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In many people the tissues of the nerves have suffered from the strain of war and from the shortage of fats. You can restore your nerves in a natural way by eating "Skippers." The pure olive oil in which they are packed is worth its weight in gold to those who suffer from fat-starved nerves.

"Skippers" are especially valuable for children. They are very easily digested, and contain certain vital elements which assist the growing body, nerves and brain. Your retailer will supply you with a tin of

A guarantee on every can.

"Skippers" Are Brising with good points.

Sydney Ball Players Well Treated in Nfld.

(Sydney Record.)

A feature of the Newfoundland tour of the Sydney baseball team was the great treatment that the players and those who accompanied the team received at the hands of the people of St. John's and Grand Falls. From the moment that the team landed at Port aux Basques everything that could be done for the comfort of the team was provided. A special sleeping car, which was arranged for by the managers of the St. John's team to carry the players to St. John's, was attached to the Newfoundland express and in it they made the journey to the capital city of the ancient colony. On their arrival in St. John's Monday night the players were met by the managers of the St. John's team and were given a hearty welcome to the city. In the evening a dance was held at the C.C.C. Hall at which the Sydney players were the guests of honor and a pleasant time was spent by all who attended.

The next special function at which the Sydney players were the honored guests was the banquet held at Wood's Cafe, Water Street, on Thursday night after the first game. The affair was attended by about 60 persons including the Sydney players and party and among those present were some of the most prominent men of St. John's. W. J. Higgins, K.C., M.H.A., presided and in a splendid address welcomed the Sydney team to St. John's. Other speakers at the banquet were J. B. Orr, one of the foremost sporting men of St. John's and who is especially in-

terested in the game of baseball. Mr. Orr is an American and is a shareholder in the Cincinnati Reds baseball team of the National League. Another speaker at the banquet who is a well known sportsman was Jim Vinnicombe. Mr. Vinnicombe is interested in all kinds of sport and attends all of the big fights. He was a spectator at the bout between Jess Willard and Jack Dempsey when the champion won the world's heavyweight title. Mr. Vinnicombe paid a compliment to the playing qualities of the Sydney team.

The next social event at which the Sydney players were invited was the outing at Donovan's about ten miles from the city of St. John's. In spite of the rainy weather the affair was a complete success and the Sydney boys who attended were loud in their praise of the good time accorded them there. The outing was held by the Benevolent Irish Society, and the dancing was the feature of the evening's programme. A supper was also served.

A special train conveyed the Sydney team on the trip from St. John's to Grand Falls and the sportsmen of that town did everything possible to make the team's stay there a pleasant one. While in Grand Falls the players were shown through the pulp and paper mill of the Anglo-Newfoundland Development Company, where the newspaper that supplies Lord Northcliffe's big London dailies "The Daily Mail" and "The Daily Mirror" is made. The mill turns out the paper from the crude logs to the finished product ready for shipment. The mill is run by an hydro-electric plant. The players of the Sydney team carried away a lasting impression of the people of Newfoundland that is all in their favor.

NOTES ON THE TRIP.

Among those whom the Sydney ball players met while in St. John's was James Lynch, former resident of the city and a brother of W. T. Lynch. Mr. Lynch entertained some of the players and took two of the party, Alex. McDonald and Gregg McNeill, to Quidi Vidi, a famous fishing spot about nine miles from St. John's. The interest shown by Mr. Lynch in the welfare of the team was appreciated by the players.

Another former Sydney man whom the players met in St. John's was Robert Smith, "Bobbie" as he is known to the players formerly played with the Open Hearth team of the Steelworkers' League. He is now a steward on the s.s. Rosalind, which runs between St. John's and New York.

Jack McEachern was another Sydney boy whom the players met in St. John's. Jack is now assistant manager of the Bank of Commerce there. Sydney fans may also remember Col. Cahill who played with the 185th battalion hockey team prior to their departure overseas. Cahill caught behind the bat for the St. John's team. The players of the Sydney team are indebted to the Knights of Columbus at St. John's for the use of the club rooms. The players were extended an invitation on their arrival to visit the rooms and were allowed the use of them during their stay in the city. Several of the boys took advantage of this kind offer and the billiard room came in for their special attention.

