

The Untiring Energy of the Wolf is proverbial. Practically no energy is required where SUNLIGHT SOAP is employed. SUNLIGHT SOAP is energy itself. The Wolf is the enemy of mankind;

# Sunlight Soap

is the enemy of all dirt. It is the friend of the housewife, and is made for her profit. To the housewife it means less labour, less dirt, more leisure, and time and money saved.

SUNLIGHT SOAP does away with needless rubbing and scrubbing, and so preserves the clothes.

GIVE IT A TRIAL.

### **Tippling May be** Lured or Absted By Use of Sugar.

leveland Doctor Outlines New Treatment Based on the use of

Sweets. ment, according to its originator, depends largely on the mental and mor-In the issue of the Journal of the nerican Medical Association for al qualities of the patient. Those who

uary 17, D. B. L. Spitzig of Cleve- will not co-operate with the physician and, O., makes a preliminary report fail to gain much benefit, while the a new treatment for alcoholism. intelligent class, who have sufficient interest at stake to make their recov-

economy

"The study of the habits and ery a matter of importance, are very haracteristics of the alcoholic in eat- generally improved or cured. ng and drinking has always been a

Substitute for Alcohol Necessary. arce of great personal interest to The report goes on to say that many ne, and the following observations former systems of treating the drink seemed particularly pregnant: Many habit have failed because the alcohol ipplers begin at an age when boyish was suddenly withdrawn and nothing habits have yielded to those of man. was substituted to satisfy the craving. At maturity the demand for carbo-hy- "Narcotics merely benumb the alcoholic desire, but seldom accomplish

drates is gradually lessened. Usually this gradually lessens his craving a permanent cure," said Dr. Spitzig

or sweets and begins to indulge in "The demand for alchol in the perlcoholic beverages. As the supply of lcohol is increased the desire for

gars is correspondingly diminished,

"At the inception of treatment the

lues at regu-**15c. garment** ring Sale at and Fleece

IG

and any

a clear.

e, but re-iring this

uirements

CHEAP

y 49c. pr.

y 59c. pr.

Now only

y 78c. pair

as "Pro-

\$1.10 pair

an Heels:

Reduced

Gaiters.

y highest

*ear* 

4c. garment

5c. garment & 60c. gar.

erful value.

gular prices.

...75c. each

... 75c. each

ar are:

44-42

\$1.20

Underwear

at ought to

t 13c., 22c., & 40c. pair

ustres, etc., ered at Sale

bair. ... 30c. yard .. 48c. yard

ich we shall

CAPS.

25 & 35c. ea.

Now only

cash only.

\$1.50, \$1.70, louse Offer-

Furs. remember

ry weather.

the chronic acoholic is giute general. dict is modified to contain an abund-He uses no sugar in coffee or tea. and ares little for pastries and starchy sugar, sweet fruits, pastries, chocproducts. Stimulating food, rich in late and ice-cream are advised. In condiments, is his mainstay and his some cases, owing to a distaste for appetite for stimulating drink is sugars, this change must be gradual thereby increased. The body, in conto prevent rebellion. Here lactose is sequence, receives a minimum of sugar and becomes accustomed to more alcohol, which has now replaced the

Every Day

heart trouble and sleeplessness-or make

drink-Postum. Then take count of yourself.

hol.

aversion for sugar. This

of certain characteristics in

aches and ills-that

appearing, you'll know

or coffee drinker.

the demand for alcohol is palliated or- brows were knit in strained effort at Sugar Users are Moderate Drinkers. dinary sugars are taken with avidity." remembrance. Then little Tommy's During the entire treatment elim- facial muscles relaxed and eagerly he "This is evident from a study of relationship existing between the type ination is increased by every known raised his hand.

finds out that tea or coffee drinking is the unsuspected cause of various

It's Up to You

to decide from your own condition and feelings whether to stick to tea and

coffee, with such handicaps as biliousness, headache, nervousness, indigestion,

A Fair Test

"There's a Reason"

for

POSTUM

CANADIAN POSTUM CEREAL CO., LTD., WINDSOR, ONT.

