

to Oct. 20th, 1911.

Street Piercey, Mr. Allendale Road
Pinn, Mary Jane, Carter's Hill
Delivery Pike, Miss Helen, card, LeMerchant Rd.
Road Alexander Street
Cove Piercey, Sam
Power, Miss Martha, St. Michael's
Street Polson, Miss E. R., St. Michael's
Power, Mrs. Richard, Cathedral Avenue
Cove Power, Miss Katie, Alexander St.
Old Cove Road
P. O. Q
Quigley, Mrs. J., Carter's Hill
Quinton, Edward, Lime St.
P. O. R
Ryan, Miss Kittle, card, Military Road
Reid, Wm., LeMerchant Rd.
Reader, James, Lime St.
Rely, Mrs. Joseph J., Military Road
York Rogers, Isabella M., St. John, N.B.
Rowland, George, care Gen'l Delivery
Robinson, Wm., care Gen'l Delivery
Roll, James, Portugal Cove Road
Rowland, John T., Rowland, John T.
Rowell, Miss B., Theatre Hill
Robinson, J. F.
S
Smalls, Miss Mary
Sawyers, Miss F., late Forteau
Sawyers, Miss Thel.
Stamp, John, Pleasant Street
St. John, Miss Mary, Dackworth St.
Hot St. Sparks, J., Water St.
Skeans, Mrs., Goodview Street
Street Sheehan, Mr., Water St.
Stevenson, L., care Mrs. Wm. Stevenson
Street Sheppard, A., Cabot St.
Sheppard, Wm. P., Sheppard, Wm. P.
Smith, Master A., New Gower Street
O'Neill Sidey, J. C.
Spinks, J., Manley
Sullivan Bros., Sullivan Bros.
Short, Mrs. Robert, Charlottown St.
Snow, James, Spencer St.
Somerville, Miss E. J., card
Spurrell, Mrs. Thomas, George's Street
T
Taylor, Henry, Hambrick Street
Road Tapper, Miss Mary J., Taylor, Rev. F. H. G.
Tilley, Mrs. C., Tilley, Mrs. C.
Island Thistle, Miss Mary J., care Mrs. Power, Devon Road
Thornhill, Levi, care Gen'l P. Office
Thorn, Miss Bertha
Tufts, Miss Doris
Tubes, J., Water St.
Y
Vardy, James, care Gen'l Delivery
Road Vardy, Edward, card
W
Way, Thos., care Jno. Davis
Walsh, Michael J., Walsh, Michael J.
Whelan, John, Pope St.
Walsh, Thos. J., Nagle's Hill
Walker, W. W., West Wm. Alexander St.
Whelan, Thos., care Gen'l P. Office
Wilson, John, Newspaper Office
Wilson, E. G. & Co., Hospital Wood, W. A.

MAGIC BAKING POWDER
CONTAINS NO ALUM THAN THE ORDINARY KINDS
COSTS NO MORE

The Evening Chit-Chat
By **NOTY CAMERON**



One of my letter friends has been kind enough to send me a description of some of the remedies he has found successful for insomnia.

Knowing that there are always many sad people to whom, what should be hours of sweet unbroken rest, are hours of tortured tossing, I take pleasure in passing on his suggestions.

If they help but one person to a few hours more sleep, I am sure that everyone who has ever suffered the agony of insomnia will think this space well utilized.

"During a time of trouble and resulting sleeplessness," he writes, "I discovered the efficacy of some little remedies. I noticed that approaching sleep was at that time most often disturbed by common noises which had hardly entered my consciousness when the mind was in its normal state. When sleep came long after midnight, it was short, because, soon disturbed by the noise of the awakening city, which combined with the daylight, made it impossible to find the much needed rest.

"The discover of these causes suggested to me the following remedies: Put cotton in my ears—as much as possible — and blindfolded myself. This I reduced the disturbing causes to a minimum and the effect was most beneficial and helped the mind a good deal in overcoming the initial cause of the sleeplessness.

