

"BETTER THAN THE BEST!"

New - Knit
Wool Underwear.

IT IS THE BEST!

It is **CHEAP,**
BUT NOT SHODDY!

It gives satisfaction. Once
worn always worn, for it
is **THE BEST.**

Every Newfoundlander will remember with pride the occasion on which the above words were used in reference to our brave soldiers, and every man who wears a suit of our Underwear will again have occasion to use the above words, for

New-Knit WOOL Underwear
is **"BETTER THAN THE BEST!"**
WARM—COMFORTABLE—DURABLE.

What more can be desired in Underwear, except, of course, the low figure at which we offer them.

We stock New-Knit Wool Underwear in all the grades and weights in which they are put up. Sizes from 34/32 to 50/48.

PRICES, \$1.80 up to \$4.00 per garment.

Men's New - Knit Fleece Lined UNDERWEAR, First Grade, all sizes, only \$1.25 per garment.

Marshall Bros

Help for the Worrier.

By RUTH CAMERON.



RUTH CAMERON.

I have a friend who used to be cursed with the habit of worry, especially in such lines as the following. She would leave the house and then would wonder if she had locked the front door properly and would go back and shake it.

Or she would mail an important letter and then begin to wonder if she had sealed it properly. You notice I say "used to." I am very glad I can say that, for it means that she is conquering this miserable happiness-destroying habit.

I visited her recently and when we left the house together, I saw her give a glance back and then turn determinedly and walk away. We had sometimes joked her about her old trick, and so I ventured to speak of it now.

The Worry Habit was Shutting Out The Sun.

"Yes," she said, "that is just what I was thinking of, but I don't do these things any more, at least, not often."

"Why not?"

"Well," she said, "I made up my mind I couldn't. I found I was getting worse and worse. It was just like a little cloud that gets bigger and bigger until it shuts out the sun all the time. I found that habit was coming to take up a bigger and bigger part of my mind and shutting out the sun more and more, and you know I have had a terrible example in my family of what it can do if it is allowed to grow on one. And so I just said to myself I'd got to stop it."

Better Let The House Burn Down.

"Well, one day I couldn't remember whether I had put the screen up in front of the fireplace or not (I was really pretty sure I had) and I wanted to go back. Then I said to myself, 'No, I won't go back and I won't worry. It's better for the house to burn down than for you to let that habit grow on you. The house is insured, and anyway, nothing that is in it is worth so much to you as your happiness, and you are simply letting that be blotted out by that habit.'"

Or Eat Off Of Plated Silver.

"Then when I wanted to go back

and try the door, I said the same thing: 'Supposing a burglar steals all your silver, you will be much happier eating off plated things than if you are conquered by this habit.'"

"Oh, I don't say it isn't still hard, but every time I am tempted, I say that sort of thing to myself and its really getting easier."

You can imagine how cordially I congratulated that woman. You know the old proverb, "He who overcomes himself is greater than he who takes a city."

No one who hasn't had to shut worry knows how much strength of character a victory means. Anyone who does, will understand.

And, I hope, will do more than that.

We believe MINARD'S LINIMENT is the best.

Mathias Foley, Oil City, Ont.
Joseph Snow, Norway, N.S.
Charles Whooten, Mulgrave, N.S.
Rev. R. O. Armstrong, Mulgrave, N.S.
Pierre Landers, Sen., Pokemouche, N.B.

Milady's Boudoir SYSTEM IN HOME WORK EXERCISE.

Speaking of housework again as an exercise, many women look upon systematic exercise as a waste of time. Some will say that housework is, in itself, all the exercise needed. The psychologist would say that the performance of household duties has an object the completion of a certain amount of work.

The mental attitude of the housewife, then, is work, whereas the woman who is exercising with exercise in view, has as an object only her health. This will show you that there is a mental side of the question of exercise as well as a physical side, and that motive which we have uppermost in the mind is the one that affects us most physically.

If you are systematic, you will reap out the work for the day, no matter what it may be so that you can go through it without having to stop to think about what you will do next when you finish each task. In this planning do not fail to include the constitutional or the exercise hour. If you value your good health and good temper, take indoor exercise.

Perhaps you cannot have a gymnasium, in the expensive sense of the word,

COFFEE ESSENCE.

Just Received:

"GOLD REEF" CREAM T. S. Simmons & Co's.
18 oz. tins. Scrub Brushes,
A pure, thick, rich Cream. Shoe Brushes,
Stove Brushes, etc.

