

MOIR'S CHOCOLATES

have established a new and higher standard of purity and deliciousness in candy-making. They are prepared from the best cocoa beans the market affords, personally selected by us, and ground in our own factory by skilled confectioners.

The chocolate coating is of the finest quality and the centres are dainty and varied, forming a combination which results in the most delicious chocolates you ever tasted. Try them.

MOIR'S LIMITED, HALIFAX, CANADA

Sold by Best Dealers Everywhere



\$100 BONDS

The attention of investors of small amounts who wish only the safest kind of securities—bonds, is called to our offering of bonds at \$100 denominations.

Hewson Pure Wool Textile 6's with Common stock bonus.
Trinidad Consolidated Telephone 6's.
Stanfield's Limited 6's.
Nova Scotia Steel & Coal 5's.
Nova Scotia Steel & Coal 6 p.c. Debenture Stock.
Maritime Telegraph and Telephone 6's.

F. B. McCURDY & CO.,
Members Montreal Stock Exchange.
C. A. C. BRUCE, Manager,
St. John's.

The Canada Life.

In each of the past four years the Canada Life has earned a LARGER SURPLUS than ever before in its history.

Favorable mortality, and low expenses, the result of good management, have helped.

C. A. C. BRUCE, Manager,
St. John's.

SLATTERY'S

The Leading Wholesale
Dry Goods House

OF ST. JOHN'S. WE STOCK:

All kinds of Men's and Boys' Fleece Lined Underwear. All kinds of Regular Piece Goods & Pound Remnants. All kinds of Men's Cotton Tweed and Denim Overalls & Jackets.

SLATTERY BUILDING
Duckworth and George's Streets St. John's.

Advertise in THE EVENING TELEGRAM

On Simple Pleasure.

By RUTH CAMERON.



"Isn't it the strangest thing in the world how long it takes us to learn to accept the joys of simple pleasures?"—David Grayson.

Once upon a time I knew a grown-up, married woman who, when she was asked what she wanted for Christmas, said that her chief desire was a double-runner.

At first her friends and family thought she was merely jesting. When they realized that she was serious they were much amused. "What would you do with a double-runner?" they asked. "What do people usually do with a double-runner?" she responded defiantly. "Go coasting on it of course."

"What would people say?" they came back at her, with an air of having settled the matter. "I don't know," she answered, "and I don't very much care. All my life I have wanted a double-runner. When I was a child I couldn't have one because we were too poor, and now I'm grown up and can afford it, I'm going to, have one. If nobody gives it to me I'll go out and buy it for myself, and every time I get a chance I'm going coasting. I work hard all day and I'm going to have some exercise and amusement at night, besides embroidering and making calls."

In spite of this eloquence, Santa Claus, being rather a conventional old

fellow and a sad respecter of persons, as we know all too well, refused to bring her the double-runner. Whereupon she carried out her threat and proceeded to inaugurate the style of coasting for grown-ups.

Don't you think that woman was a very wise person?

I do. And furthermore, I was both pleased and proud to have a seat on that double-runner offered me, and I accepted it long before you could say Jack Robinson.

Is there so much healthy happiness, so much inexpensive pleasure in the world, that we can afford to set aside a goodly share of it as the exclusive property of children? I don't think so. It seems to me that if anyone could afford to do without these rich sources of happiness, it is the children themselves, who have such wells of happiness bubbling up inside them, that they don't so much need the outside sources; surely not we sadder grown-up folks who need everything we can possibly have to make us happy.

It isn't anything to be ashamed of that one can still enjoy the pleasures of a child when one is no longer young in years. On the contrary, it is something to be proud of, since it means that the child-heart which is always to be found in the greatest men and women is still alive in you.

So don't be afraid to go out and coast or skate or build snow-forts. Don't apologize when you take your grandchild to the circus, and say that you are going just for his sake. Don't feel self-conscious and stiff when the youngsters ask you to sit down on the floor and romp with them. It is nothing to be ashamed of that your heart is still simple and unspoiled enough to take pleasure in these things. On the contrary.

Ruth Cameron

THE SECRET OF LONG LIFE.

