

GOLDEN PHEASANT TEA

THE FATHER OF THEM ALL!

A Tea with a Reputation.

FERGUSON HOLNESS & CO., Ltd., London, England.

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New English Goods.

Steer Brothers Grocery.

- MORTON'S PICKLES and CHOW CHOW.
LAZENBY'S PICKLES and CHOW CHOW.
2 cases MORTON'S BROWNING.
2 cases MORTON'S ESSENCE VINEGAR.
24 doz. MORTON'S PARROT FOOD.
24 doz. MORTON'S HOUSEHOLD AMMONIA.
LAZENBY'S PRESERVED GINGER.
1 case MORTON'S SEIDLITZ POWDERS.
100 7-lb. boxes MORTON'S EPSOM SALTS.
10 cases MORTON'S CASTOR OIL—1 and 2 oz. bottles.
10 cases EYES' FLUID.
50 cases STAPLE STRONG PICKLES.
25 cases SUNLIGHT SOAP.
15 cases SCHWEPP'S GINGER BEER and SODA WATER.
5 gross BIRD'S CUSTARD POWDER.

LOWEST PRICES.

STEER BROS.

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Be Ready for Cold Snaps!

Warms the room where it stands and circulates surplus Hot-Water to Radiators in other rooms. Repays its costs in fuel-savings. Running water not necessary.

IDEAL-Arcola Radiator-Boiler

Requires no boiler and warms comfortably four or five rooms by the superior hot-water heat. Easy to care for, and uses surprisingly little coal. Clean, good-looking and absolutely safe; no fire risk.

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Two Small Cargoes Best Screened

NORTH SYDNEY COAL.

Also in Stock

All Sizes American Anthracite Coal

M. Morey & Co., Ltd.

apr21, mod. 11

Forty-Two Years in the Public Service---The Evening Telegram

Do You Murder Time?

BEING BORED IS A BAD HABIT.

How often one hears a man or woman say, "I did so and so just to pass the time away."

Many people find it dull to be left by themselves for even a short half-hour. Yet such people do not realize that to admit that one is feeling dull is a confession that the speaker is a dull person.

Life is too short for any one of us to be able to afford to kill even an hour of it. The man who reaches the allotted span of three-score years and ten has had probably less than 100,000 hours to himself, apart from his work and his sleep and his meals. As the average life of man or woman is considerably less than seventy years, we can see how precious is every leisure hour.

Compare Your Fellow-Creatures. "But," you may say, "how am I to spend my time? If I have an hour to wait at a country station I am bored; there is nothing to do."

Nothing to do! Have you no book or paper to read, no eyes for trees and flowers, no ear for the song of birds? Walk out into the lanes and you will find enough even in the hedgerows to give you occupation. Spend a few moments by a pond, and you will gain some idea of the teeming life of Mother Nature, and of the wonderful way in which she has designed her creatures to fill their parts in life.

Do you know that under the microscope a single drop of water is seen to contain as much life as the naked eye can see in the whole pond? The thought will help you to make the hour interesting.

If there are no hedges or ponds, you need not despair. Can you find nothing to interest you in your fellow-creatures? Don't you ever wonder what their characters are, or what their life stories have been? Watch them as they go about their work; compare the slow steadiness of age with the quick impulsiveness of youth. One man whom you see obviously enjoys his work; another regards it as mere colourless drudgery. Ask yourself which of the two is the happier.

Try to Entertain Yourself.

But perhaps the best hours of all, and those which are most frequently killed, are the ones we spend in an easy chair in our own homes. It is at these times that we can read books and journals, deriving the fullest measure of joy from the writings of men whose thoughts, enshrined for ever in print, are always at hand to liven up the dulllest moments.

Being bored is nothing more or less than a bad habit, which is due in most cases to lack of the necessary energy to entertain yourself. If you find your own company dull, rest assured that you will bore other people if they rely upon you for entertainment.

A little effort is all that is needed, and once you have made it you will be surprised to find how interesting are the hours which previously were the most dull.—T. H. Biss.

