

COX'S GELATINES!

All orders received from the Trade forwarded immediately.

CHESLEY WOODS,

Appointed Sole Agent for Nfld.
Office and Sample Rooms 282 Duckworth Street,
Head McBride's Hill.

The Fall Exhibit of Jaeger Goods for Men,

Consisting of
WOOLEN UNDERWEAR, HALF HOSE,
PYJAMAS, SHIRTS, BEDROOM SLIPPERS,
and HOUSE SHOES, SMOKING JACKETS,
DRESSING GOWNS, WOOLEN WAIST-COATS,
SWEATER COATS & OVERCOATS,
WOOLEN GLOVES, CAPS, WOOLEN MUFFLERS.

Will open on Thursday, September 23rd, at the Jaeger Depot,

SMYTH'S, - - 286 Water Street.

These goods are manufactured in England by an all British Co.
Phone: 726. P. O. Box 701.

Elegant Bedsteads

In all Brass, bright and dull finish, or in Brass and White Enamel we are showing some very handsome model Bedsteads which are remarkable for their beauty of finish, their right-up-to-the-minute smartness, and their reasonable prices.

¶ With these Bedsteads we also purchased a limited quantity of Dressing Tables and Bureaux in Mahogany and Golden Oak. Some are copies of fine French furniture, with oval mirrors and one single drawer, others with three and four drawers, and bevelled mirrors in various designs.

¶ We have also a full stock of Children's Cots and Beds in Brass and Enamel.

U. S. Picture and Portrait Co.

Just Arrived, per "Florizel."

200 Rolls 3 Ply
300 Rolls 2 Ply
200 Rolls 1 Ply

"H" Brand Roofing Felt.

Best quality.
Does not Stick together.

ALSO, IN STOCK:

"Crown" Brand 3 Ply RUBBER ROOFING,

Complete with Cement, Nails and Tins.

HARVEY & CO., LTD.

WHOLESALE.

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 of boiled oatmeal?
A. About 150 calories.

Q. Please give advice for an anemic person.
A. Eat plenty foods containing iron, such as egg yolks, spinach, cabbage, cherries, asparagus, cauliflower, apples. Milk is also a suitable food. A person who has anemia 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 measure, 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 p.c. protein, nuts 20 to 25 p.c. and legumes 25 p.c.

Q. Is macaroni a good food?
A. Yes; it is made from a wheat rich in protein. When combined with eggs or cheese it makes a splendid meat substitute.

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 the 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, starch, Pastries and cake should be avoided; 2 quarts of water should be drunk each day.

Q. Give receipt for bran gems.
A. 1 cup sterilized bran, 1 cup graham flour, ¾ 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, 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, ¼ cup sugar, 1½ cups milk, 8 figs, ¼ cup finely chopped nuts, 1½ teaspoons orange extract, 1½ teaspoons lemon extract, 1 cup chopped dates, 1 cup raisins, 1 cup currants, ½ cup chopped citron, ¼ cup molasses, ½ cup apples, 2 egg whites. 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 mixture. 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, ½ teaspoon flavoring or ¼ 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.

Q. Which exercises should be taken each day?
A. Constitutional exercises, i.e. exercises for breathing, liver, kidney, stomach and bowels. In addition to these other exercises should be added as needed but these should be taken each day.

Q. How long should one exercise each day?
A. It depends entirely upon the case. Often one hour a day may be taken at first, divided into half or quarter hour periods. Then from five to ten minutes a day should keep one in good condition.

Q. Do you recommend cold tub baths?
A. Not for all individuals. Very

ROYAL YEAST CAKES

The best yeast in the world.
Makes perfect bread.

MADE IN CANADA

EW. GILLET COMPANY LIMITED
TORONTO, ONT.
WINNIPEG MONTREAL

few people can react after a cold tub bath. It is better to begin by taking cold hand baths.

Q. How much salt should be put in a glass of water in taking stomach exercises?
A. One teaspoonful only, taken for three mornings only.

Q. Which exercises will reduce abdomen?
A. (a) endeavour to touch floor while standing without bending knees. (b) also lie on floor, and keeping knees rigid raise right leg and then left. (c) lie on floor and endeavour to sit up and touch toes.

Q. What does a coated tongue and bad breath indicate?
Some intestinal disturbance. Probably auto intoxication.

Q. What exercises can one take to get tall?
A. None probably after a person is fully grown.

BISURATED MAGNESIA

An absolutely harmless antacid in all cases of fermentation and souring and belching of food, gas, indigestion, etc. A teaspoonful in a fourth of a glass of hot water usually gives INSTANT RELIEF. Sold by all druggists in either powder or tablet form at 75 cents per bottle.

