

DRESS WARM!

Avoid those unpleasant chills and colds—invest in the surest safeguard—GOOD UNDERWEAR. We are offering a huge stock of the undermentioned articles much under present value while they last.

LADIES' CAMBRIC UNDERWEAR.	
Knickers	55c. to \$1.90
Nightgowns	\$1.55 to \$4.75
Underskirts	\$1.10 to \$4.65
Camisoles	70c. to \$2.45

LADIES' FLANNELETTE UNDERWEAR.	
Nightgowns, White	\$1.30 to \$3.15
Nightgowns, Stripe	\$1.50 to \$2.40
White Knickers	60c. to 95c.

LADIES' WINCEYETTE UNDERWEAR.	
White Nightgowns	95c. to \$1.25
White Knickers	95c. to \$1.25

Ladies' New Knit Vests and Pants, 70 cts. to \$2.95 a garment.

SATIN Underskirts,
\$1.60 to \$3.80.

SILK Underskirts,
\$5.50 to \$7.00.

LADIES' FLEECE LINED CORSET COVERS
only 55c. each.

LADIES' EIDERDOWN DRESSING JACKETS,
\$1.80 to \$3.80.

LADIES' EIDERDOWN DRESSING GOWNS,
\$3.70 to \$9.50.

Ladies' Moire Underskirts,
85c. to \$5.30.

Black Sateen Underskirts,
67c. to \$3.80.

BISHOP, SONS & COMPANY, LIMITED.

PHONE 484. MAIL ORDERS RECEIVE CAREFUL CONSIDERATION.

War Rations in Washington and Berlin.

U. S. Food Administrator Hoover has just issued a ration card to be hung in the kitchens of the well-to-do, giving the weekly allowance to which it is hoped each person in the family will restrict consumption. From Berlin comes the news of the food allowance at present dictated to the residents of the German capital. These two rations are given below:

IN UNITED STATES.

Per Week, Per Person.
Meat, including fresh, salted, tinned, and hashed beef; mutton, lamb and veal—Two and a half pounds gross weight.

Pork—One half pound.
Butter—One half pound.
Cooking and kitchen fats—One half pound.

Wheat flour, for use in gravies and sauces—One half pound.

War bread—Three pounds.
Sugar for table use, cooking, candies and sweetmeats, but not for canning and preserving—Three quarters of a pound.

Articles of food which may be used "as much as desired" are:
All kinds of oysters and sea food, poultry and game, corn meal, oatmeal, rice, hominy, barley and rye, milk, fresh and dried vegetables and fruits, and cream or top milk for table use only.

IN GERMANY.

Per Week, Per Person.
Potatoes, 7 pounds.

IDEAL FOR ALL BRANCHES
OF SERVICE.



AutoStrop
SAFETY
RAZOR

THE AutoStrop
Safety Razor is
always in the
pink of condition—
so perfect that "once
over" will remove
with comfort every
particle of hair.

It is kept in that
excellent condition
by means of its stropping
feature—it is the
only razor on the mar-
ket that sharpens its
own blades automati-
cally.

Guaranteed to Satisfy
COMPLETE OUTFIT
\$5.00
AT ALL STORES
AutoStrop Safety
Razor Co., Limited
83-87 Duke St., Toronto, Ont.



Bread, 4 1-3 pounds.
Meat, 9 ounces.
Butter or oleomargarine, 2 1-2 ounces.

Of these articles only potatoes and bread can be counted upon. Meat is frequently unobtainable, and only on certain days is there butter.

Milk is allowed only to children and old persons.

There is little coffee or tea.

One is entitled to an egg a week, provided he can find the egg.

Only the soldiers and the very rich are sure of tobacco.

Almost the entire production of sugar is taken over by the Government.

German bread at present is made mainly of rye. It is hard and almost black, but not unpalatable.

Milady's Boudoir.



AGE AND HANDS.

Sometimes we are obliged to wonder where all the "old ladies" are living. In this world of war and woman suffrage. We can no longer find the old lady in the bonnet and shawl in the big cities, even in the smaller towns she is quite a rarity. If women but only realized it they would find that there is more necessity for fussing and caring for ones grooming when one is fading, than when one possesses radiant youth.

The hands need attention most as we climb the years. Neglected hands frequently show evidence of a woman's age before the face, to which latter she gives more attention. To conceal the age line at the wrist, long cuffs or soft lace ruffles should be worn that come well down toward the knuckles. The nails should receive care, especially if one has to do housework, both household tasks and age make the nails brittle, but if one is thoughtful about the nightly rub of cold cream, and the daily use of good soap, the nails will remain young even after their day of youth has sped.