During their stay in the city the players visited many interesting places, among which was the Newfoundland Museum. The fine building contains many curios gathered from all parts of the world. Among the more noteworthy exhibits in the Museum is the spare propeller of the Vimy bomber airplane which was the first to make the trans-Atlantic flight. There are many other interesting exhibits among which are remains of the original inhabitants on Newfoundland.

Another place of interest visited by the players was Cabot Tower. The tower stands on Signal Hill at the entrance of St. John's harbour and a splendid view of the city and the surrounding country can be obtained from this magnificent vantage point. A grand view of St. John's harbour can also be obtained from the tower. The harbor is landlocked, lying between two high hills, and the entrance is very narrow. The tower is used to signal ships entering the harbor, and also contains the Marconi wireless station. The station is equipped with the wireless telegraph apparatus which is however only used for experimental purposes. The station has a sending and receiving radius of 1,900 miles. St. Patrick's cathedral in St. John's



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START washing-day well with Sunlight Soap. Have the clothes on the line early, and the meals ready to time. The afternoon is then yours to spend at your own sweet will.

Pleasure follows in the wake of efficient work. With Sunlight Soap the housewife does her work most efficiently, most easily. There is no mystery. You get out of soap just what the makers put into it. The cream of soap materials go into Sunlight Soap.

The Sunlight environment is in keeping with its mission of cleanliness and efficiency—no soap is better fitted to serve the British housewife than Sunlight Soap. Prove this to-day.

£1,000 Guarantee of Purity on every bar.

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SUNLIGHT SOAP.

LEVER BROTHERS LIMITED, PORT SUNLIGHT, ENGLAND.

one of the finest churches east of Montreal, was another place visited by the players. The building is of stone and the interior is magnificent. St. Bonaventure's College was also visited. The institution is a boarding college and the usual college courses are taught there.

Bowling Park, about three miles outside of St. John's city was also visited by the players. The park is a natural one and for scenic beauty there are few places that can compare with it. The park is about a mile long and contains driveways and walks, which run through woods. A stream also runs through the park. A feature of this park is the swimming pools.

An outstanding feature of the games in St. John's was the exceptionally good attendance of fans who turned out to see the boys play. St. John's citizens take a real interest in sport and the crowds which attended the games brought home to the Sydney players the marked difference in the attitude of Sydney people and St. John's people toward sport. A feature of the attendance was the unusually large number of women that attended the games. This was another difference noticed by the boys as very few women turn out to see baseball games in Sydney. The interest taken in sport in St. John's is not confined to one particular class at least this was the impression gained by the Sydney players from the attendance at the games in which they took part. Among the crowds that saw the games were lawyers, doctors, business men, fishermen and workmen. There is quite a difference here as only a few ardent fans turn out to see the city league ball games. The city ball league should have received better support during the past season than was given by the Sydney sporting public.

Happy Newfoundland.

ONE BLEMISH — ROTTEN TELEPHONE SERVICE. (Dail Mail, Aug. 16.)

Pleasant descriptions of what must be an almost Utopian island were given to a Daily Mail reporter on Saturday by the Prime Minister of Newfoundland, Mr. R. A. Squires. Everything is flourishing in Newfoundland, he said. There is no unemployment; industry is so good that the Government accounts for last year showed a surplus of £250,000; and for the past two months the island has basked in glorious sunshine. Mr. Squires is making his first visit to London, and his primary object is to settle the vexed question of the boundary of the Labrador Peninsula, part of which both Canada and Newfoundland are claiming. The matter

has been referred to the Privy Council.

Newfoundland's next season fishing prospects are good, and attempts are to be made next spring to make use of aeroplanes for locating the seals.

But the island has one blemish. "The telephones are rotten," said Mr. Squires, but added hastily that they were having a modern service introduced soon.

"But your telephone service does not seem to be much better," he said. "My friend has been struggling with one for most of the morning."

