

When Usefulness is a Pleasure.

BY RUTH CAMERON.



"Oh you just wait," said the author's wife tartly. "You just wait until they've been married six years, instead of six months, and see if he is so anxious to make sacrifices for her then."

"Perhaps he won't be," said the lady who always-nows-somewhat, and then again perhaps he will I think it depends on her quite as much as on him. And I think that if she shows her gratitude and delight as sweetly as she does now, he will take pleasure in making sacrifices for her after they've been married six years—or sixty if they live that long."

We had been talking of a young married couple and of a generous sacrifice which the young husband had made for his wife. We had the pleasure of witnessing both the sacrifice and the gratitude which rewarded it. And not only had the wife received the gift he brought her with an enthusiasm and a childlike delight which must have warmed any heart that had the pleasure of arousing it, but she had also remembered to return to the subject again and to tell several visitors about the gift in his presence. And each time that she did this we could almost see a glow of satisfaction and happiness spread over her husband's face.

Don't you imagine that man was well repaid for the sacrifice he made?

And don't you think that, spurred on by that rich reward, he is pretty

likely to keep on making sacrifices? I do.

When two young people in the first glow of their affection can not find enough to do for each other, the outsiders are apt to agree with the cynicism of the author's wife, and say, "You just wait."

But not always, by any means. And sometimes they are right. For when you come right-down to it, self-sacrifice isn't wholly a matter of duty. It's also a way of finding happiness.

"After all, I've come to the conclusion that you really get the most happiness in life out of doing things for others"—that is the conclusion which one of the finest young men I ever knew reached before he was thirty. And, mind you, he was not in any sense a goody-goody. He was an everyday man of the world who had tasted all the delights of social and business success, and knew just how much happiness the ordinary pleasures of life could give.

Now I happen to know that this man was thinking of the happiness which virtue brings its own reward—the fine glow of triumph and self-approval which comes to him who overcometh. If that was enough to make a young, pleasure-loving man decide that the real happiness of life is to be found in doing for others, surely there is added to this reward the further compensation of a genuine and sweetly expressed gratitude, self-sacrifice becomes an opportunity for pleasure rather than an ugly duty.

Let us see then that we give our part of the reward whenever we have occasion.

Ruth Cameron

HOW TO PRESERVE YOUTH AND BEAUTY.

One great secret of youth and beauty for the young woman or the mother is the proper understanding of her womanly system and well-being. Every woman, young or old, should know herself and her physical make up. A good way to arrive at this knowledge is to get a good doctor book, such for instance, as "The People's Common Sense Medical Adviser," by R. V. Pierce, M. D., which can readily be procured by sending thirty-one cents for cloth-bound copy, addressing Dr. Pierce, at Buffalo, N. Y.

The womanly system is a delicate machine which can only be compared to the intricate mechanism of a beautiful watch which will keep in good running order only with good care and the proper oiling at the right time, so that the delicate mechanism may not be worn out. Very many times young women get old or run down before their time through ignorance and the improper handling of this human mechanism. Mental depression, a confused head, headache, or hot flashes and many symptoms of derangement of the womanly system can be avoided by a proper understanding of what to do, in those trying times that come to all women.



Mrs. G. H. Williams

Mrs. G. H. Williams, of Lynnhaven, Va., wrote: "It is six years since my health gave way. I had female trouble and all the doctors (I employed three) said I would die. I was not able to do my work, had to hire someone all the time. Finally, I read in the papers about Dr. Pierce's Favorite Prescription and decided to try it. I had not taken but one bottle until I found it had done me good. I took, in all, five bottles of Favorite Prescription and two of Golden Medical Discovery, and now I am able to do all my housework, and have gained fourteen pounds. I advise all women who suffer from female trouble to try your Favorite Prescription. It is the only medicine on earth."

Household Notes.

A vinegar compress is a quick cure for ringworms.

Soap scraps put in a little bag can be used for dishwashing.

Mustard will not get dry if it is mixed with milk instead of water.

Excellent for cleaning brass is the water in which potatoes are boiled.

Rub the top of the marble-topped washstand with turpentine; it will keep it in perfect order.

Stains can be removed from a coat collar by rubbing it gently with a cloth dipped in ammonia.

Ribbons and silk can be sponged with a mixture of equal parts of alcohol and highly rectified benzine.

