

VI-COCOA

Mother will be well advised in giving Tommy a cup of Vi-Cocoa before he goes to school these winter mornings, and she will find that Tommy takes to it very readily. The "Vi-Cocoa" habit is of real value for growing children. Vi-Cocoa costs no more than ordinary Cocoa, and it is much more nutritious.

Manufactured by

Freeman's Foods, Ltd.

Irish Leaders Invited to Meet Prime Minister.

Labor Federation Gives Gompers Large Majority--Southern Parliament of Ireland Opens Tomorrow--Owners and Operatives to Confer.

PROPOSED IRISH CONFERENCE.

LONDON, June 26. Premier Lloyd George has sent a letter to both Eamonn De Valera, Irish Republican Leader, and Sir James Craig, Ulster Premier, as follows:—"The British Government is deeply anxious that, as far as they are assured it, the King's appeal for reconciliation shall not have been made in vain. Rather than allow any opportunity for settlement to be cast aside, they feel it incumbent on them to make a final appeal in the spirit of the King's words for a conference here in London, in company with Sir James Craig, to explore to the utmost possibility of settlement; second, that you should bring with you for that purpose any colleagues whom you may select. The Government will, of course, give safe conduct to all who may be chosen to participate in the conference. We make this invitation with the fervent desire to end the serious conflict which for centuries has divided Ireland and embittered the relations of the people on these islands, who ought to live in neighborly harmony with each other, and whose co-operation would mean much, not only to the Empire, but to humanity. We wish that no party should be lacking on our part to realize the King's prayer, and we hope to meet you, as we will meet you in the spirit of reconciliation, for which His Majesty appeals. I am, Sir, your obedient servant, **LOYD GEORGE.**"

COMPERS' BIG VICTORY.

DENVER, June 26. By a vote of 25,022 to 12,324, Samuel Gompers, on Saturday, defeated

Prospero in Port.

S.S. Prospero, Capt. Field, arrived here at 7 p.m. Saturday bringing the following passengers:—Messrs. Kehoe, Reeves, Holmes, Jackman, Grinnell, Christie, Small, Parsons, Butler, Verge, Tompman, Lockyer, Messdames Newhook, Scott, Simms, Blackwood, Ryan, Templeman, Blundon, Misses Pollard, Stanwood, Slade, Hudson, Kent, Mercer, Butler, Penney, Simms, March (2), Norris, Blackwood, Brown and 25 in charge. The ship was as far north as Quirpon and met fine weather both going and coming. She brought back very little freight.

Card Party and Dance, St. Joseph's Hall, Tuesday, June 28th. Cards 8.30. Tickets 50c. June 27, 21.



OPEN FOR 24 HOURS until he obtained a bottle of **Stafford's Soothing Syrup** to keep him quiet. There is no necessity of having your baby crying for twenty-four hours when the Soothing Syrup will do the trick. Try a bottle. Price 26c.; Postage 10c. extra. **DR. F. STAFFORD & SON,** Wholesale and Retail Chemists and Druggists, St. John's, Newfoundland.

John L. Lewis, head of the United Miners of the United States for the Presidency of the American Federation of Labor. Only two of the largest organizations cast a solid vote for Lewis, the Machinists Union and the United Brotherhood of Carpenters. The miners' delegation split their vote, giving Gompers 1536 and Lewis 2122. President Lewis declining to vote the 533 votes he had.

MINERS ASK FOR MEETING.

LONDON, June 26. A request of coal miners' representatives for a new meeting with the Government and coal mine owners, decided upon last night, with the object of obtaining a settlement of the coal strike, brought a quick response from Mr. Lloyd George this morning. He invited owners and miners to a joint conference to be held at the Board of Trade on Monday. The decision to attempt a re-opening of negotiations was reached at a meeting of the Executive Committee of the Miners Union last night.

NORTHERN CABINET CALLED.

BELFAST, June 26. A meeting of the Ulster Cabinet has been called for Tuesday by Sir James Craig, Premier, to consider the letter of Premier Lloyd George, inviting the leaders of North and South Ireland to a conference for the purpose of trying to bring about a reconciliation between the factions in Ireland.

SOUTHERN PARLIAMENT ON TUESDAY.

BELFAST, June 26. A vice-regal proclamation, issued yesterday, fixed June 28th as the date for the opening of the Parliament for Southern Ireland. No summons has yet been issued for either House.

PEACE IN COTTON COUNTY.

LONDON, June 26. Peace has been signed in the Lancashire cotton trade and the mills will re-open this week with a reduction in wages of three shillings and ten pence in the pound.

The Week's Calendar.

