

NEW YEAR ADVICE.

To our hundreds of Customers in the city and outports we would suggest the necessity and wisdom of making plans for re-furnishing, or the buying of new Furniture at once.

Before our Stock-taking commences all our vast stock will be subject to special prices, while it is also well to remember that under existing conditions furniture will not get any cheaper. Be wise and get any new Furniture you need now.

Mail orders promptly and carefully shipped by us.

U. S. Picture & Portrait Co.
ST. JOHN'S.

Christian Scientists

BROUGHT CASH AND TONS OF FOOD AND CLOTHING.

The First Church of Christ, Scientist, in Boston, was Quick in Response, Generous and Practical in its Assistance to Our Stricken City.

Halifax, Dec. 21.—Helpful and effective assistance was given during the important period of relief work immediately following the Halifax disaster by a committee of Christian Scientists, representing The First Church of Christ, Scientist, in Boston, who hastened to Halifax in a special train plentifully supplied with cash and tons of food and clothing. With headquarters for distribution at Masonic Hall, the Christian Science Relief Committee did general relief work throughout the city, co-operating with the other relief agencies.

As soon as reliable information regarding the extent of the destruction at Halifax was received in Boston, the Christian Science Board of Directors prepared to assist the sufferers. This course was in line with the prompt action taken by the Christian Scientists on previous occasions, when sufferers from great disasters were in need of assistance, notably at the time of the San Francisco fire, the Sicily earthquake, the Ohio flood and the Chelsea and Salem fires in Massachusetts.

The first step of the Christian Science Board of Directors, on learning of the need at Halifax, was to appoint a committee to go there and to use the contribution of Christian Scientists for general relief and to render such other assistance as was possible. This committee consisted of Ralph E. Parker, Mrs. Edith W. Parker, Charles H. Welch, William Bradford Turner,

R. Howard Cooley and Dr. Frank C. Colby. An appropriation of \$10,000 was voted and the committee was furnished with \$5,000 in cash and letters of credit for the balance. Supplies likely to be needed by the homeless in Halifax, including clothing and food, were ordered sent to the North Station of the Boston and Maine railroad.

It being Saturday and there being no through train to Halifax that night, when the committee and supplies were ready, a special train was engaged by the Christian Science Board of Directors to run from Bangor, Maine to Halifax. The regular 7:30 p.m. train from Boston to Bangor was available as far as the latter city. Word that the Christian Science Relief Committee had arranged for a through special spread in Boston, and requests soon came to the Christian Scientists from City Hall and the Boston Red Cross headquarters to allow some of the medical units to share the special transportation accommodations. These requests were readily complied with, and when the regular train pulled out of the North Station Saturday evening it carried in addition to the Christian Science Relief Committee, about 30 doctors and nurses, both delegations transferring to the special train at Bangor.

Other volunteer helpers were picked up along the route, and when nearing Halifax several persons who had conducted their families to safety returned to aid in the relief work there taken aboard. At St. John, a delegation of Christian Scientists and leading business men met the special with an offer to give their services in any way asked.

Arriving at Halifax at 4 a.m. Monday, Dec. 10, private headquarters for the Christian Science Relief Committee were opened at the United States immigration office, while headquarters for public distribution were maintained at Masonic Hall. The relief work of the Christian Science Relief Committee was general, no questions of religious preference being asked of those needing help. Clothing and food were given to sufferers and numerous gifts of money were made. Other supplies, to meet special needs, were purchased of Halifax merchants. Throughout the work of the Christian Science Relief Committee was coordinated with that of the Halifax Citizens' Committee.

Meanwhile, in Boston, the collections at the two services in The Mother Church, Sunday, December 9, totalling \$4,692.04, had been augmented by additional contributions to the church treasurer, so that a total of \$17,250, including the \$10,000 voted by the Board of Directors, had been contributed by December 13.

The office in Boston maintained by Christian Scientists for the purpose of supplying soldiers and sailors with comforts, provided a convenient center for sorting, packing and forwarding to Halifax the bundles of clothing contributed by Christian Scientists in response to notices published in The Christian Science Monitor and other Boston newspapers. These packages were sent to Halifax as rapidly as they could be prepared and shipped.

