

REGATTA REDUCTIONS!

ALL OUR BOYS' WASH SUITS

Regular price \$2.97.	Now \$2.37
Regular price 3.67.	Now 2.93
Regular price 3.80.	Now 2.98
Regular price 3.95.	Now 3.16

WOMEN'S WASH SKIRTS

Regular price 5.40. Now 4.30 Reg. price 11.80. Now 7.98
Regular price 6.20. Now 4.98 Reg. price 17.60. Now 12.00

GIRLS' MIDDY SKIRTS

8 to 14 years. \$3.10. For \$2.48

BISHOP, SONS & CO., Ltd.

St. John's.

ALL OUR

MIDDY BLOUSES

FOR GIRLS:

FOR WOMEN:

Reg. price 1.60. Now 1.28	Reg. price 2.35. Now 1.88
Reg. price 2.35. Now 1.88	Reg. price 3.45. Now 2.80
Reg. price 2.60. Now 2.08	Reg. price 3.70. Now 2.96
Reg. price 3.50. Now 2.80	Reg. price 4.20. Now 3.36
Reg. price 5.50. Now 4.40	Reg. price 6.85. Now 5.48
Reg. price 5.75. Now 4.60	Reg. price 7.00. Now 5.25

Place Your "Soft Drink" Order Early, for Regatta Day

There will be a big rush to fill in all the "soft drink" orders for Regatta Day. In your own interest may we have your order early?

Our Aerated drinks are in great demand, and include the following popular flavors.

Lime Juice and Soda, Ginger Ale, Strawberry Cream Soda, Ginger Beer, Orange Champagne, Lemon Squash, Kola Champagne, Lemonade and several others.

Price \$1.40 per dozen large.

Price \$1.10 per dozen small.

Phone 1231. Drinks will be delivered between 5 and 6 p.m. the same day.



The aim of the British Aerated Water Co., Ltd., is a regular and perfect service. Let them serve you!



Just Folks
ADVICE AND AID.
I met him on the highway and his plight was sad to see. His clothes were stained and dusty and as shabby as could be. Says he: "I need assistance and I'm asking it from you." To which I gibbly answered: "Friend, I'll tell you what to do."

Running true to common custom, I began to work my chin. Saying: "Pull yourself together and some day you'll surely win. Find a job and work your hardest, you can conquer if you will."

"Mister, get me, I am ill. I am sick and I am weary and I haven't got the price Of the cheapest sort of dinner. I'm not hungry for advice. And right now your sermon's wasted; although lovely is your creed, It's not advice I'm after, it's a little help I need."

Now that fellow's got me thinking. He's been in my mind all day. I can see his gloomy figure slowly trudging down the way. But I learned from him this lesson, which I'd never thought about— Better far than words of wisdom is to help a fellow out.

NOTICE TO THE TRAVELING PUBLIC—Choicest Dinners, Teas and Lunches. No waiting; always ready. Choicest Dinners, 50 and 60 cents. Orders taken for Dinner on Regatta Day. Phone 938. INTERNATIONAL CAFE.—July 26, 1921.

Personal.

Hon. Justice Masten of Toronto, who has been a guest of Mr. L. Outerbridge during the past month, returns home by the Rosalind to-morrow.

Mr. C. W. Bowring, who has been spending a short vacation in the city, leaves for New York by the Rosalind to-morrow.

Dr. Wm. Syme, brother of Mrs. W. P. Rogerson, and who has been practicing in Glasgow for several years past, arrived by yesterday's express on a brief visit.

Mr. J. N. Christian is here from New York after an absence of 20 years on a visit to his sister, Mrs. J. S. Currie.

Mr. and Mrs. C. S. Frost were passengers on the Rosalind from Halifax yesterday.

Mr. John P. Chetwynd, the well known fish exporter of Port aux Basques, crossed by the last trip of s.s. Kyle to North Sydney on a business trip, and is registered at the Belmont Hotel.

Boxing Made Easy.

All About the Different Blows. The boxer's two most vulnerable spots are the "point" and the "mark." The "point" is situated in the crook of the angle formed by jaw-bone and chin. When a blow of even moderate force lands fairly and squarely on the "point" the boxer, no matter how powerful he may be, falls to the ground unconscious. This is the "knock-out" or "K.O."; also known as the "slumber punch."

This blow is not in itself dangerous. Usually the victim falls or sinks forward, but sometimes he goes down on his back, and hitting the floor with the back of his head, sustains concussion. Apart from this complication, however, the boxer's sojourn in "dreamland" is brief—about a minute—and there are no evil after-effects.

