Will Be Welcomed By Our Boys.

Dear Sir,-The following are the particulars of our shipments for November, which have gone for-

ward by the S. S. Durango:-Shipped through Capt. Outerbridge to the 1st Newfoundland Regiment:

1342 Flannel Shirts. 300 Rifle Covers.

1030 Pairs Socks. 910 Pairs Mittens. 1500 Woolen Mufflers. 110 Handkerchiefs.

Shipped to the St. John Ambulance Association for the use of the Sick and Wounded:

2455 Bandages. 84 Binders.

360 Swabs. 35 Pneumonia Jackets.

12 Typhoid Shirts. 37 Pairs Operation Stockings.

25 Pillow Cases. 5640 Sterilized Dressings. 300 Night Shirts. 390 Shirts.

270 Pairs Socks, 40 Pairs Cuffs.

Yours sincerely. E. T. MACPHERSON. Hon. Secretary.

Chimney Fire.

An alarm of fire was sent in from box 225 last night, bringing the Central and East End Companies to the house of Mr. E. M. Jackman, Allandale Road, where a slight fire was in progress, caused through soot igniting in the chimney. The fire was put out before any damage was done.

Everyday Etiquette.

"How should I wear my napkin at a dinner?" inquired George, "I see so many different ways of doing this that I am somewhat confused."

"There is only one correct way," advised his mother. "A man should lay and Morris, London, died, his death his napkin across his knee. To tuck precipitated the Bank Crash in this vised his mother. "A man should lay it in his collor or high in his vest is | very bad taste."

HERE FROM CADIZ. - The S. S. Frontera, 11 days from Cadiz, arrived Dickinson, who has taken the course in port yesterday evening, bringing a at Guelph College and is in charge of cargo of salt. The Frontera brought the Domestic Science School in the a fish cargo from here to the Medi- city, gave an address on Domestic terranean and after discharging her Science at Saturday's meeting of the salt cargo, the ship will load fish again | Current Events Club. Mrs. G. Knowfor Mediterranean ports.

Tea or Coffee

INSTANT

Any one who has headaches, bilious attacks,

heart flutter, or some other of these common ills.

had better look to tea or coffee drinking; and re-

member that there's one sure, easy way to be rid

of tea and coffee troubles-quit both tea and

A level teaspoonful in a cup of boiling water

makes a delicious drink-instantly. The rich,

snappy flavour of Instant Postum makes the

But more important, Instant Postum, made only

of wheat and a bit of molasses is free from the

drugs, caffeine and tannin, in tea and coffee, or

any other harmful element. Old and young alike

may drink as much as they desire with no bad

"There's a Reason"

for POSTUM

Canadian Postum Cereal Co., Ltd., Windsor, Ont.

Does

coffee- and

change easy.

"after effects."

No bother to prepare—

Use

T. A. Meetings.

ADULT BRANCH.

At a special meeting of the Adult Branch of the T. A. and B. Society held yesterday afternoon the officers for the ensuing year were nominated as follows:-

Pres.-W. J. Ellis. Vice-Pres.-M. F. Summers. 1st Asst. V. P .- J. P. Murphy. 2nd Asst. V. P .- J. Cochrane. 1st Treas.-P. J. Hanley.

Sec.-G. J. Coughlan. Cashier-T. J. Redmond. Fin. Sec .- W. D. Quinn. G. Marshal-N. J. Murphy. The election will be held Sunday

2nd Treas .- J. P. Kelly.

JUVENILE BRANCH.

The annual meeting of the Juvenile Branch was also held and the followng officers were appointed:-Pres.-W. G. Griffin. Vice-Pres .- David Power.

1st Asst. V. P.-W. G. Wallace. 2nd Asst. V. P.—Charles Stafford. 1st Treas.-J. G. Daley. 2nd Treas.-Thomas Dahoney. Secretary-John G. Hickey.

During the afternoon the meeting was visited by the President and officers of the Adult Branch, the form er addressing the boys in congratu latory terms. The Guardians announced that the annual treat would be given the boys during January.

Anniversaries of **Notable Events.**

DECEMBER 6th.

