

Explorers.

made out of the...
 suggested by...
 has already started...
 interest. Many people...
 to the explorer as...
 or from royalties...
 adventures...
 however, rarely make...
 heroic and romantic...
 Ernest Shackleton...
 after the return...
 began in 1911...
 on books and...
 lectures had been...
 hand. Otherwise...
 unable to undertake...
 rations...
 by friends...
 came home in 1912...
 and a...
 6,000 towards the...
 addition to the...
 no Government...
 to finance...
 a time when...
 would have...
 their private...
 of friends...
 fishermen who...
 the unknown...
 River have been...
 enthusiastic...
 wanted to explore...
 the took for...
 would have to...
 expedition. But...
 and after waiting...
 to change he...
 Norwegian...
 modest sum of...
 75). This was...
 right Nansen...
 of the...
 given up hope...
 when one...
 Copenhagen...
 m. It came from...
 and thanks, not...
 to an...
 usen set out...
 they wastes...
 made one of...
 of the world...
 Made it Pay...
 loration has...
 cent years...
 would not go...
 of an...
 is doubtful...
 slumped, an...
 would bring...
 of money...
 seems to have...
 to the general...
 does not pay...
 very good...
 and her...
 and posing...
 al way, explorers...
 among those...
 gladly for the...

Food in Newfoundland.

Evening Telegram.
 Sir—Apropos of the national...
 economy not only about the...
 values of food, but about the...
 people, and the meaning of the...
 protein, fats, starches...
 but the cost at which...
 same value should be obtained...
 should include a knowl...
 of the most important thing in...
 the food which maintains life in...
 the body. A man hates to be called...
 to be called a dunc about...
 writing. But about the...
 things nowadays that a man...
 all his labor here in obtaining...
 his food, he is absolutely ignor...
 and quite unashamed of his ignor...
 indeed will glory in it, and boast...
 indeed nothing but the "best" flour...
 which means the whitest...
 families with five, four, and five...
 children respectively so-day come for...
 visited the houses. There...
 only white flour-clothing had...
 out of reach for ages—and their...
 expressions showed clearly the...
 characteristic "dry flour" features...
 side was one where the...
 never touched flour—...
 meal. Like a meal that...
 was plump and hearty. Nearby...
 had obtained oatmeal and...
 even a little rice—...
 and some looking children (and...
 some money) as you could see...
 Knowledge, therefore, is the...
 road to true economy. Why...
 the colony try it?
 through the schools and the...
 is the hope of the future. Now...
 is the great need also. Much...
 occurs from lack of this...
 necessary need of man—so much...
 on getting appetizing...
 in the war we ate shark and...
 and thirty or forty queer kinds...
 of food. It was disguised by the...
 name. But once when we were...
 of pretence at St. Anthony and...
 of the patients had some...
 able meat, not one would eat it...
 Mr. Job sent us some whale...
 called "Newfoundland beef" we ate...
 without knowing, and it being...
 cooked everyone liked it...
 is a tremendous difference in...
 and had bread makers. Last...
 the cook on board was a...
 of mathematics from Princeton...
 University. He could make an omelet...
 eat people with one egg and you...
 tell it from one made with six...
 He was an expert in cooking...
 another great lack is our poorer...
 keep no accounts. A...
 on board now tells me that last...
 her husband cut pulp wood, and...
 on the beach at \$4.50 a cord. He...
 40 cords. He was so poor...
 his food as no boots, and his...
 boots. She had a family to...
 to clothe. She is so poor that...
 she sits on our deck telling me...
 she hasn't one rag of clothing...
 hanging to her on her. Her poor...
 where garments are all borrowed...
 a kind neighbor to come and see...
 in. Yet she couldn't tell me how...
 she was charged for flour. She...
 bought it was \$15.00—but now she...
 someone told her it was \$19...
 she couldn't compare the...
 with that of other cereals. One...
 troubles of the old credit...
 is that often the people don't even...
 to the price of what they are...
 they haven't been taught even...
 simple method of a day book and a...
 book. No such mothers can...
 be really efficient housekeepers...
 There are certain rules that should...
 be almost into laws—for now...
 is in helping our country to...
 a coming time of food shortage...
 want to be as unapologetic as un...
 to make sacrifices, that...
 of our fellow countrymen need...
 and when, if our Christian...
 profession is worth a cent, we will...
 shall not starve," with the same...
 determination we said, "they shall not...
 One good law would be "no...
 should be chipped or peeled...
 The trick one as an example of...

