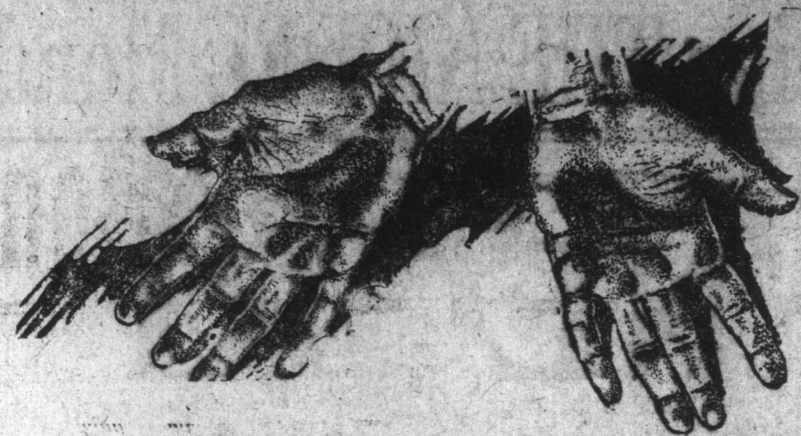
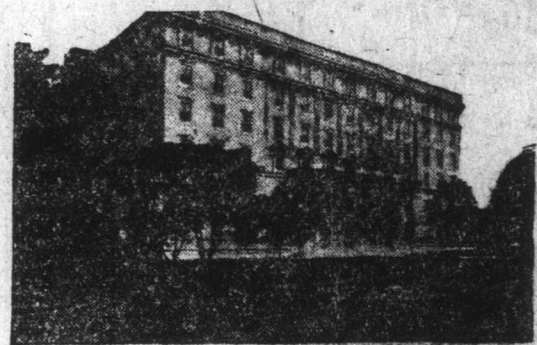




EMPTY HANDS!



HEAD OFFICE, TORONTO, CANADA

THE MANUFACTURERS LIFE INSURANCE COMPANY

HEAD OFFICE, - TORONTO, CANADA.

S. J. FOOTE, Manager for Newfoundland, St. John's.

Without obligation kindly forward your booklet, "Some Day You May Be Old." I am _____
 years of age. I would like to save \$ _____ payable at age _____
 Name _____ Address _____

Count them—the men you know, now past their prime, whose hands are empty, and who at one time were good earners and free spenders. Had they learned early in life how easy it is to save by means of Life Insurance they would now be living in comfort. It is not what you earn but what you save that counts. Send the coupon to-day.

SIDE TALKS.

By Ruth Cameron.

ON SCREEN.

How many ways we do have of duping ourselves about ourselves! One of the commonest seems to be saying what one ought to do so often that one comes to have convinced oneself one has done it, or at least in some way done it, not doing it.

She Thinks She Does It.

I know a girl who wants very much to gain weight. (Yes, they still exist in these days.) She is supposed to drink a glass of warm milk every night before she goes to bed. And know she thinks she does. But this is what I have seen and heard happen at least a dozen times. "I know I ought to drink that warm milk but don't feel like it to-night. I guess I'll have a glass of lemonade instead." "I know I ought to drink that warm milk but the fire's out and I don't want to stop to light the oil to just heat it. I'm so sleepy I think I'll do me more good to get right to bed." I suspect from what I have seen that the exceptions are as common as the rule. Yet I know she thinks she drinks that warm milk almost every night for I have

heard her lament at not getting fat and tell people how hard she tries to, quoting that as one of the things she does.

I am told that the plump lady who doesn't see why she doesn't get thin takes her diet in much the same way. She is convinced that she diets but so her friends tell me, her diet is carried on something like this: "I never eat second helpings but this is so delicious." "I really don't eat any lunch to speak of when I'm alone but when I have guests I give myself a little leeway." "I know I ought to drink lemonade, but the soda here is wonderful, so just this once."

Just This Once.

"Just this once," what a wonderfully helpful phrase that is for us self-deceivers. Whatever should we do without it? If all the 'this ones' that are used each day on this earth were piled on top of each other don't you think they'd reach to the farthest star and back again? "I ought not to read in this light. I must be more careful of my eyes." By constantly saying that another woman I know convinces herself that she is taking the care of her eyes which she had been told to take. Is there any more common method of soothing one's conscience when it complains about some neglected duty saying write those letters. "I really

must write those letters." If you say it enough it becomes hypnotic and you get a sense of virtue out of it as if you really were writing them.

Whatever Should We Do?

