



Evening Telegram

W. J. HERDER, - - - Proprietor
C. T. JAMES, - - - Editor

TUESDAY, October 29, 1918.

Fish Foods.

We have been wondering, and we continue to wonder, at the present high cost of living, yet we go on paying exorbitantly high prices for meat, fresh and salt, imported from other countries, forgetting that near our own doors, in our midst, as it were, we have an inexhaustible supply of staple foods. We refer to the fish which have their habitat in the waters surrounding our coasts, and which as an article of diet are far superior to any animal foods that we consume, containing more protein (the scientific term for that, which in foods, chiefly builds up the human body) than either fresh beef, veal, mutton or pork. A comparison of the protein contained in the meats mentioned against fish gives a value in favor of the latter of .08 over fresh beef and .45 over veal, mutton and pork: fish containing 18.77, fresh beef 18.69 and pork, veal and mutton 18.32. That alone shows us why a fresh fish diet is far more "building up" to the human body than a diet of meat.

Newfoundlanders have never taken to fish as a universal article of food. They have ever looked upon it as a marketable commodity fit only for export to other countries, and all increases in the catch have been brought about by bigger prices and greater demands abroad. For home consumption not one of us has really given its possibilities a thought. But with the introduction of new methods of handling, a radical departure from the old time split, salt and dry cure, we are beginning to realize that we have been allowing outside people the pick of our produce, having retained but the cullage and refuse for ourselves. In fact we have been turning away from our own doors the food of foods. So long as we could and can export, we sent away our best, and imported other foods of less value in building up properties, but far more in cost, in its stead. It has come now to the point where we must get the most we can out of the foods at our disposal, these foods which bountiful nature supplies us in unlimited quantities. Instead therefore of sending out our whole production, sufficient must be retained to supply the whole population. No food supplies meat better than does fish, because fish is a perfect food. Science, research and consumption have proven that. Fish can be cooked in a hundred different ways, each one more tasty and more satisfying. In preaching a new gospel of fish it must be borne in mind that the dealers who supply us with all the other necessities of life must get busy, and add all kinds of fish to their stock in trade. It is not difficult. The fish are available. In fact with cold storage plants in the city, the stocks for sale by the retailer may be renewed from day to day, thus minimizing any loss by softening. For many years prejudice has existed in this Dominion against frozen fish, especially codfish, many people contending that after being frozen for a considerable period it loses its taste and deteriorates in quality. This is not so. Once frozen when perfectly fresh, and kept so, cod, as well as salmon, haddock, halibut, caplin, herring, retains all its original solidity and eating qualities. That is our experience and one which we are sure will be fully supported by every one who has proven by personal test the edible value of frozen fresh fish. Modern scientists are agreed that no food satisfies the human palate as fish does; no other food is so helpful in invigorating the activities of the brain. The time has now come when, with other food supplies from producing countries limited to us, we must use that which we have in so great abundance, in much larger proportions than heretofore.

Judicial Inquiries

Three inquiries are being held by the judicial authorities at present: that of the Railway Accident at Mount Moriah, Bay of Islands; motor accident in which Mr. John James lost his life and into the loss of the steamship Beverly. We presume that a fourth will shortly be instituted to investigate the cause of the collision on the harbour last night, through which Robert Burden was drowned.

Notes and Comments

S. O. S.—Save or Starve.
Eat more Fish.
Newfoundland's wealth, is the diet of health.

And if the Allies don't like that peace note, why, the Kaiser can get still another Chancellor.—Detroit News.

When the Hun talks "peace by negotiation" every Briton should remember the Llandovery Castle and some other ships.

Sydney Record.—Germany denies that lifeboats with passengers from torpedoed vessels were purposely destroyed. Evidently the Hun thinks the world simple enough to believe that the guns, which shelled the lifeboats, went off by accident.

The Huns protest their innocence of crimes in which they have been detected. That is quite the usual thing with crooks and thugs.

Fifteen thousand sailors of the Merchant Service have given their lives in the present great war, and there is no Government pension for their widows and orphans. Should these be left to starve or to a worse fate?