The "mark" is the pit of the stomach, which schoolboys call the "wind," and medical men the "solar plexus." A boxer may be "knocked out," that is, unable to rise within ten seconds of going down, by a blow on the "mark," but the effect is entirely different from the "point" K.O. The latter produces temporary oblivion and paralysis of the brain, the former causes temporary paralysis of the body, the boxer remaining perfectly conscious, but unable to control his limbs, particularly his legs.

Bob Fitzsimmons made the "solar plexus" punch famous, though it was nothing new, when, with it, he unexpectedly knocked out James J. Corbett for the World's Championship. Though painful, the "solar plexus" punch is not dangerous, nor does it leave after-effects.

The two really dangerous blows in boxing are the kidney and "occipital" punches. Under National Sporting Club rules

both these blows are now foul and entail disqualification. At no time did either count for "points," which are awarded only for clean hits on the front or sides of the head, face or body. The "kidney punch," i.e., blow over the kidneys in the "small" of the back, was barred because though producing little visible injury at the time it often had most serious after-consequences. The "occipital" or "rabbit-killing" punch was the specialty of

that tough American pugilist "Gunboat" Smith, and is a chopping blow on the base of an opponent's neck. It is dangerous because it may cause a fracture of the base of the skull or spinal column and death.

Stafford's Prescription "A" will cure that uncomfortable feeling caused by indigestion and Dyspepsia. Price 35 and 70c. Postage 10 and 20c. extra.

The Modern Substitute

for the family cow in the barn is a tin of Libby's Evaporated Milk on the pantry shelf.

Clean, Safe Milk is a Necessity.

Expert medical research indicates that including the amount used in cooking, a pint of milk each day for an adult and a pint and a half for a child, is necessary for our physical well being.

Libby's

Evaporated Milk

answers all requirements for a clean, safe, convenient and economical milk.

If you could visit any one of the splendid condensaries where Libby's Milk is made, you would be enthusiastic over the advance it represents in cleanliness and scientific care as compared with your ordinary source of milk supply.



You can use it for tea, coffee, cooking and drinking, or in any way in which milk or cream is used.

Look for the white and blue label at all good grocers, and order a few tins of Libby's Evaporated Milk to-day.

Libby, McNeill & Libby

July 19, 1921.

Windsor
Patent,
Royal
Household

CHEAPER FLOUR

In
Assorted
Sized
Bags

140 lb. sax
98 lb. sax, equal to half barrels.
49 lb. sax, equal to quarter barrels.

These sizes are especially suitable for the retail trade, and with the high cost of cooerage they effect a considerable saving from the barrel price.

HARVEY & CO., Limited.

Scrapping the Dreadnought.

(New York Herald.)

Sixteen years after her keel was laid for scrap, the British warship Dreadnought was sold for scrap. From her turrets a gun was never fired at an enemy; she defeated every capital ship which existed when she was launched. She was not only a development, but an innovation rendered obsolete every first line fighting ship designed before she appeared.

She cost a hundred pounds sterling a ton, and sells for \$2 10s. a ton, but to the British Empire she was worth the money. Yet as she is broken up, her design is already obsolete after half a generation as men count time. When she was laid down the airplane was a toy. The dirigible was an interesting experiment. The submarine was in the experimental stage, sticking close to its base, an instrument of coast defense, perhaps. Coal was the fuel of the navies, oil a problematical adjunct to propulsion. Electricity was used, but within limitations that cause marine architects of to-day to wonder at the progress their art has made. Indirect fire as it has been developed since 1906 may fairly be called a new department in naval gunnery. Torpedo control was crude in the days when the Dreadnought was an infant. As we bid farewell to the Dreadnought the masters of war on the

great waters are at odds over the instruments and the technique of the future. The boldest of them is a little shaky in his most firmly based opinions. Perhaps a whole age of naval history is written in the career of the Dreadnought.

Only 399! Ladies' Boots at SMALLWOOD'S.—July 18, 1921.

ROYAL VICTORIA COLLEGE

MONTREAL.
A RESIDENTIAL COLLEGE FOR WOMEN STUDENTS ATTENDING MCGILL UNIVERSITY.
Founded and endowed by the late St. Hon. Baron Strathcona and Mount Royal.
Courses leading to degrees in Arts, separate in the main from those for men, but under identical conditions; and to degrees in music.
Applications for residence should be made early as accommodation in the College is limited.
For prospectus and information apply to the Warden.