

KIA-ORA ORANGE SQUASH

A most delightful beverage at lunch or dinner is "KIA-ORA" Orange Squash made from fresh orange juice and sugar, rich in flavour of sweet oranges but not too sweet. Everybody likes oranges—everyone will like "KIA-ORA" Orange Squash. It is simplicity itself to serve. Simply add water for still Orangeade, soda water for Orange Squash, and for quick service empty the whole or portion of a bottle into a large jug or bowl and add water. Decorate it with slices of orange and lemon and in other ways.

A large bottle will make sufficient Orangeade or Orange Squash for 24 to 30 glasses. Perhaps Orange Squash is most popular with younger people. Not only is it agreeable to drink, but it is wholesome and beneficial and can be used with advantage as a beverage at lunch and dinner.



Sold by all good stores

Sole Makers:—KIA-ORA Limited, Blackfriars, London, England.

SIDE TALKS.

By Ruth Cameron.

"THAT GIRL THEY WANT ME TO MARRY."

I wonder if the girl who has been ever married the girl his hostess hopelessly invites around for dinner. "Doesn't seem as if I ever get a chance to see my friends by themselves," one member of this relentlessly hunted species complained to me the other day. "That girl they want me to marry is always there. Oh, no I don't mean any special girl. Just some girl they think it would be nice if I married. Nice for whom? Well, I don't know. Maybe for me and maybe for her. Anyway she's always there. Maybe Jim, he's one of my old cronies, invites me out to dinner. We could have a bully time if just Jim and his wife were there, for she belongs to the old crowd, too, and we

know a lot of people and there's always plenty to say. But are they alone? Not a Chinaman's chance! I blow in and there sits the girl they think it would be nice for me to marry. Say, I take a hate to her right off. Maybe I'd like her if I met her somewhere else. But when I see her sitting there and know how she's been told about me and how they'll be watching us, I make up my mind I wouldn't marry her on a million dollar bet.

They Handicap The Girl.

"And it's the same thing when I go to see my cousins and when I go out to my sister's home. They always have some girl there. Why are they so set on a man's getting married? And why can't they let him pick out his own wife? You can give the whole tribe of matchmaking females a tip from me and that is that they put a girl under a handicap when they trot her out that way."

New Make Codroy Butter

By the lb. 55c.

POPULAR SUMMER BEVERAGES.

Kia-Oro Lemon Squash 50c. & 85c. btl.
Kia-Oro Orange Squash 50c. & 85c. btl.
Rose's Lime Juice 45c. & 80c. btl.
Rose's Lime Juice Cordial 55c. & 85c. btl.
Lime Juice 25c. & 50c. btl.
Southwell's Lemon Crystals 60c. lb.
Southwell's Lemon Crystals 18c. btl.

Welch's Grape Juice, Nips. 18c.
R. S. Grape Juice, Pints 50c.
Skipper Sardines.
Rabbit with Onion, 1 lb. tins . . . 35c.
Morton's Syrups.
Prana Sparklets, small and large
State Express Cigarettes.
Borneo Cigars.

10 Hour Vigil Lights 32c. doz.
15 Hour Vigil Lights 42c. doz.
LAZENBY'S PURE CALVE'S FOOT JELLY, wine flavoured, in the following varieties, viz: Port, Champagne, Sherry, Cognac.

C. P. EAGAN

PHONE NOS:—
123 & 423 Duckworth St. 402 Queen's Road.

Just Folks.

By EDGAR GUEST.

FAITH.

This much I know
God does not wrong us here,
Though oft His judgments seem
severe.

And reason falters 'neath the blow,
Some day we'll learn 'twas better so.

So oft I've erred
In trifling matters of my own concern,

So oft I've blundered at the simplest turn,
Chosen the false path or the foolish word.

That what I call my judgment seemed
abundant.

My puny reason cries
Against the bitter and the cruel blows

Measuring the large world by the
inch it knows.

Seeing all joy and pain through selfish
eyes.

Not knowing hurt and suffering may
be wise.

But I have come to see,
So vast God's love, so infinite His plan

That it is well, it was not left to man
To alter or to say what is to be.

When reason failed, faith also then
would rise.

God knoweth best!
Through the black night and agony of grief

Faith whispers: "Hold fast to your
belief!"

In time His purpose He shall manifest.

Then shall you learn how greatly you
were blest."

