

PROFITS over 100 pr. ct. OF ORIGINAL SUM ASSURED.

The following are examples of Canada Life Policies, in which the Profits added to same have more than doubled the original amounts.

Policy No.	Yearly Original Premium	Original Policy	Profits Added to 1910	Total Assurance to 1910
125	\$41.84	\$2,000	\$2,286.97	\$4,286.97
886	12.40	800	821.95	1,621.95
989	78.34	4,000	4,039.97	8,039.97
1,203	43.17	2,000	2,005.59	4,005.59
1,694	16.75	1,000	1,005.35	2,005.35
2,157	53.55	1,400	1,415.14	2,815.14

At age 30 a saving of \$14.00 monthly will buy a Profit-bearing Endowment Policy in the Canada Life for \$5,000, payable to you, at maturity in one amount or by way of annual instalments.

Send your name, age and address for a proposition of from \$1,000 to \$5,000 or more.

Canada Life Assurance Co.
C. A. C. BRUCE, Manager, St. John's.

Money Is Invested

for the purpose of obtaining interest. The more interest you get, the more money you will save. We own and offer a number of Securities that will meet the requirements of those who wish to double their interest income—with safety. Ask for particulars.

F. B. McCURDY & CO.,

Members Montreal Stock Exchange.

C. A. C. BRUCE, Manager,

July 30, 1912

Handsome Coats and Suits

Just received from the best of the present day makers. The Coats and Suits in the shipment just opened up are quite out of the ordinary.

Stroll through our Suit and Skirt Department; note the new Fall styles. The department is fairly sparkling with pretty new designs. The display is the most complete and quite the best we have ever shown.

U. S. PICTURE and PORTRAIT CO.



The BIG Furniture Store FURNITURE BARGAINS!

For the next few weeks you can expect something new and up-to-date in Furniture.

- | | | |
|------------|-------------|-------------------|
| ROCKERS | COUCHES | BRASS BEDSTEADS |
| CHAIRS | SIDEBOARDS | CHINA CABINETS |
| ARM CHAIRS | HALL STANDS | PARLOR SUITES |
| PEDSTALS | WARDROBES | EASY CHAIRS |
| TABLES | LOUNGES | DRESSING TABLES |
| DESKS | BOOK CASES | RECEPTION CHAIRS. |

VERIBRITE 22c. FURNITURE POLISH.

The Polish with the Magic Finish. At this price everybody should have a bottle in the home.

SEE OUR WINDOW.

CALLAHAN, GLASS & Co., Duckworth and Gower Sts.

Telegram Ads Pay

The Highest Duty.

BY RUTH CAMERON.



We were talking about a certain young woman in our neighborhood who is notorious for the sarcastic speeches with which she frequently flays a everyone with whom she comes in contact. Even her mother, whom she adores and for whom she cannot do too much, is not safe from her cruel tongue when she is in a sarcastic mood, and is frequently wounded to tears by the sharp things her daughter says.

"Of course, it's too bad she should talk to her mother so," said Molly, the little stenographer lady, "but still, think of all she does for her. Why last summer Emily went without any summer suit so that she could send her mother on a vacation. I guess she does enough to make up for her bad temper."

"Do you think so, Molly?" said the lady-who-always-knows-somewhat. "Well, I don't. Of course, it's splendid for her to deny herself for her mother's sake, but I don't think it's enough if she can't be pleasant too. I've thought about that subject a great deal, and I've come to the conclusion that it doesn't matter how much you do for anyone, if you can't be pleasant to them too you haven't done enough."

The lady's words impressed me so deeply that I bring them to you. It seems to me that they are the whole

philosophy of life—"It doesn't matter how much you do for anyone, if you can't be pleasant to them too you haven't done enough."

Neither gifts nor services will ever take the place of simple kindness and livableness.

I once knew a woman who had two sons; one son was devoted to her and was always doing something for her, but was quick tempered and hard to live with; the other son was completely selfish and self-absorbed, but always sweet tempered and good company. And although she was grateful to the generous son and depended upon him, she really loved the selfish, livable one the better.

"To be happy and to make others so," a wise woman tells me is her ideal of a successful life. It is mine also. And I know that he who tries to substitute services and self-denial for kindness and the quality of being good to live with will never accomplish this ideal. He will probably fail in making himself happy and he will surely fail in making others so.

Now do not think that I am depreciating the beauty of self-denial! Indeed no. The world needs generosity an dself-denial very badly, but it also needs livableness. Be as generous and self-denying as you know how but remember also, "It doesn't matter how much you do for anyone, if you can't be pleasant to them too you haven't done enough."

It is not a case of substitution at all. It is just a case of "these ought ye to have done, and not to leave the other undone."

