



More Food Released.

The Government, recognising the great food value of "Skippers," has released the supplies kept in bond for emergencies, and has granted shipping facilities for importing more "Skippers." Once again everyone can enjoy delicious "Skippers" in olive oil.

Weight for weight, "Skippers" are more nourishing than meat, and the valuable phosphates and fats which they contain will repair the wear of war on brain and nerve.

Your retailer will supply you with a tin of

"Skippers"

Amazons of the Ocean.

ALL A WOMAN SWIM THE CHANNEL?

A baronet's daughter, Mrs. Arthur Hamilton, will shortly attempt to swim from Dover to Calais. In August Mrs. Ida Willing, of Rochester, will also make the attempt.

Forty-five years have gone since Captain Webb put his foot on the sands after an almost superman struggle of twenty-one and a quarter hours against the waves, and currents of the Channel; and it is nine years since Burgess beat the feat, after thirteen failures, some of which brought him almost within a stone's throw of the French shore. And during all these years some of the finest swimmers the world has produced have tried vainly to add a third name to the list of conquerors of the Channel.

Can a woman succeed where such men have failed?

Certainly it is as a swimmer that man most nearly approaches man the whole field of athletics. Within recent years we have seen women of them mere slips of girlhood swim distances of fifteen to twenty miles and more "without turning a hair."

Eighty-Four Miles in Two Days.

When she was eighteen years old Miss Lillian Smith swam through a very rough sea from Dover to Pagli Bay, a distance of eighteen miles, seven hours—an amazing performance. Since that day she has often covered similar distances. She has had many formidable rivals—Miss Ethel Ripley, Miss Littlewood, Miss Claire Giet, Miss Vera Neave, and others who would make light of a swim of fifteen miles. A few years ago Miss Neave swam forty-eight miles in the Channel, and was so little exhausted that the next day she swam thirty-six miles more.

Although girls can do such wonderful things in fairly smooth water, to swim the Channel is a vastly different matter. It is the supreme test of length, stamina, and courage. Fifteen years ago, Miss Annette Keller made a gallant attempt to swim from Dover to Calais. For six hours she struggled valiantly, making splendid progress until, when she was near six miles on her direct course across the Channel, she was overcome by a gale and had to abandon the attempt.

"After battling for six hours," she says, "the raging sea caused me so much internal pain that my friends insisted on hauling me out of the water, although muscularly and physically I was feeling as fit as when I entered it at Dover."

Of the appalling nature of this feat she gives the following impressive glimpse. "Imagine yourself swimming hour after hour, apparently making no progress, indeed, sometimes even appearing to be going back rather than forward, while, try as you will to prevent it, gallons of salt water seem somehow or other to find their way down your throat."

"Just think for a moment how your arms and legs would ache after traveling for only a short distance when you have to contend every inch with the seething waves. If you shut your eyes, and mentally sketch this picture, I think you will get an idea of what it really means to undertake the Channel swim."

Volcanic Islands.

The Ladrone is a chain of volcanic islands, extending north and south 450 miles. On one of them are three active volcanoes; a fourth burning mountain is located on another of the group. All that part of the world is highly volcanic. Almost due east of Yokohama 150 miles is a submarine volcano which at times kicks up a tremendous fuss in the ocean overhead.

The Ladrone, by the way, are otherwise known as the Marianna islands, a later name. They owe their original title to the thieving habits of the natives. A giant lizard found there makes a business of stealing and eating chickens.

The Carolines are an archipelago of huge extent, comprising no fewer than forty-eight groups. All but five of these, however, are low coral formations. The remaining five (of which Yap is one) are of volcanic origin, with peaks 800 to 2,800 feet high. It is perhaps worth mentioning that the natives of the Carolines are among the handsomest people in the world, of a light copper complexion and well formed. The elaborate tattooing of the men, however, does not enhance their beauty.

Buy your Summer and Fall Footwear now at Smallwood's Big Shoe Sale—August.

Crocodiles Guard Treasures.

A Frenchman returned with an account of a singular national treasure in Annam. If the story is true—and it presents no essential improbability—the treasure is in no danger of robbery and is destined to become famous.

Now in Annam iron safes of good resisting power are for the most part unknown, and, unfortunately, adroit thieves are not. To defend his most costly treasures the native ruler had to resort to some means in harmony with the natural circumstances of the country.

Armed guards he could not fully trust. Animals do not steal money, and nature had supplied the ruler with a creature that could not be wheeled nor killed except with a great deal of trouble. The crocodile is such an animal. The ruler would have the crocodile guard his specie reserve.