"The blindfold should be a good heat conductor (linen or cotton, not wool) to prevent accumulation of heat underneath. It should cover the eyes from the eyebrows to the cheekbones, leaving the forehead free.

"I find these little helps also useful if I need a short rest during the day. In the latter case I am producing artificially the silence and darkness of the night, and in any case, with the best results.

"Of course, I do not allow myself to form a habit of the use of these helps in order not to make my rest entirely dependent upon them."

May I add to these a mention of the remedies which I have heard of elsewhere or personally found effective?

I think I may have mentioned some of them before, but such is my sympathy for any one suffering with insomnia, that I cannot resist an opportunity to give all possible remedies the widest publicity.

Anyone who has ever tried in vain to get to sleep knows how preternaturally alive and active the brain becomes with each moment of wakefulness. While the mind is in this state you might as well hunt deer in front of the city hall as stalk sleep.

So if you possibly can, get up and read something that will take the mind off itself and pacify it. Read something fairly absorbing but not too exciting, and especially not too stimulating. A pleasant, chatty, interesting novel is best. Myself, I often have a session with my old friend, "Little Women," or perhaps try a few chapters of Cranford.

Read until you feel drowsy and want to sleep, then read awhile long and, I am pretty sure that short after you snap out the lights and skip into bed, you will have the pleasant surprise of waking up and finding that it is morning.

This is especially efficacious when the cause of the sleeplessness is mental.

Drawing the blood away from the head in some way is a great cure for sleeplessness. Put cold cloths on your head and something hot to your feet. Bathe your face and forehead in alcohol. Eat something, thus drawing the blood from the head to the stomach. Do a few vigorous exercises that will send the blood tingling all over the system.

Unrecognized indigestion often causes sleeplessness. Try drinking a cup of hot water.

And now one "don't." If you are anything like me, don't try counting sheep or repeating poetry. Of course, I can only speak for myself, but my own experience has been that nothing stirs my mind to such angry activity as these much "tooted" devices.

Here's fervently hoping that if you have need of help something my letter friend or I have said may help you.

But here's more fervently hoping that you won't care for this talk at all because you have no need of it.

Noty Cameron

How Wonderful!

Editor Evening Telegram.
Dear Sir,—In referring to "A Practical Premier," and local cable the Trade Review, of this date, attempts to do honour to the so-called Practical Premier, on the strength of some cattle sold on the wharf of the Messrs. Pitts. What a pity the Review's Editor is not a bit practical as well as his boosted leader. Does he forget that Sir E. P. Morris went into power in 1909 and that he did not get his wonderful agricultural policy into shape until 1910, and yet in 1911 he is honoured on account of the progress of his policy in live beef? Will the astute editor inform us of the ages of these wonderful beefers, for, according to the order of things to be the outcome of the Tory Agricultural Policy they must not be much more than yearlings—certainly not nearly two years old. Was it veal the Trade Review man was trying to write about? This, Mr. Editor, is about as bad as Sir E. P.'s instruction to the people of St. George's when he told them not to feed mashes to their poultry, to give them grain for which they should be compelled to scratch, and in nearly the same breath showed them a way to dispose of their surplus stock of potatoes—feed them to your poultry, etc., said he, ahem.

Yours truly,
W. H. GUFF,
St. John's, Nov. 4th, 1911.

Millions of Folks Use Only Cascarets

They never have Headache, Billousness, Sluggish Liver or Bowels or a Sick, Sour Stomach.

No odds how bad your liver, stomach or bowels; how much your head aches, how miserable and uncomfortable you are from constipation, indigestion, biliousness and sluggish intestines—you always get the desired results with Cascarets and quickly too.

Don't let your stomach, liver and bowels make you miserable another moment; put an end to the headache, sick, sour, grumpy stomach, backache and all other distress; cleanse your inside organs of all the poison and effete matter which is producing the misery.

