

Lecture by Dr. Zilva.

VITAMINES AND COD LIVER OIL.

At the Grenfell Institute a large gathering of professional and business men, Dr. S. S. Zilva, P.H.D., F.R.C.S., delivered an interesting lecture on Vitamines and Cod Liver Oil. Lantieri slides manipulated by Mr. Holmes were used to illustrate the text.

VITAMINES EXPLAINED.
Zilva in explaining the function of Vitamines in food supply said that while food walk acted on human body as does coal to a machine, Vitamines play an important part in the body analogous to the part of oil in the engine. You live on Vitamines, neither live without them. He illustrated this fact by slides of children and animals suffering from deficiency, and showed how administration of the Vitamines explained that there are Vitamines called A, B, and C. Deficiency of A gives rise to an eye disease, but as the other two Vitamines, nor can proceed without

SOURCE OF SUPPLY.

Vitamin A is found in butter and the most powerful source of supply was found in Cod Liver Oil. The discovery being made for the first time by Dr. Zilva and Cod Liver Oil is 200 times as powerful as any other known supply. It is important with regard to disease-bearing. It is present in polished rice, but absent in unpolished rice. It has been verified in Japanese codliver oil and rice developed beriberi in a similar batch of codliver oil. The rice was unpolished, from the same place, but polished from the same place. It is also present in wheat, yeast, eggs and fresh meat. Vitamin C is called the anti-scurvy vitamin. It is important in preventing scurvy, both adult and child. It is chiefly found in orange, lemon and swede (turnip) juice. A less extent in nearly every fresh food and vegetable. All Vitamines are absent from refined flour.

NECESSARY FOR NORMAL GROWTH.

Zilva emphasized the fact that a diet must contain not only food but also a small quantity of all three Vitamines. These are essential for normal growth and therefore very important that mothers, as well as children, should include them in their diet.

THE PRESENT ENQUIRY.

Zilva, explaining the purpose of the present enquiry, said the Medical Research Council to the British Government instructed him and Dr. Lantieri to investigate the production of medicinal oil to discover if the refining processes destroyed the Vitamines. They found that there was very little loss of Vitamine in the preparation or in the refining of oil in England or in Norway, naturally his next enquiry was directed to Newfoundland. Samples sent to England previous to his lecture led him and Dr. Lantieri to the fact that the Newfoundland oil is the best of the best of other oils. The oil collected during the war in London and the results showed in due course. Dr. Zilva said that the big variation in the potency of cod liver oil are due to some biological condition of the fish rather than to any difference in manufacture.

EFFECTS OF COD LIVER OIL.

An instance of the widespread effect of cod liver oil he said that in Iceland it is now administered to small calves for fattening and especially pigs. Growth was shown the effect on the weight of a pig when even so little as a drop of cod liver oil was added to their diet were exhibited. There were also charts showing the effect on the weight of an alling baby on a small quantity of butter (containing Vitamine A) and turnip juice (containing Vitamine C) were added to the food of the nursing mother. This was before cod liver oil was used to be very valuable in this condition, so butter was used. Slides of animals suffering from deficiency brought on by deficiency in the Vitamines; diseases similar to human beriberi; scurvy and rickets were also shown. At the conclusion of the lecture Dr. Zilva expressed his appreciation of the many praises shown him during his stay amongst others he particularly named Mr. Allan Goodridge, Deputy Minister of Marine and Fisheries assistance helped him. Dr. Zilva left by S.S. Silvia for New York en route to Eng-

This Sale Ends on Thursday

FURNITURE SALE

Hall Stands

Solid Oak, golden oak finish, fitted with 4 hat holders and umbrella stand, shaped bevel plate mirror; size 12 x 18. Reg. \$36.00. Sale Price... **\$29.81**

Quartered Oak, golden polish, fitted with 4 hat holders and umbrella stand, oval bevel plate mirror; size 16 x 20. Reg. \$48.00. Sale Price... **\$39.93**

Quartered Oak, golden polish, fitted with 4 hat holders and umbrella stand, oval bevel plate mirror; size 16 x 20. Reg. \$51.00. Sale Price... **\$42.50**

Quartered oak, golden polish, fitted with extra large seat, 4 hat holders and umbrella stand, bevel plate mirror; size 20 x 24. Reg. \$55.00. Sale Price... **\$52.87**

