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The following are examples of Canada Life Policies, in which the Profits added to same have more than doubled the original amounts.

Policy No.	Yearly Premium	Original Policy	Profits Added to 1910	Total Assurance to 1910
125	\$41.84	\$2,000	\$2,286.97	\$4,286.97
886	12.40	800	821.95	1,621.95
989	78.34	4,000	4,039.97	8,039.97
1,203	43.17	2,000	2,005.59	4,005.59
1,694	16.75	1,000	1,005.35	2,005.35
2,157	53.55	1,400	1,415.14	2,815.14

At age 30 a saving of \$14.00 monthly will buy a Profit-bearing Endowment Policy in the Canada Life for \$5,000, payable to you, at maturity in one amount or by way of annual instalments.

Send your name, age and address for a proposition of from \$1,000 to \$5,000 or more.

Canada Life Assurance Co.
C. A. C. BRUCE, Manager, St. John's.

Money Is Invested

for the purpose of obtaining interest. The more interest you get, the more money you will save. We own and offer a number of Securities that will meet the requirements of those who wish to double their interest income—with safety. Ask for particulars.

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Homes for Women.

BY RUTH CARBON.



Homes are mostly for women. They are managed chiefly by women, lived in a longer time by women, and cared for almost entirely by women. I am sure no one will deny these facts.

Why, then, is not more attention paid to women and her convenience in the building of homes and the manufacture of household furnishings?

A friend of mine built a house. By her thrift she helped her husband earn and save the money for it, and then, because he was so much absorbed in his business, she was given the chief charge of building the new home. And being an original woman she did not feel obliged to build it exactly as men had built the thousands of other homes in her city. Instead she incorporated into it innumerable little features which made it a better place for women to live and work in than the average house.

For instance, she has a big linen closet upstairs in which are several long drawers long enough to hold a skirt laid out at full length. Any woman will appreciate the convenience of that. And how easily such an arrangement might be made in almost any house. But how seldom it is.

Again, the woman has the sink built several inches higher than the average sink. "What is the need," she says, "of having a sink so low that I have to stoop to do my work there, when it costs no more to build it a comfortable height?"

Another thing on which this woman insisted was that the architect should give her a room downstairs for a sewing

room. It is just a wee bit of a room with only space for a sewing machine, a chest of drawers, a table and a chair or two, and a big window with a very pleasant prospect, but the saving in trips over the stairs or in clutter in the big living-room is enormous.

These are some of the ways in which one bright woman, who was given a chance improved on masculine architecture. Women everywhere ought to be given more to say about homebuilding and ought to exert themselves to think and say and act more than they do on this very important subject.

And the result would be not only to make their own individual homes better places for women to live and work in, but to improve the pattern of the ready-made homes which are being man-built by the thousand all over the country.

Nor should woman stop at influencing architecture; she should also do all she can to influence manufacture in so far as it touches her. For instance, I am appalled at the heavy tea kettles which are sold to foolish women who daily overtax their strength in lifting them. Women ought to put an end to the manufacture of such articles by refusing to buy them.

Again, look at the difference in labor between making a high or low bed. There is no excuse for these back-breaking low beds. A bed has to be made as well as slept in, and manufacturers should remember that, and when they fail to, should be taught a lesson.

They tell us that the American man will give the American woman anything at all she wants to ask for! Let's learn to ask for houses and household furnishings that shall be made efficient from a feminine point of view.

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Why Women Are Not Rich.

Man is a millionaire many times over in the possession of blood cells. Woman is not quite so rich, for scientists have proven that the normal man has five million—the woman only four and a half million to a cubic millimetre of blood.

A decrease in number of red blood corpuscles and a person "looks pale."—in fact, is anemic, the blood does not get the right food and probably the stomach is disordered.

