

## Campbell's Soups

\$1.30 Dozen, 12 cts. tin.  
Look for the Red and White Label.

1000 BOXES

## NECCO--1 cent Candies.

NEW LOCAL

Potatoes, Cabbage, Turnips, Beet,  
10 Cases Fresh Eggs.

T. J. EDENS,  
Duckworth St. and Military Road.

## "BEAVER" FLOUR

is both a  
Bread Flour  
and a  
Pastry Flour



The perfect flour is the one that combines the good qualities of Ontario and Western wheat. This is exactly what "Beaver" Flour does. It is a blend of best Ontario fall wheat with a little Western wheat to add strength. "Beaver" Flour is equally good for Bread and Pastry—it has the real home made flavor that western flours lack. Ask your grocer.

DEALERS—Write us for prices on Food, Canned Goods and Cereals.

THE T. H. TAYLOR CO., LIMITED, CHATHAM, ONT.

R. G. Ash & Co., St. John's, Sole Agents in Newfoundland, will be pleased to quote prices.

## Take a Mackintosh and You'll be Safe.

Fall days will soon be here, and Fall days mean rainy days; even if you go for a walk when it's nice and bright, it's safest to take a raincoat with you, for the fall showers come at a moment's notice.

The best thing to do is to be prepared for the "rainy day."

We have just received a splendid stock of Men's and Women's Mackintoshes in all the newest styles and colorings, and in a great variety of textures and weights. These new Mackintoshes are in advanced styles and are in reality samples of what will be the leading fashions next Spring in "rainy weather" wear.

Women's from.....\$3.75 to \$16.

Men's from.....\$6.75 to \$18.

U. S. Picture & Portrait Co.

## NEW APPLES

First for the season.

30 barrels New Apples,  
150 barrels New Potatoes,  
90 barrels Green Cabbage,  
30 bunches Bananas,  
Due Thursday ex S.S. Stephano.

GEORGE NEAL.

Phone 261.

## Solving the Servant Problem.

BY RUTH CAMERON.



opened my eyes.

For this woman said that she could not keep the house and pay for rent, food, fuel, light, the telephone and the hundred and one little extras that will come up even in the best planned household budget for less than \$17 a week. Board and lodging in a congenial private family for her husband and herself cost them \$15.50 a week. Moreover if she had kept house she would have had to devote all her time to that or else have increased her budget about \$10 for a maid's board and wages. In boarding, of course, she practically received the services of a maid, and in her leisure time she was easily able to do enough embroidery—a kind of work she infinitely preferred to housework—to add \$5 or \$6 to the family income. Therefore it would have cost those two people at least \$5.50 more a week to keep house than to board.

These figures as I say, sounded unthinkable to me at first, but figures which I have since received from other people have backed them up pretty consistently.

Now I have always said that I thought young people were infinitely

happier when they went to house-keeping in a home of their own instead of boarding. But this puts a new light on the matter. Isn't it a startling situation when you think of it? That and the servant situation together combine to give me courage to outline a plan which I have long favored, and which I am told has been tried in some parts of this country—and that is, the co-operative kitchen.

Since it is necessary that some men must have millions of dollars while the rank and file earn scarcely enough to bring up a medium sized family, we must do something. That it costs less to board than to keep house proves that co-operation will be a great deal. Well, then, why couldn't any dozen families for so have a co-operative kitchen? The meals could be served at separate family tables in a co-operative dining room, or delivered at the homes as seemed best. Being relieved of the burden of meal getting, almost any woman could easily dispense with a maid, take care of her own home, do her own sewing and possibly some congenial outside work.

I know most of my readers are saying that this is all nonsense and impossible, that boarding house food is unhealthy, etc. and so on. But I am not talking about a boarding house run for profit, mind you; I am talking about a co-operative kitchen run to please its owners.

Perhaps it may be visionary, but I'd certainly like to see it made less so by being put to the test. Myself, I'd be more than glad to be one of the pioneers.

Ruth Cameron

## Capt. Koch's Story of His Greenland Trip.

Copenhagen, Denmark, Aug. 14.—The story told by Captain Koch, the Danish explorer, of the crossing of Greenland in company with three hardy companions, shows that the dangers and hardships encountered on the great inland ice field have not decreased since Rear Admiral Robert E. Peary and Dr. Fridtjof Nansen made their journey over a portion of the same desolate waters.

The Danish leader and his three companions, Dr. Wager, a German, Larsen, a sailor, and Sigurdson, a native of Iceland, were reduced during their journey to eating a pet dog, the only animal left.

After landing from their ship on July 24, 1912, the first mishap encountered by the expedition was the loss of a number of ponies.

