

THE BIG FURNITURE STORE.

Another **BIG CUT** off Iron Bedsteads, Dressing Cases and Washstands, must be cleared out to make room for **Big Shipment Just Arrived.**

See our splendid **S. Oak Dressing Case for \$8.00 only.**

An immense consignment of **Dining Chairs** has arrived, at Remarkably Low Prices.

Pool Baskets	-	-	-	only 20 cents each
Buffets	\$38.50	-	-	now \$32.00
Sideboards	\$9.50	-	-	now 7.00
Sideboards	\$17.50	-	-	now 12.50
Lounges	\$11.00	-	-	now \$7.50
Carpet Squares	\$11.75	-	-	now 8.25
Overmantels	\$40.00	-	-	now \$30.00
Overmantels	30.00	-	-	now 23.50
Overmantels	20.00	-	-	now 15.00
Wash Stands	\$1.60	-	-	now \$1.25
Toilet Tables	1.60	-	-	now 1.25

Window Muslin	45c yard	-	-	now 30c yard
Window Muslin	35c yard	-	-	now 20c yard
Curtains	\$1.35 a pair	-	-	now \$1.00
Curtains	2.00 a pair	-	-	now 1.40
Curtain Holders	45c pair	-	-	now 25c pair

4 ft. Window Pole and Fittings - - 29 cents

Table Oil Cloths - - - - only 45c each

Brass Stair Rods	\$3.00 dozen,	now \$2.50 doz.
Brass Stair Rods	1.20 dozen,	now 80c dozen
Brass Stair Rods	1.40 dozen,	now \$1 dozen

FURNISH YOUR HOME BY OUR EASY PAYMENT SYSTEM.

Callahan, Glass & Co., Ltd., Duckworth and Gower Streets.

Christian Brothers Collection.

\$1.00.—T. Hibbs, Sergt. McDermott, W. Moore, C. Meehan, J. Cole, Miss Harris, Miss Morris, H. Barron, C. McKay, Mrs. T. Godden, Mrs. J. D. Ryan, F. Hickey, P. Goss, Mrs. H. Bartlett, W. O'Brien, T. Bennett, D. Williams, Miss Peddie, F. Furlong, L. E. Emerson, E. Tilley, W. Dalton, Mrs. J. Connolly, J. McGrath, W. Keough, J. T. Meaney, Miss M. O'Leary, Stan O'Leary, Mrs. J. McGuire, Mrs. E. Neary, Mas. Organ, Capt. Howard, Mrs. M. J. Summers, Mas. Mitchell, J. Dunne, R. Stamp, P. Myrick, Mrs. P. Myrick, Mrs. J. Turner, Mrs. J. Donnelly, D. Fitzgerald, T. Maher, R. Buckley, F. Foley, T. Byrne, Miss Gallishaw, S. Brass, W. Kelly, W. Donnelly, Const. Chafe, J. Kavanagh, J. Flynn, J. Byrne, R. Druken, W. O'Neill, P. Bulger, R. J. Coleman, T. Burton, W. Clancey, J. Barron, M. Murphy, P. Skeans, W. Hart, E. Russell, Miss Brown, M. J. Walsh, J. Phelan, W. Field, A. Friend, J. Sheehan, F. Devereaux, F. Pristan, R. Fennell, M. Fogarty, M. McLaughlin, Lieut. O'Grady, Pte. Knight, L. Corp. Reardigan, W. O'Rourke, J. Kenny, P. Thompson, W. A. Myler, B. Channing, Miss O'Brien, L. Moore, W. Shortall, D. Clatney, P. Walsh, W. Knox, P. Byrne, P. Organ, Miss Abbott, Miss M. Harris, Miss Harris, J. Higgins, J. Piercy, T. McGrath, P. Phelan, Dan Des Roches, (Dardanelles), W. J. Kenny, P. Brown, Jas. Slattery, M. Kelly, M. Brennan, Jas. Miron, Ed. Brophy, Wm. Gillis,

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(To be Continued.)

On the "Bust."

A Hand-Grenade Tells the Story of Its Adventurous Career.

They talk, some of them, of long descent! Now, I am so old that my origin is unknown. According to some I was born in Granada, in Spain, whence my name, in 1594; while others assign me to the fifteenth century. It is certain, however, that I was extensively used in the seventeenth century, and that in all armies companies of picked men were formed to know me. I was then a small, thin, spherical shell, weighing about three pounds, and provided with a fuse, which was lighted at a fire before I was hurled from a distance of twenty or thirty feet—at an enemy's works.

My first appearance with the British Army was made in 1667. After I had been used for a considerable time I was entrusted to special troops, called grenadiers—strong, highly-courageous soldiers, who were trained to throw me.

Regiments as Godchildren. The name now survives in one regiment of the British Army. This is the Grenadier Guards, in whose record room are preserved two original grenades.

So it is in the Russian Army. One of the Tsar's crack corps, the Grenadier Guards, similarly owe their title to me.

In the wars of the seventeenth and eighteenth centuries I played a great part, particularly when I was well made; but I became obsolete in the nineteenth century, and seemed to be doomed to perpetual oblivion. Then a strange thing happened. The Russians fell back on me in the defence of Port Arthur.



Too Late!

Don't wait until that Cough or Cold develops into the Cough that you are not able to throw off. If you have contracted a Cough or Cold don't keep on saying:—"oh, its only a Cold, that will wear off after a few days." This is just where you are making one of the biggest mistakes in your life. Try a bottle of **Stanford's Phosphate Cough and Cold Cure** and watch results. Price 25c. Postage 5c. extra.