The experience of the Christian Scientists in relief work at San Francisco, during the 1913 floods in Southern Ohio and Indiana and at the Chelsea and Salem fires served to make all the more effective their relief work at Halifax. They have also had much experience in helping sufferers from the war. In this connection approximately \$500,000 has been disbursed through local committees of Christian Scientists in the United States, Canada, Australia and European countries.

Stafford's Prescription "A"—A cure for diseases of the Stomach: Indigestion, Dyspepsia, Catarrh, Gastritis and Nervous

Healthy War Workers.

A Doctor's Appreciation of Restricted Rations.

One consoling circumstance of the war is that the great majority of people, and especially of women, look better and younger than ever before.

There are several reasons for this state of things. In the first place, most women are doing something useful, and this not only stimulates their nerves and circulation, but takes them out of themselves. Fewer women nowadays suffer from "nerves" or give way to little worries, because they are better occupied. Another reason is that people who were in the habit of eating unconsciously more than necessary have reduced their dietary. For example, before the war most people as they grew towards middle-age continued to eat as much as in their more active years, and this quantity was not good for them. They enjoy better health now on meals far from elaborate, owing to the relief experienced by bodily organs very often worked formerly beyond their capacity. I notice a great improvement in women's skin, and this is due principally to the fact that less meat and more vegetables are eaten.

Injurious Tea-Drinking.
Then there are the earlier hours. People who work now go earlier to their duties and come home earlier. This necessitates going to bed earlier, and the old saying is very true that an hour's "beauty sleep" before midnight is better than two hours after it.

We are drinking less tea. What does this mean to health? Tea is an excellent beverage in moderation, but it is unquestionable that many people have been in the habit of taking too much of it. There are few who can preserve their digestion if they drink tea as often as three times a day, or if they even take much more than half a pint of it twice a day. The evil effects are not noticeable in the way that those of excessive smoking show themselves, but they are no less injurious. If we only continue to drink more sparingly of tea the shortage will have done real and permanent good.

Another factor in our improved health is the greater amount of home life which we enjoy. Amusement is one of the best stimulants far better for many people than tonic drugs. But this is only true when we indulge in it with great moderation. A woman who goes to entertainment after entertainment every week wears herself out faster than if she were doing really hard work.

No doubt the strain of the war is telling on some people, but the moderation in food, the regular hours, and the work women are doing make in the main for restoration of health in many cases and the maintenance of it in others.

Editor Gets Severe Punishment

For Attempting to Convince Porto Ricans They Had No Interest in the War, and Should Not Enlist.

San Juan, Porto Rico, Dec. 20.—Vicente Balbas, editor of the Revista de Las Antillas, was found guilty by a jury in the United States district court on four out of five charges in connection with articles appearing in his newspaper, was sentenced today to eight years' imprisonment and a fine of \$4,000—two years and \$1,000 on each of the counts. The court ordered that Balbas shall be confined in prison at Atlanta. He will be the first federal prisoner ever sent to prison outside the island.

Balbas attempted to convince Porto Ricans by a series of articles in his paper that they had no interest in the war, and that their call to the colors was illegal.

FREE TO ALL SUFFERERS

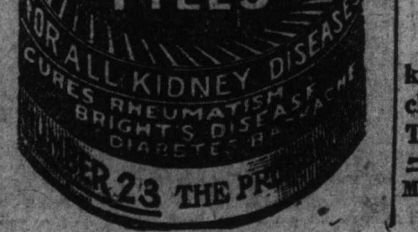
FREE TO ALL SUFFERERS FROM KIDNEY, BLADDER, NERVOUS DISEASES, BRONCHITIS, ASTHMA, AND ALL AFFECTIONS OF THE URINARY TRACT. DODD'S KIDNEY PILLS ARE THE ONLY REMEDY WHICH CURES ALL THESE AFFECTIONS. THE NEW YORK MEDICAL SOCIETY HAS ADOPTED DODD'S KIDNEY PILLS AS THE ONLY REMEDY WHICH CURES ALL THESE AFFECTIONS. THE NEW YORK MEDICAL SOCIETY HAS ADOPTED DODD'S KIDNEY PILLS AS THE ONLY REMEDY WHICH CURES ALL THESE AFFECTIONS.

Everyday Etiquette.

"What wedding expenses are borne by the groom?" asked George, soon to wed.

"It is customary for the groom to pay for the marriage license, the clergyman and the incidental services of the sexton," said his brother.

"He should also pay for carriages for the ushers and the one for himself and best men. He must provide the ring, the bouquets for the bride and bridesmaids."