Take a Cascaret now; don't wait until bedtime. In all the world there is no remedy like this. A 10-cent box means health, happiness and a clear head, for months. No more days of gloom and distress if you will take a Cascaret now and then. All druggists sell Cascarets. Don't forget the children—their little insides need a good, gentle, cleansing, too.

Church Burned.

500 Children in the Building, But All Escaped.

Montreal, Oct. 31.—The Roman Catholic Church of St. Irene, at the corner of Workman St. and Avenue, was totally destroyed by fire late this afternoon, the damage being estimated at \$100,000. Five hundred children from the parochial school were in the church when the fire broke out, and it was only the cool manner in which the Reverend Sisters and the priests led them out that prevented a dreadful calamity.

As it was, the roof of the church fell in with a tremendous crash only five minutes after the last of the little ones had been led to safety. The fire started, as far as can be learned, in the basement.

This is the second catastrophe to overtake the Catholic churches in this city recently. St. Jean Baptist church, on Rachel street, having been destroyed by fire after being struck by lightning this summer.

Afraid of Ghosts

Many people are afraid of ghosts. Few people are afraid of germs. Yet the ghost is a fancy and the germ is a fact. If the germ could be magnified to a size equal to its terrors it would appear more terrible than any fire-breathing dragon. Germs can't be avoided. They are in the air we breathe, the water we drink.

The germ can only prosper when the condition of the system gives it free scope to establish itself and develop. When there is a deficiency of vital force, languor, restlessness, a hollow cheek, a hollow eye, when the appetite is poor and the sleep is broken, it is time to guard against the germ. You can fortify the body against all germs by the use of Dr. Pierce's Golden Medical Discovery. It increases the vital power, cleanses the system of clogging impurities, enriches the blood, puts the stomach and organs of digestion and nutrition in working condition, so that the germ finds no weak or tainted spot in which to breed.

"Golden Medical Discovery" contains no alcohol, whisky or habit-forming drugs. All its ingredients printed on its outside wrapper. It is not a secret nostrum but a medicine of known composition and with a record of 40 years of cures. Accept no substitute—there is nothing "just as good." Ask your neighbors.



Fads and Fashions.

Velvet brocades on silk tissue grounds are one of the accepted ultra novelties.

Velour de laine, vicuna and camel's hair weaves are notable among the new coats.

Bandings and galloons have lost none of their usefulness from a fashion standpoint.

This is said to be a great season for topcoats and dresses, but fewer suits are seen.

Silk voiles with Pekin stripes of

velvet are among the superb fabrics for afternoon toletes.

Among the new fabrics for fall is a voile that has a heavy rib in it, like serge or Ottoman silk.

Long chains for fans and toimetries of blue, brown, ginger, mustard and black are the dominating colors.

Crepe meteor is the recognized favorite of the season, both for simple little dresses and dinner gowns.

Homespun and tweeds in double-faced weaves are most correct for evening.

Only One "BROMO QUININE," that is **Laxative Bromo Quinine** Cures a Cold in One Day, Grip in 2 Days

E. W. Snow on box, 25c

G. KNOWLING

is CLEARING OUT the balance of his stock of

DUTCH BULBS,

at a discount of 25 p.c.
The varieties include
POLYANTHUS NARCISSUS,
POETAZ NARCISSUS,
DAFFODILS, CYCLAMENS,
DOUBLE JONQUILS, and a few
FREESIAS, SNOWDROPS and
HYACINTHS, for garden and glasses.
Call Early to
Avoid Disappointment.

G. KNOWLING

NOTE.—We are taking off one quarter from our usual Low Prices. nov1,31,eod

M. J. WALSH.

Currant Cakes, 10 cents.
Plain Cakes, 10 cents.
Citron Cake, 20c. lb.
Sultana Cake, 20c. lb.
Washington Pies, 10c. ea.
Tea Buns, 10c. dozen.
Sweet Bread, 4 cents bun.

