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 Has been Canada's favorite yeast for over a quarter of a century. Bread baked with Royal Yeast will keep fresh and moist longer than that made with any other, so that a full week's supply can easily be made at one baking, and the last loaf will be just as good as the first.
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THE THOUGHTS OF THEOBALD.

MR. WARWICK SMITH'S VIEWS.

Mr. Smith objects, I take it, more to the Act than to Prohibition itself. And his objection is along the line that there is one law for the rich and another for the poor. He supported Local Option and I remember, a prominent part in that campaign. Now surely there can be no greater discrimination made between rich and poor than that that exists in the Act of Local Option. Under Local Option anyone could import liquor for his private use. Now can one imagine the "poverty-stricken labourer" (Mr. Smith's words) importing his bottle, sending away his money and paying express charges and duty on it here? Can one imagine for a moment that anything else would happen but that the rich man would import his barrel and enjoy his whiskey while the poor man would do without it? Local Option is the very essence of favouritism and would do more to separate the rich and the poor than anything. Now Mr. Smith can hardly follow his argument out without disavowing his belief in Local Option.

As to the over-rated value Mr. Smith puts on whiskey as a household and life-saving remedy, I am quite assured, and I think he is too, that for every death that will occur after Prohibition for the lack of whiskey, there are fifty deaths every year now because of whiskey. I can safely leave it to anyone to judge if we are better with whiskey or without it. Nor do I think that liquor is kept in households as universally as Mr. Smith would lead us to think. There are the ancient and effective remedies of our grandmothers that hold the supreme place in many a home, and it is out of the question to believe that even the majority of homes in our outports have a "bottle" in cases of emergency.

Mr. Smith is troubled at the thought that a man with money will perhaps get in an extra stock of whiskey next year. I should say that, if it were possible, no gentleman would do it. Certainly no gentleman with any principle would venture to put it on his table for any length of time after the importation of liquor ceases. And after all, there will still be opportunity for further legislation when the House opens next year. There are loopholes which exist now in the Act can be, and will be, effectually stopped, especially when such a public opinion will be behind Prohibition as will register their votes on November 4th.

The intention of the Act is to give a year to the liquor dealers to sell out or prepare themselves for new occupations. The fact that some licenses are being given up this year shows that there are some dealers who do not look forward to big sales in 1916.

THE POOR HAVE EVERYTHING TO GAIN.

I am sorry if Mr. Warwick Smith thinks that he is helping the poor man by his attitude, for I fear that it is very much the other way and that he is really putting a stumbling block in "his brother's" path. Prohibition will bring men on better terms with the world than they have ever been. Savings Banks' deposits have unfailing followed Prohibition in every land, and the great gap which now separates rich and poor will be far smaller, and a whole host of homes that are prohibited now from buying partice or fruit will be able to enjoy these dishes which are now only enjoyed by the rich. Of the many prohibitions that the poor have to suffer because of money, liquor causes them the least sacrifice.

MR. BLACKALL'S PROTEST.

No doubt Mr. Blackall saw the excruciating which has been given to the children in some schools lately. And it is the line which they have to copy neatly at home and incidentally show their father. "Dear Father, please vote for Prohibition for my sake."

Who could resist such an appeal?

And more than anyone else, Prohibition will do the next generation a good turn, and I say more power to the elbow of the person who first wrote the line for the copybook.

THE RELIGION OF PROHIBITION.

The word Religion stands for one of the most beautiful and simple things in the world, and yet how "dented and battered" it is with hard usage! How clouded is it with the world's affairs and made dreary rather than joyful! If anyone tried his best to shake religion free of its wrappings it was Christ. He aimed at bringing it within the reach of the humblest and simplest souls. He preached that a man should keep out of his life all that insults and hurts the interests of others as dear as he holds his own. And if this simple teaching of "God and my neighbour" had continued its way like a stream of clear water, refreshing thirsty souls and making religion a joy, there would have been no necessity of making laws to clean the dirt from our lives today.

But Christianity exerted such a powerful influence that the world was challenged, its strongholds were shaken and in return the world resolved upon the capture of Christianity; and how sadly it has succeeded can be learned from the pages of history, and even to-day most forcibly of all when we find ourselves engaged in the greatest and bloodiest war of all times.

Not that Christianity has failed nor given up the fight. Like the little leaven which will leaven the whole lump, the true simple religion is a vast force in the world and survives its capture in virtue of its truth and beauty. And the overbearing injustice, the rottenness, and the things that injure, of the world have brought forth anew the ideals of service and the help of the man for the brother-man. These ideals of service were forwarded by groups of men, who realized that wrongs there were which were better righted, and who saw no hope of release from evil till the evil was uprooted and destroyed.