Halifax Relief Fund.

ST. VINCENT—ST. MARY'S BAY.

Tobias Fleming	50
Aiden Martin	50
James Fleming, Jr.	50
Thomas Ryan	50
William Hayward	50
Gerald Fleming	20
Baby Margaret Murphy	10
Mrs. Brian Murphy	20
Miss Katie Carey	50
Mrs. Pat Moriarty	40
Daniel Martin	50
Joseph Moriarty	50
Benjamin Moriarty	50
Mrs. Mary Watson	50
John Hayward (Terence)	20
Wm. Martin	50
Patrick Hayward (Thomas)	50
James Fleming, Sr.	1.00
Mrs. James Fleming	50
Francis Gibbons	50
Aiden Gibbons	20
James P. Gibbons	50
Miss Ellis Gibbons	50
Denis Hayward, Sr.	20
Mrs. Denis Hayward	25
Mrs. R. Moriarty	10
Mrs. Denis Hayward, Jr.	30
Mrs. John Hayward, Jr.	30
Mrs. John Fleming	50
John Fleming	50
Miss Maggie Ryan	20
Mrs. Joseph St. Croix	50
Mrs. Ann St. Croix	50
Frederick Watson	50
James Hayward, Sr.	1.00
Wm. Watson	50
Richard Stamp	1.00
Alphonse Lundrigan	20
Patrick St. Croix	1.00
James C. Gibbons	5.00
Albert Lundrigan	1.00
Ambrose Gibbons	20
John M. Gibbons	1.00
Daniel Chafe	1.50
Daniel St. Croix	50
John P. Gibbons	1.00
Peter St. Croix	5.00
Wm. Gibbons	1.00
Mrs. Albert Lundrigan	50
Bernard Fleming	50
Peter F. Halleran	40
Mrs. P. Gibbons (of Samuel)	20
Wm. Halleran	65
Miss Minnie Gibbons	50
Mrs. James Walsh	50
Mrs. Patrick Stamp, Jr.	50
James T. Gibbons	50
Mrs. James Halleran	40
Michael Halleran, Sr.	50
Mrs. Michael Halleran	50
James Halleran (of Francis)	1.00
Wm. Kearney	50
Edward Fleming	5.00
Mrs. Samuel Gibbons	1.00
Simon Gibbons	1.00
Miss Mary Ellen Gibbons	25
Terence Gibbons	25
Miss Alice Gibbons	20
Albert Halleran	50
Bernard Watson	50
Garrett Stamp	50
Mrs. Garrett Stamp	50
Joseph Stamp, Sr.	1.00
John Stamp	1.00
Mrs. Emma Stamp	50
Miss Minnie Stamp	25
Ambrose Halleran	1.00
Mrs. Samuel Gibbons	2.00
Matthew Gibbons	1.00
Edward St. Croix	1.00
Denis Hayward, Jr.	1.00
Edward Stamp	50
Wm. St. Croix	1.00
Mrs. Wm. St. Croix	1.00
Joseph Brown	1.00
Mrs. Joseph Brown	1.00
Mrs. Bridget Neville	20
Mrs. Edward Halleran	50
John Halleran	50
John Gibbons	50
James Gibbons (of John)	1.00
Terence Halleran	50
Vincent Fleming	50
Joseph Gibbons	40
Mrs. J. P. Gibbons	25
Ignatius Gibbons	1.00
John St. Croix	1.00
Aiden St. Croix	50
John Hayward (of Denis)	70
Austin Halleran	50
Joseph Stamp, Jr.	1.00
Total	\$72 65

Fads and Fashions.

Collar and buttons of gray squirrel make a child's broadcloth coat attractive.

A very pretty dress has the sash and shoulder yoke of silk in contrasting color.

Silver lace is used over shimmering satin, in making a charming evening dress.

Capes haven't a particle of sedateness about them; instead they are all novelties.

Black velvet and white satin are frequently combined in making an evening wrap.

Velvet is in great favor for dinner and evening gowns, and dark blue is favored.

The correct way of marking finger is to have the first name embroidered in a facsimile of one's own handwriting.

A bag of soft leather should accompany the tailored suit in the morning, while black satin or black silk bags are carried with the afternoon costume.

Stafford's Phorotone for all kinds of Coughs, Colds, Bronchitis, Asthma and various Lung Troubles.—nov6,1f

NEW MENU!