Dr. R. V. Pierce found years ago that a glyceric extract of golden seal and Oregon grape roots, queen's root and bloodroot with black cherrybark, would help the assimilation of the food in the stomach, correct liver ills and in Nature's own way increase the red blood corpuscles. This medicine he called Dr. Pierce's Golden Medical Discovery. By assimilating the food eaten the system is nourished and the blood takes on a rich red color. Nervousness is only "the cry of the starved nerves for food," and when the nerves are fed on rich red blood the person loses those irritable feelings, sleeps well at night and is refreshed in the morning.

I was attacked with a severe nervous disease, which was caused by a disordered stomach and liver, writes Mrs. J. D. LeVelly, of Westburn, Tenn., Route 2, Box 22. "All my friends thought I would die and the best physicians gave up. I was advised to try Dr. Pierce's Golden Medical Discovery, and derived much benefit from same. My stomach ran so long, it had become so chronic that nothing would effect a permanent cure. Dr. Pierce's medicine has done much for me and I highly recommend it. I heartily advise its use as a spring tonic, and further advise all my people to take Dr. Pierce's medicine before their diseases have run so long that there is no chance to be cured."

Dr. Pierce's Medical Adviser, 50 stamps, to pay for wrapping and mailing only.

Household Notes.

Alcohol will clean the piano keys. Bread is often brushed over with milk before baking to make the crust darker.

If cream or milk has turned slightly sour, stir in a pinch of baking soda. When a piece of linen is mildewed, soak in milk and then lay it in the sun.

A painter's small brush is the best thing for removing dust from rattan furniture.

To preserve jellies perfectly, cover each jelly with a coating of hot paraffine.

Embroidered linens should be ironed on the wrong side and on a thick, soft ironing newspaper.

To draw the fire out of a burn, moisten it with water at once and then cover it with baking soda.

Wash and rinse cut glass in water that is not very hot and of the same temperature for each operation.

To determine freshness of fish, examine the flesh; it should be firm. The eyes and gills should be bright.

Never keep bread wrapped in a cloth, as the cloth will absorb moisture and impart an unpleasant taste.

Brown sugar is a very delightful sweetener for cereals. It gives them a much richer flavor than granulated sugar.

When hot grease has been spilled on floor or table, you can prevent it spreading by pouring cold water on it at once.

All huckleberries, that are made either into cake or pudding should be lightly dusted with flour before being mixed in the batter.

An excellent syrup for hot cakes is made by boiling two cups of brown sugar and one cup of water until it will spin a thread.

August 31, 1912.

IN STOCK TO-BAY, 200 Baskets CHOICE PLUMS.

All good sound Fruit. Buy now for preserving.

Special Price for 10 basket lots.

Soper & Moore
Phone—480.

A cheesecloth wrung out in cold water, but never allow it to stand in a pan of water, as juices will be drawn out.

Because of its odor, fish should never be put into the ice box with other foods unless covered closely. A tin lard pail will be found useful for the purpose.

Biscuits may be shaped in a great variety of ways, but they should always be small. Large biscuits, though equally good, never tempt one with their daintiness.

Vegetables which require a great deal of time in boiling can be done tender in half the time if a pinch of baking soda is put in the water when they are boiling.

There is nothing better to remove tar from white clothing than lard. Rub it well into the spot, then wash it out with a warm suds made with a good white soap.

On Second Thought.

BY JAY E. HOUSE.
Penetrate a scheme far enough and you will find plans and specifications for getting into the treasury department.

"Who pays the men who walk across the country on a wager?" a correspondent asks. It is a pleasure to oblige. The "easy marks" along the way pay the man who walks across the country on a wager.

The busiest men loaf a little. Ralph Faxon sits down for a little while every Saturday night.

"The trouble with him," said Eph Wiley yesterday, the while he discussed Langford Estabrook, "is that he is too heavy to be a jockey and too light for anything else."

Suggestion to baseball fans: Why not tell the management how to run the team.

