

OUR THEATRES

THE NICKEL
The week end performance at the Nickel theatre which begins to-day is a dainty one and is sure to draw its many patrons.

ROSSLET'S EAST END.
At Rosslet's East End Theatre, to-night will take place one of the most interesting and amusing competitions ever held in this popular place of entertainment.

THE CRESCENT
The new programme of the Crescent's week-end performance to be shown to-night will certainly delight the many patrons of this popular picture palace.

Bell With History Attached

The bell of the Church of St. Kyran's is now at the forge of Mr. Jas. Brennan for repairs. The old clapper having rusted completely away, is being replaced there by a new one.

Labrador News

A message from Battle Hr. to the Marine Department yesterday stated there was a good sign of cod there, but bait was scarce and operations hampered by stormy weather.

New Fire Alarm Bell

We hear that in the near future a fire bell will be added to the Eastern Station. The Western and Central, as well as the South Side reserve hall are fitted with a bell each.

Bruce's Crew Back

Capt. L. Stevenson and crew of the Bruce, which was recently purchased by the Russian Government, returned by the Stepano yesterday from New York to which port they crossed, after safely delivering the ship at Archangel.

At this port twenty-eight other ships were held up and in company with these the Bruce again left on the 25th, the mine sweepers going ahead to remove the floating dangers.

Jumped Overboard At Night

When the Bruce in going over from this port to the Russian port of Archangel was in the danger zone, where submarines and mines might be encountered, the men were compelled to wear life belts and the ship slowed down until daylight, and would not run until daylight, preceded by mine sweepers.

It was fortunate that the life belts were worn, for it saved the life of one of the crew who had been drinking heavily, and becoming crazed from alcohol, leaped overboard late at night.

The Erik Has Stormy Trip

Yesterday afternoon the Reid Nfld. Co. had a message from Capt. Burgess of the S.S. Erik, which said that she had arrived at Domino during the day, on her way North.

Let's Talk "Injun"

Do you want an engine? Yes! Well start in time, make some inquiries, get some information; size up the different makes; get the right one and don't repent at leisure.

As regards the Bell there is, we hear, an interesting history which possibly Mr. Hy. Shortis, Rev. Fr. Stanley or possibly Rev. Fr. Fynde, may be able give.

LOCAL ITEMS

Venus Drawing pencils are perfect.—ap12,tf

Owing to the heavy N.W. gale which raged last night the Glencoe had to lay up at Placentia. The wind caused a very heavy sea.

About 100 passengers went out by the Kyle's express last evening. Among them were several sportsmen with guns and dogs going up country shooting partridge.

Venus and Velvet pencils will give you satisfaction.—ap12,tf

A boy named Soper in passing down New Gower Street last evening was set upon by a vicious cur and badly bitten about the legs. He was taken to a doctor for treatment.

Two fine young men who had been taught the drill by Sgt. Savage at Fort Townsend, yesterday took up street duty in the police force. They are Messrs Collins and Wall. Another recruit named Dunn of Hoopell T.B., joined the force yesterday.

Wallace's Chocolates R most excellent.—ap12,tf

Though unfavorable weather prevailed yesterday some of the local fishermen went out in their motor boats to the fishing grounds. Fairly good fares of cod were taken on herring and sold quickly in the fresh fish markets.

Velvet pencils for commercial use.—ap12,tf

The repairs which will be given to the Ravenscourt on the dry dock will give a good deal of business to some of our local mechanics, such as iron workers, sailmakers, block-makers, riggers and shipwrights.

Don't forget to ask your grocer about LaFrance & Satina Tablets.—ap12,tf

Another Arrest For Heinous Offence

Yesterday afternoon Const. O'Neil arrested under warrant a resident of Water Street West, a married man, who is also charged with a crime similar to that of the party who was before court yesterday, and the details of which are of a character precluding publication.

Our Volunteers

Yesterday the volunteers were put through various drills in the armoury. A route march was held in the afternoon under Inspector O'Grady, the men going seven miles along the Topsail Road and return, covering it in one hour 55 minutes.

