



Weak women who are not rough enough to take the daily bath... an alcohol sponge bath... and refreshing slumber. If you do not take it at midday, it takes the night before retiring will cause sleep well, even if the bedroom is very too cool.

Go down and brush the hair... rub the tired feet lightly... little alcohol and water or dilution juice, afterward wiping and applying powder, these will also make the nap more comfortable. But more important is the art of being able to get through the work and worries of the day, and would sleep.

Relaxation is taught by... but mental relaxation... heard of. So I counsel... who find it hard to sleep... wish to, and especially in... time, to learn how to shut out... by a door, all the puzzling... worrying thoughts, the bur... grinding work thoughts, and... in the consciousness the... peace and rest.

The mind fill itself with images... pleasant, whether it is... childhood's recollections, of... a bird, or a pleasant scene... of trickling water or flow... or herb. Think and dwell... pleasant, restful image and... carefully that the work... does not slip back once more... foreground. If the mind is... to relax and to let go in... sleep may be successfully... well, even as Madame Bern... it, if only for a matter of... 's rest.

aid to the hot weather... the rather small thin hair... as a substitute for the... fashion. The head should... too high, that is, for the... and healthy woman. To... flat upon the back is found... to be soothing and restful... to lie upon the floor in... and there some little... play of air.

SALT!
AFLOAT
Leading ex S. S. Kassanga,
3800 Tons
adiz Salt.

new booking orders at low
prices.
MOREY & CO.
QUEEN STREET.

TALCUM POWDER

ASSATTI

A NEW
AND
TOTALLY
DIFFERENT

TALCUM POWDER

another, more satisfying
but distinguished by the
"Odor," a "resistance" in-
sistently and charm.

assange, we carry a complete
line of Famous Societies, including
Perfumes, delicate Toilet
Creams, and Powders of up-
most quality.

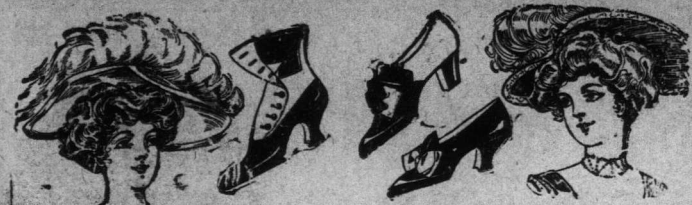
ologists, St. John's, Nfld.

Will Bulletin
THIS WEEK.

various Ferns, potted,
quality. Special \$2.00

next week, the follow-
ing: Aster, Phlox,
dozen.
Crosses, etc., at
reduced price.

McNEIL,
Bridge Road.
PHONE 247.



Big Sample Shoe Sale!

Ladies! Our Big Sample Shoe Sale is now in full swing.

LADIES' PUMPS, TIES, STRAPPED & LACED OXFORDS,

\$2.00, \$2.50 and \$3.00.

LADIES' BOOTS

in Tans, Patent and Gun Metal Leathers,

\$2.00, \$2.50 and \$3.00.

See our Gent's Western Window.

F. Smallwood

The Home of Good Shoes.

ARMADA TEA.

New Stock.

Best Yet Offered

1 lb. Tins.

Ask Your Grocer

Somewhere in England.

HEAD WAITER: Yes, sir, we are a bit old fashioned, as you say—but we find people like it so long as we make them comfortable. I haven't heard of complaints on that score.

GUEST: Good beds and good food, eh?

HEAD WAITER: Excellent beds and good wholesome food—comfortable Gas Fires and 'ot water in every room in the house.

GUEST: Gas Fires, eh! That doesn't sound old fashioned.

HEAD WAITER: No, sir, it doesn't. But we had to move with the times, sir, and it's our business to give people what they want. If you'll excuse me, sir, that 'ave been 'ere all my life. I find that our people mostly want 'ot baths, 'ot water, well cooked food, good fires, good beds and no fussing. We couldn't do that with coal—not satisfactory as I may say. So we put in gas—everywhere. We cook by gas, we light by gas, we 'eats the water by gas and we 'as Gas Fires. So you can 'ave a 'ot bath in ten minutes if you want it, sir, a fire in your bedroom and whatever you like to order for dinner, sir, punctual to the minute.

