

Some People "Say it with Flowers."

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The Art of Bathing.

Precautions, Which Most Swimmers Disregard.
Many people rather regret their dip in the sea because they do not observe certain simple precautions. In the early summer, however, hot weather may be, the water will be comparatively cold—many degrees below what it will be in late autumn. On the first occasion no one should stay in the water more than three minutes. The time of day should be as near noon as possible, and it is well to have a biscuit, or better still, a warm drink before entering the water. Anything in the way of heavy food should be avoided. Don't think of undressing until the body is heated by exercise, but wait until you have cooled down. Go straight down into the water, splash all over the body. Then have a little swim or swimming. Proceed at the end of the three minutes have the sea, or rather, how much you may wish to stay in. Dry quickly and get into your clothes without delay. Then sit in the sun or take a little walk to keep up the circulation. Lunch comes as a suitable finish to the first bath.

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ST. JOHN'S, N.F.



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Feeding a City Afloat.

So far as mere eating and drinking goes, one usually lives better as a passenger at sea than anywhere in the world. On most boats the fare is good, but comparatively few hotels keep such a splendid "table" as one finds in the big Atlantic liner.

For supplying their catering departments the companies owning these vessels maintain large bonded stores, grocery shops, and such-like establishments. Each of these must be well stocked, for the little army of cooks which each liner carries has every day whilst she is at sea to prepare as much food as would suffice for a fair-sized town.

Take a well-known ship like the *Mauretania*. She is fitted with large kitchens, equipped with the most up-to-date plant. Amongst the latter are electric grills that cook four hundred chops or steaks per hour.

If you are lucky enough to be making a trip in her, and desire a chop or a steak for your lunch, all you have to do is to choose your "cut," and in a few minutes' time it will be served up to you "done as you want it."

As for bread, you may select what you fancy. Everything from plain "household" to the crispest of rolls is baked in the ship. And if you have a dainty tooth—well, there's a confectionary shop at your service, from which you can obtain all sorts of toothsome things, from ice cream to fancy cakes.

See Air Gives Them Appetites.

Turning out such a variety of edibles necessitates a large staff being employed. Cooks by the score are carried in all liners that ply to and fro across the "herring pond." On the regular catering staff of the *Aquitania* there are seventy-five cooks, fourteen bakers and nine butchers. Serving the food prepared by these, and otherwise attending to the needs of passengers, keeps busy 485 stewards and thirty stewardesses.

As to the table equipment, that runs in huge figures. In a vessel of the *Mauretania*'s size there are in regular use many thousands of cloths and other pieces of linen, together with 20,000 cups and saucers, 22,000 plates and covers, 12,000 glasses and tumblers, 15,000 spoons, 15,000 knives, forks, and carvers, 5,000 jugs, sugar-basins, etc., 4,350 of such articles as cruet and egg-cups, 10,000 dishes, and 11,000 toast-racks and escallop shells. Keeping up the crockery supply must provide enough work for a fair-sized pottery.

It is quite certain that no single farmyard could keep a liner's larder filled. Every time she crosses the Atlantic, there is consumed aboard the *Aquitania* 50 oxen, 15 calves, 200 sheep, 70 lambs, 100 pigs, 350 ducks, 130 turkeys, 90 geese, 3,000 chickens, 400 pheasants, 400 pigeons, 400 grouse, 550 partridges, 800 quail, and 200 snipe, to say nothing of tons of flour, groceries, and other foodstuffs.

Just imagine what this totals to in a year. Think, too, of the number of times the "herring pond" is crossed in that period, and you will get some idea of the amount of food that is consumed upon it in a twelvemonth.

Another point of interest is that feeding the ships is almost as big a business as feeding the people they carry. Every time the *Mauretania* crosses the Atlantic she eats up 600 ten-ton truck-loads of coal, while the *Aquitania*, which is fed by suction, swallows 7,000 tons of fuel oil on each trip.

Astonishing the Natives.

In that most interesting book, "Some Experiences of a New Guinea Resident Magistrate," Captain C. A. W. Monckton tells an amusing story of how he succeeded in impressing the inhabitants of a cannibal village who, incited by their sorcerers or witch doctors, had been giving no end of trouble.
Entering the place alone, save for a native interpreter, he faced the mob of savages, and fixed their attention by telling them that he was going to show them that he was a greater sorcerer than the best of their witch doctors.

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On the rental plan, one house situated on Military Road, 999 years lease, ground rent only \$15.00 per year. This house has lately been fitted up with all modern improvements, has a large shop, and is a good stand for an Ice Cream Parlor; has a nice backyard with entrance from Knight Street. Possession given immediately.

Also house on Fleming Street (freehold), plastered all through with all modern appliances. Other property situated in different parts of the city.

Two houses on LeMarchant Road, in first class condition, one containing 5 rooms, the other 6; fitted up with modern conveniences. Immediate possession given.

For further particulars apply to

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PHONE 1388.

"Look at my mouth," he commanded, and expanded it into a grin, showing a complete set of false teeth.
Then, turning his back for a second, he dropped the teeth into his handkerchief and, swinging round again, exposed a double row of toothless gums.
A yell of horror and amazement went up, and fearful glances were cast behind for somewhere to bolt to.
Captain Monckton swept his handkerchief before his mouth, and again grinned a glistening toothful grin.
"Now," he said, turning to the interpreter, "ask them whether in all their villages there is a sorcerer that can do such a thing as that?"
"No," was the answer. "The white chief is greater than them all."
Arrows and Bon Ami for Glass.
BOWRING BROS., LTD.,
(Hardware Dept.)—June18,tf

Freeman's Glass Lemon

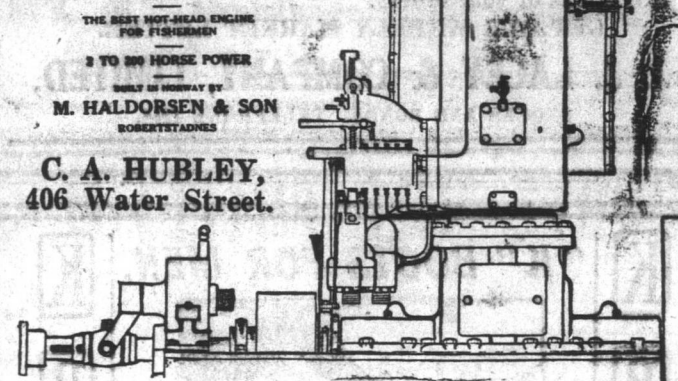
A Great Drink, reproducing to a remarkable degree the true flavour of the Lemon. On a cold day it makes an excellent Hot Drink, and as such is a valuable protection against colds.

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ANNOUNCEMENT!

The Green Lantern Ice Cream Parlour.

On Saturday, June 11th, the entire Restaurant will be in operation, including the Smoking Room up stairs—cigarettes only allowed.

Best quality goods, refined surroundings, prompt service.

It will pay you to come and see us.

The GREEN LANTERN, Ltd., Theatre Hill
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MUTT AND JEFF

JEFF ALSO SAW THE SULLIVAN-MITCHELL FIGHTS.

—By Bud Fisher