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The most fascinatingly fragrant and healthful of all powder perfumes. Antiseptic, prophylactic, deodorizing, fragrant and refreshing, it is an ideal face, skin, baby and dusting powder. Convenient and economical, it takes the place of other perfumes for the person. A few grains sufficient. One of the indispensable Cuticura Toilet Trio for keeping the skin clear, sweet and healthy.

At the City Hall.

The weekly meeting of the Municipal Commission was held on Thursday last, Chairman Gosling, Commissioners Ayre, Peet, Morris, Mullaly, Devine and Vinnicombe being present. The minutes of the last meeting were read, after which the following matters received the attention of the Board:

The Colonial Secretary acknowledged Commission's communication in reference to remuneration. Solicitors Higgins and Hunt claimed compensation for damages caused by city employees on the property of their clients, Phelan and McGuire near Winsor Lake. This was referred to the Solicitor.

E. Andrews asked the Commission not to permit fence to be erected rear of residence 122 New Dover Street. The Solicitor is to be asked the Commission's position in this matter.

The managers of the Royal Bank of Canada and the Canadian Bank of Commerce applied for water supply to their new buildings, now in course of erection. The request was granted; the Engineer to arrange same.

Application of Mr. Fred Fitzpatrick to have road built through his property east of Franklin Avenue, was referred to the Engineer for report. R. Hibbs, Secretary of Road Commission, made application for proportion of motor car fees collected. He also asked for a list of delinquents who have not conformed to the Motor Car Act, as passed at the last session of the Legislature. The information is to be prepared and forwarded.

James Murdoch, on behalf of the Sudbury Estate, asked if the Commission intended opening the new street through this property. If the owner gives an undertaking to pay the cost of opening the road, laying water and sewer mains, etc., the work will be proceeded with in the spring.

Supt. Dwyer is to attend to the drains on Mundy Pond Road, as complained of by W. P. Pope. Regarding water and sewerage Mundy Pond Road, this will be attended to as soon as possible.

Solicitor Carter reported he was proceeding against residents of Water Street, who have not made repairs to side pavement front of their premises; also that in the matter of the retaining wall at Shea & Co.'s premises, further data was being looked up.

W. E. Rowe, Livingstone Street, complained that after every rain-storm his property is damaged by water flowing from Tessler Place. The Engineer is to visit the place and report.

Frederick Croker's Application to build on South Side was refused; no water and sewerage connections being available.

An application was received from James Martin for the position of Impounder; no vacancy.

Mrs. J. Perry, 24 Codner's Street, will be permitted to make ordinary repairs to her house, subject to the direction of the Engineer.

The following plans were passed: Workshop for James Monk, Pleasant St.; houses for J. R. Whiteway, Leslie St., Jas. Long, and Robert White, Franklin A. enue.

houses was accepted, it being the lowest.

The reports of the City Engineer, Plumbing Inspector, Medical Health Officer and other officers, were read. Pay rolls and bills were then passed, after which the meeting adjourned.

vital statistics

City of St. John's, Within the Limits. Total number of Births for month of August 96 Total number of Deaths for month of August 71 Deaths under one month 1

CAUSE.

Prematurity 1 Deaths under one year 28

CAUSE.

Convulsions 2 Diarrhoea 1 Enteritis 4 Cholera Infantum 10 Enteritis 3 Gastro Enteritis 2 Cirrhosis of Liver 1 Marasmus 2 Congenital Debility 28

Deaths from one to five years . . . 7

CAUSE.

Acute Gastritis 1 Acute Gastro Enteritis 3 Acute Enteritis 2 Accidentally crushed 1 7

Deaths from five years and over . . 35

CAUSE.

Typhoid Fever 1 Septicæmia 1 Pulmonary Tuberculosis 4 Cancer of Stomach & Liver 2 Cancer of Bowels 2 Diabetes Mellitus 1 Meningitis 1 Apoplexy 1 Hemiplegia 1 Palsy 1 Epilepsy 2 Myocarditis 2 Intestinal Ulceration 1 Prostatic Abscess 1 Scurvy 10 Cardiac Failure 2 Endocarditis 1 Chorea 1 35

COMPARATIVE STATEMENT.