The flavor of creamed potatoes will be very pleasing if a few pieces of chopped green peppers are added.

Damp salt will take off the discolorations on cups and saucers caused by tea and careless washing.

If white kid gloves are rubbed gently with breadcrumbs after each wearing, they will keep clean much longer.

If cream is whipped in a pitcher instead of in a bowl, it will whip more

quickly, and there is no waste in spattering.

Equal parts of linseed oil and cider vinegar mixed thoroughly together makes an excellent dressing for linoleum.

If a little ginger (about one-third of a teaspoonful) is used when making doughnuts, they will keep fresh longer.

Always lay a damp cloth over a skirt before pressing it, so that the iron will not touch the material and make it shiny.

Put a piece of bread through the meat chopper after chopping meat or raisins. You will find no difficulty in washing it clean.

Mark the children's clothing with different colors. By this method much time can be saved when sorting and putting away.

Beds should never be made up immediately after they are vacated. It is not hygienic; beds should be aired at least two hours.

The odor from boiling cabbage or cauliflower can be lessened by a piece of bread put into a muslin bag and dropped into the pot.

A sponge should occasionally be washed in warm water with a little

Apples.

TO HOUSEHOLDERS: Just in per S.S. Florizel,

50 barrels Choice Gravenstein Apples for Family Use, \$2.75 brl.

Fresh Stock of Plums, Crab Apples, Parsnips, Carrots, Beets. SOPER & MOORE.

trataric acid or soda; afterward rinse it in clean warm water.

Sweet potatoes if greased before being put into the oven, will bake, in half the time, and the skin will be almost as soft as when boiled.

The mica in stoves will clean nicely if thoroughly washed with vinegar slightly diluted. If the black does not come off readily, soak it for a little while.

Honey is a good remedy for throat irritations. For a sharp, tickling throat cough a teaspoonful taken every few moments will allay the irritation.

When the paint has been allowed to dry on paint brushes, heat some vinegar to the boiling point and allow the brush to simmer slowly in it for a few minutes.

A rusty screw can be removed by applying a heavy red-hot skewer or other metal piece. When the skewer itself is hot it will come out without any difficulty.

To keep olives after the bottle has been opened, pour a half inch of olive oil on top of the brine and keep the bottle well corked; the olives will keep their flavor.

Do not waste housecleaning time to go through boxes of old letters and clippings. Dust the boxes and put them in a place where they can be gone over at leisure.

An excellent remedy for the bite of a gnat or mosquito is to paint the spot with liquid ammonia or a weak solution of boric acid. Peroxide of hydrogen is also good.



The Governor and Lady Williams will hold a Reception at the Government House on Friday, 4th October, from 4 to 6 p.m.

F. H. GALE, Capt. A.D.C.

Feats Of The Walking Parson.

The fame of the Rev. A. N. Cooper, vicar of Filey, England, has spread far beyond his parish. He is known throughout the country as "The Walking Parson," a sobriquet which he has long earned by his long tramps.

Mr. Cooper had the opportunity of developing his pedestrian powers when he was appointed curate of Chester-le-street, in the county of Durham. His parish was scattered over a wide area, and consequently he soon became a hardy walker. Desiring to see a little of the world in an economical and pleasant manner as possible he shouldered his knapsack, and visited many interesting spots on the continent. For a considerable number of years he has followed this practice, and some remarkable tramps stand to his credit. He has walked to Rome, Pompeii, Venice, Budapest, Copenhagen, and there are a few continental beauty spots with which he is not familiar.

During his walk to Rome Mr. Cooper averaged twenty-eight miles a day, and took five weeks over the walk. With a knapsack on his shoulders he does not experience the slightest difficulty in reeling off thirty miles or so daily, and this despite the fact that he has passed his sixtieth birthday.

Fitting Subjects.

Casually, by chance, unsought, they met in the railway carriage. He was a young man, beardless; his company a hoary oldster.

"So you are a teacher?" remarked the talkative veteran. "I'll wager you had to pass a pretty stiff exam."

"Yes, indeed!" replied the instructor of the young.

"And what were the subjects?" inquired the inquisitive passenger.

"Well, we were examined in psychology, integral calculus, mathematical astronomy, polemic divinity, metaphysical analysis, and Greek, Latin, French, and German versification."

"Indeed! And for what position were you striving?"

