PILLS

Relative Food

Joseph L. Newton, President

Shattuck & Jones, Inc., of Boston, re-

cently published an interesting arti-

kinds of fish. He writes as follows:

most important branches of commer-

cial industry, and represent the in-

food standpoint would necessitate

reference to a single United States

Government chart, which gives com-

parative value of smoked herring

the smoked herring showing high

some sort of seafood, as without this

Fish supply protein, are easily di

gested and while, perhaps, less stim-

ulating than meats and poultry, pos

sess a very satisfactory amount o

nourishment and tissue-building ele

"The white fish, such as cod, had-

dock, trout, smelt, flounders, etc., are

especially desirable for persons

of sedentary habits, and are recon-

which the digestive apparatus will

The Hallowe'en Entertainment held

in the British Hall on Saturday, un-

der the auspices of the Feild Spencer

fternoon the members of the Spencer

wares, with which their stalls were

filled. The concert began at 8 p.m

carried out, which received rounds o

part of the programme being over, a

grand farce entitled 'A pair of lunatics

Mr. C. Clift were seen to advantage

After the farce, dancing commenced

the music of Ryall's splendid orchestra

the most successful held by the As

sociation for some time, and the pro-

dellars, which wil go to the funds of

Time "Pape's Diapepsin!" In five min-

utes all Soreness, Gas, Heart-

burn and Dyspepsia is gone.

Sour, gassy, upset stomach, indiges-

tion, heartburn, dyspepsia; when the

food you eat ferments into gases and

If your stomach is in a continuou

revolt-if you can't get it regulated

please, for your sake, try Pape's Dia-

pepsin. It's so needless to have a

bad stomach-make your next meal a

Diapepsin. There will not be any

listress—cat without fear. It's be-

regulate weak, out-of-order stomachs

Get a large fifty-cent case of Pape's

ery vanish in five minutes.

Indigestion Ended,

accomplish assimilation.

Enjoyable

"As early as the days of the Naz

Values of Fish.

Lazelli



TOTALLY DIFFERENT

TALCUM

only softer, smoother, more satisfying ny other, but distinguished by the Oriental Odor," a fragrance inimital le in its subtlety and charm.

addition to Massatta, we carry a complete of Lazell's Famous Specialties, including most exquisite Perfumes, delightful Toiles ters superb Creams, and Powders of unstipulationable excellence.

at all Druggists, St. John's, Nad.

Can't beBeaten

The Best Twelve Whiskies on the market.

Premier. Roderick Dhu. Gaelic Old Smuggler. White Seal. Johnnie Walker.

White & Mackay's Special.

Stewart Royal Teachers' Highland Cream. Black & White.

Clan Alpine. Jameson's 3 Star Irish.

aphs

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Goods shipped on the same day as order received.

P. J. SHEA,

Grocer & Wine Merchant, 314 Water St

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Enables traders throughout the World MANUFACTURERS & DEALERS n each class of goods. Besides being a complete commercial guide to condon and its suburbs, the directory

EXPORT MERCHANTS with the Goods they ship, and the Colonial and Foreign Markets they

STEAMSHIP LINES arranged under the Ports to which they sail, and indicating the approxi-

PROVINCIAL TRADE NOTICES of leading Manufacturers, Merchants, etc., in the principal provincial towns and industrial centres of the United

A copy of the current edition will a forwarded, freight paid, on receipt Postal Order for \$5.
Dealers seeking Agencies can ad vertise their trade cards for \$5, or larger advertisements from \$15.

The lendon Director Co. Ltd. 25, Abehurch Lane, London, E.C.

Per S S. "Stephano,"

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From New York: Bananas, California Grapes, Dessert Apples, California Pears Plums, California Oranges, New York Corned Beef, Blue Point Oysters, Celery, New York Chicken,

New York Turkeys, FRESH EGGS. JAMES STOTT

MINARD'S LINIMENT LUMBER-MAN'S FRIEND.

Sorting Orders by Machinery.

oostal orders is now being tried in the loney Order Department of the Genral Post Office, Manor Gardens, Hol loway, its object being to assist or replace the operations which have hitherto been carried out by hand," says the Times Engineering Supplement.