- JUNE—6th Month—30 Days.**
- 27.—MONDAY. Rev. William Dodd, D.D., hanged for forgery, 1777. Chas. Stewart Parnell born, 1846. (Died Oct. 6, 1881).
 - 28.—TUESDAY. Moon in last quarter 5.51 a.m. Sarajevo assassination, 1914. Germans signed Versailles Peace Treaty, 1919.
 - 29.—WEDNESDAY. St. Peter, Apostle and Martyr. Aquittal of the Seven Bishops, 1688. First railway excursion from St. John's, going to Kelligrews, 1882. Trans-Insular railway excursion, to North Sydney, via Port aux Basques and St. Bruce, 1893.
 - 30.—THURSDAY. Tower Bridge (London) opened, 1894. Second battle of Verdun ended, 1916.
- JULY—7th Month—31 Days.**
- 1.—FRIDAY. Dominion Day (Canada). Napoleon Buonaparte invaded Egypt, 1798. Boyne (old time) 1690. Somme, 1916.
 - 2.—SATURDAY. Visitation B.V.M. Marston Moor, 1644. Occultation of Venus 4 o'clock a.m. Adams, Craddock (Cornel) born, 1852.
 - 3.—SUNDAY. 6th after Trinity. Battle of Gettysburg, 1863. Battle of Sadowa, 1866.
- Laid to Rest.**
- The funeral of the late Mr. James Pollard, who passed away on Friday last, after a very short illness of pneumonia, took place yesterday (Sunday) afternoon, a very large concourse of citizens attending. Interest was in the General Protestant cemetery, the service at the home and graveside being conducted by Rev. Mr. Forbes, pastor of Gower Street Methodist Church, of which the deceased was a member. The floral offerings were many and beautiful, and testified to the esteem in which the deceased was held. The family has the sympathy of their many friends in their sad hour of bereavement.
- Flash and Quick Hand Cleaner. **BOWRING BROS., LTD.,** (Hardware Dept.)—June 27, 1921.

Better and Cheaper Food

Perhaps there is nothing more interesting to the poorer people of Newfoundland to-day than that they should have better food at less price. Three facts are of interest in discussing this important matter:—

1. That there is an alarming increase of ber-berl and food deficiency diseases reported from various sections of the Colony.
2. That there is a marked difference in the ability of the average people to spend as much money in food during the last six months compared with previous years.
3. That habits have caused people to demand certain kinds of diet, which are really the most expensive ways of supplying the absolutely essential food which their bodies need. Indeed that the desire for expensive high proteid diets, such as meat and white flour, and for stimulants like tea, that carries no nourishment are so strong that, like intoxicants and tobacco and any other luxury, they actually prefer insufficient food, when if they wisely laid out their money they would obtain all they need, not only to sustain life, but to build up stronger and healthier bodies.

Careful and scientific studies made during war time and peace time, in the lives of those of leisure and those of strain, have shown that a man can be healthy on as low as 1500 calories a day, and that 2500 is a generous allowance. This can be obtained by knowing how to buy, how to cook and how to serve it, without any real sacrifice of pleasure whatever. The gastronomic instincts can be as easily trained as any other, and whole nations have learned to live and infinitely prefer a cheaper low proteid vegetable diet to a high meat one. One spends a dollar a day, the other plenty on twenty-five cents a day.

The climate and the life of Newfoundland with our British training, makes us like our roast beef, but roast beef is not necessary to health and a diet of it in these strenuous times is far beyond the reach of many of our people, yet even if they wished they could not avoid the semi-starvation so many unnecessarily suffer from, because they have not been taught the rudiments of nutritional values.

The Committee of the King George Fifth Seamen's Institute are of the opinion that education in the schools is not complete if it does not teach the pupils how to adjust themselves to their environment. To teach arithmetic and grammar and to die of ber-berl while the means to prevent it is in the house, is a severe criticism on our educational system. To teach Latin and Greek, and to go forth in the world with only a vision of getting a bank account, owning a gawa, and how to make up with order and patches is a limited education. In Glovertown this spring a young Newfoundland fisherman of eighteen years died of ber-berl because they had a yeast plant growing in the house and cod liver oil in the store, which would have supplied the indispensable vitamins for want of which he was dying. His family admit, moreover, that to the bitter end they fed him on the "best white flour."