LADIES!—Going away on your vacation, dress your feet in a pair of Cool White Canvas Shoes, only one sixty three a pair; Lace or Strap, with rubber heels. PARKER & MONROE, LTD.—July 28, tu, th, s.

hospitality, but had also generously provided the cost of the passage. The delegates were going out in a new steamer which had just been acquired by the Newfoundland Government. He was sorry to say his acquaintance with Newfoundland was a very brief one. He had spent a few days there, but he had seen enough to realize its natural beauty, its great future opportunities, and the kindness and hospitable spirit of that old West-country population that formed the rock on which Newfoundland had been built during the last three or four centuries. He was sure that those who were privileged to go to Newfoundland would be able to see a country not only beautiful in itself but full of suggestion, in a small but very promising field, of what Empire development could mean. We were apt to forget that Newfoundland, next to the Irish Free State, was the nearest overseas Dominion to this country, and that the distance to Newfoundland from the British Isles was only a little more than half the distance from New York.

This nearness would be immensely accentuated with the development of air communication, and with the coming of the airship we would begin to realize that Ireland, on the one hand, and Newfoundland on the other, were the natural bridgeheads across the Atlantic, uniting those portions of the British Commonwealth.

Mr. Bennett, in replying, said he hoped they in Newfoundland were near the people of this country in other than a geographical sense; they hoped they were near their hearts. After speaking of the industries of the Island, he said he did not want to suggest that Newfoundland was a kind of "El Dorado." They had been through a difficult time, but they were emerging. There was still a lot of unemployment, and that was why they were anxious and desirous to do all they could to encourage the investor and capitalist to come into the country and develop its natural resources.

Newfoundland was British to the core. They looked to Canada as their big sister, but there was no question of confederation.

Dr. King also spoke.

We sell satisfaction with every pair of shoes that leave our Stores. There's a reason—they are sold by Experts. PARKER & MONROE, LTD.—July 28, tu, th, s.

An Atlantic Bridgehead

EMPIRE PARLIAMENTARIANS AND NEWFOUNDLAND.

(Canada, July 18.)

The Hon. J. R. Bennett, Colonial Secretary of Newfoundland, was the chief guest of the United Kingdom branch of the Empire Parliamentary Association at luncheon at Westminster on Thursday last week.

Others present included Mr. and Mrs. Amery, the Hon. Dr. King, Minister of Public Works for Canada, and Mrs. King; Sir Hamar and Lady Greenwood, Sir Newton and Lady Moore, Mr. Victor Gordon, and the Hon. R. K. Bishop, M.L.A. Bennett, and Mrs. James Ryan (Newfoundland).

Mr. Amery, who presided, proposed the toast of "The Visitors." He said they were under a particular obligation to their branch in Newfoundland because they had extended a generous invitation to the home branch to visit their ancient and interesting colony. The Newfoundland branch had not only offered the widest measure of

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CHINA.

China's feeling pretty oddish, she sends up her battle shouts she will whip the blooming British she will put the world to rout; we can hear her captains thunder and we sit around and wonder what the fuss is all about. Why is poor old China madder than a red hen in the rain, sorer than a blood adder biting at a logging chain? Doubtless she has paused to salve some queer oriental reason which is neither safe or sane. China stands for dire oppression with a patience that is rare; rank outsiders take possession and she doesn't seem to care; she will see her farm and village torn apart by war and pillage and she doesn't mind her hair. She will smile when she is cheated, she will bow when she is struck; she is often vilely treated, and she does not run amuck; she puts up no frantic yelling, she is making, she is selling birds-nest soup and garden truck. Then she finds some quaint pagoda blighted by a new-made scar, and Old China seethes like soda when it's mixed with vinegar; she is ripe for goryrevs and she shrieks of foreign devils and goes sleuthing where they are. Some of the hills a sacred rooster and the land is plunged in gloom; she at once becomes a booster for all kinds of death and doom; for so good and strong a reason soldiers put their neckers on, and go forth to fill the tomb. In some way old China's grander than the neighbor of the guest, but no man can understand her who was nourished in the west; and it's hard for one to figure why she longs to pull the trigger, when the programme calls for rest.

Women's White Canvas Boots.—High and Low Heels; sizes 4, 4½, 5, 5½, only 48c. Girls' White Boots; size 12 and 13, 48c.; Children's White Boots; sizes 6 and 7, 48c. PARKER & MONROE, LTD.—July 28, tu, th, s.

Athletics and Health

HOW GIRLS MAY BENEFIT FROM GAMES.

A question which is often debated among parents is whether athletics are harmful to girls.

Mrs. Sophie Elliott-Lynn, vice-president of the Women's Amateur Athletic Association, has a great deal to say on this point in her excellent little book "Athletics for Women and Girls", which has just been published.

