



"Beaver Flour"

is the finest blend of the two best wheats Canada produces—Manitoba Spring wheat and Ontario Fall wheat. One provides the rich gluten that makes bone and muscle, the other gives lightness and whiteness to the bread and pastry. Beaver Flour makes more loaves to the barrel than any other flour on the market—loaves that are sweet, nutritious and light, and it also makes delicious biscuits, cakes and pies.

Try it, and show your friends the excellence of your baking.

DEALERS—Write for prices on Feed, Coarse Grains and Cereals. 117

The T. H. TAYLOR CO., Limited, Chatham, Ont.
R. G. ASH & CO., St. John's, Sole Agents in Newfoundland, will be pleased to quote prices

Leonidas.

BY H. L. RANN.



Leonidas was a Spartan hero who earned a large bronze monument by holding the pass of Thermopylae with three hundred men and a shoe-string.

Leonidas was a king of Sparta at the time this occurred. Sparta was a small, irritable country, about the size of a Florida town site, but it was never stepped upon with any success. The male population lived on cayenne pepper and rare beefsteak and practiced shooting at a mark eight hours a day. Every once in a while some foreign potentate would make up his mind to the Sparta to his chariot wheels and subdue her proud spirit, but he invariably returned home and kicked himself into a state of sweet somnolence.

Along about 480 B. C. Xerxes, king of Persia, became offended at something Sparta had said and decided to annex her in a hostile tone of voice. He accordingly rounded up a neat little army of 2,000,000 men and headed for the Grecian archipelago, which was about in the same place it is now.

Xerxes did not get far before he ran into the pass of Thermopylae, which was a short cut between the mountains wide enough to allow two thin men to pass each other without being telescoped. Here Xerxes found Leonidas drawn up in battle array, defying the whole Persian army in some of the rudest Greek adjectives ever used.

Xerxes took the affair as a joke until Leonidas had spit a few thousand words and Persian husbands on his trusty sword, when he concluded that this was increasing the pension roll too fast and hired the only crooked Spartan ever discovered to lead his army through a pass in the mountains until he could get in Leonidas' rear.

When Leonidas discovered that he was surrounded he mounted a stump and announced that it was his present intention to die with his boots on, or words to that effect. He thereupon gave his three hundred men a nice course dinner, and after adjusting his boots charged the entire Persian army, which filled him so full of arrows that he had to be pin-feathered before being removed to the family residence.

Leonidas' name became at once a household word, and autographs and kodak pictures of the deceased were eagerly sought after. His death aroused so much indignation that the Spartans rose up and threw Xerxes across the Hellespont with chains written all over his profile. Leonidas did not die in vain, as he has furnished the impassioned high school graduate with some of the most livid eloquence and weird rhetoric ever uncoiled from an opera house stage.

WEAK KIDNEYS

MADE STRONG BY

NOXALL KIDNEY PILLS

The greatest remedy for Rheumatism, Backache and all Kidney and Liver Trouble.

NOXALL KIDNEY PILLS

NOX A BACKACHE

Price 50c. a box, or three for \$1.25. Sold by McMurdo & Co.

Landlubber Admirals.

You need not go to sea because you are an admiral. Quite a number of admirals, in fact, have never been on a battleship in their lives.

The Lord Provost of Edinburgh, for example, is also Lord Admiral of the Firth of Forth. In the time of Queen Mary the Lord Provost had control of the Forth, and all movements of warships there were regulated by him. Even nowadays he is entitled to an admiral's salute whenever he boards a warship in the estuary.

The Lord Mayor of London is also the Admiral of the Port of London. In olden days he had a magnificent barge on the Thames, and whenever he went on a voyage down the river with his flag hoisted, all vessels, British or foreign, whether belonging to the Navy or to the merchant service, were bound to salute him.

The Duke of Argyll is Admiral of the Western Coast of Scotland and the Isles. The MacCullum More, a former admiral, used to keep a very tight hold over the western coast and levied tolls on the various ships. His rule, however, did not extend to the Orkney and Shetland Isles. The Sheriff there is the Vice-Admiral, and considers all knotty questions dealing with the sea.

The only admiral with a lake of his own is the Marquis of Donegal, who is the Hereditary Lord High Admiral of Lough Neagh. Lough Neagh is the largest lake in the United Kingdom.

REGATTA EVENTS.

The C. L. B. are holding a grand dancing assembly in the Armoury, Regatta Night, and a similar event will be run off in the Prince's Rink by the Shamrock Club.

