

Caribou Launched

The new steamer for the Caribou service, was launched at St. John's on Tuesday. The christening ceremony was performed by Miss Bennet, daughter of the Hon. Secretary, according to a report received yesterday from the Commissioner at London. The steamer states that the whole affair was a great success. The work of fitting the engines, fitting up the accommodations, etc., will now be completed at Schledam, and the ship is expected to leave for this port about the end of July. Chief Steward Pike will be in command on Saturday en route to Schledam to supervise the fitting up of the accommodations on the ship.

Keep for Twenty Years!

DOCTOR ON HEALTH-GIVING SLEEP.

The man of sixty who awakens suddenly to the fact that he has spent the majority of these precious years in the unconsciousness of sleep is apt to regret that he has not been a prodigal wastrel. Nevertheless, he can comfort himself with the reflection that had he had, approximately at least, the hours of blissful oblivion he would not be alive to worry about the matter. Sound sleep for a certain number of hours in every twenty-four hours is vital to good health as is a daily diet of good food, fresh air, sunlight and exercise.

Opponents of Summer Time declare that it "deprives people of their natural sleep." That is, however, simply a question, since nobody has yet defined when we "ought" to sleep or for how many hours. We know, of course, that people who are physically and mentally lax do not sleep, while, on the other hand, the mentally alert and active are apt to deprive themselves of the amount of sleep that is vital to health. We are also aware that both that "little more" and "less" tell in the long run with cumulative effect on the brain and nerves, seriously impairing the structure and functions of both, and injuring health and shortening life.

People seem to think that there is some ruling on the vexed question of how many hours a healthy adult should sleep. If all human creatures were in every respect alike this would be easy; but since we have members of the human family who ever will be, exactly alike, the question of sleep is another matter. "One man's meat is another man's poison," may also read, "One man's sleep is another man's insomnia" and vice versa. Some require more and some a great deal less sleep than others.

A healthy man, sleeping independently of the help of any narcotic, in a adequately ventilated room, knows when he has had enough sleep when he wakes automatically feeling refreshed in spirit and body. On the other hand, the sleeper, who deliberately keeps or "dozes" until he is called by a knock or a clock, can scarcely tell whether he has slept too much or too little. If he feels bright at the moment he has probably hit the mark; if he does not, then he doesn't know whether he has had too little or too much oblivion.

A man's daily output of nerve energy is the measure of the period required for its restoration during sleep. Hence the great diversity in the hours required for slumber by different individuals. As illustrations of this diversity it is usual to quote the hours of sleep required by men such as Napoleon, John Wesley and others who lived in the days when the stress and strain on the nervous system was nothing compared with what it is today.

Sleeping Round the Clock.
To compare like with like we must take the habit in men of our own generation. There is for example, Lord Leverhulme, whose average time for sleep is five hours, with a maximum of six and a minimum of four. At the other extreme is Sir William Osprey, whose average seems to be ten hours.

Mr. St. Leo Scratchley sleeps nine hours and would like to sleep ten. Whenever possible, he sleeps another hour during the day. Sir Eric Geddes sleeps a minimum of eight hours necessary, and occasionally takes the opportunity of snoring up ten to twelve hours. Lord Haldane sleeps between seven and seven hours.

Mr. G. K. Chesterton takes as much sleep as he can get, going to bed very late and sleeping very late. Lord Bessborough is never quite healthy or happy unless he gets eight, or at least seven, hours' sleep; he does not sleep in the daytime if he can help it.

RICHARD HUDNUT THREE FLOWERS TALCUM
Your choice of the Three Flowers of the Talcum Powder is in the Beauty and Daily Package.

ACHES AND PAINS USE MINARD'S LINIMENT.