SUSU SAILED.—S.S. Susu sailed this morning on the Fogo Mail Service taking the following passengers:—C. Quick, Mrs. T. Jones, Miss Dornier, Miss A. Bishop, Miss Torrance, Mr. Nurse, P. Piccott, A. F. Moore.

See the Teddy Bear Cups and Saucers for children, 15c. each at KNOWLING'S.—aug20, 51

Legends of the Air.

STORIES OF OPTIMISTIC ANCIENTS.

There is a curiously old-fashioned look about the photographs in "A History of Aeronautics," by E. C. Vivian and Lieut.-Colonel W. Lockwood Marsh (Collins, 30s.), of the early flying meetings.

Our minds have long ceased to wonder at the aeroplane and the airship. What will probably excite most interest in this admirable volume is the early chapter which gives the legends born of ancient man's desire to fly. One of the earliest is in one of the oldest records of the world—the Indian classic Mahabharata, in which it is stated that

Krishna's enemies sought the aid of demons, who built an aerial chariot with sides of iron and clad with wings. The chariot was driven through the sky till it stood over Dwarka, where Krishna's followers dwelt, and from there it haled death upon the city mussels that destroyed everything on which they fell.

Egyptian sculpture gives the figures of winged men, but no authority has ventured to assert that the ancient Egyptians had mastered the problem of flight.

There was a foundation of fact in the legend of Icarus. Daedalus made his wings, and the boy Icarus, learning that his father had determined on an attempt at flight, secured the wings, fastened them to his shoulders, and leapt from a cliff-edge, only to find the possession of wings was not enough to ensure flight to a human being.

The Flying Saracen.

These ancient would-be airmen generally came a cropper jumping off high places. There is the story of the Saracen of Constantinople who, in the presence of a great throng, attempted to fly round the hippodrome.

The Saracen chose for his starting point a tower in the midst of the hippodrome, and on the top of the tower he stood, clad in a long white robe which was stiffened with rods so as to spread and catch the breeze, waiting for a favourable wind to strike on him. "Fly, O Saracen!" they called to him. "Do not keep us waiting so long while you try the wind!" Commemorus, who had present with him the Sultan of the Turks, gave it as his opinion that the experiment was both dangerous and vain, and possibly in an attempt to controvert such statements, the Saracen leaped into the wind and "rose like a bird" at the outset.

He broke his bones and died.

Soak beans overnight before parboiling them for baking.



Did this ever happen to you?

Mentholatum

for insect bites, sunburn and hay fever

MADE IN CANADA

The Power of the Press.

The press stands for propaganda, and the importance of propaganda was never more fully recognised than it is to-day.

Lord Northcliffe, in bidding Mr. Keith Murdoch farewell on his return to Australia, said "we have to contend with all sorts of other propagandists," and that is true equally in an Empire and a world sense. The plea for ampler and cheaper communications within the Empire has been endorsed by the Imperial Conference, and the Imperial Pacific Cable Board has, it is announced, promptly responded by a resolution to restore the deferred press service suspended during the war. Mr. Murdoch has done great work in developing the cable news service from the Mother Country to the Dominions and India, and it is matter for regret that Great Britain is not as fully supplied with news from Greater Britain. "If I forgot all my forty years in Australia and saw Australia through an attenuated and unannounced cable service I should look upon it as a country of desolation and despair," said Mr. W. M. Hughes.

Lord Northcliffe has started on a world-tour, in which he will visit Canada, Australasia, and India, and his promised communications to The Times, we do not doubt, will emphasise the necessity for a larger measure of attention in the British press to the affairs of the Dominions and Dependencies. But that attention must be rooted in accuracy and authenticity. "Stuffing the ears of men with false report," the acceptance of mere gossip and wild rumour as "news," the misrepresentation of motive in order to serve a party end, are practices not unknown to the "enterprising" journalist in any country. The press of the British Empire should be sans peur et sans reproche. In no direction is quantity without quality calculated to do more mischief, and it is a pity that deliberate misrepresentation or wholly unwarranted assumption in affairs cannot be subjected to penalty as is the libel or slander of individuals. President Harding, a month ago, wrote an appeal to the press on a sheet of notepaper: "It is up to the press of the world, as the mouthpiece of the best civilisation, to give its voice to steady the human progression." President Harding was thinking of what "the same press" can do to assist disarmament and the better understanding of peoples. The same press—sans in morals as in mentality—within the British Empire can do more than Parliaments and the politicians to make the Empire one and indivisible, and to ensure the success of its mission in the interests of freedom and civilisation.—United Empire.