Spent Enjoyable Holiday

Mr. James Duggan of New Gower Street who spent three months on a holiday trip to Boston, Cambridge, and other places, returned to the city by yesterday's express.

Ask your dealer for Wallace's Souvenir box chocolates. Three pictures of 1st Nfld. Contingent on cover—quality "Most excellent".—ap12,tf

An Insolent Puppy

From the West Coast comes a story wherein Capt. Wes. Keane of the S.S. Port Saunders figures as an insolent clown, and shows himself unfit for the position he holds as captain of a subsidized mail boat.

The S.S. Glencoe's Outward Passengers

The Glencoe which left Placentia at 11.30 this a.m., took Mrs. J. Pater, W. W. Blackall, Rev. J. Murphy, Miss L. R. Crocker, Mrs. W. Breaker, Geo. Soper, Mrs. M. Forsy, J. H. Carter, A. Parker, B. D. Lilly, W. Costello.

W.C.T.U. Visits Pouch Cove

The executive of the W.C.T.U., with Mrs. Howland, went to Pouch Cove last evening where they held a very successful meeting in the Fishermen's Hall. Though the visit was unexpected, within an hour the hall was packed to the doors, the greater portion being voters.

Mrs. Howland and Mr. A. E. Hickman were the speakers, while a brief address was given by Mr. Grouchy of Pouch Cove. The remarks of the speakers were punctuated with great applause and there was great enthusiasm which left no doubt that Pouch Cove is lined up with the Prohibition forces that are marching into victory.

The Meigle's Report

The S.S. Meigle returned from north at noon yesterday. She encountered strong winds on the trip, but the weather was mostly fair. Cod-fishing in the Straits and on Southern Labrador is drawing to a close, and the fishermen are leaving for home every week.

U.S. Navy Man Here

Mr. Wm. Molloy of Water Street West and brother of Mr. John Molloy of the Reid Nfld. Co. came along on yesterday's express from New York and detained at Grand Falls to visit friends there.

Kyle's Passengers

The Kyle arrived at Basque at 7.10 a.m. to-day, bringing Rev. A. P. and Mrs. Tulk, D. P. Deshowitz, Mrs. D. Pedler, Miss Pike, Mrs. T. Pike, B. R. Miller, S. A. Darby, W. H. Norman, C. Farrell, Miss Hyde, Mrs. Crocker, M. Nikosey, W. J. Payne, W. J. Smith, S. Garland, B. Garland and family of 7 and 8 second class.

Brakesman Severely Hurt Yesterday

At noon yesterday as brakesman Peter Wall was shunting cars up near the round house his left foot caught in the couplings as two cars came together and held him until assistance came.

Hurt By Motor Car

Wednesday as Mr. E. Brambrick of Parker & Monroe's was crossing New Gower Street a motor car coming down at a good clip collided with him, threw him to the ground with great force and he was so severely hurt in the back and hip that he has been crippled since.

In Days Gone By

SEPTEMBER 24th. Steamer Mariposa lost in Straits of Belle Isle, cargo worth \$160,000; passengers and crew saved, 1895.

Judge Emerson born in Hr. Grace, 1863. Jas. Whitford, watchmaker, died at "Dunluce", Portugal Cove Road, 1887.

J. P. Thompson, appointed Stipendiary Magistrate of Brigus, 1895.

SHIPPING

The Fogota left Tilting at 8.35 this a.m. coming south.

The Durango left Liverpool yesterday for this port.

S.S. Portia left Jersey Side, Placentia at 7 a.m. to-day.

S.S. Prospero left Seldom at 4.30 a.m. to-day and is due here tomorrow.

The Florizel left New York for St. John's via Halifax to-day and is due here Thursday next.

The "Waterwitch" is loading for Brazil at Job Bros. & Co.'s and sails tomorrow.

Several bankers recently baited at St. Lawrence and Burin and have sailed for another trip to the Banks.

The S.S. Neptune, Capt. Joyce, sails this evening for Naples, taking about 8000 qtls. codfish shipped by Job Bros. & Co.

The schr. "Arthur H. White," salt laden, sails for Burin this afternoon and will load fish at Belloram for Europe.