"5 ROSE" FLOUR—Government Standard Grade—
Made from fully matured wheat, and in addition
somewhat higher in quality than Government
Standard requirements.

California Oranges. Shirriff's Extracts.
California Lemons. Shirriff's Jelly Powders.
Table Apples. A large and full line
Fresh Eggs. assortment just to hand.

C. P. Eagan

Duckworth Street and Queen's Road.

Winter Apples

To arrive to-day:
120 bris. King Apples.
226 bris. Blenheim.
47 bris. Ribbons.
57 bris. various kinds.
120 bags Silverpeel Onions.
50 bris. Cranberries.
35 kegs Grapes.
40 cases Oranges.

And due this week:
548 bris. Asstd. Winter Apples—Kings, Blenheims and Ribbons.
Also shipped Oct. 28th:
330 bris. Choice Wagner Apples.

Soper & Moore
Wholesale Importers and Jobbers.

but you can rig up a few ropes and an old sawhorse and maybe add a dumbell or two and a broomstick. Do not overdo in exercising so that you become exhausted instead of invigorated.



THE EASY ROAD.

It wasn't mine to face the cruel foe. I have not seen a splendid comrade die. Or gone to him in answer to his cry. And found him smiling through a flood of pain. And caught the messages he whispered low. For those he loved and left so long ago. No bitter goal I've struggled to attain. Fate held me back from all such scenes as these. And pampered me with all life's luxuries.

I have not known the depths of human care. Nor shared the hardships of my fellow man. My life was ordered by a gentler plan. I have not felt the touch of sacrifice. I do not know how much the soul can heal. The livery of peace was mine to wear. I own the joys of freedom without price. My life through pleasant ways has ever run. By others has the bitter work been done.

For me the wooden crosses stand in France. For me the little children look in vain. To see their fathers coming home again. For me the mothers sit alone and weep. That I may smile each day the troops advance. Adventuring death and glory in the chance. And all the time a pleasant post I keep. The ways of ease are mine. Oh, God, I pray. Teach me to tread them in a manly way.

MINARD'S LINIMENT CURES DANDRUFF.

Guns at Sea.

Naturally, being continually on the move, a warship is a much less satisfactory gun platform than the solid earth. Even in the calmest sea vessels constantly roll from side to side. Theoretically, the best time to fire is at the moment between the rolls, when the deck is perfectly level. It is practically impossible, however, to fire exactly at that moment. No matter how careful the gunner may be, he fires his gun just before or just after the proper instant.

The rule in the American navy is to "wait for the downward roll"—that is, fire at the moment the ship is about to move down through the motion of the waves. The maxim in the British Navy is exactly the reverse; that is, "wait for the upward roll," a rule that has been observed from the very earliest days of fighting by the gunners in British ships.

Words Fail.

The man who would try to paint the Hun finds himself as impotent as the clergyman golfer whose caddy joggled his arm during an important putt.

This clergyman, red with rage, looked at his caddy a long while; then he stammered:—

"You—you—you naughty caddy!"

Shielding Huns.

Washington, Oct. 22.—Senator Poindexter, of Washington, accused the committee on public information yesterday of having deliberately distorted the actual facts related to the alleged crucifixion by the Germans at Ypres, on July 21, of Sergeant A. B. Cole, a Canadian soldier.

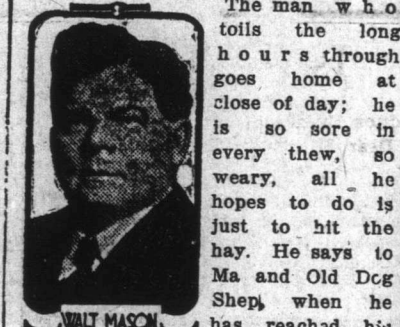
Mr. Poindexter asserted that the committee had attempted to give the impression that the Germans have not resorted to acts of cruelty in face of indisputable evidence. The obvious object of this, he declared, was not to stir up a prejudice against Germany, but would prevent peace negotiations being entered into at the opportune time.

The Washington Senator read a letter from Dr. P. A. Howard, of the Chamber of Commerce of St. Louis, who some time ago stated publicly that Sergeant Cole had been crucified by the Germans by pinning him to a door with bayonets. In his letter, Dr. Howard told of Cole's brother, A. C. Cole, of East Liverpool, Ohio, a soldier of the 58th Canadian Infantry, having informed him in Paris, where Dr. Howard visited some months ago, that he saw his brother lying crucified upon the door. Five other witnesses, the doctor said, had told him of the incident.

