

## THE SPANISH INFLUENZA May Attack You

If through neglect and getting colds you allow your vitality to be lowered. You can take cold easily now through not wearing Good Warm Underwear or not wearing Good Warm Hosiery, and in this wet weather the dampness and cold strike through your feet.

### Protection is Better Than Cure!

WE CAN PROTECT YOU!

For your welfare we have large stocks of Stanfield Wool Underwear for Men, Women and Boys.

New Knit Underwear for Men and Women. Fleeced Underwear for Men, Women, Boys and Girls.

Warm Woollen Hosiery for everybody.

Further protection for your feet during this cold, damp spurt is afforded through our large stock of

## Reliable Canadian RUBBERS and OVERSHOES.

Our prices for all the above goods are the lowest possible and in many cases

Lower Than Elsewhere.

We have one of the largest stocks of Reliable Underwear in St. John's, and our sales are large as our prices are in many cases under the cost of replacement.

### True Thrift

will impel you to get our prices.

## HENRY BLAIR.

## SPANISH INFLUENZA.

### Instructions to Outport Magistrates.

Requests are constantly being sent to the Board of Health by Outport Magistrates for instructions in dealing with the influenza epidemic. The following points are to be noted:—

1. The disease is highly contagious.
2. It is spread very largely by contact one with another.
3. It is advisable to prohibit any unnecessary gathering of people about stores, street corners, etc.
4. Close schools, churches, theatres, etc., if there is any indication of spread of disease.
5. Avoid a panic, but take this thing seriously and co-operate with the doctors, following strictly the advice given.
6. Good ventilation is very important—therefore admit sunlight and fresh air as much as possible.
7. Do not allow the patient to spit, and when coughing cover the mouth.
8. Never neglect the precaution of washing the hands before eating or after contact with a sick person.

Quarantine is difficult to establish with any degree of success and the presence of the police in an attempt to enforce quarantine would create more panic.

N. S. FRASER,  
Acting Medical Officer of Health.

oct15,6f

Advertise in the "Telegram."

## Is England Decadent.

Another Mistake The Huns Made. The Huns believed that we were a decadent nation. They said as much in 1914. They were not so sure of it after the Marne, and they have been learning better ever since.

The best way to judge a nation is by its old men. If a race be really decadent it is only natural that the old men will be physically useless. Had the Germans taken the trouble to note the feats of older Britons in sports and athletics of every description, they would have known better than to fancy that we, as a race, were going down hill.

It was only just before the war that C. A. Palmer, at the age of fifty-six, made his amazing record at golf. And look at the 1914 cricket feats of George Hirst, of Hulse of Kent, of A. E. Relf, of J. T. Hearne and a host of others, all over forty!

In 1913 Mr. J. Parkhurst, aged fifty-seven, won a 120 yards sprint at Stamford Bridge, beating a man of forty-five. He had won the mile and half mile race there in the year 1868.

On his eighty-fourth birthday Dr. Furnival pulled thirteen miles in a four-oar skiff, while a few years earlier Mr. Peter Adair, aged sixty-one, walked from Land's End to John o' Groats and back, giving club swimmers performances on the way.

Any number of men were and are hunting on horse or afoot up to far beyond the three score and ten. Mr. W. Jackson, a fine old sportsman of eighty-five was still out twice a week in 1914, while Mr. Danks, a Welsh cobbler, ninety years of age, was following the Liangthby bounds afoot for his seventy-seventh consecutive season.

It was only the other day that Mr. Hardy, a chaplain with the forces in France, won the Victoria Cross by a feat of combined pluck and muscular strength, which would have been sheerly impossible to any scion of decadent stock. This gentleman is fifty-two years of age.

### Barber's Itch

Annoying, isn't it? But you can soon get rid of this form of eczema by applying Dr. Chase's Ointment after shaving.

This soothing ointment heals the irritated skin and keeps it soft and pliable. By its antiseptic influence it prevents the spreading of skin trouble.

You will not suffer from tenderness of the skin if you apply Dr. Chase's Ointment after shaving. It acts as a food for the skin, keeping it smooth and velvety.

### Fish Eat Each Other.

Cannibals of the Sea.

In the Dublin Museum a "tuffed" angler fish, commonly known as a fishing frog, may be seen, its stomach still swollen. In the stomach of this cod were found two large herrings. In each herring were several sprats, while each sprat, in turn, contained a number of tiny crustaceans, or shrimps.

In the salt seas, it is eat or be eaten. The fishing frog, a fish shaped like a gigantic legless frog, and provided with a luminous bait which it swings from a long feeler over its wide mouth, has the most prodigious appetite. As many as twenty founders have been found inside one fishing frog; another contained sixty herrings.

