



The Inside of the Shoe.

It is not always the outside appearance of a Shoe which justifies its purchase.

INVICTUS SHOES

have all the appearance and style that can be desired to please the eye—to please the sense of fitness—Invictus Shoes have also the qualities which are only apparent during the period of wear—comfort from

the first moment to the last—the best of material and thorough workmanship in the hidden places. These are factors which conduce towards real Shoe satisfaction—inside information, as it were, for Invictus Shoe wearers.

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We are sole ag'ts for 'Invictus' thro' this Dominion.

THE GRATITUDE BANK.

By RUTH CAMERON.



I don't mean to infer that one wouldn't be willing to trust one's friends not to embezzle the money in one's checking account, but that one prefers to know what one is to pay for a thing before one buys it. And yet when one accepts too many favors from friends, I think one is, in a manner of speaking, giving them a signed check on the gratitude bank to be filled in with whatever amount they think fair, and cashed when the spirit moves them.

Then Your Account is Dishonored. True, one can refuse to honor those checks, but then one's account at the gratitude bank is dishonored—as far as that friend is concerned.

I have in mind a young couple to whom another young couple in much better circumstances, financially, took a very violent liking. The B's did all sorts of things for the A's, dined them at expensive restaurants, carried them about in their limousine and sent them candy and flowers. Of course the A's entertained the B's on the simple scale of their own existence, but they felt that was not sufficient return. Then one day the wealthier couple filled in their check on the gratitude bank and presented it. It wasn't from their point of view a large thing that they asked, but it involved an expenditure of time the young man who was in business for himself simply could not afford to make just then. He refused regretfully, and relations have been strained ever since. The B's call the A's ungrateful. The A's say they will never accept again anything for which they have to give a gratitude note.

She Had To Give Him A Puppy. A friend of mine lived in a summer

place where meat was high. Her neighbour, a man who went to town every day, offered to buy her meat when he bought his own. Sometimes he brought it down, sometimes he had it sent. In the fall the dog which this woman owned had a litter of puppies; the man was crazy about them and it seemed the most natural thing that after all his kindness she should give him one. Of course she did, though the price she could have gotten for the puppy, if sold, would have been much more than the amount he had saved her. Yet if she had not given the puppy she would have been considered ungrateful.

Don't Run Up Your Gratitude Debts Too High.

Of course the world would be an ugly place to live in if we didn't accept little neighborliness and pay in kind, but there are dangers. I think one should be careful how one runs up a debt of gratitude and reckon well one's resources to pay it with. And I think one should be careful when one tacitly demands payment that the demand is not inconvenient or exorbitant.

Fairville, Sept. 30, 1902. Minard's Liniment Co., Limited. Dear Sirs,—We wish to inform you that we consider your MINARD'S LINIMENT a very superior article, and we use it as a sure relief for sore throat and chest. When I tell you I would not be without it if the price was one dollar a bottle, I mean it. Yours truly, CHAS. F. TILTON.

THE NEAR POINT.

I love my country dearly, for her I'd die and bleed; I'd lose a leg, or nearly, to help her in her need. I love our starry banner, that flutters, bright and gay, and in a fervent manner I praise it every day. No man does louder spilling, or uses words more true; I'm so worked up with feeling, I often shed some brine. Fine words!

fine; I'm so worked up with feeling, I often shed some brine. Fine words!

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You do not heed 'em, but ask me if I'll buy some U. S. bonds of freedom—I'd rather bleed and die. My life I do not cherish, I'm ready now to go to some red field and perish, if that will beat the foe. But when you ask for money, that is another tale; ask me for lifeblood, sonny, but do not ask for kale. I'd bravely face the foe-man, and swat him till he fell, or stop, with my abdomen the deadly bomb or shell; I'd crouch in reddened water a fortnight at a time, or wade neck deep in slaughter, in carnage and in crime. My country cannot mention a heavy sacrifice, but I will give attention and gladly pay the price. I'd lose a leg or tandon, a tonsil or a toe, to put a Grecian Bond on the forehead of the foe; I am no timid bunny, I'd whip a grizzly bear; but when you ask for money, why, I have none to spare!

Rann-dom Reels TIME.

Time is one of the few commodities in general use which cannot be put in a pickle jar and used when the supply runs short. No way has been discovered of storing up time so that it will not ooze out of the reserve tank and leave a man stranded on the last lap, without any chance of discharging his first wife's children by adding a curt codicil to his will.

When people are born they are allotted a certain amount of time, which they can check against but cannot trade for real estate or second-hand automobiles. Some people place no value upon their allotment, but run through it by trying to break the Indianapolis speedway record on a serpentine country turnpike. Others conserve their supply very carefully by living on cracked oats and distilled water and swinging Indian clubs for thirty minutes before breakfast.

There would be less time wasted in this world if everybody in it did not expect to live to be ninety-six years old. Some of the most experienced and successful loafers in the profession are those who can point back four generations to ancestors who were in perfect health at one hundred and two years and then succumbed to a fall from the back porch. Business men would have more patience with the kin-dried loafer if he did not try to squander the time of everybody else on the town plot.

Time is sometimes abused by forgetful guests who arrive at a six o'clock dinner just after the meat course has been hauled off the track. Others are so prodigal of time that they get down to the station an hour ahead of train time, only to be greeted by a bulletin board which announces that owing to a washout No. 6 will not arrive until after supper. If people who have time to burn could distribute some of their excess among those who haven't been able to catch up with the housework since the paperhanger left, more wives would be able to see what the inside of the family automobile looks like.