"The michine is the invention of Mr. F. R. Frost, a member of the staff of the department, and of Mr. Justus Rubardt, and it is stated that, accordig to the Patent Office records, i orms the first attempt to solve the

"The machine is designed to sor the postal orders numerically into hundreds of thousands, tens of thou ands, thousands, and hundreds and for this purpose the orders are proublic with four perforations, two he lower one, each perforation being ing to the figure it represents. In the orting operation the orders, already rotating drum provided with metallic rickers or spikes, which pick up the efforations and place them in a chain

made with a milion orders of 20s. value. It is expected that on attendant no intrest to the average reader will be able to control six machines.

Mother! If Child's Tongue Is Coated

If cross, feverish, constinated, bilious, stomach sour, give "California Syrup of Figs."

A laxative to-day saves a sick child -morrow. Children simply will not their bowels, which become clogged up with waste, liver gets sluggish;

Look at the tongue, mother!

coated, or your child is listless, cross, feverish, breath bad, restless dosen't eat heartily, full of cold or has sore throat or any other children's ailment, give a teaspoonful of "California Syrup of Figs," then don't worry, because it is perfectly harmless, and in a few hours all this constipation poison, sour bile and fermenting waste will gently move out playful child again. A thorough "inside cleansing" is oftimes all that is of nerve tissues, as many believe,

treatment gven in any sickness. Beware of counterfeit fig syrups Ask your druggist for a 50-cent bot tle of "California Syrup of Figs," which has full directions for babies children of all ages and for grown ups plainly printed on the bottle Look carefully and see that it is made by the "Calfornia Fig Syrup Company." Don't be fooled!

No Gas Bill for Them

Macris Cook Their Food in a Kitchen

Provided by Nature. The Maoris of northern New Zeaand enjoy cooked food to a far greater extent than other natives, but they ever bother with fire. They build their huts on the edge of some "friendly" geyser, where they may ccok in nature's kitchen. On a spot which superstition would associate with death and the devil, the huts of about 200 Maoris lie scottered - the remnant of the once war-like tribe of Tuhourangi. Nature has built for these simple folks the best of all cocking appliances and saved then endless trouble with the stove, gas

ompany or coal merchant. A pond of boiling water lies in the middle of the settlement. In this the Maori woman puts her water kettle to boil, or hangs the widemeshed flax bag filled with potatoes and waits until thew are cooked. True, the potatoes cooked in their skins taste a little of sulphur, but that is the right flavor for a Maori palate the haut-gout for the brown gour-

For the cooking of meats the fumaroles, or holes through which steamescapes from the ground, are used. A box with a wooden grating for a bottom is placed on the ground over the hole. In this the Maori woman places the meat, well covered with tin or iron pots. An old sugar bag is then spread over the box, and the crude apparatus is left until the imrisoned steam has completely cook-

Marine Notes.

The S. S. Stephano leaves Halifax o-morrow for this port.

The S S. Beethic leaves port this diernoon for Halifax to load general argo far Bermuda.

and cure known. It acts almost like The S. S. Adventure reached por magic—it is a scientific, harmless and n Saturday night from Philadelphia pleasant stomach preparation which bringing a ccal cargo to A. Harvey & truly belongs in every home.

Sunday at George Street.

Rev. Mr. Moore, of Pouch Cove, ofday morning and gave an excellent discourse on the "Power and Wisdom ery great attention and profit.

In the evening Rev. Mr. Bartlett in the Revised Version of Hebrews: Therefore we ought to give the ore earnest heed to the things date the fact that failure, in a majorstriking illustrations which must very attractive and enjoyable. The organist, Mr. Christian, is displaying delight of the congregation .- Com.

Minimise The Loss.

Practically farmers may easily minimise the loss, due to a backward and cold season, by the judicious use of Sulphate of Ammonia as a fertili-

20 per cent of nitrogen, as against 15 per cent in Nitrate of Soda, and is therefore more than 25 per cent better than nitrate of soda as a means of quickening and increasing the growth

mackerel, salt cod, cod and oysters. has increased enormously of late years and it is recognized to be the most valuable fertilizer obtainable. By its judicious use the production of root crops per acre may be doubled, and the growth of late crops stimulated. We invite the attention of Farmers to our spcial pamphlet on the best methods of using Sulphate, copies of steward of a first class hotel, you The price of Sulphate is moderate may be sure that he will sugges

and our terms are accomi ST. JOHN'S GAS LIGHT COMPANY.