M. J. WALSH,
East End Bakery.

A MAGAZINE OFFER.

The rapidity with which the circulation of MacLean's magazine has increased in both news stand and by subscription during the past eight months, is sufficient evidence of its popularity among the most intelligent readers.

With the steady progress the magazine has been enjoying, there have been a marked improvement in the contents of each issue.

To-day MacLean's stands foremost among all Canadian and American publications.

As an inducement to subscribers we offer the magazine for the balance of this year and the whole of 1912 for the yearly subscription price of \$2.00 post paid in advance.

DICK'S & CO'Y,
POPULAR BOOKSTORE.

Pure Beeswax Candles,

FOR ALTAR USE,
40c., 45c., and
65 cts. lb.
Garrett Byrne,
Bookseller & Stationer.

HOW IT WAS DONE?

My business leads all others in volume because I have always given fair rates and made liberal settlements. Shall do the same by you.

PERCIE JOHNSON,
Insurance Agent.
oct21,tf

Avondale Notes.

The rapidity with which climatic changes are thrust upon us was made more manifest last week when, awakening on Thursday morning, we found ourselves in the very throes of winter as far as the elements could agree to constitute the rigorous season. As we retired on the previous night the trees were "Indian Princes," and the glades and hillsides were robed in a gown of decayed and faded shrubbery.—It was "Autumn autumn late," but the generous night hours mantled all nature with a garb more delicate and purer. Snow had fallen to a depth of one foot in places, and the northerly wind prevailing added a very wintry aspect to our horizon which continued till to-day when the softer element again gained the supremacy.

Mr. and Mrs. Martin Moore made an initial acquaintance with Mr. Stork, on Wednesday, 1st inst., and the generous visitor was delighted with the hospitality of his host and hostess as to present them with a beautiful baby boy to bless their future years. Congratulations from their many friends were a sequence.

Death claimed Mr. Edward Terry from the ranks of the community on Friday, 3rd inst. His funeral took place to-day after the remains were enclosed in a pretty coffin, had been blessed with the funeral obsequies read by Rev. Father Sheen. The deep sorrow of his wife and other relatives is mitigated by the sympathy of the whole community.

The many friends of Mr. Maher, Station Agent at Avondale during the past two years, regret his departure from their midst. Mr. Maher was a very courteous and painstaking official and earned for himself the good will of all in Avondale with whom he came in contact. He goes to Port Rexton to act in the same capacity, and his place at Avondale is being filled by Mr. A. J. O'Reilly.

Activities on the business premises of Mr. Edward Kennedy have increased considerably since the fall trade opened, and will likely continue so till the past season's accounts are audited and all customers have purchased supplies for the ensuing winter.

It is the intention of Doctor Jones in the near future to install heating and lighting plants in his residence and surgery. These artificial appliances will give a finish to the doctor's establishment from the point of view of comfort and convenience and completion as well.

CORRESPONDENT.
Avondale, November 6th, 1911.

LOOK HERE!

Have you seen those
Fine Photo Post Cards
Taken at TOOTON'S STUDIO,
They are only \$1.50 per doz.
If not call in and leave us your order. Satisfaction guaranteed.
Tooton's Photo Studio,
310 Water St. Central, and
406 Water St. West.
oct20,tf

Mr. George A. Scott

IS DROWNED IN MOUNTAIN LAKE.

Mysterious Accident Follows Hunting Trip to Mount Heights.

Mr. George A. Scott, secretary-treasurer of the Argenteuil Lumber Company, of Montreal, and president of the Gambo Lumber Co., of Gambo, Newfoundland, was drowned in a lake in the Laurentian Mountains yesterday afternoon.