Shortly afterward their motor boat disappeared through the thin ice, and the explorers were obliged to wait until nearly the end of September before the ice was sufficiently thick to carry their sledges and horses. When they were ready to start, Dr. Wegener fell, with the result that one of his ribs were broken.

The expedition arrived at about ten miles to the east of Queen Louise Land on October 13, and went into winter quarters there.

Cannibal Ponies.  
The shortness of fodder necessitated the slaughtering of all the ponies with the exception of five, which were gradually trained to cannibalism by being fed on the flesh of their brothers.

During a sledding trip, Captain Koch fell forty feet into a crevasse, breaking his leg. The accident kept him helpless in the hut throughout the winter in a temperature generally fifty degrees below zero.

On April 20, this year, the four men broke camp, and with five

sleighs, each drawn by a pony, started on their seven hundred and fifty mile march to the west coast.

During the last forty days violent blizzards raged practically without cessation. The ponies became snow blind and so exhausted that the men were obliged to kill three of them. Later the sun's rays tormented the travellers and burned the skin from their faces, which soon had the appearance of raw beef, while the temperature at night was thirteen below zero.

Snowshoes for Ponies.  
Snowshoes were fitted to the feet of the two remaining ponies, and proved a wonderful assistance to them in the loose snow. But for the ponies the expedition would have been in a worse plight.

Unfortunately for the explorers, it was found necessary to kill another pony on July 11, this year, because the fodder had given out. Next day the last pony was killed, much to the distress of the members of the expedition, as a few miles further on splendid pasturage was found.

The rations of Capt. Koch and his companions had been meanwhile gradually reduced, and on July 13, their provisions were finished.

Caught in Blizzard.  
A howling blizzard came up on top of this misfortune, and for thirty-five hours the four men were compelled to take shelter under a projecting rock, where they remained without a morsel of food.

On July 15, they tried to push on to the coast, which was now visible, but they were so exhausted with hunger, cold and wet that they were scarcely able to move. Their only chance for life was to kill the pet dog, which had tramped with them for about 800 miles. This was done and its flesh was cooked and eaten. The meal was hardly finished when the explorers sighted a sailing boat in a ford to the east of Proven on the west coast of Greenland.

By means of shots and signals, the explorers succeeded in attracting the attention of those on board the vessel, and Pastor Chemnitz, who was on the ship, soon, with the assistance of the crew, had the famished and worn out explorers in safety.

## Back Was Lame For Two Years

Stomach Troubles and Weakness of Kidneys Cured by Dr. Chase's Kidney-Liver Pills.

There is an enormous amount of suffering from liver and kidney derangements and stomach troubles that could easily be avoided by using Dr. Chase's Kidney-Liver Pills. You could only realize the scores of everyday life that arise from a sluggish condition of the kidneys, liver and bowels you would not be long in giving this medicine a trial.

Mrs. Edward Stewart, New Richmond, West, Que., writes: "I want to tell you how thankful I am for using your Dr. Chase's Kidney-Liver Pills for stomach troubles and backache caused by weak kidneys. I was unable to wash any clothes for over two years on account of my back being lame. I read the Almanac and began using these pills. They have made a complete cure. I can do my own washing and other work now, and want to say to lady friends that they do not know how much I appreciate Dr. Chase's Kidney-Liver Pills." 25 cents a box all dealers or Ed. Chase, Bates & Co., Ltd., Toronto.

## How They Propose in Holland.

A curious old custom still exists in many provinces in Holland. If a young man is in love with a girl, and wishes to ask her hand in marriage, he goes about it in the following manner:

He buys a small, sweet cake, and wrapping it up in soft paper, proceeds to the house of his innamorata. Upon his arrival he is ushered into the midst of the family circle. Without a word he walks up to the young woman he wishes to make his wife, and he lays the cake on the table before her.

If she accepts his offer, she takes up the cake and eats it. Sometimes, though, Dutch girls are capricious, and torture the young man by turning it over and playing with it before she

## HOSE!

This week's special is  
Children, Misses' & Ladies'

## Hosiery,

In Cashmere, Lisle, Silk,  
Fancy Embroidery and  
Gauze.

EXTRA VALUES.

Child's, all sizes, 16c. pair  
Ladies' Black and-Tan Cotton,  
Cashmere, Rib and  
Plain, 25c. pair.

## Soper & Moore.

decides to bite it, and then enraptures him by eating it to the last crumb.

If, on the other hand, she wishes to have nothing more to do with her admirer, she quickly wraps the cake in its covering and puts it back on the table. In this case the young man takes up the cake, satisfied with his refusal, and with a "Vain trial, my friend!" leaves the house. The matter is then kept a profound secret by all the members of both families, and the outer world never hears of it.

