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**Healthful Throat** is a Winter Joy

(Monday . . . . . . . . . . . . . . 8) (By Wm. H. MacPherson, D.C., Ph.C.) People who are subject to throat troubles sometimes called tonsilitis, laryngitis, and just plain sore throat, look forward to winter with dread. The weakness which causes cold to settle in the throat is directly trace-

Because the throat is so easily reached with gargles and swabs, the first thought in throat troubles is usually of such remedies as this, with little idea that the cause is pinching pressure on spinal nerves emitting from the spine in the lower neck region. The Chiropractor readily locates the pinch and by his skill makes the necessary adjustments. There is always the danger in throat ailments of diphtheria developing and prompt and

PRESSURE ON SPINAL

NERVES IN DISEASES OF

THE FOLLOWING ORGANS:

-HEART

LIVER

PANCREAS

SPLEEN

BOWELS

HE LOWER NERVE

ING GLASS IS PINCHED

BY A MISALIGNED JOINT

PINCHED NERVES CANNOT

TRANSMIT HEALTHFUL

IMPULSES, CHIROPRACTIC ADJUSTING TO MOVES THE PRESSURE.

Osteopath's Son Gets Chiropractic.

f Dr. R. D. Grant was takwhile his father was away ome. An M.D. quarantined the Grant was called home and for a chiropractor who was rly an osteopath, and by chironinal adjustments the boy benvalescent in three days and e fourth took an automobile ride. report in the Chiropractic Re-

> YOUR APPOINTMENT FOR HEALTH

can be made to-day.

W. H. MacPHERSON.

THE UPPER NERVE IS 11 Atlantic Avenue.

6-MONDAY. St. Leonard. Carbon-ear destroyed by fire, 1869. S.S. Tiber in collision with schooner Maggie in Narrows; 13 lives lost,

7—TUESDAY. Big fire Water Street, St. John's; 130 buildings burnt, 1817. Second battle of Gaza, 1917. Kiel Canal Mutiny, 1918.

-WEDNESDAY. John Milton died, 1674. W. Clark Russell (novelist) died, 1912. British crossed the

9-THURSDAY. King Edward VII born, 1841. German cruiser Emden destroyed by H.M.S. Synney, 1914. German Revolution,

Nivelle, 1813 Abdication and flight of Germany Emperor, 1918.

mas. Mons occupied, 1918. SUNDAY. 22nd after Trinity. Heavy fall of snow St. John's. 1881. Schr. Marian St. John's to Change Islands lost with all

Mr. Pepy's Writes.

You have told me, Sir, how many of those that write you have desired to know why it is that I do no longer indite my journal, and, indeed, Sir, I see in late issues of your sheet, how your scribes from Salvage and Whitbourne, so make mention of me, and all this doth so please my vanitie, as to make me to brave my wife's anger,

fice of this country, as was my great ancestor, Samuel Pepys of the British Admiralty, I must soon take a journey to raise a fleet that will combat the threatened invasion of our towne, but upon my return, Sir, perhaps it may be that I shall once more send you my journal And indeed, Sir, should I do this then shall I requestyou that you call it "Pepy's Behind the Scenes," a suggestion which a lady that is well known in this towne did make to me. And so, Sir, I shall now bid you farewell and would ask you that you be so kind as to call me

Your most humble, obedient servant, SAMUEL PEPYS.

Ex. S.S. "Manoa" from Montreal:

"GILT EDGE" BUTTER—56 lb. Boxes. "GILT EDGE" BUTTER—28 lb. Boxes.

LARGE and TWIN CHEESE.

PRIME TIMOTHY HAY. CHARLOTTETOWN WHITE OATS-4 Bushel Sacks.

LOWEST-PRICES.

McNamara.

Queen Street.

Morey's Coal is Good Coal!

In Stock, Best Grades of North Sydney Screened, Scotch Household and Anthracite

COAL.

MOREY& Co., Ltd. 

Three Years in the Public ervice-The Evening Telegram The Week's Calendar.

NOVEMBER\_jith month\_30 days.

Scheldt, 1918.

10-FRIDAY. Martin Luther born, 1483. Hogarth born, 1697. Oliver Goldsmith born, 1727, Battle of

-SATURDAY. St. Martin. Armistice Day. Remembrance Day. Martin-

MAY CONTINUE HIS DIARY.

