

Saturday's Cut Prices.

CONDENSED LIST.

\$4.00 Men's Boots, Fine quality	3.60	15c Women's Vests, White Cotton	13c
Sizes 9 to 13			
To \$1.65 Boys' Boots,	1.40	35c Women's Hose, Plain and Ribbed	28c
To \$1.90 Boys' Boots,	1.65	55c Women's Hose, Plain and Ribbed	48c
Sizes 1 to 5			
25c Men's Socks, Navy, Tan and Black	15c	80c Ladies' Blouses, Black Saten	64c
40c Men's Shirts, Balbriggan	34c	18c White Shirting, Horrockses	15c
35c Men's Ties, Splendid assortment	29c	35c Table Linen, Bleached	29c
8c Boys' Collars, Sailor and Eton	6c	60c White Sheetting, 56 inches wide	52c
90c Men's Shirts, White Canvas Cloth	75c	40c Table Covers, Marcella and Honeycomb	34c
95c Men's Shirts, White and Fancy	80c	\$2.00 Lace Curtains, 3 1/2 yards long	1.65
To 60c Men's Glov's, White Kid	25c	\$3.00 Women's Boots, Finest quality	2.40
18c Men's Collars, Four fold Linen	14c	Ladies' Belts, Job Line	16c
16c Men's Handkerch's, Linen Cambric	12c	14c Curtain Net, 42 inches wide	11c
45c Men's Braces, Tokio straps	37c	20c Turkish Towels, White only	16c
\$1.50 Men's Umbrellas, Wood and Steel Rod	1.30	\$2.00 Hearth Rugs, Size 27 x 63 inches	1.65
\$1.50 Men's Hats, Hard Felt, Job line	1.05	\$3.00 Hearth Rugs, Size 30 x 70 inches	2.25
To 60c Boys' Caps, Fancy Tweed	25c	60c Ladies' Underwear, White Merino	52c
\$1.25 Men's Pants, Cotton Tweed	1.10	Ladies' Corsets, Special	55c
\$2.60 Men's Pants, Fancy Worsted	2.30	8c Ladies' Handkerchiefs, Assorted	6c
75c Women's Blouses, Colored Linen	60c	Hat Pins, Job Line, 3 for	8c

1 lb. Tins French Coffee, regular 28c.....for 25c.
1 lb. Fancy Cannisters Tea, regular 50c.....for 45c.
Large Tins Green Peas, regular 20c.....for 18c.
Tins Alvina Salt, regular 10c.....for 8c.

THE ROYAL STORES LIMITED

The Most Dangerous Animal in the World.

The Common House-Fly.

Mr. Daniel D. Jackson, the New York Municipal bacteriologist, contributes a very interesting article to the American Review of Reviews upon the disease-carrying house-fly, which, he declares, is one of the most dangerous pests in the world. After reading his article and a companion paper that appears in the American Magazine, by Mr. Samuel Hopkins Adams, on Injurious Insects, we must almost come to believe that Nero, instead of being gibbeted for killing flies when he was a boy, ought to have been canonised.

Mr. Adams declares that while the mosquito kills more than one thousand people annually in the United States, and seriously impairs the health of three million more, this lethal record is far eclipsed by the slaughter done by the common house-fly in propagating typhoid and tuberculosis. Mr. Jackson says the chief specialities of the house-fly are now known to be the transmission of intestinal diseases, typhoid fever, cholera, and diarrhoea. But it also may very possibly carry tuberculosis, anthrax, diphtheria, ophthalmia, smallpox, and swine fever.

The Carriers of Disease.

The amount of bacteria that one fly can carry varies from 250 to 6,000,000, and the rapidity with which they accumulate bacteria is phenomenal. Flies have been captured and cleaned, and then allowed to walk over infected material, and one fly captured in New York last summer was found to be carrying in his mouth and on his legs over 100,000 fecal bacteria.