The S.S. Beothic with a cargo of codfish shipped by Job Bros. & Co., arrived at Alicante yesterday after a run of 12 days.

The S.S. Almeriana will sail from London for this port on Thursday next the 30th inst, the sailing of the Felician having been cancelled.

The S.S. Home arrived at Port aux Basques at 7.40 p.m. yesterday bringing no passengers. She had considerable mail matter, and the express with this is due to-morrow.

The schr. Arabia is now due here with a cargo of cattle and produce to W. B. Frazer from P.E.I. She has been delayed by the storm of the past few days.

The American schooner Atlanta, Capt. Walding, was at Woods Island last week out of the storm. She has 100,000 lbs fresh halibut, from Labrador.

The schr. A. D. Story, over which there was some trouble about her gasoline cargo, sailed yesterday for Sydney.

The following vessels arrived yesterday from the Labrador codfishery: Eleanor at Safe Hr. with 400 qtls; Roy and Ethel at Brookfield with 300 and 180 qtls; Ocean Traveller, Campredon, and J. S. Munn at Newtown, hauling for 200, 300 and 800 qtls, respectively.

Reid Coy's Ships

The Sagona is due at Battle Hr. yesterday.

The Argyle left Baine Hr. at 9 a.m. yesterday.

The Clyde left Lewisporte at 8.10 this a.m. for the North.

The Dundee left Blandford at 2.45 this a.m.

The Ethel left Clarendville at 4 a.m. to-day.

The Erik arrived at Domino Thursday morning going North.

Mr. Stevenson of the "Daily News" business office, who had been on a two weeks' holiday returned yesterday. He spent part of the time in the country and did fairly well shooting partridge &c.

Health Lectures

Questions Answered by Miss Hall

(Q) May one always use cream instead of oil in Salad Dressing?

(A) Cream or melted butter may be substituted for olive or other salad oils in cooked dressings but could not be used in the French dressing or Raw Mayonnaise.

(Q) How many calories in one fair sized egg?

(A) 75 calories in a medium sized egg, 100 calories in a very large egg.

(Q) How many calories to 1 cup boiled oatmeal?

(A) About 150 calories.

(Q) Please give advice for an anaemic person.

(A) Eat plenty foods containing iron, such as egg yolks, spinach, cabbage, cherries, asparagus, cauliflower, apples. Milk is also a suitable food. A persons who has anaemia should have plenty of fresh air, day and night.

(Q) What about eating at bed-time?

(A) I would not recommend eating at bed-time. The supper should consist of foods which are easily digested.

(Q) How long should rolled oats cook?

(A) Rolled Oats should be cooked in a double boiler for three or four hours. If, however, the rolled oats are used for corrective measures i.e. to give raw starch to acid forming bacteria in colon, it is cooked for ten minutes only. This is often spoken of as Scotch Brose, but it is not given from the standpoint of nutrition.

(Q) How do nuts and legumes compare with meat as to the percentage of protein?

(A) Lean meat contains usually from 15 to 19 per cent protein. Nuts 20 to 25 per cent and legumes 25 per cent.

(Q) Is macaroni a good food?

(A) Yes, it is made from a wheat and is rich in protein. When combined with eggs or cheese it makes a splendid meat substance.

(Q) Should vegetables be cooked in hot or cold water?

(A) All vegetables should go over the fire in boiling water. Old vegetables may be made much more tender by immersing an hour or more in cold water.

(Q) What is best diet for constipation?

(A) A diet consisting largely of bulky foods and foods which stimulate peristaltic action, as dried beans and peas, cabbage, parsnips, celery, turnips, potatoes, carrots, spinach, cauliflower, tomatoes, oatmeal, bran, cracked wheat, graham bread, blueberries, prunes, apples, pears, grapes, raisins, figs, cranberries, concentrated foods and foods containing little bulk, such as eggs, rice, corn and starch. Pastries and cake should be avoided. Two quarts of water should be drunk each day.

(Q) Give receipt for bran genns.

(A) 1 cup sterilized bran; 1 cup graham flour; 1/2 cup milk; 3 tablespoons melted butter; 1 teaspoon salt; 1 egg; 1 tablespoon sugar; 3 teaspoons baking powder.