The victrola is at a slight disadvantage in the respect that it can not be used to balance a corner of the living room, but it has it on the piano in other respects.

A lot of people who devote time to criticism of the government have difficulty in solving the problem of the "pay-as-you-enter" street car.

Generally speaking, the first wife helps accumulate the money and the second wife spends it.

In a large town they want to know how much life insurance the deceased carried. In the smaller communities they ask whether he was a "professor of religion."

Muscles Useless Without Nerve Force

Perhaps you are not quite clear on the relation of the nerves to the rest of the body. Through the nerve fibres which extend through countless branches to every nook and corner of the human system is conveyed the motive power which operates the various organs.

There could be no breathing, no beating of the heart, no flow of the digestive fluids, no action of any muscle or organ of the body without nerve force. Consequently, when the nervous system becomes exhausted there is complete collapse of the body, the different stages of which are described as nervous prostration, locomotor ataxia, and paralysis.

The time to use such restorative treatment as Dr. Chase's Nerve Food is when the headaches, sleeplessness, indigestion and other warning symptoms first appear. A few weeks' persistent treatment is then sufficient to revitalize the wasted nerve cells and restore health and vigor.



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June 3rd 1911 P. O. Box—411

Clearing Sale OF SUMMER MUSLINS & LAWNS. THIS WEEK! THIS WEEK! HENRY BLAIR'S.

LOT 1.—400 YARDS FANCY Colored MUSLINS,
Regular value, 12c., for 9c. per yard.

LOT 2.—500 yards, includes Colored Muslins, Crepe-de-Chine s, Figured Lawns and Fancy Zephyrs. Regular value 14c. to 18c., for 10c. per yard.

LOT 3.—500 yards Fancy Muslins, Lawns, Delaines and Zephyrs. Regular value, 18c., for 12c. per yard.

LOT 4.—1,000 yards, includes Fancy Muslins, Zephyrs, Crepones, and Delaines, in plain, stripes and floral designs. Regular value, 24c., for 15c. per yard.

THIS WEEK'S SPECIALS IN COLOURED MERCERISED MUSLINS,

LOT 1.—500 yards, in White, Cream, Pale Blue, Pink, Old Rose, Champagne, Black. Regular value, 16c., this week, 12c. per yard.

LOT 2.—450 yards, in White, Black, Pale Blue, Champagne, Pink, Pale Green, Cream and Navy; very silky in appearance. Regular value for 20c., now 15c. per yard.

LOT 3.—550 yards Colored Mercerised Muslins in White, Cream, Champagne, Pale Blue, Pink, Reseda, Old Rose and Navy. Regular value, 25c., for 20c. per yard.

LOT 4.—200 yards 44 inch Colored Mercerised Muslins, shades: Pale Blue and Pink only. Regular value, 30c., for 24c. per yard.

4 ends Colored American Crepe Cloth, shades: Cream, Pale Blue, Pink and Crimson. Regular value, 30c. Clearing at 19c. per yard.

Clearing lots in Check Zephyrs, all shades, for children's or ladies' wear, at 10c., 12c., and 15c. per yard.

Also Plain Colored Zephyrs in Pink and Pale Blue only, at 12c. and 15c. per yard.

Special values in Dress Canvas Cloth; shades: White, Cream, Pale Blue and Pink, at 16c., 18c., 20c. and 25c. per yard.

A very fine lot Mercerised Real Dress Linens, assorted shades, at 30c. and 35c. per yard.

SEE WINDOW! SEE WINDOW!

Henry Blair. SUMMER FOOTWEAR

Boys' Canvas Shoes.
All Rubber Soles and Heels. Black and Brown.
From 75 cts.

Child's Tan Calf Barefoot Sandal
From 55 cts.

Women's White Duck Shoes,
Blucher, Strap and Pump pattern.
75c, \$1, \$1.50, \$2.00.

Child's Red, Tan and Black Slippers and Boots,
All Sizes.

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