GUEST: That sounds top-hole—but where's the old-fashioned part come in?

HEAD WAITER: It don't come in, sir, so far as that's concerned. But there's the 'ouse, the furniture, the pictures—and if I may say so—the 'omeliness of the place.

GUEST: (a trifle bored) Well, well I'll have that hot bath right away—if you'll get the bathroom ready.

HEAD WAITER: The bathroom is ready, sir, always. There's plenty of 'ot water, you'll find clean 'ot towels in the 'ot cupboard in the bathroom and the Gas Fire lighted in your room.

GUEST: Right O!—and dinner at 8 sharp, please!

HEAD WAITER:—What'll you 'ave, sir—a nice sole, leg of mutton and sweets?

GUEST: Well, if that isn't troubling the cook too much—I'm rather late, I'm afraid.

HEAD WAITER: No trouble at all, sir. You see, sir, our kind of comfort means comfort for us as well as our guests. We don't 'ave no coals to carry, no fires to make up, no bathrooms to attend to—This 'ere gas, if I may say so, saves money and time, and—

GUEST: You may say so at dinner time, please. I'm off to have that bath... (ascends stairs slowly)... Decent old boy, though he does talk a lot; and a real nice place. Thank heaven, I've struck a decent billet at last! (The bathroom door bangs sharply.)

For particulars of Gas Fires and Gas Water-Heaters apply to
The St. John's Gas Light Company.

Advertise in The Evening Telegram

Societies Celebrate St. John's Day.

Saturday was the anniversary of the birthday of St. John's. In accordance with their purpose of celebrating it by Divine service in the nearest St. John's, a number of the Protestant societies met yesterday afternoon at the British Hall, whence they proceeded to the Church of England Cathedral. The Societies represented were the Nfld. British Society, Royal Oak and Leeming L.O.L., St. John's Lodge, No. 5, S.U.F., and Lodges Dudley and Empire, S.O.E. Beautiful weather favored the procession, which was headed by the C.L.B. band. A special form of service was held at the Cathedral. Psalm cxlii was chosen, a chant of appropriate solemnity. His Lordship the Bishop read the Lesson, and Rev. J. Brinton the collect for St. John the Baptist's Day and prayers for the King and all in authority, the sailors and soldiers and the sick, wounded and prisoners. Rev. Canon White preached the sermon, taking as his text St. Paul's famous words: "A citizen of no mean city." After first treating the history and progress of St. John's from its foundation onwards, he strikingly enlarged the application of the meaning and duties of citizenship to the fuller life of the world. He dwelt upon the subject of the war, showing how it had widened our narrow ideas of fellow-citizenship. It was a sermon which impressed itself strongly upon the minds of his hearers, and will be carried in their memories. The collection, as previously announced, was taken in aid of the Patriotic Fund. A very large number attended the procession and service, and the societies are to be congratulated on their inauguration, so auspiciously carried out, of a celebration which they hope to repeat every year. To Mr. Goodland, President of the British Society, belongs the credit of conceiving and putting into effect the idea.

"MEASLES."

Hundreds of children are suffering from "Measles" at the present time, and one has to be very careful in trying to avoid the complications that often follow them.

A heavy "Cough" is very prevalent during the present epidemic, and "Pneumonia" is the great danger. Avoid this by keeping a bottle of "Stafford's Phosphate Cough Cure" on hand.

Stafford's Drug Store (Theatre Hill) is open every night from 7.30 to 9.30.

The above preparation is manufactured only by

DR. F. STAFFORD & SON., St. John's, Nfld.

"3 Specialties":—

"Stafford's Liniment."

Stafford's Prescription "A."

"Stafford's Phosphate Cough Cure."

Nonagenarian and Octogenarian Cross the Bar.

After a very brief, though somewhat tedious illness, the death occurred last night of Mr. Michael Hickey, at his late residence on Duckworth Street. He was born in St. John's and not long since he celebrated the 90th anniversary of his birthday. At an early age he learned the tailoring trade and carried on business for himself with enterprise and success for upwards of a half century. About a decade ago he retired from business, but notwithstanding his advanced age he enjoyed excellent health and possessed all his faculties up to a week ago when he was stricken. Mr. Hickey was a most exemplary citizen and a devoted Roman Catholic. He was the oldest member on the roll in the T. A. & B. Society and two years ago was presented with an address and sash of honor by that body on the attainment of his golden jubilee as a member. He is survived by two sons, Messrs. Patrick and William, and one daughter, Mrs. E. J. Malone.

