

## NOTICE!

Owing to the duty being removed on Tea, below are our revised prices of our package Teas per pound:—

Singha . . . . .30c. instead of 35c.  
Tiger . . . . .35c. instead of 40c.  
Old Home (red) . . . . .35c. instead of 40c.  
Serendib . . . . .40c. instead of 50c.  
Old Home (blue) . . . . .50c. instead of 60c.

Union Blend Red . . . . .30c. instead of 35c.  
Union Blend Blue . . . . .35c. instead of 40c.  
Union Blend Orange . . . . .40c. instead of 50c.  
Union Blend Purple . . . . .50c. instead of 60c.

The Teas used in these grades are the best that money can buy, also the most satisfactory, being packed in lead-lined air-tight packages.

Give them a trial.

**HARVEY & CO.**

## The BIG Furniture Store.

You can save money now by spending it.

Here are a few suggestions, picked at random:

Arm Chairs.	Extension Tables.
Morris Chairs.	Sewing Machines.
Reception Chairs.	Curtains.
Sideboards.	Curtain Muslin.
Book Cases.	Desks.
Couches.	Pedestals.
Clocks.	Pictures.
Blankets.	Fire Irons.
Foot Stools.	Coal Vases.
Umbrella Stands.	Lounges.
Card Tables.	Quilts.
Music Cabinets.	Linoleum.

We have furnished hundreds of homes. Let us furnish yours now. We are in business to help every one start a new home, or make the old one more inviting.

**CALLAHAN, GLASS & Co.,** Duckworth and Gower Sts.

## Interesting to Farmers.

Landing ex S.S. "Morwena,"

**60 Tons BASIC SLAG.**

Selling CHEAP from ships side.

**Colin Campbell,**

Late S. March & Sons Premises.

## WIRE NETTING, FENCING, ETC.

We have in stock the following:

WIRE NETTING, 50 yd. rolls.	GAL. SQ. MESH NET- TING.	FIELD FENCING, 107 yds. to roll.
24 x 3/4 x 22G. 30 x 3/4 x 20. 36 x 1 x 18. 42 x 1 1/2 x 18. 30, 36, 42 x 2 x 18. 48, 60 x 2 x 18. 72 x 2 x 16G.	36 x 3/4 x 18. 36 x 3/4 x 18.  Barbed and Plain Wire in 100 lb. coils. Staples, etc.	53 x 20 x 12 stay.  Brass, Gal. and Jap'd Wire Gauge.

## Martin Hardware Co.



**"Clan Mackenzie"**

SCOTCH WHISKY,  
OLD and MELLOW  
In Bottles or on  
Draught.

**HAYWARD & CO.**

Advertise in THE EVENING TELEGRAM

## What to Do When Tired.

BY RUTH CAMERON.



When you find yourself suddenly getting very tired long before the end of your day's journey, what do you generally do?

Do you simply endure it as best you can, dragging yourself wearily through the heat and burden of the day until nightfall gives you the right to crawl into bed, too weary to sleep?

Or do you take yourself in hand and do what you can to make yourself more fit?

When I begin to find that logy tired, life-is-a-burden feeling creeping over me, the first thing I do is to open all the windows and air out. I leave them open a few minutes, going into another room, if necessary. Before I close them I take a few simple deep-breathing exercises.

Try this the next time and see if it doesn't help.

Of course, if you can go out for a brief walk, that's better still. Walk five or ten minutes and then go in and talk to some cheerful neighbour a few minutes more. That will rattle your mind, and you will find that mind rest communicates itself to the body. If you can't go out, try lying down and either relaxing or reading some amusing book, no matter if you can't spare more than ten minutes. Every little helps a lot at times like these.

Ask yourself about the state of your stomach. It may be that you are hungry. Hunger and weariness are twin

sisters, and sometimes we don't know them apart. Again and again when I find myself growing tired and cross I discover that hunger is the real trouble, and that some hot milk will put me on my feet at once. Remember that hot foods are always more restful than cold.

On the other hand, your stomach may be overloaded. There is nothing makes one feel more logy and sleepy than to have an overloaded alimentary canal. Weariness, the scientists tell us, is simply a kind of poison in the blood, and the alimentary canal steadily pours the most powerful poison into the blood when it is overloaded.