"I really must," "I ought not to do that," "Just this once," "I'm going to-morrow"—how in the world should we keep that sense of virtue that, according to our standards is so precious to all of us, if we do not have such phrases as these to put as screens between ourselves and our failures.

Sometimes I think that self-deception is the worst thing in the world because it keeps us from so scorning ourselves that we shall really have to be something better than we are, and then again I see it as one of the blessed dispensations that keep us from an insanity of self-disgust that should wipe out the race.

Britain Talks of Increased Tariff

ON WOOLLEN IMPORTS.

LONDON, Nov. 12.—Worsted manufacturers who have been urging higher import duties on their line of products seem to have made an impression on the British officials and from present indication there will be an upward revision of duty. The government virtually has decided to support vigorously especially toward those industries suffering from unfair and abnormal foreign competition.

Civic Improvements

Editor Evening Telegram.

Dear Sir,—I wish to congratulate you on your splendid Editorial this evening. It is timely and to the point. We have reached a crisis in civic affairs and as you rightly point out, are without strong leadership. The city has not made the progress expected under the new charter because we have had at the Council Board men who were too conservative and timid and who lack the courage to modernize the city.

The present Council is now finishing its term and leaves behind it a record for conservatism which is altogether unsuited to the present age. For four years the citizens have demanded among other things:

1. The extension of water and sewerage facilities in congested districts as well as on the borders of the town, to improve the health of the people and lower the death rate which is nearly double that of London.

2. The gradual abolition of slumdom, the building of tenements by the council and by building societies at a reasonable rental.

3. Sidewalks without holes, rocks, mud, etc., with concrete curbs and gutters to give the people a chance to keep from under the wheels of motor cars.

4. The abatement of the dust nuisance by a more extensive use of tarvia.

5. The abolition of the mud and filth of New Gower and Duckworth Streets by a tarvia top dressing or by a permanent pavement.

6. The top dressing of Water Street to eliminate the noise and abolish the mud splashing to the side walks now so prevalent.

7. Well defined town planning to prevent the indiscriminate building of houses, shacks, etc., at all angles to the street and without sewerage connections or sidewalks.

8. The collection of garbage before 8.30 a.m.

9. The collection of taxes without fear or favor.

10. One of two markets so that out of town produce could be displayed and compared, prices standardized, avoid house to house peddling and remove from New Gower and other streets the traffic congestion caused by outport vendors which forms a menace to the fire department.

11. The extension of the street car system to the higher levels and suburbs and so encourage building in the open spaces.

12. The employment of modern horse drawn machines in winter to clear sidewalks of snow and prevent skulches in the main streets.

13. A two months trip for the city engineer to Canada and the U.S. to study modern methods in city administration.

These are some of the outstanding needs of the city and the present council through its Mayor has repudiated publicly to such demands that the Council cannot "make bricks without straw" and no attempt has been made to produce the "straw" which could be found in large bundles among tax defaulters and in other directions. Many of the above much needed improvements could be carried out without any additional costs to the tax payers, others could only be financed by a Bond Issue of probably \$500,000 at an annual cost of \$25,000 which no doubt could all be raised locally as there is over \$20,000,000 in the savings banks at 3%.

The permanent development of all modern cities is usually financed on capital account and if we wait for permanent improvements to be paid for out of current revenue these improvements will never be made and St. John's will always remain 50 years behind the times. A part of the interest charge can be obtained by a strict attention to the collection of taxes and arrears. Economies can be made in street repairs where permanent paving is done. Enough money is spent yearly repairing Duckworth and New Gower Streets to pay the interest on the cost of permanent pavement. Increase in taxation of say 10% would represent only \$2.00 to \$4.00 for each household per year this could easily be afforded (many spend this amount per week on amusements and liquor) as we now pay only about half what we would have to pay if we lived in Canada or the United States.

This is a matter in which the Government should take an active interest, what is the use of filling the city with tourists if they are to return home full of complaints re some of the city's outstanding characteristics such as mud, dust, rough sidewalks and dirt. Let Mayor Cook or some progressive man with a stake in the city come out publicly with a progressive platform somewhat as above outlined and ask for candidates who will support such a policy and I believe a progressive council would be elected by a strong vote. Such a policy would mean "work and wages" for hundreds of men and would offset the city of the "kick in the mud" conservatives who say "we don't want improvements that have to be paid for." I am, Yours truly,

PROGRESS.

Tint home-made marshmallows a pale green and flavor with peppermint or dip them in syrup and roll in shredded almonds.