Ruth Cameron

Why Have "Nerves"?

This is the reason why women have "nerves." When thoughts begin to grow cloudy and uncertain, impulses lag and the warnings of pain and distress are sent like flying messages throughout limbs and frame, straightway, nine times in ten, a woman will lay the cause of the trouble to some defect at the point where she first felt it. Is it a headache, a backache, a sensation of irritability or twitching and uncontrollable nervousness, something must be wrong with the head or back, a woman naturally says, but all the time the real trouble very often centers in the womanly organs. In nine cases out of ten the seat of the difficulty is here, and a woman should take rational treatment for its cure. The local disorder and inflammation of the delicate special organs of the sex should be treated steadily and systematically.

Dr. Pierce, during a long period of practice, found that a prescription made from medicinal extracts of native roots, without the use of alcohol, relieved over 90 per cent. of such cases. After using this remedy for many years in his private practice he put it up in form of Dr. Pierce's Favorite Prescription, that would make it easily procurable, and it can be had at any store where medicines are handled.

Mrs. LILA B. HAWKINS, of Zeus, Va., writes: "I had been falling in health for two years—most of the time was not able to attend to my household duties. Female weakness was my trouble and I was getting very bad, but thanks to Doctor Pierce's medicines, I am well and strong again. I took only three bottles of 'Favorite Prescription,' and used the 'Lotion Tablets.' I have nothing but praise for Doctor Pierce's wonderful medicines."

TAKE DR. PIERCE'S PLEASANT PELLETS FOR LIVER ILLS.

Household Notes.

Boston asparagus ferns are said to thrive on a dose of coffee. Twice a week use the left-over coffee, with plenty of warm water added.

Barley water for children should be made with 1 teaspoonful of prepared barley flour and 1 1/2 cups of water. Boil twenty minutes.

To have hot food perfectly served the dishes should be hot and a pewter dish cover set over the food as soon as it is placed on them.

Another remedy for grass stains is cream of tartar dissolved in boiling water. Apply when the spot is fresh, and then wash as usual.

Worn-out brooms can have their straws cut down half way and covered with felt or carpet to serve as a

polisher after wax has been applied. To save time on wash day, drop all the little things like handkerchiefs into a pillowcase-shaped bag of mosquito netting, and pin this to the line.

Fish, when prepared for frying, should be laid on a board and dredged with flour or meal mixed with salt when one side is dry, dredge the other.

Good crackers to serve with salads are made with a half-inch cube of cheese set in the center of each cracker, which then is browned in the oven.

Tea is used for giving laces a antique tint; coffee for ceru. Use both in clear, strong solutions an rinse in clear water till the shade desired is reached.

Gold and silver jewelry may be washed in a cupful of warm water with a teaspoonful of ammonia in it. Dry with soft cloth and polish with chamolis leather.

It saves time in packing school lunches to do them always in the same place, with the lunch boxes paraffine paper, sharp knife and paper napkins all close at hand.

When colored clothing is stained with mud, let it dry and brush out all you can. Then apply a mixture of salt and flour; let it remain on in a dry place, for a day or two, then brush off.

Brown flour to thicken brown gravies can be made by putting a pint of flour in a Dutch oven with some coals under, and keep stirring constantly until it is dark brown, but not burnt.

If paint brushes have dried stiff with the paint in them, let them simmer a few minutes in vinegar which has been brought to the boiling point. Remove and wash thoroughly in strong soap suds.

A delicious French salad dressing is made of 2-3 cup of olive oil, 1-1/2 cup of vinegar and 2 ounces of Roquefort cheese, grated fine. These three things should be boiled for ten minutes in a double boiler, then beaten until cold.

The French have a great preference for plain salads of romaine, endive or cress. It is another good relish. Cold chicory, as well as lettuce, Water-bears, peas, fish or asparagus may each be served on lettuce leaves with a simple dressing.

Glassware and water bottles

A Rattling Good Tonic.

That is what one of my customers called Stafford's Prescription "A.T." Another man said it sweetened his wife after being a sour dyspeptic for years.

One wife said she had to take it away from her husband, she could not cook enough to satisfy the appetite it gave him.

Stories like these make us enthusiastic about Stafford's Prescription "A.T."

If you are not feeling up to the mark perhaps your stomach is causing the trouble. Worth white finding out anyway. A large bottle for 50 cents; postage 10 cents extra. Trial size 25 cents; postage 5 cents extra. Prepaid only.

DR. F. STAFFORD & SON,
St. John's, Nfld.
P. S.—We also have a large stock of our Liniment and Phosphate Cough Cure. L. 1000000

NEW ARRIVALS.

