

OPPORTUNITY!

Not for several years has Thirty-six Dollars possessed the ability to secure the remarkable value represented by these

Men's Suits

now showing here for \$36.00. But there are only twelve suits in the lot, so quick action on your part is necessary.

50 Pairs

Men's American Pants

for only \$7.65 pair.

Would be considered big value at \$14.00. Made from superior American Suitings.

Men's Shirts

Bought at FORCED REDUCTIONS in New York, where manufacturers have been forced to turn their huge stocks into immediate cash at great sacrifice. Our Prices, \$1.70, \$1.90 and \$2.70.

Get the Boys Ready for School When the Bell Rings

Have your boy inside one of our long wearing

Doublebuilt Suits
Only 10.45 to 15.00

To fit 7 to 17 years.

Last year these were as high as Thirty-two Dollars per suit.



Waitresses' Aprons

75c. to \$1.90 each.

We have just opened our new stock of Waitress and Tea Aprons.

Manufacturers Samples

Boudoir Caps only 49c. to \$1.98.

Silk Camisoles, \$1.49 to \$2.48.

Neckwear, 29c., 49c. and 98c.

Every article in this lot worth double what it is now marked.



In Time of Warmth Prepare for Winter

Even though the days be warm, winter is inevitably approaching, and a little preparedness now will save much discomfort later.

Australian Wool Blankets

Are only 5.50 pr. here this week

Men's New Ties

Best value we have ever offered for

only 60c each

Every customer is laying in a stock of three or more while this shipment lasts.

BISHOP, SONS & CO., LTD.,

ST. JOHN'S

We Want You all to Know of the Unusual Values Offered During

OUR 25c. SALE.

Look Over the List:

- | | |
|-----------------------------------|-----------------------------------|
| Infants' Hose 25c. | FOR THE HOUSE. |
| Infants' Bands 25c. | Maid's Dainty Caps, 25c. |
| Infants' Bonnets 25c. | 1921 Pack Salmon, 25c. |
| Infants' Bibs 25c. | 1 lb. tin Lobsters 25c. |
| Infants' Dolls 25c. | Steel Wool 25c. |
| Infants' Rings 25c. | Shingling Hatchet 25c. |
| Children's Stockings 25c. | Machine Oil 25c. |
| 5 to 9 1/2 inch 40c. | Writing Tablets 25c. |
| Children's Neckties 25c. | Stair Oil Cloth 25c. |
| Children's Combs 25c. | Green Blinding, 27 |
| Children's Gold Wash- 25c. | inch 25c. |
| ed Rings 25c. | Glass Sugar & Cream 25c. |
| Children's Pajamas 25c. | Preserve Dishes 25c. |
| Books 25c. | Earthenware Jugs 25c. |
| Children's Fairy 25c. | Borderings & Bands, 25c. |
| Tales 25c. | Wall Paper 25c. |
| FOR THE TOILET. | Whitewash Brushes, 25c. |
| Powder Puff 25c. | Curtain Scrim 25c. |
| Complexion Powder 25c. | Tomahawks 25c. |
| Shampoo Powder 25c. | Pin Cushions 25c. |
| Tooth Brushes 25c. | Sink Brushes 25c. |
| Hair Brushes 25c. | Earthenware Jugs, 25c. |
| Turkish Towels 25c. | FOR THE |
| FOR LADIES. | BUSY MOTHER. |
| Black Cotton Hose 25c. | Ribbons worth 40c. 25c. |
| Dress Shields 25c. | Hat Flowers 25c. |
| Neck Cords 25c. | Blue Denim 25c. |
| Undervests 25c. | Blay Calico 25c. |
| Collars 25c. | White Shirting 25c. |
| Cashmere Gloves 25c. | White Flette 25c. |
| Leatherette Belts 25c. | Striped Flette 25c. |
| Vanity Cases 25c. | FOR YOUNG LADIES. |
| Brooches & Rings 25c. | 1000 balls Coricall |
| Ear Rings 25c. | Wool, each 25c. |
| Velis & Hair 25c. | Pencils, 36" wide 25c. |
| FOR MEN. | Books on Crochet & |
| Purses 25c. | Knitting, 2 for 25c. |
| Tobacco Pouch 25c. | Magie Dye Flakes 25c. |
| Leather Belts 25c. | Silk Knit Cords 25c. |
| Soft Collars 25c. | Brooches 25c. |
| Braces 25c. | Stamped D'Oyles 25c. |
| Cotton Work Gloves, 25c. | Milliner Flowers 25c. |
| Novels 25c. | Pin Trays 25c. |
| Scarf Pins 25c. | Hat Buckles 25c. |
| Sleeve Links 25c. | The Pins 25c. |
| | Vanity Cases 25c. |

These and many other articles, all of exceptional value, are to be had during the remainder of this week at our ANNUAL 25c. SALE.

Templeton's.

advertise in The Evening Telegram

Physical Development

And its Bearing on Health and Strength.

By GEE.

PRIME ELEMENTS (Concluded)

Heart and Lungs.—Muscular action implies contraction and expansion. The central organ, the heart, the great provider of nourishment for the muscular system, should be regarded as the regulator and governor of exercise; that is, exercise should be in constant consultation with it, and should never unduly tax it.