"Pirates" Again Seen Off Hatteras.

New York.—A delayed report of another mystery ship, reviving tales of pirates preying on high seas traffic, was received here by coast guard officials from government officers at the Virgin Islands.

This craft was said to have a hull painted black, carrying powerful motor boats and with a crew of thirty on her decks. She was sighted by the American steamer Lake Arline, June 24, about 100 miles southeast of Cape Hatteras. There was a crow's nest, occupied, on each mast.

The master of the Arline made a report at the Virgin Islands and this was

forwarded to coast officials here through the Navy Department. The report was indorsed as "possibly pertinent to theories promulgated as to the disappearance of certain vessels on the high seas."

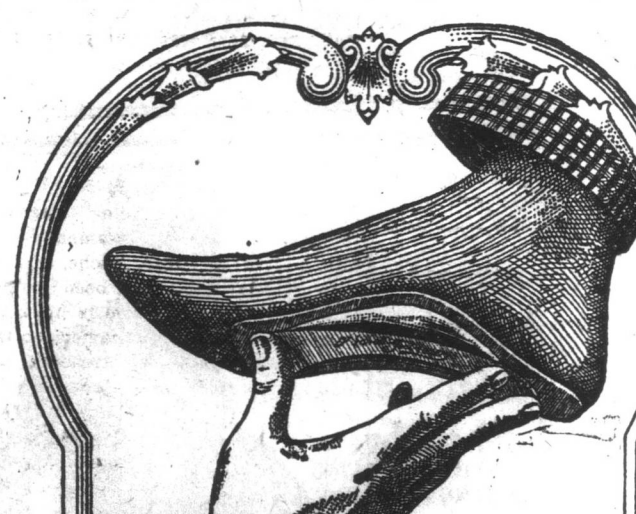
The report read in part: "Two large and apparently fast motor boats were hanging from home-made davits on each side of the main rigging. Astern was a white whale boat and on a platform built out astern was a yellow-painted fisherman's dory. There was no evidence of her name. The depth of water at that point

was too great for fishing and she hove to in light weather and showed the vessel was not going to get there—probably a smuggler."

As soon as fruit cake is cut should be wrapped in wax paper then in cloth.

"Laugh and grow fat" is an old axiom. We advise the use of a good tonic, named "Bridal Tasteless". Price \$1.00; post 20c. extra.—apr26, 11

WATCH YOUR FEET



Dr. Scholl's Foot-Eazer "EASES THE FEET"

Hurting, burning, tender feet, cramped toes, "rheumatic" foot and leg pains, are often due to weakened or fallen longitudinal arches. In all such cases, Dr. Scholl's Foot-Eazer can be depended upon to give immediate relief.

It springily supports the arch, bridging the weight from the heel to the ball of the foot and induces solid foot comfort. Worn in your regular shoes—no larger size or "freaky" shape required. In fact, it materially improves the appearance of the shoe and foot and enables one to wear the smart, well-fitting shoes of the present styles without the slightest discomfort.

There is a Dr. Scholl's Appliances or Remedy for Every Foot Trouble

If you have corns, bunions, callouses, enlarged joints, flatfoot, weak arch, cramping toes, run-over heels, weak ankles, overlapping toes, perspiring feet or any other foot trouble, it can be quickly relieved and corrected.

This store carries in stock all of the famous Dr. Scholl's Appliances and Remedies and

We Understand Feet

Come into this store any time and let an expert examine your feet and advise you how to get complete foot comfort.

Examination and Advice Free

Let us demonstrate, upon your own feet, that the proper appliance will absolutely put a stop to that suffering and inconvenience, while actually improving the appearance of your feet. Don't wait until you need shoes but come in now. Everybody is welcome.

Certified Practitioners on our Staff.

Parker & Monroe, Ltd.

"Watch Your Feet"

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