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We give particular attention to this branch, as well as the treatment, filling and crowning of teeth.

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Teeth extracted without pain . . . . . **25c.**

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Gold Crowns ($10.00) . . . . . **$6.00.**

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CHANCE OF A LIFETIME.
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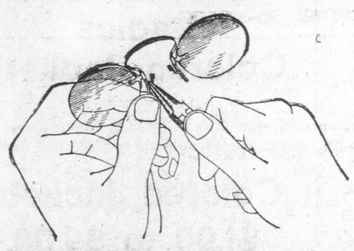

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fitting is not perfect unless the frames or mountings are properly adjusted, and that requires the expert hand. The beneficial effect of a correct glass may be upset by an ill fitting frame. It has been my special work for over twenty years to correct troubles emenating from eyestrain, and placing the proper lenses in the most suitable and becoming frame or mountings. All my work is guaranteed.

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Can foretell the day or the hour when your property may burn. Most people are aware of this and make provision for the disaster by insurance. Why are you not so insured? I offer the lowest rates and strongest offices. The promptness and liberality of my settlements are well known.

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Five Dollar Greenbacks are Burning Holes in Our Pockets

Do You Want One?

Save the Alphabet Cards in all Pound Packets of Union Blend Tea, bring to us and get the money

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Advertise in the TELEGRAM

The Evening Chit-Chat

By RUTH CAMERON

The question as to who works the harder, the wife of the man of small income, who does all the housework and takes care of two or three babies, or the man who struggles to earn that small income, came up the other day, and this was the Fair-Minded Man's contribution, interesting enough, I thought, to pass along.

"I don't know who works the harder. I suppose that's different in different cases, but I often think to myself that the woman has the worst end of it is in this way. When I go to work in the morning I am apt to meet two or three men I know on the train. In the office I come in contact with a dozen more. I usually lunch with someone I know and say, 'How de' to a few more coming back on the train.

"Now I have the contact, however brief, with all these minds to take me out of myself, and interest and stimulate me."

"What does my wife have in the meantime? Outside of the grocery man and the iceman, and maybe one or two peddlers and perhaps a short chat with the woman next door, and the hour the children are home for lunch—nothing. And all the time she's doing work that keeps her hands busy but not her mind.

"Now doesn't it stand to reason that she is going to find the day longer and more titresome than I do?

"When I come home at night there's nothing I like to do so well as sit down in front of my own hearth fire and just rest. I used to think it was queer that my wife felt differently, was always wanting to get out somewhere when she had such a nice home. And then one day somehow I got to thinking and saw it this way, and I think I've been considerably better since about going out with her and trying to bring home as many outside interests as I could."

If more men would get the Fair-Minded Man's point of view, I think we should have fewer discontented women, fewer absurd love affairs on the part of married women, less insane jealousy and unreasoning suspicions on the part of wives, fewer children out of sympathy with and ashamed of their mothers, fewer wives old at forty and fewer women in the insane asylums.

In a little country town not so many miles from here a staid middle-aged woman of unimpeachable character and habits went out into the garden one morning and calmly set fire to the barn.

The barn and house burned to the ground. The woman was examined and taken to the insane asylum, where she died a month later.

"Too much to occupy her hands and too little to occupy her mind for thirty years," was the concise explanation the doctor gave.

That woman's sole diversion had been church on Sundays when the horses weren't too tired or it wasn't too stormy, and a prayer meeting or church social once a month.

That is an extreme case, of course, but there are less virulent ones developing all about us.

Most of the insane jealousy on the part of women, most of the discontent and suspicion and unrest develop while fingers fly over tasks so mechanical and so familiar that the mind is set free to roam at will, and lacking pleasant occupation, it is given over all too often to foolish brooding.

Broader educations, more opportunities for entertainment and outside interests, more chance for social work, those wonderful world links, the telephone, the magazine and the newspaper are doing much to improve this condition of affairs, but there is something that will do more than all of these.

And that is simply more husbands like the Fair-Minded Man—more men with his point of view and his will to help.

Here's hoping the next generation, or better still, the next decade, brings them.

Ruth Cameron

Fortune Telling

Does not take into consideration the one essential to woman's happiness—womanly health.

The woman who neglects her health is neglecting the very foundation of all good fortune. For without health love loses its lustre and gold is but dross.

