coat make, in Cardinal and White only, at

\$2.20 each.

They were but lately imported from New York and are **STYLISH CUT**, perfectly made, and will add greatly to your comfort.

SEE WINDOW.

S. MILLEY.

RODGER'S A Seasonable RODGER'S

Summer Offer at Extra Special Prices,

Ladies' Silk ELBOW GLOVES,

Cream, White and Black, at

40, 45, 50 and 55 cents

per pair.

A. & S. Rodger.

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MARINE and FIRE UNDERWRITERS,

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THE ONLY STORE IN TOWN

Authorized by the Ceylon Planters to sell

"Star" Tea at 40c. lb.

Grown in iron soil—nervousness left out—and the extreme of Tea-Blenders art in its place

"STAR" TEA 40c. lb.

For 5-lb. Parcels, 10 per cent. discount allowed.

C. P. Eagan,

A BARGAIN IN SHOE POLISH!

Friction Shoe Polish.....6c. btl.
Shoe Dressing6c. btl.
Blackstone Shoe Dressing, 8c. btl.
The above are 10c. lines and are excellent value at price offered.

Wilson's Root Beer Extract, 10c. bottle.
Hires' Root Beer Extract.
1 oz. Essence Lemon or Vanilla, 75c. doz.
2 oz. Essence Lemon or Vanilla, \$1.00.

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