Bureaus and Stands

(2 pieces)
Walnut or Mahogany finish, 3 drawers, shoe mirror; size 14 x 24. Reg. \$51.50. Sale Price... **\$42.90**
Surface Oak finish, 3 drawers, plain mirror; size 13 x 22. Reg. \$54.00. Sale Price... **\$44.95**
Elm/Golden Oak finish, 3 drawers, bevel mirror; size 13 x 22. Reg. \$53.00. Sale Price... **\$44.60**
Elm/Golden Oak finish, 3 drawers, oval bevel mirror; size 13 x 22. Reg. \$55.00. Sale Price... **\$45.66**
Surface Oak finish, 3 drawers, circle mirror bevel plate; size 20 x 20. Reg. \$65.00. Sale Price... **\$53.52**
Surface Oak finish, 3 drawers oval plain plate mirror; size 20 x 24. Reg. \$72.00. Sale Price... **\$59.60**
Surface Oak finish, 3 drawers, neatly carved square bevel plate mirror; size 20 x 24. Reg. \$72.00. Sale Price... **\$59.60**

Odd Bureaus

Circassian Walnut and Mahogany, colonial design, square bevel plate mirror; size 24 x 30. Reg. \$93.00. Sale Price... **\$85.12**
Quartered Oak, and turned bureau, golden finish, color design, large square plate mirror; size 32 x 40. Reg. \$114.00. Sale Price... **\$119.20**
Old Ivory or White Enamel finish, Reg. \$104.00. Sale Price... **\$86.50**
Circassian Walnut Bureau, plate glass mirror, shaped; size 24 x 30. Reg. \$85.50. Sale Price... **\$70.37**

Ladies' Dressing Tables

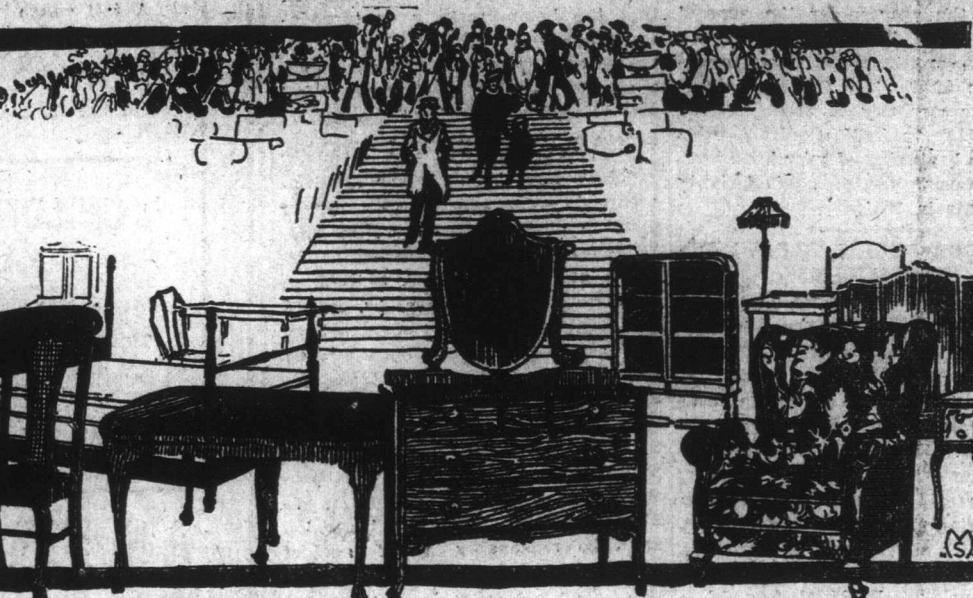
Circassian Walnut finish, one centre mirror, 2 small swing mirrors. Reg. \$57.50. Sale Price... **\$47.87**
Old Ivory Dressing Table, one centre mirror, 2 small swing mirrors. Reg. \$60.00. Sale Price... **\$50.00**
Quartered Oak finish dressing tables, extra large centre mirror, 2 small swing mirrors, oval shape. Reg. \$92.83. Sale Price... **\$92.83**

