

the Free and Independent Electors of Newfoundland!

It will pay you to call our store, corner Prince & George's Sts., and get our prices on Groceries, Oats, Bran, Corn Meal, and other feeds before buying elsewhere. We are large importers and our prices are right.

**P. J. SHEA,**  
Provision, Grocery and Feed Store.  
Corner Prince & George Streets.

DRIVING EX MORWENNA  
**POTATOES,**  
**OATS,**  
**BUTTER,**  
**EGGS.**  
**R. KNIGHT,**  
211 Water Street.

can't be Beaten

Best Twelve Whiskies on the market.  
Berick Dhu.  
Old Smuggler.  
The Seal.  
Annie Walker.  
Mackay's Special.  
Royal Arctic.  
Highland Cream.  
Black & White.  
The Alps.  
The 3 Star Irish.

**J. SHEA,**  
Grocer & Wine Merchant,  
No. 342, 314 Water St.

**LADIES!**  
You seen the New Manicure Request.  
**ROLLER POLISHER**  
The Finger Nails? Makes Pretty Hands.  
The Roller Polisher just naturally and, making it easier to use all the nail, without rubbing. It has eight times more surface than the old style. It fits the nail perfectly. It rubs or inflames the laminae of the best materials. It can buy. It comes in a tin container, which is, at all times, but particularly so, reliable—and, quality for the roller polishers under the oval-shaped, fingernail buffer, 25c, to \$1.10 each, at our store.  
Only one or two of each.

**& CO., Limited.**  
Cheapest and Best Book, Stationery and Fancy Goods Store in the City.

**OFFICE MAN**  
Should enquire about the handy, labor saving, office devices, at the earliest opportunity, details gladly supplied. Absolutely new line.  
**JOHNSON**

## LIPTON'S TEAS

Largest Sale in the World



Best value in the market for the consumer.

Red Label, 40c. per lb.  
Yellow Label, 46c. per lb.  
in 1/4, 1/2 and 1 lb. double air-tight bags, and in 5 lb. patent air-tight decorated tins.

Lipton, Limited, Growers of the Finest Tea the world can produce in Ceylon and India. Lipton's have been awarded for the pure quality of their Tea the following first-class honors:

3 Grand Prizes, and 5 Gold Medals,

and the highest and only award given for Tea at the Chicago Exhibition.

No other Tea can show a record like that.  
Try a 1/4 lb. Red Label for 10c. It is the best value you can buy.

## HENRY BLAIR

Sole Agent in Newfoundland for Lipton, Ltd.,  
Tea, Coffee and Cocoa Planters.

### ALWAYS MASTER OF THE ROAD.

Look for the Dunlop Traction Tread trail on asphalt and on mud. It's the "V" line to comfort. No chains; no skidding.

A WEATHERABLE TIRE.  
It is just weather like we get here in Newfoundland that gives Dunlop Traction Tread Tires a chance to show their class—and motorists who have them know it.

Created because of the insufficiency of the so-called non-slip or "buttoned" tread.

Marketed only after the most exhaustive tests ever given to an anti-skid tire.

Proven itself the only real anti-skid tire obtainable—bar none. That's

DUNLOP TRACTION TREAD,  
The Tire Which Makes Safety Sure.

FRED. V. CHESMAN, Representative.

Stocked by Parsons, "The Automobile Man."

## NEW FURS AND COATS.

Having just opened our new stock of  
Fur Muffs, Fur Stoles and  
Collars and Fur Sets,

we can now offer some wonderful bargains in the above lines. Also special bargains in Ladies' Black Cloth and Tweed Coats.

## WILLIAM FREW.

## COAL (NO MIXTURE).

We buy nothing but NORTH SYDNEY COAL, and are landing to-day a good cargo of SCREENED OLD MINE COAL, ex McElwain.

W. H. HYNES, The East End Coal Dealer

## DINNA' FORGET

that fire protection is an absolute essential to your welfare and success. Losses multiply every year. Why not decide promptly to take a policy with one of my strong companies at a very low rate?

**PERCIE JOHNSON,**  
Insurance Agent.  
Office: Corner Duckworth and Prescott Streets.

## Our Breathers Club.

BY RUTH CAMERON.

We have a new club in our neighborhood.

It is an extremely informal affair—no dues, no initiation, no meeting.