Again, your excessive weariness may be the sign of a cold—or infection as the doctors nowadays prefer to call it—and it may not be too late to forestall it.

Loosening one's clothes if one is in the habit of wearing tight things is always very restful. If you have been walking a good deal and your feet are very tired, take off your shoes and put on slippers.

Sometimes soul rest as well as mind rest can be translated into body rest. I have a friend who always lies down and listens to one or two of her favorite pieces on her phonograph when she feels herself getting too tired. Myself, I have often found some help in looking up at a certain very restful picture which hangs on my living room wall.

But whatever you do, do something. Don't just submit to the torture of travelling the long day's road with the horrible shackles of utter weariness fastened to your feet.

*Ruth Cameron*

## HOT FLASHES.

Women in middle age often complain of hot flashes. They are at that stage of life when their delicate organism needs a tonic and helping-hand which only Dr. Pierce's Favorite Prescription can give them. Many women suffer needlessly from girlhood to womanhood and from motherhood to old age—with headache, dizziness, or headache. A woman often becomes nervous, "broken down," irritable and feels tired from morning to night. When pains and aches rack the womanly system at frequent intervals, ask your neighbor about

### Doctor Pierce's Favorite Prescription.

Mac J. Lamar, of 221 S. Benton Street, Baltimore, Md., says: "I wrote you about nine months ago, telling you of my condition. I have a fine baby girl—she weighed nine pounds when born. She is my third child and the strongest of them all. My suffering was only for two hours. I took several bottles of 'Favorite Prescription' and one of Dr. Pierce's 'Smart-Weed' before I was well. I was very nervous, and I was surprised how well I felt—could eat—was always hungry, and never had a sick stomach. The nurse who was with me said the medicine was wonderful because I got along so nicely after having had so much trouble before. She intends to recommend it to all her suffering patients. Every body is astonished at me because I only weighed 100 pounds before and now I weigh 135. I have had several ladies come to me and ask about Dr. Pierce's medicine. I am willing to recommend it to all who suffer and want help. If any want information I will be glad to give it."

SOLD BY ALL DRUGGISTS.  
World's Dispensary Medical Association, Proprietors,  
BUFFALO, N. Y.



## Fashions and Fads.

Long and short sleeves hold equal favor.

Surplice lines are very much used in bodices.

Lace frills and ruchings are used as trimmings.

A notable feature of day dresses is the open neck.

Plumes are assuming the shape of a question mark.

Rust red is a color which is being thrust to the front.

Berries in satin and crepe de chine are shown in clusters.

The printed silks seem to hold favor for afternoon wear.

The new veilings are extremely dainty in design and mesh.

Many kimono models are shown for street and house wear.

In the modern corset, the figure is allowed full freedom and ease.

Many large hats are being worn at smart afternoon receptions.

The Medic collar of a modified type appears on many frocks.

Heels are frankly high, except for the buttoned and lace boots.

Colored hip sashes are worn with embroidered crepon lingerie dresses.

Crocheted lace in dull colors is combined with brilliant embroidery.

Aigrettes and paradise plumes are much in evidence on the new millinery.

Contrasting coats of broadened silk

or crepe are worn with separate skirts.

Blouses are collarless and usually finished with broad girdles at the waist line.

Ingenuous checked and striped materials are very fashionable for tailored suits.

Skirts for street wear are plain from the knees down, and have bell-shaped overskirts.

When a transparency is used for a guimpe and collar, it is of the most shiny tulle or lace.

Odd yellow or geranium broche silk bolero habit corsages are worn with lingerie skirts.

Skirts are carefully fitted and cling closely, but leave plenty of room for ease of movement.

The new cotton dresses, trimmed with vividly tinted embroidery, are particularly successful.

Field flowers and grasses and wheat ears are combined very charmingly on the new hats.

## SOPER & MOORE

## To Arrive

S. S. City of Sydney:

50 bris. Fresh Packed APPLES.  
Spies, Baldwins, etc.  
10 bunches BANANAS.  
50 bris. NEW CABBAGE.  
10 crates GREEN CABBAGE.  
50 bags TURNIPS.  
20 bags PARSNIPS.  
15 bags CARROTS.  
25 sacks BLACK OATS.  
5 bris. CRANBERRIES.

