

Mattresses

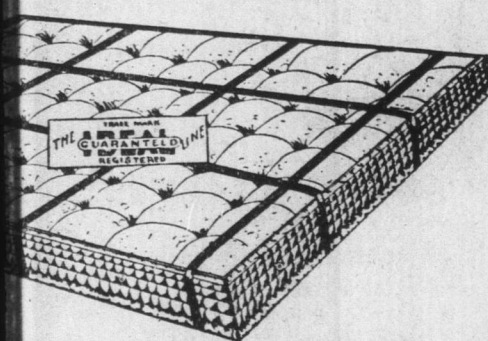
BEDSTEADS
from \$3.95
up to
\$30.00.

ALSO,

**Combination
Lath & Spring
Bedsteads!**
Our
Big Seller.

SPRING

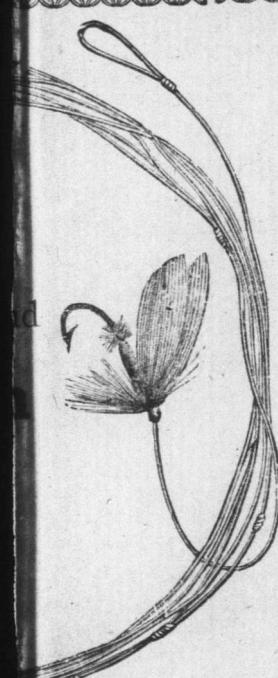
ing in cost, as well as making it vermin
leave. Made by special process in fac-
tory as well. We recommend it to be



MATTRESS

otton and wool with wood fibre centre, 6
ou buy the Health, as nothing unsani-
mattress.

CH Co., Ltd.
Water Streets.



GOT THEM!
out and Salmon Casts.

RDWARE CO., Ltd.
Royal Stores Hardware)

This is to certify that fourteen
years ago I got the cords of my left
wrist nearly severed, and was for
about nine months that I had no use
of my hand, and tried other Liniments,
also doctors, and was receiving no
benefit. By a persuasion from a
friend I got MINARD'S LINIMENT
and used one bottle which completely
cured me, and have been using MIN-
ARD'S LINIMENT in my family ever
since and find it the same as when I
first used it, and would never be with-
out it.

ISAAC E. MANN.
Metapedia, P.Q.
Aug. 31st, 1908.

If fat from chickens is melted and
strained it will be as nice for mak-
ing cake as butter.

WRIGLEY'S

THE FLAVOUR LASTS

"An Opening"

Open the sealed end
with your finger nail

Push on the other end
to make sticks project

Pull out one—push
the others back in

Unwrap the double
cover and see how
surprisingly delicious
and full-flavoured it is.

Three Kinds Made in Canada

The Flavour Lasts

The trade supplied by
R. J. COLEMAN, McBrides Hill, St. John's, N. F.

**Chew it after
every meal!**

Let's Go Swimming.

(From the Cleveland Plain Dealer.)

We cannot all fly, and even the
fortunate few can get little of
genuine pleasure from the practice.
Floating cushions and whirling prop-
ellers deaden them and a stinging
spray of splashes that goggled,
smarting eyes to the beauty of what
lies below, they do not soar like
birds. Those the country, not as
those who leisurely in top bug-
gies, but rather as do those who pro-
fane the quiet countryside in sport-
ing racing cars. If we would share,
in some measure, the pleasures
of the birds, the water, not the air,
must serve our turn. And swimming
is the nearest thing to flying that
men can hope learn, a substitute,
indeed, which not to be despised.
There is the best of sense pleas-
ures in the clear, cool water, a
freedom of motion, a sheer delight
in muscular action which one may
not know on land. You enter the wa-
ter gingerly, sisk a little by the
cold splash to your ankles. You
wade in, delicately as Agass walked,
plunging your feet into the water

and dashing it upon your head and
shoulders. As the bottom falls away
you rub your stomach vigorously,
Indian fashion, as a preventive of
dreaded cramps and then, your courage
revived, you duck completely and
rise, spluttering, to find the world is
yours. Those on the beach who do
not know the wonders of the lake
believe you swim. In truth you fly.
You start out with the old-fashioned
breast stroke, sailor fashion, turn on
your side for increased speed, prac-
tice at will the trudgeon and the
crawl, whirl round and round,
splashing lustily. You know an utter
freedom which ends only when your
toes touch the sand. Swimming, you
are as the bird, master of a fluid ele-
ment. You do not sing, rather you
grunt lustily as you expel your
breath after each strenuous kick, but
you would carol cheerily if you had
wind enough. There is no exercise
like swimming. The breast stroke
builds arm and shoulder and breast
muscles. The forward thrust and
backward sweep is guaranteed to de-
velop those back muscles which cure
the scholar's stoop. The scissors kick
of the side stroke will do more for the
legs than all the gymnasium tricks



'No Fair Weather Friend'

SKIPP Kerosene Oil is dependable under
any weather conditions—because it is clean,
powerful and uniform.

