aids to good looks, sound teeth, eager appetite and digestion SEALED TIGHT-

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Oregon Indians and Their Gods.

The Indians of Oregon still have a legend about the ancestors of the red men, and which, in a quaint manner, accounts for the presence of the rapids in the Columbia River.

their home was originally in the Cas- er no more along the beautiful river. cade Mountains, near the Columbia Only the faint echo of the past sounds River. The Indians believe that their now and then in the distance. earliest ancestors chose for them this hunting-ground.

The region was then all grandeur. old home! In those days of long, long ago, Mt. Hood and Mt. St. Helens were real Where Cattle volcanoes, towering high above green of the primeval forest; and between them flowed the beautiful Columbia, spanned by a great natural bridge where the broad river cut its

But, alas! the bridge of the olden time disappeared long ago; and nothing of it remains to mark the place where it once stood. Nor is there anything but the enchanting rapids, glinting in the sunlight, to recall its former existence. In fact the entire region has lost much of its former

Two gods-so the Indians saylived on the two giant mountains. These gods, who were man and wife, spent long years contentedly on their heights, crossing back and forth over the bridge to visit one another. And in fair weather they take great delight

Fir they beheld there the beautiful winding river and they watched with pride their children, the red men, one in the entire region. All enjoyed Each afternoon he had to partake of their home

When the Gods Quarrelled.

Then a day came when the gods guarrelled. Concealed on their mountains, up among the clouds, they now hurled huge boulders over the bridge at each other-bouders whose crashing fall resounded among the far-off mountains. And in the midst of the frightful din the gods made the volcanoes beich fire against the overcast sky-fire which then flowed far down into the troubled valley. Otherwise everything lay quiet under the cover of darkness caused by the wrath of

the gods. The region suffered great change during the awful conflict. Struck by the huge boulders, the bridge, course, fell under their weight-fell into the stream where it lies to this very day, forming the rapids, And besides, entire forests from the mountains' sides plunged down into the troubled water, where the surviving trunks are called nowadays "the suborged forests of the Columbia."

cover the fires of the volcaross burned out, so that the lofty peaks

now tower up, silent and covere

with shrouds of driven snow. Such

was the ruin. And the gods, seeing their ruin, soon vanished. So great was their grief over the ruin which their wrath parentage. brought upon the Indians' huntingground, that the gods vanished and never returned to their old home. and since they have gone, their sons According to this ancient tale, and their daughters call to each oth-

Alas! the gods, with most of their children, have vanished from their known means of slaughtering unpre-

Are Held Sacred.

In a letter which has just reached London, John Roscoe, leader of the channel through the countain range. Mackle ethnographical expedition to cons and wounded eighty. But while of a Central African potentate who is priest and king and father of his people furnishes all that a monarch, however avid of work, ought to ask. Mr. Roscoe says:

The king at Bunyora has for years last thing at night he was exercised ent missive of destruction-silent in the priestly office. In the early that is, up to the moment of its deadly hours he began by having his great action. toes anointed to clense his path in looking down into the valley far from danger; he then went to clense the war by a German spy, Scheele, the his land from magic and evil and to obtain blessing upon country and ed a bomb that could be timed avpeople; next came the ceremony of curately to explode when a quantity sanctifying the milk, and when that of acid had exicn through a metal who fished and hunted all day along was over he had to set his magistrates partition. the banks of the river and called to the example of settling legal matters each other, so that the valley was with justice. Having done this he had Nova Scotia's Welcome. filled with great cheer. It was, in- to go to herd some special cattle and deed, a care-free existence for every- thus bring blessing upon the cattle.



ing to the food of the country, and he ends his day by guarding the place from danger until the late hours

Milks the Sacred Cows. oriefly recounting some of them. First, the early morning ceremony when he goes to his bathroom; two yearling bulls, one black, the other red and black, are brought to him. He takes the black bull by the horns, and placing his forehead on the white patch on the bull's forehead he asks the Creator to remove all the evil of the night from him and his people then taking the red and black bull he asks for the blessing, by placing his head against that of the bull as be-

Later comes the ceremony of milking the sacred cows. When these are milked the ceremony of drinking the nilk comes, when every person in the uiet, not even coughting, on the pain of death. I pass over the trial of ases to the time when he has to go to nerd some cows and thus insures lessing upon the herds of the land. Cook's Job Not Enviable.

