

## A Distinguished Son of Terra Nova.

Consecration and Enthronement of the Bishop of Grahamstown.  
(Church Times.)

On the Feast of St. Bartholomew, the Very Rev. Francis R. Phelps, Dean of Grahamstown, was elected almost unanimously by the clergy to be Bishop of Grahamstown in the room of Dr. Cornish, who resigned in June last owing to failing health, after an episcopate of nearly sixteen years. The election was approved by the unanimous vote of the lay members of the Elective Assembly. It was a very happy circumstance that by the invitation of Dr. Cornish the annual meeting of the Provincial Standing Committee as well as a meeting of the Episcopal Synod was already fixed for November, the place of meeting being Grahamstown. This made it possible for the new Bishop to be consecrated in his own cathedral in the presence of his own flock, for in Grahamstown the Dean is also the Rector of the Cathedral Parish.

The consecration, on October 31, was a most striking service; and all the details had been very carefully thought out. There were nine bishops of the province present, as well as the Archbishop of Cape Town, and all were vested in cope and mitre. Many of the clergy of the diocese were present, and several from other dioceses of the province; among the priests who acted as chaplains to the bishops were to be seen, as was only fitting, some native priests. The sermon was preached by Canon West, Chancellor of Grahamstown Cathedral. He spoke of the importance of the office of the bishop as a guarantee of the unity of the Church, and on the bishop's relations to his provincial bishops, to his clergy and to his people. The South African Church Chronicle says that the preacher "dwelt in touching terms on the need felt by the clergy for frequent intercourse with their bishop, for sympathy, for encouragement, and for inspiration."

The Bishop-elect was presented by the Bishops of Pretoria and Kimberley and Kuruman. Before consecration he was vested in dalmatic and cope, and after the delivery of the Bible the Archbishop put into his hand the pastoral staff, on his breast the pectoral cross (the gift of the laity), and on his finger the episcopal ring (the gift of the clergy).

The new bishop was enthroned on the following day, the Feast of All Saints, by the senior priest of the diocese, the Archdeacon of Port Elizabeth, and then proceeded to the pulpit to address his first words as their Bishop to his people. "These touched a very high note of pastoral tenderness (we quote again from the Church Chronicle), as he reminded his flock, with many of whom he had only entered into a new relation, that it was not for him alone that the anointing of the Holy Ghost had just been conferred upon him at his consecration, but that it might overflow from him to his brethren of the clergy and to all his people."

## Curling Fixtures.

1. President and Vice-Presidents Trophy—Red vs. Blue—continued from last session. Jan. 11th.

2. Reid Trophy—Natives vs. All Comers. Jan. 13th.

3. Reid Medal—Points Open to all. Jan. 14th.

4. Taylor Medal—Points for Curlers of two years standing and under. Jan. 14th.

5. Victoria Trophy—Inter-Division—Red vs. Green. Jan. 18th.

6. Bonavista Trophy—Inter-Division—White vs. Blue. Jan. 20th.

7. Jubilee Medal—Points Open to all. Jan. 21st.

8. Patriotic Bouspiel (Soldiers and Sailors Day). Jan. 24th.

9. Greiner Cup—Inter-Division—Red vs. White. Jan. 27th.

10. Buchanan Cup—Inter-Division—Blue vs. Green. Feb. 1st.

11. T. & A. Cup—Inter-Division—Blue vs. Red. Feb. 3rd.

12. Cowan Medal—Points Open to all. Feb. 8th.

13. Wright Medal—Points for Curlers of two years standing and under. Feb. 8th.

14. Bennett Shield—Inter-Division—Green vs. White. Feb. 10th.

Mr. H. R. Brookes has kindly presented a medal for a Handicap Point Game to be arranged.

NOTE.—The Inter-Division matches are all to be played each evening in 2 sessions of 10 Heads each, beginning at 7 o'clock.

The members of the Committee of Management will meet every Tuesday evening at 7.30, during the Curling season.

## Cape Report.

Special to Evening Telegram.

CAPE RACE, To-day.

