

Order the Guaranteed Flour Next Time You Bake Bread

If rightly used Cream of the West Flour will make the lightest, flakiest, most nutritious bread you have ever tasted. If you haven't tested it order a barrel next time you go to the grocer's.

Cream of the West Flour

the hard wheat flour guaranteed for bread

Guarantee

We hereby affirm and declare that Cream of the West Flour is a superior bread flour, and as such is subject to our absolute guarantee—money back if not satisfactory after a fair trial. Any dealer is hereby authorized to return price paid by customer on return of unused portion of barrel if flour is not as represented.

The Campbell Milling Co. Limited, Toronto.
Archibald Campbell, President

R. G. ASH & CO., St. John's, Wholesale Distributors

OUR KIND RELATIVES.

By RUTH CAMERON.



Why is it, I wonder, that the average relative regards it as one of his—or more likely her—unavoidable duties to frankly criticize everything about her closest relatives.

If you show a new gown or hat to a friend, she will pick out all the best points about it, all the allures that induced you to buy it, and warm the corners of your heart by commenting upon them.

"Isn't it a wonderful color," she will say, "and what cunning buttons! Try it on and let me see how it looks on you. What a pretty skirt, and so becoming to you. Makes you look so slender. Yes, it certainly is a bargain."

Show the same gown to your relative, and though she may see the good points, she certainly gives no sign of having done so. Of the contrast she kindly points out any disadvantages which she fears may have caused your eye. "The waist is a little too small across the back, isn't it, and the sleeves are too short. Queer how they almost always make the sleeves too short. It is a lovely color, isn't it, but so trying. Too had so few people can wear it. That lace is nice, but then, they always put cheap lace in costly-made things. That's one of the reasons why I like to have my things made up. Of course you can't do it out and put in something better."

The closer the relationship, the closer is the degree of frankness of course. By the way, have you ever happened to notice how the word "frank" like the word "criticize," has been given an unpleasant meaning by usage. "Criticize" originally meant "to pass judgment on the merits or demerits of." Evidently the judgment was usually unfavourable, for criticism is now generally used in the sense of "pick flaws." The first meaning given for "frank" is "free in uttering one's real opinion." For a that, the opinion might be the most favourable in the world. But somehow, when anyone says, "I am going to be frank with you," we don't usually anticipate praise,—nor get it, either.

To return to the original subject,—the other day I showed a new gown to a very close relative, and she delivered a monologue somewhat like the above upon it. One or two things she did praise, but for the most part she picked out flaws. "Well," I sighed to myself, as I laid it away in its tissue paper bed of state, "I am sorry she doesn't like it, for she has good taste."

What was my astonishment to hear later from a mutual friend that she, my critical relative, had been praising my gown to others as one of the loveliest she had seen. She had even compared it favourably to a Parisian creation of one of her wealthy friends, which she had been praising to me. And yet, from her comments I had actually thought she didn't like it.

Is unfavourable criticism really a duty we owe our relatives?

Must we keep all our pleasant words for our friends?

Ruth Cameron

Lemon juice and salt is a good thing to clean bone knife handles.

If the hair is dry and brittle give it a good application of vaseline or pure olive oil on the scalp the night before shampooing.

A wringer that is stained from wringing colored clothes can be cleaned by rubbing the rollers with a cloth saturated with paraffin.

Every growing child should rest one hour each day. If this rule is followed, they are not apt to take colds or any infectious disease.

If eggs are cracked and you wish to boil them, put a teaspoonful of vinegar in the water, and they will not boil out of the shell.

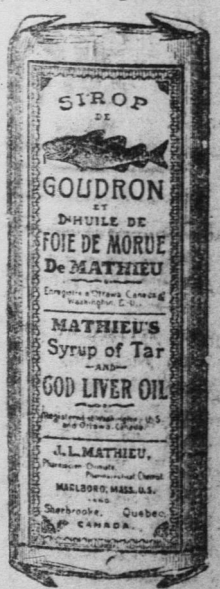
PERSISTENT COUGH.

