

We Have Just Received, ex. S.S. "Sachem", a Large Shipment of

# GOLDEN PHEASANT TEA

This is likely to be the last shipment before Christmas. We, therefore, recommend you to look over your stocks now, and report to the GOLDEN PHEASANT TEA HEADQUARTERS.

Ferguson, Holness & Company, Ltd., London.

## J. B. MITCHELL & SON, Limited

Telephone 714

Agents for Newfoundland

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### Side Talks by Ruth Cameron

ENOUGH IS ENOUGH.

"The ice cream parlor does more harm than the school," says the American people have gone wild on sweets and soft drinks. The above statements were not made by an irresponsible sensation-seeker, but by a professor of the Harvard College Medical School.

Doubtless you will feel that he goes too far in likening the ice cream parlor to the school. But you never can hammer a truth except by strong statement.

Candy is Guilty on One Count.

What is the case against alcohol? That while under its influence inhibitions are loosened and they do things they would not do normally. Secondly, that it injures the health.

On the first count, candy and soft drinks and ice cream come through guilty. We don't do crazy things under their influence.

But how about the second? If you would somehow find a unit of reckoning of the harm done by overloading the stomach with this sort of thing, it might not come so far below the harm done by alcohol.

I am sure that didn't make her ill. On the coastwise voyage which I took, one of my fellow passengers, a young girl, was exceedingly sick, although it was not a rough voyage. She afterwards confessed to me that while waiting for the boat to be loaded she had eaten a whole lot of caramels. But she was sure that she had made her mistake, as she had often done it before without bad results. Evidently the motion of the boat had acted as a last straw to an already overburdened stomach. Other times we had been on such last straw trips, but the stomach had managed to deal with this outrage. But think of the cumulative effect!

The youngster who goes to the soda fountain and eats four or five delicious rich Sundae is a humorous character in fiction, but in real life is a really serious situation. Another stomach outrage is the Side Club or Afternoon Tea, where

at 4.30 or 5 o'clock a lunch of iced and rich cakes is served to women who, not belonging to the class which makes a business of afternoon tea and arranges its meals accordingly, will have no appetite for their 6 o'clock dinner.

Too Much Candy is Killing With Kindness. And then there is the youngster who once upon a time would have had a penny a week to spend for candy and who, in these last few years of freely flowing money, has had nickels far more often than he used to get pennies, and has gorged himself accordingly.

An outrage to the stomach is an outrage to the foundation of health and consequently of happiness. It takes more energy for the stomach to get rid of an ounce of superfluous food than to digest a pound of food of the right kind given at the right time. Can we afford to waste this energy?

Give Us Cheaper Bread.

Editor Evening Telegram.  
Dear Sir.—I notice by this morning's public despatch that the price of bread has been substantially reduced in the neighbouring provinces. We have so many people just now finding it hard to get bread for their families, and with the prices of foodstuffs falling, I am wondering why it is that St. John's bakers have not seen fit to reduce the price of loaves. Come gentlemen, now that the flour is down, let's up to you to "fall in line" and give us cheaper bread. If you will do this, I am sure that many a provider who finds it hard to supply the "staff of life" for his little ones will be truly grateful to you.

Yours truly,  
PARENT.

Nov. 16, 1921.

### Plain Facts for Stomach Sufferers

Digested food makes us strong, vigorous, healthy. Dyspepsia is invariably weak and ailing. All they need to make them strong and well is the power to digest food, and that is just what Father Sargent's Syrup gives. It helps the stomach, liver and bowels to do their work efficiently. Sold in 50c and \$1.00 bottles in drug stores.

WE WISH TO ANNOUNCE THAT OUR SOUVENIR  
**Christmas Greetings and  
New Year Photo Mount  
Calendars for 1922**  
ARE NOW READY FOR SALE.