Gent's Chiffoniers

Gent's Chiffoniers, surface oak, 4 large drawers, square bevel plate mirror; size 12 x 18. Reg. \$46.25. Sale Price... **\$38.50**
Old Ivory finish, 5 large drawers, plain plate mirror; size 12 x 18. Reg. \$42.90. Sale Price... **\$42.90**
Gent's Chiffonier, either in Walnut, Circassian Walnut or Mahogany finish, colonial design, square bevel plate mirror; size 16 x 20. Reg. \$95.00. Sale Price... **\$78.37**
Quartered Oak shaped front, 6 drawers, circle mirror, bevel plate; size 18 x 18. Reg. \$85.00. Sale Price... **\$70.80**

Dining Room Chair Sets

Elm, Golden Oak, containing 5 chairs, 1 armchair, padded seat. Reg. \$37.00. Sale Price... **\$30.60**
Elm, Walnut finish, slip seat, upholstered leather cloth, containing 5 chairs, 1 armchair. Reg. \$70.00. Sale Price... **\$56.65**



Morris Chairs

Quartered Oak, Golden Oak finish; good spring seat; back upholstered in Tapestry. Regular \$36.00. Sale Price... **\$29.25**

Quartered Oak, fumed finish, spring seat and back upholstered in Imitation Leather cloth. Reg. \$36.00. Sale Price... **\$29.25**

Quartered Oak, fumed finish; reversible oval bevel, upholstered Brown Velvet. Regular \$48.00. Sale Price... **\$37.50**

Quartered Oak, Golden Oak finish, fitted with Pipe and Tobacco Pouch attached to arm; spring seat and back upholstered Tapestry. Reg. \$50.00. Sale Price... **\$41.96**

Parlor Suites

(5 Pieces)
Mahogany frame, upholstered in Jap Tapestry or Red Plush. Reg. \$54.40. Sale Price... **\$55.25**
Mahogany frame, upholstered Tapestry panel back. Reg. \$92.00. Sale Price... **\$76.45**
Mahogany frame, upholstered Tapestry covering; seat and back upholstered in Tapestry. Reg. \$97.50. Sale Price... **\$81.25**
Mahogany frame, upholstered seat and back in Tapestry. Reg. \$105.50. Sale Price... **\$86.25**
Mahogany frame, upholstered seat and back Tapestry covering. Regular \$108.00. Sale Price... **\$87.50**
Mahogany frame, upholstered seat and back covered in Verona cloth. Green or

Chesterfield Suites

Consisting of Chesterfield armchair and rocker, loose cushions, double stuffed, low moss and hair filling, upholstered in English figured Mohair, Velour trimming, recommend this suite as being up to latest style. Reg. \$800. Sale Price... **\$495.00**

Buffets

Surface oak, golden finish, containing 1 large linen drawer, 4 small drawers and cupboard; back has large shelf, plain plate mirror; size 8 x 30. Reg. \$50.00. Sale Price... **\$41.80**
Surface oak, golden finish, containing linen drawer and 4 small drawers; large cupboard; back has 4 small shelves, oval shaped mirror, plain plate. Reg. \$52.00. Sale Price... **\$44.90**
Surface oak, golden finish, containing 1 large drawer, 2 small drawers, extra large cupboard, neatly carved back; plain plate mirror; size 24 x 10. Reg. \$62.33. Sale Price... **\$62.33**
Elm, fumed finish, containing 1 large drawer and 2 small drawers, extra large cupboard, neatly carved back; plate glass mirror; size 8 x 42. Reg. \$69.37. Sale Price... **\$69.37**
Quartered oak, golden finish, containing 1 linen drawer, 2 large cutlery drawers, nice high back, fancy carved pillars with shelf, bevel plate mirror; size 12 x 28. Reg. \$112.50. Sale Price... **\$93.75**
Quartered oak, golden finish, containing large linen drawer, 2 small cutlery drawers, 1 line neatly carved front and back with mirror; size 10 x 42. Reg. \$120.00. Sale Price... **\$100.00**

Easy Chairs and Rockers to match

All over stuffed Easy Chairs, comfortable spring seat, upholstered back, carved good quality Tapestry, floral design. Reg. \$53.50 each. Sale Price... **\$44.62**
All over stuffed good strong spring seat, carved back. Upholstered in Imitation Leather cloth, frame fumed oak finish. Reg. \$50.00 each. Sale Price... **\$39.37**
All over stuffed, good strong spring seat, comfortable spring back, upholstered in good grade Tapestry of a nice design pattern. Reg. \$47.50 each. Sale Price... **\$39.31**

