

Science Now Shows Why Thousands of People Are Always Weak, Thin, and Run-Down No Matter How Much They Eat

What to Do to Help Put on Good Firm Flesh, Increase Weight, and Obtain a More Beautiful Form and Figure

FREE \$1.00 Package of Genuine Yeast Vitamins Today as Explained in the Results of the Test—Try Them for Ten Days and Watch the Results



DO NOT BE MISLED BY IMITATIONS WHICH OFTEN CONTAIN BRISKS. FREE \$1.00 Coupon

Landed from S.S. 'Karma,' 600 Tons Extra Good N. S. Screened Coal, \$15.50.

Landed from S.S. 'Barfund,' 1600 Tons Burnside Scotch Household Lump Coal, \$15.00.

400 Tons Best Anthracite Coal, Furnace and Egg sizes only, \$23.50.

Per Ton of 2240 lbs., every load weighed. A. H. MURRAY & CO., Limited.

100 Brls. of Apples To arrive Saturday; also in stock: 100 boxes CALIFORNIA APPLES—138, 150 count. 20 bags SILVERPEEL ONIONS. PRICES RIGHT. BURT and LAWRENCE.

Newfoundland Postal Telegraphs (Table Connection With All Parts of the World.) GRAND FALLS. The Newfoundland Electrical Training School, C. L. B. ARMOURY, St. John's.

ENGINEERS! You naturally connect washing with Soap. It is also natural to connect your need for SUPPLIES When overhauling for the sealfishery with Wm. Nosworthy, Ltd. Advertise in the Evening Telegram

Veteran Broker Honored.

The following address, with a presentation, was made at the Board of Trade rooms this morning to Mr. Lawrence Parker the veteran broker, on the 77th Anniversary of his birthday. Dear Mr. Parker:—We, the undersigned, have gladly taken advantage of this, the 77th anniversary of your birthday to tender you our most hearty and sincere congratulations, and to express the hope that you may live to enjoy many more happy returns of your natal day. We have always admired your cheerful and buoyant attitude that you have always kept up in conquering those inroads and senile attacks that growing age makes on most of mankind, and we have long ago come to the conclusion that you will keep up your juvenile spirit and cheerful defiance of old age 'till the last, and that though you may die at last you will 'never surrender.'



MRS. NINA BABER. "A short time ago I was one of the most nervous and miserable persons on the earth, but thanks to Tanlac I'm well and happy now," said Mrs. Nina Baber, 448 Parnsworth Ave., Aurora, Ill.

"I was just about two years ago that I began to be distressed after every meal. I had awful smothering spells at times and my heart beat so irregularly that I often thought I wouldn't live through the attack. Headaches were the bane of my existence and I shudder even now when I think of them. My back hurt me, too, and it was just agony for me to bend over and straighten up again. Tanlac has done for me far more than I expected and I'm like a different person altogether. In fact, I'm in perfect health now. In my opinion, Tanlac is the best medicine under the sun. Tanlac is sold by leading druggists everywhere.

An idea that the secret of perpetual youth could be found, and a gentleman by the name of Ponce-de-Leon sailed from Spain to the New World determined to find this fountain of perpetual youth. Had he come to 'Young Parker' as he originally intended he would have got the secret free-gratis, and to-day would be alive 'A snug man.' In fact, for your kindness to me to-day I have decided to give you all my secret—it is to keep in touch with the young men like my friends, Long and Payne, and always have some light jokes and jocular conversation on top, and above all to ever keep in cheerful mind, and if it is had to-day all the more reason it will be better to-morrow (please God).

A Fact. I often hear such remarks as these, when examining eyes: 'I have been putting this off for months. I waited until I couldn't stand it another day.' Your eyesight, next to life itself, is nature's greatest gift. You can't afford to neglect it. Don't delay until headaches or failing sight compel you, but have your eyes properly examined now. My office is equipped with the most modern instruments for testing the eyes.