All there is to it is a name and a promise. The name is "The Breathers" and the promise is that at least three times a day, and preferably much oftener, we will really breathe.

Of course that sounds perfectly absurd, but give me a few minutes and I'll try to make it less so.

How often do you breathe to the full depth of your lungs' capacity?

Probably not once a week if you are an average person.

Well that failure is what we promise each other to avoid.

When that lazy, listless feeling comes over you and your work—be it office work or house work or teaching or what all drags, and your head feels stupid, did you ever try going into an adjoining room, opening the window, and deep breathing?

That's what we do.

And though we don't advertise this remedy as a cure-all, we do feel it comes pretty near being a help-all.

Won't you join our club?

You can do it without any fuss or feathers—simply by making our promise to yourself.

Let me give you one or two suggestions in case you do.

Breathe, of course, way down to the bottom of your lungs. While you are doing it draw the head in and back, lift your chest and stretch upwards.

You can let the shoulders hang limp. After you have done this a few times try holding the breath and letting it out as slowly as possible, trying not

to let the chest collapse until it is all out.

If you care for more vigorous exercises you can swing your arms, striking your chest very lightly with the tips of your fingers while you hold the breath.

Another good accompaniment to breathing is to hold the arms with the elbows crooked and the fists clenched close against the side, and as you exhale, force the arms back as if you were pulling against something.

One thing that these exercise always do for me, and fancy for anyone else, is that when I come back into the room where I have been working after doing them, I instantly realize how stuffy it is, and air it.

If you haven't the backbone to do these formal exercises, it will help some to remember to breathe deeply often when you are out in the open air.

And even if you do do the formal exercises it will help to do this too. You can take the first exercise all but the stretching as you walk along the street, without anyone being the wiser.

An article on sub-oxygenation as the reason of half our mortal sins aroused our interest in our lungs. It pointed out that better oxygenation of the system by deep breathing would improve the complexion, deepen the chest, increase the vitality, improve the appetite, digestion and circulation, and, by the pressure of the diaphragm muscle—estimated at two hundred pounds—would correct sluggishness of the bowels.

It sounds like a pretty big promise, doesn't it?

But we thought it was worth trying out.

Don't you?

*Ruth Cameron*

## Two Liberals for Mr. Main.

Lewis and Carter were nominated here to-day. John Lewis, Fisherman, was proposed by James Buck and seconded by Laurence Hennessey.

Witness, Jabez Puller. Mr. Lewis, Solicitor, was proposed by James Wade, and seconded by David Gushue. Witness, Charles J. Purye.

Accompanied by hundreds of their supporters in carriages they drove from Holyrood to Widow Kennedy's, Harbor Main, where they were to be nominated. After nominating Mr. Purye introduced the candidates and called upon Mr. Carter to address the gathering. For over half an hour in language most forcible and scathing the junior candidate criticized and condemned the most noticeable and pronounced feature of the Morris administration, namely the ever-present graft and loggish which characterized it. It had been said of him that he was too innocent to leave the gallant Captain and canvass the district for himself, but he would point out to them that however innocent or child-like he might be, that Captain Lewis and himself could do their own speaking and their own canvassing and did not need such a nurse like the oft-defeated M. P. Gibbs, to help them hold a meeting in the district. Amidst great applause and continued cheering he asked the people to vote the straight ticket and help in the defeat of the Government.

Capt. Lewis then addressed the meeting. No words are necessary to describe the whole-hearted reception given to their respected, honored and honest fellow-citizen. Here was an honest and bold man, by the sweat of his brow he had wrested a living from the bosom of the mighty language direct and sincere he asked them to take heed of the awful career of hoodlums and incompetency which marked the Morris regime. In clear and practical words he dwelt upon the branch railways, the Agricultural policy, the land scandals, the reduction of taxation and other planks in the Morris platform. Referring to the land scandals he

said that for years Edward Kennedy had been applying for timber areas on the back of Avondale. Already he held 800 acres of timber land and he was applying for 2000 more. This application was so far refused, but what would happen if George Kennedy was elected to the House of Assembly? He pointed out to the people the necessity of guarding their birthright and consider the amount at stake should they elect Edward Kennedy. Therefore he urged upon them all to vote the straight ticket for Lewis and Carter in the interests of clean, honest and representative Government.