Yet to avoid himself of the services of the crocodile he must keep his money in a place where crocodiles are at home. Nothing was more simple. In the interior of his palace the ruler caused to be constructed a large tank or basin, which he kept filled with water. Then he took several teak logs, which he had bored with holes, and into these holes he put his specie reserve of gold and silver. The holes were closed up and the logs put into the tank.

Then some crocodiles of the largest and fiercest description were installed in the tank and maintained there—not being fed, however, with such a superfluity as to interfere with their natural ferocity. Any person who should undertake to reach the treasure-laden logs would surely be eaten by the crocodiles. And any one who should undertake to put the saurians out of the way would have to make noise enough to attract the attention of the human guards and of the ruler himself, for he, by Annam custom, is required to remain very closely in his palace.

At any rate the royal crocodile treasury has never been burned—and it can not burn.

JUST RECEIVED:

Two Thousand Bottles of Brick's Tasteless Cod Liver Oil.

Brick's Tasteless contains all the virtue of Cod Liver Oil without the nauseous grease. It will promptly relieve chronic bronchitis and all pulmonary affections, croup, hoarseness, nervous disorders due to or maintained by an exhausted condition of the system, hysteria, nervous dyspepsia, flatulent dyspepsia, anaemia, night sweat, the prostration following fevers, diphtheria, tonsillitis, etc., etc., and general debility for constitutional weakness of any age of life.

DR. F. STAFFORD & SON,
Wholesale and Retail Chemists and Druggists, St. John's, Nfld.

One of the biggest factors Ireland at the present critical moment is the new commander of the forces Sir Nevil Macready, who, contrary to popular opinion, is a man who hates strife, and is a keen advocate of peaceful methods. It is said that his greatest ambition is to retire from active life to the fields of Normandy, where he can rusticate among the ruined churches of France.

Wrecking Buildings by Music.

Sympathetic Sounds Sway Sky-scrappers.

Many have laughed at the story of the old fiddler who said he would destroy a bridge with his violin.

Day after day, so it is said, he stood on the bridge playing on one string of his instrument. After a time the bridge began to sway; it continued to sway so violently as he played one particular note that eventually it cracked and collapsed!

Absurd though the story may seem, it is based on scientific reasoning. Every building or bridge structure possesses its own fundamental or vibrating note. If that note can be ascertained, and the structure can thus be set vibrating at full resonance, it will eventually vibrate so powerfully that it will fall to pieces.

You have noticed men walking over a bridge across which heavy traffic is passing, a certain peculiar sound; it is the note of the bridge, which, imitated in sufficiently intense degree, would increase the vibration and might possibly lead to collapse.

In the opinion of scientists who have studied the phenomena of sound, it is possible to "play down" the tallest of buildings. This could be accomplished by pacing musical instruments on certain floors and in certain parts of the building. By playing these instruments for a considerable time on the fundamental note of the building—say B flat—the structure would eventually collapse.

Try This Test.

Engineers and architects who design tall buildings always pay particular attention to these vibration strains. It is unlikely, however, that a deliberate attempt would ever be made to "play down" a building. Just as the hand which touches a vibrating tuning-fork absorbs the vibration, so buildings absorb persistent vibration.

With the aid of two tuning-forks one can conduct a simple experiment to prove the action of sympathetic vibration. Place the forks upright in small wooden bases, one on each side of the room. If one of the forks is struck smartly with a small hammer it will sound a natural note, say "A." If the second tuning-fork is of the same pitch, the vibrations set up in the air by the first fork will be transmitted, and will act upon the second fork, which will start vibrating and give forth a sound of its own, although it is several yards away and quite untouched.

A practical demonstration of how a structure can be vibrated by sound until it falls apart is afforded by building over the second tuning-fork a miniature building of small wooden blocks. When the first tuning-fork is struck, the fork inside the little building will start vibrating, and when it reaches full resonance the building will fall over.

Another illustration of the oddities of sound is afforded by the fact that when a piano is being played it often causes glass vases, metal picture frames—in fact, any adjacent article made of metal or other hard material, such as porcelain—to give out a vibrating note of their own. This is sometimes so insistent that the articles have to be removed, while in some cases glass vases, wine glasses and tumblers have been smashed by a sympathetic note being struck on the piano.

In making an order that, when crossing a bridge, a regiment of soldiers must break step, the military authorities are actuated by the vibratory dangers which would arise if the men marched across in step. The tramp of the regulation step would cause a steady wave of vibrational force to travel along the length of the bridge. This force would grow stronger as the men marched, and soon the bridge would be heaving up and down with a dangerous possibility of collapsing.—Tit-Bits.

The Chinese Soldier.

