

## PHYSIOLOGICAL ACTION OF TANLAC EXPLAINED

World's Leading Authorities Show Just What Tanlac Really Is and Explain Effect of Each of Ten Ingredients on the Human System. Power of Medicine Conclusively Proven.

A day never passes but what thousands of people ask the questions: What is Tanlac? Why its phenomenal success? Why do we hear so much about it? And why has this preparation so far outstripped all other medicines of its kind?

The answer to these questions is easy and can be explained in just one word—merit. Tanlac is scientifically compounded and represents years of work, study, experimentation and research by some of the foremost chemists and pharmacologists of America.

The Tanlac formula is purely ethical and complies with all National and State Pure Food laws. It is purely vegetable and is made from the most beneficial roots, herbs and barks known to Materia Medica. The Tanlac Laboratories are among the largest and most modernly equipped in this country.

Ten ingredients in Tanlac. Altogether, there are ten ingredients in Tanlac, each of which is of recognized therapeutic value.

In referring to one of the more important ingredients of Tanlac, the Encyclopedia Britannica says: "It has been the source of the most valuable tonic medicines that have ever been discovered."

In referring to other of the general tonic drugs contained in Tanlac, the 13th Edition of Peffer's Therapeutics, a standard medical text-book, states that "they impart general tone and strength to the entire system, including all organs and tissues."

This same well-known authority in describing the physiological action of still another of the ingredients of Tanlac, which is of value in treating what is commonly known as a "run-down condition," uses the following expression: "It is highly esteemed in loss of appetite during convalescence from acute diseases."

There are certain other elements in

Tanlac which, because of their influence upon the appetite, digestion, assimilation and elimination, improve the nutrition and vital activity of all the tissues and organs of the body and produce that state of general tonic which is called health.

The United States Dispensary makes the following comment regarding another ingredient:

"It may be used in all cases of pure debility of the digestive organs or where a general tonic impression is required."

There are certain other ingredients described in the Dispensary, and in other standard medical text-books, as having a beneficial action upon the organs of secretion, whose proper functioning results in a purification of the blood streams passing through them. In this manner, objectionable and poisonous ingredients of the blood are removed and the entire system invigorated and vitalized.

Tonic and Body Builder.

Tanlac was designed primarily for the correction of disorders of the stomach, liver and bowels. At the same time, however, it is a powerful reconstructive tonic and body builder, for it naturally follows that any medicine that brings about proper assimilation of the food and the thorough elimination of the waste products must, therefore, have a far-reaching and most beneficial effect upon the entire system.

### Household Notes.

Always sift flour once before measuring and several times before mixing the cake.

The vinegar in which pickles have been preserved is excellent to use in salad dressing.

Dainty macaroons can be made for baby from the tops of pale-colored evening gloves.

The leather traveling bag will look clean and fresh if it is polished with linseed oil.

Dip the tops of the fruit jars in paraffine wax. It will make them absolutely airtight.

Let potatoes lie in cold water for a little while before peeling if you wish them to be white.

Cotton, crepe napkins are a convenience in the summer cottage. They require no ironing.

Wet a mildewed article and rub on it a mixture of equal parts of soap and chalk. Place in sun.

The housewife who saves skimming from soup, trimmings and drippings need buy little lard.

Clean white zephyr articles by rubbing in flour and magnesia, changing frequently. Shake and sun.

To save dishes serve all the vegetables on one end of a very large platter and the meat on the other.

If you drop soot on the carpet cover it with a coating of dry salt before attempt to sweep it up.

A pinch of salt is an improvement to all puddings. This is often used in beating up the whites of eggs.

Pudding moulds should not be more than three-fourths full, as room must be allowed for rolling and cutting out and you save both time and flour.

Drop shortcake biscuits into muffin tins instead of rolling and cutting out and you save both time and flour.

## Furnish Your House

From the stock in the Showrooms of the U. S. P. if you want to be sure that you are getting the best quality in your Furniture, and the best value for your money.

Big house, little house, Bungalow, Flat or Camping Shack, no matter which, we can supply everything necessary to make a comfortable home out of all or any one of them.