SKIPP KEROSENE OIL

Every drop the same—every drop pure power.
Better for Newfoundland climate than any other.
Clean burning and non-carbonizing. Keeps
your car motor contented, and costs less by the
mile or the year.

STANDARD OIL CO.
of NEW YORK
Frank Agencies, Ltd.



yet invented. The arduous labor of
the trudgeon and the crawl compels
deep breathing. And when one's
wind, grown short in office chair or
over work bench, is spent, you turn
upon your back and rock, as in a
cradle, looking at the sky. You come
out in a cool comfort of which an
hour's blistering heat will not rob
you, and wander home, content. You
have an appetite, and you will sleep
to-night.

Reservists on Train.

The following Royal Naval
Reservists are passengers on the incoming ex-
press due at 5:30 p.m. to-
day:

T. Payne, F. M. Power, M. J. Smith,
C. Hickman, H. S. Hillier, C. T. Hobbs,
A. Squires, K. Tucker, W. H. Parks,
C. Miles, S. Ralph, A. Power, H. J.
McGrath, P. Nash, H. Gillis, E. Cumby,
G. Avery, W. R. Parsons, C. McDonald,
W. Austin, J. Morgan, H. G. Hillier, N.
H. Brett, G. Jones, N. Peddie, A.
James, M. Whealan, A. Mitchell, A.
White, J. Jewer, F. Stead, R. McQueen,
J. Clayton, E. Smith, G. Jones, H.
Dicker, J. Coveyduck.

One of the number is returning on
sick furlough.

A Letter to the Premier

The Newfoundland Industrial Work-
ers Association have forwarded the
following letter to Sir Edward Morris,
Premier:

Rt. Hon. Sir E. P. Morris, P.C., K. C.
M. G., etc., Prime Minister.

Dear Sir,—I am directed to call your
attention to several communications
which I forwarded you on behalf of
the N. I. W. A. relative to the ques-
tion of food control. The association
is glad to note a bill has been intro-
duced into the Legislature appointing
a board of food control and considers
the bill, with one exception, a most
suitable one. The number of the
Board is three, whereas the associa-
tion recommended fifteen. I am di-
rected to ask whether the Government
will appoint at least two of the mem-
bers of the Board from the ranks of
the Industrial classes, and whether the
nominating committee appointed at a
mass meeting of the Industrial classes
shall be given an opportunity to nomi-
nate these two members.

Yours respectfully,
MAURICE H. HITCHCOCK,
Secretary.

The Gas Range!

The Gas Range means comfort for
the housewife; shorter kitchen hours
for her, and a cleaner kitchen. It is
a great mistake to think that cooking
with gas is expensive.

Whenever a woman becomes used to
gas for cooking, thoughts of a coal or
wood stove fill her with gloom. A
Gas range is so much easier to op-
erate, so efficient for all kinds of cook-
ing, and so much cleaner, that the
idea of going back to the old style
methods is decidedly unpleasant. Yet
in winter many housewives think they
must use a coal or wood stove, be-
cause there is no other way of heat-
ing the kitchen. THERE IS ANOTHER
WAY AND IT IS FAR BETTER
THAN THE OLD. THE CLOW GAS
STEAM RADIATOR WAY. may 23, 17

Household Notes.

Many an unappetizing left-over can
be used to advantage with grated
cheese in a baking dish.

Ginger-bread mixture, with ground
nuts added, then baked in the form of
drop cakes, is delicious.

Save the water in which peas, beans
or potatoes are cooked. This makes
good material for the stock pot.

If you make a gelatine dessert in
hot weather, allow a little more gel-
atine if you would have the mold firm.
Fish is the only food which has not
risen in price, and the wise house-
wife will take advantage of this fact.

When taking gelatine or blanc-
mange out of a mold, immerse the lat-
ter in a pan of hot water for an in-
stant.

Iodine should be in every medicine
chest. If diluted with alcohol or
water, half and half, it is the best
disinfectant.

An excellent hard sauce is made of
butter and sugar creamed in the usual
way, with the beaten white of an egg
added.

Tiny pieces of sausages cooked un-
til brown and then scrambled with
eggs are delicious for a hot supper or
a chilly night.

A rusty screw can be moved by ap-
plying a red-hot iron and moving the
screw, while it is very hot, with the
screw-driver.

Prevent the crochet needle from
pricking your finger sore by putting
adhesive plaster where the needle
strikes the finger.

A good picnic sandwich is made by
frying ham and eggs separately, then
grinding them together and putting
between bread and butter.

Some kinds of meat bones, espe-
cially beef ribs, may be sprinkled with
salt and cayenne pepper and broiled
over a clear fire until brown.

Casualty List.

(Received July 25, 1917.)

Admitted 22nd General Hospital,
Dannes, Camiers, July 17th, Gun-
shot Wounds Abdomen and Left
Hand, Severe.

2799—Private Philip Walsh, Bay-de-
Verde.

Admitted Wandsworth—Neuritis.
3473—Private Frederick Finfield,
Bonavista.