But yet as a Christian world we have come short of one thing in comparison with Mohammedanism and Hinduism in relation to the great world evil—Alcohol. Both these religions have commanded the disuse of intoxicating liquors. And will Newfoundland have to blush before such rivals and own itself incapable to do better than these false faiths have done? As Canon Smith truly says, "God works through the instrumentality of man," and if Prohibition forcibly prevents a man from indulging in liquor, it only makes him sober, and a better man than he ever was under the influence of liquor, and brings him in the proper state for the Church to take hold and lead his mind in the channels in which it thinks his mind should go.

Prohibition, to my mind, holds the essence of true religion when it means the casting out from our community that which is not only of no value but which is positively harmful to so many.

Every day there are prayers going up for the success of Prohibition. I question very much if there is one prayer for the defeat of Prohibition.

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Water.

By GEORGE FITCH,
 Author of "At Good Old Siwash."

Water was first discovered and investigated by Noah, who succeeded in living on it for forty days.

Most men admire Noah for his bravery, but very few have any desire to break his record.

Water is one of our most useful and necessary possessions. Without it the earth would be a desert and worthless, stocks would only yield a beggarly six or eight per cent, and mankind would curl up and die. A great many men avoid water and try to get along with a substitute which they claim is just as good. But their widows and creditors seldom speak of the experiment as a success.

There is an unlimited supply of water on the planet, but most of it is badly seasoned and is unfit for drinking purposes. There are five great oceans containing 150,000,000 square miles of water and surrounded by 200,000 miles of sea beach, giving room for 2,000,000,000 bathers at one time. And yet a great many people in this world are no cleaner than they should be.

Water is very thin and transparent, except in the Chicago and Missouri Rivers. It is very restless, and is continually climbing up into the sky and falling down on baseball games and picnics in the summer, and on new millinery in all seasons. Water is very gregarious, and loves to collect in ponds, rivers, lakes, gulfs, oceans and corporations. It is very unstable, and the man who tries to wander around in it without a life preserver soon sinks and dies from swallowing too much of it. Too much water is just as fatal as too little.

Water is useful for running steam engines, making soft drinks, soaking soiled citizens, increasing the supply of milk, putting out fires, making Baptists and insulating Americans from kings and dukes and Waldorf Astors. Among the most noted collections of water in the world are the Great Lakes, which are 1,000 miles long over all and entirely drinkable; the Mississippi River, the father of waters; the Amazon River, the greatest female river in the world; the Great Salt Lake, the Dead Sea and Wall Street. Niagara Falls and the Old Faithful geyser are the two most athletic bodies of water. The most industrious water is the Colorado River, which has burrowed its way 6,000 feet into the ribs of the earth. The most imposed upon water is the Chicago River, which was turned around, loaded full of sewage and made to run backward. The most restless water is the Missouri River, which changes its bed every night. The most neglected water is found in Kentucky, where it is not used for anything but storing catfish. And the most over-advertised water in the world is Minnehaha Falls, which only fall when a stout man in overalls turns on a spigot and begins to pump.

A Chilling Prospect.

New-York World:—The reasons why Greece cannot easily side against the sea-power allies are something more than her poverty, her coast line and her tide-washed cities. Since the dawn of history Greeks have been sailors. Their merchant fleet before the war was equal to Spain's, and more than half Russia's. Only thirty-fourth of the nations in commerce, Greece was twelfth in the carrying trade, and is now ninth or better. The prospect of killing her shipping at one blow might chill as stout a heart as Constantine's.

LEFT FOR OPORITO.

The schr. Falke sailed from Burin yesterday for Oporito with 5,500 gals. of fish.

