

CHILDREN'S AND MISSSES' GINGHAM DRESSES.

35 cts.
TO
\$2.60.

MILLINERY HATS!

Our Store is Filled with Bargains. Come and See Them.

Ladies' Millinery Hats,
Ladies' Ready-to-wear Hats,
Children's Millinery Hats.

Owing to the lateness of their arrival we have marked them
at very Low Prices. Come early as the quantity is limited.

Marshall Bros

American
Muslin
BLOUSES.

50 cts.
TO
\$5.00
each.

Well Balanced Meats!

By RUTH CAMERON.

We can live without poetry, music and art. We can live without conscience and live without heart. We can live without friends and live without looks. But civilized man cannot live without cooks.

—Meredith.
And still less can he live without something for these cooks to cook for him.

The largest proportion of the average man's wage goes for food. Moreover on the character of that food depends his efficiency, his health, his disposition and (at least so dietitians declare) his morals and his character.

Is it not then a big question how we American housewives are spending that money and selecting that food.

Some time ago I wrote a little article on this subject and I was surprised at the eager response from my readers. They have asked so persistently for more information that at the risk of boring those who don't care what fuel they put into the human machine I have prepared two talks on the subject.

How to Keep the Bills Down.
The vital question with most of us is how to keep the bills down and yet provide our families with plenty of the right kind of nourishment.

In order to do this the housewife should understand first of all what substances the body requires and what foods contain them.

There are four groups of sub-

stances which are required to build and nourish the body. These are proteins, fats, carbohydrates and mineral matter. The proteins build the body tissues; the fats and carbohydrates supply the fuel to keep the body going; and the mineral matter supplies material for bones and teeth and helps in other ways not fully understood. It is not necessary to bother much about them for dietitians tell us that any ordinary diet supplies enough mineral matter.

Building Material and Fuel.
Let's put our minds then on the other three groups, proteins, fats and carbohydrates. The proteins are the most important for this reason—they rebuild the tissues of the body and neither the fats or the carbohydrates can do that. Proteins can take their place as fuels but they can't possibly take the place of the proteins. Of course we must have plenty of the fats and carbohydrates because if we don't our protein will have to be used up as fuel and that will leave nothing to repair the wear and tear of the body, just as if the lumber bought to repair a leaky roof were burned up to heat the house.

What Foods Contain These Substances.

Now we want to know what foods contain these three necessities. First, protein. Meat is the commonest source of protein but it is also found in considerable quantities in eggs, cheese, milk, peas, beans, cereals and flours.

Second, fats. These are chiefly supplied by meats, butter, cream, milk and cheese.

Third, carbohydrates. The carbohydrates are supplied chiefly by vegetables and fruit, flour and cereals.

Now perhaps all this sounds very

theoretical and vague to you, but if you'll just think it over it will form a basis for definite suggestions for food economies that I'm going to offer next time. Just as you must dig a foundation before you can build a house so you must understand a theory before you try to put it into practice.

Red Cameron

TORPEDOES WHICH FOLLOW SHIPS.

It is said that the belligerent nations are much interested in the recent invention of a young engineer of a torpedo which, according to its maker, is more effective than any other ever used. By means of a magnetic electrical device, which is affected by any great mass of metal, the rudders guiding the torpedo are also affected in such a way that it will steer in that direction. So sensitive is this device that if the missile be discharged at a ship at a range of two or three or even five miles that ship is doomed. The torpedo has two arms of nickel silver attached on either side, projecting at right angles. At the ends of these arms are wire magnetic coils, about four inches in diameter. Upon these magnetic coils hinges the success of the torpedo. A high-frequency current passes through them, and the presence of any great mass of metal changes the self-induction which affects the electrical relays, and these in turn operate the motor controlling the rudder. So the torpedo will follow its target, and will steer for it, no matter how often the target may change its course or position.

WORLD'S LARGEST LIGHTHOUSE.

The most important lighthouse at the present time, so far as actual operations are concerned, is the light of Heligoland, from the fact that it is the light in the very heart of the naval war zone. Heligoland was ceded by Great Britain to Germany in 1890, in return for concessions made to Britain in East Africa.