The lungs come next, and so intimately do they work with the heart, that they should never be imposed upon by violent exercise. Care for them will be better understood when it is known that no exercise would be of practical benefit unless the heart and lungs are allowed to supply their full quantity of oxygenated energy to sustain muscular activity. They have a most decided mission in aiding muscles to exude waste and the poisonous carbon-dioxide which exercise stirs and accumulates. Violent exercise causes the muscles to restrain the circulation of the blood. Hence blood cannot flow freely through the muscles to carry the waste matter to the lungs, there to be exhaled. So the muscle is deprived of oxygen. The worst is yet to come. When the muscular restraint is removed by relaxation there is a sudden rush of blood to and from both heart and lungs. The heart is overtaxed. The lungs cannot sufficiently oxygenise the torrential inflow of blood. The blood passes into the circulation in an impure form. Great injury is done to the system. The desired benefits of exercise are lost. This is why excessive physical training, if long continued, or injudicious effort at lifting, running, leaping, etc., leads to heart, and sometimes lung weakness.

It should not be forgotten that both these organs are at work all the time, not only helping us to live, but to perform our daily duties. If for no other purpose, they should be sedulously attended to. But in drawing on them for the extra power required for a course of exercise, how much more respect should be paid to them, and this especially since that quantity and quality of exercise which secures the evenest and complete muscular development, needs heart and lungs in the performance of their functions. No two persons are constructed alike physically. Hence the need of adapting exercise to physical needs. A rigid rule for one may be fatal to another. So no two persons are equally affected by their occupations. After a day's toil, the one may require light exercise, the other

vigorous. Whatever exercise is chosen, it should be such as to conduce to free breathing—not overbreathing—and thereby to keep strain from off the heart. Heart-strain impedes blood supply. When heart and lungs are not a source of anxiety to one exercising, the mind, soul and entire will-power, will be thrown into the muscular movements which one has chosen for his exercise. Dumb-bells afford excellent exercises to most persons, but beginners are prone to the use of bells of too much weight. This is misdirected enthusiasm. It leads to harmful strain, if not directly of the arm muscles, at least of the tendons which carry the muscles over the elbows. The exercise becomes taxatious, and in proportion the breathing is restrained, and the heart over-taxed. Fatigue is felt whereas exhilaration should ensue. What applies to the muscles of the arms applies equally to all the muscles of the body. When an exercise throws too much burden on the tendons, it should be modified or abandoned.

The need for persons studying out for himself or herself a regime of exercise suited to his or her physical condition, occupation, time at control, and of persisting in it till satisfactory results are obtained, is as great as the need of preparing oneself for a business, profession, or any walk of life calculated to bring competency and happiness.

Next Article—POWER OF THE WILL.

For years I have never considered my stock of household remedies complete unless a bottle of Bishop's Liniment was included. For burns, bruises, sprains, frostbites or chilblains it excels, and I know of no better remedy for a severe cold in the head, or that will give more immediate relief than to inhale through the nasal organ.

And as to my supply of veterinary remedies it is essential, as it has in very many instances proven its value. A recent experience in reclaiming what was supposed to be a lost section of a valuable cow's udder, has again demonstrated its great worth, and prompts me to recommend it in the highest terms to all who have a herd of cows, large or small. I think I am safe in saying among all the patent medicines there is not one that covers as large a field of usefulness as does Bishop's Liniment. A real treasure—good for man or beast.

CHAS. K. ROBBINS, Chelmsford, Point.

The Men's Ties now offering at BISHOP'S for only sixty cents each are the best value offered here for years.

THE CRIPPLE.



Old Jim Jones has a story to tell. He has a crippled limb, he cannot use them any more; the way round him scoots and stinks, as he sits by his cottage door, and casts his tired and ancient glances on people passing, score by score. The autos glitter like a star, they're painted up in gorgeous tones; the back seats often empty are, and well might rest some weary bones; the joyous journey near and far, but no one stops for Jim Jones. The drivers look to left and right for damsels who might like a ride; they'd like to show some maidens bright, how smooth and fast their boats can glide; and cripples languish through the night, forsaken, sad, and heavy-eyed. Old Jim Jones has bungled up feet that will not stand the walking test; and shuffling cars go down the street and show all kinds of pep and zest; he often sees an empty seat, on which a poor old man might rest. And he is sick to go afield, to country roads where green things grow, to see the orchard and the field, the

farmyards where the roosters crow; oh, such a joyride well might yield more pleasure than he'll ever know. The autos roar and chug and crash, and throw up clouds of dust and stones, and some of them were bought for cash, and some involve extensive loans, and some are good, and some are trash—but not one stops for Jim Jones.

We have many testimonials from Wholesalers stating that VICTORY BRAND CLOTHING is the most saleable line they handle. THE WHITE CLOTHING MFG. CO., LTD., Inc. 74.



MORE—1908

SPORTING GOODS!

CARTRIDGES—Black Powder, 10 and 12 G, BB, 1, 2, 3, 4, 5, 6, 8.

CARTRIDGES—Smokeless, 10 and 12 G, BB, 1, 2, 3, 4, 5, 6, 8.

BRASS and PAPER SHELLS, 10 and 12 G.

CARTRIDGES, 303, 30/30, 44, 45/70, 32, 22, Long and Short.

PRIMERS, CAPS, POWDER, SHOT, WADS—Felt and Cardboard.

RELOADING SETS, RE-CAPPERS, EXTRACTORS, WHISTLES.

22 C. RIFLES, BREECHLOADING GUNS, PUMP GUNS, AUTOMATIC RIFLES, 44 WINCHESTER RIFLES, REVOLVERS, ETC., ETC.

BOWRING BROTHERS, LIMITED

Hardware Department

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