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SUPERIOR TO ANYTHING SHOWN ELSEWHERE.

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The Store that Pleases.

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English Mixture Tobacco

Will not bite the tongue. Cool and sweet, mild and fragrant. And our renowned

BULL DOG CHEWING TOBACCO

Are having an unprecedented run. These brands are made from the highest grade tobacco procurable, and without doubt the best on the market.

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TOBACCONIST. . . . WATER STREET.

40,000 Pairs

Rubbers and Gaiters!

We have just received a very large stock of Rubbers from the leading manufacturers in the United States and Canada. They were bought at the very lowest cash prices for taking such a quantity, which puts us in a position to offer them to our customers at extremely low prices.

The stock includes the well known brands "Canadian," "Maltese Cross," "Woonsocket," etc.



Parker Monroe, Ltd.
195 and 203 Water Street.

Advertise in The Evening Telegram

Why is Blue Monday?

By RUTH CAMERON.



"I do hate Monday," the Little Stenographer Lady said to me the other day. "It's so hard to get back into the routine. Everything drags, everything goes wrong on Monday. Other days I am often surprised when five o'clock comes, but Monday it seems as if the clocks had all stopped. Sometimes I almost wish there weren't any break in the week, it's so hard to get settled down again."

I think most of us working folks have often felt toward Monday as the Little Stenographer Lady does. The familiar phrase "Blue Monday" attests the universality of this state of mind.

It certainly is hard to get back into the routine after a break. Early rising is doubly repugnant to us after Sunday morning's luxurious laziness. Concentration of mind is doubly difficult to accomplish after Sunday's relaxation, dull details are doubly distasteful after Sunday's freedom.

But is it entirely a fact that we have had a break which makes Monday a day disliked? Aren't there other considerations that make up the color scheme of blue Monday?

For one thing, we haven't the keen anticipation of approaching freedom that brightens the last two or three days of the week. As a child I intensely disliked school, and I used to mark off the school sessions toward that day of grace, Saturday, and yet I think I often enjoyed Friday quite as much as Saturday, for on Friday rested the golden haze of anticipation.

But it seems to me that the most potent factor which goes to make Monday blue is the way we spend our Sundays.

In the first place we antagonize our

stomach by entirely changing our time for eating. The stomach receives a late breakfast and usually a much heavier one than that which it is accustomed to handle. A few hours later, instead of the light noon lunch of a week-day, we present it with a very hearty meal to digest, and, to cap the climax, the light lunch which used to be considered sufficient for Sunday night (in my childhood it consisted chiefly of crackers and milk for all of us with a pie for the grown folks) is gradually developing into a supper.

Then, besides over-eating a good many of us under-exercise on Sunday. What wonder that between these two offenses the system is upset?

What wonder that on Monday our outlook is obscured, our intellect is clouded and our energy decreased by the poison of improperly digested food?

Again, while some people under-exercise, others try to crowd into Sunday the occupations with which their friends, who are not tied down to daily work, fill a whole week. They crowd every moment of that day which should be, above all things, a day of rest. Some of them include a visit to some fashionable church among their "civilities"; others have not time for even that concession to the Lord's Day.

The religious aspect of the case I'm not going to try to discuss. My own belief is that men and women are the better for at least one visit to a house of worship on Sunday. Worship is good for us; the momentary suspension of our material activities, and the resulting realization that there are other things in life, is good for us; the peace and tranquillity of church is good for us. But putting the religious considerations aside, and looking at the matter from the efficiency viewpoint, a saner, quieter Sabbath will certainly give us a happier, more efficient week.

Ruth Cameron

STEAMSHIP'S FREEDOM FOR A PLUCKY WOMAN.

(From the January Wide World Magazine.)

Miss Leona Perkins, a young woman of 25, of Saint Helens, Ore., has been given the freedom of the steamship Merced, and can voyage on it whenever she likes free of charge as a result of a successful battle with an American bald eagle which attempted to snatch a child from the deck of the vessel. The incident of the killing is regarded by the oldest seamen entering San Pedro as one of the strangest in the annals of the port. The steamer Merced, one of a large fleet owned by a big lumber company on the Pacific coast, is the newest of the fleet. It plies between the Columbia River, San Francisco, and San Pedro, the port of the city of Los Angeles. In addition to carrying many thousand feet of lumber the vessel also carries passengers. On July 21st last the Merced was several miles off Point Conception at 5.30 in the evening, en route for San Pedro. Miss Perkins was on deck amusing the children. Glancing curiously at the sky she saw what she at first believed to be a gull making for the steamer. Idly watching the gyrations of the bird high in the air she did not realize what it was until the eagle seemingly stepped in mid-air many hundreds of feet above the steamer, and dropped like a plummet for the deck of the vessel. It

was making direct for one of the children when Miss Perkins, awake to the danger, seized a boat-hook, fortunately near at hand, and struck at the bird. She missed it, but frightened it away. Striking it a second time she called for aid. The captain of the vessel, seeing the predicament of the young woman and child, rushed to the engine-room and there securing a rifle, made for the deck. Here handing the rifle to one of the crew he told him to shoot the eagle, which by this time had perched itself on one of the yards of the vessel. The man shot at the bird and missed. He fired again and missed. Another of the crew attempted the shot, but missed four times. Miss Perkins, watching with interest the futile attempts of the men to hit the bird, asked for the gun and fired once, missing. Nothing daunted, she took careful aim and at the second shot the eagle dropped to the deck dead. When the eagle was taped it was found to measure eleven feet, eleven inches from tip to tip of its wings. Miss Perkins is a stenographer employed by a lumber company with offices in Saint Helens.