Sunday Services

Cathedral of St. John the Baptist.—Sundays—Evensong at 7 a. m.; also on the first Sunday of the month at 7 and 12.15. Other services at 11 a. m. and 6.30 p. m. Thursdays—Holy Communion at 11 a. m. Other services at 11 a. m. and 6.30 p. m. Fridays—7.30, with sermon. **Public Catechizing**—Every Sunday at 3.30 p. m. **St. Michael's Mission Church, Casse Street.**—Holy Communion at 8 and 11 on the 3rd Sunday of the month, and 8 on other Sundays. Other services, 11 a. m. and 6.30 p. m. **Sunday Schools**—Cathedral, at 2.45 p. m. Mission Church at 2.45 p. m. **Cathedral Men's Bible Class**, in the Synod-Building every Sunday at 3 p. m. All men invited to attend. **PARISH OF ST. MARY THE VIRGIN, ST. JOHN'S WEST.**—Hours of Service in the Parish Church Sundays—Holy Communion every Sunday at 8 a. m.; also, on the first and third Sundays in each month at noon. Wednesdays—Holy Communion and Intercessions on behalf of the War, at 10.20 a. m. Fridays—Evensong and Intercessions on behalf of the War at 7.30 p. m. Holy Baptism—Every Sunday at 3.30 p. m. **Public Catechizing**—The third Sunday in each month at 3 p. m. **Churching of Women**—Before any Service. **Sunday School**—At 2.30 p. m. in the Parish Hall. **Young Women's Bible Class**—Every Sunday at 2.45 p. m. in the Parish Room. **BROOKFIELD SCHOOL CHAPEL.**—Evensong—Every Sunday at 3 p. m. Sunday School—Every Sunday at 4 p. m. **ST. MATTHEW'S CHURCH, THE GOULDS.**—Evensong—Every Sunday at 3 p. m. **ASTLETT FOR THE POOR.**—Holy Communion—The first Sunday in each month at 9 a. m. Mornings—Every Sunday at 9 a. m. **St. Thomas's**—Holy Communion on the third Sunday in each month, at noon; every other Sunday at 8 a. m. Morning Prayer at 11 a. m. Evensong services at 3.45 and 6.30 p. m. Daily—Morning Prayer at 8 a. m.; every Friday evening at 7.30, prayer and sermon. Holy Baptism every Sunday at 3.45 p. m. **Public Catechizing** third Sunday in each month at 3.30 p. m. Morning prayer and sermon at 11; Preacher, Rev. A. Clayton; Evensong and sermon 6.30; Preacher, The Rector. **Christ Church (Quidi Vid)**—Holy Communion second Sunday, alternate months at 8 a. m. Evensong prayer third Sunday in each month, at 7 p. m.; other Sundays at 2.30 p. m. **Sunday Schools**—At Parish Church at 2.45 p. m.; at Christ Church, Quidi Vid, at 2.30 p. m.; at Virginia School Chapel, 2.30 p. m. **Virginia School-Chapel**—Evensong prayer every Sunday at 3.30 p. m. **Public Catechizing** third Sunday in each month. **Gower Street**—11, Rev. C. A. Whitmarsh; 6.30, Rev. Dr. Hazlewood. **George Street**—11, Rev. Dr. Hazlewood; 6.30, Rev. D. B. Hemmecon. **Chebrane Street**—11, Rev. H. Royle; 6.30, P. M. Meeting. **Wesley**—11, Rev. T. W. Atkinson; 6.30, Rev. H. Royle. **Congregational**—11 and 6.30, Rev. Dr. Penwick. **St. Andrew's, Presbyterian Church**—11 and 6.30, Rev. J. S. Sutherland.

Girls! Have Wavy, Thick, Glossy Hair Free From Dandruff

Save your hair! Double its beauty in a few moments—try this!

If you care for heavy hair, that glistens with beauty and is radiant with life; has an incomparable softness and is fluffy and lustrous, try Danderine.

Just one application doubles the beauty of your hair, besides it immediately dissolves every particle of dandruff; you cannot have nice, heavy, healthy hair if you have dandruff. This destructive scrub robs the hair of its lustre, its strength and its very life, and if not overcome it produces a feverishness and itching of the scalp; the hair roots farnish, loosen and die; then the hair falls out fast.

If your hair has been neglected and is thin, faded, dry, scraggy or too oily, get a 25-cent bottle of Knowlton's Danderine at any drug store or toilet counter; apply a little as directed and ten minutes after you will say this was the best investment you ever made.

We sincerely believe, regardless of everything else advertised, that if you desire soft, lustrous, beautiful hair and lots of it—no dandruff—no itching scalp and no more falling hair—you must use Knowlton's Danderine. It eventually—why not now?

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If they could only be made to see that half their ills are caused by impure blood, it wouldn't take long to cure them with Dr. Hamilton's Pills.

Truly a wonderful medicine that invigorates, strengthens, renews. Every tired, worn out, woman tries Dr. Hamilton's Pills will improve rapidly, will have better color, increased appetite and better digestion.

No better rebuilding tonic can be found than Dr. Hamilton's Pills which are safe, mild and health giving. For forty years Dr. Hamilton's Pills have been America's most valued family medicine, 25c. per box at all dealers.



YOUR BOYS AND GIRLS

As a rule, indigestion in the nursing mother is caused by such foods as heavy puddings or underdone pastry, doughnuts, fried foods soaked in fats, made dishes such as croquettes or fritters, pickles, mince-meat, baked beans, pork and cabbage, and other heavy or poorly cooked foods. But people differ greatly in their power of digestion, and what will suit one person may upset the next. Overeating may also be a cause of indigestion.