Wind N.N.E., light, weather dull.

The s.s. Bergenfjord passed west at 10 a.m. to-day. Bar. 29.12; Ther. 28.

## THE WIFE HE LEFT BEHIND HIM

*Pursues her daily round of Domestic Duties*

The homes of our Gallant Soldiers & Sailors are not neglected in times of war. The Motto of Sweethearts and Wives is

"CLEANLINESS AS USUAL" with  
**SUNLIGHT SOAP.**

We see to it that their hardships are not of a physical nature, for the guaranteed purity

of  
**SUNLIGHT SOAP**

ensures  
**REST AND COMFORT**

for all who use it.  
**£1,000**  
Guarantee of Purity  
on every bar



The Name Lever on soap is a guarantee of Purity & Excellence  
Lever Brothers Limited Port Sunlight.

## OPEN ON NEW YEAR'S DAY.

The Tooton Photo Studio will be open for taking Photographs all day on New Year's Day. **PERSONAL ATTENTION** given to every sitting & prompt delivery guaranteed.

The TOOTON STUDIO, - - 310 Water Street.  
(Opp. Goodridge & Sons.)

## MID-WEEK PROGRAMME AT THE NICKEL !

Seventh Episode of "THE EXPLOITS OF ELAINE."

Arnold Daly, Pearl White and Sheldon Lewis in the greatest of all serials.

"THE CLUTCHING HAND."

"THE TIE THAT BINDS"—An Essanay social drama.

"A LILY IN BOHEMIA"—A Vitagraph comedy-drama.

"HIS NASTY TEMPER"—A Keystone riot.

"FRAUDS"—Edna Mayo and Bryant Washburn in a three-part dramatic offering.

FRIDAY—CHARLIE CHAPLIN, AND A GREAT BIG HOLIDAY PROGRAMME.

## To Keep Your Heart Strong.

What To Do and What To Avoid.

Do not get angry. Any strong emotion adds to the labour of the heart, and a heart overworked means shortened life. So reasons Dr. J. Strickland Goodall in a recent paper on the prevention of heart strain.

From before birth until a little after death the human heart beats from seventy to 150 times a minute, and each beat means work equivalent to raising a 2 lb. weight through one foot.

To form an idea of this work one has only to take such a weight in his hand and lift it over that distance as many times in a minute as the heart beats.

Anything that quickens the heart's action increases its labour. Accurate tests have shown that a man riding a bicycle up a 10 per cent. grade for 2,500 feet in four minutes adds an amount of labour to his heart that would lift a ton and an eighth one foot.

Violent physical exertion of any kind quickens the heart beats. Strong emotion has the same effect. Intense anger may increase the heart's labour from 150 lbs. per minute to 225 lbs.

Under such a strain the heart of an animal has been known to literally break, causing almost instant death.

Acute heart strain is practically impossible in the young, healthy and well-nourished adult, but quite likely in all others. Once it occurs the heart is incapable of extra work and fails

when called upon to do it. The doctor argues, therefore, that one cannot be too careful to economize in the work laid upon this organ.

According to him, he who retires to bed at ten instead of twelve saves the heart 876,000 foot pounds a year. Lying down one half hour daily lessens its labours in the same period by 219,000 foot pounds. If our Sundays were spent in bed the yearly relief to our hearts would amount to nearly 1,000,000 foot pounds.

DR. DEVAN'S FEMALE PILLS Relieve monthly medicine for all Female Complaints. 50c a box or three for \$1.00 at drug stores. Mailed to you on receipt of price. THE SCOTT BOTTLE CO., St. Catharines, Ontario.

PHOSPHORUS FOR MEN Restores vitality for nerve and brain, increases grey matter. A tonic will build you up. 50c a box, or two for \$1.00 at drug stores or by mail on receipt of price. THE SCOTT BOTTLE CO., St. Catharines, Ontario.

## YOUR BOYS AND GIRLS.

It is very important to have a child's shoes fit perfectly. If too large they will be apt to rub and make the feet sore. If too tight, they will be equally uncomfortable. The stockings should also fit perfectly, otherwise they will rub the feet into blisters. If too short they will cause a bunion. So you see the fit of both shoes and stockings is important.