what potatoes can do. How many...
 Newfoundlanders can make potato...
 scones or potato pastry? Cheap...
 and cereal dishes such as the...
 use so wonderfully are practically...
 unknown in the average...
 home. Hominy, Macaroni, Semolina...
 rye bread, barley bread are all...
 cheap foods.
 The invaluable asset of milk...
 should be more thoroughly appreciated. Goats...
 milk is worth the laying in of extra...
 food to prevent the goats going dry. I...
 do not feel so many cows should be...
 permitted to go dry every winter...
 either. The use of dandelions, docks...
 Alexander or other green foods...
 carrying the water soluble vitamin...
 where large families are concerned...
 and no other green food is obtainable...
 could well be compulsory. In an...
 excellent pamphlet "Life as Fourpence a Day...
 by Albert Broadbent, F.S.S., he says, "It...
 is wrong to feed on costly and...
 luxurious food while so many go...
 starved and ill-fed." My sympathies are...
 altogether with the very poor, who...
 are compelled to pinch and screw...
 day in and day out to make ends...
 meet. A fair day will dawn when...
 as William Morris sings:
 "More than one in a thousand...
 shall have some hope of to-morrow...
 and when...
 "Men in that time a-comeing shall...
 work and have no fear...
 "For to-morrow's lack of earing and...
 the hungry wolf shall eat...
 The excellent cheap oleomargarine...
 with a few eggs beaten up raw in it...
 furnish a vitamin value as good as...
 butter.
 Yours truly,
 WILFRED T. GREENFELD.
Rosalind Outward.
 S.S. Rosalind sailed for Halifax and...
 New York at 1 p.m. to-day, taking...
 following first-class passengers:—
 Miss Blackmore, Miss M. McClain, J...
 and Mrs. McCee and 3 children. Mrs...
 J. Healey and infant, Mrs. T. Connors...
 and child, Miss M. Fowers, Miss H...
 Martin, Mrs. A. P. Jones, Miss J...
 Fowers, Mrs. and Master Sutton, Mrs...
 E. Murray, Mrs. G. A. Gibson, Miss...
 Dunphy, Miss Murrin, W. G. and Mrs...
 Radford, F. W. Cole, G. D. Darby, M...
 Jones, F. Horwood, Mrs. and Miss Ink...
 pen, Miss G. Dishop, Miss Gertrude...
 Hutchings, Misses Alice and Marjorie...
 Harris, Mrs. Foote, Miss Lewis, Miss...
 M. Oke, Miss F. Lewis, Miss Hickey...
 Miss A. Lundrigan, Miss "A. Flynn...
 J. and Mrs. Kohn, A. W. and Mrs...
 Kennedy, J. and Mrs. Farmer, A...
 Cliff, A. Scobie, Ellis, Miss B. H...
 Drew, Mrs. B. Johns, Miss M. Mcg...
 ris, Jos. Bagg, J. and Mrs. Castil...
 F. R. and Mrs. Burgess, Miss R...
 Foran, Miss L. Lever, Dr. L. Fallon...
 Dr. J. S. Murphy, Mrs. Dunphy and...
 child, Miss E. Thorne, Mrs. J. Col...
 lins, Mrs. M. Dunn, G. W. Jeffrey...
 Mrs. W. Beck, W. T. Moores, J. M...
 Moores, J. M. Marshall, E. Bursay...
 L. B. Gaines, L. Rive, Master R...
 Lewis, Mrs. F. C. Otis, Miss F. Taylor...
 Master F. Prunty, F. E. Johns, H. D...
 Gadsden, W. R. Scott, Miss May...
 Coakman, Miss K. Jackman and 12...
 second class.
A Drawn Game.
 The Regiment drew with the City in...
 last night's football game, no...
 being done by either side. The...
 was a good one and the spectators...
 were well rewarded for attending. It...
 is hoped that a return game will...
 be played shortly. To-night a...
 challenge match between a picked...
 team which recently visited Grand...
 Falls will be played on St. George's...
 Field when fans are assured of a...
 keenly contested game. The following...
 will be the City lineup:—Goal: No...
 worthy; back: Thorne, Ross; half...
 backs: Dwyer, Spratt; forwards:...
 Young, Madigan, W. Callahan, Hunt...
 Gibb.
 Let us put a smile on your...
 countenance. Try a bottle of...
 Brick's Tasteless at Stafford's...
 Drug Store. Price \$1.00; post...
 age 20c. extra.—apr21st