Wherever soothing syrups fail to cure that persistent cough which exhausts you,

MATHIEU'S SYRUP

of Tar and Cod Liver Oil and other medicinal extracts will rapidly and definitely rid you from it.

The merits of Mathieu's Syrup are highly recognized and endorsed. Here are a few proofs:—



Waterville, N.S., Dec. 27, '07.
Fillmore & Morris, Amherst, N.S.
Dear Sirs,—Herewith we enclose our cheque \$15.00 in settlement of our account to date.
W. O. COOK & SON.

ST. JOHN, N.B., Jan. 10, '07.
Fillmore & Morris, Amherst, N.S.
Dear Sirs,—We telegraphed you to-day to ship immediately 5 Gross Mathieu's Syrup. We hope you will send it promptly, but if you are not able to send the whole amount at once, please send us some as our stock is getting low.
NATIONAL DRUG & CHEM. CO.

ORANGEDALE, C.B., Aug. 7, '08.
Blacking & Mercantile Co., Ltd., Amherst, N.S.
Dear Sirs,—We have nothing but good to say of Mathieu's Syrup and can conscientiously describe it as the most popular and successful Cough Medicine we handle. Owing to the absence of any drug store in this vicinity there is a great variety of proprietary medicine sold in the course of the year, and Mathieu's Syrup pre-eminently leads in its own class. Yours sincerely,
D. MARTIN.

AGAINST HEADACHE there is no remedy so active as **Mathieu's Nerve Powders** which contain no opium, morphine or chloral. 25 cents per box of 18 powders.

J. L. MATHIEU Co., Sherbrooke, Can.
THOS. McMURDO & Co., Wholesale Chemists and Druggists, St. John's, Nfld.

Help For the Hands.

An Article for Every Woman Who Studies Her Appearance.

Hands can be red, rough, coarse, clammy, and half a dozen other things—or not! This article tells you how to reach that desirable "not" by prevention or cure.

Red Hands are due to bad circulation. Free yourself if "pinched," and do some simple exercises to send the blood spinning round your body.

Whiten the Hands. Here are two recipes: (1) Add a few grains of fresh chloride of lime to warm, soft water, and wash in this. This bleaches the skin. Afterwards well rub in cold cream—a recipe follows for this—an "exercise." (2) A nicer lotion, but slower in action, is: Powdered borax, 3 drachms; glycerine, ¼ ounce; rose-water, 12 ounces; and the juice of a lemon.

A SOFT WATER RECIPE.

Rough Hands, caused by housework, which also, of course, reddens them, should be dealt with as follows: Remove stains with lemon-juice first; then to hot soapsuds add a handful of fine, white sand. Wash the hands in this for some minutes, then rinse well, dry, and powder with fine starch. Finish by rubbing them with cold cream.

Or, apply at night glycerine and lemon, mixed equally, and in the morning lemon-juice only. Use no water until the morning wax is done, and then only warm, soft water.

The simplest method of "making" soft water, apart from the well-known oatmeal way, is to boil ordinary water, and stand it out of doors for a couple of hours. Or add a little borax.

Hard Hands can be softened, but they need continual care. Here is an excellent softening recipe, which it may interest you to make at home: ¼ pound best mutton fat, ½ ounce camphor and glycerine. Melt together, and stir well till cool. Rub this on at night, and wear gloves.

WHEN HANDS ARE HOT.

A most excellent glove mixture is as follows. It softens, whitens, and prevents chapping. White wax, 2 ounces; oil of sweet almonds, 4 ounces; otto of roses, 6 drops, and the juice of a lemon. Mix the wax and almonds in a paste, then add the lemon juice, and then, slowly, the otto. Spread this over the lining of the gloves.

Chapped Hands arise from too frequent use of water and too little drying. There are several good cures, and this is one of the best: Sweet oil, ½ pint; Venice turp, 1½ ounces; best lard, ¼ pound; beeswax, 1 ounce. Mix over a slow fire till all melted. Rub on when cold, or spread very thinly on linen rag.