Prices on application.

**U. S. Picture & Portrait Co.,  
General Furnishers.**

## Bishop Renouf at Port au Port.

(Western Star, June 29.)

His Lordship Bishop Renouf paid his first official visit to the parish of Port au Port on Friday, June 11. The welcome extended him by the Pastor and people, gave evidence of their deep devotion and loyalty to their chief-pastor of the West. Nothing could exceed the warmth of their welcome.

At the point where Stephenville parish ends and that of Port au Port begins, a beautiful arch appropriately decorated and bearing words of welcome to Bishop Renouf, spanned the road. Thence to Port au Port many other arches equally beautiful were erected. Besides this every homestead flew flags to signal the arrival of the Bishop and hearty greetings were extended to him on all sides. The inclemency of the weather was easily forgotten amidst such manifestation of good will.

On Saturday, His Lordship visited Agathuna and here, too, nothing was spared to show how gratified the manager and employees of the D.I.S. Co. were, at having Bishop Renouf amongst them. Magnificent and massive arches were part of a scheme of decoration which gave to Agathuna the appearance of being en fête.

With characteristic courtesy, Mr. House received His Lordship and party and with Dr. MacDonald and Mr. Pat Delaney, conducted them through the various departments of the plant. The visit to the extensive works proved not only interesting but consoling and the hope was sincerely expressed by all that as years go by Agathuna will do its part in making Newfoundland capable of supporting within its own shores many of her sturdy sons who are now forced to seek in foreign parts the natural prosperity denied them at home. At the conclusion of the tour of inspection, the bishop's party were dined by the manager. Later a visit was made to the King of Clubs club, at the conclusion of which an address of welcome on behalf of the residents was read by Mr. House and a presentation made to His Lordship. Replying to this address, His Lordship, after thanking all concerned for their kindness to him, said that he was much impressed by everything he had seen and was touched by their kind welcome to him. He wished them prosperity in their undertaking, and hoped that in all his future visits, he could discover advance.

On Sunday, His Lordship conferred the sacrament of Confirmation on nearly 120 candidates and after the ceremony, replying to an address of welcome from the people read by A. Dubourdeau, J.P., mentioned among other things that he felt highly gratified at the welcome which was accorded to him by word and deed on this his first visit to Port au Port. He counselled them to aspire first to acquiring spiritual prosperity but never to lose sight of the fact that it was also their duty to work, to be industrious to be ambitious to the extent of building and making their own parish prosperous, and so doing their duty to God and country.

On Monday, having visited the schools at Port au Port, His Lordship left for the Peninsula. At Ship Cove which is the first mission in the parish of Capt. St. George. He was met by a large concourse of people headed by the pastor, Father Dubourdeau who accompanied him through roads made beautiful by nature and art to the Mission Chapel. In reaching the building a volley of gun-fire and cheering made the welkin ring.

Having confirmed a large number of candidates and thanked the people for their whole-souled welcome and counselled them in simple and sincere language to co-operate in all things with their pastor, amidst many warm handshakes and hopes that he would soon be with them again, His Lordship took leave.

All along the coast flags were in evidence at every homestead and volleys of gun-fire spoke eloquently of the people's loyalty.

Calling at Marche's Point, His Lordship was met by a large number of people. The settlement was en fête. Having confirmed many candidates and thanked the people, His Lordship was driven, accompanied by a large number of people to the home of Fr. Dubourdeau at the Cape.

The decorations at the Cape were in a grander and more extensive scale than anything yet met with.

On Tuesday morning after mass, His Lordship confirmed over 50 candidates and thanked the pastor and people for the kindly welcome given him. He told them how gratified he was at being with them. He confessed his admiration of the magnificent scenery he had passed through and dwelt on the wonderful natural advantage and agricultural prospects of the land round them.

At midday the good ship Brunswick through the kindness of Captain Butler was placed at the disposal of His Lordship, and amidst the lusty cheers of the people, His Lordship took his departure.

Arriving at Lourdes he was received by Fr. Penault and treated to an entertainment in the magnificent parish hall. There again a large number of candidates were confirmed on Wednesday morning after mass by His Lordship.