The busiest period of a Chinese soldier's life is when he is on furlough. If he is a god soldier and thoroughly understands the science of looting he is forced to remain away from his outfit only about two-thirds of the time.

Nathaniel Peffer in the "Home Sector," the ex-soldiers' weekly, conducted by the former editorial council of the "Stars and Stripes," gives the following account of the manner in which an ambitious duck private in the Chinese army quickly learns to select his own pay-days:

"He doesn't do much of anything, in fact, except when he takes to banditry, which is about two-thirds of the time for most of the Chinese army. Of the numberless bandits that infest the interior, the larger proportion are soldiers, sometimes discharged and sometimes on self-granted furlough and sometimes still in service.

"That is not because the soldier is by nature a robber, but because he has to rob to live. His salary generally is granted by officials of the ministry of war and the higher officers before it gets down to him. There are known cases where troops stationed in a certain district have not been paid for a year or more. Naturally they have to turn to loot often, and naturally it becomes a habit; as they get expert they come to like it.

"About a year ago a certain rich

CLEANLINESS IS HEALTH

By the use of Gillett's Lye, house cleaning is made a pleasure instead of a drudgery. It softens the water and cleans thoroughly whether the dirt is visible or invisible. Destroys all bacteria and infectious germs, removes obstructions from drain pipes, closets, sinks, etc. Refrigerators are made delightfully fresh and clean by using one teaspoonful of Gillett's Lye dissolved in two gallons of water.

"GILLETT'S LYE EATS DIRT"
Made in Canada.

town in Anhui province had been plundered several times in swift succession by robber bands. The elders of the village cycled on the district magistrate for relief, the magistrate sent to the military governor for troops, the governor sent the troops. Three weeks later the town elders again called on the magistrate. They asked that the troops be withdrawn."

Household Notes.

Grease the bottom of granite or tin pots before placing over fire and the black will wash off easily.

Mend mittens with raffia, as it is very strong and may be bought to match almost any kind of mending.

Rub new tinware well with lard

and heat it thoroughly in the oven. Tinware treated thus will never rust. Instead of wrapping linen in blue paper to keep from turning yellow, paint the inside of linen closet with blue enamel.

Apply kerosene liberally to any copper vessel which has become discolored; then wash with hot water and soap.

NEW ARRIVALS!

Owing to these goods having arrived a little late, we are offering them at special reduced prices.

Boys' Linen Hats
In a dozen different styles and colors, worth twice the amount. Selling for **59 and 69 cts.**

LADIES' WHITE VOILE BLOUSES for only \$2.00.	LADIES' PLAID SILK SKIRTS in pleasing pattern and colors, with side pockets, and the price only \$4.75.	GIRLS' LINEN MIDDIES in Pink and Blue, trimmed with White; the very latest style; to fit from 6 to 12 years. Price \$3.00.		
Ladies' White Ribbed Wing Sleeve Vests, 50c.	Ladies' White Cotton Hose, 50c.	Children's Tan Hose, sizes 6 to 8½, 45c. to 55c.	Ladies' Tan Lisle Hose, \$1.20 and \$1.50.	Ladies' White Mercerized Hose, \$1.20.

SEE WINDOW!

MILLEY'S

July 26, m. t. u. s.

FOR LEMON PIES THAT WILL MAKE YOUR MOUTH WATER—

"Meadow-Sweet" Lemon Pie Filler makes the lightest, tastiest kind with the real fresh lemon flavor.

And it is so easy to use—needs neither butter nor eggs and one tin makes four pies.

You will never make pies any other way or you use it.

ALSO USE IT FOR
Pudding Sauces, Cake Filling, Custards, Ice Cream.

We have Chocolate and Vanilla flavors also.

Recipe Booklet Free.

Angevine & McLaughlin,
ST. JOHN and TRURO.
Agents for The "Meadow-Sweet" Cheese Mfg. Co., Limited, Montreal.
P. E. OUTERBRIDGE, St. John's, Nfld.

United States Cast Iron Pipe and Foundry Company.

Manufacturers of

CAST IRON PIPE and FITTINGS for Water & Gas.
CAST IRON BUILDING COLUMNS.
CAST IRON CYLINDER ROLLS.
CAST IRON LOCOMOTIVE DRIVE WHEELS.
CAST IRON LOCOMOTIVE CYLINDERS.
CAST IRON MANHOLE HEADS and COVERS.
CAST IRON FLOOR PLATES.
CAST IRON TANKS.
CAST IRON HEATER COILS.
Also HEAVY CASTINGS of all descriptions made to order.

P. C. O'Driscoll, Limited
Agents for Newfoundland.