

## RICH IN VITAMINES



MAKE PERFECT BREAD

## Baby Week.

## OPENING CONFERENCE YESTERDAY.

For some time the Executive of the Child Welfare Association have been working for the establishment of a Baby Health Week, during which a series of conferences would be held between mothers and children, doctors and nurses, etc., with the view of increasing the safeguards of the health of the little ones. This important work was brought to a satisfactory conclusion recently and preparations made for the opening conference which took place yesterday at the Community Nurses' Offices, Renouf Building. From 2 o'clock in the afternoon until 7 p.m., a continuous stream of mothers and babies flowed into the building. They were received by Mrs. MacKeen, who was hostess for the day, and shown into an office where the Community Nurses, Misses Cunningham, Lacy and Parsons, assisted by Mesdames Leonard Outerbridge, Angus Reid, V.P. Burke, Misses Joyce Dunfield, Helen Rogers, Mary Doyle, D'Alberty and Milley, weighed and measured each child and prepared it for inspection and examination by Drs. Wilson, Fraser, A. Tait and Carnell who were present in an adjoining room. A record of each child, including all information as to its system, state of health, appearance, etc., is made at the beginning and a copy is supplied to the parent. The original is kept on file in the Community Nurses' office for reference. Free advice is given in case of the illness of any child, and the mother is advised as to clothing, feeding, bathing and caring for the baby, whether ill or well. The object and aim of the conference is to show the physical condition of children examined and to indicate points at which their health and vigor may be improved.

The Association had expected a large attendance, but the gathering yesterday afternoon far exceeded anticipation, and shows that the work which the Association is doing through its capable and devoted community nurses is appreciated. Yesterday's conference was for children living west of Adelaide Street. From 2 o'clock this afternoon Lady Crosbie will be hostess to children from 1 to 10 years living between Adelaide and Prescott Streets. The same mode of procedure will be gone through and these children will also

receive the benefits of examination and advice will be tendered the parents. In the evening a Band Concert will be held in Bannerman Park by the C.I.E. Band in aid of the Child Welfare Association.

## TO-DAY'S MESSAGES.

## FOR CHAMPIONSHIP.

BUFFALO, July 25. Floyd Fitzsimond said on Monday that he had arranged for Dempsey to box Bill Egan at Michigan City, Indiana, on Labor Day for the world's heavyweight championship.

## BAD FOR STEEL PLANTS.

New York, July 25. Wholesale closing of steel plants in the United States will result if the coal strike is not settled before August 1, according to the head of a large steel corporation. An official of the Bethlehem Steel works announced he had banked the fires and ceased operations in two of the largest furnaces.

## ADVANCE IN COAL.

CARDIFF, July 25. A decided advance in coal prices showed here Monday, owing to American demand. Welsh coal, recently selling at 24 shillings a ton is now 27 shillings, and business more active than for many months.

## WELSH COAL FOR CANADA.

MONTREAL, July 25. The port of Montreal is probably to be a receiving and distributing point for several millions tons of Welsh coal coming to meet the demand of Eastern Canada, owing to the impossibility to secure supplies from the west, according to a statement of General Manager Fennell of the port.

## DE VALERA AT CASHEL.

DUBLIN, July 25. Additional areas in the west of Ireland are occupied by the Free State, while insurgents retire rapidly, having evacuated Claremorris in favor of Ballinmore on the Galway-Mayo sector. De Valera was with the insurgents in Tipperary on Sunday, but retired to Cashel Monday, war and worn by recent events. Irregulars have burned the barracks at Cashel and Tipperary.

## BULGARIA MUST PAY.

SOFIA, July 25. The Allied Reparation Commission has ordered Bulgaria to pay immediately forty million levas, equivalent normally to over seven million pounds, due Allies under the Peace Treaty. The Bulgarian Government is profoundly impressed, and has asked the opposition party to sustain it in opposing what it terms the Commission's exaggerated demand. It claims to be unable to pay in full but is willing to pay as capacity allows.

## INTENSE FIGHTING.

DUBLIN, July 25. Intense fighting rages in the vicinity of Kilmallock, County Limerick, where Republican forces are trying to delay the advance of the National army.

GIBSOL removes blackheads and old pimples.—Jy25, tu, th, f, s.

## In the Realms of Sport.

Everything is all set for the big clash to-night between the champion Lions and the B.I.S. The last three baseball games have produced a really excellent brand of ball—one that has thrilled the fans. Dugger French and his plucky bunch of youngsters are right after the champs and threaten to mop them up. Walter Callahan will however have something to say to this when he goes on the mound for Darryl Duff's aggregation. The game starts at 7 o'clock sharp.