In the afternoon the party boarded the Brunswick bound for Port au Port.

In the evening the important and impressive ceremony of laying the corner stone of Port au Port church was held. In the presence of a large crowd His Lordship placed a cross on the spot where in future years the Holy Sacrifice of the Mass will be offered up daily.

After listening to a sermon delivered by Fr. Brodeur appropriate to the occasion, His Lordship visited the Corner stone. Then turning to the people he congratulated them on the magnificent Church in progress of erection. Fr. Joy, he said, has displayed more than ordinary courage in undertaking the colossal work and what was still to be commended, his ability and constancy in carrying out to completion what he had undertaken. As to the success of the work he had no misgivings, for he said beforehand a pastor full of zeal for God's glory and a people ever ready to co-operate with him.

Having given the final blessing His Lordship returned to the church where the people made generous offerings towards the prosecution of the good work.

Have you seen them? What? The Prizes for the Dominion Championship Sports.—194.31

## The Late John J. Pumphrey.

On the 15th of June last there passed away at the home of his sister, Mrs. W. P. Taffie, St. John's East, John J. Pumphrey, son of the late Capt. Daniel Pumphrey, and grandson of the famous seakiller and Labrador planter, Capt. John Pumphrey, of St. George. Jack, as his friends were pleased to call him, was cut down in the very prime of life, and in the midst of an exceptionally useful career, being in his 44th year. He was a young man of presence and charming personality which won the respect of all who knew him. He possessed all those qualities of mind and heart in a man so that his memory will not soon be forgotten.

For ten years he was Engineer with the A.N.D. Company, and made many friends among his employers by his energy, efficiency and courtesy. His promotion testified to the success he achieved.

He bore his illness with exemplary patience and resignation, and prepared for his end with simplicity and fortitude. His remains were brought to St. George, where Requiem High Mass was celebrated by his brother, Rev. F. J. Pumphrey, assisted by the Revs. Fathers Casey and Dinn, and the burial took place in the family plot in the Roman Catholic Cemetery.

The deceased left a wife (nee Miss Gillis of the Highlands, St. George's), five children, mother, three brothers, Thomas, despatcher with the Reid Newfoundland Co. at Bishop's Falls; Joseph in Harbor Grace and Rev. F. J. at Little Bay; also one sister, Mrs. W. P. Taffie of St. John's, to mourn their sad loss. Requescent in pace.

Let us put a smile on your countenance. Try a bottle of Brick's Tasteless at Stafford's Drug Store. Price \$1.00; postage 20c. extra.—apr26,11

### Unkind.

They are shameless, abandoned people in South America. They make fun of editors!

The following paragraph appeared in the "Buenos Aires Herald" recently:—

"At the Press Club Carnival Ball the editors of all the papers in town will be on view from one to two in the morning, free and for nothing, a special cage having been built to hold their bodies, and another arrangement for the support of their weighty brows. Those who have never yet seen such people in the raw, so to speak, are advised to look early and avoid the rush but the public is hereby warned that nothing may be poked through the bars, the exhibits having regular feeding times, even as you and I."



## Young Men and Young Women--

Possibly you have completed your school course and are now ready to train for a worth-while position in the business world. We own and operate a chain of business colleges extending from Sydney to Vancouver, our wide experience thus enables us to give a service that cannot be surpassed.

Write At Once For Prospectus

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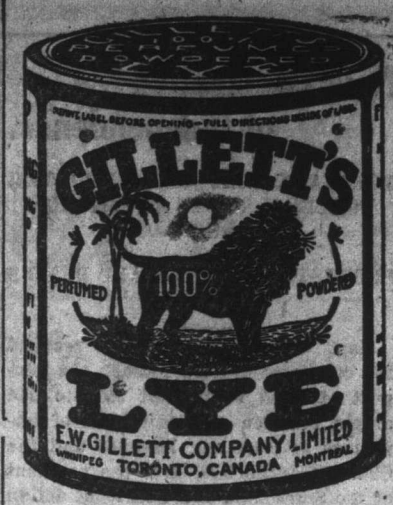
## Early Cables

SMUTS IN DUBLIN.