Previously Reported Missing—Now
Reported Admitted to Hospital at
St. Clothilde, Douai, and Died in
German Hands, April 19th.
2253—Private Harold G. Jacobs,
Northen Bay, Bay-de-Verde.

Previously Reported Etaples July
19th—Accidental Injury to Jaw—
Now Reported Admitted Wands-
sworth.

3252—Private Thomas Randell, Lit-
tle Harbor Deep.

R. A. SQUIRES,
Acting Colonial Secretary.

The Civil Service.

St. John's, 25th July, 1917.

Editor Evening Telegram.
Dear Sir,—I learn that the united
front shown by the teachers has suc-
ceeded in securing for them their in-
crease of salary from 1st of January
last. In other words the Government
has shown their appreciation of this
branch of the Civil Service by bring-
ing them under increased pay six
months in advance of the remainder
of the Civil Service.

While congratulating the teachers
on their good fortune, I think it is
most unfair to the other branches of
the service particularly those residing
in the city who have to respond to
so many calls, collections, etc., (to
which the teachers are largely ex-
empt) and which makes their net
income even less, than that which the
teachers complain of. The recent in-
crease graded from five to fifty cents
per day does not yet bring the salar-
ies of the Postal and Customs officials
(many of them doing expert work)
up to the stipend paid a junior clerk
in a mercantile office.

Civil servants, if you desire a living
wage, you must fight for it. New-
foundland has not yet seen the polit-
ical leader with sufficient courage to
do justice to the civil servant. Or-
ganize, form your union or associa-
tion which in the right hands would
soon become a power, whose plea or
demand no Government could afford
to ignore. Now is the day and now
is the hour. In a year or so a Govern-
ment will be appealing to the people,
and the support of an organized civil
service union or association would
certainly be one of the influences
which would receive consideration.

Trusting that you will give this
space in your independent paper, and
oblige

FAIR PLAY.

Blazer Striped Cottons, double
width, 25c.
THE WEST END BAZAAR,
July 26, 21 51 Water St. West.

T. J. EDENS.

50 Tons
No. 1 HAY.

500 bags OATS,
BRAN, CORN MEAL,
BADGER FEED, \$2.50 bag.

EDDY'S
SILENT MATCH.
Chemically self-extinguishing.
Household size; large box 8c.

PURITY
BUTTER.

2 lb. prints.
CHEAPER THIS WEEK.

Corn Syrup, 2 lbs. net. .20c. tin
Vinegar, 23 oz. btl. . . .20c.
Green Beans, No. 2 tin. . .16c.
Wax Beans, No. 2 tin. . .16c.
King's Bacon, 4 lbs. .45c. lb.
Campbell's Soups, asstd.

Bran Flour.
Puffed Rice.
Flaked Rice.
Milk Rice.

ROOT BEER EXTRACT.
15c. bottle will make 2 galls
beer.

ADAMS' FLOOR POLISH.
6 cases
FRESH COUNTRY EGGS
by Rail to-day.

T. J. EDENS.

Duckworth Street and
Rawlin's Cross.

Ayre & Sons

LIMITED

To our Fishing Tackle Dept. we have added
recently some new imports, viz.:
SALMON and TROUT CASTS.
SALMON and TROUT LINES.
GUT HOOKS—Single and Double Ganged.
FLY and CAST BOOKS.
FISHING RODS from \$1.50 up.
We have a good stock of WADERS & BROGANS.
LANDING NETS and MOSQUITO NETS.
PRESERVED and ARTIFICIAL BAIT.

You will find in our Camping-out Dept.—
TENTS, CAMP CHAIRS.
SINGLE SPRING STRETCHERS.
LUNCH BOXES, LUNCH BASKETS.
PAPER PLATES, ICE CREAM PLATES.
WAXED SANDWICH PAPER.
PAPER TABLE COVERS.
PAPER TOWELS, PAPER NAPKINS,
and many other useful articles for the simple
life.

SPECIAL!
Motor Boat Supplies

SPECIAL!
Harvesting Tools

Ladies!

DO YOU REALIZE OUR
17 cent Hosiery

Is the BEST VALUE obtainable in the
City at the price.

SEE IT IN OUR WINDOW.

SPECIAL!
All Silk Knitted
TOQUES,
for little Boys and Girls,
35c. each.

SPECIAL!
ROMPERS,
In assorted colors, to fit
children from two
years to five,
40c.

Our showing of

LADIES' READY-TO-WEAR HATS,

In Panama, is newest High Crown, Sailor and
Mushroom effects. SEE WINDOW.

S. MILLEY

PEACE TIME VALUES AND PRICES

is our SPECIAL OFFER THIS WEEK in

All Wool Cream Nuns Veiling, 45c. yd.
All Wool Pink do do 45c. yd.
All Wool Cream Cashmere, 85c. yd.
Pink French Merino, . . . 75c. yd.
Fancy Cream Lustre, . . . 65c. yd.

AT

A. & S. RODGER'S