"Since my association was formed (in 1922) in England we have never had a single case of injury or strain, except in cases when the girls have broken the rules of training," she states.

The whole secret of the benefit of athletics lies, Mrs. Elliott-Lynn maintains, in games being supervised medically and technically. A preliminary examination before any form of athletics is taken up may reveal some weakness and prove a warning; and supervision will prevent the enthusiast (whose tendency

is generally towards doing too much when taking up a new game) from exerting herself beyond her power.

Mrs. Elliott-Lynn does not advise a woman athlete who feels stiff after unaccustomed exercise to continue practice in order to "work off" the stiffness, as she believes there is a risk of a girl straining herself when practising in such a condition. She emphasizes the importance of sleep for the athlete, eight hours a night being the minimum she considers necessary to perfect fitness. Regularity of life is essential, she points out, to success in athletics, and adds the interesting fact that she has found that when a working girl ceases work her athletic prowess immediately decreases. "Slacking," she observes, "seems to lower the blood pressure and the efficiency of the athlete."

Children and Training.

A warning is given to young children against going in for serious competitions unless they are trained. Putting the shot and throwing the discus should be barred by young girls.

The Women's Amateur Athletic Association allows girls to enter grown-up races at the age of 15. The less maximum effort, Mrs. Elliott-Lynn says, made by the girl athlete before her body is set the better it will be for her.

Woman, it has been proved by experience, is capable of about three-quarters of a man's athletic effort. The problem seems to lie in finding

Complete Change The Popular Star To-Day

THAT TALENTED

KEPPIE KID

IN

"Why Did You Kiss That Girl?" WITH ACROBATIC DANCE.

"SHOULD SHE MARRY AN ARTIST"

A picture you must like. See it. Her dangerous path—The picture story with a moral.

"STEPHEN STEPS OUT"—A Richard Harding Davis story, full pep.

COMING—"THE WAY OF A MAN."



TIRE MILEAGE and SERVICE comes from QUALITY, not from purchase price.

SILVERTOWNS have never been excelled for QUALITY, so naturally they are the MOST ECONOMICAL. We have a full line of all sizes now in stock.

Bowring Brothers Limited Hardware Department

718, St. John's

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Woman, it has been proved by experience, is capable of about three-quarters of a man's athletic effort. The problem seems to lie in finding

the happy medium between sports which are too much tax on a woman's endurance and those which are not energetic enough to induce healthy development.

Athletics, especially running, make for grace when a girl is well trained. Mrs. Elliott-Lynn inspires confidence by the expression of her views on the advisability of woman taking part in games.

If your Feet are unusual Feet,

it makes no difference—we can fit them with Shoes or Boots. PARKER & MONROE, LTD. July 28, tu, th, s.

Want Opportunity of Going Overseas

HON. J. H. THOMAS SAYS THAT 50,000 MEN HAVE REGISTERED.

LONDON, July 22.—(Canadian Press Cable).—"There is a great deal of talk about migration and how much better it would be if the tolling millions went overseas," declared Right Hon. J. H. Thomas, M.P., former Colonial Secretary, speaking at Wembley on Regatta Day—Wednesday.

"How many of you are aware of the fact that there are registered over 50,000 men, who of their own free will have asked for the opportunity of going overseas?"

"It is all very well to get Ministers here and give them a cent lunch at no cost to them whatever and let them give the vice at Wembley. I want them to speak at Wembley on Regatta Day, not to be too critical over a thousand pounds."

"It is often said that the classes have no breadth of vision regarding the Empire. I ask you to remember that most of them have denied any opportunity of understanding what the British Commonwealth of nations means. If we have nothing else we have given them opportunity of seeing here at Wembley Exhibition what the Empire stands for."

Mr. Thomas' speech was given in connection with the Corporation of London's entertainment at Wembley on Regatta Day. The Duke and Duchess of Devonshire were present.

MEN!—Keep your Feet on Regatta Day—wear Men's Brown Ventilating

for, perforated vamp, and comfortable, extension rubber heels, only Two shillings. PARKER & MONROE, LTD.—July 28, tu, th, s.

RICHARD HUDNUT, THREE FLOWERS VANDERING CLEAN

The Best Ideal before applying Extra Powder. Delicately accented with THREE FLOWERS PERFUME

It is no longer worth, but rather and Summer less of the same assortments at practically

Gin Fine Amos ly trimmed terns, all

D Sizes 16, undoubted Dress of values

WA In Voiles, tines, Gine tailored

D All size smart

Sca Silk Scarf new shades lengths. W

1.

Step Of finest daintily

2.

S All shade combination sizes 16 to

July 30, 31, 1925