"Teacher of the infants, sir."

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886	12.40	800	821.95	1,621.95
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1,203	43.17	2,000	2,005.59	4,005.59
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At age 30 a saving of \$14.00 monthly will buy a Profit-bearing Endowment Policy in the Canada Life for \$5,000, payable to you, at maturity in one amount or by way of annual instalments.

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J. J. ST. JOHN.

Job Printing Executed!

P. O. Matters.

Editor Evening Telegram.

Dear Editor.—We, the people of Sandy Point, very gladly testify to the regularity of the daily train's arrival at St. George's from East and West since its inauguration by the Reid Nfld. Railway Company and we thank them for the same.

But we cannot thank the Government for its neglect or incapacity in not giving us the benefit of a daily correspondence. The train from Port aux Basques arrives daily at 12.45 at St. George's, and our letters instead of being delivered immediately by the means of the motor ferry, are retained at the Post Office, St. George's until the arrival of the eastern train at 5.30, so we miss the opportunity of answering our western correspondence until the following evening's train—a great evil, and of times the means of great loss to our mercantile men, and worse by the new ferry regulations we are compelled to wait both mails/delivery until the following morning and why? Simply because the incapable Government can not afford either to pay the courier or subsidize the ferryman, or is utterly careless about the matter.

Another thing the letters are not stamped on arrival at the Post Offices and may be there a week before delivery, and we cannot complain, not knowing when they arrive.

'Tis time for the Government to wake up and rectify postal matters, or memorialists from many districts will reach the Governor protesting against any pension being paid to one so little deserving of it.

The post offices want a visit occasionally. They are not reception rooms, but important public offices, of which the doors should be kept shut to all outsiders, especially at the time of reception and delivery of mails.

A change is needful and must be made in the above matters.

Yours truly,
PUBLICUS.
Sandy Point, October 2nd, 1912.

PERSONAL NOTES.

Capt. Page who brought out the S. S. Earl of Devon to St. John's, left for his home in Hull, England, by the Mongolian.

Rev. Dr. Green returned on yesterday's express from the West Coast, where he was the guest of Bishop Power.

The Uplifters.



Oh, many ten cent men go forth to boost the Peepu's cause; throughout the land, East, West, South, North, you hear their clashing jaws. And some are ordinary skates who've always sought the spoils; the cheap old chronic candidates who work the man who toils. And there are hosts of also rans who hope some snaps to win, and now are full of pious plans to turn the rascals in. And there are men whose soaring strains stir up the soul to thrills, who, when they're home between campaigns, don't pay their grocers' bills. Before you get a real reform you'll have to dump these gents who all their days have raised a storm—and never earned ten cents. The lily-fingered chaps who shrivel about the toiler's woes, would perish if they worked a week in old blue denim clothes. They promise helpful laws and bills, and size you up for loans; they care no more about your His than Caesar cares for prunes. The man who never shed his coat or knew the world's rough knocks, should never get a worker's vote, no odds how loud he talks. When wind-smiths and aristocrats propose to raise your pay, just breathe some reference to rats, and vote the other way.

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SHOULD REPAIR IT.—Some time ago the Council removed a paved drain on Carter's Hill, and since then refuse water sinks into the soft earth and emits a nauseating effluvia which is dangerous to the health of the place. The Council should attend to this matter immediately.

NOTICE.

SEALED TENDERS will be received by the undersigned until Thursday, October 10th, for the purchase of one Richard-it now stands at basement of son Steam Boiler, No. 630 A, as O'Donel Hall, where it can be seen by applying to janitor. The owner reserves the right to reject any or all tenders. Envelopes to be marked "Tender for Boiler."

W. S. DUNPHY,
Sec'y B. I. S. Sch. Is.
sep27,31,eod

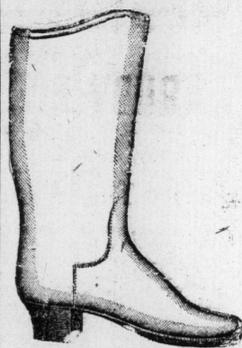
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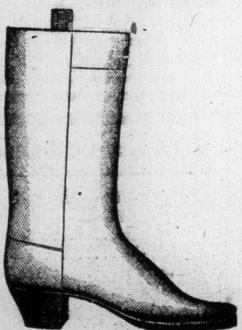


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