in the G.P.O.

Bertha, LeMerchant Rd. Nellie, Gower St. ames, Gower St.

King George Institute John, care R. Harris Bond St. P. J., Goodview St. ik, Long Pond, City

LeMerchant Road

East End Post Office Annie, Freshwater Road Newtown Road Plymouth Road

Flower Hill

Royal Stores Factory card P., South Side am, Pleasant St. John, Osborne House el. card ., Forest Road

3., Brine St. Brine St. care Reid Nfld. Co. Miss Angela, Allandale Road

h, Flavin St.

White, LeMerchant Rd.

Allandale Road ,Nagle's Hill e, late Grand Falls Madeline, card, College Square P., late Branch Gower St.

nie Gower St. ., Prescott St. ter, Duckworth St. late Hr. Grace Bonne Bay

lie. 34 --lexander St.

ringdale St. e, Crosbie Hotel iss May, card, Prescott St. Imperial Tobacco Co. Mrs. Wm. H. Pleasant St.

are Imperial Tobacco Co. ert, George's St. Jose, Bannerman St. Sarah, Henry St. ss M. E., LeMerchant Rd. Miss Frances

Minnie, card,

Pleasant Street ss M., late Hospital

.. New Gower St.

A., Prince's St.

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Is this not a vast improvement on a system which entailed a life of labor, dependence or of charity? Life insurnce is a great privilege, and fortunate is the man who is in good health so that he can secure its patection for those whom he loves. Life, Linted Life and Endowment Policies

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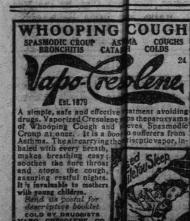
LONDON GOSSIP.

LONDON, Dec. 2nd, 1916. THE QUEEN'S AUNT.

L. S. RENI

Queen Mary's aunt. Dowager Grand Duchess of Strelitz, who is reported to be dying, is 95, and the oldest Ro in Europe. After the or break of the war the British Gove her annuity of £3,000 had been voted to her Duke of Mecklenburg-Strelitz. Cambridge. She is a siser to the late Duchess of Teck. Until recently she had a fine house in Buchngham Gate, London, where she received visits In the 'eighties, and before, s apartments in St. James Palace. The old lady remembers dring at the "Iron Duke" was a gol ather of her ton. Peel, Palmerston, nd Gladstone called on her at St. Janes's.

Although he had live some years in retirement in a Sout London suburb. Sir Hiram Maxin was still a popular London figure, and his death was, I think, the bigget news of the day for Londoners. I tink his autobiography did a lot to been him in the public mind. Thos that unaffected account of a rough New Englander's life, w note-the ing, rather vain-glorid unaffected vain-glory d an honest countryman-got a ver quite a pleasing pictur of the old inventor. He was a strking old gentleman to look at, and racy talker despite his deafness. One would have reckoned him in e dozen Loned in any company. It an episode a friend told me some months ago shows the danger of generalising about this. My friend as travelling first-class from Herne ill to Victoria. Two Staff officers newly back from the front were the carriage So was a white-haired entleman who stions about matters at the front, pecially ma-



chine-gun tactics. One of the officers finally checked him by telling him that if he asked any more questions he would get into trouble. The un recognized Sir Hiram was forbidden melinite by smelling it, and that of smokeless powder by putting the everyone else was analysing them. 0,000 from He had an instinctive faculty for makthe British Treasury. The Grand ing things work. There were many Duchess's father was George the theoretically good machine guns be-Third's sixth son, Adolpus Duke of fore his, but the maxim could be of aviation it is recorded that, twenty years ago, he drove by steam power a giant aeroplane which broke loose from its guide rails and for an in-

EXPENSIVE DINNERS BANNED.