The B.I.S. again successfully defended their laurels last night when they defeated the Highlanders 3 to 0. For the first fifteen minutes play was very exciting, alternate visits being made to each goal but no scoring resulted. Then Walter Callahan broke clear and sent a hot one to Vavasour, which he handled, but the sudden field made a greasy ball and he was unable to hold it, with the result that it went through. Four minutes after Callahan again sent in a fast low one, scoring number two. The second half was absolutely devoid of any interest until about five minutes before full time when Adams and Halley gave a splendid exhibition of toreros, much to the amusement and edification of the fans. It ended up in a penalty being awarded against Adams, which Callahan cleverly placed, and notched up number three for the champions. The B.I.S. were minus Fred Phelan, Burke, and Higgins, with the result that the team had to be re-positioned, but nevertheless they fully controlled the play, particularly in the second half. The next football game will be on Friday night when the Stars and Cadets will come to grips.

The Regatta Committee having "passed the buck" to the Football League concerning the eligibility of certain members of the C.E.I. team, the League is holding a meeting to-night at 7.30 to give their pronouncement. A meeting of the Regatta Committee is called for 9 o'clock so that the matter will be settled promptly once and for all. It is to be hoped, however, that the League will send a recommendation to the Regatta Committee asking that the rule be more clearly defined in future years and thus obviate all acrimonious discussion.

Mr. W. J. Burt, Secretary of the Grand Falls Athletic Club, informs us that the first round of games for the Hayward Inter-Town Cricket Club later than August 19th. Any team wishing to compete for the trophy are kindly requested to communicate with Mr. Burt who will furnish full particulars. It has been decided that no games will be played on the Athletic Field at the Falls after the above date as it is to be ploughed up and new seed to be sown in it.

The annual Garden Party in aid of the Carbonate Methodist Church will be held to-morrow. An excellent sports programme has been arranged consisting of football, cricket, 100 yards, 1-2 mile, obstacle and 3-legged

race; high, broad and long jump; throwing the hammer, and field regatta. A large number of entrants is anticipated.

Mount Cashel Garden Party has always been famous for the excellence of its sporting events, but this year promises to be the best ever. Six horses are entered in the big Derby, while in the pony race there will be a string of ten. Football, baseball, and the usual side shows will all tend towards the excitement and pleasure of the evening. Help the Orphans!

## FOOTBALL RULES.

(Third Instalment.)

(6) When a player plays the ball any player of the same side who at such moment of playing is nearer to his opponent's goal-line is out of play, and may not touch the ball himself, nor in any way whatever interfere with an opponent, or with the play, until the ball has been again played, unless there are at such a moment at least three of his opponents nearer their own goal-line. A player is not out of play when the ball is kicked off from goal, when a corner kick or a throw-in is taken, when the ball has been last played by an opponent, or when he himself is within his own half of the field of play at the moment the ball is played by any player of the same side.

(7) When the ball is played behind the goal-line by a player of the opposite side, it shall be kicked off by any one of the players behind whose goal-line it went, within that half of the goal area nearest the point where the ball fell.

(8) The goalkeeper may within his own penalty area use his hands, but not carry the ball. The goalkeeper shall not be charged, except when he is holding the ball, or obstructing an opponent, or when he has passed outside the goal area. The goalkeeper may be changed during the game, but notice of such change must first be given to the Referee.

(9) Neither tripping, kicking, striking, nor jumping at a player shall be allowed. A player (the goalkeeper within his own penalty area excepted) shall not intentionally handle the ball. A player shall not use his hands to hold or push an opponent. Charging is permissible but it must not be violent or dangerous. A player shall not be charged from behind, unless he is intentionally obstructing an opponent.

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## Hot Weather Hints.

## WOMEN WILL APPRECIATE.

Thinking cool thoughts helps to keep one cool; quiet movements, a soft voice—all help to create an impression of coolness. The very sight of a hot, flustered, impatient person panting and puffing produces a perspiration, whereas, to look on a serene person is almost as refreshing as to feel a cooling breeze.

Much can be done towards keeping cool by wearing the right clothes and eating the right food.

## Suitable Clothes.

Those women who are accustomed to wear corsets should not dispense with them, as by so doing they run a risk of catching cold; but they should choose loose garments. Petticoats and dresses should not be tight-fitting, and light colours in clothes should take preference over dark shades, which are always heating to the eye. Shoes and stockings should be changed frequently, and it is essential that shoes should not be tight. Hats should be light in weight and shady, and must not press on the forehead. Washing gloves should be worn, and they, too, should be loose fitting.