The Belgian Coast is clear. The "big blond beasts" have scurried away for their lives from the land which they so unpeppably befouled for over four years. The wrongs of Belgium are being avenged.

The best thing to do with the Kaiser at Berlin, is to give him a well filled automatic, and tell him it isn't loaded.

Baltimore-American.—Kaiser Bill isn't going to get off so easy as he thinks he is. We're going to get even for the coal shortage, and several other annoyances he has caused us.

Joseph did well in Egypt long ago by charging famine prices for the food he had stored up. But if Joseph were alive to-day, he would go into the restaurant business, instead of food controlling.

Policeman's wife (at 2 a.m.) "John, there's a burglar under the bed."
Policeman—Well, ring up a cop. I'm off duty.

Flash Disinfectant

Will kill the germs and prevent you from getting Spanish Influenza. Use freely in the homes, offices, stores and aboard ships.

We can supply the demand. An ounce of prevention is worth a pound of cure.

J. B. ORR CO., LTD.,
oct29,111 Importers.

Casualty List.

RECEIVED OCTOBER 29th, 1918.
Died at Military Hospital, Hazelton Camp, Winchester, Oct. 27.
3848—Pte. Walter Jacobs, West Port, White Bay.

Seriously ill at Hazelton Camp Hospital, Oct. 27th, Pneumonia.
4055—Pte. Zachariah Blake, Barr'd Island, Fogo.

Previously Reported Seriously Ill, New Reported Dangerously Ill, Oct. 25th.
4132—Pte. William T. Benson, Bay Bulls Arm, T.B.

At 3rd London General, Wandsworth, 2nd Lieut. Archibald Power, Bell Island, previously reported.
2519—Pte. Daniel Newman, Gambo, B.I., previously reported.

4033—Pte. Thomas May, 166 New Gower Street, previously reported.
4901—Pte. Sydney Milley, Exploits, previously reported.

At City of London Military Hospital, 3848—C.M.S. Charles A. Ross, Harvey Street, Hr. Grace, gunshot wound right thigh.

At 5th General Hospital, Boulogne, Oct. 19th.
2495—Pte. F. W. Stone, Petley, via Britannia, T.B. G.S.W. knee, slight.

At Southwark Military Hospital, London.
4026—Pte. Stanley Snow, Great Britain, G.S.W. left shoulder, severe.
3892—Pte. Lewis J. Hiscok, Winterton, T.B. G.S.W. left arm, severe.

4119—Pte. George Martin, 18 Shims Street, G.S.W. left forearm, severe.
Still Dangerously Ill, No Change, Oct. 21st.
3941—Pte. Albert Cramm, Pasquet, St. Barbe, previously reported.
J. R. BENNETT,
Minister of Militia.

VICTORY BONDS FREE.

We have added to our great list of Prizes to be given away free in December of this year, Two Fifty Dollar Victory Bonds. Men, Boys and Youths who buy Buddy Boots have a chance for one of these Bonds. They pay 6 1/2 per cent. interest. Buy Buddy Boots and get a Victory Bond. See that your dealer gives you no other brand. Have your dealer register your name or send to us.

Buddy Boots are a great wearing boot.
More Buddy Boots sold in Newfoundland than any other brand.

List of Prize Winners will be published in this paper first week in December.
CLEVELAND RUBBER CO'Y,
166 Water Street,
St. John's, Newfoundland.
jrb:m&mt

CAPE RACE, To-day.
Wind west, fresh, weather foggy and raining; nothing heard passing to-day. Bar. 29.55; Ther. 50.

When a Woman Made History.

An Angel stood by a throne in heaven. He had stood there for the last quarter of a century, and he waited there more eagerly, more expectantly this day. And the name of the angel was Charity.

The time went by down on earth slowly, as always—sixty seconds to the minute, sixty minutes to the hour—slowly, as always in a room where an angel lay dying. And the name of the angel was Charity. And the hands of the clock moved on and they passed over the stops till they marked a certain time. And the time had come. A sigh went through the air from earth to heaven, that the winds did not make; a flutter like the last moment of a dying bird; but so softly that not one heard or noticed it—and the angel named Charity had finished his waiting.