Year	1919	1920
Total number of Births for month of August	90	96
Total number of Deaths for month of August	40	71
Deaths under one month	2	1
Deaths under one year	2	28
Deaths from one to five years	3	7
Deaths from five years and over	33	35

W. J. MARTIN, Registrar General.

QUIT TOBACCO

So easy to drop Cigarette, Cigar, or Chewing habit

No-To-Bac has helped thousands to break the costly, nerve-shattering tobacco habit. Whenever you have a longing for a smoke or chew, just place a harmless No-To-Bac tablet in your mouth instead. All desire stops. Shortly the habit is completely broken, and you are better off mentally, physically, financially. It's so easy, so simple. Get a box of No-To-Bac and if it doesn't release you from all craving for tobacco in any form, your druggist will refund your money without question. No-To-Bac is made by the owners of Cascarets; therefore is thoroughly reliable. sat,thurf

Canine Superstitions.

A girl who dislikes dogs will never marry. It is unlucky if a dog passes between an engaged couple. When sleeping dogs bark it is a sign of trouble to come to the owner. If you accidentally tread on a dog it is a sign you are about to change your job. When a dog approaches a sick bed it is a sign that the patient will soon recover. For a dog to bark at you before eight o'clock in the morning is a sign of bad luck. If you see a spotted dog, wish, and if you don't see the dog again your wish will be granted. It is considered bad luck to give away a dog. Always get some payment—however small. Good luck is foreshadowed if a dog follows you of its own free will. If the dog wags its tail you will get a letter.



REGAL FREE RUNNING Table Salt THE CANADIAN SALT CO. LIMITED

Gillette

MADE IN CANADA

Safety Razor

KNOWN THE WORLD OVER

The Shaving Service for Everyman—Everywhere.

The Psychology of a Clean Shave

(Part of an Editorial in Collier's)

Shaving as it is practiced today marks a step forward in civilization. This statement may sound ridiculous, but it isn't. Here's proof: Each of our soldiers who went abroad took as part of his regular equipment, and by order of his government, a safety razor. There were two reasons, the military authorities say, why a soldier had to be clean shaven. First, it enabled the gas mask, which was worn almost constantly at the front, to fit more tightly over the face. Second, a clean shave kept up the morale of a soldier and of an army. You know how it is yourself. You know the direct bearing a clean shave has on your personal morale. Compare the way you feel in making an important call or attending a special meeting when you are freshly shaved with the way you feel with a day's growth of stubble on your chin. There's all the difference in the world. It seems a trivial thing to have such an effect upon you, but for some psychological reason, it does have that effect—and you know it. ***** What has brought about this change in men's habits? It's not so long ago but that we can remember the beard in all its varying degrees of opulence. Every family album shows how prevalent it was. There are two reasons—just two—** The safety razor made shaving easy. It transformed shaving from a fairly long, decidedly unpleasant and slightly dangerous operation to one that was finished before the bath water had ceased running. It saved time. Compared with the old style razor it saved several minutes. While individually these minutes may seem unimportant, taken in the aggregate, multiplied by the number of days in the year, and again by the millions of men who over the use of the safety razor, the amount of time saved is enormous.†

"Finished before the bath water had ceased running."

*In all the allied armies during the war, more Gillette Safety Razors were in use than all other razors put together.

†Keep count for one day of the number of times you stroke your chin. So many times do you develop confidence—or the reverse—according to the smoothness of your chin.

**The Gillette not only makes shaving easy, but it abolishes stropping and honing—two exceedingly delicate operations in which few shavers are really successful.

†Five dollars invested in a Gillette means ten minutes saved each day, or an ordinary day's working period saved every 48 days or so.

There is a Gillette dealer waiting to show you Gillette Safety Razor sets—today!

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Bishop, Sons & Company, Limited. T. McMurdo & Company, Limited.
Martin-Royal Stores Hardware Co., Ltd. G. Knowling, Limited.
Lyre & Sons, Limited. T. J. Duley & Company, Limited.