<p>By S. S. Morwenna.</p> <p>100 bags P. E. I. Black Oats, 50 bags P. E. I. Potatoes 10 bxs. Purity Butter, 20 bxs. Can. Cheese.</p> <p>CIGARS.</p> <p>\$2.00, \$2.25, \$2.50 per hundred.</p> <p>KING EDWARD VII. The favorite 5c. Cigar, \$3.00 per 100.</p>	<p>By S. S. Florizel.</p> <p>1000 Boxes</p> <p>"Necco," 1c. Candies.</p> <p>Chocolate Sherbet Jelly Beans Chocolate Nut Bar Sweet Smokes Turkish Gums. Little Injuns Big Lunch Bantam Eggs Licorice Drops Licorice Paste Baby Bananas Honey Moons Boston Baked Beans Big 6 Marbles Munhattan Nougat</p>
--	---

T. J. EDENS.

To Reduce Cost of Living.

There is still a chance that the high cost of living will be reduced. Dr. Wilfred Grenfell, of the Labrador Mission, tells of the latent resources of Labrador about how the reduction can be brought about by merely changing the dinner course from beefsteak to reindeer.

At present too little attention is paid to the conservation of animal life in the northern country, and reindeer are left to be exploited and diminished. The reindeer development is in its infancy, but despite this fact, the herds number 30,000, and with regular breeding it is likely that 20,000 fawns will be added this season.

"Here is an opportunity for large investment of private capital, which would be a profitable money making proposition," says Dr. Grenfell. "The meat of reindeer could be made to add much to the world's supply at a small cost, the animal's milk could be exported and the skins could be made an important factor in the fur market. The skin could also be tanned, creating another industry, and used for the making of gloves. Three or four millions of deer could be maintained within the bounds of Labrador."

The Races.

To every competitor of this year's Derby, on Wednesday, (weather permitting), you will do one of the hardest 10 minutes work that any person can possibly do, and that is to row down and up Quidi Vidi Lake for to win the race, (providing you are out to win). If you will obtain two or three bottles of STAFFORD'S LINIMENT and give yourself a good rubbing from head to foot you will feel 100 p.c. better. It was used by a number of last year's competitors, also by the majority of crews who won their races.

STAFFORD'S LINIMENT is one of the strongest and most penetrating Liniments for sale in Newfoundland and the large increasing sale it is obtaining proves that it is superior to any other Liniment mentioned.

For sale by all the leading stores. Prepared only by

DR. T. STAFFORD & SONS, Ltd.
 St. John's, Nfld.
 Also manufacturers of Stafford's Prescription "A" and Phoratorine Cough Mixture.

Ireland's Police.

Some Facts About the Royal Irish Constabulary.

The Royal Irish Constabulary, in consequence of the Home Rule Bill, is now a much-discussed police force. Many people have only a vague idea of its existence and know nothing of its inner workings. It is a semi-military force. The rank and file are armed with the Lee-Netford rifle, sword bayonet, thirty rounds of ammunition and Webley revolver.

It consists of one inspector-general, one deputy, and three assistants. These reside in Dublin, and have their offices in the Castle. From here the whole police force of the thirty-two counties is controlled. In addition to the above there are thirty-six county inspectors, whose position corresponds to that of chief constable in England and Scotland.

There are 196 district inspectors serving under the county inspectors. In the various counties, and about 10,000 head constables, sergeants, acting-sergeants, and constables. The district inspectors are the lowest commissioned officers, and are comprised of two classes. One class is the force by competitive examination as cadets, the same as the army. The other half are promoted from the ranks, some by competitive examination, some for good police duty, and, last, a goodly number by private influence. The latter is the least popular officer with the men.

The forces cost the nation over six million dollars annually. The officers' salaries—county and district inspectors—allowances are extremely liberal in comparison with the rank and file. A youth, after passing his examination, is sent to a county district, and commences at \$600 per annum. This may look small, but there take his allowances, which tot up to more than his pay. He gets \$250 for the upkeep of a horse—that sometimes does not exist. \$225 for a groom, \$15 for lodging allowance, \$50 for his office, \$15 for stationery, etc. Not a bad job for a young fellow who has only to sign his name to a few documents daily, written and tabulated by a head constable, perhaps of over thirty years' service.

Now for the other side. The efficient constable, who acts as clerk to the district inspector, commences at \$17 per annum. He remains at about \$1 a week until he attains fifteen years' service. If he is fortunate he attains the rank of sergeant with more pay, and when on the eve of retiring on pension, say at twenty-eight or thirty years' service, he may be promoted head constable on "the minimum wage," less than a district inspector is allowed for his horse and groom!

Mr. Robert Loraine, the actor-aviator who has been "had up" again for exceeding the speed limit in his motor car, tells a good story of the day when he was a member of a touring company in the provinces.