Do not sap the springs of life by neglect of the human mechanism, by allowing the accumulation of poisons in the system. An imitation of Nature's method of restoring waste of tissue and impoverishment of the blood and nervous strength is to take an alternative glyceric extract (without alcohol) of Golden Seal and Oregon grape root, Bloodroot, Stone and Mandrake root with Cherrybark. Over 40 years ago Dr. Pierce gave to the public this remedy, which he called Dr. Pierce's Golden Medical Discovery. He found it would help the blood in taking up the proper elements from food, help the liver into activity, thereby throwing out the poisons from the blood and vitalizing the whole system as well as allaying and soothing a cough. No one ever takes cold unless constipated, or exhausted, and having what we call mal-nutrition, which is attended with impoverished blood and exhaustion of nerve force. The "Discovery" is an all-round tonic which restores tone to the blood, nerves and heart by imitating Nature's methods of restoring waste of tissue and feeding the nerves, heart and lungs on rich red blood.



Mrs. Dorn.

"I suffered from pain under my right shoulder blade also a very severe cough," writes Mrs. W. Dorn, of New Brookland, S. C., to Dr. R. W. Pierce, Buffalo, N. Y. "I had four different doctors and none did me any good. Some said I had consumption; others said I would have to have an operation. I was bedridden, unable to sit up for six months. I was told to take Dr. Pierce's Golden Medical Discovery. You advised me to take Dr. Pierce's Golden Medical Discovery, and Dr. Pierce's Pleasant Pellets. When I had taken one bottle of the 'Discovery' I could sit up for an hour at a time and when I had taken three bottles I could do my cooking and tend to the children. I took fourteen bottles in all and was then in good health. My weight is now 107 pounds."

Fashions and Fads.

The skirts of nearly all gowns show drapery.

In evening gowns the rowing or angle sleeve is new.

The newest labrets are of chintilly lace and satin.

A color of the moment is "Nell Rose." It is a deep cerise.

Some of the most effective frocks have bugling as a trimming.

Three-piece costumes will be very fashionable this season.

Crepes de chine is the most favored material for negligee.

Picot edge ribbons promise to be very much used in millinery.

Turbans of tulle and lace are worn with evening costumes.

Some of the newest suits have three-quarter length sleeves.

The newest evening wraps are short and three-quarter length.

Three-quarter length draped coats are very much in fashion.

The regular set-in sleeve has been replaced by the loose overdrapery.

Fur mantles are favoured by fashion for those who can afford them.

For little folks, smart topcoats are made of broadcloth trimmed with fur.

White blouses of crepe de chine, satin and mousseline de soie are still popular.

Olive green is a fashionable color just now. It is seen in frocks and in millinery.

Coat suits in Norfolk style are youthful and pretty, for rough-and-ready wear.

Mantles have grown wider this season and hang in loose folds from the shoulder.

For young girls lovely frocks of serge, cashmere, challis and broadcloth are seen.

The tricorne, long, narrow hats sharply turned up on one side, will be much worn.

The most luxurious French nightgowns are trimmed with real Bohemian lace.

Fashionable women will carry linen bags and purses to match their linen costume.

Lingerie collars of soft, sheer, embroidered linen adorn many of the new silk dresses.

Raisin purple, natter blue and emerald green are most popular of the brilliant colors.

The cutaway coat will probably be fashionable this spring, but will be somewhat longer.

There is a wonderful new soft material called doveskin. It comes in all the soft rich colors.

Within ten minutes after an application of Danderine you cannot find a single trace of Dandruff or a loose or falling hair and your scalp will not itch, but what will please you most will be after a few weeks' use, when you will actually see new hair, fine and downy at first—yes—but really new hair—growing all over the scalp.

A little Danderine will immediately double the beauty of your hair. No difference how dull, faded, brittle and scraggy, just moisten a cloth with Danderine and carefully draw it through your hair, taking one small

strand at a time. The effect is amazing—your hair will be light, fluffy and wavy, and have an appearance of abundance; an incomparable lustre, softness and luxuriance, the beauty and shimmer of true hair health.

Get a 25 cent bottle of Knowlton's Danderine from any drug store or toilet counter, and prove to yourself tonight—now—that your hair is as pretty and soft as any—that it has been neglected or injured by careless treatment—that's all—you surely can have beautiful hair and lots of it if you will just try a little Danderine.

HAIR COMING OUT?—IF DRY, BRITTLE, THIN OR YOUR SCALP ITCHES AND IS FULL OF DANDRUFF—USE "DANDERINE."

Lots of Beautiful, Glossy Hair, No Dandruff—25c. 'Danderine.'

Soper & Moore.

500 BARRELS

Potatoes.

30 BAGS

Carrots,

40 BAGS

Parsnips,

10 BAGS

Blood Beets,

Fresh Country Eggs

10 lb. ONIONS, 20c.