If, however, the affair progresses favourably and the suitor is accepted, the father takes him on one side to ask about his business prospects and if he can afford to take his wife for a wedding journey up the Rhine, the ideal wedding journey of all Dutchmen. The girl, in a case of this sort, does not go into society for about six weeks. At the end of that time she reappears at balls and parties, and is not thought any the less of or shunned by young men who wish to marry.

ORDERS NOW TAKEN  
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BONELESS CODFISH.

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2 & 4 Water St. East,  
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## Odd Ways of Keeping Fit.

The case of a Smithfield caspary, whose death from heart disease was accelerated by pedestrian exertions designed to keep him physically fit, is not likely to deter men of sedentary occupations from the vigorous physical exercises which they feel their systems need.

A City athlete stated recently that the case reminded him of the odd ways in which thousands of men in offices take exercise. "A large number of men," he said, "are in the habit every morning of sprinting from their homes to their suburban stations, not because they are late for their trains, but with the deliberate purpose of a 'time-opener.' It is wrong, of course; no real athlete would do it immediately after breakfast and without the possibility of the subsequent rub-down."

"Then there are the men who make a practice of running up the steps at the Tube stations under the mistaken notion that in such an atmosphere it does them good. They had much better take the lifts."

"I know one man who has an exercise of his own that he calls 'following a stone.' He walks across the park, casting a stone in front of him, picking it up when he comes to it, and throwing it forward again. He declares it does him a great deal of good, and I dare say it does. A friend of mine digs in his garden every morning before breakfast, not for gardening purposes, but for the exercise of excavating."

"I have heard of a man who climbs the Monument stairs (311) regularly at luncheon time. All these little crazes are good in their way, but of course the value of any form of exercise depends on its regularity of practice and its all-round demand on the muscles. But far stranger than the variety of ways in which a number of men try to keep themselves fit is the enormous number of men who take no exercise at all and yet manage, apparently, to keep fairly fit—at all events, until they reach middle-age."—Daily Mail.

Electric Restorer for Men  
Phosphorus restores every nerve in the body to its proper tension; restores vitality, strength, energy and all mental faculties. Price 50c. per box, or 10c. per box, 10 boxes for \$1.00. The Electric Restorer is sold by all druggists.

WINDY'S LINDEN CURE FOR  
TUBERCULOSIS.

Children's Straw and Linen

## HATS

Have all been greatly reduced in price by us in order that our customers may have a chance to fit out all in their family with a new Hat for Regatta Day.

Give us an early call and we shall be delighted to show you our stock.

GEORGE T. HUDSON,  
367 and 148 Duckworth Street.

## All Newfoundlanders

who have visited London, have taken afternoon tea at FULLER'S world celebrated shops on Regent Street, and have eaten their delicious Chocolates and Candies, the finest in the world.

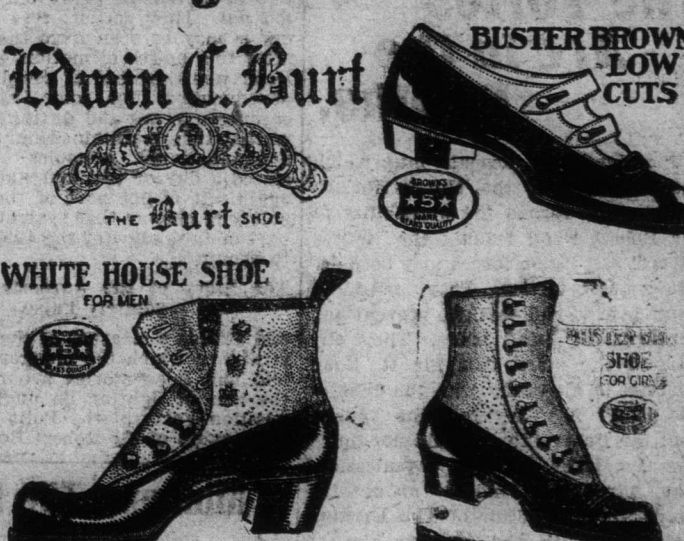
We have been appointed Sole Agents for Newfoundland and have just opened a shipment in 1 lb and 1/2 lb. boxes. You should certainly try a box.

In response to many enquiries for ABDULLA CIGARETTES of Virginian Tobacco, we have imported a quantity.

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Grocery Dept. Phone 679.

## Distinguished Arrivals!



Your protection against shoddy footwear is assured when you wear such noted shoes as these:

THE "BERT" SHOE FOR LADIES.  
THE "WHITE HOUSE" SHOE FOR GENTLEMEN.  
THE "BUSTER BROWN" SHOE FOR CHILDREN.

Modern and perfect fitting guaranteed.

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OUR REPAIR DEPARTMENT is now in full swing. Old shoes made like new.

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