

Cable News.

Special to Evening Telegram.
LONDON, Dec. 19.
With the final balloting to-day the General Election have come to a close. To-day's results are not yet known out of these last three seats were formerly held by a Liberal, a Nationalist and an Independent Nationalist. The standing of the parties to-night is as follows:—Government Coalition—Liberals, 270; Laborites, 42; Nationalists, 72; Independent Nationalists, 16. Total 385. Opposition Unionists, 272; Coalition majority, 123. The return of the Nationalist and Independent Nationalist in the constituencies yet remaining to be heard from is considered certain, but there is a possibility of a change in Wickburgh, in Scotland, which was represented in last Parliament by a Liberal, E. Munroe. The Liberal majority in this district in the January election was 123, and it is considered doubtful if the Unionists can overcome this. The elections have been the most remarkable in the history of British politics, and have upset entirely the calculations of the Unionists who had scarcely expected to gain not less than 20 seats. On the contrary the Unionists have not only gained nothing out are likely in the end to suffer a net loss of one. A brief period of quiescence is expected to follow the final announcement to-morrow, and after that the Government Leaders will endeavor to carry out their plans for curtailing the power of the Lords, and carrying into effect other important measures in the new Parliament.

Special Evening Telegram.
LONDON, Dec. 19.
The London Branch of the American Navy League gave a reception and ball at the Savoy Hotel to-night to the officers of the American battleships; several hundred members of the American colony attended. Sir Frederick Fluke, President of the League, received the guests who included the American Ambassador, Whitelaw Reid, Commander Ed. Sampson, naval attaché of the American Embassy, Captain S. A. Cloman, military attaché, Rear Admiral Chas. E. Vereland, commanding the 2nd division of the U. S. A. Atlantic fleet, Rear Admiral Thos. B. Howard, commanding the 1st division, and Rear Admiral Ed. D. Taussih, U. S. Navy, retired. The company, for the most part, consisted of officers in full uniform and young ladies.

TEACHERS' ART CLASS.—We are in receipt of a note from Mr. P. J. Butler conveying the information that Mr. Frank Miller of the Art School will conduct an Art Class for teachers which has been provided for by the Hon. E. R. Bowring.

The Evening Chit-Chat

By RUTH CAMERON



As we were passing through a narrow passageway leading towards the trains in a certain big depot the other night three men bore down upon us, running as if for dear life, and as they tornaded past, knocked my companion's umbrella from his hand.

He picked it up, brushed it off, opened his mouth as if to speak, and then closed it again, without speaking. I tried to relieve his feelings by railing against the abominable rudeness and carelessness of the feelings of others that some people show, but to my surprise, he didn't seem to feel grateful.

"What's the matter?" I queried, "why don't you say something?"
"Well, you know," he answered, "I was going to say something quite vigorous, and then I stopped to think first if I might not have done the same thing in their places. You see it's eleven o'clock, and that was their last train. If they'd missed it they'd have to stay here all night or take a two-hour trip on the electric. I suppose I might have been a little bit careless myself if I'd had their reasons for hurrying."

I can't give myself the right to be angry very often.
I tried it the other day in a lunch room.
I ordered some salad. It arrived without bread and butter. The waitress, having deposited it, scooped away, and apparently did not contemplate returning. After waiting several minutes, I inquired mildly of a waitress who strayed near my table if they didn't serve bread and butter with salad there. "She's getting it for you just as fast as she can," she snapped.

I had inquired mildly and didn't think I deserved any such reply, so my first impulse was to be vexed with the waitress for being a disagreeable old thing. And then I made myself stop and think, "Suppose I'd worked hard all day, and was tired, and suppose I heard someone casting what I considered an aspersion upon a sister waitress, who also had worked hard, wasn't it just possible that I might have resented it in a similar manner?"

And I felt so very uncertain of the answer that I had to make myself swallow first I had to make myself swallow.

A most interesting and eye-opening plan, truly! Won't you try it the next time you are inclined to feel indignant or resentful against or superior to anybody?

Ruth Cameron

The regular pleated jabot—white lawn above and Persian silk below—has a cluster of rosebuds at the top, with their ribbon stems, each tipped by a gilt bead, hanging down from above.

Fichu and berthas of white lace knotted with black velvet, a velvet neck ribbon and elbow sleeves, frilled with lace, are popular and extremely pretty features of the fashions of the moment.

Hon. James Angel and the City Council.

Editor Evening Telegram.

Dear Sir,—I notice in your issue of the 19th inst. a letter from the Premier, Sir E. P. Morris, bringing to the notice of the Council a petition of the inhabitants of Hamilton Street, Le-Marchant Road and vicinity of the Nail Factory. The petitioners very fully set forth their claims from a religious standpoint. Now to strengthen their hands, I insert herewith a communication which I sent to the Council, September 20th, 1902, setting forth the claims as a great public convenience from the working man and school children's standpoint.

To the Municipal Council:—
Gentlemen,—I wish to call the attention of the Council to the necessity of a cross street connecting from the head of Hutchings' Street across to Pleasant Street.

