

# Another Shipment OF Ladies' and Misses' Summer Hats

Usual Good  
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VALUES

That are picked up quickly  
by those ladies who  
are discerning buyers and  
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early as possible.

## HENRY BLAIR



Putting in Coal may not  
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why not put in the  
very BEST COAL in-  
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**Best Screened  
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\$14.80  
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Every load weighed.

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BECK'S COVE.

Forty-Four Years in the Service of  
the Public—The Evening Telegram.

## IN THE REALMS OF SPORT.

THE TRUTH WITHOUT FEAR OR FAVOR.

### GUARDS WILL TRAIN ATHLETES.

A number of promising young athletes of the Methodist Guards Comrades Association met in the Club Rooms last night for the purpose of forming a track team to compete in the various athletic events of the season. The meeting was a very enthusiastic one, and it was decided to commence training immediately. The first practice will be held on the Arre Athletic Field, Thursday next, at 7.30 p.m. The Guards have excellent material to choose from and are bound to make a creditable showing in the forthcoming events.

### GOOD EXHIBITION OF "FIVES."

The preliminary football fives for St. Bon's Sports were run off on the College Campus last night, before a large attendance of fans and spectators. Four good snappy exhibitions of football were staged, and the final games, which take place on Sports Day will be looked forward to with much interest. The Cadet team blossomed forth in their new regalia and with the addition of James Young, late of the Saints, and Walter Callahan of the B.I.S., they have a very formidable aggregation, and bid fair to cop the honors on Wednesday afternoon. The games resulted as follows:—

- (a) C.I.B. vs. Feldians—Won by C.I.B.; 1 goal to 1 corner.
- (b) Guards vs. Star—Won by Guards; 2 corners to nil.
- (c) Cadets vs. C.E.L.—Won by the Cadets; 5 goals to 1. Jimmy Young for the Cadets was in good form, having scored four of the five goals for his team.
- (d) B.I.S. vs. Saints—Won by B.I.S.; 2 goals and 2 corners to nil.

### ST. MARY'S GARDEN PARTY FEATURES BIG SPORTS PROGRAM.

The parishioners of St. Mary's Church (Southside) are holding their annual garden party (the first event of its kind for the season) at Lester's Field, Cornwall Avenue, to-morrow afternoon. Like other years the energetic committee has undertaken to provide a good day's amusement in the shape of a sports programme, which no doubt will be the chief attraction. The programme of events comprises the regular short and middle distance runs, with a three mile road race as a feature, while the other items consist of foot and hand races, Cavalry Tournament, Tug of War and Football Sixes. Many of our young athletes who have been hard at training during the past three weeks, have already entered their names to compete. The three mile road race, which starts near the Sanitarium, will finish on Lester's Field, the course being Topsail Road and Cornwall Avenue. The course has been accurately measured and official timekeepers have been engaged to clock the winners' time. A large number of competitors have decided to take part in this race, many of whom are coming athletes and will show their wares for a first time. The entry list will be kept open until the day of the sports, and anyone desirous of competing, can do so by phoning Mr. B. Colton, c/o C. F. Bennett & Company. The owners of motor cars and other vehicles are asked to give the runners a wide berth while the race is in progress and all those moving in the opposite direction are asked as a special favor to stop their cars until all competitors have passed. Should

### Not Injurious.

There is a general impression that so-called "athletic heart" is responsible for early deaths among men and women who engage in strenuous outdoor sports that require every ounce of energy that can be put into them. Experiments conducted by medical scientists have proved that there is little foundation for this belief. A large number of athletes at Yale and Columbia were examined, including the oarsmen, whose sport is one of the most strenuous of all. Rowing over a long course as fast as the men can go imposes on the body a test of the greatest severity, and oarsmen very often finish a race in a state of exhaustion. Sometimes they collapse altogether. The Presbyterian Hospital in New York has a record of the Yale and Columbia oarsmen covering a period of years and showing that there were no bad effects from the exercise. The crews were examined by doctors when training began, before the men started in the race, and after the race was over. No damages to the athletes was revealed. In this connection it is pointed out that after years of hard rowing Eddie Durman found himself with a heart regular and normal in its functioning. "The weight of informed opinion on the subject," says one authority, "is that any danger to the heart from athletics comes

the day he fine the success of St. Mary's Garden Party is assured.

### JOIE RAY A NATURAL ATHLETE.

Joie Ray of the Illinois A.C., whose performances on indoor tracks this past winter stamp him as the greatest middle distance runner ever developed in America, is a natural athlete. Running was a gift, and the only thing the fleet little runner has done to improve himself since he broke into the spotlight some ten years ago is to learn pace.

The I.A.C. athlete has been running miles so often that he can step the quarters within fifths of a second of the time denoted by his trainer. He knows just how fast he will have to run to win, but he always has enough in reserve to stave off any challenges. He has made a study of the running game and the men he meets.