In stock:

30 cases Assorted ONIONS.  
250 bags P. E. I. POTATOES.

## Soper & Moore.

## Ivy Mission Band

Editor Evening Telegram.

Dear Mr. Editor:—The Ivy Mission Band held its annual public meeting on the 11th inst., in the schoolroom. The report read by the Secretary showed an excellent record for the past year. In point of membership it came second in the whole branch (which comprises Nova Scotia and Newfoundland), being only surpassed by Gower Street, St. John's, which speaks very creditably indeed for those in charge.

The programme, which was composed of singing, recitations, drills, etc., was quite a treat. The drills were the chief attraction, especially the sword drill, 40 boys, all in appropriate uniform and each with a neat wooden sword, marched on the platform and performed their various exercises. The sight was most pleasing, and I am sure the parents must have felt proud of their boys when they saw how well they could handle a sword.

Too much praise cannot be given to Rev. Mr. Browning, as well as Mrs. Browning, for the trouble taken in drilling the boys and girls for their exercises. Very few would have taken such trouble, or spent so much time; but then, Mr. and Mrs. Browning are never so happy as when with children, and what they did has been to them a pleasure rather than a task.

Whilst watching the sword drill boys one must have been struck with the thought how much time and trouble must have been taken to make those caps for that Mrs. Hudson must be thanked. Then the energetic President of the Mission Band, Mary Hudson, must not be forgotten. What pains she must have taken in getting up the choruses, recitations and singing, and she was not the least in helping to make this public meeting of the Ivy Mission Band the best entertainment of any kind that has ever been held at Lower Island Cove.

X, Y, Z.

Lower Island Cove, April 12th, 1913.

## From Halifax To Vancouver.

WOMEN ARE PRAISING DODD'S KIDNEY PILLS.

Nova Scotia Mother Tells How They Cured Her Aches and Pains, and Made Her a Well Woman Again.

ECUM SECTUM BRIDGE, Halifax Co., N. S., April 16, (Special).—

From Vancouver to Halifax come daily reports of the splendid work Dodd's Kidney Pills are doing for the suffering women of Canada, and this little place can show a splendid cure of its own. Mrs. Orastus Pace, the mother of a large family, was a sufferer from those aches and pains, only women know. To-day she is a strong, healthy woman. Dodd's Kidney Pills did it.

"I had a pain in my left side and down through my hips," Mrs. Pace states. "I had headache all the time. My heart was weak, and at times a pain around it added to my fears. Some days I was hardly able to walk. I read of a number of cures of cases like mine by Dodd's Kidney Pills, and sent for three boxes. To-day I am a well woman, and can do as much work as ever I could."

Dodd's Kidney Pills cured Mrs. Pace because her troubles came from diseased kidneys. Dodd's Kidney Pills always cure diseased kidneys, and as ninety per cent. of women's troubles come from kidney trouble, Dodd's Kidney Pills have come to be known as suffering woman's best friend.

Lost an Eye.

A young man named Ratchford, laborer, of the East End, was discharged yesterday from the General Hospital where he was operated on and had the left eye taken out, the optic being seriously affected and causing him much pain as the result of an accident that occurred a short time ago.

Minard's Liniment Cures Dis-temper.

## Some Big Values!

## Ladies' Raglans

(SHOWERCOATS)

\$3.00, worth \$5.00.

A JOB LOT

## White Lawn Blouses,

some slightly soiled, others in perfect condition, from

60 cents to \$1.00.

In the ordinary way these would be from

\$1.00 to \$2.50.

## STEER Brothers

## Floor CANVAS,

2 yards wide.

Usual Price 55c.

## Our price, 47c.

**ROBERT TEMPLETON.**

## LADIES--ATTENTION!

After you have finished your Spring's house-cleaning, wouldn't it be very nice to have a new and pretty set of Curtains to hang to every window?

## HUDSON'S

Have just opened a splendid lot of CREAM and WHITE LACE CURTAINS. They are the full length and are selling at a remarkably low price per pound.

See our windows and then call inside and inspect our stock, which we shall be very pleased to show you.

**G. T. HUDSON.**

367 and 148 Duckworth Street.

## Oats, Oats.

In Stock:

2,500 bags Black Oats,

500 bags White Oats.

'Phone 264.

## Geo. NEAL.

Job Printing Executed.