Another well known and esteemed citizen in the person of Mr. William Bentley entered into his rest last evening at his late home on York St., having reached the age of 84 years. Deceased was engaged as a repairer with the Anglo-American Telegraph Company for 50 years. A short time ago, owing to ill-health he was put on the retired list. Four sons and four daughters besides an aged widow are left to mourn.

Dust and Flies.

This is the time of the year when the dirty dust from the streets, and flies are in the air and watching their chance to alight on your bread and bring dirt and disease to your children. Guard against them by buying Lynch's Pan-Dandy Bread, white, and brown, wrapped and sealed by machinery in a dust and germ proof wrapper; it is the only bread in Newfoundland that is made, wrapped and sealed by machinery. Ask your grocer for it. Did you get any of Lynch's Beauty Cakes yet? Oh, what a beauty cake! the best in the land. Ask your grocer for it. June 22, 1916.

From Cape Race.

Special to Evening Telegram. CAPE RACE, To-day. Wind light and variable, weather fine, fog to sea. The s.s. Kite passed west at 7 p.m. yesterday, the schr. Windie Spencer finished landing and sailed for Sydney Saturday evening. Nothing sighted to-day. Bar. 29.76; Ther. 64.

Corpus Christi at R. C. Cathedral.

Yesterday being the Feast of Corpus Christi High Mass was celebrated in the forenoon and the annual procession in the afternoon. At 10.30, 12 (noon) and 2.30 p.m., the joy bells pealed merrily. The cathedral grounds showed a profuse display of bunting and flags, fluttered to the breeze from the towers of the Cathedral, whilst the facade of the sacred edifice was artistically dressed.

The procession, which began at 2.30, was exceptionally long and witnessed by a multitude of people. Those who took part in the procession were the school children, sodalities, officers of the adult and juvenile branches of the T. A. and B. Society, Star of the Sea, Mechanics, B. I. S., Knights of Columbus and Holy Name Societies as well as the C. C. C. and T. A. Bands. Vespers were held in the Cathedral after which the procession wended its way to the Presentation Convent. Squads of C. C. C. members and Volunteers acted as guards of honour. The route of march was also lined with Cadets and soldiers under command of Major Kent and Capt. Grady, respectively. His Grace Archbishop Roche carried the Host, and other clergy who participated in the procession were Rt. Rev. Mons. St. John, Rt. Rev. Mons. McDermott, Rev. Drs. Kitchen, Carter and Greene and Rev. Frs. Renouf, Sheehan, Pippy, Nangle and Ryan.

At the Convent and again at the Cathedral His Grace the Archbishop, assisted by Rev. Dr. Kitchen and Fr. Renouf, imported Benediction.

The entire ceremony was most impressive and edifying, the snow-white costumes of the children combined with their beautiful singing, including that of the nuns, adding to the solemnity of the occasion. Very imposing also was the sacred music rendered by the bands present.

GOSLING FOR MAYOR AND AN ABUNDANT WATER SUPPLY.

I was cured of Bronchitis and Asthma by MINARD'S LINIMENT. MRS. A. LIVINGSTONE.

Lot 5, P. E. I.

I was cured of a severe attack of Rheumatism by MINARD'S LINIMENT.

Mahone Bay. JOHN MADER.

I was cured of a severely sprained leg by MINARD'S LINIMENT.

JOSHUA A. WYNACHT.

Bridgewater.

The Bishop at St. Thomas's.

The Lord Bishop of Newfoundland occupied the pulpit at St. Thomas's Church yesterday morning, and preached a most interesting, instructive and impressive sermon. His Lordship explained in a very simple manner the duties of the clergymen on visiting the sick room, when he shall say: "Peace be unto this House." He strongly condemned the action of some people in criticizing sermons and impressed upon the congregation to be at "peace within themselves." A large number of volunteers under command of Lieut. Gerald Harvey attended the service. The music of the Organist, Mr. Stirling, and the singing of the choir were nicely rendered.