Board of Trade Building, St. John's.
july8.55

The Steel Gang.

the zenith for an eighth of a mile and seriously interfere with a clear view sends for the steel gang. mended not for the large amount of

The steel gang is not noted for its phosphorous, valuable as a rebuilder coming to work. They are usually deficient in education and don't know a logarythm from a beneficent microbe. But in the art of handling trainloads Entertainment. of steel beams and girders and standing them on end they have no rivals.

Most men could help nobly with the steel gang while it was getting the first floor columns for a 54-story zen-Association was a great success. The ith stabber. They would ride the steel ffair was largely attended, and in the with glee and shin up a column to the dizzy height of 17 feet without a Club readly disposed of the splendid thought of the awful consequences that would ensue should the earth suddenly come up and attack them when a very enjoyabl programme was

But later on the amateur would berhusiastic applause. The musical come pale and thoughtful; 'and at about the third story he would resign his position, owing to indigestion or took place, in which Miss M. Doyle and down holding on to the earth for sup port after he had gotten there. and was continued until midnight, to

Whereupon the steel gang would laugh and the high priest thereof The entertainment, on the whole, was would climb casually to the top of a steel column on the 17th story and ceeds amounted to nearly five hundred ed by 200 feet below him.

The life of the steel gang is a happy Stomach Feels Fine ment does not have to stop and entertain a friend who has dropped up to murder a spare half hour. He is not pestered by book agents and the little girl who is getting 1,000,000 subscriptions to a local paper in order to win stubborn lumps; your head aches and you feel sick and miserable, that's from below and passes by. His life is when you realize the magic in Pape's one round of airy bliss, and when the Diapepsin. It makes all stomach misquitting whistle blows he shins downward with regret. So long as a man is a member in good standing of the he takes it seasoned with star dust favorite food meal, then take a little regrettable and his comrades knock off work for the rest of the day and discuss the mysteries of gravitation with cause Pape's Diapepsin "really does" that gives it its millions of sales an-

To Cure a Cold in One Day Take LAXATIVE BROMO QUININE Get a large lifty-cent case of Pape's Tablets. Drugists refund money if it fails to cure. E. W. GROVE'S signed quickest, surest stomach relief nature is on each box. 25c. he quickest, surest stomach relief

MINARD'S LINIMENT CURES DAN-

NATIONAL STORES

The Leading West End Stores.

As the season is approaching for warm clothing, we would call your attention to our

LADIES' & GENT'S STANFIELD'S UNDERWEAR in all prices. Also just arrived a splendid shipment of

GENT'S EASTERN CAPS—the latest styles.

See our Boys' and Men's OVERCOATS, from \$5.00 to \$15.00

Boys' and Men's TWEED and SERGE SUITS, from \$1.50 to \$15.00

Also SOX, COLLARS, TIES, etc.

Just opened a full line of Men's & Boys' RUBBERS & GAITERS, in high and low cut. Come and see the above assortment.

Greaves & Sons, Limited.

NATIONAL STORES.

EXCLUSIVE STYLES IN Men's Winter Overcoats.

With Winter approaching and chilly fall nights already here, the business man, and indeed every man, needs a good overcoat; something really smart, serviceable, and last but not least, reasonable.

We are now showing the finest selection of Men's Overcoats we have ever stocked. For quality, variety, cut, style and price they are unparalleled and are well worth inspection by the man who needs something really new and exclusive in Overcoats.

These Overcoats are splendidly made and finished. in heavy English and Scotch Tweeds, etc., all new styles, and effects, stripes, mixtures and plain colors. with wide bolted seams, strap cuffs, belted across back, etc.

From \$10.00 to \$25.00.

U.S. PICTURE & PORTRAIT CO.

WHEN YOU CHANGE YOUR

UNDERWEAR

Why not change to a Suit of

STANFIELD'S

We carry in stock all sizes for Men and Boys.

	PRICES	FOR M	EN.
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\$1.30			.a Garment
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			.a Garment
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PRICES FOR BOYS.

90c. a Garment 95c. a Garment