SOPER & MOORE

Prominent in Chelsea's Force.

Mr. John E. Parsons, a native of Carbonate, but who resided for many years in St. John's left here about 18 years ago and going to the States has since made good. While here he was several years in the employ of Storer Brothers, and is a brother-in-law of Mr. Mark Pike, of that firm. Many will remember "Jack," as he was familiarly known here. He is now one of the most prominent officers of the Chelsea Police Force, and not long ago received an award for stopping a runaway and saving a woman and several children. Here is what the Chelsea Record of January 8th says of Mr. Parsons, besides publishing his photo:—

"Patrolman John E. Parsons was elected president of the Chelsea Police Relief Association for the current year at the election of officers held Monday afternoon at headquarters. The other officers chosen are: Sergt. Herbert H. Hayes, vice-pres.; Charles H. Gooding, sec.; Lieut. Frank W. Tucker, treas. Sergt. Tucker was re-elected for the 17th term.

The trustees chosen were Patrolmen David J. Hickey, William J. Moody and Henry B. Spinney. The directors are Capt. Fitz Roy Grover, Sergts. Hayes, Hebblethwaite and Shannon and Patrolman Edward Lebeater. William Burke, Timothy J. Cunningham, Hiram V. Tuttle and Peter W. McGauley.

Officer Parsons is the youngest man in point of both age and service that has ever been elected as president of the association. He is a member of Star of Bethlehem Lodge, A. F. & A. M., Shekinah Chapter, Royal Arch Chapter, Palestine Commandery, K. T., Aleppo Temple, Mystic Shrine, Apollo Lodge, K. of P., Paul Revere Commandery, K. of M. He has been the efficient officer at Chelsea Sq. for the last 6 years.

Church Music.

Editor Evening Telegram:

Dear Sir.—It is not often a writer of notes on current events is called upon to write a commentary on his reports that the unintelligent may not misconstrue his remarks to their own discomfort.

An article from here that appeared in your paper of the 10th inst., entitled "Events at Torr's Cove," seems to have an undesired effect in some quarters. It was stated that "Miss O'Brien had been giving her leisure time to training the young folk in church music and singing." This is not nor was it intended to be a reflection upon the qualifications of the Organist who has had charge of the church music here. She is an instrumentalist and does not pose as vocalist.

Church music is a special kind, and late Decrees have pronounced very emphatically on the kind of music to be used in Churches. In order that church music may be appropriately rendered it is necessary that those singers be taught to produce what is written according to the requirements of the piece. Many people are able to sing fairly well by air, but many receive a good deal of training before being able to sing to music.

It is by vocal and instrumental aid that Miss O'Brien has been giving gratuitous assistance to the choir here, and people of this parish as well as strangers who come here, are much pleased with the results of her efforts. No doubt there is much more to be done before the required proficiency is attained, but there is a good deal of musical talent among the choir members, and with earnest attention they will be second to none in any Outpost of the country. Hyper-sensitiveness often produces hypercriticism, and hypercriticism shows a great want of common sense.

Thanking you for publishing the above.

I remain yours truly,
C. SHARP.

Torr's Cove, Jan. 18th, 1913.

The angle of the feather is now very important; it makes for chicness or an unfashionable effect.

It is bound to strike you

that there is better tea than you have been using when once you taste your neighbour's, who uses STAR.

A good Tea at a fair price has been our aim in offering you STAR at 40c. lb. The top notch of value has been reached.

For 5 lb. parcels, 10 per cent. discount allowed.

C. P. EAGAN

Duckworth St. and Queen's Road.

Fresh Halibut.
Fresh Herring.
Finnan Haddie.
Kippers.
Bloaters.

Macaroni, 12c. pkg.
Vermicelli, 12c. pkg.
Pineapple Chunks, 12c. can
Hand Picked Rangoon Beans, 4c. lb.
Graham Flour.
Table Corn Meal.
Kellogg's Corn Flakes, 15c.
Malted Nuts, 1 lb. cans.

Insomnia.

BY H. L. RANN.



Insomnia is the habit of waking up at two o'clock in the morning and trying to go to sleep with both eyes wide open. It is caused by the nerves rising to the surface like so many pinfeathers and then running around in circles.

One of the most common causes of insomnia is the whistling snore. A person who carries one of these snores around with him can introduce more blue-flame insomnia into a Pullman sleeper than a head-end collision, and yet be perfectly safe from attack in the courts. The only way to cure insomnia in a sleeping car is to reach out of the upper berth and register a mild protest with a No. 11 shoe.