Few people really appreciate the value of time until they can see the end of it, when it has broken into a swift gallop. But if they have made kindly and helpful use of what they had, they can see the sand slip through the glass without repining or regret.

Your Boys and Girls.

Ghost stories have worked irreparable harm to children for many generations. A child quickly comes to understand reason if reason is applied. He is keenly responsive to the truth and to the right ways of seeing things. He deserves to have mysteries explained to him. He is entitled to legitimate reasons when he is told he must not do certain things. The child should be taught not to be afraid. He should be given a chance to learn what the darkness is and to learn that there is nothing to fear from the darkness.

The ideal diet for a child eighteen months to two years old, is about as follows: For breakfast the juice of an orange, then a cereal, a glass of milk and bread and butter. For luncheon a glass of milk and a few crackers or biscuit. For dinner give soup or broth, thickened with peas, sage or rice or vegetable soup with the yolk of an egg, or a soft boiled egg with bread crumbs and a glass of milk. Beef, juice with bread crumbs is often used. Apple sauce and prune pulp are nourishing. The total amount of milk the child should have in twenty-four hours is a quart and a half.

Says Kaiser Wants Peace by Agreement.

Rotterdam, Jan. 30.—Emperor William is in sympathy with the movement for peace by agreement, according to Professor Hans Delbruck of the University of Berlin, as quoted in an interview with the Nieuwe Rotterdamse Courant's Berlin correspondent.

Professor Delbruck, who is himself a peace-by-agreement advocate, said that the warring nations were now divided into two camps, the first comprising those who, like Premier Lloyd George in England and Admiral von Tirpitz in Germany, wanted a fight to a finish, and the second consisting of those who, like Emperor William,

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The German Government, the Reichstag majority, and the great majority of the people, were working for a negotiated peace.

Germany, said Professor Delbruck, has no thought of infringing upon the integrity or sovereignty of Belgium, and he regretted that Chancellor von Hertling in his Reichstag speech did not say so more definitely. Nothing was further from the Chancellor's intention than the carrying out of a policy of force, in Professor Delbruck's view, and the masses of the people were behind him. The Professor thought that the fear that Admiral von Tirpitz might get the power to shape things as he desired was unfounded.

Professor Delbruck pointed to the furious attacks by the Pan-Germans upon the Emperor—something hitherto unheard of in Germany—as sufficient proof of the Emperor's sympathy with a peace by agreement.

Eat More Cheese.

"Store" cheese—more properly known as American Cheddar—is more nourishing, pound for pound, than any meat, and therefore should have a prominent place in the diet as a meat substitute.

Few people in this country eat cheese in sufficient quantities for it really to form an important part of the daily fare. Indeed, it is used more often simply as an appetizer or as a seasoning for some other food. Nearly everyone relishes good American Cheddar or "store" cheese, but there is an impression that it is indigestible and constipating. Extensive digestion experiments carried on by the U. S. Department of Agriculture have demonstrated that more than 95 per cent. of the protein of cheese is digested and 90 per cent. of its energy is available. Even when eaten in large quantities and for long periods, no case of indigestion, constipation or other disturbance was observed in those who ate it. One man who ate cheese as the chief source of both protein and energy, eating an average of 8.27 ounces daily, with bread and fruit, for more than two years, did a fair amount of muscular work and kept in good health.

American Cheddar cheese is a very satisfactory substitute for meat. It can be kept in storage for a long time and contains much food in small volume.

A pound of cheese supplies more than twice as much energy as a pound of fowl or round steak, and almost twice as much protein as the same amount of fowl or ham. Cheese, therefore, is usually a cheaper food than the meats.

Cheese can also be combined in many palatable dishes. When grated it may be used in soups or with many vegetables. Other foods in which cheese is used are: Macaroni and cheese, Welsh rabbit, tomato rabbit, baked rice and cheese, baked crackers and cheese, vegetable and cheese rolls, cheese omelet, oatmeal and cheese, and cheese mush.

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CREAM FLETTE UNDERSKIRTS. These are made of good quality Flette and are just suitable for present wear. A leading value in our underwear section. We advise you to see this line. Sale Price, each 95c.

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Opens
8.30 a.m.

ALEX.
18 New

Steamer Rams Sub; Few on Board Knew It.

Unlost Surprised in English Channel and Sent to Bottom With Gulek Torpedo and Blow from Steamer.

An Atlantic Port, Feb. 4.—A long rolling sea; a gigantic liner rubbing her hull speed through the grey light of a January morning; a submarine floating idly on the surface after a stormy night of undersea piracy. These were the stage settings which played out in the high seas, into a story sort of comedy for a stern old dog who stood on the bridge of the big liner making her way toward this port.

It was announced when the great ship reached this port that she had rammed a submarine in the English Channel and sent it diving to Davy Jones' locker. Although the Navy officials are many of them lacking the latest bits of strategy that has been reported by trans-Atlantic liners in many months.

The ship when she left the English port had several hundred wounded

soldiers on board. As the liner was under way, a submarine was sighted. The liner's gunners fired a salvo of four shells, which were reported to have hit the submarine. The liner then continued on her way, but the submarine was not seen again. The Navy officials are now investigating the incident.