There had been a space above the throne that had been a space from the first till now, and it suddenly gleamed with angelic light as heavenly jewels filled the space, and they took the form of words; letter by letter they spaced them out until they spelt a name—E-T-H-E-L D-I-C-K-I-N-S-O-N.

Weep ye doctors, weep ye durses, weep ye people; weep ye of all classes, weep ye of all callings! But weep not for her—would ye weep for one who had gained a victory—weep for those she has left behind! Weep ye who knew her, weep ye who didn't, because ye did not know a heroine.

Weep for the disease-wrecked beings whose eyes can gaze no longer on a familiar sight; for the host of khaki clad, mud-caked figures who climbed the clay barriers and over the last ditch on a certain July day; for the scores of tossing figures who murmured her name softly, sweetly when they felt her hand on their brow.

And they all German guns killed Edith Cavell; Florence Nightingale lived in other times.

Spirit of Edith Cavell re-born! Spirit of Florence Nightingale! Spirit of the brave entering on earth a quarter of a century ago—gone back again!

Sacred beautiful words, recurring over the lapse of the years. Had their Author walked the earth now, would they have been changed to this:

"Greater love no woman hath than this, that a woman lay down her life for another."

But perhaps women always did make sacrifices, and man needed some tribute for performing what a woman could always do.

And hearts are heavy with grief, and eyes are dimmed with mist—and we seek the seclusion of a room filled with memories—and we take down the great book of Him, and we turn the leaves, and turning them they are wet. We follow down the lines, but we cannot read—and the page is filled with a holy light; like a message of hope, the words through the mist—sacred, beautiful words printer's type never made—
GREATER LOVE.

THE DREAMER.

We are surprised that the Health Authorities have not yet closed down the beer shops. To-day we witnessed one of these, situated on Water Street. We went into the door, and there was not space enough for one man to enter. These beer shops are open every night until nearly midnight, and are continually filled. The ventilation is vile and the atmosphere poisonous. If it is deemed advisable to close down churches, which, after all, are not places of health, and in which there is no actual crowding, what about these places mentioned?

Police Court.

The business man arrested for obtaining money under false pretences was before court this morning. He had obtained various amounts of money by giving cheques on the banks, having no funds deposited there. Mr. W. J. Higgins appeared for him and put up the defence that his client had expected to have money in the bank by the time the cheques would be presented. He was fined \$100 and had to furnish personal bond for \$1,000 and two other sureties to the amount of \$500 each.

A fisherman of the Battery, arrested this morning, was charged with violating the Quarantine Regulations by going aboard a vessel which had not yet received a clean bill of health. He was fined \$5.

A drunk was fined \$1.

THE BLUE PUTTEE, RAWLINS' CROSS.

On and after November 1st our Hot Drink plant will be in full operation and we will be prepared to serve you promptly with the following:

HOT TOMATO BOUILLON.
HOT OYSTER BISQUE.
HOT BEEF TEA.

HOT COFFEE with Whipped Cream.
HOT CHOCOLATE with Whipped Cream.

We have added the following new Sundries to our Menu:

CHERRY MELBA.
SLICED FIGS.
APRICOT CREME.

CARAMEL CREME.
MARASCHINO CHERRY.
CHOP SUEY.

FIG NUT.
NUT FRAPPE.
PEANUT CREME.

MARSHMALLOW.
CARAMEL MARSHMALLOW.
MAPLE MARSHMALLOW.

VANILLA MARSHMALLOW.
WHOLE CHERRY.
CRUSHED PEACH.

THE BLUE PUTTEE
("Better than the Best")
RAWLINS' CROSS.

Mr. G. R. Rowe, watchmaker and jeweler, who has conducted business in this town for a number of years, intends to leave shortly for St. John's, where he will reside in future. Mr.

REDUCED PRICES



LADIES' FUR TRIMMED and PLAIN CLOTH COATS.