STUDY ECONOMY AND TAKE YOUR MENU FROM THIS LIST.

FISH:
Kippered Herring, Finnan Haddie, Fresh Cod, Salt Herring, Boneless Fish, Oysters, Sardines, Fish Fillets.

CANNED GOODS:
Carrots, Parsnips, Beet, Asparagus, Tomatoes, Cherries, Bakesapples, Prunes, Spinach.

FRUITS:
Oranges, Grapes, Apples, Grape Fruit, Celery, Tomatoes, Lemons, Coconuts, Cranberries.

INGERSOLL and McLAREN'S CREAM CHEESE.
NEW YORK CORNED BEEF.

KELLOGG'S SHREDDED WHEAT FLAKES, CORN FLAKES, KRUMBLES, FLAKED RICE, BRAN, DRINKET.

AYRE & SONS, Ltd., Grocery Dept.

Our Boast To-Day

IS A SMALL LINE OF

Men's Top Shirts.

Our regular lines of \$1.60 to \$2.00 Shirts for

\$1.25 each.

Faultless fitting Shirts in that all-over Negligee style, with soft turn-over cuffs, coat style, neat pin stripe patterns. Your size is among them, buy now for future wear. Excellent Shirts. Excellent value.



Smyth's

ESTABLISHED 1870

Help to Win the War by USING LESS FLOUR.

Oaten Bread Recipe

TAKE
1 sifter full of WINDSOR PATENT Flour and
1 sifter full of OGLVIE'S ROLLED OATS.

THEN
Scald the Rolled Oats with 2 cupfuls of boiling water. Make sponge with 1/2 yeast cake and one cup of WINDSOR PATENT; then add the Rolled Oats—after allowing sufficient time for them to cool.

ADD
1 tablespoonful of Butter,
2 teaspoonfuls of Salt,
1 1/2 tablespoonfuls of Sugar.

Knead well, adding WINDSOR PATENT as required to give it the proper texture before proceeding to bake.

The Above Recipe Will Make a Wholesome and Delicious Bread.

Victory in Small Things

Because we have long been accustomed to thinking in a large way and doing on a large scale, it is hard for us to realize the importance of small things when multiplied by millions. It is a big mental drop from fifteen billions for war expenses, to a lump of sugar, or so, more than actually necessary in a breakfast cup of coffee. If we can't make a saving of hundreds or thousands, the saving of a little soap, or light or fuel, or bacon seems so insignificant as to be useless, if not actually ludicrous. And right here is where we skate on thin ice. It is easy to think in terms of bread tickets and regulated rations of butter and milk and all staples for Germany, and the other European countries, but it is hard for us to see any necessity for great economy in food here.

If we will avoid that same condition here we must wake up and get busy. Some of us already have, but most of us have failed to grasp the problem seriously and still think of food conservation as intended for some one else. The American Army at Valley Forge went barefooted in the snow and lived mostly on corn bread, and with what a spirit! There should be no occasion for us to go either barefooted or hungry, but we need more of their indomitable, restless, unconquerable spirit, that accepts such sacrifices as we are permitted to make with the same glad, cheerful willingness. Have we lost the spirit of '76? It is not lost, but hid; it lies dormant because we have not had our Valley Forge to awaken it for more than half a century. But how much nobler and better voluntarily to arouse our sleeping patriotism to white heat and so avoid distress! The fact is, with the exception of the few remaining veterans of the Civil War, our liberty has personally cost us nothing, and like other gifts we don't half appreciate it.

When the present war began it was to end in six months; then one year; then three years; and already it is well into its fourth year. German propagandists in our midst would lull us to inactivity with sagacious predictions that it cannot last through 1918. But at this very moment every man, woman and child in Germany and Austria are bending every effort, are stopping at no sacrifice that their selfish cause may win.

Shall a single one of us do any less than any one of them, to hasten victory and insure Liberty for all the world?—By H. H. Windsor, in the January Popular Mechanics Magazine.

Grove Hill Bulletin

THIS WEEK.

Wreaths, Crosses, Floral Designs and Decorations at shortest notice. Outport orders given prompt attention.

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\$1.50
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of Quebec by
\$5.50. Our
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by Col. G. Ham-
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\$2.75
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by Kipling, \$1.50
Years by Sir
Literary Ed.
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