Now due large stock of new Vegetables and Fruit.

250 brls Choice Apples, assorted kinds.

25 bags P.E.I. Turnips

100 bags (dry as meal) POTATOES.

20 brls Green Cabbage

25 only 11 qt. Table TOMATOES.

10 brls Jam. Oranges

50 cases Silverpeel ONIONS.

40 kegs Heavy Green GRAPES.

SOPER & MOORE.

coated with a white crust from hard water may be cleared by strong vinegar. Put it in the water bottle and shake it around a bit, then let it stand till the lime is out, when it may be washed in the usual way.

Puffed crackers to serve with soup are made by splitting the crackers and covering them with ice water in a shallow dish. Soak seven or eight minutes, lift out with cake turner, place on a covered baking tin, dot with butter and place in a hot oven until they puff and are a delicate brown.

A perfect orange marmalade is made with a dozen oranges and five lemons; slice thin and cover with eight quarts of boiling water. Let stand for twenty-four hours, then cook till the boiling point is reached. Let stand for twenty-four hours, add a cup of sugar for every cup of orange mixture and cook another hour.

Almost Ruined.

Capt. John Squires of Salvage Bay, who lost his schooner the "Little Stream," at Mullin's Cove, Labrador, recently, is almost a ruined man. The vessel was insured but the 450 qts. fish on board were not. Besides the vessel and fish he lost two traps and most of his belongings and his crew lost their voyage of fish. The men got ashore in their boat at the risk of their lives, for a big sea ran. The "Maggie" Capt. Jno. Dyke, in the same storm, lost her deck load of oil and had her sails torn up. She had two anchors out, but one of her chains gave way, but fortunately the other held and she rode out the storm all right.

Head Stuffed? Got A Cold? Try Pape's!

One dose Pape's Cold Compound gives relief—Cure in few hours.

You will distinctly feel your cold breaking and all the Grippe symptoms leaving after taking the very first dose.

It is a positive fact that Pape's Cold Compound, taken every two hours, until three consecutive doses are taken, will end the Grippe and break up the most severe cold, either in the head, chest, back, stomach or limbs.

It promptly relieves the most miserable headache, dullness, head and nose stuffed up, feverishness, sneezing, sore throat, running of the nose, mucous catarrhal discharges, soreness, stiffness and rheumatic twinges.

Get a 25-cent package of "Pape's Cold Compound" from your druggist and take it with the knowledge that it will positively and promptly cure your cold and end all the grippe misery; without any assistance or bad after-effects and that it contains no quinine—don't accept something else said to be just as good. Tastes nice—acts gently.

Klark-Urban Co.

The repetition of the dramatization of Sir A. Conan Doyle's most interesting story, "The Sign of the Four," on Saturday night by the talented Klark-Urban Co., again filled the Casino Theatre with a highly appreciative audience. The piece, if possible to do so, was a better rendition than on Thursday night, and the impersonation of the various characters was cleverly given. The various musical and vaudeville specialties and the execution of select pieces delighted all and applause was enthusiastically given. To-night "The East-ener" will be performed here for the first time and will no doubt pack the hall.

Mr. J. W. Kelloway, formerly purchaser of the S. S. Fogota, has taken a position in the retail store of Messrs. Ayre & Sons. Mr. Kelloway is a man well known and liked especially north and should bring much business to the firm.

MENARD'S LINIMENT RELIEVES NEURALGIA.

Feeding Newfoundland

41,000 brls. WINDSOR and ROYAL HOUSE-HOLD to arrive October and November.



J. J. ST. JOHN.

Just arrived:

- Ten kegs PURE IRISH BUTTER (none so good).
- 20 cases BAKEAPPLES.
- 10 brls. CRANBERRIES.
- 10 kegs No. 1 GRAPES.
- 5 brls. MARSH BERRIES.
- 2 cases PANSHINE, 5 and 10c.
- 5 brls. PARTRIDGE BERRIES.

Large assortment of MOIR'S CANDIES, 5c. box.

J. J. ST. JOHN.

UNLESS

My Companies had promptly and consistently paid all losses (large or small) in Newfoundland during the many years of my agency, could they ever have gained the absolute confidence and remarkable popularity that they now enjoy?

They are to-day as religiously persistent as ever in giving reasonable rates. May I have your business?

PERCIE JOHNSON,
Insurance Agent.

Big Shipments by "Florizel" and "Morwenna."

- Gravenstein Apples,
- Oranges, Cabbage,
- Cranberries, Parsnips,
- Carrots, Cheese,
- Seadog Matches.

IN STOCK:

Grapes and Onions.

George NEAL.

Job Printing Executed!