There are many persons living on Pleasant Street who cross the Long Bridge to and from their meals, but there is no outlet at the head of Hutchings' Street to Pleasant Street, so it is necessary for the crossing from the head of Hutchings' Street across to Pleasant Street. The result is the people pass into the Nail Factory yard to reach their homes and climb the fences on Pleasant Street; of course the people on Pleasant Street keep the entrance to their back yard locked to prevent them being made a public highway. At the head of Hutchings' Street there is no house in the way at present, but I notice the old houses adjoining the old forge now unoccupied are now being pulled down, and before the site is occupied by houses a new street should be made.

I consider this street would be a great boon to the people living on Pleasant Street, and in the interest of education I claim that the proposed street should cross Pleasant Street and extend up to Gilbert Street. There are two schools on Gilbert Street the Centenary Hall (Methodist), and a Church of England school, with at least four hundred (400) children on the roll. Now to reach either of these schools from Pleasant Street one must come down to Springdale Street and then up a big hill. Any one visiting this locality can see what an improvement it would be to be able to reach Gilbert Street by a road at the western end of Centenary Hall school.

As a member of the West End School Board I can testify to the fact that the entrance to the Centenary Hall school from Pleasant Street is particularly a public highway. If the gate is locked the public break the lock because of the short cut to Gilbert Street, and as a result the school yard is a public playground, and it

costs the Board quite a sum yearly to replace broken glass.

If a road were put there, as I suggest the playground would be free from outside encroachment. This road, I consider, would be a great boon to the children attending the above schools.

I feel certain if the Council would visit the place they would wonder why this road was not projected. Improvements have been so long delayed, whilst other roads have been opened up practically of little public benefit.

The next place that I think needs consideration is a road from Patrick Street to Shaw's Lane, entering from Patrick Street where Mrs. Meyers' house now stands and running out on Shaw's Lane in the rear of Mrs. Browning's residence. This road was staked out 60 years ago by the late Mr. F. Bennett, and I can remember seeing the stakes when a boy.

It has always been a surprise to me why this road was not staked off when Patrick Street was projected. This road would not only be a great public benefit, but would open up quite a lot of eligible building sites, and in addition would conserve the interest of education and the churches.

St. Patrick's Chapel and the Christian Bros. school are just beyond the junction of the proposed street with Patrick Street, and a few yards above this proposed street with Patrick Street is Alexander Street Church. Hoping this matter will be taken up at an early date, I am,
Yours respectfully,

JAS. ANGEL

The latter part of the above communication refers to a cross road from Patrick Street. As this road is not now in question, I come back to the proposed road from Hamilton Street to Pleasant. At that time the Council appointed two of their number, Mr. Ellis, the present Mayor and the late Councillor Muir, to meet the Rev. J. Dawson, then Chairman of the West End School Board, and myself to view the site of the proposed road. Both gentlemen expressed themselves favourably of the road, and so impressed were they with the necessity and advantages of it that I believed something would be done to secure the property then vacant at the head of Hutchings Street. A short time elapsed when I saw preparations going on for the erection of a house on the vacant site, and upon enquiry I was informed that the Engineer reported that the road was in the wrong place, and should enter in the vicinity of the tumbled down range of houses below the proposed street.

Now with all due deference to the Engineer's report, I say that the road should enter as near as possible opposite Hutchings' Street, and I believe that a survey and public opinion will bear me out.

I will go further and say that there is no other point between Atlantic Avenue and Hutchings' Street where an easier grade can be obtained than at the point named.
As for a street anywhere below the head of Hutchings' Street, it's not worth discussing. The street if graded to about the level of the Nail Factory ground will give a comparatively easy grade to Pleasant Street. The following are some reasons why this is the proper place for the road:—
First—it is as near as possible midway between Springdale Street and Atlantic Avenue.
Second—if the street enters anywhere above the point indicated it must go in on a level and suddenly come to a very steep grade up to Pleasant Street, or run diagonal across to Pleasant Street.
Third—it is at the junction of several streets, viz., Hamilton Street, G. F. Bennett, and a street coming up from Horwood's mills.
Fourth—it will be as near as possible at right angles with both streets. No doubt when the way was opened the road should have been built; but I suppose the main reason for the delay in making this road was due to the fact that the Council had no money. If this was the case, why not have said so—and throw the onus of the delay on the Government of the day, instead of sidetracking such an important public improvement and convenience for the people of the West End, as indicated by the Engineer's report upon the said street.
However, I am glad to say that our far-seeing Premier, Sir E. P. Morris, has now taken the matter up, and we may now expect the road to go through with as little delay as possible.
In conclusion I would say that the mistakes of the past, in not running the road through when the way was open, should not prevent the selection of the best possible site for this road.
By inserting the foregoing in your to-morrow's issue you will oblige,
Yours sincerely,
JAS. ANGEL
St. John's, N.F., Dec. 19th, 1910.

Harbor Grace Notes.

Miss Rose Archibald arrived from a Halifax College on Saturday night, and will spend Christmas at home.