"HAIR-GROOM"

Keeps Hair Combed, Glossy,
Well-Groomed all Day.



"Hair-Groom" is a dignified, combining cream which costs only a few cents a jar at any drugstore. Millions use it because it gives that natural gloss and well-groomed effect to the hair—that final touch to good dress both in business and on social occasions. Even stubborn, unruly or shampooed hair stays combed all day in any style you like. "Hair-Groom" is greaseless; also helps grow thick, heavy, lustrous hair.

Items From Bonavista South

Since last writing we had a touch of frost here, but it is somewhat milder again.

The schr. Veta M., Capt. Aubrey Brown, is loading codfish at Red Cliff for Mr. John Quinton, the enterprising merchant of that place.

The C.T.R., Capt. Walsh, of Plate Cove West, was a recent arrival from St. John's.

Our friend, Thomas Devine, J.P., of King's Cove is on a visit to the city.

Mr. Gould, the popular merchant of Open Hall, is also in St. John's.

Your correspondent noticed among the candidates in the forthcoming civic contest in the capital the name of Mr. J. T. Martin, and takes this opportunity to wish the popular Jimmie success.

Rev. Fr. Fitzgerald to whom I made reference in my former notes is visiting his parishioners at Plate Cove, Open Hall and Tickle Cove.

I understand that the C. of E. School Inspector was at Open Hall on a tour of inspection yesterday.

We are glad to notice that Mr. Reg Curtis is again in charge of the C. of E. School at Open Hall after a term at the Normal School.

The readers of the Telegram will no doubt be glad to hear that our old friend, Lord Morris when last heard from was in good health. His Lordship is still very much interested in the welfare of the old homeland. We trust to have the pleasure of seeing him again.

Dr. Levesconte of King's Cove was on professional business to Tickle Cove last week.

We learned with very great regret, the news of the tragic death of Capt. Stewart Winsor of Wesleyville. Many of us remember the pleasant faces of Capt. Stewart and Capt. John White when they visited us a couple of years ago as delegates of the United Fishermen.

Mr. Austen Lawton is a visitor to his home at King's Cove. Austen spent some time in New York and is looking well so I understand.

Mr. Jno. Monks died recently at King's Cove.

The roads around this section are being put in good condition by the different Road Boards, but there is still room for improvement.

It seems quite a job to get the daily papers insofar as your correspondent is concerned. Several issues of this week's Telegram have not reached us yet.—COR.

Nov. 18, 1925.

Fond that easily absorbs or fixes off strong odors should be wrapped in waxed paper before it is put into the refrigerator.



MAVIS
de Viguerie
FACE POWDER

If you would possess the charm of youth, use Mavis Face Powder for a perfect complexion.

Mavis Face is nature's own coloring.

V. VIVAUDOU, INC.
Paris New York

Question The Man who Knocks Me

AND I BET MY HAT AGAINST A FISH HALFPENNY

that he's not a customer of mine and never has been.

Every one of my customers is a booster.

HE CAN'T BE OTHERWISE.

As he will tell you he gets 100 p.c. value both in Quality and Service for every dollar he spends with me.

MY ENGLISH OVERCOATS PROVE THIS STATEMENT.

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filled to your
requirements.

NOTICE.
Along with quality and
prices you get PONY
VOTES at SCOTT'S.

ALEX. SCOTT 18 New Gower Street

Household Notes

As a first course to a heavy dinner serve delicately seasoned oyster bouillon with crisp watercress.

Confectioners' sugar rubbed smooth with any kind of fruit juice makes a very simple icing.

Grated cheese and finely chopped onion mixed with mayonnaise make a delicious sandwich filling.

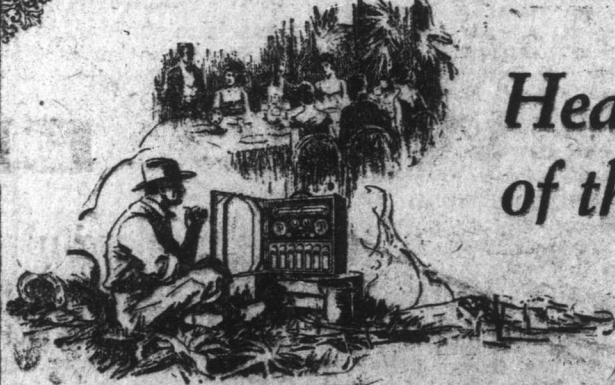
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Now Landing, ex. S.S. RAVENDAL, a cargo of the very Best Welsh Anthracite Coal. Sent home at \$21.00 per ton while discharging.

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