Regarded in the light of recent knowledge, says Mr. Jackson, the fly is more dangerous than the tiger or the cobra, and may easily be classed the world over as the most dangerous animal on earth. It is one of the chief agents in the spread of Asiatic cholera, and is largely responsible for the infection of milk with typhoid fever germs. Mr. Jackson calculates that diseases transmitted through the agency of the housefly cut short the average span of life in the United States by at least two years. During a generation this means a loss of 4,000,000 lives of the present average length, and a money loss of four

thousand millions sterling. In the Spanish War, 1,900 out of 2,100 deaths resulted from typhoid fever communicated by flies.

Who Will Kill The Fly?

A vigorous campaign is being opened against the house-fly in New York, and a demand is made for the thorough screening of all public kitchens, restaurants and dining rooms. As for killing out flies, that is rather a difficult proposition, seeing that one fly lays a hundred and twenty eggs, and at the end of the year the family produced from that single hatching mounts up to sextillions.

In Mr. Adams's paper describing the war upon injurious insects, he points out that the problem for suppressing the noxious ones and fostering the useful ones by the expert culture of insect parasites has become quite a science. Every insect has its own specific enemy or enemies. Ladybirds are invaluable as policemen for exterminating noxious insects. Insect emigration has been the curse of American agriculture. Of the seventy-two destructive insects which destroy millions of dollars annually thirty-five have been imported from abroad. Setting an insect to catch an insect is the science of parasitology.

Seeking Its Fatal Parasite.

The moment an imported insect shows signs of becoming formidable, experts trace it from country to country until they find a region where it has been known for a long time, but has never reached the proportions of a pest. In such a place they are pretty sure to find a parasite which is keeping the predator down. They then import that parasite, and the problem is solved.

The orange orchards of California were simply being wiped out by the Australian scale, but by importing a hundred small red-and-black ladybirds the scale was exterminated in two years. Six ladybirds imported into Egypt have checked the Egyptian scale. The cotton boll-woolly, which arrived in Texas from Mexico, has cost that State over two and a half millions a year for the last fifteen years. They are fighting them at present by the introduction of the ichneumon fly, which has killed off from fifty to sixty per cent. of the destructive weevil.

To Save \$60,000,000.

In an ordinary year the Hessian fly causes a loss to the wheat crop of the United States estimated at four millions sterling per annum. They have discovered, however, a winged midge, which being imported and colonised, succeeded in destroying the larvae of the Hessian fly. Mr. Adams suggests that wherever a parasite is discovered which is no use in the locality to which it belongs, an inquiry should be made as to where it is needed elsewhere.

The parasite for the house-fly has not yet been discovered. If a parasite could be found that could kill out the house-fly and the mosquito, Mr. Adams estimates that sixty millions sterling would not be an over-estimate of the consequent saving in human life and earning power, plus the increased value of real estate.

Talking Lighthouses.

Wonderful possibilities are claimed for a Swedish invention called the photophone, by means of which it is said that sound waves can be registered on a sensitized plate. The negative is developed in the ordinary way and the sound curves transferred to ebonite plates, from which the sound is reproduced as by the gramophone. The photophone records can be reproduced at infinitum, and if the original music or song should not be strong enough to fill a large concert hall, the sound can be increased as desired. On account of the immense volume of its sound the inventor prophesies that the photophone will replace for sirens in lighthouses. Instead of the muffled horn which the sirens send out in the night the photophone foghorn will call out the name of the lighthouse for miles over the ocean—London Daily Graphic.

Nerves at High Tension

Slight extra strain means collapse. Restoration obtained by using DR. A.W. CHASE'S NERVE FOOD.

The successful men and women are often of the high-strung nervous type—keen and active—but with too little reserve force.

A little extra worry and anxiety and snap goes the nervous system. Weeks and months are often required before energy and vigor are regained. Best help, so does fresh air and exercise, but the blood must also be made rich and red by use of Dr. A. W. Chase's Nerve Food.

Mr. Wm. Branton, Victoria St., Strathroy, Ont., writes:—My nervous system seemed all unstrung. I could not sleep, had no appetite, my digestion was poor and I had jerking of the limbs. Dr. Chase's Nerve Food helped me and I continued until I had taken twenty-four boxes. This treatment has made a radical change in my condition, built up the system and strengthened the nerves. Dr. Chase's Nerve Food 50 cents a box, all dealers or Edmanson, Bates & Co., Toronto.