In the afternoon, at about 4 o'clock, e has to partake of some sacred beef. Before doing so he beats one beat on each of the nine sacred drums, which, informs the people that he is about to eat, and enjoins silence; all the people cower and cover their faces wherever they may be. The special cook omes purified, carrying a special fork, and his servant a bowl of meat The cook kneels in front of the king, who sits on his throne while the cook puts four pieces of meat into his outh, and has to be careful lest the fork should touch his teeth, because that would mean death to him. After the meat is eaten the sacred herd of cows again comes and after they are milked the King drinks milk as in the

During the last few months I have een engaged in investigating these cow customs, and find the people have the most wonderful knowledge of cows. Without any aid or science they nave gained extraordinary insight into lisease and the care of cattle. With little training they would become expert cowmen and supply European narkets with meat as well as sendng butter and cheese."

The Bomb First Used in Chicgo.

The bomb, as an expression of soc ial discontent and class hatred was born in the United States of foreign

Thrown by an unseen hand, it first blazed out in destructive malignity at the Haymarket Square riot in Chicago, May 4, 1886, killing seven policemen and wounding sixty persons. It was an innovation in anonymous murder on a wholesale plan.

Cowardly and destructive minds in all countries hailed it as the safest pared people without being detected. The French aparchist, Ravachol, tried it in 1892, but was caught and im-

Vaillant, whose right name was Konigstein, threw a bomb into the crowded pit of a Barcelona theatre two years later and killed thirty per-Uganda, Central Africa, shows that he was hugging himself on his fien-"the trivial round, the common task" dish exploit he was arrested, identified as the thrower of the bomb, convicted and put to death.

Assassins by bomb in the United States have been more cautious in covering up their tracks. Years ago they invented the time clock bomb been surrounded with claborate milk with which to spread sudden death ceremonial, and his life seems to have at a safe distance. But it was betraybeen daily spent as the great priest of ed so often by the ticking of its clock the tribe. From early morning to the

This burning want was supplied by chemist and ship bomber, who invent-

All Nova Scotians, we are sure, will be glad to associate themselves with the hearty welcome which is being extended in Halifax to the captain and crew of the Esperanto and the gentlemen who accompany them on their sportsmanlike mis-There are many historic associations between this Province and Massachusetts which the present venture will recall. The course of our early history was closely related to theirs. We cherish common traditions and sources of law. Our institutions and our political ideals have been fashioned and developed along kindred lines. We have en- neighbors, but as friends.

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from Nova Scotia, and it is not with- in Nova Scotia, as we are informed, come. May the outcome of the comjoyed extensive trade connections Lunenburg and Gloucester are the out significance that the skipper to there are in Gloucester, as to whether ing "battle royal" on the sea serve to and many intimate social relations.

The life of our Province was entriched in its earliest days by a stream of sterling New England arly fitting that the first internastock—and in later years we have tional ocean contest between fishing ing on the sea in the friendly riv- peranto, and, while Nova Scotians given to Massachusetts many of our schooners should be between vessels alry of commerce. To-morrow they naturally hope that the Lunenburg sons and daughters who have be- representing those typical fishing will match their seamanship and vessel will carry off the palm of viztheir adoption. We owe a great men who go down to the Banks from the series of races for the blue rib- gratulate the winner, when the betdeal to Massachusetts, and she, in these two ports to reap the harvest bon of the banking fleets which, it ter boat wins, no matter what flag she turn, is indebted not a little to Nova of the sea, are of the same breed of is hoped, will become a perpetual files. In the meantime, they are proud of the opportunity and the privilege of on Thur guests on this occasion, not only as ter fleet has drawn many recruits. There are differences of opinion bidding their kinsmen a hearty welof the opportunity and the privilege of on Thursday night, Nov. 4th.

The Jazzola Orchestra will render the music at the Masquerade Ball in the C. C. Hall