Don't shake or scold a child who wakes up and cries out in the night. Often night terrors are a purely nervous affliction and any harshness only makes matters worse.

If baby's bibs are made of flannel they will not feel so cold when they get wet. If baby chafes easily do not iron his diapers.

## 700 Tons of Mistletoe

Quaint Uses to Which it is Put.

"It is a curious fact," said a Covent Garden dealer, "that, although plenty of mistletoe is grown in this country, something like ninety per cent. of the 700 tons sold annually comes from France, principally from Brittany."

"Although, of course, we sell nothing but the genuine article, every year large quantities are sold elsewhere, particularly in the streets, that are not mistletoe at all. How it is that so many buyers are deceived is difficult to imagine, for a glance at the berries ought to reveal the fraud, even to the ignorant. The berries of the true mistletoe are invariably white; while those of the spurious article, which comes largely from the east counties, are pea-green."

"Another interesting fact is that there is comparatively little demand for mistletoe in London; three-fourths of our orders, at least, come from the country, where enormous quantities are used for the decoration of country houses, where Yuletide is kept in the good old-fashioned way, and for village dances and concerts. My best customers, however, are provincial parsons who require large quantities for their church-halls, schoolrooms, and so on."

"But by no means all the mistletoe we sell is used for such decorative purposes. I dare say you have never even heard of mistletoe-wine; and yet there are hundreds of people in the country who make it every year, and who declare that it is a much more seductive beverage than its rivals, such as the wines of the elderberry and cowslip."

"It is also in considerable demand for funeral wreaths, especially among the actors, who for some reason I do not profess to understand prefer mistletoe wreaths to any other. At one funeral alone, that of a very popular actor, a few years ago, three wreaths out of every four were composed entirely of mistletoe."

"There are still, too, a good many people who have as much faith in the curative magic of the mistletoe as the Druids of old, who, as you probably know, regarded it with great veneration as a panacea for all human ills; and who, when they gathered its waxen berries towards the end of December, sacrificed two white bulls in its honor."

"But the most singular use to which the plant has been put in my knowledge was the idea of a wealthy country squire who, among his Yuletide guests, was entertaining a number of schoolboys and girls and wished to contrive something really novel and attractive for their amusement. With this object he bought nearly £200 worth of mistletoe, and used it for—what do you think?—for constructing a maze on his lawn, in which, we may be sure, his juvenile guests found no little fun and frolic—especially when they contrived to lose themselves in pairs!"

## 700 Lady Massage Experts for Troops.

London, Dec. 18.—The massage corps which Mr. and Mrs. Almeric Paget started with fifty members at the beginning of the war, has now increased to 700, all of whom are women. The idea of women masseuses in military hospitals was regarded in the beginning by many army men as a doubtful experiment. But so efficient has been the work of these women that the various provincial hospitals are now visited and all of the wounded in need of massage can have treatment. Besides visiting the hospitals, the corps runs elaborate massage and electrical departments in the convalescent camps. Electric massage machines, ovens for the application of radiant heat and various kinds of apparatus loosen up stiffened joints and put life into atrophied members. After a few days men who come on crutches go away on their own feet.

Owing to the enlargement of the work of the corps, a call has been issued for more masseuses, who are required to show certificates from recognized schools of massage physical training institutes.

Lady Alexander Paget has lent to the corps her London mansion where a hundred officers and men receive treatment daily.

## EVERYDAY ETIQUETTE

"When attending a theatre with a young man, who should follow the usher down the aisle?" was Nellie's query.

"The woman immediately follows the usher and after having the seats indicated waits to be joined by her escort before seating herself," said her mother.

MINARD'S LINIMENT CURES DIS- TEMPER.

## Amusements.

FIVE FEATURE PICTURES AT THE CRESCENT.