After the final fall of the curtain or the first performances in each new town they visited, the manager used to assemble the entire company on the stage and criticize their performances. The company used to form in an irregular line, with the leading lady at one end and the least important super at the other, and the manager found or commended each of them in turn as he saw fit. One night he passed Mr. Loraine without saying anything.

"As you did not say anything about my performance," Mr. Loraine commented, "I take it I was all right."

"I did not say anything about your performance," said the manager icily, "because what I have to say to you I must say in private!"

Regatta Notes.

Despite the downpour, of rain a goodly number of citizens visited the Regatta last evening to witness the boat racing.

Conditions were poor for good rowing and the best time was 10:14 made by the S. U. F. in the Guard.

The French warship will take part in the Naval Race and her crew had a spin in the Shamrock yesterday afternoon.

The C. C. C. were out in the Red Cross and finished the course in 10:42.

Some of the experienced oarsmen, on behalf of myself and family, will be sorry to hear of her demise. She leaves to mourn two brothers—Harry, in New York, and George, sailmaker, of this city, and two nieces—Misses Irene and Rose Forward, of St. John's. To the relatives and friends of the deceased much sympathy is expressed in their bereavement.

Obituary.

We learn with regret the demise of Mrs. Catherine Fair, whose sad death occurred on July 12th, at South Framingham, Boston, after a prolonged illness. Deceased was a daughter of the late John and Mary Forward, of King's Road. Mrs. Fair was an estimable lady and her many friends here, especially in St. John's East, will be sorry to hear of her demise. She leaves to mourn two brothers—Harry, in New York, and George, sailmaker, of this city, and two nieces—Misses Irene and Rose Forward, of St. John's. To the relatives and friends of the deceased much sympathy is expressed in their bereavement.

Note From Mary Fitzgerald.

Editor Evening Telegram.

Dear Sir,—Kindly grant me space in the columns of your paper to tender on behalf of myself and family our sincerest appreciation and thanks to the citizens for their sympathy expressed by them at the meeting held in the Court House, not long since, to know that the citizens are in such active sympathy, while it cannot overshadow our loss, help to lighten our sorrow and feeling of loneliness which forces itself upon us as we realize our loss. We wish also to thank all who have in many ways expressed their sympathy and feeling with us in our bereavement.

Yours truly,
 MARY FITZGERALD.
 Carboneau, Aug. 5th, 1912.

Marine Notes.

The R. M. S. Sardinian left Liverpool on Sunday for this port.

The S. S. Stephano leaves Halifax this afternoon for here.

The S. S. Forizel reached Halifax yesterday forenoon, after a passage of 45 hours from this port.

FAMILY RUNT

Kansas Man Says Coffee Made Him That.

"Coffee has been used in our family of eleven—father, mother, five sons and four daughters—for thirty years; I am the eldest of the boys and have always been considered the runt of the family and a coffee toper."

"I continued to drink it for years until I grew to be a man, and then I found I had stomach trouble, nervous headaches, poor circulation, was unable to do a full day's work, took medicine for this, that, and the other thing, without the least benefit. In fact I only weighed 116 when I was 28."

"Then I changed from coffee to Postum, being the first one in our family, to do so. I noticed, as did the rest of the family, that I was surely gaining strength and flesh. Shortly after I was visiting my cousin who said, 'You look so much better—you're getting fat.'"

"At breakfast his wife passed me a cup of coffee, as she knew I was always such a coffee drinker, but I said, 'No, thank you.'"

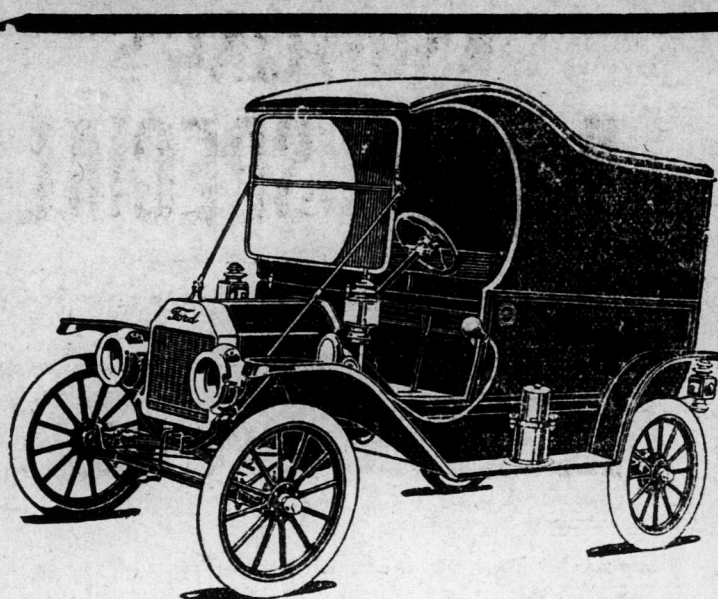
"What said my cousin, 'you quit coffee? What do you drink?'"