SHOPPING POINTERS



Stressing Their Significance from an Economical Standpoint. THE CALL OF THE GREAT OUTDOORS—

At this Season lures us countrywards—Pic-nics, camping, bathing, fishing, motoring, golfing, tennis and innumerable other recreation in the open—all claim our attention—back to nature—out under the canopy of Heaven—neath the golden rays of sunshine,—where Health, Happiness and care freeness bring back the youthful life of yesterday. Of course to complete the real enjoyment of out-door life, fitting togs add immeasurably, right here the serviceableness of this store—stands out tremendously—in its well chosen Summer Stocks, from which many items have been set apart for this weeks underselling.

FRIDAY, SAT. and MONDAY

Silk & Lisle HOSIERY

Value Extraordinary in Ladies' and Misses' beautiful quality Silk and Lisle mixture Hosiery. Mottled Dark Brown shade, fancy ribbed; considered seconds; pick the best of them Friday, Saturday & Monday for

25c PAIR

LADIES' DRESSES

Snappy new models in Gingham and service Linens, 36 to 48 bust; shades of Sage, Peach, Green, Lavender, Rose and Tan; Polo and Peter Pan collars, round neck, short sleeves, embroidered front, galon trimmings; you must see them to appreciate their becomingness and their excellent value. Friday, Saturday & Monday

3.48



Lace Curtains

In 2 1/2 yard size; very fine patterns, good service-giving quality, to stand washing and general wear and tear. Regular \$4.00 the pair. Friday, Saturday and Monday

English Chintz.
Rather pretty Chintz with light ground and all-over rose pattern, in shades of Hello, Pink and Blue; reversible; nice for toning up summer time. Dollar value. Friday, Sat. & Monday **89c.**

Cotton Blankets.
Another line of Cream shade Cotton Blankets of exceptionally good quality, plain unbordered finish; 64 x 72 size. You will like this line. Friday, Saturday and Monday, the pair **\$3.20**

Girls' White Gloves

Closed Wrist Gloves in White Lisle make; assorted sizes for Children and Misses. Special **28c.**

2 dome wrist style in White Lisle; assorted sizes for Children and Misses. Friday, Saturday & Monday **42c.**

Silk Gloves.
In assorted sizes for Children and Misses, nice pure White Silk make, in elbow length. Friday, Saturday and Monday **\$1.00**

Elbow Gloves.
Long White elbow length Gloves in firm Lisle make; assorted sizes for Children and Misses. Friday, Saturday and Monday **55c.**

Light, Airy CURTAININGS make Lightsome Surroundings

BUNGALOW SCRIMS—Several pieces of dark patterned ing very pretty as hangings for bungalow or country residences, floral patterns, look-licence. Friday, Saturday and Monday, the yard **26c.**

LAUNDRY BAGS—Great serviceable Dark Linen Crash Laundry Bags, showing silk embroidered lettered front; last for a lifetime. Reg. \$1.50. Friday, Saturday & Monday, each **\$1.32**

MADRAS MUSLINS—White and Cream Madras, 42 ins. wide; new patterns; new values worth seeing. Friday, Saturday and Monday, the yard **55c.**

BOYS' SHOES
In Dark Tan light weight. Calf, laced, Brogue style; sizes 5 1/2 to 10. Our Special **\$1.88**

Ladies' White Canvas Shoes, laced and strapped styles; sizes 5, 5 1/2 and 6; rubber heels. Special **\$1.58**

19c SPECIALS

- Electric Light Shades . . . 19c
- Electric Lt. Wire Shades . . . 19c
- Towel Racks, White . . . 19c
- Towel Racks, Nickel . . . 19c
- Wall Splashes, Fancy . . . 19c
- Rubber Stair Treads . . . 19c
- Whisk Holders, Straw . . . 19c
- Decorated Candles, box of 2 . . . 19c

1.48

White Towels

Medium size White Turkish Towels, plain, with Crimson stripes; nice individual Towels. Friday, Saturday & Monday. **47c**

TRY BAIRD'S FIRST



FOR SATISFACTORY SHOPPING

SHOWROOM

Values Indicative of Important Savings— Take advantage of them.