LONDON, July 4. General Jan Christian Smuts, Premier of the Union of South Africa, will arrive in Dublin to-morrow where he will be met by Eamon de Valera and other leaders. This official announcement was made in Dublin tonight according to a Central News despatch from that city. General Smuts thus far has not visited Belfast although no surprise would be occasioned here if he came. It is believed part of the object of his mission would be to consolidate Constitutional Nationalist sentiment, which was greatly hurt by the failure, which political leaders here now say was a mistake, to invite a Nationalist representative such as Joseph Devlin or John Dillon to the proposed Conference in London of the Southern and Northern Irish leaders and members of the British Government.

DROUGHT AND THE WETS.

NEW YORK, July 4. A great many New Yorkers let the world know to-day that they bear no love for the eighteenth amendment. Several thousand of them raised a terrible tramp up Fifth Avenue in an anti-Prohibition demonstration, and others packed the sidewalks for more than a mile to cheer them. It was called a wet parade and it was wet—soaking wet—with perspiration. The afternoon was one of the hottest of the year, scorching sunshine down through a humid atmosphere that carried scarcely a whiff of breeze. Banners urged the people to take the parade and the sentiment it represented, with seriousness, explaining that the marchers wanted the eighteenth amendment repealed and the Volstead Act "Liberalized" and "furthermore that they were going to fight for that cause."



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LIGHT FROM THE FAR EAST.

TOKIO, July 4. Yukio Ozaki, former Japanese Minister of Justice, on the conclusion of a ten-thousand mile campaign of Empire in behalf of the limitation of armaments, a campaign unparalleled in Japan's political history, declared his conviction to-day that if the United States Government proposed a Conference on the limitation of armaments, it would meet with eager response throughout the length and

breadth of Japan. M. Ozaki's achievements have made him the foremost Japanese Liberal.

### ECHO OF THE BIG FIGHT.

JERSEY CITY, July 4. Several thousand persons paraded along Hudson Avenue to-day in New Jersey, the first organized protest against the Van Ness State Prohibition Enforcement Act.

### STEEL REDUCTION.

BETHLEHEM, Pa., July 4. The Bethlehem Steel Company to-day announced further reduction in price of steel effective to-morrow. President E. C. Grace of the Company in making the announcement said that "present manufacturing costs do not in any sense warrant these reductions, but this company desires to contribute even more than its full share to re-establish conditions in the steel trade, on what might be regarded as a normal basis."

## An International Fishery Movement.

Montreal, June 24.—At a meeting of the International Fisheries Commission at the Ritz Carlton yesterday, and attended by scientists representing the United States, Canada and Newfoundland, a program of observation and study to be applied to the fishing grounds in which the countries were interested, was discussed.

The meeting yesterday was brought about by Canada's invitation to the United States and Newfoundland in September to join in the International Fisheries Movement.

# Notes for Women!

When you buy Lantic Sugar in 2 pound or 5 pound packages, you get the best pure cane granulated white suga

You get sugar which comes straight from the Refinery to your table without coming into contact with any person's dirty or sweaty hands.

You get sugar in a package which is dust proof and fly proof; you get your full weight of clean, pure cane Granulated White Sugar.

Your Grocer has LANTIC; he paid a little more for it than the price of sugar in barrels and he is now waiting to see if you prefer sugar which is guaranteed to be clean instead of sugar which may not be so clean.

# What About It?

## The "Work Shu,"

Introducing  
ECONOMY FOOTWEAR  
For Men and Boys.



The "Work-Shu" illustrated above is a Brown Canvas Boot with heavy mail-bag uppers; solid tire tread outsoles, fibre insoles and leather sock lining. Keeps feet cool and easy. Ideal Summer Footwear at moderate prices.

Sizes 11 to 2, for Boys ..... \$2.40 to \$3.30  
Sizes 3 to 6, for Boys ..... \$2.60 to \$3.75  
Sizes 6½ to 9, for Men, at ..... \$3.60

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