When war compelled our people to eat war flour in the North, where poverty and monotony of diet, cause in the children and even in the adults, the people may have protested that they were being fed dog food, but they markedly improved in muscular development and vitality. Still in Newfoundland the large amount of adult pauper relief is given entirely in white flour and the only reason given (that I know of) is that no Government would dare to risk the opposition of the people to such a paternal move. People who have not been instructed in the modern advances of medical knowledge cannot be expected to realize that Graham bread would be infinitely better for their minds by recognized authorities who have their well being at heart. We would point out that many efforts have been made in recent years to insist that all pauper relief should be given in poor wheat flour, cocoa and sugar or molasses, or corn meal, oatmeal and undermilled rice and other less expensive and more nutritious foods. At this crisis in our history we desire to bring before the people the colony the great need that exists for education in these matters in every school in the Colony, and to ask the co-operation of the Board of Education, through their school teachers, the clergy and all who love their country and fellow men, to unite in teaching by example and precept these important practical truths. In extensive graphic charts suited to the mental capacity of the most uneducated, and for children, are now published specially designed for teaching these truths. In England, United States and Canada these and other methods of teaching vital facts are largely in use, and for comparatively negligible outlay can be procured for our schools.

We would also like the public to know that the Grenfell Association of Newfoundland has six highly trained nutritional teachers now at work in the North, holding clinics on these subjects. The workers are able by actual experiment to prove what the charts teach. It may be of interest to know that these workers are volunteers, paying all their own expenses, including their board and lodging, in order to obtain the opportunity of giving to their fellow men, what at present, so many of them cannot otherwise obtain.

On behalf of the Committee,
WILFRED T. GRENFELL,
Furniture Dealer, Undertaker,
Armstrong, B. C.
Minard's Liniment Co., Ltd.,
Yarmouth, N.S.

Dear Sirs.—Since the start of the Baseball season we have been hindered with sore muscles, sprained ankles, etc. but just as soon as we started using Minard's Liniment our troubles ended. Every baseball player should keep a bottle of your liniment handy.

Yours truly,
W. E. McPHERSON,
Secretary Armstrong High School, Baseball team.

Minard's Liniment Cures Diphtheria.



The Best that Money can Buy

MAYO'S

Because it's good all the time.

Imperial Tobacco Co. (Newfoundland) Ltd.



To Mayor Gosling.

As citizens we bid you "An revoir" Your official post, full loyally you've held For seven long years, and now with courtesy and smile, You leave your post whilst critics all are quieted.

You've had misfortunes great and small, E'en criticized beyond recall. As a sturdy son of Britain's soil, you praise now we sing. Our best respects we pay to you. Ex-Mayor Gosling.

We wish you all in life that's best You missed, while at your civic desk. Peace and contentment, perfect rest From "councillors" and "public press" And may the coming years remove the rust. From off the eyes of those, who would your CHARTER Bury in the dust. **A FREE LANCE.**

How the Money Went.

SNOW SHOVELLING AT HOLYROOD
Appended herewith is a copy of one of the returns in connection with the Government's famous snow shovelling campaign in Harbor Main district just previous to the bye-election last March. This return sheet shows that the amount of \$238.21 was allocated on account of special work, viz snow shovelling at Holyrood. The report is signed by C. R. Kennedy who received \$111.11 cents, or 5% for commission. Mr. Michael Kennedy as foreman who evidently put in 4 hours more time than any other man received as his share \$16.00 at a rate of 50 cents per hour. Whether the rate of pay which on other public roads was 25 cents per hour, was in this instance raised as an inducement in view of the election, the return sheet does not state. The discrepancy in the amount of work given would point to discrimination and readers may judge if it was used in favor of the Government candidates Messrs. Hawco and Pury.

