

"My Hands Trembled and I Could Not Sleep"

Mr. Thomas Honey, Brantford, Ont., writes—



"When I began taking Dr. Chase's Nerve Food, I was so nervous that when I picked up a cup of tea my hand would tremble like a leaf. I could not sleep well, could not remember things, and there were neuralgic pains through my body. After taking seven boxes of Dr. Chase's Nerve Food, however, I am in perfect health."

DR. CHASE'S NERVE FOOD
At all Dealers.
GERALD S. DOYLE, DISTRIBUTOR.

Germans Ask Britain To Mediate In Dispute.

Confidential Mission on Way to London -- Italy Sees Danger Signs on Horizon -- Stowaway Girl Found on S. S. Belvernon -- Steward Arrested.

GERMANS ASK BRITAIN TO MEDIATE.
LONDON, Jan. 18. The German Government is sending a confidential mission to London to request the British Government to mediate between France and Germany, says a despatch to the Times from Essen.

VIEWING AROUND TO BRITISH VIEW.
WASHINGTON, Jan. 18. The British Government has taken definite steps to press upon the British (Belgian?) French Governments that she regard the present Ruhr situation as one with great danger, and almost not taking the position of an impartial mediator has urgently suggested that further steps toward the cessation of German reparations be taken only after the most mature consideration.

FRENCH POLICY BECOMING MILD-ER.
ESSEN, Jan. 17. The French Economic Commission has decided to content itself for the time being with requisitioning the Ruhr already mined and brought to the surface, diverting to French cars only loaded and destined for the Ruhr, and postponing for a later date the idea of requisitioning the Ruhr itself. This decision was reached at a meeting of the Economic Commission called for after advice had been received from Paris that the French Government was creating a bad impression abroad, especially in Great Britain and the United States. Realization that the French technical services in the Ruhr are entirely inadequate to direct a task of such magnitude is also responsible in measure for the change of French policy in the Ruhr toward milder methods is shown by an announcement by

the French General Headquarters at midnight that the defaulting magnates would not be arrested but would simply be summoned and tried before court martial, leaving these courts to deal with them as they deemed fit. "We will not give them the opportunity to pose as martyrs," was the comment at headquarters.

WILL RECOMMEND LOWER RATE OF INTEREST.
WASHINGTON, Jan. 18. The negotiations between the United States and British Governments looking to the funding of Great Britain's war debt to the United States will be carried forward through the British Embassy here after the return of the British Debt Commission to London, at the end of the week.

HENDERSON ELECTED.
LONDON, Jan. 18. Arthur Henderson, former Minister without portfolio in the British War Council, has regained his seat in Parliament in the bye-election held at East Newcastle on account of the death of the sitting Labor member Bell.

DOESN'T BELIEVE THEM.
LONDON, Jan. 18. The British Government places no credence whatever in the series of rumors that Russia, Poland and Germany are organizing in preparation for eventualities that may arise from the present Franco-German difference

on the reparations question. This statement was made at the Foreign Office to-day.

AN EFFECTIVE CURE.

ST. LOUIS, Jan. 18. The general conclusions of the physicians attached to the medical department at Washington University, who have been experimenting with insulin as a cure for Diabetes, are that no one need die from the disease.

A FOOLISH GIRL.

HALIFAX, Jan. 18. Mary White, aged 16, of St. John's Newfoundland, was found yesterday by the ship's officers, in the stokehold of the steamer Belvernon, which arrived here this morning. She said she had been smuggled aboard by a fireman who promised to give her a good time. The fireman is being detained pending the formulation of a charge against him. The girl is in the hands of the Immigration Officers.

STEWARD ARRESTED.

HALIFAX, Jan. 18. John Spruce, a steward of the S.S. Belvernon, was arrested to-day charged with a breach of the Canadian Immigration laws in connection with the discovery on board the steamer on her arrival here to-day, of sixteen year old Mary Josephine White who had been concealed in the stokehold.

