



"Only for the Teeth Have We Learned to Take Precaution in Advance of Pain."

Experience has taught us that to wait for the toothache warning is to allow irreparable loss to be done.

But why do we not apply this lesson in caring for the general health, and by keeping the blood rich and the nervous energy at high-water mark, reduce sickness to a minimum and prolong life?

There are many symptoms to warn you of the weak, watery condition of the blood and exhausted nerves, and by the timely use of Dr. Chase's Nerve Food it is not difficult to restore richness to the blood and feed the starved nerves back to health and vigor.

But just as the tooth cannot be saved after decay has gone too far, so the nerve cells can never be replaced once they are dead.

On this account it is a thousand times better to be warned by sleeplessness, headaches, indigestion, tired feelings and muscular weakness rather than to neglect treatment and allow nervous prostration, locomotor ataxia or paralysis to develop.

That Dr. Chase's Nerve Food is the greatest of nerve restoratives is being proven every day, and you will find the evidence in the daily and weekly papers.

50 cents a box, 6 for \$2.50, all dealers, or Edmanson, Bates & Co., Limited, Toronto.

Do not be talked into accepting a substitute. Imitations disappoint.

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Dr. Chase's Nerve Food



Your Boys and Girls.

If your child is troubled with constipation try putting castor oil in molasses cookies. They will not taste a bit of the oil and help a lot.

When baby is teething and his gums are swollen and hard, rub on some lime water. This softens the gums and helps the tooth to come through, besides easing the pain.

When baby is too small to wear underdrawers, a nice way to keep his legs warm is to take old worn stockings, cut the foot off so it will fit on his hip nicely, put them under his stockings and to keep them on pin them to his other band.

KEEP DOWN HIGH PRICES
—We are endeavouring to keep the price of our First-Class Tailor-made Garments within the reach of everyone, and when we say that you can get a first-class Suit or Overcoat from \$25 to \$30, it is not necessary for you to pay more. You can't get any better, no matter what you pay. SPURRELL BROS., 365 Water Street.—decl, eod, tf

Fads and Fashions.

Greenish yellow is a smart color. Brown bear is a delightful and seldom-seen fur, but very difficult to wear.

Serge street dresses are usually worn with smart furs to complete them.

Black velvet can be trimmed with hands cut from some bright printed stuff.

White crepe de chine waists are liked even better than those of flesh color.

Some of the most popular brassieres are the sort that mold the figure.

A fetching evening frock for a young girl has a front that suggests a pinafore.

Pastel-colored net is chosen nine times out of ten for the simple evening frock.

Natural muskrat makes a good, inexpensive set of furs and one which is extremely durable.

An excellent skirt for a large woman is one in which the fullness starts below the hips.

The jewelry one wears should not

clash with her costume, but harmonize, as one's bag must do, also.

A frock of cream crepe de chine is embroidered with three or four large roses in rose shades.

The latest coats are apt to be pleated from neck to hem and fitted in a trifle at the waist.

The sash is almost as important as the pockets of the gown, and much richness can be added if the sash is artistically chosen.

T. J. Edens

Xmas Poultry!

TURKEYS, DUCKS, GEESSE CHICKEN.

All selected dressed P. E. I. stock, due to arrive about Dec. 15th. We are booking orders now.

BACON!

BEECH-NUT, FIDELITY, KINGAN'S, DIAMOND C. CEDAR RAPIDS.

Citron Peel, best25c. lb.

Seedless Raisins, 1 lb. ctn.29c.

Softens Raisins, 1 lb. ctn.25c.

Table Raisins, 1 lb. ctn.25c.

Pure Rich Cream, in tins, 20c. tins and 40c. tins.

FAMILY MEAT, PORK, PORK LOINS, PIGS' JOWLS.

NEW YORK CORNED BEEF, PURITY BUTTER, 3 lb. prints.

XMAS STOCKINGS and XMAS COSAQUES.

Lucky Tubs, Satchels, Goose Bags, Flags of Allies.