After Dr. Howard originally told of the alleged crucifixion, Mr. Poindexter said, the committee on public information issued a statement repudiating it under the name of Chief Staff March. Mr. Poindexter said that the committee "for some unaccountable reason," evidently was bound to suppress the real facts. The letter from Dr. Howard, he said, established ample proof of the crucifixion of Cole, but the committee, he declared, had come out with an official denial.

"When the committee made its denial under the name of General March, the latter announced that he was not responsible for the denial," said Senator Poindexter. "I fail to see why the committee insists on protecting the Germans from the odium of their atrocities."

REJUVENATING.



The man who toils the long hours through close home at close of day; he is so sore in every then, so weary, all he hopes to do is just to hit the hay. He says to Ma and Old Dog Shop, when he has reached his chair, "My work has robbed me of my yep; I wouldn't take another step, to be a millionaire. Just hand me here the daily sheet, so I may scan the news, and then to slumber deep and sweet I'll drag my aching, swollen feet, now sticking to my shoes." He reads a while and then he cries, "Great Scott, Maria Jase! The way we soak those Prussian guys! The fur of Kaiser Wilhelm lies! Hank me my hat and cane! I'll have to go and see the boys, and talk the war news over, and make a glad, triumphant noise; a batch of news like this destroys that feeling tired and sore. I may be home by 10 o'clock, I may be home by one; 'twill take quite a while to talk about the way our soldiers knock the sawdust from the Hun. And then with blithe and spry stride he chases down the street, to talk with neighbours, far and wide, of how the tall goes with the hide when Yank and German meet. The kind of news we've had of late is better far than pills, to brace the worn and smile on straight, and banish all his weary skate and make him keep his heels.

Freemasonry in Palestine

A SHEIKH IN THE CRAFT.

When Jerusalem was occupied by the British the members of the New Zealand Forces Masonic Association decided to celebrate the occasion by holding a Masonic meeting as near as possible to the site of Solomon's Temple, where, according to tradition, Freemasonry originated 1,000 years B.C.

Whether this would be possible was regarded as doubtful, owing to the religious views of the Mussulman worshippers at the Mosque of Omar. But, says the "Daily Graphic," the New Zealanders approached the great Sheikh in charge of the mosque and laid their request before him. The Sheikh listened to what the strangers had to say and then, to their amazement, he asked if there were any Masons among them. The rest was easy. He declared himself a Mason, and at the meeting he acted as one of the guards of the Lodge.

The place within the mosque where the meeting was held is known as the "Cave of the Rock of the Dome," and is believed to have been the Holy of Holies of the old Temple, as it is today of the Temple of Omar. Soldiers of all ranks were present; and after a Lodge had been duly constituted and opened, resolutions were passed conveying fraternal greetings and good wishes to the various Grand Lodges, to the Lodges in New Zealand and the brethren on service in France.

The presiding brother then made felicitous and congratulatory references to the significance of this unique occasion and to the astonishing contribution, added that day, to the history of Freemasonry—Chronicle, Newcastle, England.

When you want something in a hurry for tea, go to ELLIS—Hard Cheese, Ox Tongue, Baked Ham, Cooked Corned Beef, Bologna Sausage.

New - Knit
Wool Underwear.

Ask for It! Buy It!

Try It!

You will be satisfied.



The sentiment represented by
THE WEDDING RING

suggests the selection of an article guaranteed to be Finest Gold, good colour, and made with great care—a ring to be found at—

T. J. DULEY & CO.,
Reliable Jewelers, St. John's.

THE HUBBARD

for the fishing boat, and the
BULLDOG

for all kinds of stationary work. Both are good Engines. Sold at fair prices.

GEO. M. BARR,

The First Principle of Modern
Business is SERVICE

That is where we shine.

Good Goods well made, moderately priced, and honest effort made to deliver on time. Expert accounting and satisfactory settlements of all claims.

The biggest clothing manufacturing organization in Newfoundland backs up its claim for Superior Service.

WHOLESALE ONLY.

Newfoundland Clothing Co., Ltd.

WM. WHITE, Manager.

Forty Years in the Public
The Evening Telegraph



Because

o-r-m-a-l-
c-y-m-e-n-e!

It is by some shorter name well be satisfied.

Mr. A. F. T. who went an operation now improved.

Mr. James H. who recently had to be at his home yesterday.

Miss Joan who to be at his home yesterday.

Miss Joan who to be at his home yesterday.

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