Mr. Mat. Whelan then spoke, and with that knowledge which he possesses of local affairs, he scathingly criticized the present Government and the wrongdoing of its ministers and asked his hearers to vote for Lewis and Carter the straight Liberal ticket.

Mr. Patrick Griffin then addressed the meeting. He keenly criticized the administration of local affairs, the rottenness existing in every department and branch of the civil service, and the subjecting of sacred office to party politics.

Great enthusiasm prevailed right throughout the meeting and it is clearly apparent that the people of Harbour Main are determined to wipe from office the political pirates and party scavengers who now clutch the vitals and destroy the independence of this Newfoundland of ours and are determined in a united effort for honest Government; to vote the straight Liberal ticket for Lewis and Carter.

Harbor Main, Oct. 20th.

## A WELL-KNOWN MAN.

Minard's Liniment Co., Limited.  
Dear Sirs.—can recommend your MINARD'S LINIMENT for Rheumatism and Sprains, as I have used it for both with excellent results.

Yours truly,  
T. B. LAVERS,  
St. John.

## An Appreciation.

"Now is the time the Wairus says  
To speak of many things;  
Of auburn slips and sealing wax  
Of cabbages and kings;  
Of why the sea is boiling hot  
And whether pigs have wings."

In sequence of ideas the above Nonsense Verses have the Times beaten all to pieces. Night after night we vainly search the Herald for one line of argument, only to find the same old platitudes, the same old personalities, the same old red herring, and in short the same old lies.

We are constantly being brought under compliment for our active Premier. We admit that he is active—for mischief. He also boasts that he is to be seen at all our public gatherings, garden parties, football matches, etc. But the thinking man asks himself now is the work of his office being conducted during his prolonged absences? Surely there must be some correspondence that would demand his personal attention, however worthless that personal attention may be. The intelligent voter does not elect a man to represent him at tea parties, nor football matches. No, he considers the first duty of a legislator is to make wise laws for the country in general and to study the needs of his

## Apples

Just arrived  
per S.S. Florizel & Digby

**239 brls**

CHOICE APPLES

Assorted Kinds,  
Lowest Prices.

Soper & Moore.

## Arrival of Prince Albert TOBACCO.

Prince Albert Tobacco is prepared for smokers under the process discovered in making experiments to produce the most delightful and wholesome Tobacco.

A rich mellow smoke, does not bite the tongue.

**JAMES P. CASH**  
Distributor, Water Street.

## What a St. John's Lady Writes About Our DRY CLEANSING PROCESS.

St. John's, Oct. 1, 1913.  
UNGAR'S LAUNDRY & DYE WORKS, Halifax.

"I think it a pleasure to drop you a few lines thanking you for the great pains taken in my work sent through your local agents, Messrs. Nicholle, Inkpen & Chafe, Ltd. The work is entirely satisfactory—beautifully done.

"I could not have believed the suit could look so well, and will surely recommend your work to all enjoining friends as well as to assure you of further patronage.

"Yours respectfully,"  
This is the kind of work we are doing for the people of St. John's. Let us help you dress better on less money.

**UNGAR'S LAUNDRY & DYE WORKS, Halifax.**  
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## The Surplus Earned.

In 1912 the Canadian Life earned surplus of \$1,530,667, exceeding by over \$237,000 the earnings of 1911, and by a much larger amount the earnings of any previous year. This is of importance to policyholders, for their Dividends must come from this account.

CANADA LIFE ASSURANCE CO.

**C. A. C. BRUCE, Manager,**  
St. John's.

## Provincial and Municipal Debentures to yield from 5 to 5 1/2 pr ct.

Town of Amherst,  
Town of Pictou,  
Municipality of Shelbourne,  
Province of Nova Scotia,  
Town of Sydney,  
City of Halifax.

Fees on application.

**F. B. McCURDY & CO.,**  
Bankers and Brokers.

**C. A. C. BRUCE, Manager,**  
St. John's, Nfld.

## WHEN YOU GO HUNTING WITH A KODAK

The only ammunition you need is a handful of GENUINE KODAK FILM CARTRIDGES.

If you want good pictures get your Films and Plates from us. A fresh supply—all sizes—just received.

**PHOTO SUPPLY CO., 180 Water St.**

Advertise in The TELEGRAM.