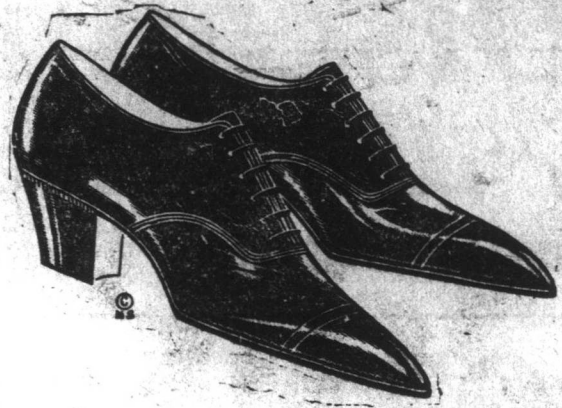


Smart Footwear

With the Wearing Quality and Comfort for Ladies.



Ladies' extra quality Patent Leather Lace Oxford, Goodyear Welt, Solid Leather Inner and Outer Soles; very comfortable Last, \$7.00 Pair.

Ladies' very fine Soft Kid Lace Oxford, flexible Goodyear Welt, Solid Leather Inner and Outer Soles; very comfortable and easy walking Shoe, \$7.00 Pair.

Ladies' fine Kid Goodyear Welt, 1-Strap Shoes, Solid Leather Inner and Outer Soles, in Cuban and Military heels, \$6.50 Pair.

F. Smallwood

THE HOME OF GOOD SHOES

218 & 220 Water Street.

REMOVAL NOTICE

THE QUEEN INSURANCE COMPANY

— AND —

GREAT AMERICAN INSURANCE CO'Y.

HAVE REMOVED TO NEW PREMISES

137 WATER STREET

FACING PRESCOTT STREET.

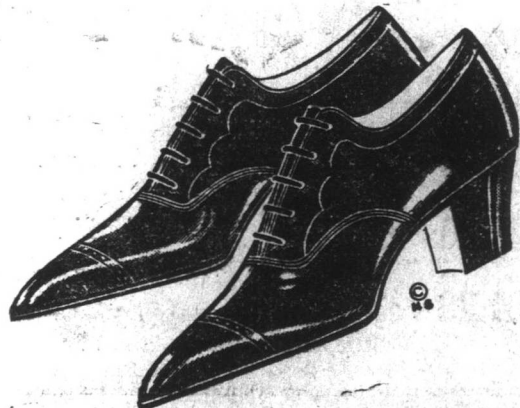
GEO. H. HALLEY, LIMITED, Agents.

PHONE 658 P.O. BOX E-5078

may 29, 1924, m. t. f.

White Canvas FOOTWEAR

For Ladies, Misses and Children



Ladies' White Canvas Pumps and Lace Oxfords, high heel. Only \$1.50 Pair.

Ladies' White Canvas Lace Oxfords, low heel—\$2.50 Pair.

Ladies' White Canvas Lace Oxfords, Cuban heel—\$2.75 Pair.

Ladies' White Canvas Strap Shoes, at \$2.00, \$2.75 and \$2.90 Pair.

Ladies' White Canvas and Black Kid trimmed, Goodyear welt, Cuban heel Lace Oxfords—\$3.00 Pair.

Ladies' White Canvas Rubber Sole Shoes. Only \$1.20 Pair.

Misses' White Canvas Strap Shoes, at \$2.00 and \$2.50 Pair.

Misses' White Canvas Rubber Sole Shoes, at 75c. and \$1.00 Pair.

Child's White Canvas Strap Shoes, at \$1.75 and \$2.25 Pair.

Child's White Canvas Rubber Sole Shoes, at 65c. and 90c. Pair.

Infants' White Canvas Lace Boots. Only \$1.20 Pair.

June 21, 1924

F. Smallwood

HOME OF GOOD SHOES

218 & 220 Water Street.