Womanly health when lost or impaired may generally be regained by the use of Dr. Pierce's Favorite Prescription.

This Prescription has, for over 40 years, been curing delicate, weak, pain-wracked women, by the hundreds of thousands and this too in the privacy of their homes without their having to submit to indelicate questionings and offensively repugnant examinations.

Sick women are invited to consult Dr. Pierce by letter *free*. All correspondence held as sacredly confidential. Address World's Dispensary Medical Association, R. V. Pierce, M. D., President, Buffalo, N. Y.

DR. PIERCE'S GREAT FAMILY DOCTOR BOOK, The People's Common Sense Medical Adviser, newly revised up-to-date edition—1000 pages, answers *in Plain English* hosts of delicate questions which every woman, single or married, ought to know about. Sent *free*, in plain wrapper to any address on receipt of 31 one-cent stamps to cover mailing only, or in cloth binding for 50 stamps.

Household Notes.

Neuralgia may be often relieved by applying a cloth saturated with essence of peppermint to the seat of the pain and leaving it there.

Chiropodists say that a shoe that will not allow the great toe to lie in a straight line should not be worn if it is desired to avoid bunions.

While the whole eggs are generally used for dipping croquets, the yoke alone, with a little water added, will be found quite as satisfactory.

To keep tulips used as table decorations from opening wide, a tiny bit of wax should be dropped onto the calyx of each of the flowers.

Bent whalebone, the genuine article, may be straightened by soaking before used in boiling water for a few minutes and then ironing it straight.

If mutton chops simmer in just a little water on the back of the stove before being broiled or fried, the flavor will be quite like lamb chops.

A very weak solution of ammonia water is excellent for cleaning a diamond. It should be applied to the under side, and will make it very brilliant.

It is wise to break eggs, one at a time, into a cup and to trasfer each one as it is broken. Then, if one proves bad, the whole dish will not be spoiled.

Scratches on polished wood, if not too deep, can be removed by rubbing gently with fine sandpaper and then with a mixture of olive oil and vinegar.

It is possible to buy remnants of fine carpets very cheap, and these, cut into rug length and with a fringe added make excellent and handsome rugs.

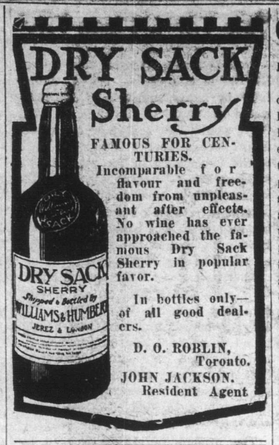
When next making tomato soup try some of the tomato paste rather than canned tomatoes. It will be found delicious and much more economical to use.

Baby bottles may be cleaned by filling them with hot water and fine ashes or baking soda. Shake well and rinse. The bottles will be perfectly clean.

If you desire to serve a baked fish whole, and have it stand upright on the platter, put a carrot inside the fish before cooking, and it will remain in position.

A good disinfectant is made by applying a hot poker to a lump of camphor gum in a saucer. The strong fumes will clear the room of offensive odor in a few minutes.

My Lungs **"I have coughed and coughed until my lungs are sore and weak." Go at once to your doctor. Do not delay another hour. Ask him all about Ayer's Cherry Pectoral. Then take it or not, as he says.** J. C. Ayer Co., Lowell, Mass.



FAMOUS FOR CENTURIES.
Incomparable for flavour and freedom from unpleasant after effects. No wine has ever approached the famous Dry Sack Sherry in popular favor.

In bottles only—of all good dealers.

D. O. ROBLIN, Toronto.
JOHN JACKSON, Resident Agent

Beresfords as Cowboys.

Lord Decies' Brother—Married Pretty American Girl— Romantic Courtship—Said "Yes" by Wire.

The English baron who has just taken in marriage the youngest daughter of the Goulds, at one time had several relatives of his name resident in Canada.

Some years ago Calgary society welcomed a stoutly-built, fair young Englishman, who with his pretty American wife had come out from the old land to try his hand at ranching. The young man was the Honorable William Beresford, younger son of Lord Decies, and brother to the present holder of the title—himself at that time a younger brother and in slight prospect of succeeding to the estate.

Yes or No.