The bright. Chedabucto and brig Kate Cummins were lost in 1870. This date 1879 a steamer arrived with small pox on board. Hon. Ambrose Shea versus Evening Telegram for libed — "Pertinacious pecuniosity"-verdict for paper,

Fishermen and Seamen's Home opened here, 1886. Remains of crew of schooner Water Witch buried at Cupids, Conception Mr. Hall, of Messrs. Prowse, Hall

Edward Bray suicided, 1849.

CURRENT EVENTS CLUB. Miss ling. Jr., served teas.

Bother?

POSTUM

—the Pure Food-Drink

No bother to health.

(Pends-toi, brave Crillon (Pends-toi, brave Crillon, Nous avons combattu a Arques, mais to n'y etais pas.—Henri Quartre.) A RECRUITING CALL.

We heard our mother calling afar: "Come over, O my children, to the And, home again, wear proudly every

scar.
For we were there, Yes, we were there, Battling the Huns by land and se

It was a fight of fury, West and East, The Kaiser clawed brave Belgium like a beast. We choked him off. We tore him from his feast. For we were there,

Yes, we were there, Did you not help us drive him to his Sea-dragons, too, we hunted night and We kept the murderers of babes a

bay; All Hell we fought in that long, madd'ning fray. Were you not there? Were you not there? In that great struggle-speak-had

you no share?

Don't you remember those who fought At Mons, the Marne, Langemarck or Neuve Chapelle? Have you no story of the fight to tell? Were you not there?

Were you not there? You do not answer! You but stand did you not see at Stmaboul or Suez The German helmets or the Turkish

Surely that chap is lying when h You were not there,

You were not there. Stand up and say he's lying if you

furled.

The Great Betrayer from his throne is hurled. was the Fight of Ages for the world And we were there, Yes, we were there, But you—go hang yourself—you didn't

The war is over. Battle-flags are

-R. Stanley Weir. Gives Better Satisfaction Than Any Other.

MESSRS. DEARBORN & CO., Dear Sirs, I am now using your saking Powder. I have used differ-Baking Powder. I have used different kinds, but I like yours the best. It gives better satisfaction than any

Yours truly, MRS. SAMUEL RUBY

In Milady's Boudoir



ROUND SHOULDERS FATAL TO BEAUTY.

If you have round shoulders look first into the condition of the general health and see if there is any serious cause for the deformity. If the round shoulders are the result of carelessness, simple corrective exercises should be begun before you are a day

The "swirl" is an excellent correct tive exercise, and is accomplished by placing the hands before one together in the front. The hands are then lowered, moved backward and upward over the head and down to the first position again. This causes a swirl that beautifully exercises and flattens the shoulder blades. Both feet should be held together, soldier fashion, during this exercise, and the chest should be thrown well forward, with the head up. Perform this swirl ten times when arising in the morning.

An exercise that can easily be performed during the day, without calling attention to what you follow humans might construe as imbecility, is that of locking the hands at the back of the neck. This is particularly for tired muscles after you have been bending over a desk or sewing. During this exercise rest the head rather far back upon the hands and straighten up the shoulder blades.

When the shoulders are rounded, always select a straight backed chair. The easy chair may be comfortable but it is not corrective. If you have difficulty in finding a chair with a sufficiently straight, high back in your home for practice, place a board at the back of the chair and force the shoulders to touch it for at least five

DETAINED BY FREIHGT.—Owing to the large quantity of freight offering, the S. S. Stephano did not get away for Halifax and New York until S a.m. yesterday, the work of loading being continued all night.

MINARD'S LINIMENT CURES GAR-

Were You Not There? | Dissipation of the second of the sec

Holidays are Kodak Days

PUTKODAK

Price, \$7.00 and Upwards, on your CHRISTMAS list.

at TOOTON'S, the KODAK STORE,

Cameras and Photo Supplies, : : : 320 Water Street Representative of THE EASTMAN KODAK CO., Rochester, N.Y.

Casino Theatre.

Daily at 2.30 & 7.30.

CONTINUED COLOSSAL SUCCESS OF "OUR BOYS."

