



## The Frequent Cause of Nervous Breakdown

**N**OTHING so certainly breaks down the nervous system as constant straining of the eyes.

You may think that sewing is light work and wonder why it tires you.

It is the strain on the eyes.

The controlling of the sight is the most delicate work of the nervous system and when there is strain on the eyes there is an enormous waste of nervous energy.

There are times when it seems necessary to stick at this work for long hours and to sew by artificial light, but you may have to pay for it by a nervous breakdown.

It is then well to know about Dr. Chase's Nerve Food, as a means of restoring a run-down nervous system.

Whatever may be the cause of your nervous breakdown, it has been demon-

strated in many thousands of cases that there is nothing like Dr. Chase's Nerve Food to restore the depleted nerve cells.

Headaches, tired feelings, sleeplessness, indigestion, lack of energy and appetite are some of the indications of an exhausted condition of the nerves.

Your digestive system is failing to supply the necessary nutrition to the blood and nerves, so it becomes necessary to employ such restorative treatment as Dr. Chase's Nerve Food.

At all Druggists and Dealers. **GERALD S. DOYLE**, St. John's, Distributing Agent.

## Only 40 Per Cent. in Newfoundland.

Without reference to any of the many angles of opinion which have developed in connection with the liquor traffic it seems timely to protest against the nose-counting theory of governments which is creeping into Canadian political thought. From this leader and that, we hear statements that the referendum principle has come to stay. Many radicals who are opposed to prohibition—the question with which the referendum idea has been chiefly identified up to the present—seem disposed to accept the method by which one wing of the prohibition party hope to attain their objects, as the true basis of all forms of legislation in the future. It is evident that progressive Canadians must be on the alert lest a loose yet oppressive system which tends to abolish the whole theory of responsible government creep into our practice.

The nose-counting principle under which, if generally applied, fifty-one per cent. of the people might dictate to the other forty-nine per cent., with regard to their liberties, habits, religious observations, private business and everything else with which a man comes in contact from the cradle to the grave, is wholly indefensible according to any theory on which the strong and successful nations have been built up. But it is precisely what the referendum means. By its application established theories as to the rights of minorities are wiped off the slate as obsolete, individual initiative becomes secondary or negligible, and leadership consists merely in keeping the ear to the ground and automatically acting on the fluctuations of mass opinion. No young nation can make real progress under a theory which really means that one man's opinion is as good as another's on any conceivable question that may arise, and that if a sufficient number of noses point his way he may give them the force of law.—Saturday Night.

## Sachem's New Purser.

Mr. A. Longmuir is paying his first visit here as purser of the S. S. Sachem. For sixteen years he has been in the Canadian Pacific Railway ocean service, plying between England and Canada. Mr. Longmuir was last serving on the S. S. Minnedosa. During the war he served with the Grand Fleet at Scapa Flow.

## THE EVER POPULAR MIDDY BLOUSES ARE HERE



A host of new styles in Middy Blouses are in this assortment; and, too, the prices are exceptionally reasonable for such practical wear.

SEE THEM IN OUR WEST WINDOW.

**Durable Jean Cloth Middy**—Color all white or collar trimmed with Navy, Saxe, or Red braid. Sizes 14 to 20 years; also 40, 42, 44 bust measure. A smart Middy that laces at the neck. Pearl button fasten cuffs, sailor shaped collar and breast pocket.

Price \$4.30.

**A Becoming Useful Middy**—Color Navy. Sizes 14 to 20 years. Made of serviceable Cotton Serge that looks and feels much like wool. Fastens at neck with bow and has braid-trimmed sailor collar. Price \$4.90.

For smaller girls at prices from \$1.80 to \$3.00.

## Have You Made Use of OUR MAIL ORDER DEPARTMENT?

This department is always at your service, ready to purchase for you such articles as you may require from this store.

Your wants will receive careful, personal attention.

# MILLEY'S

may13,41.th.f.s.m

Grease new iron gem pans and dry out before using. The fat thus fills up the pores and prevents rusting.

Hot, unsweetened cocoa may be used in place of scalded milk in cup custard.

Equal parts of talcum powder and cream of tartar mixed make a good cleaning powder for white kid gloves.

Add a half package of dates, cut in small pieces, to a caramel pudding mixture.

An ordinary glass bottle, if covered with a piece of flannel, will prove an excellent substitute for a hot-water bag.

After meals wipe butter plates with scraps of waxed paper and save for pans.

## Nation's Fund for Nurses

Editor Evening Telegram.

Dear Sir.—The total amount subscribed by the citizens of St. John's towards the "Nation's Fund for Nurses," amounted to \$527.87.

A cheque for £123-6-6 (the currency rate of to-day) has been forwarded to the Secretary of the Organization.