Hot, clammy hands, unless very bad, can be prevented by placing a teaspoonful of alum in the washing water, then dust the hands, after washing, with rice-powder.

This is the recipe for home-made cold cream: Peruaceti, 1 ounce; pure white wax, ½ ounce; almond oil, ¼ pint. Melt slowly, and add otto of roses, 6 drops (or other scent), and glycerine, 1 ounce. Keep stirring till nearly cold, when it is ready for use.

The publisher of the Best Farmer's in the Maritime Provinces is writing to us states:

"I would say that I do not know of a medicine that has stood the test of time like MINARD'S LINIMENT. It has been an unfailing remedy in our household ever since I can remember, and has outlived dozens of would-be competitors and imitators."

Ever Been Had?

It was in a City restaurant. A gentleman called for his check, but when it was presented to him, he found that he had been overcharged one shilling.

"How is this?" he demanded, and gave the pretty waitress a sharp glance.

But the lady was glib, and retorted: "Well, you see, sir, it was this way—the cashier bet me sixpence you wouldn't spot it."

"Ah! Is that so?" The gentleman's voice was most ungraciously sceptical, but he got into his overcoat in leisurely fashion, and then sat down again, and wrote something with a lead pencil on the back of the check. This he folded, and handed to the pretty waitress, saying: "There, my dear, just run along, and show that to the cashier. I am sure he will be interested."

The girl did as she was told, but to their mutual horror these are the words that sly cashier and waitress read on the back of the doubled check:

"I bet you both a sovereign I won't be here when you come back!"

When frying eggs try adding a spoonful of flour to the fat; it will prevent them from breaking or sticking to the pan.

MINARD'S LINIMENT CURES COLDS, Etc.

One Dose Makes Indigestion Go.

Hearthburn, Gas, Dyspepsia and all Stomach distress ended with "Pape's Diapepsin."

You don't want a slow remedy when your stomach is bad—by an uncertain one—or a harmful one—your stomach is too valuable; you must injure it with drastic drugs.

Pape's Diapepsin is noted for its speed in giving relief. It's harmless; it's certain unfailing action in regulating sick, sour, gassy stomachs. It's millions of cures in indigestion, dyspepsia, gastritis and other stomach trouble has made it famous the world over.

Keep this perfect stomach doctor in your home—keep it handy—get a large fifty-cent case from any drug store and then if anyone should eat something which doesn't agree with them; if what they eat lays like lead, ferments and sours and forms gas; causes headache, dizziness, and nausea; eructations of acid and undigested food—remember as soon as Pape's Diapepsin come in contact with the stomach all such distress vanishes. It's promptness, certainty and ease in overcoming the worst stomach disorder is a revelation to those who try it.

Mothers Lore.

Beliefs About Baby's Birth and Baptism.

"Monday's child is fair of face, Tuesday's child is full of grace, Wednesday's child is full of woe, Thursday's child has far to go; Friday's child is loving and giving, Saturday's bairn works hard for his living;

But the child that is born on the Sabbath day, Is merry and blythe alway."

So says the old and well-known adage. Now, most of the beliefs expressed in it are based on superstitions of the ancient Romans, who dedicated each day of the week to some particular deity, and thus inferred that children would possess, at any rate, some of the characteristics of the god or goddess on whose day they happened to have been born.

Up Life's Ladder.

Monday's child, for example, it was thought, would be "fair of face," because the tutelary deity of the day was the beautiful Diana, goddess of the moon.

Almost every mother very persistently insists on having her new-born babe carried upstairs before being carried down. And why? Because custom has ordained that if the little one be carried downstairs first, he will not rise afterwards in the world.

Again, very few old-fashioned nurses will allow a child to see its reflection in a mirror until it is at least twelve months old. Should she do so, well, superstition maintains that the child will become a thief.