TRAWLER BURNS TO WATER'S EDGE.
HIGHLANDS, N.J., Jan. 18. A steam trawler, believed to be a unit of the rum fleet hovering off the Jersey Coast, caught on fire this afternoon and burnt to the water's edge. Another small steamer was seen to rescue the crew.

A TRAGEDY OF THE SEA.
NORFOLK, Va., Jan. 18. The entire crew of eleven men of the schooner Helvetia are believed by coastguard officials here to have lost their lives when the vessel capsized off the Virginia Coast during the heavy storms of last month. A derelict sighted off Winter Quarter Lightship on Monday was found to-day to be the Helvetia, which left New York on December 13th, for Charleston, South Carolina. She is being towed here.

MORTELO SINKS.

NEW YORK, Jan. 18. The Italian steamer Giuseppe Verdi wrecked her owners to-day, that she had rescued the entire crew of the Italian freighter Montello at 11 o'clock yesterday morning. The Montello, reported sinking, was reported in distress five hundred miles east of Sable Island yesterday. She was bound from Philadelphia for Marselles.

MOTION PICTURE ACTOR DEAD.
LOS ANGELES, Jan. 18. Wallace Reid, motion picture actor, died to-day at Hollywood. The end came in a sanitarium where the actor was taken about a month ago after a nervous breakdown, said by his family to have been due to his fight against the narcotic habit.

SACRED GROUND.

LAUSANNE, Jan. 18. An earnest appeal that Great Britain will be permitted to own in her own right the soil where her soldier dead lie buried in Gallipoli, was addressed to the Turks to-day by the British delegation. The Ottoman delegates

RICH IN VITAMINES



MAKE PERFECT BREAD

probably will accede to this request. About one hundred thousand British fell around Gallipoli in the great war. There is a general belief in England that a number of British soldiers, chiefly Indians-but some English, are still prisoners in the hands of the Turks, and the Turks have agreed to release them and extend the right of search to representatives of the British army.

GRAND BANKER INJURED.

YARMOUTH, Jan. 18. Edward Leo, of Grand Bank, of the Lunenburg schooner, Alfarata, sustained burns painful enough to cause his removal to Hospital when a small oil explosion occurred on board a tug which went to the Alfarata's assistance as she was entering port.

BAVARIAN FASCISTI ORGANIZED.

MUNICH, Jan. 18. Adolf Hitler, leader of the Nationalist Socialists, the nucleus of a Bavarian Fascisti Organization, announced to-day that on Sunday he would review two hundred thousand Bavarian Fascisti armed to resist French occupation.

WILD TIME IN FRENCH PARLIAMENT.

PARIS, Jan. 18. After what is said to have been the wildest rioting in the history of the French Parliament, during which 59 members engaged in a free for all fight on the floor, the Chamber of Deputies this evening, by a vote of 371 to 143 to suspend parliamentary immunity to Marcel Cachin, a Communist member.

Hints on Stews.

There is nothing better and more appetizing than a good stew especially on a cold day. Some people think of a stew as merely to use up left-over meat.

While such a stew may be excellent, a dish of freely cooked meat is as important and dignified as a roast. The process of stewing is cooking meat in water at a temperature slightly below boiling.

By this method, tough meat may be made tender and the juice become rich and thick. To this vegetables and seasoning may be added.

National Stews.
Every country has some kind of a stew, the meat and vegetables differing.

Chicken is used a great deal, although not entirely, in France and Spain. The Mexicans stew beef, chile peppers, and beans together.

A curry is really a stew, very highly seasoned, and may be made of fish, veal, chicken, lamb or beef.

French pork makes an appetizing stew, and in some countries beef, veal and pork are combined. Where fish is plentiful a fish stew is used as much as meat in other places.

Brown Stew Best.
One important point is to have a beef or lamb stew brown in color. A white stew is less attractive and not as appetizing. Chicken may be left light in color, but almost all persons enjoy a fricassee more than just plain stewed chicken; a fricassee means that the chicken is fried before or after being stewed.

Sometimes it is advisable to cook the stew in a casserole, and serve it in the same dish. The dish is attractive and the heat is retained until the moment of eating.