DR. E. STAFFORD & SONS, St. John's, Nfld. Manufacturers of "Specialties" **Stanford's Liniment.** **Stanford's Prescription "A"** **Stanford's Phosphate Cough Cure.**

At one part the Japanese constructed a stone breastwork, forming three sides of a triangle, and their troops lay behind this for nearly a week, unable to advance or recede. Falling to get at them in any other way, the Russians threw on them grenades, charged with a high explosive. Those burst with terrible effect, blowing the bodies of some of the Japanese into the air.

When, again, a number of the Mikado's soldiers broke into a Russian trench at each end, the defenders hurled at them blazing tow, explosive grenades, and grenades filled with petroleum. The latter variety, on bursting, burnt brightly for a few seconds, and then exploded violently, scattering burning fragments all around.

Revived by Tommy.

On this occasion the petroleum grenades, in conjunction with the flaring tow, set fire to the woodwork of the trench, and not a man escaped. But the Russians did not have it all

their own way in this particular direction. I was soon adopted by the Japanese also.

And now I am used in the Great War. Like many other things, I owe my appearance in it—at all events on the western fighting line—to the initiative of the soldier. Steel caps for the head, body plates, breast protectors, long knives for use in trenches—too narrow for the "nice conduct" of the bayonet—these and numerous other articles of equipment were extemporized by the troops long before they were officially issued, and such was my case also.

On one of the early occasions when Germans made my acquaintance I consisted of a one-pound jam-pot filled with gun-cotton, and subsequently I was apparently a harmless bully-bun.

Even in so simple a form, however, I created havoc among a trench full of Hun, though sometimes a German dexterously caught me, and lobbed me back into the trench from which I had been thrown. Once I was loosed from a British trench, returned, and then again sent into the enemy's front line.

A New One Every Day.

But many varieties of manufactured grenades are now supplied to British and French troops, some of them unknown before the present war.

Incredible as it may seem, it is none the less a fact that since the beginning of the present year the number of bombs, grenades, and the like, patented in England alone average nearly one per working day; and inventors have been correspondingly prolific in France.

The fact is that, under certain conditions, I am the only practical missile in warfare. Did not Sir Robert Baden-Powell drag me from oblivion during the siege of Mafeking, to cope with a state of things similar, on a small scale, to that which has so long existed in France and Belgium?

RUSSIA WANTS FILMS.

Russian cinematograph companies have received many orders from London recently for films of Russian origin. The Russian cinema repertoire is very rich in historical dramas, but since war broke out the market has been short of comic films because they were mostly supplied by Germany. This is a good opportunity for the British companies to supply Russia with films of this kind.

In Milady's Boudoir!



Many fashionable women in this present age, have learned to keep young and slim by the simple means of rhythmic breathing and by properly relaxing and energizing. Five minutes a day are all that it is necessary to devote to these exercises and it is well worth the slight time given.

If disease and old age are caused by inactivity of the blood stream and lack of oxygen, it is a rational supposition that sedate can be prevented and old age postponed by a sufficient supply of oxygen to keep all the lung cells in constant use. In all the air we breathe there is more oxygen than we can possibly use. In the most crowded city streets and rooms there is no lack of oxygen. The trouble is in our breathing, not in the air we breathe.

No physical culture exercise that has been or ever will be invented can be a substitute for controlled breathing. There can be no lasting benefit from muscular exercise unless combined with rhythmic breathing. Exercise should be daily but brief. Then, because of brevity, there will at all times be left to the student a sense of exhilaration and renewed energy, instead of fatigue. Breath is the basic principle of all physical energy, and the only exercise which naturally and subconsciously involves the whole body.

Everyone should cultivate the art of avoiding friction by moving along the lines of least resistance. Take time to stretch on a full breath. Then gently change, on a controlled breath, the residual air of the lungs. Alternate the nostrils on the first breathing exercises of the early morning, because that is the way of energizing the nasal chamber, respiratory

T. J. Edens

Green Bay Herring,

*Specially packed (in pork barrels). 25 barrels due by rail now.

15 brls. Spare Ribs. 5 tes. Spare Ribs. By s.s. Senlac. 30 cases Selected Eggs. 100 bags Black Oats.

By s.s. Stephano: N. Y. Turkeys. N. Y. Chickens. N. Y. Sausages. N. Y. Corned Beef. 10 boxes Table Apples. Bananas. California Lemons. Celery. Cauliflowers. Tomatoes. Fresh Oysters. Finnan Haddies. Kipper Herring.

DANAWALLA TEA is always good. No change in price. 50c. lb. as usual.

Best quality Rangoon Rice. 50c. stone; 4c. lb. Jam in Tumblers. \$1.40 doz.; 13c. each. Marmalade in Tumblers. \$1.20 doz.; 11c. each. 2½ lb. tins Ex. Stand. Peaches. 25c. 2½ lb. tins Bartlett Peaches. 30c.

Big shipment FRESH RABBITS. Cheap in lots of 10 pairs or over.

T. J. EDENS,

Duckworth St. and Military Road.

tract and arousing circulation of the blood stream. Catarrh and ordinary colds are almost unknown among those who take time and trouble to breathe correctly and energize the nasal passage daily.

Says Percy Pot, "I now am not as black as I've been painted. I know as much because Old Dutch And I've become acquainted."

Old Dutch Cleanser

MADE IN CANADA

RED ROSE TEA "is good tea"