MATERIALS: Wool Velours, Pompadour Cloths, Reindeer Cloths and Burella.

COLORS: TOUPE, GREEN, BURGUNDY, NAVY, and BLACK.

They are all New York Coats, attaining very highest Standard of Quality and good Fashion; made by a maker of high repute.

Every detail in the making, the finishing, the tailoring is excellently executed. YOUR CHOICE of the several styles at following reduced prices.

\$45.00 for - -	\$39.80	✓	\$68.00 for - -	\$59.80
62.00 for - -	55.40	✓	70.00 for - -	62.90
65.00 for - -	56.90	✓	73.00 for - -	64.90

James Baird
LIMITED

Hr. Grace Notes.

A great many people have been laid up with colds, grippe, etc., nothing serious, a few days indoors, then feel well enough to take a walk, and hear the old familiar sentences, "Glad to see you out again," "feeling better, I hope," etc., etc. The air is too pure in Hr. Grace for the Spanish or any other "flu" to get much foothold.

The s.s. Eagle is now in port landing coal to the Shipbuilding Company.

We tender our deepest sympathy to the relatives of the late Pte. Arch Calvert, whose death was reported in your paper a few days ago. Arch was here for some time in the Bank of Nova Scotia, and by his genial, sunny disposition he endeared himself to all who were fortunate enough to make his acquaintance. While residing in this town Mr. Calvert was a prominent church worker, and acted as Secretary to the Presbyterian Sunday School. All his old friends will regret to hear of his early death.

Rev. F. S. Coffin, Pastor of St. Andrew's Kirk, is expected back from his holiday trip to Charlottetown next week.

We offer our congratulations to Miss Lizzie Downing, who has just passed her second examination in the Sloan-Diploma Shortland System, and received her certificate of "Thorough Knowledge of Reporting." We also congratulate her teacher, Miss A. Garland.

Mr. G. R. Rowe, watchmaker and jeweler, who has conducted business in this town for a number of years, intends to leave shortly for St. John's, where he will reside in future. Mr.

Rowe's many friends regret his decision to leave us, but wish him much success in his new home.

Mrs. Cummins, who returned lately from Alaska to see her father, who was sick, found on arrival that he had died a few days before, as well as her brother and her brother-in-law. Being in a delicate state of health the shock was too much for the poor woman and she, too, passed away after a couple of days. The family surviving has general sympathy.

Mr. John Parsons, of Bears Cove, received word a few days ago that his son, No. 228870, Pte. Theo. H. Parsons, who was serving with the Canadian Infantry, had been wounded and admitted to the 53rd General Hospital, Boulogne, on Oct. 9th. This is the second time this young soldier has been wounded.

We are glad to be able to report that ex-Pte. John Pumphrey, who has been hovering between life and death for a couple of weeks, is now improving and will soon be himself again. Mr. Pumphrey was wounded in action, returned home, discharged and has been to sea since, which for boys who fought, bled and are permanently disabled, should not be surely the least we can do to give them sufficient pension to keep them from enduring other hardships.

CORRESPONDENT.
Hr. Grace, Oct. 28th, 1918.

FOR SALE—Overland Motor Car; five passenger, in perfect running order; immediate delivery; apply to R. H. TRAPNELL—oct29,11

BORN.

On October 27th, a son to Mr. and Mrs. J. Connolly, 14 Pilot's Hill.

On October 28th, a son to Mr. and Mrs. J. J. Provse.

DIED.

On Saturday evening, of pneumonia, Eddie J., youngest son of Edward McCormack, aged 4 years, leaving a father, mother, two sisters and one brother to mourn their sad loss. Interment was at Mount Carmel Cemetery, on Sunday.

His little chair is empty, and his play things laid aside, and loving hearts are breaking for the little boy that died.

Yesterday at 1 p.m., after a short illness, William Leo Butler, aged 9 years, darling child of James and Rhoda Butler, Flower Hill.