Sunday Services.
 C. B. Cathedral—8. Holy Commu...
 nication; Morning Service; 6.30; Ev...
 ening Service.
 St. Thomas—7 and 8. Holy Com...
 munion; Morning Prayer and Ser...
 mon; Rev. Canon Balti; 6.30. Evensong...
 and Sermon. Rev. A. Clayton.
 St. Mary the Virgin—8. Holy Com...
 munion; 11. Mattins; 4. Holy Baptism...
 6.30. Evensong.
 St. Michael's—8. Holy Communion...
 11. Morning Service; 6.30. Evening...
 Service.
METHODIST.
 Gower Street—11 and 6.30. Rev. E...
 W. Forbes, B.D. Morning: "The...
 Church, God's Garden"; and chil...
 dren's address, "Weeds." Evening:
 The re-opening of the Schools: some...
 things to be remembered concerning...
 "Sinning."
 George Street—11 and 6.30. Rev. R...
 E. Pathebraun.
 Cathedral Street—11 and 6.30. Rev...
 C. E. Johnson, B.D.
 Wesley—11 and 6.30. Rev. W. B...
 Huggen, B.A.
 Congregational (Queen's Road)—11...
 and 6.30. Rev. T. B. Darby, M.A.
 St. Andrew's Presbyterian Church...
 11 and 6.30. Rev. R. J. Power, M.A.
 Adventist (Cookstown Road)—6.30...
 Service. Subject: "Example."
 Bethesda Pentecostal Assembly (New...
 Gower Street)—10. Men's Class Meet...
 ing; 11, 3 and 7. Regular Service.
 Highway Tabernacle (Hamilton St.)...
 11, 3 and 7. Regular Services.

USE YOUR HEAD.
 Woodpecker pecks...
 at a great many...
 all sawdust...
 when building a...
 hole works like a...
 nibbler...
 make the hole...
 bigger...
 sure it...
 won't cut...
 don't bother with...
 plans...
 cheap...
 there's one...
 thing...
 can rightly...
 be said:
 The whole...
 explanation...
 builds it...
 using his...
 head.
 use your...
 head when...
 you require...
 a...
 and...
 nerve...
 builder...
 by tak...
 ing...
 Tasteless...
 Cod Liver...
 Oil...
 15oz...
 bottles...
 Postage...
 30c. extra.
 For sale by...
 R. F. STAFFORD & SON,
 Wholesale and Retail...
 Chemists and...
 Druggists,
 St. John's, Newfoundland.

\$3.98 NEW FALL HATS

London, New York and Paris Association of Fashion, Grace Building.

Sale Starts at 9 O'c. Saturday Morning. Come early. Best Bargains go First.

Sale of New Fall Dresses, Suits, Coats, Skirts, Sweaters & Waists

The Greatest Merchandizing Event Ever Staged in St. John's.

Sale Lasts 14 Days for the opening of the FALL SEASON ONLY. SPECIAL OFFERS EXTRAORDINARY.

The Biggest Harvest of Bargains REAP YOUR SHARE Every Thing Back to Normal The Biggest Effort in our History DRESSES \$9.98, SERGE, SILKS, ETC. SWEATERS, ZEPHYR, WOOL, 3.48, 4.48 LADIES' FALL COATS, Special \$18.00 GEORGETTE WAISTS \$4.98



6.98 Skirts, Plaid & Serge All Colors

\$2.98-All Our Summer Dresses

Ladies' Fall Coats



Sale of New Fall Suits, \$24.98 Navy Serge, Navy Tricotine, Broad Cloths, Silvertone Materials; Fawn, Brown, Grey Colors; in plain belted style; also embroidered with fur and plain collars. SEE OUR SPECIALS



Special 25.00, 35.00

Don't Fail to See Our Special Very High Grade COATS \$45.00 to \$65.00

FRIENDS and PATRONS be on hand early to get the pick of these



Tricotine DRESSES all sizes \$9.98, \$12.98 and \$16.98 All the above come in Serge, Tricotines Also Silk, in all sizes and colors Prices formerly up to \$60.00



Sweaters coat style, all wool all for \$5.98

Remember Our Biggest Effort LONDON, NEW YORK & PARIS ASS'N OF FASHION

St. John
OS AT LOW
ICES.
are Ribs,
 16c. lb.
ted Sugar,
 13c. lb.
Beef, 13c. lb.
ans, 5c. lb.
 .17c. lb.
 .10c. pig.
 .15c. lb.
udding Pow-
ent.
Lemons and
 1/4's, 1/2's
John
Spot.
s Choice
Steer
York
BEEF
& CO.,
 East.