### Knows His Opponents.

It is a well known fact in athletics that some athletes can be run off their feet early in a race, while some others will be able to go through certain distances in fast time, if the pace for the half of the contest is not too gruelling. Ray knows the strength and weakness of practically every middle distance runner in America, and this is one of the reasons why he wins his races with such ridiculous ease.

Ray originally came from Kankakee, Ill., where he was known as a tireless runner. When still a boy it was a common sight to see him turn mile after mile on the old trotting track at the fair grounds. He was fond of fires and would run miles across the country to watch some farmer's barn burn. In fact, he was always on the run, no matter what he had to do, and it undoubtedly was this vigorous outdoor training which has given him the constitution to still run at a world's record breaking clip.

### His Ambition.

Joie is one of the cockiest athletes in the game. He does not believe there is a man living who can beat him over any distance from a mile to 3 miles. He is convinced there is no runner in America who can turn the trick and he wants to make a trip to Europe to meet Hill, the fleet Englishman, or any other middle distance man of note to warrant giving him a race. His one ambition at the present time is to remain good enough to make the American team which will compete in the Olympic Games in France in 1924. If he does not go to Europe this summer he will have the satisfaction of meeting the best man in the world at the 1924 games. Unless the unforeseen happens there is no reason why Joie should not be as good one year from this summer as he is at the present time.

### A FAMILY MAN.

Ray is married and is very much a home body. He takes the best care of himself and trains whenever he feels disposed. He has no set rules except that he watches his diet and will not run a time trial unless he is favorably disposed. He does not believe in forcing his efforts in training, as it generally happens that when he is indisposed he stays away from the running track entirely.

Although Joie has run some great races, his most phenomenal time, his most sensational performance took place on Feb. 10 in Brooklyn, where the annual indoor track and field games of the Wilco A.A. were held. In this event Ray hung up a world's record in the course of one race, the two-mile.

from putting too great a strain on that organ before it has been prepared by training to withstand the unusual demands. Unsupervised athletics among boys are held to be undesirable, and most cases of so-called "athletic heart" have been traced to them.

Physicians point out that every boy and girl taking up athletics should submit to a proper medical examination, so that if there is any weakness of the heart it will be found and treated. In that case the athletic development could be carried on in accordance with the individual requirements. It is easy to see how one might unconsciously injure oneself if strenuous athletic activity should be engaged in without first ascertaining whether or not the heart and other organs were strong enough to stand it.

"The good die young." The good die young. "Knight for a Day" go quickly. Choose your knight. —June 12, 11

**TWO HANDS FOR BEGINNERS.**  
Cop to halt New York driver: "Why didn't you stick out your hand when you turned that corner?"  
"Stupid. But I couldn't let go of the wheel, could I?"  
"Cop: 'But you have two arms.'"  
"Ah, step on it," piped up the sweet young thing nestled at his side—and the car sped forward.

Imperial Tobacco Co.



The man who likes a cool, full flavoured plug tobacco will be more than satisfied with

## ANCHOR.

"Anchor your pipe to a good smoke."

### Sailing Under the Red Flag.

Life on the ocean under the red flag is thus described by a wireless operator in a London paper:

On general principles I object to paying steamship companies' passage but I was in New York and wanted to get to London and there was no berth available. It seemed there was no other course open to me, but one evening at the sailors' institute a bearded Russian captain offered me a passage and fifty dollars for the run across.

This suited well enough, and so for the first time I sailed under the red flag. It was a novel experience. The ship was a fine ten thousand tonner and had once been in the passenger trade, though it was now employed as a freighter. There was ample cabin accommodation for everybody aboard.

The strangest feature of the ship, however, was that she was without discipline as we knew it. There were no distinctions between officers and men—we were all comrades, and all equals.

The officers' job was merely to navigate and fix the position of the ship. Even the captain had no authority over the crew. The deck hands and the engineers and stokers elected deputies, and these, with the Old Man formed a Soviet committee which controlled everything.

The scheme worked well enough on our run across because we had easy conditions all the time, but after many years in British ships the plan seemed to have grave disadvantages in moments of crisis. If the steering gear had been carried away in a "blow" a meeting of the Soviet before anything could be done might have had serious disadvantages.

I was the only Englishman aboard, but I was treated with the greatest courtesy and no attempt was made to convert me to the Cause.

At meals, and all other times when I was about, the officers always used English in order that I should not feel uncomfortable. We had Russian fare at every meal, and that was the best I enjoyed. I lived on board for the most part. I gathered that poker was the national card game. Everybody played it.

The passage and the cash were easily earned, but I should care to be master of a B'shevik ship, and I think our seamen are just as happy and more efficient, though they don't call the Old Man "Comrade."