The Landing of Field Marshal Earl Haig

The S.S. Caronia, bringing Field Marshal Earl Haig arrived in port and dropped anchor in the stream at 7.30 a.m. yesterday. Two hours later, 9.30 a.m., the official landing of the distinguished soldier took place at the King's Wharf. An immense crowd thronged the waterfront and various points of vantage to witness the ceremony. The different Boy's Brigades under separate commanders with bands War Veterans, Scouts, Girl Guides and Mounted Police paraded to appointed stations shortly before 9 o'clock and lined the route to Government House via Cochrane Street. Preceding the landing, Colonel Nangle, President of the G.W.V.A., with Capt. Simpson went out to the Caronia, from which they were transferred with Earl and Lady Haig, Col. Talbot, D.S.O., M.C., A.D.C., and Captain Victor Gordon, High Commissioner, to H.M.S. Constance. From the warship the party came ashore in a cutter. As they neared the landing place a salute was fired from the Constance, a bugle call sounded and the guard of honour consisting of 100 veterans in full marching order which were stationed on the wharf came to attention. When the party reached terra firma, arms were presented and greetings were exchanged with a number of naval officers, following which the Field Marshal inspected the guard of honour. A feature of the guard was "Sailor" a Newfoundland dog in charge of Sergeant Maurice Taylor. "Sailor" behaved admirably, maintaining his dignity even when being patted on the head by the Earl. Following the inspection, the distinguished visitor met and shook hands with the Executive of the G.W.V.A., the Veterans' Week Committee, the Prime Minister, Hon. W. S. Monroe, his Lordship Chief Justice Horwood, Mr. A. E. Hickman, leader of the Opposition, Mayor Cook and City Councillors, the American Consul and Vice-Consul, the French Consul, members of the Executive Government, and other distinguished citizens. At the conclusion of the ceremony Colonel Nangle on behalf of the War Veterans presented Lady Haig with a beautiful bouquet of flowers, following which the party boarded the Governor's motor. As they drove off to Government House cheers were called for and given with a will. After the party had reached Government House the various units lining the route attended service at their respective churches.

The Sun May Save You Life!

OUR MEDICAL CORRESPONDENT ON HOW LIGHT HELPS THE DOCTOR.

In this country, and more especially in certain of our cities and manufacturing towns, the hours of bright sunshine are so limited during a large part of the year that we should know how to make the best of it while the spring and summer months permit.

It is only within recent years that the health-giving and curative value of sunlight has come to be generally understood, and the handicap under which the youthful inhabitants of the slums of our smoky and sunless cities labour in respect of growth and normal development realized. In the absence of a sufficiency of pure sunlight such diseases of nutrition as rickets and surgical tuberculosis flourish and space. For sunshine has a profound influence on nutrition.

Rays That Make us Grow.

It is, of course, the light and not the heat of the sun that has the effect. Some of the most striking effects upon the blood can be reproduced by an electric arc-lamp. The light stimulates, feeds the blood, modifies its chemistry, and works other wonders not yet fully understood.

For instance, there are in our blood many millions of tiny floating discs, which are called the blood platelets. These are quite different from the well-known red and white blood corpuscles. They are much smaller, and have not been much heard of outside physiological laboratories. It has been discovered quite recently, however, that if the number of these blood platelets becomes diminished, all kinds of ailments soon develop. The skin becomes blotchy, all kinds of inflammations appear, and illness gradually supervenes.

All this can be prevented by living in the sunlight and eating fresh foods like butter, milk, and eggs, which, of course, owe their virtues originally to the sun. Sunlight is in fact the equivalent of food, and can prevent or cure such a crippling and deforming disease as rickets even when the diet is such as otherwise invariably produces the disease. A measurable equivalence can be indicated between certain doses of sunlight and certain doses of cod-liver oil in their influence on nutrition.

It is the ultra-violet rays which are bundled up with sunlight that do all this. They also stimulate growth. The children of industrial England, or industrial Europe, removed to the sunlight of Australia or the Argentine, put on an extra two inches to their stature in the next generation.

Now one of the remarkable facts about these ultra-violet rays is that it is not actually necessary to apply them directly. If a volume of air is ultra-violet rayed, or if a piece of radium is suspended in it to produce the same effects on the air more immediately, the air itself appears to become curative.

The red and ultra-red, or heat-producing rays of the sun, on the other hand, cause enervation and depression, and are likely to cause congestion of the lungs, loss of appetite, sleeplessness, and fever. In hot summers undue exposure to intense sunlight is injurious.

It is obvious, therefore, that in order to obtain the many advantages of sunlight care must at the same time be taken to obviate its possible disadvantages. The sun-cure cannot be practised without some knowledge and caution. People must not run away with the notion that all they have to do is to strip their children or convalescent patients and put them into the blaze of the sun so long as it shines. The rule is to proceed cautiously and by degrees. Begin by exposing the feet only, for only five minutes at a time, to the sunlight, say, three times on the first day; and so, by slow stages, beginning with the limbs, proceed until the whole body can, at the expiry of two weeks, be exposed for about three hours.

WANTED—A Second Hand Dictaphone. THE COWAN BROKERAGE CO., LTD. June 28, 1924.

No smoke; no odor about the house when frying fish with Crisco.—adv.

SIDE TALKS.

By Ruth Cameron.

A WOMAN WHO IS GAME.

One of the people for whom I feel the very greatest respect whenever I meet her or see her on the street or in the trolley car is the woman who somehow in a bag, in spite of everything, to keep herself up.

You know the kind of woman I mean. She has an elderly father and mother whom she must help to support on her salary as a bookkeeper or teacher and help care for in her spare time; or she is married to a man who earns \$30 or \$35 a week and has five children to feed and clothe out of that.

She works exceedingly hard. One does not see how she can possibly have any margin of money or time or strength to use for anything that is not absolutely pressing. If she neglected her personal appearance and went about in shabby, untidy clothes, one would say: "Well, you can't blame her. What time or money has she left to spend on herself?"