There is a less common belief to the effect that, should the first tooth appear in the upper jaw, the child is likely to meet with an early death. But at one time even comparatively superstitious people regarded it as unlucky to weigh new-born babies, lest they should either die young or become very delicate.

In Norfolk, a belief prevails that if a boy and a girl are to be baptized at the same ceremony, the boy must be baptized first, otherwise the girl will grow a beard! Whilst in some parts of the Western Highlands it is still thought that the child will not live long unless the day chosen for the ceremony be a Saturday.

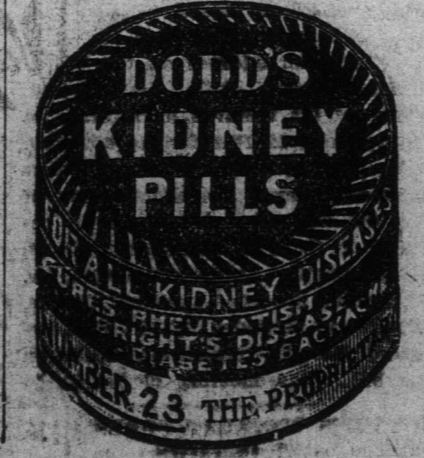
Everybody refers to the lucky child of wealthy parents as being born "with a silver spoon in his mouth." Probably, however, very few people know the real explanation of the phrase. Here it is:

In the Purple.

In olden times it was usual for the sponsors at the baptism to present the child with as many "angustle" spoons as they could afford. If they were well-to-do people naturally they gave the child the full number—twelve. If they were poor, however, they gave a smaller number, and perhaps spoons made of an inferior metal.

The phrase "born in the purple" owes its origin not to the fact that purple is the color commonly associated with royalty in general but to the fact that Constantine, the son and heir to Leo VI., one of the Byzantine emperors, was born in a room lined with porphyry—a dark-colored rock through which crystals of a lighter color are disseminated.

Chamois leathers should be washed in tepid water and dried with the soap in them; they will then be nice and soft.



Evening Telegram Fashion Plates.

The Home Dressmaker should keep a Catalogue Scrap Book of our Pattern Cuts. These will be found very useful to refer to from time to time.

9479. — A NEAT AND PLEASING HOUSE OR HOME DRESS.



Ladies' House Dress with Four Gore Skirt (In Raised or Normal Waist-line) and with Two Styles of Sleeve. Blue Anderson gingham with a simple finish of stitching was used for this design. Serge, galatea, cashmere, flannellette, percale or lawn may be used with equal good effect. The Pattern is cut in 6 sizes: 32, 34, 36, 38, 40 and 42 inches bust measure. It requires 5 1/4 yards of 44 inch material for a 36 inch size.

A pattern of this illustration mailed to any address on receipt of 10c. in silver or stamps.

9468. — A PRETTY NEGLIGE.



Ladies' Dressing or House Sack. French flannel in blue with white dots and with trimming of white silk and blue ribbon is here shown. The design is also suitable for lawn, percale, Irish dimity, nainsook, and flannellette. The pattern is cut in 6 sizes: 32, 34, 36, 38, 40 and 42 inches bust measure. It requires 3 3/4 yards of 27 inch material for a 36 inch size.

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Please send the above-mentioned pattern as per directions given below.

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Our regular retail prices for Furs are the best obtainable, and this fact is so well known that everybody can immediately appreciate the value we are now offering.

We are making these Tremendous Reductions to make a complete clean up in this department more especially of odds and ends, of which we find that we have at stock taking.

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1913. 1913.



Just to keep things humming we are offering two leaders—1913. Our \$19 Suiting is a guaranteed Wool, made in the "Mauder" style. The woollen market is still going up. This is the season to get your money's worth, as you will probably pay more for the same article in the Spring.

Our \$13 Suiting is cut and finished to your own selection of style for Spring and Summer of 1913 from our style sheets just in. Only the price of a hand-me-down for a splendidly tailor-made suit.

John Maunder,
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for the Spring trade with a full stock of Men's and Boys' SUITS, OVERALLS, Etc.

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