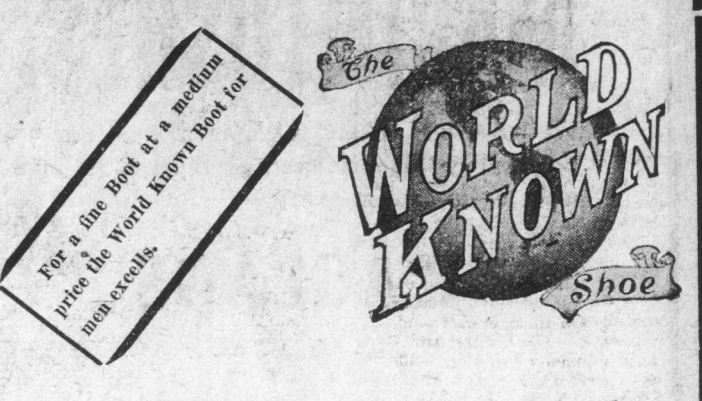
Mr. Scott and some friends had a "snack" on Rainbow Lake, near Mount Heights, and last Saturday he went there for a few days' hunting. Yesterday afternoon he was on the lake in a canoe, and while two other men were in the woods. They heard a shot but nothing was known of the tragedy till a couple of hours later, when the overturned canoe was found.

How the accident occurred will probably remain a mystery, for his companions heard no splash or cry.

Mr. Scott was born at Cambria, Que., his parents being Mr. and Mrs. Matthew Scott, who still live there. The deceased came to Montreal at an early age, and had lived here for the past 25 years. He was 38 years of age, and leaves a widow and three children.

He had been for many years a member of the St. James' Methodist Church. He was a past grand master of the Montreal District of the Canadian Order of Oddfellows, and was one of the most prominent members of the Mount Royal Lodge of that Order. He lived at 2234 Park Avenue.—Montreal Star, Nov. 1.

WORLD KNOWN \$3.00 BOOT for Men.



The World Known Boot is made in the following leathers: Box Calf, Patent Leather, Gun Metal Calf, etc., and in the following styles: Button, Blucher and Laced.

All One Price: **\$3.00.**

F. SMALLWOOD
The Home of Good Shoes.

You Cannot Get as LARGE VARIETY

Ladies' WOVEN UNDERWEAR

AS YOU WILL GET AT

HENRY BLAIR'S.

We have all kinds, from all sources: English, Scotch, German, American and Canadian. We are showing:
Ladies' Cotton and Fleece Lined Woven Vests, Knickers and Combinations.
Ladies' Cashmere, Merino and Shetland Lamb's Wool Vests, Knickers and Combinations.
Ladies' Stanfield Unshrinkable Fine Wool Vests—in various makes and sizes.
Ladies' Heavy Grey and Cream Knickers or Divided Skirts.

Frillings, Frillings

We are just in receipt of a very large assortment of Neck Frillings, in Lace, Cord, Tourist, Chiffon, Tinsel and Bead makes.
LACE FRILLINGS—in White, Cream, Paris, Black, Magpie and Jackdaw.
CORD FRILLINGS—in White, Cream, Black, Pale Blue, Pink, Vieux Rose, Gilt, Silver, Black and White, White and Gilt, White and Silver, etc., etc.
We can suit you and please you in the Frilling Department.

Henry Blair.

To outport and other buyers. We are selling off all our stock of Pianos, Organs and Sewing Machines at greatly reduced prices. Take the opportunity to secure a bargain at our store. **CHESELEY WOODS,** Water Street.—oct20,tf

Labrador Herring, Fish Sounds, Kipperd Herring, Finnan Haddies.

Pure Sea Food of the best Quality.

BALTIMORE TOWERS. Small and well covered stock. 50 Brels. Just landed.

Es-Flozoid today. No. 1, 2, and 3 King Apples. Fresh Haddock sausages. Finley Hams. Pig's Tongues.

FINEST QUALITY TABLE BUTTER. 1 lb. blocks—"Royal" Brand. 30 lb. Tubs.

C. P. EAGAN
Duckworth St. and Queen's Road.