Each fish has its special prey. Pollock, or lythe, assemble in shoals, and pursue the close formations of young cod. They surround the cod, drive them to the surface, and devour them. Whiting, in similar fashion, pursue and devour the herring shoals, while hake feed upon sardines.

Mackerel will eat any small fish. They devour enormous quantities of fry, being especially fond of young mackerels. The John Dory's favorite food is sprats, while rays are not particular; they will devour any fish that come their way.

The diet of that delicious fish, the sole, is most interesting. When just out of the egg, it eats tiny infusoria (microscopic life); when grown a little, it takes to the fry of sprats; in the third stage it eats young pout, flounders or plaice, and sometimes turns cannibal, feeding upon the young of its kind. In later life, when full grown, it gives up these bad habits and subsists solely on worms. It no longer hunts its prey.

Many fresh water fish copy the sole and turn cannibal. Pike are the worst in this respect, but trout have similar habits. Almost every pool in a brook has its cannibal which accounts daily for half a dozen of its younger brethren. (P. W.)

When you want something in a hurry for tea, go to ELLIS—Head Cheese, Ox Tongue, Boiled Ham, Cooked Corned Beef, Bologna Sausage.



### Giant Waves.

It is not only during winter weather that gales are experienced at sea. Some of the most terrible storms occur during the heat of summer, and high seas that run ashore after the event are the delight of holiday-seekers.

Waves at the seaside are, however, totally different and very puny compared with those in mid-ocean. A Queenstown steamer reports waves of 100 feet in height during a recent Atlantic gale. Waves of 50 feet to 75 feet high are common to the Atlantic; but it is to the Indian Ocean that we look for those of really gigantic stature. Cold regions also experience immense seas. Wasberg, Norway, can claim a wave of 400 feet in height. Even at home a monster of approximately 300 feet once bombarded the Cornish coast.

Chebeco Head, Nova Scotia, has an ingenious device by which the velocity, length, and height of waves is tested. This apparatus extends some distance along the sea-bed, and earthquakes in far-off regions can be judged by this means.

### Ferry Across the Channel.

For the first time in the history of railroading a train ferry has crossed the English Channel from Newhaven, England, to Dieppe, carrying about fifty cars, says Popular Mechanics Magazine. Since early in the war thousands of British railway cars have been employed in France transporting troops and supplies, but they have all been transferred to the continent by freighters. The inauguration of ferry service indicates that the difficulties created by very pronounced tides have been overcome at last to the mutual advantage of these two allies. At Dieppe the water level varies as much as 31 feet. To overcome this short bridge, attached at one end to the dock and resting on large floats, are employed. During loading and unloading the ferry is chained to the boat and dock pier as well. The two smokestacks are located one at either side of the craft, leaving space for tracks down the centre of the deck.

### Spanish Influenza!

A gargle which has been approved of by the most eminent authorities as a safeguard against infection of the germ and also a curative and preventative combined—if systematically used about four times a day—can be obtained at Stafford's Drug Store, Theatre Hill.

Price 25c.

Postage 15 cents extra. This gargle is supposed to last for one week, using about a tablespoonful at each time of gargling.

Dr. F. Stafford & Son,  
Wholesale and Retail Chemists and Druggists, St. John's, Newfoundland.

OPEN EVERY NIGHT UNTIL 9.30.

### Peace Signed at Potsdam.

Sir Conan Doyle, writing in the Evening Standard on "Peace must be signed in Potsdam," says:

"There are three absolutely essential conditions in a satisfactory peace. The first is that Germany shall be invaded. Too long she has been led to suppose that she is inviolate, and that while her hordes may flood over into Denmark, Austria, France, or Belgium, there is some strange shield which can protect her and keep her frontier line. This delusion must once and forever be shattered."

"The second condition, which naturally follows from the first, is the occupation of Berlin and the signing of peace in Potsdam. It is there, and only there, that the war can end. The very hall in which the plot was hatched should be that in which its final result is registered."

The third condition is the most important of all. Germany must pay the last penny of the expenses which her own outrageous conduct has cost the Allies. Policy and justice both point to the one conclusion."

## TAKE NO CHANCES! Use Every Precaution to Combat the SPANISH "FLU."

### USE HYDROGEN PEROXIDE,

and use it freely morning, noon and night as a gargle and mouth wash. It's a Germ killer.

4 oz. Bottle . . . . .11c.  
8 oz. Bottle . . . . .17c.  
16 oz. Bottle . . . . .28c.

### GERMS CAUSE DISEASE. HYPOZONE

Kills the Germs. Hypozone is a powerful and effective Germicide Antiseptic, Deodorant and Disinfectant.