### Protecting Queen Mary's Jewels.

The jewels of Queen Mary have long been the envy of many of Her Majesty's wealthy subjects and probably of most of the old world queens.

What their full value is it is impossible to estimate. The gems given her when she was married are estimated to be worth more than \$500,000 and during the last thirty years on every birthday the King has added costly presents.

During the visit of the King and Queen to India several Indian Princes made the Queen many handsome gifts, principally pearls. Diamonds, however, are her favorite gems. Her jewels are kept in a strong room in Buckingham Palace, which was designed by the late King Edward VII. when he came to the throne.

The shelves of this room are lined with white velvet and the jewels are so arranged that the Queen can quickly obtain just the ornaments she means to wear for any occasion.

Smaller safes lately have been placed in Windsor Castle, Balmoral and York Cottage to insure the safety of the Queen's gems while she is at any of these places. The keys are in the possession of the Queen and are only handed to the lady-in-waiting who is on duty when required.



When you look for shortening, ask your grocer what he thinks of Crisco. Nine out of ten will tell you that Crisco has no equal. It costs a few cents more—but goes farther and gives excellent satisfaction. Try Crisco once, you will never use anything else after. That's the experience of all Crisco users. Your Grocer has, or can get Crisco.

**GERALD S. DOYLE,**  
Distributor.  
June 9, 11, 13, 15, 17

### NEYLE'S.

- HEMP  
1/2 oz., 1 oz. and 2 oz. Balls.
- FLAX  
1/2 oz., 1 oz. and 2 oz. Balls.
- SHOE THREAD  
Black, Yellow and Tan.
- SHOE NAILS AND TACKS  
Iron and Washed Brass, Solid Brass.
- ENGLISH SPIRIT COMPASSES  
NEYLE COD JIGS.  
NEYLE DAPPERS.  
NEYLE SQUID JIGS.  
BAMBOO TROUT POLES  
12ft., \$2.00 doz.; 14ft., \$2.80 doz.
- SPLIT BAMBOO TROUT POLES  
\$3.25, \$3.50, with 2 Top, \$4.25 ea.
- ENGLISH NEW HOOKS  
Catgut Bait Hooks.
- NEW FLIES AND CASTS.  
SALMON NET  
To hang 60 yards, 25 mesh deep, 6 inch mesh 15 thread twine, barbed and roped with cork and leads, only \$20.00.
- NO. 15 RINGED TIN TRAWL HOOKS.  
Ex. Large Quarter Hand Line HOOKS.

**WE ARE WELL STOCKED IN:**  
STEAM TARRIED LINES.  
HEMP LINES, SED, SHORE AND ST. PETER.  
FLAG LINES  
30 Fathoms, 60c. and 80c. ea.

- HEMP TWINE  
Herring, Mackeral, Gensing, 16 and 18 lb. Caplin.
- SEAMING TWINE  
\$1.70 dozen Rolls.
- SPLITTING KNIVES  
30c., 35c., 40c., 55c. and 60c. ea.
- SCYTHES  
ENGLISH RIVETTED BACK.  
ENGLISH SCYTHE STONES.  
PATENT SCYTHE HANDLES.

**NEYLE-SOPER,**  
Hardware, Co., Ltd.  
June 5, 11, 17

**ARNOLD'S LINIMENT FOR THE GRIP AND FLD.**

# Flower Pots,

all sizes.

5c.  
and up.

**S.O. Steele & Sons, Ltd.**

100 Water Street,  
Opposite Seamen's Institute.  
May 1, 11, 13, 15, 17

## Spring-Time Pictures

"In the Spring a Modern Young Man's fancy lightly turns to thoughts of" all the snapshots he means to take on fine days, of the country putting on her Spring Gown, of the "New Baby," of the many temptations Spring offers the camera lover.

THE KODAK STORE carries full equipment for beginner or expert. All grades and sizes of Cameras, Tripods, Cases, Roll Films, Film Packs, Plates everything. All you want in one store at one counter.

## TOOTON'S

The Kodak Store Water Street St. John's  
'PHONE 131.  
May 10, 17

### Metal Paper.

It is reported that lithographers have for sometime been using plated paper instead of thin metal sheets, preferring the former as the paper body gives a soft cushioning effect which cannot be obtained with the solid metal. For this purpose the metal is electro-plated on the surface of the paper, which has first been coated with a layer of graphite to give it a conducting surface. The principle thus employed is old, but the difficulty has always been that the liquid in the plating bath would soak into the paper and would loosen the metal film from it even while this was being deposited. Now the users have learned that by first coating the paper with a varnish or lacquer impervious to moisture, they can make it immune against the direct action of the liquid, so that the film of metal will cling firmly to it.

**G.D. SLEATE**



Graduate Optician  
437 WATER ST. WES.  
Phone 916 P.O. Box

He had been standing there quarter of an hour, staring at a window, when a window opened, and a voice said: "What's the matter?"