For an exercise to strengthen the wrists and make them supple choose one that works other muscles as well. Those of us who have fat and pudgy shoulders will be glad to know that we can get rid of some of the extra fat while limbering up our wrists. This result is easy of achievement if the following exercise is perseveringly practised.

Stand erect with arms out at sides on a horizontal line with the shoulders. Clench each hand into a fist and stiffen all the muscles. The closed fist will, of course, be toward the floor, the back of the hands up. Now turn each hand until the closed fist is facing up and the back of the hand is toward the floor, in fact, if you can turn the fist a little toward the back after facing it up, all the better for the shoulders, arms and wrist. You should feel a decided strain at the shoulders.

Everyday Etiquette.

"How long should a formal call last and should the caller remove her wraps?" asked Mabel.

"Formal calls last from fifteen to twenty minutes and one should not remove her wraps as a general rule," answered her mother.

When you want Sausages, why—get ELLIS'; they're the best.

M. C. L. I.

The weekly debate of this institution at its room last night was of more than ordinary interest, the attendance being one of the best for the season. The question discussed was:—

"Resolved that at this session of the Legislature the Government should enact an eight-hour day for all employees of the Civil Service, factories, mines, mills and mercantile establishments."

The affirmative side was upheld by Messrs. G. F. Grimes, M.H.A.; Joseph Baggs and George Evans, who submitted most exhaustive arguments in favour of the resolution, a summary of which is here given:—

The 8-hour day has been introduced in many countries and has worked successfully; production has not been lessened but increased on this basis; which means more leisure time in which the workman may improve himself; means more money by giving more men opportunities to work; prevents long hours which break down powers of moral resistance, and stands for an increase of wages.

The negative side was in charge of Messrs. George Peters, H. Wyatt and James Bowden who submitted the following per contra argument with equally convincing force. (a) This question calls for present legislation, but the time is not opportune because extra shifts are now unobtainable, so many men having gone overseas, and beside factories are now running overtime the demand being greater than the supply; (b) To pass such a bill under existing abnormal conditions would add to the already increased cost of living; (c) Such a law could not be made apply to mills, on account of the many difficulties of logging and driving, the number of hours work being dependent on climatic conditions and not on the clock. Other arguments of the affirmative side were dealt with in an able manner.

Capt. Kean occupied the chair during the debate. Additional speakers were Rev. N. M. Guy, Messrs. J. Moore, S. Woods, H. Bussey, S. R. Penny, W. H. Peters, A. Edgcombe and W. White. The negative won by a small majority.

When the President took the chair he extended a welcome to Mr. W. A. O'D. Kelly representing the N. I. W. A., who responded in a pleasing manner. Next week's subject will be:—"Resolved that the present European War will be a benefit to mankind."

Piles Cured in 6 to 14 Days
Druggists refund money if PAZO OINTMENT fails to cure Itching, Blind, Bleeding or Protruding Piles. First application gives relief. 50c. tri.

Bell Island Curlers Coming.

Mr. A. H. Salter, Secretary of the Curling Club, received a message from the Bell Island Curlers yesterday, stating they would arrive in town next week to take part in the "Big Day" in aid of the W. P. A. On Wednesday night the Islanders will play the city team for the Town Cup which was won by the city with a small margin last year. The Iron men have some good material and are in hopes of taking back the trophy this season.

Lavender of all tones is very much in evidence.

Bright Eyes

Indicate buoyant health. When the eyes are dull, liver and bowels need regulating. Quickly restore healthy conditions with a dose of two—**in time—of**

BEECHAM'S PILLS

Largest Sale of Any Medicine in the World. Sold everywhere. In boxes, 25c.

A Night With Moore.

Last night at the Aula Maxima, Mr. P. K. Devine read a very interesting paper on "Tom Moore the Poet." His Grace the Archbishop, Rt. Rev. Monsignor McDermott and Rev. Fr. Conway were among those present. Immediately after the lecture selections of Moore's most popular melodies were sung by Messrs. Leo C. Carter, Jas. MacDonnell and Mr. Dawson. Misses L. Brown, Mary Ryan, A. Aylward, Stella Shaw. Miss Mary Devine played some instrumental selections from Moore as an introduction to the lecture. The song accompaniment being played by Misses Brown, Ryan and Williams. Miss E. Morris and Miss Maggie Furlong who were in charge of the entertainment in aid of the Presentation Convent deserve great praise on the success achieved.

Honors and Awards.

The following decoration has been graciously awarded by His Majesty the King:—

Military Medal.
1733—Private T. A. Pittman, for operations of 20th November.
Yours truly,
J. R. BENNETT,
Acting Minister of Militia.

Doing Well.

