



**ROYAL YEAST CAKES**  
 THE WHITEST & PUREST  
 GILFILLAN COMPANY LIMITED  
 TORONTO, ONT.  
 WINNIPEG MONTREAL

**Rowing.**



Rowing is a form of muscular exercise which rewards some of its devotees with handsome gold medals and others with a large pink callosity. It is very much in use at parks and summer resorts, and on a hot day can be a relief from any other kind of manual labour.

They are various kinds of rowing, the most popular of which is the overnight excursion in an Indian canoe on an inland sea bounded on the north by the ice cream parlor, on the east by the roller coaster, on the south by the bow-legged bathing suit and on the west by fifty-seven varieties of pastoral spooning. This is a cheap and enjoyable form of navigation by means of which a pretty girl with the love light beaming from a recent shirtwaist can be propelled from the casino to the bowery dance and back again by a radiant vision in a pompadour and duck pants who is not nothing but a few buoyant blisters.

The common people do most of their rowing in a deadly weapon known as the rowboat, which slays its thousands every year by turning over on its back and depositing its contents in several feet of water. The average rowboat has no keel, safety valve or ruse of direction, and can change its course faster than a civil service employee can change his politics. The rowboat is the author of a grotesque form of delirium entitled "catching a crab" by which an earnest sculler can miss the boat with his mouth wide open backward and insert both shoulderblades in the fried chicken and deviled eggs.

Given the right kind of company, rowing becomes one of the most hair-raising diversions outside of igniting the kitchen range with gasoline. Nothing is more exciting than to sit in a knock-kneed attitude in the stern of a rowboat and attempt to change places with somebody who insists upon climbing out on the oarlocks and balancing himself on one foot. Then we have always with us the peak-headed humorist who is not deterred by the high death rate or the sage advice of the coroner's jury, and who rocks the boat with his mouth wide open and his mental processes on a general and protracted strike.

**Marine Notes.**

The S. S. Stephano reached Halifax at 10 a.m. yesterday after a run of 42 hours from this port.  
 The S. S. Florizel leaves Halifax this afternoon for here.  
 The barq. Gaspe left Pernam for this port Saturday.  
 The schr. Annie E. Larder left Burgeo yesterday for Pernam, taking 2544 qts. codfish, shipped by R. Hamilton & Co.  
 The S. S. Mariana left Botwood for London, taking 6,000 tons of pulp and paper shipped by the A.N.D. Co.  
 The s.s. Howmans is due at Sydney to-night coming from Montreal, and will leave for here to-morrow.  
 The schr. Strathcona is loading herring at Sandy Point for Halifax.  
**KEEP MINARD'S LINIMENT IN THE HOUSE.**

**Tempting Food for the August Invalid.**

**Mulled Buttermilk.**  
 Put one pint of fresh buttermilk into a double boiler and stir constantly until ready to boil, then add the well-beaten yolk of one egg and remove from the fire at once.

**Rice Water.**  
 Boil one-half cup of rice in one quart of water until well done, strain through a clean cheese-cloth, and serve very cold. A little salt is necessary for flavor.

**Toast Water.**  
 Toast very brown a slice of bread, break into pieces and pour over it one cup of boiling water. When cool strain, and serve very cold.

**Barley Water.**  
 Boil slowly one-half pound of pearl barley in one quart of water for a half hour, strain and add one quart of water, one tablespoon of chopped raisins, two figs cut in small pieces, then cook one hour. Strain, sweeten to taste and flavor with fruit juice, lemon or orange juice preferred.

**Pineapple Water.**  
 One large, ripe pineapple, one pint of boiling syrup, juice of one lemon. Peel the pineapple and cut it into small bits, then crush. Pour on the hot syrup and lemon juice, mix and cover tightly. Allow to stand for two hours. Strain and add one quart of cold water, chill and serve. The syrup is made by boiling one cup of sugar with one pint of water.

**Watermelon Cocktail.**  
 Cut ripe, juicy watermelon into small dice, sprinkle with sugar and add a little lemon or orange juice. Serve in a tall glass, very cold.

**Mutton Chops.**  
 If meat is allowed in the diet, a tender and well broiled mutton or lamb chop is very appetizing and nourishing. Remove all the skin and fat. Season with butter and serve very hot with a slice or two of ripe seasoned tomato.

**Beef Tea.**  
 Chop fine two pounds of lean beef, and put into a glass fruit jar. Scrape on the cover and put the jar into a kettle of cold water. Boil three hours. Pour off the juice and serve hot or cold.

**Lemonade—for one Glass.**  
 Mix the juice of half a lemon and two or three teaspoons of sugar together until the sugar is dissolved. Fill the glass with cold water. When there is no ice at hand, the glass should be made very cold by holding it under running water.

**YOUR GOOD FRIEND**

Your time-keeper may sometimes need a little fixing up, as you do yourself once in a while. Bring it to us; we know how, and can treat it right, so you can go on your way rejoicing. Prices right for good work.