Fireworks, Aerial Tug of War, Good Luck Cat.

Giant Crackers, \$1.30 & \$1.50 ea.

Stockings, 6c. each to \$1.50 ea.

25 cases SELECTED EGGS.

T. J. EDENS.

Duckworth Street and Military Road.

Bell Island Patriotic Association.

Bell Island, C.B., Dec. 9th, 1916.

Editor Evening Telegram.

Dear Sir,—I am enclosing herewith a statement of amounts disbursed by the Bell Island Patriotic Association for the year, from October, 1915 to October, 1916.

As you know we started a monthly system whereby each person could contribute to a fund for Patriotic purposes, and the enclosed statement shows the result of our year's work.

Yours sincerely,
F. F. BERTEAU,
Hon. Treasurer.

Annual Statement of the Bell Island Patriotic Association from October 1915 to October 1916.

Amounts Received:
Dominion Iron & Steel Co., \$4,250.77
Nova Scotia Steel & Coal Co., 2,052.49
From other than Co.'s Employees, 884.48

\$7,187.74

Amounts Disbursed of:
Nfld. Patriotic Association, \$1,100.00
Nfld. Co. Fund, 2,427.50
Red Cross Fund, 500.00
W.F.A., St. John's, 750.00
W.F.A., Bell Island, 1,075.00
Serbian Relief Fund, 200.00
Tobacco Fund, 100.00
Blind Soldiers and Sailors, 550.00
Belgian Relief, 300.00
Fish and Brewis Fund, 50.00
Expenses, Stationery, Telegrams, etc., 29.02
Balance on hand, 106.22

\$7,187.74

C. F. TAYLOR, President.
F. F. BERTEAU, Treasurer.

Pte. Sheppard Doing Well.

Constable L. Sheppard received a letter by the last English mail from his son Private S. R. Sheppard, No. 1561, 1st Nfld. Regiment, stating that he was fast recovering from the effects of trench fever contracted while fighting in France, and was expecting to leave the hospital about this time. Private Sheppard has been in France for the past seven months and during that period has had quite an experience. Through the kindness of many prominent people in England, our boys are being well looked after and almost every day Private Sheppard and other Newfoundlanders are taken for motor drives, visiting many points of interest in England.

Here and There.

Ayrshire Bacon and Scotch Beef Ham at ELLIS'.

MOVEMENTS OF THEATRE.—The S. S. Theatris goes to North Sydney to load coal for Job Bros. & Co., after which we hear, she will go to Botwood to load pulp for New York.

OUR VOLUNTEERS.—Weather conditions of late have prevented rifle practice at the South Side Range and the volunteers have been using the Highlanders Armoury instead. The men are becoming excellent marksmen.

QUICK AND EASY.—The Giant Junior Safety Razor, 225,000 sold to the soldiers on the Western front; 50c. with 7 blades; extra blades, 40 cents per dozen, or 3 for 10 cents. CHESEBURY WOODS, 282 Duckworth St., head McBride's Hill, Sole Distributor. Wholesale only. For sale at advertised stores.—oct, tf

MORE PETTY THEFTS.—The police have been informed that a few publishers of Christmas magazines have been victimized to the extent of many dollars by some wayward boys who take copies of the various publications to sell and return no money to the owners. These lads will get into trouble. They should be checked before the pernicious habit further develops.

Stafford's Phorator Cough and Cold Cure is what you should take for that cough and cold you have had for such a long time. Price 25c. Postage 5c. extra.

S.E. GALE INTERRUPT CABLES.—Another big S.E. gale struck Port aux Basques yesterday which resulted in the incoming mail and freight train having to put back at the west terminus. It managed to get clear early this morning when the wind had moderated. So severe was the storm at Canoe, N.S., and at Port aux Basques where the Cabot Strait telegraph cables connect, that communication over these services was interrupted for several hours.