The Crowning Achievement.

But she doesn't neglect herself. She does her duty by the rest and then crowns it by doing her duty by herself.

Somehow or other she manages to keep herself tidy and attractive. Her shoes are never run down at the heel or lacking in polish. Her nails are never neglected. Her hat may be cheap but it has that touch of smartness that the gifted woman can somehow

achieve out of next to nothing and her sister can somehow miss with everything to do with. Her hair is always waved and done in the latest, or, at least, the next to latest fashion.

She Always Knows the Latest. Her suits and frocks and blouses are, perforce, very inexpensive, but they are not dowdy and she always manages to smarten them up with some of the latest accessories—the newest thing in scarfs or the latest thing in handbags or veils.

How she always knows what the latest thing is it would be very hard to tell, but she always does. She can hardly have much time to study the shops or the fashion magazines. I think it must be a sixth sense, perhaps a gift that some fairy godmother who knew this child was going to have a hard row to hoe, bestowed upon her at birth.

Hats Off to Her.

And then she has the gift of wearing her clothes properly. She stands well, she has a self-respecting manner and a certain air of being in the style which gives her distinction.

You know the woman I am describing. Not the individual of course, but the type, for you see her everywhere.

And if you feel about her the way I do you greatly admire the spirit that makes her what she is. She might use the other demands upon her as an excuse but she is too game to do that. She asks no special consideration. She is willing to be measured by the same standards by which women with half her leisure and opportunity are measured. And she stands up to them. Hats off to her I say.

SAILING TO-MORROW.—The American warships, Brooks and Hatsfield, will sail to-morrow afternoon after the Memorial Service. Owing to the fact that America's Independence Day falls on July 4th, it was decided that all three ships would leave. This morning, however, arrangements were made with the American Admiralty to

allow the U.S.S. Lawrence to stop over.

Pelly's Brick will be delivered on your job the right time, right quality, right quantity, and price suit you; apply HUDSON JAMES, MILL Bridge, City. Phone 1035. MAY 13, 1924.

First Night of Earl Haig Week! Ain't We in Line?

A REAL BIG ENGLISH PRODUCTION.

"TAKE ME BACK TO BLIGHTY"

Tiddely-Iddley-Ighty—Two Blokes and a Gal from Blighty became two Gents and a Lady—Good-bye Blighty.

FROM LEICESTER SQUARE TO GAY PAREE
THE FUNNIEST BLOOMIN' CINEMA YOU EVER DID SEE."

Produced in ten uproarious parts, with BETTY BALFOUR. The Darling of the Old Country.

WEDNESDAY AND THURSDAY—IRISH NIGHT.

NOTE:—NO ADVANCE 'N PRICES.

Admission : : : : : 20c

Imperial Tobacco Co.



B.C.

Important

Tobacco experts call the 1922 Burley crop "The best ever grown in Kentucky."

Our tobacco purchasers were fortunate in securing a large quantity of this 1922 high-grade leaf, which is being used exclusively in the manufacture of B. C. Slice Cut Plug. Every tin is now sealed with the "special" orange label which denotes the best Slice Cut Plug obtainable in perfect smoking condition.

B.C.

B.C.

ANNOUNCING

Racine Balloon Tires

Interchangable with present rims; no added expense.

Maximum riding comfort at a minimum price.

JOB'S STORES, Ltd.

AGENTS

Life

"Life is fun; Life's a lark; A little sun; A little dark;

"A little joy; A little pain; Always song-birds After rain;

"A little toil; A little resting; Serious hours And hours for jesting;

"Not enough sun? Too much dark? Still, life's fun! Still, life's a lark!"

Mary Carolyn Davies, in the Christian Guardian.

NOTICE!

EAST BOSTON, MASS.—HALIFAX, N.S.—ST. JOHN'S, Nfld.—NORTH SYDNEY, N.S. Steel Steamship "SABLE I" will

Leave East Boston	2 p.m.	June 17th	July 1st
Due Halifax	7 a.m.	June 19th	July 3rd
Leave Halifax	2 p.m.	June 20th	July 4th
Due St. John's	midnight	June 22nd	July 6th
Leave St. John's	2 p.m.	June 24th	July 8th
Due North Sydney	8 a.m.	June 26th	July 10th
Leave North Sydney	2 p.m.	June 28th	July 12th
Due Halifax	2 p.m.	June 27th	July 11th
Leave Halifax	2 p.m.	June 28th	July 12th
Due East Boston	6 a.m.	June 30th	July 14th

Fares on application; reservations now accepted. Apply HARVEY & CO., LTD., St. John's, Nfld. June 13, 1924, t. f.

MINAR'S LINIMENT RELIEVES NEURALGIA.

ADVERTISE IN THE EVENING TELEGRAM.