REPLY. Dear Friends:—It is not mere platitude to say that your kind and friendly action has taken me by surprise, and therefore I ask you to gauge my feelings of gratitude and appreciation rather by my silence than my words. In the words of the immortal Shakespeare you know 'I am no orator' as my young friends Long and Munn are, but a pleasing event like this would make the dumb speak. I was induced to come to the Board of Trade to-day by a word dropped by my young friend Mr. Long, about 'bonds'; I now see the plot revealed. True, the bonds mentioned by my young friend are not in evidence, and I realize that I have been drawn away from my comfortable fire-side by a subterfuge. I am glad that I came! The bonds that I find here to-day are more precious and more to be esteemed than ever were any of those handed by either my young friend Bruce or myself. I refer now to the priceless bonds of love and friendship that I see radiating from the hearts of those around me. The persons allusions in your address are so very kind and touching that I hardly know what to say in reply. It is evident that some of my young friends have been looking up the back files for my age, but it is news to me that I am 78 years of age; I advise them to search the record again and see if it is not 35, at least that is the age I feel. Now Mr. Munn get the record forwarded! Since the 16th. century there was

No Trouble to Bring the Meals Around if You Deal at THE BEE-HIVE STORE.

BREAKFAST. Toasted Corn Flakes, Cream of Wheat, Ham and Eggs, Bacon, Smoked Caplin and Fillets, Potted Meat, Luncheon Sausage, Bologna, Sardine Paste, Skipper Sardines, Macaroni & Cheese, Marmalade, Kippers. DINNER. Ribs, C. Beef and Cabbage, Vegetables, Salmon, Rabbit, Baked Ham, Lunch Tongue, Table Apples, Sweet Lucy Oranges, Figs, Dates and Lemons. WATERBURY FISH WEDNESDAY AND FRIDAY. Fresh Sausages, Steak and Stew Meat, White Puddings and Fresh Pork Tuesday, Thursday and Saturday. TEA. Jams and Jellies, Prunes and Rice, Dried Apricots, Thinned Fruits, Moll's and McNeill's Cakes, Bandykakes, Pies and Pasties, Table Butter, McGuire's and Lynch's Bread (wrapped as soon as brought in our store and then placed in a large covered bin, free from dust, etc.). For eleven in the morning and eleven at night we have: Tea, Coffee, Syrups and a large variety of Plain and Fancy Biscuits.

THE BEE-HIVE STORE, 27 Charlton Street. ARTHUR B. WALKER, Proprietor. f.e.m.t.f

KINDLING WOOD!

I can fill your orders for any quantity of Dry Kindling Wood. The right size bundles for small stores to handle. DELIVERED EVERY DAY. E. J. NEARY. Phone Orders to 258. Jan. 2 mos. eod

HIGH GRADE VIRGINIA CIGARETTES!

We have recently received another shipment of the famous Pears Number One VIRGINIA CIGARETTES! Positively the very best Virginia Cigarette on the market. Attractively packed in packages of 10's and 20's; also in tins of 50, corked and plain tipped.

CASH'S Tobacco Store. WATER STREET. feb10.eod.t.f

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with Provincial & Foreign Sections, enables traders to communicate direct with MANUFACTURERS & DEALERS in London and in the Provincial Towns and Industrial Centres of the United Kingdom and the Continent of Europe. The names, addresses and other details are classified under more than 2,000 trade headings, including EXPORT MERCHANTS with detailed particulars of the Goods shipped and the Colonial and Foreign Markets supplied; STEAMSHIP LINES arranged under the Ports to which they sail, and indicating the approximate Sailings. One-inch BUSINESS CARDS of Firms desiring to extend their connections, or Trade Cards of DEALERS SEEKING AGENCIES can be printed at a cost of 5 dollars for each trade heading under which they are inserted. Larger advertisements from 10 to 50 dollars. A copy of the directory will be sent by parcel post for 10 dollars, net cash with order. THE LONDON DIRECTORY CO., LTD., 25, Abchurch Lane, London, E.C.4, England. BUSINESS ESTABLISHED 106 YEARS.

Grocers!

For your particular trade we can supply you with a few barrels of Family Mess Pork, small pieces, not expensive. Please 'Phone 1200.