Food should be light. Chicken, if possible, boiled fish, well-cooked vegetables, fresh salads, stewed fruit, weak tea, homemade lemonade, boiled water are all suitable hot-weather fare. It is a mistake to eat much meat or uncooked fruit, to drink milk or alcohol in large quantities.

A bath at bedtime, an open window all night, and pleasant thoughts to lull one to sleep are all important factors in the art of keeping cool. It is of primary importance that the digestive organs should be in good order, and a little cooling medicine is often advisable.

MINARD'S LINIMENT FOR GARGET IN COWS.

## Whisked.

The village constable found Pat moaning and writhing by the roadside. "Hallo, Pat! What's the matter with you?" he asked. "Who've you been fighting with?"

"Sure, it's not fighting at all that I've been," replied Pat. "A couple of motor-bikes and side-whiskers came tearin' by, an' one of the whiskers took me in the back and landed me in the hedge."

"You mean side-cars—not side-whiskers," said the policeman. "Indeed, I do not," replied Pat. "They both whisked off before I could get their numbers!"

## Useful Hints.

If the emetic pan has caught a little dripping heated in the pan will dislodge the burnt particles, which can then be wiped off. Tiles can be made to look like new if wiped with a cloth wrung out of skimmed milk, or polished with furniture cream.

Add a small lump of sugar to the boiled starch for baby's frocks or pinafores. The garments will be easier to iron, and will have a nice gloss.

Blunt scissors can be sharpened by moving them backwards and forwards on a piece of glass. The stem of a wineglass will sharpen the blunt end blades.

## Here and There.

WARSHIP DUE.—The French warship Casiopee is due in port to-day from sea for supplies.

TRAPS DAMAGED.—The heavy rain and wind storm of the past few days have done considerable damage to traps on the local grounds. Many had to be taken ashore for repairs. Fish are not so plentiful as during the past two weeks, and only small hauls are now being taken.

## Plastic Surgery Wonders

What has become of the men who had terrible facial wounds in the war?

The foreign visitor to Britain often asks this question and finds it hard to believe that great numbers of these men are not still dragging out hopeless and dreary existences in sad homes and hospitals. The "Daily Mail" learns that of some 10,000 cases of this kind which passed through the main concentration hospital for bad facial injuries, the Queen's Hospital at Sidcup, only 19 or 20 men are regarded as incurably disfigured. The Ministry of Pensions is understood to be contemplating the purchase for these men of a country house as a home for them.

The wonderful number of cures is due largely to the skill of Major H. D. Gillies, R. A. M. C., chief plastic surgeon at the Sidcup hospital. He

has grown for the disfigured, new lips, chins, and cheeks, mended and replaced shattered jaws, and even replaced faces that had been literally burned away by terrible explosions. In mending wrecked faces his principle is "bone for bone, cartilage for cartilage, and fat for fat." He has built jaws with bits of bone from the leg, cheeks with fatty tissue covered with strips of skin taken from the body, and noses with cartilage from the ribs.

To a "Daily Mail" reporter, Major Gillies paid a high tribute to the skill of his fellow plastic surgeons at Sidcup. "Their success in making good the wreckage of the war is practically complete," he said. "The maimed men are to be found sitting alongside you in omnibuses and trains, working in shop and office, on the land, or back in the Navy and Army again. You would not have an inkling of what had happened to

"I can tell you of one case, a petty officer in the Navy who had his face burned off at the battle of Jutland. He has had a new face built, is back in the Navy, and recently passed his gunnery tests. There have been other cases as remarkable who are back in civil life again."

"Are the results permanent?" Major Gillies was asked.

"They are," he replied.

## North Pole Flight.

Captain Roald Amundsen has sailed on the first lap of his attempt to cross the North Pole by aeroplane. He is proceeding to Point Barrow, Alaska, whence he will commence the air portion of his journey. It is his intention to land either on Spitzbergen or at some point in Northern Greenland. Captain Amundsen was accompanied by Elmer Fullerton, a former member of the British Air

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Force, who will act as pilot of the monoplane. He declared it was to make the trip in 24 hours. The machine carries 250 gallons of petrol and it is equipped with special gear for landing on the ice.

Knowlings are just in of a shipment of Bathing Suits, 55c, and Women's 60c. —jy20, 31, eod