Wm. Curran, Jr. 6 hrs. at 40c.	\$ 2.40
Wm. Curran, Sr. 6 hrs. at 40c.	2.40
Con Sullivan 6 hrs. at 40c.	2.40
Dan Sullivan 6 hrs. at 40c.	2.40
Patrick Hickey 6 hrs. at 40c.	2.40
Jas. McGrath 6 hrs. at 40c.	2.40
Philip Lewis 6 hrs. at 40c.	2.40
John O'Brien 6 hrs. at 40c.	2.40
James Crawley 6 hrs. at 40c.	2.40
Jas. Kiley 6 hrs. at 40c.	2.40
Mat Kiley 6 hrs. at 40c.	2.40
John Hickey 6 hrs. at 40c.	2.40
John Morrissey 6 hrs. at 40c.	2.40
Patrick Crawley 6 hrs. at 40c.	2.40
Jas. Crawley, Jr. 6 hrs. at 40c.	2.40
Wm. Kirby 6 hrs. at 40c.	2.40
Rupert Kirby 6 hrs. at 40c.	2.40
Walter Crawley 6 hrs. at 40c.	2.40
Jas. Bennett 6 hrs. at 40c.	2.40
Jack Pury 6 hrs. at 40c.	2.40
Wm. Morrissey 6 hrs. at 40c.	2.40
Wm. Fewer 6 hrs. at 40c.	2.40
Theoph. Lacour 6 hrs. at 40c.	2.40
John P. Fowler 6 hrs. at 40c.	2.40
Bart O'Brien 6 hrs. at 40c.	2.40
Frank Bennett 6 hrs. at 40c.	2.40
Thos. Kiley 6 hrs. at 40 cts.	2.40
Dan Walsh 5 hrs. at 40c.	2.00
Albert Carroll 10 hrs. at 40c.	4.00
Peter Hickey 10 hrs. at 40c.	4.00
Eddie Butler 10 hrs. at 40c.	4.00
Felix Byrne 10 hrs. at 40c.	4.00
John Byrne 10 hrs. at 40c.	4.00
W. Walsh 10 hrs. at 40c.	4.00
John Maloney 10 hrs. at 40c.	4.00
Richard Walsh 10 hrs. at 40c.	4.00
John Simmons 10 hrs. at 40c.	4.00
Wm. Byrne 10 hrs. at 40c.	4.00
Jas. Hickey 10 hrs. at 40c.	4.00
Pat. Walsh 16 hrs. at 40c.	6.40
Aaron Lewis 36 hrs. at 40c.	10.40
Walter Joy 26 hrs. at 40c.	10.40
Wm. Lewis 26 hrs. at 40c.	10.40
M. Hartrey 26 hrs. at 40c.	10.40
Das. Beeso 26 hrs. at 40c.	10.40
Ed. Kennedy 26 hrs. at 40c.	10.40
Peter Beeso 26 hrs. at 40c.	10.40
Philip Timmons 26 hrs. at 40c.	10.40
John P. Kennedy, Foreman 30 hrs. at 50c.	15.00
C. R. Kennedy, Commission 40.	11.11
Returned to Department	\$251.91
	\$233.31

A Bread Maker

that brings the smile of satisfaction—creates business for the dealer—the delight of the whole family—is

"Windsor Patent."

FAMILY SHOE STORE

This House of Good Shoes caters to the Footwear Requirements of Everybody!

We never entered upon a season better prepared to meet Everybody's ideas and suit Everybody's purse, with Good Shoes—the Best Makers' Best Shoes!

The Conservative Man or Woman can find Shoes here in comfortable, durable, good looking styles, just to their liking at \$5.50, \$6.50, \$8.00 to \$16.50.

The Smart Young Man or the Society Young Lady can find the "Smart" things in Footwear, the finest that's made. Shoes She'll like at \$6.00, \$7.00, \$9.00 to \$12.00.

Then we have Foot Formed Shoes for Boys, Misses, Children and Infants in the best of styles.

We ask your consideration and by the Excellence of our Footwear and the Fairness of our Prices we hope to win your patronage.

REMEMBER ALWAYS!

Please Remember that all Shoe Prices sound about alike and that quoted Prices mean but little until you see the Shoe Style and value attached to the Price!

PARKER & MONROE, Ltd.,

The Shoe Men.

Quarter Deck Vocabulary.

(From the New York Evening Post.)
Something in the nature of an ad-

DODD'S KIDNEY PILLS

miral connotes to strong language. It is doubtful if any scheme limiting naval armaments will ever succeed in limiting the vocabulary of a high naval officer at a public function. But after all, if an admiral must be indiscreet, the safest place for him to be indiscreet is on land. It was none of Rear Admiral Sims' business to analyze the American voting public for a British audience. But precisely because it was not his business to do so there is no very great harm done. The most vigorous manipulators of the British language have been regularly found in the ranks of the British Navy, whether active or retired. Jackie Fisher was unquestionably the most amusing letter writer the London Times could master. The late Charlie Bessford was greatly beloved for the temporary little amitties he made. All the bluster of the sea cannot be pencilled out of the speech

of an admiral on vacation. The "Dams the torpedoes" spirit has its appeal to the popular mind, even when the torpedoes, as in the case of Admiral Sims, happen to be Secretary of the Navy Daniels or a congressman the admiral disapproves of. The earliest admiral we know of the man who commanded the associated navies of the world, would seem to have been a fair-spoken man on board ship; but even Noah got into trouble when he struck land. The point is that naval language, on leave, needs to be heavily discounted. Most admirals who say "Never, never," if the question were put to him would probably admit, like Sir Joseph Porter, K.C.B., "Well, hardly ever."

Gliden Bals for removing stains from clothing. **BOWRING BROS., LTD.,** (Hardware Dept.)—June 27, 1921.