Yours truly,

C. D. FENN,  
Lieut-Commander R.N.,  
Senior Naval Officer.

## Lloyd's Quarterly Report

Lloyd's quarterly report for March 31st, 1920 shows that there are in the United Kingdom 865 merchant vessels of 3,394,425 gross tonnage under construction. All of these ships are upwards of 100 tons gross, and the construction had already commenced. The tonnage now under construction in the United Kingdom is 400,000 tons more than that which was in hand at the end of last quarter, and about 1,140,000 tons more than the tonnage building 12 months ago.

The merchant vessels under construction in other countries, (excluding Germany figures of the shipbuilding of which country could not be obtained) number 2,205, with a gross tonnage of 7,941,950.

The tonnage being built in the world at the end of March under the inspection of the Surveyors of Lloyd's Register, excluding vessels whose construction has not been already commenced, and excluding all vessels less than 100 tons, amounts to 4,965,512 tons.

Knitters should always purchase sufficient yarn for a garment, as no two lots are exactly the same shade.

## School of Nursing

Connected with the Medical-Chirurgical and Polytechnic Hospitals, under the management of the Graduate School of Medicine of the University of Pennsylvania.

Offers to ambitious young women the opportunity to qualify for an excellent paying and useful profession. Best possible preparation for women's special sphere, home-making and motherhood. Expert care given to students in case of illness. Training and board free. Homelike living. Recreation. Monthly allowance. One year of High School or equivalent required. For information address Directress of Nurses, Polytechnic Hospital, 1515 Lombard Street, Philadelphia, Pa.

## Landlord and Tenant.

Editor Evening Telegram.

Dear Sir,—I have watched with very keen interest this past year, and in fact, for longer than that, the many obstacles that confront the tenants in St. John's. With the population of this city, even though it may be small compared with other cities, yet I suppose 90 per cent. or more are living in tenement houses at the mercies of the landlords. As far as I see a landlord can put a tenant on the street so long as he has given him sufficient notice, regardless of whether the tenant has another house to shelter himself or family or not. The law, I understand, protected the tenant for a certain period of time, but now I believe that it is not in force, and the tenant is again unprotected. I think that an Association should be formed to protect the tenant. It could be very easily done. There are a great many other bodies formed to protect the people in various ways, and I say let us get busy and line up and form a Tenants' Association and keep down the rent profiteering and shield tenants from the rapacity of the landlords. The Hon. John Anderson has done remarkably well with many other gentlemen, in starting the great Housing Scheme. (On paper only.—Ed.) But, Sir, it will be quite a long time before every present tenant will be able to secure a home of his own. Some of the houses that people are living in now, as I have seen stated in your valuable paper, are really not fit to keep cattle in, and still the landlords charge an enormous rental. Why it's not long since when I heard talk of a landlord charging \$30 for five rooms—two flats. Just imagine; thirty dollars. Why one would scarcely believe it. Yes, Sir, something must be done, and done right early. I trust that some more able pen will take this question up and let us have fair play in this matter. If the high cost of living is so that we can scarcely live, and it certainly is so, let us anyway have half decent dwellings; although it may be humble there's no place like home.

I take the pleasure in thanking you, Mr. Editor, and trust yourself and paper will see many, many years yet, which I believe it will, and now not wishing to intrude further on your valuable time and space.

I beg to remain,  
Sincerely yours,

TENANT.

May 13, 1920.

Jewelers say to put radium clocks in the sun or a strong light for an hour daily, and the clocks will retain their usefulness.

Ward's Lintment Cures Diphtheria.

## NEW ARRIVALS!



Glove fitted Tweedie Boot Tops



INSIST ON TWEEDIE  
The label is sewed  
in every pair.

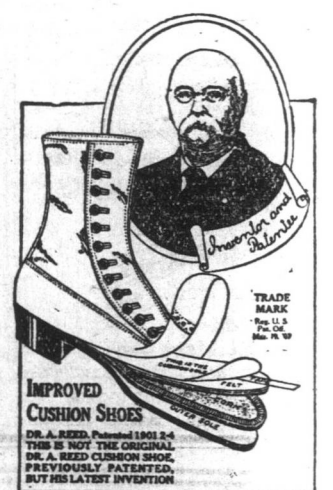
THE ORIGINAL  
You will wear TWEEDIES for their comfort, fit and good style. Wonderfully effective different and distinctive. Unconsciously women who wear them accept the word TWEEDIES. EVERY PAIR GUARANTEED. In the dearest shades and style conceptions.

F. Smallwood,  
Sole Agents for Nfld.



Evangeline  
The perfect Shoe for women.

We are now showing the very latest Styles in the above lines of renowned footwear.



Dr. Reed.

Have you foot trouble, madam? If so, bring them all here.

Dr. A. Reed's  
Improved  
Cushion Soles.

We are now showing the very latest Styles in Footwear.

**LADIES!** Our Showroom is now stocked with the very choicest of Footwear. While we offer our patrons the Best Shoes at reasonable prices, we offer, also, Splendid Shoe Service. We're experts at fitting and all our ability in this direction, together with our Shoe Advice, is always at the command of our trade.

**F. Smallwood, The Home of Good Shoes.**