The Minister of Militia received the following cable from the Pay and Record Office, London, dated 13th February:—

"Capt. Keegan called at this Office to-day looking well. Expects to be transferred to 'Convalescent' Home, Wimbledon, in a few days."

Yours truly,
J. R. BENNETT,
Acting Minister of Militia.

Resolution.

At the annual meeting of the Society for Protection of Animals, Feb. 1918, His Excellency the Governor being in the chair:

It was moved by the President, seconded by Mr. B. E. S. Dunfield, B.A., and carried unanimously:

"This Society records its grateful remembrance of the gratuitous and ever ready services of Lieut. Norman A. Outerbridge, its Honorary Treasurer from the date of its incorporation until—disregarding brightest prospects and all that life holds dear—he heroically took up arms in defence of home and Empire."

"He was with us at our annual meeting in 1916."

"When he sailed with his draft we assured him of our certainty that he would follow 'Quo fas et gloria ducunt' (Whither Fate and Glory lead). In full measure has he justified that confidence."

"Our annual meeting of 1917 sent him its resolution of our warm wishes for his welfare. In the first week of April he sent us kindly acknowledgment of our greetings."

"Although he was wounded more than once on the 14th of April at Monchy le Preux while leading a charge, and later tidings are uncertain, hope is cherished that he may be with the Prisoners of War."

"All who knew Norman Outerbridge recognised in him the beau ideal of the British officer."

"Comely, athletic, chivalrous, a very gallant English gentleman," his was a soul too great to brook surrender, if he were not desperately wounded."

"And so, hoping still, the Society tender to Mrs. Outerbridge, his parents, the venerable Doctor Shea, and the family its very sincere sympathy in their terrible suspense."

(Signed),
GEO. M. JOHNSON, President.
CYRIL J. FOX, Hon. Secretary.

MINARD'S LINIMENT CURES GARTER IN COWS.

Currants are Practically all Cleaned Up!

We recommend Griffin's

Seedless Raisins.

To make good bread you better use them. Seedless not Seeded.

"BLUENOSE" BUTTER—Taste "Bluenose" for yourself.

The meal that counts in these meatless days is PORK & BEANS—Armour's, Clark's and Libby's. Try a tin right now.

Ayre & Sons
LIMITED

Phone No. 11.

GROCERY DEPARTMENT.

Phone No. 11.

A. & S. RODGER'S

GREAT CLEARANCE SALE!

Expiry of Lease. Everything has to go this month.

Special for this week:

**Men's Felt Hats,
Men's White and Fancy Shirts,
Men's Collars and Ties.**

You won't get this opportunity every day. Don't Miss It.

A. & S. RODGER.

Beans! Beans!

Choice Rangoons, 112 lb. sacks.

Selected Hand-Picked, 224 lb. sacks.

Wholesale Only.

HARVEY & CO., Ltd.



CORSETS, to

And they offer you the same good pronounced "The Ideal" for appearance, take your choice; pick your own favorite. White Sale prices are in force; from values will be found here.

Regular 65c.	White Sale Price
Regular 85c.	White Sale Price
Regular \$1.10.	White Sale Price
Regular \$1.45.	White Sale Price
Regular \$1.70.	White Sale Price
Regular \$2.00.	White Sale Price
Regular \$2.50.	White Sale Price
Regular \$2.90.	White Sale Price
Regular \$3.50.	White Sale Price

Children's Un

Serviceable Little White Lawn Undergarments, made with embroidery and hemstitched with body, to fit girls. Reg. 40c. White Sale Price

Regular 65c.	White Sale Price
Regular 85c.	White Sale Price
Regular \$1.10.	White Sale Price
Regular \$1.45.	White Sale Price
Regular \$1.70.	White Sale Price
Regular \$2.00.	White Sale Price
Regular \$2.50.	White Sale Price
Regular \$2.90.	White Sale Price
Regular \$3.50.	White Sale Price

DIRECTOIRE KNICKERS.

Ladies' White Fleece Directoires, shapely undergarments, well finished, elastic at waist and knee; seasonable and more than reasonable in price. Reg. 70c. White Sale Price

Cream Wincey Nightg

Made up just as attractively as the Nightgowns, with V or square neck yokes, silk trimmed; others embroidered; good roomy sizes. Unbeatable.

Regular \$2.10.	White Sale Price
Regular \$2.40.	White Sale Price
Regular \$2.80.	White Sale Price
Regular \$3.20.	White Sale Price
Regular \$3.60.	White Sale Price
Regular \$4.00.	White Sale Price
Regular \$4.40.	White Sale Price
Regular \$4.80.	White Sale Price

WHT. FLANNEL NIGHT

Regular \$10.20. White Sale Price