German Jingoism Come Out on Top

BERLIN, Aug. 5.—An official communication issued to-day states that Admiral Von Tirpitz, Imperial Secretary of State for the Navy, will not resign, but will continue to hold office for a further indefinite period.

This statement has reference to reports which were current in Berlin yesterday as to this Minister's imminent retirement. The announcement, which is couched in unusually emphatic terms, means not only what it says, but also that the policy of efficiency favored by Admiral Von Tirpitz will triumph over the policy of economy demanded by Herr Werthmuth, Imperial Secretary of State for the Treasury. In other words, that the influence of the "big navy" party outweighs that of the "little navy" group in high quarters. Moreover, it almost certainly means that a new Navy Bill providing for a further expansion of Germany's fleet will be laid before the Reichstag within a year or two.

"Vossische Zeitung," in an official-inspired article, defines candidly the line beyond which Germany will refuse to go in regard to an understanding with Great Britain concerning the limitation of naval armaments, declaring:

(1) That the present German ship-building programme being fixed by law for a period of years is unalterable except by new legislative Act, descending that of 1900, with its supplementary Acts of 1906 and 1908; (2) That this abandonment of Germany's definite naval policy is absolutely out of the question; and (3) that the German Government have already intimated to the British Government that some agreement might become possible after all the provisions of the present German Navy Acts have been fulfilled.

This frank statement by the "Vossische Zeitung" reveals the futility of the hopes entertained by peace enthusiasts on both sides of the North Sea regarding the possibility of a friendly arrangement for the limitation of the respective shipbuilding programmes. The existing German laws lay down Germany's shipbuilding programme until 1917, and it is definitely declared that no modification can be introduced until that date.

Agreement Impracticable.

The "Tagliche Rundschau" admits that there have been sharp conflicts between Admiral von Tirpitz and Herr Werthmuth regarding the scope of the naval estimates, but declares that the Imperial Chancellor has never contemplated the removal of Admiral von Tirpitz from office, because such a measure would be equivalent to a complete change in Germany's naval and foreign policy. Germany, declares this patriotic organ, can never accept an arrangement with England regarding a limitation of naval armaments, because any such agreement would be incompatible with her dignity and vital interests. The "Deutsche Tageszeitung" also denounces all attempts to bring about a naval agreement, and declares that Admiral von Tirpitz would be justified in resigning if anything of the kind were contemplated. Simultaneously with these announcements that Germany's policy of naval expansion is to be continued, the "Vorwarts" states that a new military Bill providing for a large increase in the standing army will be presented to the Reichstag during the session which begins in November. The present standing army numbers 520,000 and some military experts demand its immediate increase to 850,000, in order that Germany's standing army may reach the same proportion to the population of the country as the French standing army holds to the population of France.

House Built From 1 Fir

A fourteen room, two story and a half house, built entirely of the lumber from a single fir tree, was recently finished at Elma, this State.

The tree was a giant Douglas fir and was felled west of the town. It was marvellously straight and when scaled was found to contain 40,000 feet of serviceable lumber. The tree was cut into six logs, the first butt being 28 feet in length. Inside the bark the stump measured 7 feet and 9 inches in diameter. The distance to the first limb of this tree was 100 feet and the total height of the tree was over 300 feet.

At the standard price of \$25 a thousand the lumber in this tree was worth more than \$1,000. Elma is in the midst of the great fir timber belt on the west slope of the Cascade Mountains.

MATCH POSTPONED.—The football match between the Collegian and Feldians, set down for last night, was postponed owing to the disagreeable condition of the weather.

ADVENTIST CHURCH.—Mr. F. W. Johnston will be the speaker at the Adventist Church, Cookstown Road, to-morrow. The study for 6.30 p.m. will be "A Glimpse of Heaven."

The Evening Chit-Chat

By RUTH CAMERON



"It's all very well," complained one of my letter acquaintances, "to tell people that they won't mind the heat if they get a good night's sleep, but why don't you go a step further and tell us how to get that sleep?"

Let me remind you, my friend, that I admitted that that was decidedly one of the cases where it were "easier to tell twenty what were good to be done, than to be one of the twenty to follow my own teachings."