Charges Against Four Councillors.

Montreal, Sept. 20.—Serious charges were made against four members of the City Council before Judge Martineau in the Superior Court, Montreal, this morning, in connection with legal proceedings to prevent the awarding of an asphalt contract to the Aztec Oil and Asphalt Refining Company, the allegations having been made by citizen Rodrigue Langlois. They were, in brief, that Controller Hebert was to receive \$50,000 in capital stock in the company, or \$25,000 cash, for his vote for the contract to go to the Aztec Company; Controller McDonald, \$50,000 in stock; Alderman Mayrand and Alderman Menard, \$40,000 in capital stock.

Initials which correspond to those of the men in question, with the figures mentioned standing opposite the initials, on a piece of paper, were placed in envelopes, and Mr. Gonzave Dassault, K.C., acting for Mr. Langlois, stated that the initials, according to his information, represented the members of the City Council whom he named above.

WOMAN WANTS TO HELP OTHERS

By Telling How Lydia E. Pinkham's Vegetable Compound Restored Her Health.

Miami, Okla.—"I had a female trouble and weakness that annoyed me continually. I tried doctors and all kinds of medicine for several years but was not cured until I took Lydia E. Pinkham's Vegetable Compound. I hope my testimonial will help other suffering women to try your wonderful medicine."—Mrs. MARY R. MILLER, Box 463, Miami, Okla.

Another Woman who has Found Health in Lydia E. Pinkham's Vegetable Compound.

Lindsborg, Kansas.—"Some years ago I suffered with terrible pains in my side which I thought were inflammation, also with a bearing down pain, back-ache, and I was at times awfully nervous. I took three bottles of Lydia E. Pinkham's Vegetable Compound and am now enjoying good health. I will be glad to recommend your medicine to any woman suffering with female trouble and you may publish this letter."—Mrs. A. L. SMITH, R. No. 3, Box 60, Lindsborg, Kansas.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

Minard's Linctum Cures Diphtheria.

Horror Runs Riot in Asiatic Turkey.

Viscount Bryce Appeals to America to Stop Turkish Policy of Fiercish Cruelty to Armenians.

London, Sept. 20.—Viscount Bryce, formerly British Ambassador to the United States, has sent to the Associated Press a plea that America try to stop the slaughter of Armenians. "The civilized world," he says in his plea, "especially America, ought to know what horrors have been passing in Asiatic Turkey during the last few months, for if anything can stop the destroying hand of the Turkish Government it will be an expression of the opinion of neutral nations, chiefly the judgment of humane America. "Soon after war broke out between Turkey and the Allies," continues the Viscount, "the Turkish Government formed, and since has been carrying out with relentless cruelty, a plan for exterminating Christianity by killing off Christians of the Armenian race. Accounts from different sources agree that over the whole of Eastern and Northern Asia Minor and Armenia, the Christian population is being deliberately exterminated, the men of military age, being killed and the younger women seized for Turkish harems, compelled to become Mohammedans and kept with children in virtual slavery. The rest of the inhabitants, old women, men and children have been driven under convoy of Turkish soldiers into unhealthy parts of Asia Minor, some to the deserts between Syria and the Euphrates. Many die or are murdered en route and all perish sooner or later. "In Trebizond City, where the Armenians number over 10,000, orders came from Constantinople to seize all Armenians. Troops hunted them, drove them to the shore, took them to sea, threw them overboard and drowned them all, men, women and children. This was seen and described by the Italian consul. "Some in the country escaped by professing to accept Islam, and a quarter of a million escaped over the Russian frontier, but perhaps half a million were slaughtered or deported, and those deported are dying from ill-treatment, disease or starvation. The roads and the hillside are strewn with corpses of innocent peasants. "We can all try to send aid to the miserable refugees now in Russian territory, but what man can stop the massacre? Not the Allied Powers at war with Turkey. Only one Power could take action for that purpose. It is Germany. Would not the expression of American public opinion, voicing the conscience of neutral nations, lead Germany to check the Turkish Government?"

Economise!

Use Coke for Kitchen Ranges, Furnaces, Hall Stoves, etc. Smokeless, cleanest, cheapest.

The most economical fuel for Factory use. Experts say that with Coke you get 44 per cent of the total possible heat, while only 19 per cent. Selling at \$7.00 per ton, sent home, for a limited period only.

Send in your orders immediately, and avail of this low price. Fuel is bound to be dear this Autumn.

ST. JOHN'S GAS LIGHT COMPANY.