A mixed diet of such digestible and nutritious foods as are readily available, is desirable for the nursing mother. All foods are milk making foods. The foods selected will differ widely according to circumstances, but will usually include poultry and fish, ripe fruits, meats, puddings and fish, with oysters and the like, eggs, milk, cheese, farinaceous foods of all kinds, breads especially graham, whole wheat, corn meal, bran and simple desserts.

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FRESH GOODS, Just In Ex Stephano.

BANANAS	N. Y. TURKEY	BEEF
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APPLES	N. Y. BEEF	VEGETABLE
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GRAPE FRUIT	PARSNIPS	TOMATOES

Our Own Boiled Ham---Always Good.

Huntley & Palmer's BISCUITS.	McVitie & Price's BISCUITS.	Carr & Co's. BISCUITS.
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Grocery Dept. **AYRE & SONS, Ltd.** Grocery Dept.

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Another shipment open for inspection **At Prices that are Irresistably Low.**

LADIES' NECKWEAR, 40c. to \$1.20. Very attractive, consisting of Collar and Cuff Sets, Fischues, Ruffs and some Fur effects.	LADIES' BRASSIERES, 45c. to 85c. Dainty patterns, all sizes.	NOTION COUNTER SPECIALS. Turknit Wash Cloths, 8c. ea Child's Waterproof Bibs, 7c. and 14c. Washing Slip Ribbons, 14c. bdl. Xmas Holly Ribbon, 13c. bdl Books of Safety Pins, 13c. each Child's Satin Purses, 18c. each Sewing Bags, 16c. each Laundry Bags, 18c. each Shoe Bags, 16c. each Child's Hose Supporters, 10c. pair up Tea Aprons, 18c. each
LADIES and CHILDREN'S BELTS, 25c. to \$1.50. In Elastic, Leather and Fur Trimmed Suede; all the latest shades.	COLORED COVERALL APRONS, 45c. Dust Cap included.	SPECIAL NUMBERS. In Tea Cloths, Tray Cloths and Bureau Scarves, from 30c. to \$3.20 each.
LADIES' KIMONOS, \$1.50 to \$3.50. In shades of Mauve, Pink, Saxe, Navy and Helio.	HOSIERY SPECIALS. Child's Rib Cashmere, 16c. to 26c. Ladies' Cashmere, 30c. to 45c. Men's Half Hose, 20c. to 40c.	CHILD'S WATERPROOF HATS, 25c. each.
CHILD'S AMERICAN COATS, fit 2 to 6 years, only \$2.50. Corduroy Velvet, in shades of Red, Navy & Brown.	FLEECE UNDERWEAR. Boys' Sizes, 24 to 34. Price 26c. up Girls' Sizes, 24 to 32. Price 38c. up Ladies' for 28c., 38c. up to 65c.	CUSHION CORDS, 16c., 30c., 40c. and 55c. each.
	INFANTS' BATHROBES, 95c. to \$2.25. Shades of Pink and Sky only	WHITE TURKISH TOWELS, 50c. pound.

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White Embroidered or White Lace. Price: **25c. and 30c. each** This Week at **A. & S. Rodger's.**

That Awful Ache of Lumbago Rubbed Away For All Time

Heerah! No More Suffering—Every Ache Goes Quick.

RUB ON NERVILINE
 Lumbago is a peculiar sort of rheumatic trouble that affects the muscles about the loins and back. At times its agony is intense. Severe spasms of pain shoot in all directions, and become more severe on stooping.

In treating lumbago or stiff in the back, it is necessary to keep warmly covered to prevent a sudden chill. Attend to this, and then apply Nerviline freely.

Almost instantly you feel its warm soothing action. Right through the cords and muscles the healing power of Nerviline penetrates.

Quick as a wink you feel the stiffness lessening. You realize that a powerful pain-subduing remedy is cur-

ing the pain, is easing your distress, is making you well again.

Nerviline quickly cures backache and lumbago because it has the strength, the power and penetrating force possessed by no other known remedy. Its amazing curative action is due to certain extracts and juices of rare herbs and roots, combined by a secret process, and forming a truly magical medical marvel.

Any sort of aches in the muscles and joints Nerviline will cure quickly. It sets the pain right up—relieves stiffness, restores the muscles to their wonted elasticity and vigor.

It's the quickest thing imaginable for rheumatism, sciatica or neuralgia. As for earache, toothache, sprains, or strains, nothing can excel good old Nerviline.

Get the large 50 cent family size bottle, it's the most economical; trial size, 25 cents. All dealers.