**D. A. MCRAE,**  
 Watchmaker, Jeweler & Optician.  
 295 Water Street, St. John's.

**GROVE HILL BULLETIN THIS WEEK**

We are now taking orders for Ornamental and Fruit Trees for Autumn or Spring Delivery. Cash must accompany orders in all cases. We guarantee all stock in good condition. Write for prices to

**J. McNEIL,**  
 Waterford Bridge Road.  
 Telephone 247.

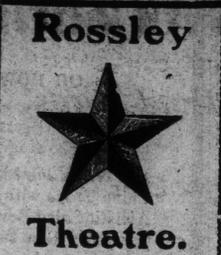
**"Stella Maris."**

Sentiment, one of the characters says, is everything in life. Without it no heroic action would ever be performed, no self-sacrifice shown; everything would be just miserable. Mr. Locke can certainly not be accused of losing sight of this most pleasing human attribute. Stella Maris, with her delicate thoughts and fancies, is thoroughly charming. Risca and Herold are both quite captivating. The story as a whole is well worthy to rank with Locke's best and most successful novels. Special Colonial Editions—paper, 50c; cloth, 75c.

**Pail Mail Gazette Letter a Swindle.**

Berlin, Aug. 23.—The Vorwarts, the organ of the German Social-Democratic party, characterizes as "A plain audacious swindle," the letter which appeared in the London Pail Mail Gazette, Thursday, and which purported to have been written just before his death at Zurich, last week by August Bebel, the German Socialist leader. The non-Socialist newspapers, even including Monarchist organs, also express the belief that the letter was a forgery. The letter said in part that the German Emperor had seen during the Balkan war, that his army had completely gone to pieces, that the officers were incapable of commanding and the material absolutely impossible, that if France had wished to attack Germany, she probably would have been successful, for Germany was not strong enough at the frontier. It added that the Emperor knew that the military element from Germany that helped the Turks was to blame for the defeat of the Turks.

**SCHOONERS HOME.**—The schrs. Tory and Carrie S, arrived at Lewisport from the Treaty Shore yesterday with 60 and 100 quintals of fish, respectively.



**ROSSLEY Theatre.**  
 St. John's Leading Vaudeville House.

**BIG BENEFIT CONCERT,**  
 August 26th, for Mr. Norris. A splendid array of talent.

**MR. W. D. WATSON.**  
**MR. H. BAIRD.**  
**THE DANDY SIX.**  
**THE FOREST FAIRIES.**  
**THE BUTTERFLY DANCERS.**  
 Miss E. Earle, Miss Kitty Squires, Miss M. Marshall, Clara Squires, Gerlie Richardson, Ellen Squires, Jack Rossley, Songs and Gag-Dancing.  
 Two Shows—7.30 and 9.15.

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**Evening Telegram Fashion Plates.**

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



Ladies' Dress with or without Chemise, with Long or Shorter Sleeves, and with Raised or Normal Waistline.

White linen, with blue ruffine for trimming and buttons and loops for decoration is here shown. The design is unique in its shape, and will lend itself equally well for development in gingham, chambray, linens, sponge, serge, voile, or silk. The Chemise may be omitted. The skirt has a slightly raised waistline, but may be finished at normal waistline if preferred. Ladies' Waist Pattern, 9672, and Ladies' Skirt Pattern, 9671, supply the models. The waist is cut in 5 sizes: 34, 36, 38, 40 and 42 inches bust measure. The Skirt in 5 sizes: 22, 24, 26, 28 and 30 inches waist measure. It requires 6 3/8 yards of 44 inch material for a 36 inch size. This illustration calls for TWO separate patterns which will be mailed to any address on receipt of 10c. FOR EACH pattern in silver or stamps.



Ladies' Waist Pattern, 9664, and Ladies' Skirt Pattern, 9665, combine to make this pretty effect. The left side of waist and skirt are draped beneath deep hemmed portions. The sleeve may be in "bell" shape or in wrist length. The Waist Pattern is cut in 5 sizes: 34, 36, 38, 40 and 42 inches bust measure. The Skirt in 5 sizes: 22, 24, 26, 28, and 30 inches waist measure. It requires 6 yards of 44 inch material for a Medium size. This illustration calls for TWO separate patterns which will be mailed to any address on receipt of 10c. FOR EACH pattern in silver or stamps.

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**Little BOYS and GIRLS**  
 In Red, Navy, Brown, Green and Sax Blue.  
**35 cents each,**  
 all Buttoned on the Shoulder.  
 Coming: A Dainty Lot  
**Of Little Girls American Hats**  
 For Autumn wear. Look out for them.  
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**BIG VALUES THIS WEEK.**  
 Boys' Jersey Suits, Cap to Match, in Brown, Green, Navy and Saxe Blue, \$2.20 up.  
 Special Line Men's Negligee Shirts, worth \$1.40, now \$1.00.  
 Real Snap in Gents' TIES.  
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