The Heligoland light is an electric one, and the most powerful in Germany, and is claimed by the Germans to be the most powerful light in existence. The light consists of a cluster of three revolving lights, having a lighting power of 40,000,000 candles, a magnitude of light which from figures alone is hard and difficult to realize. The lights are on the searchlight principle, and the cluster is surmounted by a single light of the same kind and size, that can be revolved independently and three times as fast as the three lights. The single light is put into use in case of accident to the cluster of three. The electric power is generated by two steam-engines and boilers, running belt-driven electric generators.

EVERYDAY ETIQUETTE

"Will you kindly tell me if it is proper to sign one's name to a reply written in the third person?" asked Madge.

"No, it is not proper to sign one's name to a note written in the third person," replied her mother.

Minard's Liniment Cures Diphtheria.

TO ARRIVE!

per S. S. Stephano:
100 crates GREEN CABBAGE.
50 brls. NEW YORK APPLES.
25 brls. PARSNIPS.
25 sacks ONIONS.
25 boxes CAL. ORANGES.

Ready for delivery:

40 bags P. E. I. TURNIPS.
20 bunches BANANAS.
25 crates BANANAS.
25 boxes CAL. ORANGES.

Seed Potatoes.

200 brls. assorted kinds, Whites, Reds, Blue.
150 brls. P. E. I. POTATOES.

Soper & Moore.

'Phone 480.

Minard's Liniment Co., Limited.

I was very sick with Quinsy and thought I would strangle. I used MINARD'S LINIMENT and it cured me at once. I am never without it now.

Yours gratefully,

MRS. C. D. PRINCE.

Nauwigewauk, Oct. 21st.

"TOPSY"

From Uncle Tom's Cabin.

A programme at Rossley's to-night that for talent has never been equalled. Mr. Ballard Brown, the finest singer ever heard here in years, and Miss Madge Locke, the young lady with a glorious voice, that has given patrons many different character studies from Shakespeare's Richard the Third, down to that great comedy character, Black Topsy from Uncle Tom's Cabin which she will do to-night in Black Face; this lady has no equal in the business, a trained operatic voice (gold medalist), a dancer of every known style dancing, from an Irish jig, sand dance, buck and wing, English and Scotch hornpipes, sword dancing, ballet, Salsome, classic, to the latest ballroom dances; all kinds of Shakespearean studies. Then there is among the new shipment of films many beautiful features. Mr. Rossley whose friend, Prof. Beadon, in Scotland, sent with the large shipment of films one that sent our lads in Edinburgh into raptures, a three reel feature entitled "A Great Circus Catastrophe," and as a circus has never appeared in St. John's this will give the public a chance of seeing one of the finest circus performances ever seen. Some of our soldier lads had told the manager of the Empire in Edinburgh the people of St. John's would like the picture, and Professor Beadon, President of a motion picture firm, and friend of Jack Rossley, secured it and sent it on the S. S. Durango.

Letter From Rev. C. W. Hollands.

Editor Evening Telegram.

Dear Sir,—On behalf of Mrs. Hollands, our family and self, I wish through the medium of your paper to thank those kind friends, and they have been very many, who have sent telegrams and letters, expressing words of sympathy and comfort with us in this our hour of trial. It is impossible at the present time to write to the many friends, and I trust that all who have thus been supporting us will further extend their comfort by remembering us when we are present in St. James's Church, on Tuesday, May 4th, at 10 a.m., at the Memorial Service for our son John, and for all who have fallen during the war.

Yours sincerely,

CHARLES W. HOLLANDS.

The Parsonage, Carbonara,

May 1st, 1915.

At the Crescent.

"Doctor Polly," a special feature in two reels, produced by the Vitaphone Company, is the headliner at the Crescent Picture Palace to-day. The dainty Lillian Walker is featured in this very interesting comedy drama. "The Chicken Inspector" features Wallis Van and Flora Finch. This is a rich comedy, with a host of comedy stars supporting Van and Finch. "Suppressed News" is a fine drama produced by the Selig Company. This is one of the Selig's strongest dramas. "Eugenics at Bar Ranch" is a Western picture being the practical philosophy of cow punchers. This is a first class programme even for the Crescent, and should be well patronized. Mr. Delmonica, our new singer, will arrive on the Stephano, on Wednesday.

Economy

GAS COKE yields 44 per cent. of radiant heat, whereas coal gives only 19 per cent. under the same conditions.