Quartered Oak, golden polish, colonial design, containing 1 large linen drawer, 4 small shelves, bevel plate mirror; size 10 x 40. Reg. \$124.00. Sale Price... **\$103.20**
Quartered oak, golden polish, swell front drawers, containing 1 large linen drawer, 3 cutlery drawers, 1 lined, 3 cupboards, high back with shelf, bevel plate mirror; size 10 x 40. Reg. \$130.00. Sale Price... **\$130.00**
Solid Mahogany, dull polish top, Louis XVI design, 60 inches long, neatly carved front containing 3 linen drawers, 2 cutlery drawers, 2 large cupboards, back contains extra large plain plate mirror; size 8 x 54. Reg. \$225.75. Sale Price... **\$198.12**
Solid Walnut, dull polish, Queen Anne design, 60 inches long, swell front, fitted with two large linen drawers, 2 cutlery drawers, 2 large cupboards, has shaped mirror back, plain plate; size 9 x 54. Reg. \$252.50. Sale Price... **\$210.37**
Solid Walnut, dull polished, William and Mary design, top 72 inches long, neatly carved front and legs, containing 1 large linen drawer, 2 cutlery drawers, 2 large cupboards, neatly carved, back fitted with plain plate mirror; size 8 x 66. Reg. \$265.00. Sale Price... **\$218.25**

Our Dumb Animals.

REPORT OF THE CHIEF AGENT, WEEK ENDING AUGUST 26th.

Attended to the landing of seventy head of cattle from the Sable I. and sixty sheep. Saw them all carefully landed. One cow was taken sick. Mr. Jay at Harvey & Co. took it to the table and carefully attended to it. Cows in this condition in the future will be landed in a crate. Saw Mr. Cornick, who promised to have a proper crate or box made; also Mr. Kennedy at the Furness Withy wharf. Attended to thirty-five head of cattle which came in by train. One hundred and fifteen on the Canadian Sapper, twenty-three sheep, five horses and some pigs. Fifty head on the Cecil S. Beck and some sheep. Sixty head on the schooner Blake and twenty sheep. Saw them all carefully landed. Captain gave orders that whatever I wanted done for handling the cattle humanely should be done. Everything was satisfactory. Called to Pleasant Street to shoot a dog which had hurt its leg. Received word from Mr. Doyle at the Goulds of two men with horses and carts who ran over a sheep owned by him on the nineteenth and broke its leg and left it. He reported to me on Tuesday night, 22nd. I found the sheep perishing. I also found the men who, he says, did the deed and had them summoned on a charge of cruelty. Several minor cases have been attended to, and all calls promptly answered.

Car Badly Smashed.

YOUTH SENDS MOTOR OVER RAILING WALL.

The Buick car owned by Councillor P. E. Outerbridge was badly smashed last evening as a result of falling over a retaining wall at the rear of the Bank of Montreal. The accident was caused through the pranks of a youth, who in the absence of the owner, boarded the car and released the brakes. Shortly before six o'clock Mr. Outerbridge left his car parked near Maunders' Tailoring establishment whilst he was attending to some business. Meanwhile a boy came along and started the machine, which going backwards went over McBride's Hill. Here it gained momentum, but when part way over the incline it swerved, crashed through a wooden fence and fell back on over a high stone wall. The weight of the engine and the force of the impact practically folded the car up. The boy made good his escape before the car went over the wall. The car was not insured and is thought to be beyond repair.

STAFFORD'S MOSQUITO OIL, only 20c. a bottle; Postage 3c. extra.—jue27,tf

Personal.