A big programme of five feature pictures is being shown at the Crescent Picture Palace to-day: "When Gratitude is Love" is a great Edison offering featuring Margaret Brunning. An interesting and gripping story is: "The Miser's Legacy." G. M. Anderson, Broncho Billy, features in a strong western drama: "The Outlaw's Awakening." "The Legal Light" is a fine Selig comedy drama, featuring Tom Mix and a very funny comedy is "Hans and His Boss" introducing that very funny pair, "Waddy and Artz." Mr. Dan Delmar sings a very pleasing southern ballad: "She Waits for Me at Piney Ridge." The Crescent is arranging a splendid programme for New Year's Eve and New Year's Day.

## BRITISH THEATRE.

The programme projected last night was well chosen and varied. The closing episode of the "Trey O' Hearts" was intensely interesting and evoked much applause. All those who desire to see this serial should not miss it to-night. In the film, "When East meets West" several scenes in Yellowstone Park were shown, among which were the "Old Faithful" Geyser, and the Upper and Grand Falls. "The Better Way" and a comedy completed the pictorial section of the bill. Madame Olive Timmons was heard in Tosti's celebrated "Good-Bye," and rendered it perfectly. She will be heard again to-night in the same number. The great "Black Box" serial will begin shortly at this theatre. Watch for particulars. A special feature of the New Year's Day program will be a selected duet by Madame Timmons and Prof. P. J. McCarthy, with accompaniment by Mr. A. H. Allen, entitled "Vale."

## Oporto Stocks.

|                | Week   | Prev.  |
|----------------|--------|--------|
| Stocks (Nfld.) | 34,840 | 30,670 |
| Consumption    | 2,525  | 4,350  |
| Stocks (Norg.) | 2,410  | 3,170  |
| Consumption    | 765    | 820    |

Monsieur:

For 15 days in the month of January I was suffering with pain of rheumatism in the foot. I tried all kinds of remedies but nothing did me any good. One person told me about MINARD'S LINIMENT; as soon as I tried it the Saturday night, the next morning I was feeling very good; I tell you this remedy is very good; I could give you a good certificate any time that you would like to have one. If any time I come to hear about any person sick of rheumatism, I could tell them about this remedy.

Yours truly,  
ERNEST LEVEILLE,  
216 Rue Ontario East, Montreal.  
Feb. 14, 1908.

## Here and There.

Just arrived from England: a very pretty line of Wristlet Watches, all good makes and serviceable. Prices from \$4.00 to \$48.00, at Trapnell's.

AT OPORTO.—An advice from Oporto to the Board of Trade says that the schr. Jennie Ritchey had entered there and that the Gallantry and Viola May were outside.

PIANOS and ORGANS.—The famous Kohler and Tonk Pianos. The Needham, Godrich and Mason & Hamlin Organs. CHESLEY WOODS, 222 Duckworth Street.—aug.7.11

AWAITING ORDERS.—The s.s. Bonaventure, which is understood to have been transferred to the Russian Government, is still at Gibraltar awaiting orders, no word to the contrary having been received.

Mapleton's Peanut Butter is made in England. When you buy it you will know its value. When the children get it on their bread they know its quality. Cheap nourishment these strenuous times. The proof of the pudding is the eating of it.

WATCH NIGHT SERVICE.—As the College Hall is otherwise engaged Friday, the members of Cochrane St. Church congregation are asked to attend the united watch night service in Gower St. Church to-morrow evening. The Pastor expects to see a large attendance of both congregations.

Used Whenever Quinine is Needed Does Not Affect the Head

Because of its tonic and laxative effect LAXATIVE BROMO QUININE will be found better than ordinary Quinine for any purpose for which Quinine is used. Does not cause nervousness nor ringing in head. Remember there is only one "Bromo Quinine." Look for signature of E. W. Grove. 25c. nov18th.11

RESUMES VOYAGE.—The Danish schooner Rosenjhen left here again last evening for her destination. She came here last month with a cargo of coal and after discharging, loaded codfish for Pernambuco. She sailed from this port, but when a few days at sea, met boisterous weather and had her rudder carried away, having to put back for repairs, which were effected by shipwright Taylor.