Meeting his future bride on the voyage out from England, young Beresford proposed to her. But he pressed his suit in vain. The young lady said "no," and that ended the matter. Beresford, disappointed, proceeded on his pilgrimage west. Suddenly one day, as he was sitting in the rotunda of an hotel, taking his journey in easy stages, a messenger boy dashed in with a telegram. Beresford opened it, and gasped with astonishment; then he sprang to his feet, darted to the counter, paid his bill, and in half an hour's time was seated in a train rushing eastward. The telegram said: "I will marry you." His lady love's name was signed below.

On The Ranch.

For several years the young couple lived on a fine ranch within a few miles of Calgary. They were very popular socially, and almost any day one might see them driving in to town. But the son of the Beresfords found that ranching was not as remunerative an occupation as he had anticipated, and after a residence in Canada of about two years he sold out and went over to the States, where his wife's people, the Hillers, live.

Lord Decies' family is a cadet branch of the Beresfords holding the Marquisate of Waterford. A younger son of the long dead Marquis of Waterford was created Baron Decies, hence the relationship to the famous old soldier Lord Charles, who is an uncle of the present marquis.

A Wild Westener.

"Condor Charlie" also had a brother living in the Canadian west. Lord Lascelles Beresford was his name and he owned two ranches—one in Mexico and the other on the Red Deer River, near Medicine Hat. Lord Lascelles was a wild fellow and many a story is related of his trips in from the ranch. There was sure to be a hot time when his Lordship struck town, and his bankers were always immensely relieved when he finally climbed upon his cayuse and hit the trail for home. When the weather got cold and icy winds howled over the big bleak cattle range that sweeps away north from "the Hat," this itinerant member of the Beresford family would pack his duds and whirl away to the sunny south. With all his rockling ways Lord Lascelles accumulated some money and upon his death, his brother the admiral had to wind up the affairs of an estate worth in the neighbourhood of a million dollars.

A Prayer.

Gracious Father, we tread a pleasant path when we have Thee as companion. Take us by the hand, and keep us from falling in the journey of life. To-day disperse all the mists that would darken our way, and show us the silver lining to every cloud. Cheer us if we have become despondent; give us strength for our weakness; bright star inspire us with fresh courage. May success crown all we think and say and do. Let nothing hinder our march to victory. Save us from the cheap sneer, the hollow joy, the selfish aim, and the low desire. Keep our minds and hearts fixed on the noblest and best things

Concert at Kelligrews.

Editor Evening Telegram,

Dear Sir,—Just a word or two concerning a concert held in the S. U. F. Hall on Monday night, Feb. 27th. Despite the inclemency of the weather, quite a few attended and by the way they laughed it would not seem out of place to say, that they enjoyed themselves. The curtain rose at 8 p.m. and the first thing that met the eye of the large crowd assembled, was the full brass band of the fishermen's Society. The bandsmen looked fine, and the manner in which they rendered the various selections reflects great credit on them and especially to their teacher, Tommy Bennett, as he is familiarly called by the boys. Songs by J. Pellers and Alf Fagan was heard next. Joe was repeatedly encored. Two songs were fine, especially the song entitled, 'The Hobo.' We expected to hear that song again in the sweet bye and bye. Sandy Snow and R. Hibbs of Topsail, was next heard. C. Saunders next charmed the audience with a song. The concert closed at 10.30 and some of the older folks wended their way homeward, while the young ones stayed for a dance which was kept up until morning. Our genial blacksmith favored us with a step dance and fisherman's hornpipe, which was fine. Fred certainly can "put it there." The proceeds of concert goes to some charitable purpose.

RESERVED SEAT.

Kelligrews, March 2, '11.

Sealers Notice.

All men who intend leaving for the sealfishery should take with them one or more bottles of **"Stafford's Liniment," the Queen of Liniments (at 14 cents a bottle.)**