If vegetables are plentiful in the stew, and dumplings are served with it, it becomes a one-dish meal, saving time as well as money. It is well to serve a salad with it—a light dessert, and, of course, no soup.

Dumplings.
Many cooks do not have success with dumplings, yet they are easy to make as anything can be—and should always be light if one or two rules are followed.

Do not put in shortening; do not handle them, but have the dough soft enough to drop from a spoon. Have the stew boiling when the dumplings go in; be sure the cover of the kettle fits closely and do not lift the cover for at least 10 minutes. A stew made in a kettle is more attractively served on a platter surrounded by the dumplings. Small potatoes and onions may be left whole, the carrots cut in strips, and other vegetables in uniform pieces. Tomato adds color and flavor, and one or two tablespoons of chopped parsley sprinkled over the top adds to the stew's beauty.

Enid Bennett Scores in Film at the Nickel.

A Little American Town Changed by a Girl's Whims.

In Irving Bacheller's great story, featuring Enid Bennett, which was the principal attraction at the Nickel last night, the dainty little Australian sister registers the finest performance of her entire career. When the story opens, she is the simple pretty country girl. But when she comes back to Pointview from finishing school and abroad—how different. Not only is she different in manner and in outlook on life, but she is an ever-surprising fashion plate. The rest of the women tried to keep up with her, but found they were tackling an herculean task.

The opening chapter of "The Hope Diamond Mystery" was keenly taken in by patrons, who no doubt will eagerly watch for each succeeding chapter. Clinton and McNamara, the popular vaudeville players, appeared in a bill that for real entertainment of fun and song, cannot be duplicated. Mr. Clinton was right there with the jokes and had the large audience in roars, whilst Miss Nellie McNamara's beautiful singing was all that could be desired.

Have you tried MRS. STEWART'S Graham Bread?
Jan 12, 1923

To make lettuce soup, separate and wash the leaves of two heads of lettuce. Cut outside leaves into fine shreds, place in saucepan with 2 slices of onion, three pints white stock, and allow to simmer thirty minutes. Rub through sieve into double boiler, add rest of lettuce, shredded, and cook 25 minutes. Season while very hot.

IMPORTANT NOTICE!

We beg to announce that we have reduced the price charged for gas from \$3.00 to \$2.75 per 1,000 feet as from January 1st, 1923. Reductions totaling 75 cents per 1,000 feet have now been made since October 31st, 1921, evidence of our earnest desire to reduce the cost in addition to increasing the efficiency and reliability of our GAS SERVICE.

INCREASED BUSINESS will enable us to make further reductions, and the co-operation of our Customers is invited.

ST. JOHN'S GAS LIGHT COMPANY.

January 4th, 1923.



A BIG DROP IN PRICES of CANNED GOODS of finest qualities

- 6 lb. tins HAWAIIAN PINEAPPLE \$1.00 per tin.
- 6 lb. tins CHOICE APPLES 75c. per tin.
- 7 lb. tins MARMALADE \$3.50 per tin.
- 4 lb. tins MARMALADE \$1.75 per tin.
- 2 lb. tins ASSORTED JAMS. 90c. per tin.
- 2 lb. tins RED RASPBERRIES 40c. per tin.
- BROOK'S BABY BARLEY 30c. and 18c. per tin.
- BROOK'S PATENT GROATS. 30c. per tin.
- ALSO — HEINZ SWEET GHERKINS (pickets) 50c. per bottle.

ELLIS & CO'Y.
LIMITED,
203 WATER STREET.
Jan 16, 1923

SPECIAL AND SEASONABLE January Offerings NEW DRESS GOODS

Special Low Prices

BLACK and NAVY ENGLISH DRESS SERGES @ 95c. 1.00 and 1.25 yard.
FINE QUALITY DRESS MELTONS, CLOTHS and TWEEDS, 42 inches wide. Only **95 cents yard.**
SUPERIOR QUALITY DRESS TWEEDS, in 3 and 5 yard ends @ 1.25 yard.