GAS COKE is clean to handle. GAS COKE is smokeless. GAS COKE gives a clear red glow. GAS COKE lasts longer than coal. Light the fire with paper and sticks and a little coal. When once burning make it up with Coke, the cheapest solid fuel.

For a limited time only, the St. John's Gas Light Company will deliver in any part of the town at \$6.50 per ton, or \$5.25 per half ton.

Your Boys and Girls.

The early evening is story-time for the very reason that children are then so tired that a restful position and a fairy tale are about as near to heavenly bliss as any one will ever reach in this world. How unspeakably cruel and unwomanly to deprive the tots of this necessary pleasure.

Toward the end of a day the normal child is in a condition of physiological exhaustion. If we could examine its brain cells microscopically we would find them so changed as to be unable to take up the strains.

It is a well known fact that in such a condition any effort to learn is either impossible or accomplished at an undue expense of energy, resulting in pathological exhaustion which sleep does not relieve. The child becomes neurasthenic in time, unless it neglects its work and is called a bad scholar.

THIS WILL BE A BANNER WEEK AT THE NICKEL.

"THE ROSE AND THE THORN."
When the first is through with folly, thorns and unhappiness strew her path. Two-part Vitaphone social drama.

"OUR MUTUAL GUILT."
Sir Arthur Conan Doyle helps to unravel the mystery of Margaret's disappearance.

MUSICALS:
BURNARD SPENCER, Violinist; MISS E. KING, Pianist.
HOWARD STANLEY, Vocalist; JOSEPH ROSS, Drums.

Wednesday—THE GREAT TRIUMPHAL MARCH INTO BRUSSELS AFTER THE GREAT SIEGE; and a Vitaphone masterpiece in 3 reels—SHADOWS OF THE PAST, with the same cast that played A Million Bids.

CASINO THEATRE!

TO-NIGHT AT 7.30 AND 9 O'CLOCK:

Photo-Play Extraordinary.

'The Wolf.'

In 6 reels. Written by the world-famous playwright EUGENE WALTER, author of "PAID IN FULL," "A PLAIN WOMAN," "THE EASIEST WAY," etc., etc.

Produced and pictured in the snow-clad wilds of Western Canada. The only picture of its kind EVER taken. BEAUTIFUL! THRILLING! MAGNIFICENT!! A Great Story with a GREATER Moral.

Admission 10 cents.

East End Rossley's Theatres West End

St. John's Leading Vaudeville and Moving Picture Theatres.

MR. BALLARD BROWN and MISS MADGE LOCKE

A Musical Comedy Sketch.

See Madge Locke as "Black Topsy" from "Uncle Tom's Cabin."

ALL NEW SONGS, DANCES, COSTUMES AND SCENERY.

A Wonderful 3 Reel Feature, GREAT CIRCUS CATASTROPHE.

The most thrilling circus performance ever witnessed, by noted circus artists. This picture is a sensation wherever shown.

Furniture for the Home. The Big Furniture Store.

Spring Goods Have Arrived.
LINOLEUMS, CANVAS, CARPETS and RUGS in all the latest designs.
BEDSTEADS, DRESSERS, WASH STANDS, PILLOWS, BOLSTERS, MATTRESSES, COUCHES, LOUNGES, EASY CHAIRS, TABLES, BUFFETS, SIDEBOARDS, DESKS, OFFICE CHAIRS, BOOK-CASES.
A great saving on all you buy at this store.

CALLAHAN, GLASS & CO.,
DUCKWORTH & GOWER STREETS.

Advertise in the TELEGRAM

White Seed Potatoes! "Puritans."

There is nothing on the market earlier than "Puritans," even potatoes costing as high as \$1.00 per lb. do not give as good results. "Puritans" cost no more than ordinary kinds. Try a barrel.

NEW GOODS.

P. E. I. Turnips.
P. E. I. Potatoes.
Fresh Supply Hartley's Jams.
Bananas.
Valencia Oranges.
California Navel Oranges.
Moir's Fresh Cakes.
Fresh Country Eggs, 25c. doz.
Bird's Custard and Egg Powders.
American Onions.
New Cabbage.
Table Apples.

C. P. EAGAN.
DUCKWORTH STREET & QUE EN'S ROAD.

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