The campaign against the serving same table as Talleyrid and the of elaborate and costly dinners in the more select West-End hotels and resson, who was christend Welling- taurants was inevitable if the food restrictions were to apply to rich and poor alike. There has been much discussion of the subject and Mr. Runciman's ban on luxuries has sounded the knell of the ten-course "Spread" as well as the Christmas and New Year hanquets at something from one to two guineas a head, exclusive of wine, which have been a hotels and restaurants. Something of traditional continuity for the lavish hospitality of the City or the Government but the war-rich individual who night after night plods through an extravagant dinner, drinks expenntimate and sive wines, and smokes choice cigars, puts himself outside the pale at the present time. No blame attaches to the managers who have merely catered for the needs of the pleasureloving well-to-do. To their credit, the managers have bowed before the storm with a good grace, and, following their conference with Mr. Runeiman, are putting their hads together to reform the cuisine of the West-End. It will not be an easy task to secure uniformity, but with the Food Director coming in the background luxuries must be vigorously opped off. Five shillings is suggested as a war-time dinner maximur by a leading caterer. Establishment tue of select surroundings, costly service, and good cooking, have unloubtedly a troublous journey before them. But they recognize that the super-meal is improper to-day. Already they are seeking to effect economies in other ways, and a circular has been sent out to visitors in some of the chief hotels asking them among other things to moderate their demands on the staff and to forswear

early morning tea and fires in bed PRINCESSES IN BROWN.

as tete de negre persists in its popularity, and at many of the fashion able gatherings of the day it is more in evidence than any other colour The Queen has worn this dark brown shade on several recent occasions, and

to "nigger." Before Princess Patriwell as one of our prettiest Princess es, went to Canada, the younger genof studying the gowns and hats she sight of obtaining their medica wore, which were always in charmhas brought from Canada.

THE MOTHER AT THE PALACE. One of the sad features of recen nvestitures of decorations won in growing number of relatives who ent recipients of the Victoria Cross received the Cross awarded to her knelt in the open by his officer and year, being 636, 295, 163, 145 and 140 tried to help him, but he was wound- respectively. In 1921 the number of ed by a bomb and shortly afterwards sion may possibly be 636, while the mortally wounded by a rifle bullet. After the ceremony, Mrs. Peachment confessed to some embarrassment, but said that the period of waiting was more trying parallel before, and is likely to lead than the actual ceremony itself, as the to remarkable developments. King, in handing her the medal, put her quite at her ease. She said to a correspondent: "The King sympathized warmly with me, and congratulated me at the same time." He said: 'I regret that I cannot hand the Vic oria Cross to your son personally, in the King's Royal Rifles has won the award, as I am colonel-in-chief of the regiment." Some of the recipients, whose bereavement was more recent vere greatly affected. One father who

had entered the courtyard of the Palwas so overcome by grief that he had to leave before the ceremony, and a



by NURSE 'WINCARNIS.

intricate network of telegraph wires. Controlled and nourished by a portion of the brain—known as the nerve centres—the delicate threadlike nerves radiate in all di-rections throughout the body. rections throughout the body. So long as the nerve centres are capable of continually supplying nourishment to the nerves, the nerves will remain strong and healthy. But directly the nerve centres become weakened by overwork, worry or anxiety, they are unable to transmit the necessary nourishment, and the nerves become worn out and "on edge." Then it is that a sudden to the control of the cont den sound makes you "jump"
—you get irritable—you suffer
from neuralgia—you are restless and depressed. In this condition there is nothing to equal

Because, being a powerful nerve food, "Wincarnis' gets right to the root of the trouble, and, by creating a supply of new nerve force, stimulates and re-vitalises the whole nervous system. Try 'Wincarnis' for 'Nerves.' It is wonderful. Over 10,000 Doctors recommend it Begin to get well

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the some alexanders with the think the party the

mmoned to receive the Cross.