HARVEY & CO., Limited.

Fashion Plates. A STYLE GOOD FOR MANY OCCASIONS.



3371-3377. A frock like this may be worn at formal and informal "functions." Made of velvet and brocade it is smart as a dinner gown. In gabardine, with floss silk embroidery, or in serge with braid trimming, it is fine for street or afternoon wear. The blouse has the new wide sleeve. The lines of the skirt are straight, but provide graceful fullness. This design is for remodeling. The caps may be omitted. The Waist Pattern, 3371 is cut in 6 Sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. The Skirt 3377, in 7 Sizes: 24, 26, 28, 30, 32, 34 and 36 inches waist measure. The width of the skirt at the foot is 54 inches. To make this dress for a medium size of one material, will require 6 yards of 36 inch material. To make as illustrated will require 3 1/2 yards of plaid, and 3 1/2 yards of figured material, 27 inches wide. This illustration calls for TWO separate patterns, which will be mailed to any address on receipt of 15c. FOR EACH pattern in silver, or stamps.

COMBINATION OF COMFORT, PRACTICAL STYLE AND UTILITY.



3322-3328. What could be more desirable for sports use or general wear, than a suit as here depicted. Comfortable knickers to which a simple blouse is joined, and over which a jaunty jacket, with a convertible collar, and neat pockets. Not only for golf and other sports are the knickers popular, they are filling a long felt want in general dress lines. The Skirt may be finished with a "button closing" in front, or only

FALSE ECONOMY.

It is often remarked by customers, "I must try and make my old clothes do for the winter." Perhaps the winter may mean very much longer. To protect your body against our cold winds you want warm woollens. An investment in a good Suit or Overcoat may save you months of illness. Durable material cut and moulded to your figure by expert workmen is in the garment at HARVEY'S. Suits and self-measuring cards sent to your address.



John Maunder, Tailor and Clothier, 231-233 Duckworth Street

trimmed with buttons. Any blouse may be used with the "knickers" in place of the one attached, and the knickers are "good" to wear with any skirt or one piece dress. Serge, velours, duvetyne or gabardine may be used for all models illustrated, or blouse and bloomers may be of silk, satin or crepe and skirt and jacket of wool or cloth, velvet or iatline. The Skirt, 3795 is cut in 7 Sizes: 24, 26, 28, 30, 32, 34 and 36 inches waist measure. The width at the foot is 2 yards. The Jacket 3838, in 7 Sizes: 34, 36, 38, 40, 42, 44 and 46 inches bust measure. The "Knickers" and Blouse 3822, cut in 7 Sizes: 34, 36, 38, 40, 42, 44 and 46 inches bust measure. To make this suit for a medium size will require 5 yards of 44 inch material for the skirt, and jacket. The blouse will require 2 1/2 yards, and the knickers 2 1/2 yards of 36 inch material. This illustration calls for THREE separate patterns, which will be mailed to any address on receipt of 15c. FOR EACH pattern in silver or stamps.

COKE. CHEAP FUEL FOR EVERYBODY. Coke may be obtained at the Gas Works in sacks at seventy cents per sack throughout the Winter. Sacks may be returned for re-filling at sixty cents each. ST. JOHN'S GAS LIGHT COMPANY.

If folks would take the trouble to weigh the ashes-- their scales would talk so loud for 'BURNSIDE' Coal that we'd sell all the coal used in St. John's.

A. H. MURRAY & CO., Limited. Beck's Cove. Jan 28, s.w. 11. MINARD'S LINIMENT FOR DISTEMPER.

No. Size Name Address in full:

IRONIZED YEAST. THE BEST VITAMINE TONIC.

That is what you'll say, too, when you find it has rid you of those skin eruptions such as rash, pimples, boils, etc. Though less commonly attributed to poor blood these diseases are brought about by the lack of vitamins, and Ironized Yeast is the best vitamine remedy to be found for these conditions. TRY IRONIZED YEAST TO-DAY. \$1.50 per 1/2 lb. PETER O'MARA, The Druggist, THE REXALL STORE.