Mr. Austen Parsons, lately scaman on the S. S. Home, returned home on Saturday last for treatment, as he had been severely bitten by a dog at one of the harbors visited. The savage beast was shot.

Quite a number of our Bell Island friends came in on Saturday to spend Christmas at home.

The frosty spurt of the past few days has caused the Bog Pond to freeze up quite hard, and it is said that the ice is now five or six inches thick.

Mr. G. G. Christian, of the Archibald Bro. Shoe Factory, is in town and will take a rest for a few days. Mr. C. is a hustler, and as he is well known and very popular he is the right man to occupy the position of traveller for the above firm.

Many regrets were expressed on Saturday evening when it became known that the Rev. Superior (Mrs. Theresa) of the Presentation Convent here had passed away during the afternoon. The beautiful disposition, the excellent education and the exceptional talent of the above lady had endeared her to all who had the pleasure of her acquaintance. Her natural talent for drawing, and her love for that work, was much admired, and some of the most beautiful work in the above line we have ever seen were from the hand of the Rev. Mother. Mrs. Theresa was a native of the Emerald Isle, and has been connected with the Presentation Convent here for some time. She was 66 years of age. The funeral took place this morning at 9.30.

CORRESPONDENT.
Harbor Grace, Dec. 19, 1910.

STEERING GEAR DISABLED.—While at work in Trinity Bay last week the steering gear of the cable boat Minia became disarranged and was attended to by the engineers. Permanent repairs were made here and she will also get supplies, &c. in this port before resuming her repairing work again.

BOY'S NARROW ESCAPE.—Last evening a boy who skated over Bartor's Hill narrowly escaped being killed on reaching Water Street. He came with great speed into the latter thoroughfare and fell before a horse, being driven rapidly down the street. The driver pulled rein quickly and the lad was only a foot or so from the rearing horse's fore hoofs. He received a fright which he will not soon forget.

What About Brain Food?

This Question Came Up in the Recent Trial for Libel.

A "Weekly" printed some criticisms of the claims made for our foods. It evidently did not fancy our reply printed in various newspapers, and brought suit for libel. At the trial some interesting facts came out.

Some of the chemical and medical experts differed widely.

The following facts, however, were quite clearly established:

Analysis of brain by an unquestionable authority, Geoghegan, shows of Mineral Salts, Phosphoric Acid and Potash combined (Phosphate of Potash), 2.91 per cent of the total, 5.33 of all Mineral Salts.

This is over one-half.

Beautis, another authority, shows "Phosphoric Acid combined" and Potash 73.44 per cent from a total of 101.07.

Considerable more than one-half of Phosphate of Potash.

Analysis of Grape-Nuts shows: Potassium and Phosphorus, (which join and make Phosphate of Potash,) is considerable more than one-half of all the mineral salts in the food.

Dr. Geo. W. Carey, an authority on the constituent elements of the body, says: "The gray matter of the brain is controlled entirely by the inorganic cell-salt, Potassium Phosphate (Phosphate of Potash.) This salt unites with albumen and by the addition of oxygen creates nerve fluid or the gray matter of the brain. Of course, there is a trace of other salts and other organic matter in nerve fluid, but Potassium Phosphate is the chief factor, and has the power within itself to attract, by its own law of affinity, all things needed to manufacture the elixir of life."

Further on, he says: "The beginning and end of the matter is to supply the lacking principle, and in molecular form, exactly as nature furnishes it in vegetables, fruits and grain. To supply deficiencies—this is the only law of cure."

The natural conclusion is that if Phosphate of Potash is the needed mineral element in brain and you use food which does not contain it, you have brain fag because its daily loss is not supplied.

On the contrary, if you eat food known to be rich in this element, you place before the life forces that which nature demands for brain-building.

In the trial a sneer was uttered because Mr. Post announced that he had made years of research in this country and some clinics of Europe, regarding the effect of the mind on digestion of food.

But we must be patient with those who sneer at facts they know nothing about.

Mind does not work well on a brain that is broken down by lack of nourishment.

A peaceful and evenly poised mind is necessary to good digestion.

Worry, anxiety, fear, hate, &c., &c., directly interfere with or stops the flow of Ptyalin, the digestive juice of the mouth, and also interferes with the flow of the digestive juices of stomach and pancreas.

Therefore, the mental state of the individual has much to do (more than suspected) with digestion.

This trial has demonstrated:

That Brain is made of Phosphate of Potash as the principal Mineral Salt, added to albumen and water.

That Grape-Nuts contains that element as more than one-half of all its mineral salts.

A healthy brain is important, if one would "do things" in this world.

A man who sneers at "Mind" sneers at the best and least understood part of himself. That part which some folks believe links us to the Infinite.

Mind asks for a healthy brain upon which to act, and Nature has defined a way to make a healthy brain and renew it day by day as it is used up from work of the previous day.

Nature's way to rebuild is by the use of food which supplies the things required.

"There's a Reason"

Canadian Postum Cereal Co., Ltd.,

Windsor, Ontario.