Ask or Give No Quarter

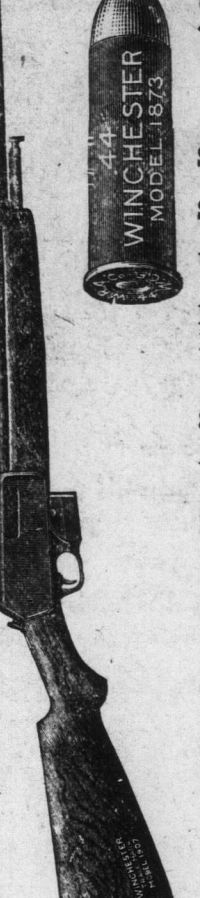

London, Sept. 20.—The Pall Mall Gazette, commenting upon the recent statement of Grottel von Jagow, the German foreign minister, regarding Germany's submarine policy, in which Herr von Jagow suggests that it might be well for Great Britain to revoke orders instructing shipmasters to attack submarines whenever possible, has this to say: "The British answer to such diplomacy is quite plain. We have beaten the submarine campaign, and would be indeed simple-minded to give it fresh facilities by laying down the weapon just as it has rendered important service." The Gazette contends that the provisions which the foreign minister suggested for preventing the sinking of belligerent shipping without warning is merely a German trap, intended, if Great Britain refuses to accept them, to persuade Americans that Germany has been driven against her will to continue "the infamous course with which her naval flag is identified."

Gone to New York.

Ottawa, Sept. 18.—Mr. D. A. Thomas, the special representative of the British Minister of Munitions, leaves Ottawa to-morrow for New York. He has completed his work in Canada, for the time at least, but will, it is understood, remain in New York. Mr. Thomas's inspection of the munition manufacturers in Canada and his conferences with Canadian manufacturers have resulted satisfactorily. Mr. Thomas has had several conferences with Sir Robert Borden since the latter's return from England, when the munitions situation as affecting Canada was gone carefully over.

Shooting Season.

Single & Double Barrel Breech-Loading Guns,
Single & Double Barrel Muzzle-Loading Guns,
Winchester Rifles in Half and Full Magazines,
Ross Rifles and Revolvers,
10, 12, 14, 16 and 20 G Cartridges, all sizes Shot in Black & Smokeless Powder,
8, 10, 12 and 16 G Brass and Paper Shells,
Winchester Ammunition in Blk. and Smokeless Powder,
Reloading Outfits, Wads, Primers, Cleaners,
Powder & Shot, Gun Caps,
Gun Oil and Grease, Game Bags,
Cartridge Belts and Bags,
Gun Covers, Shooting Vests and Coats,
Dog Collars & Chains, Whistles, Pocket Flasks and Cups,
Hunting Knives,
Pipes and Tobacco,
Traps—all descriptions.
Call and inspect our stock or write for Catalogue and price list before purchasing elsewhere.

Martin Hardware Co., Ltd.

Halt! Give the Countersign. Cash's Tobacco Store

There is not the least doubt about the quality of our Tobaccos, Cigars and Cigarettes. We beg to draw special attention to the following brands:—

TOBACCO. John Cotton's Mixture, Hymn's Mixture, Cash's Mixture, V. C. Mixture.	CIGARS. Romeo & Juliette, Governor, Conchas, Bock.	CIGARETTES. Pall Mall, Melechrimo, London Life, Garrick.
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Our Pipes and Smokers' Requisites are imported from the leading manufacturers and are of the very best quality.

JAS. P. CASH, Tobacconist, WATER STREET.

"V. C."

¶ While every true Briton will be attracted by the magic letters above, every true smoker should know they also stand for a tobacco composed of finest Burley and Virginia leaf, so perfectly blended that it needs only one trial to make it first favorite, so magic is its flavor.

¶ For either pipe or cigarette this Smoking Mixture is equally good. It is delightfully cool and fragrant to taste, is free from any sting or bite, and is altogether a tobacco that is sure to become first a popular tobacco then a favorite tobacco, and eventually, to the really appreciative smoker, a "regular old friend."

¶ V. C. Smoking Mixture is sold in 1 lb. tins, but it can also be purchased loose in smaller quantities from 1 ounce upwards, as required. If you're not using V. C. Smoking Mixture you don't know what real pipe-joy is.

Imperial Tobacco Co. (Newfoundland) Ltd.

J. J. St. John.

45c.—The Real Irish Butter—45c.
Just landed ex s.s. Durango from the Killarney Lakes, another shipment of the best IRISH BUTTER, which is little cheaper, retailing at 45c. lb.
500 dozen Nicely Perfumed
Toilet Soap,
in 1 doz. boxes. Price 35c. doz.

J. J. ST. JOHN, DUCKWORTH ST. & LEMARCHANT ROAD.