Editor Evening Telegram.

Sir \_I hear from divers sources of the great desolation which the adthe great desolation which the adscence of my journal from your sheet has caused to many that did read it, and despite the unwillingness of my and despite the unwillingness of my wife that I should so do, being that she would not have her private affairs noised abroad, it doth seem like that I shall publish it again.

As my official under the Navy Ofto the minds of your readers. I am,

Just Folks. By EDGAR A. GUEST.

WHEN I WOULD REST.

times when night has settled And shut away the noisy town, I take it in my head to look And ramble through an ancient book A restful hour thus spending. But surely as I settle there In comfort in my easy chair There comes this order ringing clear.
"I wish you'd go at once, my dear, The furnace fire needs 'tending!'

If I should lie me down to doze, And snatch a little sweet repose, To lose myself to pain and strife, The barter and the trade of life And all its hate offending; The moment that I close my eyes I then am called upon to rise And she will whisper sitting there: "I wouldn't go to sleep, my dear, The furnace fire needs 'tending!"

From sere October unto May The furnace runs the live-long day Unseen; unhelped by mortal hand It does its work to beat the band And keeps the heat ascending; It seems to need no touch of care Until I find my easy chair And settle down, and then I hear Her one Insistent cry: "My dear, The furnace fire needs 'tending!"

There is no perfect peace, they say, No one untroubled lives his day Life's irritations catch us all,
The rich and poor, the great and From which there's no defending. Yet why, I wonder, should it be One restful hour's denied to me,

Why must this always interfer Police Transferred

SOME NEW APPOINTMENTS MADE.

District Inspector Peet who has en stationed at Curling for the past ive years, returned to the city by yesterday's express, having been transerred to St. John's. Head Constable Cox of Carbonear replacing him. Owng to this change having been made everal other appointments have come nto effect. Sergt. March of Old Perican goes to Carbonear, while Const. Forsey of Manuels will take up his luties at Old Perlican. The many lends of Dist. Inspector Peet will be lighted to hear of his return to the

For Gentlemen of good taste

## BXCEL" Boots For Fishermen.

THE REPORT OF THE PROPERTY OF THE PARTY OF T

The Fishermen's Friend.

"Excel"

RUBBER BOOTS

have seven special features in their construction which make them far superior to any other make of Rubber Beets on the market.

1st-Excel Boots

Are made all in one piece.

2nd—Excel Boots

Have heavy double soleruns all the way under heel.

3rd—Excel Boots

Have reinforced 7-ply tops, to prevent cracking and wrinkling.

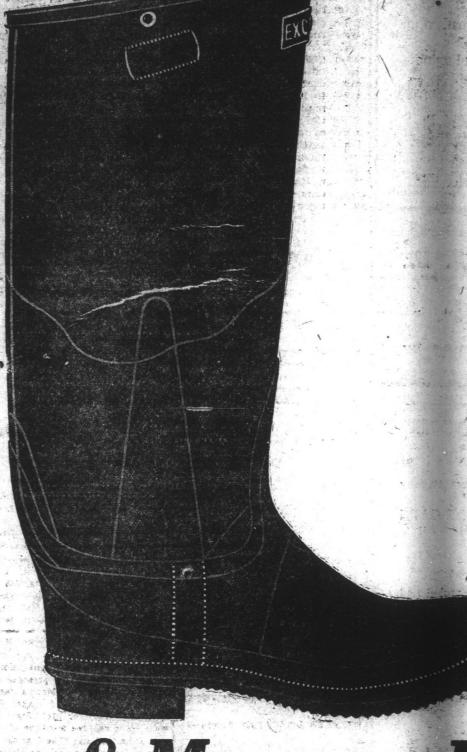
4th—Excel Boots Have 8-ply heavy tire tread

5th—Excel Boots Have 5-ply uppers to prevent

6th—Excel Boots Are vacuum cured under heavy steam pressure to withstand hard wear.

7th—Excel Boots

Are made of pure live rubber, soft and pliable.



## "Excel"

**RUBBER BOOTS** are sold by all Reliable Dealers from coast to coast.

> LOOK FOR THE LABEL

> > EXCEL

Stocked in **SHORT RUBBER BOOTS** 

for Men and Boys. STORM KING RUBBER **BOOTS** 

for Men and Boys.

If your dealer cannot supply them, drop a card to PARKER & MONROE LTD., Sole Agents.