Insomnia is also the result of something getting on the mind which refuses to climb off. When this happens several nights in succession the patient is given something to subdue the mind and upset the stomach, after which he is trailed for some time by the ingrowing dyspepsia. Some people are able to lie awake for hours at a time without feeling their mind or any other object except the toe-dancing tooth ache, but they never appear satisfied with what is going on.

When a person has insomnia in the right place he can think of a large number of things which are not good for anything except to irritate the mind and cause it to throw off sparks, bubbles and murderous gestures. About the time the mind begins to quit pawing the bedding and gets ready to lie down at full length, somebody will open a little ragtime in the parlor and sing about two tones below the pitch, when it will rise to its feet at once and start a new chain of

thought and self-stropping profanity. While art, science and medicine are alike helpless before insomnia, it is now known that the lowly dill pickle is a sure cure for wakefulness. Nine large, full-bodied dill pickles, eaten soon after midnight, will produce a feeling of uneasiness which will cause the patient to think of something besides sleep and fill the mind with pious reflections upon the future state.

Cascarets Surely Straighten You Up

No Headache, Biliousness, Upset Stomach, Lazy Liver or Constipated Bowels by morning.

Are you keeping your bowels, liver and stomach clean, pure and fresh with Cascarets, or merely forcing a passage through these alimentary or drainage organs every few days with Salts, Cathartic pills, Castor oil or Purgative Waters.

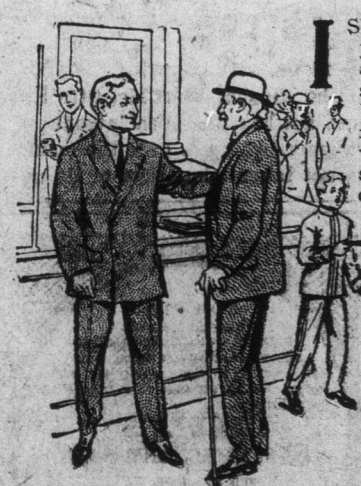
Stop, having a bowel wash-day. Let Cascarets thoroughly cleanse and regulate the stomach, remove the undigested, sour and fermenting food and foul gases, take the excess bile from the liver and carry out of the system all the decomposed waste matter and poisons in the intestines and bowels.

A Cascaret to-night will make you feel great by morning. They work while you sleep—never gripe, sicken or cause any inconvenience, and cost only 10 cents a box from your druggist. Millions of men and women take a Cascaret now and then and never have Headache, Biliousness, coated tongue, indigestion, Sour Stomach or Constipated Bowels. Cascarets belong in every household. Children just love to take them.

WITH THE ADVENTISTS.—The subject for consideration at the Cookstown Road Church, to-morrow evening, will be taken from Ephesians 4:5. "One Lord, One Faith, One Baptism." The discourse will be followed by the administration of the Rite of Christian Baptism. Extra seating arrangement will be provided. All are welcome.

HAD RHEUMATISM IN ALL MY BONES

"Sometimes I Could Hardly Walk!"
2 Boxes of Gin Pills Cured Me



I SUFFERED from Kidney Trouble for five long years. I also had Rheumatism in all my bones and muscles—could not sleep at night—and sometimes could hardly walk. I was treated by some of our best physicians but without relief. I lost over fifteen pounds, was very weak, and friends, who had not seen me for some time, were astonished. One day, I met one of our leading hotel keepers, who had been cured by Gin Pills, and he advised me to try them, so I bought two boxes at my druggist's.

Before I had used one box, I felt a big change for the better, and before the second box was gone, I was completely cured.

I assure you I can hardly believe it for if I had known what I know now about Gin Pills, I would not have spent over one hundred dollars for nothing, when two boxes of Gin Pills cured me.

Anyone suffering from Kidney Trouble or Rheumatism, should never be without Gin Pills.

EUGENE QUESNEL,
Chief City Circulation Agent,
"La Patrie," Montreal.

Drive your old enemy out of your system. Be free of pain. Be able to walk and work and enjoy life. Away with pain in the back, Rheumatism, and Kidney Troubles. Take Gin Pills. A few boxes now, will mean ease and comfort for the rest of the year.

Remember, Gin Pills are sold on a positive guarantee to give satisfaction or your money refunded. 50c. a box, 6 for \$2.50. You may try them before you buy them. Sample free if you write the National Drug and Chemical Co. of Canada, Limited, Toronto.