Quit both tea and coffee absolutel, for 10 days, and use the pure food-

If you find, as thousands of others have, that the old troubles are dis-

Our work is to tell the facts about tea and coffee-then

Steady nerves and a clear brain are often impossible to the regular tea

The state of the s

of beverages used and the resultant means. degree of alcoholism. The moderate Toddies, juleps and sweet wines are nounced. "An oyster is a fish built drinker often utilzes a sweetened pro- of especial value as substitutes for like a hut."-Cleveland Ledger.

the street and demanded "the money" mentioned in a black hand letthe claim which had produced only ter sent to the defendant. The other a few small stones. Needless to say, witnesses testified that Giordano's they did not leave, and a few day ance of sugar. Cereals, with cane friends removed a revolver from his later they hit upon another diamone pocket after he had fallen. even larger than the first. It was of 19634 carats, and sold in the rough



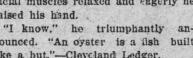
used. A dram every two hours, given | "Now," asked the teacher, "who in the form of a medicinal powder to can tell me what an oyster is?" encourage the psychic effect. Later, as Silence for a moment, while small

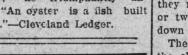
Someone

A STAR SHARE WE STAR AND A STAR

-sold by Grocers everywhere.

日本にはないないないので、





for £1,770. It is strange how often the miner makes a fortune out of an abandoned or almost abandoned claim. There was such a case at Waarn

THE EVENING TELEGRAM, ST. JOHN'S NEWFOUNDLAND, FEBRUARY 18, 1914-9

Yarra, in Australia, in May, 1903. Two Kingston miners bought an old claim for a song, and found it in such bad condition that it needed timbering all through. One wanted to give it up, but the other suggested that they might try their luck for a day or two. So they took some props

lown and set to work. The first man stuck his pick into he clay roof to make a hole for prop, and down fell a large stone almost on his head. But it was not

a stone. It was a nugget of pure gold, weighing 118 oz. Made Two Millions in a Year. The richest copper mine in the world is the United Verde in Arizona. It was originally found by a couple of ranchers who sold it for 10.000 dollars (£2.000) to two men

named Murray and Trimble. They worked it and found little copper, and were absolutely at the

end of their resources when they struck a pocket not of copper but silver ore, which netted them a sum of £16.000.

They came to an end of the silver, and abandoned the mine as worthless. Another man came down from Montana and bought the old claim for a few hundreds . He struck the real vein of copper, and within ten years it made him one of the richest men in the world. In a single twelvemonth he took out copper valued at £2,400,-

This calls to mind the even more famous Mount Morgan gold mine. The first owner of the land was Donald Gordon, who grazed his flocks above untold and unknown riches and sold the land for a pound an acre to two rothers named Morgan. They set to work, and the quartz panned out up to 800 oz. of gold to the ton. In 1889, £1,000,000 was distributed to the shareholders. One shareholder left a fortune of £2,311,000.

Gradually the gold quartz petered out and the Mount Morgan mine was supposed to be dead. Then some clever mineralogist, poking about the half-deserted works, realized that there was more copper producer, and a new process was discovered for extracting gold from the per. To-day Mount Morgan is still ing strong.

### The Crescent Picture Palace, 10th Week

#### Holiday Programme, 5 Pictures, all Features.

"AN OUTCAST AMONG OUTCASTS"-A strong picture showing an outcast's gratitude.

"THE SPRING IN THE DESERT"-A gripping Nestor Indian romance.

"JUST IN TIME"-A great detective drama, featuring Lois Webber and Phillips Smalley.

"SQUARING THINGS WITH WIFEY"-500 feet of fun.

"IN JUJUTSU"-A wrestling match, full of comical situations.

Mr. Dave Parks, Baritone, sings the latest illustrated song, "Nothing to do but love." USUAL SESSIONS - AFTERNOON AND NIGHT.

## LOOK ! BIG HOLIDAY PROGRAMME TO-DAY

THE LITTLE INDIAN MODEL-A Pathe play, with the ever popular Betty Gray in the lead.

THE SPENDTHRIFT'S REFORM-Story deals with a domestic problem and is presented in striking style.

THE PRICE OF JEALOUSY-An exciting and remarkably well acted war picture.

THE GUNFIGHTER'S SON-The kind of Western picture you would like, full of action.

WILLIAMSON'S NEWS-The popular film, telling the news in the universal language of pictures.

RUDOLPH L. KOCH, FAREWELL WEEK.

#### THE NICKEL! ALWAYS GOOD! RECOGNIZED THE BEST!

# **PICTURE FRAMING!**

We have just opened a new line of PICTURE MOULDINGS in Plain and Ornamental Oak, Gilt, Veneer, etc., etc. The largest stock and biggest variety in the city. Barrist + Shi way

S. H. PARSONS & SONS, Photographers,

Corner of Water and Prescott Streets. PIONEER PICTURE FRAMERS IN NEWFOUNDLAND.