What is the Greatest Wonder of '13?

A Year Full of Marvels.

What was the most wonderful event of the year that has just ended? It is not an easy question to answer, for 1913 was crowded with happenings which have marked important eras in the world's history and progress.

Gardeners, for instance, are still waxing enthusiastic over the fact that Christmas was a rose Christmas. Nothing has been seen like it in the horticultural world for 165 years, roses, on account of the mild weather, being in full bloom in English gardens throughout December.

Golfers are still shaking their heads over the decline of English golf, because the twenty-year-old Quimmet beat our best professionals in the contest for the U. S. A. golf championship last September—the most sensational golf victory of modern times, while the equally youthful Carpenter has beaten Wells, our heavyweight "hope" in the prize ring.

The aviation feats of our loathed Frenchman, Pegoud, who first looped the loop in a flying machine, will be

Eggs!

OOOOOOOO

2 Cases Local
Fresh Eggs
in by train to-day.

OOOOOOOO

BUTTER!

We have just received per S. S. Florizel another shipment of our famous 2 lb. Prims of Butter. Also few tubs choice Dairy Butter.

OOOOOOOO

SOPER & MOORE

talked about for many a day. And who will be bold enough to prophesy that flying men will ere long be making trips to Mars, a planet which, according to the scientists of 1913, is signalling to us, judging by various signs of activity.

The geographical record for 1913 is dominated by the tragedy of the British Antarctic Expedition, and to natural disappointment that the gallant Amundsen should have been the first to discover the South Pole was added widespread grief on account of the terrible faith which overtook Captain Scott and his brave companions. The saving of 657 souls from the burning Volturno in October last, when wireless telegraphy brought help to the doomed vessel, is another illustration of the debt civilization owes to the genius of Marconi.

The launching of the Queen Elizabeth, the first Dreadnought entirely driven by oil, in September last, marks an important era in modern naval evolution.

The greatest engineering triumph of the age was completed in October, when President Wilson, on the 10th of that month, touched an electric button in Washington which caused the blowing up of the last cyke of the £80,000,000 Panama Canal, thus revolutionizing the world's shipping routes; while the map of Europe has been changed not a little by the overthrow of Turkey by the Balkan allies, and the ultimate fight between Bulgaria and Serbia, Greece and Montenegro.

The year 1913 has been one of mining and railway disasters, which, however, have taught lessons likely to lead to many important safeguards for miners and passengers.

10 Cent "Cascarets" Straighten You Up

No Sick Headache, Bilious Stomach, Coated Tongue or Constipated Bowels by morning.

Get a 10-cent box now. Turn the rascals out—the headache, biliousness, indigestion, the sick, sour stomach and foul gases—turn them out to-night and keep them out with Cascarets.

Millions of men and women take a Cascaret now and then and never know the misery caused by a lazy liver, clogged bowels or an upset stomach.

Don't put in another day of distress. Let Cascarets cleanse your stomach; remove the sour, fermenting food; take the excess bile from your liver and carry out all the constipated waste matter and poison in the bowels. Then you will feel great.

A Cascaret to-night straightens you up by morning. They work while you sleep. A 10-cent box from any drug store means a clear head, sweet stomach and clean, healthy liver and bowel action for months. Children love Cascarets because they never gripe or sicken.

Anglican Prayer Book Simplified.

St. Catharines, Ont., Jan. 15.—After a week's deliberations with the idea of simplifying and enriching the prayer book used in the Anglican churches in Canada, the sub-committee appointed for that purpose completed its work to-day and adjourned.

Right Rev. Dr. Williams, Bishop of Huron, presided and Venerable Archdeacon Armitage, of Halifax, acted as secretary.

The report will recommend the addition of special services and special lessons for special purposes and occasions, with certain changes in the phraseology where it may have been considered antiquated.

Does Your Office

require something new?

Would a fine Roll Top Desk fit that bare space before the window? If so, get one now and make your private room look up-to-date for the coming year's business. Good, quiet, dignified office furniture is a very valuable asset.

Our Showroom carries the finest stock of office requirements that can be found in the city, from a wastepaper basket upwards. Our prices for these goods during the month of January will be just a very little above cost, the reason being that we desire to have as little stock as possible on our lists after stock-taking. This is the business man's opportunity. We invite your inspection, and your inspection means a sale with a bargain.

U. S. Picture & Portrait Co.

Public Utilities!

We own and offer for sale in lots to suit purchasers a block of each of the under mentioned Public Utility Corporation Securities:

- Maritime Telegraph & Telephone 6 p.c. Bonds.
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At the prices quoted an investment in these securities will yield up to 6.90 p.c. on the money invested. Prices and full particulars will be gladly furnished upon request.

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The Surplus Earned.

In 1912 the Canadian Life earned surplus of \$1,530,667, exceeding by over \$237,000 the earnings of 1911, and by a much larger amount the earnings of any previous year. This is of importance to policyholders, for their Dividends must come from this account.

CANADA LIFE ASSURANCE CO.

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that is the latest word in the Cap World.

Come in and let us show you our splendid range. Some without any ear protection, some with Fur Band, some with Knitted Band, and all of the latest styles.

Prices 75c. to \$1.60.

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that fire protection is an absolute essential to your welfare and success. Losses multiply every year. Why not decide promptly to take a policy with one of my strong companies at a very low rate?

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