Jumpers.
You cannot possibly have one too many at this Season. This line in fine Wool make, all White, White and Hello, White and Lemon, White and Sky and White and Flame, must interest you,—long sleeves, suit the very new cut for sport wear and general utility. Reg. \$5.00. Friday, Saturday and Monday **\$3.15**

Fancy Garters.
Shirred Ribbon Garters, in shades of Sky, Pink, Rose and Gold, ribbon bow and tiny roses. Friday, Saturday and Monday **45c.**

Bandeaus.
The "Halo" Sports Bandeau, comes in lace net, in shades of Gold, Jade, Sage, Flame, Grey, Brown, Sand, Royal, Cream and fancy. Ideal for tennis, golf, motoring, suits, bobbed or otherwise. Friday, Saturday and Monday **45c.**

"Princess" Underskirts.
Embroidery trimmed, to fit 12 to 16 years, nice white lawn make, ribbon drawn string and embroidery trimmed skirt. **\$1.42**

Children's Vests.
White Jersey Vests, round neck, wing sleeve, to fit 4 to 12 years. Special **28c.**

WOOL COSTUMES
Knitted Wool Costumes, Tuxedo style, belt and pockets, pretty Brown and Blue Heather mixtures, elastic at waist of skirt, costumes convenient to have, adaptable for almost any season. \$10.00 value. Friday, Saturday and Monday **\$8.25**

Jacquettes.
One button style, with cross-over effect, roll collar, long sleeve, nice Silk and Wool mixture, in shades of Sand and Jade, sizes 38 to 44, very desirable garment for your wardrobe. Reg. \$5.00. Friday, Saturday and Monday **\$4.98**

Misses' Corsets.
In White Coutil, neat form—fitting models, sizes 21 to 26, laced back, hooked front, lace trimmed. Reg. \$1.25. Special **\$1.08**

Combinations.
Ladies' White Jersey Combinations, round neck, sleeveless style, loose leg, crochet edge, open. Reg. 90c. value. The Suit **62c.**

Hat Ornaments.
The very newest with "Stratanoil" inset and Brilliance, just what you need to smarten up a hat or two. Reg. 40c. Special **29c.**

Bathing Time Needs

Bathing Shoes.
Ladies' and Misses' Bathing Shoes, canvas or hemp soles; sizes 1 to 5. Our Special **35c.**

Bathing Suits.
Misses' Bathing Suits—they will soon be clamouring for them.—fine Navy Jersey make, trimmed Sage, Crimson, Gold, buttoned shoulder, with or without shirt. Dollar Suits. **89c.** Friday, Saturday and Monday

Bathing Caps.
Hug-Tight Helmet style, Rubber Bathing Caps, in shades of Crimson, Green, Gold and Blue, star or bow trim. Friday, Saturday and Monday. Special **34c.**

Our New STRAWS Are Certainly Snappy

And presents the most becoming styles in Summer Hats—Boater shape, with newest crown—and neat and broad black silk bands, light as a feather.

1.60 2.50 3.00

Socks.
The latest fancy weaves in plain Cashmere Socks, look well with low shoes, nice range. Our Special **59c.**

Men's Oxfords.
Dark Tan Oxfords with very graceful lines Goodyear welted, rubber heels and very comfortable Wit, shape. Our Special **\$6.35**

Underwear.
Men's Natural Cashmere Underwear, a delightful weight for Spring and all Summer wear, long or half sleeves, ankle length pants. The **\$1.59** Garment

Knitted Neckwear.
Just in, some very handsome Tubular Knitted Neckwear in all the newest colour mixtures—snappy **95c.** Ties. Our Special

Top Shirts.
In Light Fawn shade, with detachable soft collar to match, nice for holiday wear, cool looking and a decided change of front **\$1.70** Our special