## Parker & Monroe, Lta.

Agents for Newfoundland.

## S.S. Bethlehem Still At Port aux Basques.

CAPTAIN SUFFERS INJURIES.

The disabled s.s. Bethlehem, which was convoyed by s.s. Kyle into Port aux Basques some ten days ago, having been picked up three miles off

tion articles, consisting of

RUBBER and CORTON HOSE

FIRE EXTINGUISHERS, IMPS,

GALV. SHEET IRON.

BLACK SHEET IRON.

AXES, ASBESTOS,

Channel Head, still remains in the same position. The ship is leaking mail from Channel that Cant. Llewellyn Bragg, while effecting repairs to the damaged rudder head, at the

time of the accident to the steering

Bowring Bros., Ltd.,

Hardware Department

We are showing a full line of Fire Protec-

Plain and Wire bound.

FIRE SCREENS, GALV. BUCKETS,

STOVE PIPE, ELBOWS,

. ASBESTOS, CEMENT,

Bowring Bros., Ltd.,

Hardware Department

MILLBOARD, ETC.

quadrant met with a very painful injury to his right hand, having one badly, having a big list to port. finger completely torn from its sock-Nothing has been decided upon as et, while the hand itself is left in an yet re a statement of claim that had almost helpless condition. Captain been forwarded by the Reids to the Bragg is a son of Mr. M. Bragg of agents. Word has been received by H.M. Customs, Port aux Basques.

Have you a Suit or Overcoat to be made. Bring it to FAR-RELL THE TAILOR, Adelaide Street. First class work at moderate prices.—sept28,tf

Digby from Liverpool. HAD A STORMY PASSAGE.

S.S. Digby, Capt Chambers, arrive in port at 7 a.m. yesterday after a

somewhat stormy passage of 8 days. Variable winds and heavy seas were encountered all the way across. The Digby picked up the Canadian Seigneur's distress call on Thursday last for about 150 miles. Later, however, word that the Meigle was going to her assistance was received and the Digby continued to port. The ship brought a part cargo and the following passengers:-L. Blackstad, Mrs. J. S. Caldwell, Miss M. Curtin, A. I. Elliot, A. P. Lidstrom, Miss H. A. Lilly, H LeMessurier, W. H. Quantrell, R. and Mrs. Winter.

Gale Severely Felt:

SCHR. LOST AT COACHMAN'S COVE. Saturday stating that the recent gale was severely felt on the North East Coast, the sea being the worst seen in years, and much damage to flakes and fishing gear was caused. The schooner C.C.C. owned by Jas. Norris & Sons, was driven ashore at Coachman's Cove and became a total wreck, the crew, however, getting safely ashore

JOHN'S GROCERY STORES.

By to-day's train:

Fresh Rabbits.

Fresh Partridge, \$1.00 Brace. **Finest Family Beef** 

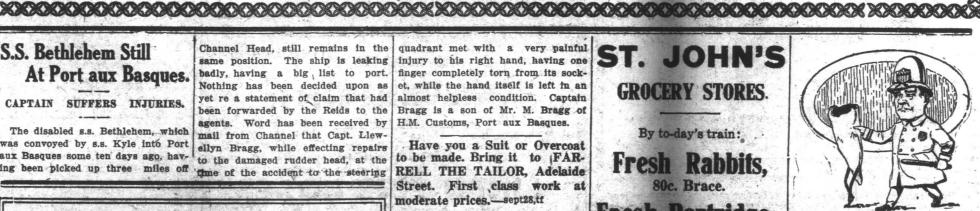
Fat Back Pork,

Potatoes. Cabbage

DUCKWORTH STREET and LeMARCHANT ROAD.

Jersey Rolled Oats.

OATS are aperior quality. Ask or a package. Try all Rolled Oats.



This Uuruly Member generally starts a riot at midnight drumming up recruits all along the line in an always losing battle. Be wise-seek the

FINEST DENTAL WORK be had-right here in our office where the skill will redeem an unruly

DR. LEHR,

329 Water St. Specialist in Extracting and Plate Work.

Grove Hill Bulletin

hrysanthemums from . 50c. up alendula from . . . . 50c. up Snap Dragon from .... \$1.50 up 'A good selection of Pot Plants, Lettuce and Celery.

J. G. McNEL.

P. O. Box 792