But if you will promise not to get indignant with me, and not to say "that Ruth Cameron really isn't good," if they don't happen to help you, I will be very glad to give what I consider four very good methods of banishing that terrible spectre, insomnia.

They have most always helped me; they may help you and they may not at they can't hurt you.

The first thing I do when I find myself getting into that "restless, tossy" state, is to get up and eat something. Often times we are hungry even when we don't realize it.

An empty stomach is the worst foe to sleep that there is. The physiology of this is that if you eat something and your stomach gets to working, that draws the blood away from our head and your excitement subsides.

Eat something very digestible, of course. Don't try cheese and doughnuts or mince pie and then blame the results on me.

A glass of milk and a slice of bread is an excellent night lunch. Only don't gulp the milk down—sip it—and also try not to have it at ice chest temperature. Set the glass in some warm water, or if you can't do that, just let it stand for awhile before you drink it.

Then read a chapter or two in a book that is interesting, but neither too exciting or too abstruse. No matter what time of night I get into the insomnia mood, I always rise, light the light and do this.

If you try it, you will find that your mind, which has probably been leaping from thought to plan to worry, like a nimble chameleon skipping over the crags, will be arrested in its unwelcome activity in this way better than any other.

Before you go back to bed, bathe your face in cool water, wring out a wash cloth in cold water and put it on your forehead, and if you want to do the thing up brown, put a hot cloth at the base of your neck. The physiology of this, of course, is the same as the eating—it draws the blood away from the head.

These four performances I have usually found quite sufficient for me and infinitely better than any sheep counting or poetry repeating performances.

Other insomnia killers that I have heard recommended, but have never personally tried, are:

Rub yourself, especially the face, neck and arms, in alcohol.

Smell of alcohol.

Smell of alcohol.

Put your feet in a hot foot bath.

Take your pick, or "take a lot—take two."

Ruth Cameron

The Tenderfoot Farmer



It was one of these experimental farmers, who put green spectacles on his cow and fed her shavings. His theory was that it didn't matter what the cow ate so long as she was fed. The questions of digestion and nourishment had not entered into his calculations.

It's only a "tenderfoot" farmer that would try such an experiment with a cow. But many a farmer feeds him self regardless of digestion and nutrition. He might almost as well eat shavings for all the good he gets out of his food. The result is that the stomach grows "weak," the action of the organs of digestion and nutrition are impaired and the man suffers the miseries of dyspepsia and the agonies of nervousness.

To strengthen the stomach, restore the activity of the organs of digestion and nutrition and brace up the nerves, use Dr. Pierce's Golden Medical Discovery. It is an unfailing remedy, and has the confidence of physicians as well as the praise of thousands healed by its use.

In the strictest sense "Golden Medical Discovery" is a temperance medicine. It contains neither intoxicants nor narcotics, and is as free from alcohol as from opium, cocaine and other dangerous drugs. All ingredients printed on its outside wrapper.

Don't let a dealer delude you for his own profit. There is no medicine for stomach, liver and blood "just as good" as "Golden Medical Discovery."

Fads and Fashions.

Tailored waists continue to make use of linen, lawn and batiste materials. The models most in demand are the side-frilled types, with pleated, tucked or plain blouses.

Dressy waists for early fall are being shown made of var-colored chiffrons, nets and silks, with which are often worn black chintilly lace or embroidered chiffron jumpers.

White holsters is still in vogue, and gowns, browns and colors to match costumes are still popular. Many beautiful designs appear in the openwork and embroidered styles.

Very effective are the white leather belts made up with a three-inch wide strip of Persian banding through the center. The leather-covered buckle is the favourite fastening.

An excellent suit for general wear is a coat and skirt of blue linen of the royal shade now in vogue. The col-

lar and cuffs are of white linen, and buttons of white pearl.

A band of insertion or embroidery or a stitched band of the material of the dress is a neat finish to the square collarless neck of the wash dress, whether of gingham, chambray or linen.

Among other trifles of dress that have gained in importance since the opening of the season is the sash. Special ribbons in weaves as soft as chiffon have been wrought out for these sashes.

Vest of rich braided or embroidered satin are being worn much under the satin coat so much in vogue to-day. For wear under the linen suits a vest of wide wale cotton Bedford cord or pique is in good form.