Last evening, of pneumonia following influenza, Cyril Augustus Dickie, aged 20 years, 7 months, fourth son of Ellen Louisa and the late Jacob Dickie, leaving a wife, mother, 3 sisters and 4 brothers; funeral this afternoon at 4 o'clock from his late residence, 97 Springdale Street.

On the 28th inst., Ex-Sergt. James Carew, aged 70 years, fortified by the rites of Holy Church, leaving a wife, three sons and two daughters, also one brother, Cabman Carew.—R. I. P.

At 6 p.m. yesterday, after a brief illness of bronchitis, Thomas Buckley, aged 72 years, leaving one son, Patrick in the States, and one daughter in this city, to mourn their loss; funeral to-morrow, Wednesday, at 2.30 p.m.

from his late residence, 158 Water Street.—R. I. P.

Passed peacefully away this morning, after a long and tedious illness, fortified by the rites of Holy Church, Hannah, wife of the late Augustus Clark, aged 46 years, leaving a son (one in the Mid. Regiment), daughter, one sister to mourn their sad loss. Funeral takes place Thursday at 2.30 p.m., from her residence, 110 Queen's Road; friends and acquaintances will please attend this, the only intimation.

Passed peacefully away, on 28th inst., after a long illness, Pte. Benson, aged 25 years, leaving a father, two brothers and two sisters; funeral on Wednesday at 2.30 p.m. from his late residence, 52 Water Street.

For the successful treatment and prompt relief of Eczema and other eruptions of the skin diseases use

D. D. D.
A large stock just arrived.
Price \$1.30 a bottle.
Postage 6c. extra.
PETER O'MARA
The Druggist
14-16 WATER ST. WES.

EDWARD'S LINIMENT CURE FOR RHEUMATISM

Parcel Post Nfld. Expeditionary

The attention of the public is drawn to the urgent necessity of strictly observing the regulations published by this Department concerning the despatch of parcels by Parcel Post overseas and the following regulations be strictly observed:

- (1) Parcels must not exceed 11 lbs. in weight.
- (2) Parcels should be addressed to the mental number, rank, and address, followed by the name of the Unit with which the soldier is serving; for example: No. 0978 Cpl. John J. Hazeley, 2nd Battalion, The Royal Newfoundland Regiment, Hazeley, Hazeley, Hazeley.
- (3) Parcels should bear the name of the soldier to whom they are to be delivered or forwarded. It is impossible to deliver to an address should be written on the parcel where the customs declaration and the address or alternative address on the BACK of the parcel.
- (4) If second address is not given of posting and delivery of the contents of the parcel turned over to the Military distribution.
- (5) Parcels containing articles of special value or request for their return, delivery, is made by the time of posting.
- (6) The procedure outlined in the adopted at the suggestion of the Office, to prevent the loss of perishable foodstuffs, contents of 90 per cent. of soldiers.
- (7) Parcels should be packed in a strong box.
- (8) Attention is drawn to the fact that Christmas parcels received by the Postmaster General, B. E. F. should be posted in the Pay and Record Office, than the end of November.

oct29,eod,tf

Wanted

A Number of Schooners to undertake shipping from Sydney, C. B. Harbors in Newfoundland.

For freight and terms apply to

The Minister of Shipping.

oct29,61

Annual Profit of 15%

If the above looks as attractive as we think it does, isn't it time for yourself to ask us for all the information we can show you the HOW, WHY of it, and if we cannot fully, we don't expect to get business. Isn't that fair to a customer?

J. J. LACEY & CO.
INVESTMENT SPECIALISTS, O'Connell Street,
(OVER ROYAL BANK OF CANADA)

The Vest-Pocket WEBSTER,

A Pronouncing Dictionary and Manual of Useful Information.

Every doubtful, disputable or difficult word in current speech, is correctly spelled, properly pronounced and acceptably defined in this Dictionary. To make room for thousands of words demanding constant reference there have been left out all simple monosyllables and self-explaining compounds. A list of abbreviations in common use is included. Indexed.

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Bookseller & Stationer.

Sore Throat and Hoarseness Nyal's Throat Pastilles, box at STAFFORD'S—tf