"Postum," I said, "or water, and I'm well." They did not know what Postum was, but my cousin had stomach trouble and could not sleep at night from drinking coffee three times a day. He was glad to learn about Postum but said he never knew 'coffee hurt anyone.' (Tea is just as injurious as coffee because it contains caffeine, the same drug found in coffee.)

"After understanding my condition and how I got well he knew what to do for himself. He discovered that coffee was the cause of his trouble as he never used tobacco or anything else of the kind. You should see the change in him now. We both believe that if persons who suffer from coffee drinking would stop and use Postum they could build back to health and happiness." Name given by Canadian Postum Co., Windsor, Ont.

"There's a reason." Read the little book, "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.



From now until further notice we will deliver goods purchased at our establishments.

TUESDAY—The Gouls and Petty Harbor.
THURSDAY—Broad Cove and Portugal Cove.
FRIDAY—Topsail and Kelligrews.

It will be necessary for all orders to be in before 10 o'clock in the morning.

GEO. KNOWLING.
 aug1,5in

ABSOLUTE SECURITY THE PROFITS POLICIES

allotted to Canada Life Policyholders in 1910, amounted to over

\$2,000,000.00

and the large increase in Surplus for the past year insures that Canada Life Policies will continue to be profitable.

Mr. J. B. T.—insured under Policy No. 651,854, writes: "I desire to express my satisfaction with the outcome on my policy in your Company for \$2,000. I can now draw in cash over \$700 more than the total premiums paid, and besides I have had insurance protection for twenty years."

At age 30 a Profit-bearing, 30 year Endowment Policy of \$5,000 can be purchased for a quarterly investment of \$44. This amount, together with accumulated profits, will be paid to you in one sum or in a number of instalments, as desired.

It will pay you to invest in a Canada Life Policy. Ask for a proposition suited to your age and means.

Canada Life Assurance Co.
 C. A. C. BRUCE, Manager, St. John's.

Money Is Invested

for the purpose of obtaining interest. The more interest you get, the more money you will save. We own and offer a number of Securities that will meet the requirements of those who wish to double their interest income—with safety. Ask for particulars.

F. B. McCURDY & CO.,
 Members Montreal Stock Exchange.
 C. A. C. BRUCE, Manager,
 St. John's.

The Sale of EAGAN'S "Star" TEA

Is enormous and is still growing. We recommend it, we advertise it, we push it, but behind our efforts we have the QUALITY, the quality that is liked everywhere, the quality that has made the name "STAR" mean the BEST.

40c. lb.

For 5-lb. parcels
 10 per cent discount allowed.

C. P. Eagan, Duckworth St. and Queen's Rd

Evening Telegram Fashion Plates.

The Home Dressmaker should keep a Catalogue Scrap Book of our Pattern Cuts. These will be found very useful to refer to from time to time.

9201.—A CHARMINGLY ATTRACTIVE MODEL.



Ladies Costume, with or without Surplice Fichu and with Waist in High or Square Dutch Neck.

Brown and white foulard was used for this design, with platings and ruchings of blue piped with green satin. The design is excellent for embroidered materials, for voile, chiffon, marquisette, and other lingerie fabrics. The Pattern without the fichu will develop a smart though simple home or afternoon dress. It is cut in 5 sizes: 34, 36, 38, 40 and 42 inches bust measure. It requires 6 3/4 yards of 36 inch material for the 38 inch size.

A pattern of this illustration mailed to any address on receipt of 10c. in stamps or silver.

Suitable materials for any of these patterns can be procured from AYR & SONS, Ltd. Samples on request. Mention pattern number. Mail orders promptly attended to.

9208.—A CHARMING LITTLE FROCK FOR MOTHER'S GILL.



Girl's One Piece Dress With or Without Yoke Bands and Standing Collar (with Long or Elbow Sleeve).

White poplin with embroidery in blue is shown here. The design is most becoming and suitable for wash or woolen fabrics. The neck edge may be finished plain with the standing collar or in slight "V" style with the bands. The Pattern is cut in 4 sizes: 4, 6, 8 and 10 years. It requires 2 yards of 36 inch material for the 6 year size.

A pattern of this illustration mailed to any address on receipt of 10c. in silver or stamps.

PATTERN COUPON.

Please send the above-mentioned pattern as per directions given below.

No.

Size.....

Name.....

Address in full:—

N.B.—Be sure to cut out the illustration and send with the coupon, carefully filled out. The pattern cannot reach you in less than 15 days. Price 10c. each, in cash, postal note, or stamps. Address: Telegram Fashion Department.