Mix bran, flour, salt, sugar and baking powder together. Beat egg and add milk; add all of dry ingredients, melted butter last and bake in buttered muffin pans in a hot oven 20 to 30 minutes.

(Q) Give receipt for healthful plum pudding.

(A) 1 cup granola, grape nuts, or well toasted bread crumbs; Yolks 2 eggs; 1/2 cup sugar; 1/4 cup milk; 8 figs; 1/4 cup finely chopped nuts; 1 1/2 teaspoons orange extr.; 1 1/2 teaspoons lemon extr.; 1 cup chopped dates;

Police Court News

Beat yolks of eggs until light; add sugar, milk and granola or grape nuts; let stand 20 minutes. Cut hard ends from figs, wash and pour boiling water over them and let stand one to two minutes; drain and dry upon clean towels and chop. Put dates in cold water; remove stones, then wash in hot water, chop and add to the figs. Clean raisins and currants and add to other fruit; cut apple in small pieces; turn all fruit into first mixture. Add flavoring and molasses. Beat egg whites stiff and fold into mixtures. Turn into a buttered pudding dish and steam over actively boiling water for 3 hours. Serve with hard sauce.

HARD SAUCE. 1/3 cup butter; 1 cup powdered sugar; 1/2 teaspoon flavoring or 1/2 teaspoon nutmeg.

Cream butter, add sugar and continue beating until smooth and creamy. Add flavoring and stir again. Put in serving dish and place near ice.

Judge F. J. Morris, K.C., presided to-day and discharged a drunk.

An assault case brought by a woman against a young chap was dismissed.

The men charged with a heinous crime each were remanded for 8 days.

Rev. Father J. Carter arrived here by the S.S. Stepano yesterday. Fr. Carter who is an expupil of St. Bonaventure's College, studied at Propaganda College, Rome, and was ordained to the Priesthood a few months ago. He is a son of Mr. E. Carter, the well-known business man of New Gower Street.

Man Receives Painful Injury

While at work on board Earnest Carew's schooner Star yesterday hoisting oil from the hold one of the crew named Laurence Cranc received painful injury. He let the winch go when the rapidly revolving handle hit him with great force and laid the right side of the face open. Proceeding to a doctor several stitches were put in the wound.

Another Terrible Case

By yesterday's express Inspector Bartlett of Bay of Islands arrived here with a prisoner named Murdoch Gallant, who on Saturday last was sentenced by Justice Johnson of the Circuit Court to 2 years with hard labor. He belongs to a small remote cove named Bottle Cove and the crime he was convicted of was of a most revolting nature, far worse in fact than for which the two men referred to yesterday are now in jail.

Two Schooners Lost

Mr. Hy. W. LeMessurier had a message to-day to the effect that the schr. Lady Smith, with lumber from Bay of Islands to Port aux Basques, went ashore in the recent storm at Codroy Harbor and became a total wreck. The schr. Meteor, he was also advised, was lost at Fox River, Quebec. She had a crew of 6 men and belonged to St. Jacques, Fortune Bay. Her crew were saved. One schooner was 97 tons and the other 53 tons.

READ THE MAIL AND ADVOCATE.

Fresh Sausage Mail Order Service
WE desire to call attention to our latest endeavour to meet the increasing demand for our Fresh Beef and Pork Sausage by residents outside St. John's.
We will ship Express Paid to points on the Railway and Coastal routes with direct service 5 lb. Beef Sausages, \$1.10; 5 lb. Pork Sausages, \$1.20; 5 lb. Cambridge Sausages, \$1.40; cash to accompany orders.
The Sausages will be wrapped in white parchment paper, and packed in a sarong cardboard box, insuring cleanliness in handling and delivery in good condition. For 10 lb. and 20 lb. lot prices on application.
Our products are made from Sound Meats and pure ingredients, and are manufactured under the strictest sanitary regulations contained in the New Inspection of Foods Act now in operation.
ST. JOHN'S MEAT CO. BRANCHES. Water Street East, Phone 800 Water Street West, " 800a Military Road, " 98