Working Shirts.
Strong Cotton Tweed Working Shirts, others in lighter shades equally as strong, full fitting sizes. Our Special **\$1.70**

Men's Garters.
"Spartan" Garters with extra wide elastic, in assorted shades, good fitting. The pair **40c.**

Soft Collars.
With deep peak front in soft fine White Poplin, very neat. **27c.** Special

Cuff Buttons.
Full-part Cuff Buttons, neat, simple and convenient in permanent plain Gilt finish. The **70c.** pair

Silked Striped CURTAINING

Deep Fern Curtain Goods; fine firm cloth enriched with silk stripes; Curtains of unusually good appearance and possessing great durability. Reg. \$1.70 yard. Special

Girls' Dresses

Fancy Voile Dresses to fit 6 to 14 years, in shades of Flame, Sage, Peach, Green, Brown and Lavender; Peter Pan collar, short sleeves, girlish, fancy lace trimmings. Reg. \$2.00. Special,

1.75

95c YARD



Fire Screens on Sale

Fire Screens.
27 inch Folding Fire Screens with fitted imitation wainot frame and large oval scenery centres. Friday, Saturday and Monday **90c.**

Fire Screens.
Imitation Rosewood frame with relief panels and chintz centre, very pretty. Special **\$1.89**

Fire Screens.
Rosewood frame backed with gatherea satreen, in assorted shades and Rosewood centre panel. Friday, Saturday and Monday **\$2.75**

Fire Screens.
3 fold Rosewood frame Fire Screens with plain shade satreen back-ground. Special **\$2.38**

Girls' White Hose

Girls' White Hose.
Best of wearing strong fine ribbed White Cotton Hose for Children and Misses. Friday, Saturday and Monday, the pair **23c.**

Roll Top Socks.
Your choice of White with fancy coloured striped tops, or Mottled Fawns and Browns with self tops; all worthy Socks in assorted sizes. Our Special **24c.**

"Sport" Hose.
Children's and Misses' Roll Top Hosiery of extreme richness in Mottled Greys, Tans and Browns, fancy ribbed; all the rage. Our Special **38c.**

FANCY LINENS, all of Them— NEW and worth acquiring

DOYLEYS—Pretty crochet work D'Orleans, circular shape, durable, handsome and under-priced. Reg. 35c. Friday, Saturday and Monday **29c.**

TEA COSEY COVERS—Beauties in all-over Battenburg Lace, crescent shape; very dainty and full in size. Friday, Saturday and Monday **\$1.10**

COUCHION COVERS—Some very pretty Cushion Covers go on sale; some in Cream Poplin, others in Linen Crash; embroidered in coloured silks and hemstitched frills; gifty-looking affairs. Regular \$1.40. Friday, Saturday & Monday **\$1.18**

TABLE CLOTHS—Breakfast Cloths in half bleach Damasks, crimson border and whipped edge; convenient for country use as well. Regular \$2.50. Friday, Sat. & Monday **\$2.15**

TABLE CLOTHS—Large size Circular White Table Cloths, with finished scalloped edge, 64 inches in diameter; good Damask make. Friday, Saturday, Sat. & Mon. **\$2.58**

TEA CLOTHS—Embroidered and Hemstitched White Linen Tea Cloths, 36 x 36 size; very handsome Cloths for everyday use. Regular \$1.20. Friday, Saturday & Monday **\$1.05**

Cotton Voiles

Double width Voiles of unusual prettiness, light and Dark grounds, plain shades and fancy mixtures, adaptable for all kinds of Summer frocks, re-priced reasonably low for Friday, Saturday and Monday, the yard,

48c

Girls' Shoes

Single strap style in Black and Grey Suede; sizes 5 to 8; tidy; spring heel style. Special **\$1.57**



BROGUE SHOES

Scottie Brogue Shoes in Dark Tan, perforated outline, heavy soles and rubber heels, the pair

6.75