They sell at the following prices:  
1 1/2 x 2 1/2 ..... 35c. each  
2 1/2 x 3 1/2 ..... 35c. each  
2 1/2 x 4 1/2 ..... 40c. each  
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These Calendars are especially suitable for Christmas or New Year Gifts. You only need to slip your photo or snapshot in these mounts to have an artistic and attractive souvenir. We have only a limited number. Call and see them.

REMITTANCE MUST ACCOMPANY ALL MAIL ORDERS.

**TOOTON'S,**  
THE KODAK STORE, 309 WATER STREET.

### BROWN'S NAUTICAL ALMANAC.

Harbour and Dock Guide  
and Advertiser and  
Daily Tide Tables  
for 1922.

Price \$1.20.  
By Mail \$1.24.

From  
**GARRETT BYRNE,**  
Bookseller & Stationer.

### The Stevedore's Job.

When passengers see the cargo pouring into a steamer's hold, it looks as easy to stow it away as packing a box of toy bricks.

But to load a vessel properly with a mixed cargo is an art in itself, a profession only learnt by years of experience, and the master's stevedore has much to contend with.

Many steamers take cargo for several ports, and it stands to reason that the cargo for the first port of call should be on top. Also, most of the heavy cargo, which should go at the bottom, is delayed, while the light cases and crates which should go on top of it are ready and waiting.

The stevedore does his best by running up sections and leaving spaces below for what should go there; but he has to contend with the ship's officer in charge, who sees that if large spaces are empty, the crew must break down other cargo and fill, or partly fill, these, and this he objects to.

Many Points to Watch.  
Also, the stevedore must not stow liquids where a leakage may damage other goods. No bales must go near bottled stuff, and the arguments in consequence between the ship's officer and the stevedores are frequent and free.

Then the vessel must be loaded so that she will lie on an even keel, or level in the water; she must not have a list, or leaning, to one side. She must also be loaded to suit her steaming, generally from three to six inches by the stern. A vessel deeper in the water at the bows than at the stern would probably work like a pig rooting in a field, although occasionally a sailing vessel has been known to do better with the bows deeper than the stern.

And although much weight must go into the bottom of a ship, or she will be top-heavy, and perhaps turn turtle, yet if too much is there it will act like a pendulum, and the ship will roll badly. The weight may have to be raised, or some put along the orlop or tween decks.

The vessel must not be loaded too deeply. There is a plumb line mark or disc to guide those in charge, and the ship's officer will have her well above this if he can, while the owner will instruct the stevedore to put the mark under water in dock, allowing for a rise of a quarter of an inch to the foot immersed when the vessel reaches the sea.

Another most important work is to see that every bit of cargo is securely blocked off. If any should work loose, havoc may ensue, and not only would the cargo roll about and be damaged, but the safety of the vessel would be jeopardised.

Lastly, the loading must be completely in time for the steamer to leave on the date advertised, and as a number of shippers think that if their cargo goes on top it will be least damaged and landed first, there is usually a rush at the last, causing hurry, bad temper, and often neglect of necessary precautions.

### Massacre of Officers in Kaffir Land.

Information was received on November 17, 1847, of the death of five British officers—Captain W. L. Y. Baker, Lieut. Faunt, and Ensign Burdop, of the 73rd Regiment; Dr. N. S. Campbell, Surgeon, and Assistant Surgeon Loch, 7th Dragoon Guards. The headquarters camp was on the Kombe, about ten miles west of the Kye, Colonel Somerset, with a strong force, being in advance, and in position on the heights commanding the Kye drift, at the usual wagon road. About seven miles away there was a conspicuous rock, or mountain, and as the beauties of the country were much spoken of, the ill-fated officers resolved to satisfy their curiosity by visiting the spot. They started on Saturday, taking no escort of any kind, each carrying a double-barrelled gun, more as a precaution than from any apprehension of attack. The party were six in number, but, being overtaken by a shower of rain, Lt. Littlehales, of the 73rd, who was suffering from a severe cold, resolved, after riding about five miles, to return. The only approach to the mountain was along a narrow ridge,