You will be surprised with its marvellous results. When rubbed to the wrists, and arms, ankles and legs, it will not only enable you to travel on the ice faster, yes, faster even than the seals themselves, but it will remove the tired muscular fatigue of the limbs, the result of excessive walking and hauling. Once you have applied it to your wrists and ankles you will never again think of proceeding to the fishery without a good supply. It is worth its weight in gold. It should always be in every household as it is also one of the best preparations for the following diseases: — Earache, Headache, Toothache, Faceache, Neuralgia, Wounds and all Skin Diseases, as Itch, Acne, Ringworm, Barber's Itch, Eczema, Hay Fever, Burns, Scalds, Excessive Sweating on body or feet. Diphtheria, Croup, Catarrh, Sore Throat, Laryngitis, Hoarseness, Quinsy, Mumps, Bronchitis, Pleurisy, Pneumonia, Asthma, Whooping Cough, Colic, Cramps, Wind, Diarrhoea, Fistula, Piles, Rheumatism, Lumbago, Sciatica, Strains, Bruises, Sprains, Corns, Warts, Tender Feet, Chilblains, Boils, Bites of Animals, Stings of Insects, Chapped Skin, Worms, Poisoned Wounds, Carbuncle, Swollen Muscles. This Liniment can be used Internally as well as Externally. Prepared only by **DR. F. STAFFORD & Son, St. John's, Nfld.**

Friendly Sportsman.

When a sportsman goes out after game he does not know which way he will go, neither does he bind himself in that matter. If he is deer-stalking, he may have to go up the mountain side or down the glen, across the stream, or away among the heather. Where his sport leads him, he follows. And so it is with the man who is bent on helping others. He leaves himself free to follow his one object. He does not know where he is going but he knows what he is going after. He lays himself out for the doing of practical kindness. On the railway he speaks a cheery word to a brother in trouble, and in the shop he does a good action, or gives a helping hand to some one in distress. Like a true sportsman, he carries his gun ready to take aim at once. That is the man who does good and gets good.

Shall not the heart which has received so much trust the Power by which it lives? May it not quit others leadings, and listen to the Soul that has guided it so gently and taught it so much, secure that the future will be worthy of the past?—R. W. Emerson.

Sciatic Rheumatism

Unable to work or sleep—Six years of suffering—Cured by DR. A. W. CHASE'S NERVE FOOD.

Mr. Alex. Ethier, Jr., Clarence Creek, Russell Co., Ont., writes:—"My nervous system was run down to such an extent that I suffered a great deal from weakness of the nerves and sciatic rheumatism, and at times was like one paralyzed. I could not work, was unable to sleep, and had no appetite.

"Nothing seemed to build up my nerves until I made use of Dr. Chase's Nerve Food. After having used about $12.00 worth of this medicine I feel like a new man. I can walk all right, do a great deal of work, have a good appetite and sleep well every night."

When you have tired of experiments you can turn to Dr. A. W. Chase's Nerve Food knowing that persistent treatment is bound to be rewarded with lastingly beneficial results. But you must get the genuine, bearing portrait and signature of A. W. Chase, M. D. 50 cts. at all dealers or Edmanson, Bates & Co., Toronto. Write for free copy of Dr. Chase's Recipes.

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.

8850-8765—A MODISH DRESS.

This shows a very simple but pleasing development of the body-and-sleeve-in-one idea. The blouse is worn with a long sleeve tucker that may be of lace, net, or other material contrasting to that of the gown. The blouse fronts cross in surplice style, so becoming to most figures. The skirt may be finished without the "banded in" effect. Diagonal suiting, serge, or other woolens, satin, velvet or a combination of cloth or velvet, will develop this model effectively. The Blouse Pattern (which includes the tucker) is cut in 6 sizes: 32, 34, 36, 38, 40, 42 inches bust measure. The skirt Pattern is cut in 5 sizes: 22, 24, 26, 28, 30 inches waist measure. It requires 1½ yards of 44 inch material for the Blouse and 1 1-8 yards of 27 inch material for the Tucker for the medium size. The skirt requires 4 1-8 yards of 44 inch material for the medium size.

This illustration calls for two separate patterns which will be mailed to any address on receipt of 10c. for each in silver or stamps.

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

8673— GIRL'S DRESS WITH OR WITHOUT YOKE FACING.

A Neat and Easily Made Frock for Mother's Girl.

Dotted challis in brown and white, with brown velvet ribbon and fancy buttons for trimming was used for this design. The waist is made with Gibson tucks over the shoulders and a box plait over the centre front; a notched yoke piece trims the front; the skirt may be plaited or gathered. The sleeve may be in wrist or shorter length. The pattern is cut in 4 sizes: 6, 8, 10, 12 years and requires 3¼ yards of 44 inch material for the 10 year size.

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

PATTERN COUPON.

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

No.....

Size.....

Name .....

Address in full:—

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Minard's Liniment Cures Colds, Etc.