LET GOSLING AND HIS MEN FINISH THEIR WORK.

Exp-ess Passengers.

The following passengers will be on the incoming express to-day:—T. J. Daggett, Robert Burns, Arthur Gosling, W. J. Watson, A. Murphy, Miss J. Burlington, Mrs. D. Edwards, M. J. Burke, A. E. Silver, Mrs. P. Parrott, Mrs. J. Murphy, G. E. Peard, R. A. St. John, Sister St. Anthony, S. O'Driscoll, Mrs. A. Allen, Max Stellerton, F. W. Moulton, Miss E. Moulton, Dr. and Mrs. Friendenburg, B. Outbridge, A. J. Myers, W. H. Duval, E. H. Keeler, J. Bartholmew, B. Jones, Dunbar, McLaughlin, W. Steman, R. Carter, J. Lovett, G. H. Meisner, Jas. Dunn, J. Decker, J. G. Davis, Sister Assumption.

Newfoundlanders Wounded.

In a recent Canadian Casualty list the names of Jacob Porter, William Ledre and Daniel Surrick, Newfoundlanders, are mentioned as wounded. The name Ledre is meant for LeDrew. All three are supposed to belong to Conception Bay districts.

AT GOWER STREET CHURCH.—At Gower Street Church yesterday morning the congregation listened to an interesting sermon preached by the Rev. A. V. Robb. Mr. Robb, who had offered his services to the Empire on several occasions while a probationer at Wesley College, Montreal, was rejected owing to defective eye sight.

MINARD'S LINIMENT USED BY PHYSICIANS.

Going! Going! Going!

Yes, people, that is what is happening. Our third shipment of

Baby Carriages

are going very fast at our Sale Prices,

as the following will show:

Was \$18.50. Now	\$15.15	Was \$8.80. Now	\$3.15
Was \$19.00. Now	\$15.85	Was \$5.50. Now	\$4.40
Was \$21.00. Now	\$17.50	Was \$11.00. Now	\$8.85
Was \$24.00. Now	\$19.75	Was \$16.00. Now	\$13.00

The above Carriages are in Sleepers, Roadsters, Sulkys, Go-Carts, Collapsible Carriages, etc.

Any mother requiring a Baby Carriage, now is her chance to secure a Bargain, for they cost more to land them to-day.

Callahan, Glass & Co., Ltd.,

THE HOME OF LOW PRICES, Theatre Hill and Duckworth Street.

HAY FORKS

Harvesting Implements

HUTTON'S B. Y. BEST CROWN SCYTHES, 30, 32, 34, 36, 38.

GRIFFIN'S BEST CROWN SCYTHES, 32, 34, 36.

R. K. RIVETTED BACK SCYTHES, 32, 34, 36.

AMERICAN SCYTHES, assorted sizes, 32 to 40.

B. Y. GRASS HOOKS, 2, 3, 4, 5.

PATENT SNAITHS.

AMERICAN & WATERLOO SCYTHE STONES.

HAY RAKES, HAY & MANURE FORKS.

Agents for

MASSEY HARRIS MOWERS, RAKES, TEDDERS, etc.

Catalogue and Price List on Application.

MARTIN HARDWARE CO., LTD.

A. & S. Rodger's.

FOUR SPECIAL LINES

This Week in

Child's Embroidered Collars - - - 25c.

Ladies' Embroidered Collars - - - 25c.

Khaki Handkerchiefs - - - 25c.

Excelda Handkerchiefs, in wht. or col. Border 25c.

— AT —

A. & S. Rodger's.

Seriously Wounded.

Mr. George Duffett, of Spencer St., received a message from Ottawa yesterday, advising him of the serious illness of his son, Sergeant Albert George Duffett, at No. 15 General Hospital at Cambray, France, who is suffering from a gunshot wound in the head, which he received June 22nd. Sergt. Duffett, who was for some time second engineer on the Florizel, enlisted at the outbreak of hostilities

Will Hold Meetings To-Night.

—Mr. Kelly and the independent candidates for municipal honours will hold meetings in the different parts of the city this evening.

BASEBALL.

Red Lions—Wanderers. Wednesday Afternoon. Gate 5c.; Grand Stand 5c. June 26, 1916.