USE IT NOW.  
4 oz. Bottle . . . . .15c.  
16 oz. Bottle . . . . .25c.  
32 oz. Bottle . . . . .43c.

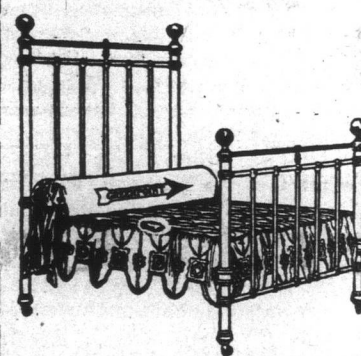
### Carbonal

A COAL TAR DISINFECTANT.  
19c bot.

James Baird LIMITED

### Jaynes Fluid,

A RELIABLE DISINFECTANT.  
14c bot.

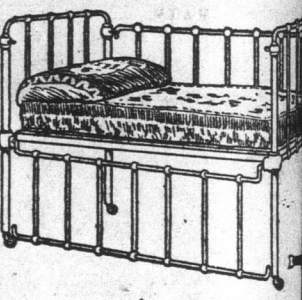
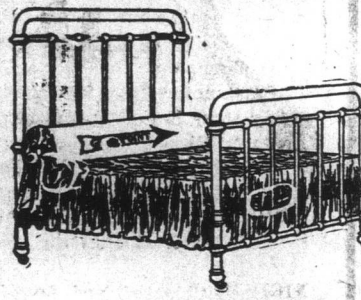


WE ARE READY



A LARGE SHIPMENT OF THESE GOODS ON HAND

TO FILL YOUR ORDER



## AYRE & SONS, Ltd.

## COME AT LAST!

We have just received our shipment of

## GRINDING STONES,

which we are selling at our usual low prices.

P.S.—Send for Wholesale Price

Martin-Royal Stores Hardware Co.

### Fashions and Fads

The five-inch hem of an evening gown is finished with a band of jet or polliettes.

The military influence is noted in short-length nutria coats, made with

four patch pockets fastened with leather buttons, a straight standing collar and tan leather belt.

A novelty noted in furs is gray caracul trimmed with beaver collars and cuffs.

Some of the new skirts are so narrow

as to necessitate a side seam.

Band of fine tucking at the top of skirts produces a braided effect.

A brown wool coat occupies



We Have PARED PRICES.

### PRETTY KEEN ON for Friday, Sat. &

STAMPED MATS.—New patterns, easy to follow, stamped on stout Hessian, 14 yards long and fairly wide; the long evenings could be passed profitably working up a few of these for future use. Reg. 70c. each. Friday, Saturday and Monday . . . . .65c

DUTCH CURTAINS.—Do you want a pair of Special Curtains for one of your bedrooms or perhaps a hall window? If so, drop in and see these, we have just a dozen pairs, in soft White Muslin, with a colored insert border, floral design, rather pretty, and a little centre piece for overhead. Reg. \$1.60 pair. Friday, Saturday and Monday . . . . .\$1.35

LINEN TEA CLOTHS.—Take a look at these very dainty Tea Cloths, soft English Linen finish, hemstitched and embroidered. Regular \$1.25. Friday, Saturday and Monday . . . . .\$1.10

SILK DRAPES.—These are new, they offer you a very handsome make of Silk Drapes, suitable for—Herald, Piano or Centre Table; an assortment of plain shades, richly embroidered and finished with long silk fringe. Regular \$3.50. Friday, Saturday and Monday . . . . .\$3.15

### RAGLAN CLO

For Ladies' and Misses' wear, 54 inches wide, Rayon shades. These are last season's goods at a value today. Regular \$3.50. Friday and Monday . . . . .

### BOYS' SPECIAL

BOYS' NAP REEFERS.—Navy Nap Reefers than usual. They are lined with a nautical's Check; Cap to match. Snug-fitting, many-looking. Just the outfit for school. Reg. to \$3.50. Friday, Saturday and Monday . . . . .

BOYS' ANGORA SUITS.—The little suit for him warm the coldest days. Warm, make shades of Grey, Rose and Marine to match. The coat has a nice roll of pockets, and the pants extend to cover the ankles. Reg. \$4.50. Friday, Saturday and Monday . . . . .

Here is just the kind of a Coat Sweater for looking for later on; a nice quiet Grey convertible collar, 2 side pockets. Reg. \$2.50 value. Friday, Sat. & Monday . . . . .

Introducing to You Some Newest in

### American CH

Though new, they are price-cut for their week. They show you the latest and the best of the season's new styles of shades that they are 36 inches wide. Special, per yard, Friday and Monday . . . . .