In conjunction with which a specially authorized French War Office production portraying

LORD KITCHENER, F.M.,

on his official visit to the Trenches in Flanders (accompanied by General Joffre and Staff) will also be shown at EACH ENTERTAINMENT.

Pictures Projected at 2.30, 3.40, 7.30, 8.40 and 9.50. Admission: Adults, 20c.; Children, 10c. APPROPRIATE AND ARTISTIC MUSIC BY MR. BERNARD SPENCER.

The **Nickel** Theatre.

SEE ANITA STEWART AND EARL WILLIAMS TO-DAY IN

"THE GODDESS."

A story of Love, Romance and Honor, of Red-Blooded Men and an Innocent Girl.

"THE EYE-WITNESS AT THE FRONT"-Some "FATTY'S FAITHFUL FIDO"-A Keystone com-

sanay drama with Richard C. Travers. "A WIRELESS RESCUE"-Dorothy Kelley in

thrilling two-part Vitagraph drama.

NOTE-"THE GODDESS" will be shown at 8.15 and 10.15 each night.

Klosfit Petticoats

Need no alteration, they fit themselves to any figure. We have them in Colored Sateen. All shades, at

\$1.10.

Furs-Ladies' Imitation Seal Sets

Look well and wear well. Priced within reach of everyone. Only

\$1.80, 3.00, 3.30 & 5.40 set.

34 Suits Ladies' Fleece Lined Combinations only 65c. suit.

BISHOP SONS & CO., Ltd.

MAIL ORDERS Receive Careful Consideration.

"Yes." was the reply "Been in the Army before?" "No."

"Well, yes"-reluctantly. "Got your discharges?" "Sure?"

The veteran, with a smile which spoke volumes, handed over his discharge papers. They showed he had left the Munster Fusiliers in 1871, and was in his seventieth year.

MINARD'S LINIMENT CURES GAR. ed, life would become more attractive GET IN COWS.

Boys.

By GEORGE FITCH,

lothes and has acquired pants and reckles and so much dirt that wellmeaning relatives do not dare to kiss

between meals it becomes a laim that there is no perpetual moion. He is a man, minus pride, amoition, pretense, greed and about 110 pounds. When he grows up he will trade romance, energy, bashfulness, warts and a snag-proof stomach for these other possessions. A boy is always getting the worst of it in some

trade or other. The world is so full of boys that it is impossible to touch off a band or a ball game without collecting a thousand of them. Boys are not or namental but they are useful. If i were not for boys the newspapers of the country would go undelivered and unread and a thousand circus elephants would die of thirst Boys are also useful in running errands. zest with which a boy does an er rand is only equalled by the eagerness with which an old fashioned minister approaches the conclusion of his sermon. With the aid of five of six adults a boy can readily do all the

errands for a family of two. The boy is a natural spectator spectating is his passion. He watches parades, fires, fights, ball games, dogs, ice waggons, mud turtles, bumble bees, automobiles, presidents, plain drunks, hand organs and aeroplanes with equal fervor. But he will not watch the clock. The man who invents a clock that will stand on its head and sing a song with its strikes, will confer a great boon on millions of families whose boys are forever getting

home to dinner about supper time. Boys are not popular except with their parents, but they have many fine points. One of them is the fact that they will grow up to be men some day. Another is their entire trustworthiness. You can rely absolutely on a boy if you know what to rely on. Trust him to get into trouble every day and lie will never disappoint you.

Boys are abstemious, seldom eating, except when awake. They are also very durable. This accounts for the fact that the world is still populous. A boy, if not washed too much and if kept in a cool, dry place for a while after each accident, will survive fireworks, broken bones, swimming holes, hornets, runaways, fist fights, pirate bands, indian massacres and nine pieces of pie at a sitting. If only some method of making a boy's clothes as durable as he is could be discoverfor boy growers.

Veteran Recruit.

Captain Marston, 6th East Surreys, told some amusing recruiting stories at a Chertsey meeting. An old man came to his office at Kingston and was asked his age. "Thirty-nine," he replied.

"Sure?" said Captain Marston

"Well, I left 'em at home."