WOOL BLANKETS English Make--Wonderful Values

You can afford to buy Blankets again now, if you buy them here, as values are surprisingly good. We have these English Wool Blankets from only \$4.50 pair, and some of very superior quality, at the extremely moderate prices of \$6.90 to \$9.00. **WHITE WOOL NAP BLANKETS**, large size @ \$4.90 pair. **WHITE HEAVY FLEECE COTTON BLANKETS**, large size @ \$3.75 pair. **SMALLER COTTON BLANKETS**, at small prices.

Men's and Boys' Overcoat Bargains

Our Prices for Men's and Boys' Overcoats have astonished the town. **MEN'S LONG HEAVY OVERCOATS** from only \$6.90 each. **BOYS' LONG OVERCOATS**, for Boys 9 to 17 years old; all sizes. Only \$4.90 each. We have many other good values in Men's and Boys' Overcoats, which cannot be duplicated elsewhere.

Ladies and Children's Winter Coats

AT VERY LOW PRICES TO CLEAR. These are in good English makes that will wear well and will not fade.

Ladies' Winter Hats

At our usual January Clean-up Prices. See offerings of **LADIES' BLACK and COLOURED VELVET HATS** at only 50c. each. **LADIES' FELT HATS**, at only 20c. each. **CHILDREN'S WOOL CAPS and HATS**, at only 20c. each.

Ladies Grey Bloomers

in Heavy Fleece made, only \$1.00 pair. **Garter Elastic at Very Lowest Prices** White only, 8c. yard. Black, 9c. yard.

CORTICELLA AND MENDING WOOLS in all the leading shades. In Mending Wools we show thirty different shades of fine Quality Wool, at 4c. card.

COTTON REMNANTS. of all kinds at very low prices. **COLOURED SATEEN REMNANTS** Good quality, 36 inches wide. Only 45c. yard

CUSHION PADS in round and square shapes; new goods at new Low Prices. **WHITE SHIRTINGS and CAMBRICS** Splendid assortment just opened in Quality Goods, worth making up. Prices from 29c. to 48c. yard—All 36 inches wide.

HENRY BLAIR

Full of Good Stories—The new number of

JUST RECEIVED!

a shipment of SUPERIOR QUALITY

SOLE LEATHER

Trimmed and Untrimmed. Selling at Lowest Prices.

BOWRING BROS., Limited Hardware Department

Jan 16, 1923

Forty-Four Years in the Service of the Public—The Evening Telegram.

Spare Moments.

Nearly 200 pages of Entertaining reading including the best new short stories and jokes, poems for recitation and hundreds of other interesting articles.

The Biggest and Best Magazine in the World.

Price 55c. GET YOUR COPY TO-DAY.

GARRETT BYRNE, Bookseller and Stationer.

If mince meat is added to Gevitt's food cake it changes the flavor and helps to keep it moist. The addition of nuts and raisins makes it a rival of fruit cake.

Good!—Always

It's the ingredients you cannot see—the patient care in making that are the secrets of Moir's goodness. Nothing is left to chance, all the materials used are either made in our own plant or imported direct.

Cocoa beans selected, graded, blended, roasted and ground with infinite care in our own factory.

Pineapples, apricots, raspberries, strawberries and other fruits for Moir's centres—always the finest obtainable.

Brazil Nuts, Almonds, Walnuts, imported direct; Peanuts, the small delicately flavored kind; Cocoanuts shredded fresh for each day's needs.

Every operation superintended, every chocolate examined by a keen-eyed overseer.

All this care to assure you of the same high quality you have always found so delightful in Moir's Chocolates.

Take home a box to-day

MOIRS LIMITED
HALIFAX
F. V. CHESMAN, St. John's.

Moir's Chocolates

PURITY AND QUALITY ASSURED

The wrong temperature will ruin candy. In the Moir factory expensive machinery keeps the air cool and dry every day in the year, no matter what it is like outside.

was recently in Australia, for trying to rid the rabbits. Strangely his brother went into Australia, he said, took the land as a present and he would increase and state that they had all over then made the new year, each their number of the great Australia preserves a dinner to be