terminated by a deep and narrow gien, and thence through a valley encumbered with rocks and bush. As far as the traces could be seen, the officers were permitted to gain the summit of the mountain without molestation, although their movements were watched. No apprehension was felt until Saturday evening, when, not making their appearance, Lieut. Littlehales became uneasy, and at eight o'clock a search party started off. Traversing the ridge, they reached the brow leading to the narrow gien, but into which, at that hour of the night, and with so small

a force, it was not deemed prudent to descend. Several rounds were fired as signals, but hearing no response, the party returned to camp, and a strong party was ordered to start soon after midnight to renew the search. At dawn they found their comrades' bodies, savagely mutilated. The unfortunate men must have been attacked in passing up the valley, but on endeavoring to escape, their retreat was completely cut off, and they became easy victims to overwhelming numbers. The spectacle presented was frightful. Mr. Burdop had three bullets in his head; Capt. Baker was stabbed and mutilated in several places; Dr. Campbell must have suffered greatly, the flesh being actually pared from his body. The naked body of Lieut. Faunt had been flogged with chains. The dead bodies of two Kaffirs lay at no great distance, killed, it was assumed, by the officers at the first moment of the attack. The poor fellows were buried on Sunday, in one grave. Orders were at once given to punish the Kaffirs, and on Sunday night a large force reached a point close to the scene of the disaster. The natives showed great determination, but nothing could resist the impetuosity of the troops, who rushed fearlessly over

every difficulty and drove the enemy before them. Twenty-three Kaffirs were killed and about double that number wounded; the only casualty on the British side being one man killed.

### Oil Light Beats Electric or Gas.

BURNS 94 p.c. AIR.

A new oil lamp that gives an amazingly brilliant, soft, white light, even better than gas or electricity, has been tested by the U. S. Government and 35 leading universities and found to be superior to 10 ordinary oil lamps. It burns without odor, smoke or noise—no pumping up, is simple, clean, safe. Burns 94% air and 6% common kerosene (coal-oil).

The inventor, R. V. Johnson, 14 Washington Place, New York is offering to send a lamp on 10 day's FREE trial, or even to give one FREE to the first user in each locality who will help him introduce it. Write him to-day for full particulars. Also ask him to explain how you can get the agency, and without experience or money make \$250 to \$500 per month.

### East End Feed & Produce Store.

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Buy your Winter Feed now. We have

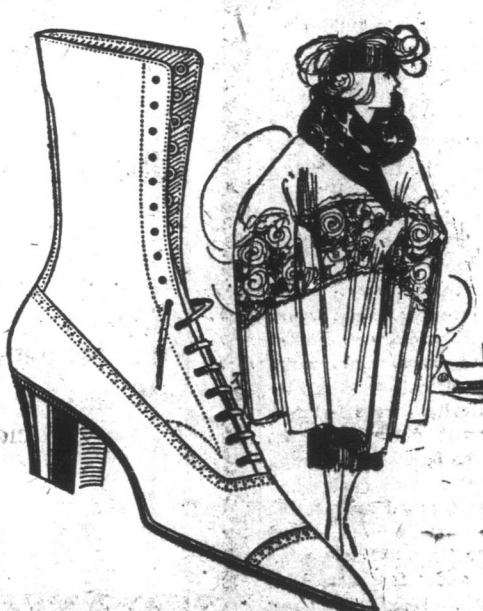
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HEAVY WHITE OATS.  
We can give you a good price on this lot.  
RING 812.

Worn-out hot water bags can be cut into rounds and used as mats under flower-pots.

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We have just received a shipment of Boots for Men, Women and Children. All new stock at 1914 prices. Note the Styles.

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MEN'S CANADIAN ARMY BOOT—Good heavy solid leather boot, only \$6.75. Same style for boys, sizes 1 to 5, only \$4.00.

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MEN'S TAN CALF BLUCHER, with rubber heels. The Young Man Boots, only \$8.00

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MEN'S BLOCK CALF BOOTS, pointed toes, only \$6.00 per pair. Regular \$10.00 value. Secure your size to-day.

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