Many of the newest pongee, rajah and shantung costumes are linen with foulard silk, showing a ground of the same color as the pongee, and the separate waist to wear with this costume is of the same silk.

Persian colorings and designs are frequently repeated among the imported frocks. Whole frocks of foulard in such designs, veiled in chiffon or merely relieved by the plain color, are shown, and as trimmings the

The Ladies of St. John's May Now Have Beautiful Hair. McMurdo & Co. Has the Article and Guarantees it to Grow Hair, or Refund Your Money.

McMurdo & Co., backed up by the manufacturers of SALVIA, the Great Hair Grower, guarantees it to grow hair.

SALVIA destroys Dandruff in ten days.

The roots of the hair are so nourished and fed that a new crop of hair springs up, to the amazement and delight of the user. The hair is made soft and fluffy. Like all American preparations SALVIA is daintily perfumed. It is hard to find an actress who does not use SALVIA continually.

Ladies of society and influence use no other.

SALVIA is a non-sticky preparation, and is the ladies' favorite. A large, generous bottle, 50c. The Scobell Drug Co., St. Catharines, Canadian distributors.

Persian foulards, satins, etc., are greatly in demand.

The newest models in very handsome lingerie blouses are composed of heavy, soft, handwoven linens, beautifully embroidered in openwork designs and combined with the sheerest of linen and finest of laces.

The Paris Japanese silks are used for the foundation of dresses of malines, nets, chiffons, etc. Pink, blue, lavender and pale green are especially popular for plain and bordered chiffons. Mouselines are used for slips.

A unique neck chain seen recently has for its basis a dozen of the small silver buttons that always fascinate visitors to Holland. These are joined with small pieces of silver chain, the effect of the whole being unusually pleasing.

McMurdo & Co.'s Drug Store.

The casual customer who visits McMurdo's Military Road Branch Store, on Rawlins Cross, since the new fittings have been installed, will certainly be impressed. The distinct individuality of the place, and its adaptation of all means to the common end of efficiency and convenience in the practice of the art of compounding and dispensing of medicines, will be at once apparent. In these fittings there is no attempt at undue ornament. The Corinthian capitals of the dispensing stand, and the bevelled mirrors fit so well into the whole design that they are scarcely remarked in themselves, but are felt at once as part of the general scheme. As the visitor enters the store, he finds on his right hand the dispensing case. This is in front about seven feet high, but on the inside is a platform, reached by two or three steps, upon which the dispenser stands, and where he has in front of him all appliances and materials for the compounding of medicines. Being thus elevated he can at the same time see what is going on in the store. Small shelves, let into the front of this screen, and fitted with glass doors, show toilet articles, etc. Behind the dispenser are drawers for drugs, and shop bottles arranged on shelves. The latter have easy-sliding glass doors, which can readily be taken out for cleaning, but keep dust away from the bottles and jars, and add to the smartness of the store's appearance. There are to the left, near the center of the shop, two substantial and commodious all-glass cases, or "silent salesmen," enabling a large variety of goods to be shown and attract the eye of possible purchasers. Behind the cases again are fixtures for patent and proprietary articles, all with the same sliding glass doors, a mirror occupying the center panel. The whole of the fittings are of quartered oak, rich and substantial in appearance, and planned with the purpose of utilizing the largest possible amount of space for the display of goods, and for convenience and speed in dispensing prescriptions. Messrs. Jones Brothers & Co., of Montreal, designed and worked out the scheme, based on plans drawn by Mr. Ernest Martin, of this city. The whole store is a proof how well modern furnishings can unite artistic taste with the satisfaction of the severest demands of utility. Certainly the interior of this store is a decided advance on the neighbourhood.

DEATH OF MRS. HISCOCK.—Mrs. Elizabeth, wife of Capt. Geo. Hiscock, died at 7 last evening at her late residence, this city. Deceased was in her 79th year and leaves a husband and two daughters to mourn their loss. The Telegram extends its sympathy to the relatives.

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Used by the best Bakers
and Caterers everywhere also by Chefs in the
large hotels and on Dining Cars, Steamships,
Steamboats, etc.

It is wise to use food products that are
produced in clean factories.

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