Rotarians, C.E. Hunt, T. M. Mitchell and V. P. Burke left to-day to attend a Rotary Convention at Charlottetown.
Rev. W.C. McGrath, son of Mr. R. T. McGrath, H.M.C., goes soon to China where he will assist Rev. Father Fraser in the mission field.
Among the well known people leaving on the Manoa are Mr. and Mrs. Walter Willis, Mr. and Mrs. F. C. Alderice, Mr. and Mrs. J. J. Mulcahy. Among the passengers leaving to-day on S.S. Silvia are Mr. and Mrs. H. Crawford, Mrs. Hugh Anderson, Mrs. A. W. Oldford.
Rev. C.A. Moulton left for Toronto to-day, where he will study for a degree in Arts. He was accompanied by his parents. Mr. Moulton was for six years curate of St. Thomas' Parish where his faithful service was much appreciated. He is Grand Chaplain of the District Grand Lodge A.F. and A.M., under the Registry of Scotland. The best wishes of many friends follow Mr. Moulton during his temporary separation from the land of his birth.
Rev. Canon Lockyer, whose reminiscences of, and notes on the town of Trinity, have attracted so much literary attention from readers of the Telegram is taking a two months vacation, which will be spent at various points in the neighbouring province of Nova Scotia. Hantsport will be his permanent address. During the absence of our esteemed correspondent there will not be any "Trinity" Column on Saturdays, unless some other scribe—equally learned in the ancient and modern history of that place—is willing to act as understudy. We wish the genial Canon a very pleasant and enjoyable holiday.

Caught Again.

THIRD RAID ON BOOZE JOINT.
Some people will never know just how far they may go. John Nikosey, New Gower Street shopkeeper, is one been raided and he has been fined for selling liquor. The last occasion was only five days ago. Last night his store was again searched by the police and a quantity of booze was captured. More trouble will be in store for Nikosey when he faces the Magistrate next week.

McGuire's Ice Cream now ready for delivery. Wholesale only. Phone 794.—jue27

New Mown Hay!

You love the country atmosphere when the glorious perfume of the newly mown hay is wafted over the air—there does not seem to be anything so refreshing, so natural.

Have you tried Hudnut's Three Flowers Perfume?

That too, is delightful and fragrant, giving out a natural flower garden fragrance. If you like good perfume, you will love the charming three flowers odor.

In face Power, vanishing creams, Perfume, toilet waters and talcum powder you can obtain the delightful three flowers odor. Ask to see Hudnut's toilet goods at Drug Stores and Toilet counters. aug3,mos,ed



DR. LEHR, Dentist, 329 Water St.

80 Years in Practice in Newfoundland. BROKEN PLATES REPAIRED.

Well equipped Dental Offices can now repair plates. A broken tooth is no reason why a plate should be discarded. A new tooth, or several of them, can be vulcanized onto the old plate and make the service absolutely as good as ever. If you meet with an accident that injures your plate in any way, consult your dentist about repairs before you discard it for a new one. You can often prevent a needless expense. jne27,ta,tf

Ju-Jitsu

Self-Defence.

A selection of over 250 Ju-Jitsu and other secret Locks, Holds and Throws, described and illustrated. The best little book on Ju-Jitsu published. Edited by W. Bruce Sutherland. Price 70c.

PHYSICAL CULTURE (by W. Bruce Sutherland) A complete new course with many full-page illustrations. 140 pages, cloth bound; 90c.
Physical Culture Magazine, published monthly, address in Newfoundland. Price \$3.60 per year to any **GARRETT BYRNE**, Bookseller & Stationer.

TOILET.

A First Class Business Store at present occupied by Spurrell The Tailor, 365 Water St., with 3 flats above store, in first class condition, having been lately fitted up at considerable cost. The flats can be had at once, and the store at end of year.

Any further information apply to

T. J. BARRON,

aug21,61,m,th,s 358 Water St.

ANZORA,

the well-known English Preparation, MASTERS THE HAIR. Anzora keeps a man's hair where he puts it in the morning—keeps it there all day. No greasy or shiny appearance. Merely the hair "stays put."

Price 80c. bottle. **PETER O'MARA**, The Original, THE REXALL STORE.

MINARD'S LINIMENT PREVENTS SPANISH FLU.

TERMS STRICTLY CASH.

NO GOODS CHARGED AT SALE PRICES

The Royal Stores, Limited

FURNITURE DEPARTMENT

Fads and Fashions.

Long, flowing panels swing from the shoulder and trail on the ground. A great deal of ostrich trimming is used on the new evening gown. Printed silk frocks of bold design

have full sleeves of sheer silk. Even bathing suits are made of the popular brightly colored cretonnes. Velvet hats in bright color are

worn with dark frocks in the evening. The hip-draped effect is sponsored by elaborate evening costumes. Quite the newest stocking is that

of tricot silk in a two-toned striped effect. Brightly colored, rubber bathing suits are the latest in the splashing world.