"ARE WE DOWNHEARTED—NO."
The British Army's new marching song, words and music by Robert Harkness, 40c. post paid. All the latest and popular Army and Navy Patriotic Songs at GARLAND'S BOOKSTORE, 177-9 Water Street, St. John's.—nov, 12

Reducing the High Cost of Living.

BLAIR'S Great December Cash Sale.

BIG MONEY SAVED ON SEASONABLE DRY GOODS.

Goods mentioned in this ad. will cost you more anywhere else to-day. They will in some cases cost us more to-morrow than we are selling them for to-day, but we are prepared to help you on these special items in Reducing the High Cost of Living. We don't want any credit from you for doing this; what we want is your cash. That also means that we are not giving credit on these prices, for the object of this Sale is Cash.

MANY LINES CANNOT STAND LONG, SO BUY EARLY.

Big Cutting of Underwear Prices

Men's Imported Extra Heavy Jaeger Fleece Shirts and Drawers at 45c. each
Men's Wool Shirts and Drawers. Special Value at89c.
Men's Nu-Knit Wool Underwear at Special Prices.

Men's and Women's Stanfield Celebrated Underwear at Special Reductions.
Women's Heavy Cream Fleece Vests and Pants. Big Value at 29c. each
Women's Extra Heavy White Fleece Vests and Pants. Reg. 85c. at 69c. ea.
Out Size Women's White and Cream Fleece Vests and Pants. Special Values at 45c. each.

Women's White Fleece Corset Covers. Special Price39c. each
Women's Grey Heavy Fleece Bloomers. Extra Values at45c. & 55c.
Children's Cream Ribbed Fleece Vests and Pants, first quality.

Size	16"	18"	20"	22"	24"	26"	28"	30"
Price	15c.	18c.	21c.	24c.	27c.	30c.	33c.	36c.

Ladies' & Children's Winter Coats,

All this Season's Styles at Bargain Prices.

Ladies' and Children's FELT HATS.

Balance of stock at greatly reduced figures. These are all this year's and were extra special values, so stock is limited.

THE SMARTEST MILLINERY YOU CAN SEE ANYWHERE

Flowers, Berry and Fruit Foliage and Feather Tips, etc. Much of it opened the past week at low costs.

BIG LOT OF LADIES' & MISSES NEWEST AMERICAN FANCY Wool Caps and Hoods,

at prices from 50c. each upwards. Worth double.

LADIES' COSTUME SKIRTS, at BARGAIN PRICES.

Despite the high prices of Dress Goods we are able to offer you some surprisingly low values in Skirts. The reason is we booked them a good while ago from a maker who was well protected on cloth deliveries. We have them for out size or large women.

NAP COATINGS,

in Navys, Greys and Brown, at Reduced Prices.

Ladies' Flannelette Underwear and Nightdresses,

at prices which cannot be repeated.

Special Cut on all Ladies' Blouses in Stock.

All Furs and Imitation Furs at Reduced Prices.

Best Quality American Floor Coverings,

Splendid range of patterns. Reg. \$1.20 values at98c. yard (2 yards wide.)

Men's Eastern Winter Caps, from 75c. each.

Boys' Heavy Sweaters,

in Navy and Khaki, starting from 79c. each for 24 inch size; rising 10c. per size.

Rubber Footwear,

BEST SELECTION, BEST QUALITY, LOW PRICES.

We are showing this season the best values of each of three of Canada's leading manufacturers. Canada makes the Best Rubber Footwear, so that we offer the best selection possible to obtain. We are selling Canadian made Storm Rubbers in Women's from 55c. per pair upwards, and Men's from 79c. pair upwards.

REMEMBER ALL VALUES IN THIS AD. ARE SPECIAL, AND IN SOME CASES CANNOT BE EXPECTED TO STAND LONG.

HENRY BLAIR.

Hello!

Here We

from

With the usual Brightest and shown in boast, eh liver the

COLLAR BOX
Of real leather, filled
doz. of his favourite
Make an economical
a very pleasing gift.
Only \$2.50.

HANDKERCHIEF
Nicely boxed in 1/2
with a neatly embro-
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