pared for the Army Council, and Princess Mary, too, remains faithful General Medical Council this week, cia, who is one of our smartest as the present time as 6,103. Of these, eration of society women made a point their fourth or fifth years and within qualification—at this stage, it will be ing taste, and very becoming to the remembered, medical study is a "re-English type of good looks. Now that served occupation," conditional only she is back again, and daily seen at on membership of an Officers' Trainfetes and sales of work for war char- ing Corps. The total number of secities, people remark that she also has ond and third year men students is a special fondness for dark brown, 1,302, and assuming (what is not likeworn with some of the fine furs she ly to be the case) that they all qualify as doctors and in the shortest possition to the medical profession in have attended to receive awards in corded as 43,225. In the case of wo place of gallant sons who have made men medical students the figures the supreme sacrifice. One of the re- give striking evidence of an intenwas Mrs. Peachment, of Bury, who cal profession. Of the total of 1,379 women students the numbers deson last year in the Loos fighting. He crease steadily from first year to final

Your Boys and Girls.

women entering the medical profes-

number of men is an unknown quantity, but quite possibly smaller. Such

a condition of affairs has had no

the milk disagrees with baby, the liquid should be diluted. Give nothing put a little plain boiled water. Be sure to clean the bottles everytime

Bottles treated thus will not break readily when filled with boiling water them. Each bottle should be emptied feeding. Then rinse with cold water til the bottles for the day have all been the bottles with hot soapsuds, using a

Household Notes.

An excellent bread is made with

oatmeal. Beef tea is not a food, but a stimu-Flour should be measured after a

single sifting. Boiled leeks are excellent with Hollandaise sauce. Fish that is not thoroughly cooked is dangerous to eat.

One pound of beef yields four unces of beef juice. The house should be flooded with fresh air twice a day.

A four-pound fish should make six or seven portions. Grease the cake pans with lard because butter sticks.

Use thin pans and kettles over gas; they heat quickly. A quart of soup ordinarily will serve four or five people. Small sausages served with roast chicken add to the flavor. A little kerosene will remove

fingermarks from white wood. A table or tea spoonful in cooking always means a level spoonful. Keep a paint brush in turpentine t keep it soft between usings.

What a Gas Range Means for You, Mrs. Housekeeper.

The gas range is a muscle saver and a step saver. Think of the many tons of coal you used in that coal range, and how you have had to handle it all twice; first, carrying it up out of the cellar; then, from the kitchen to

the cellar; then, from the kitchen to the ash barrel.

No more soot to wipe away; no more ashes to cart away; no more wood to fetch; no more coal dust; no more smoke and no more reason why the kitchen cannot be kept as clean and as orderly as the parlor. The gas range means just this.

Saves 50 Per Cent. of Kitchen

Half of the labor in the house is caused by dust from the coal range. Every time it smokes, no matter how good the draught may be, clouds of ashes rise and settle on the furniture.

It Eliminates Hard Work.

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HANDKERCHIEFS make an acceptable New Year Gift. Still a large variety to select from.



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Every line a Genuine Money-Saving proposition, as the price will show.

360 pairs Ladies' Heavily fleeces

Heavily fleeced, good winter weights. 35c. pair.

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Size 18 x 36; positively the last lot at this pre-war price.

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Fit 1 to 5 years. "Cuddledown" is the most satisfying American Sleep Suit

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PHONE 484.

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Use a gas range and you will live better, you will play better, and you will work better because the use of the gas range eliminates the drudgery of carrying coal, ashes and the chopping of kindling, as well as the drudgery of cleaning up a lot of dirt, and, best of all, for the cook it makes it unnecessary for her to stand over a hot stove from two to three hours a day.

PHONE THE GAS CO.

When Napoleon was banished to St. Helena various schemes were set on foot for his rescue. One of the guarded rock without discovery.

"The vessel was actually begun in one of the building yards of the ventive brain of a smuggler named Johnstone, says London Answers.

"A submarine," says Sir Walter Scott in his "Life of Napoleon." "was to be the means of effecting this enterprise. It was thought that be sinking the vessel during the day time it might escape the notice of the proposal pro