

BOYS' KHAKI**CAPS.**

Just opened: A limited quantity of these quick sellers. Not replaceable when the present stock is exhausted.

Still at old price:

40c.

NEW FALL IMPORTS!

We are now ready with many Lines of Goods such as you require for Fall and Winter. Notwithstanding the many drawbacks and difficulties of obtaining Goods, still we have been very fortunate--being early in the markets--in securing many attractive lines.

All Departmentnets are now well stocked.

Marshall Bros

MEN'S TIES

AND

Scarfs.

Seldom have we shown the assortment now on view.

A lot of **High-class** Goods at popular prices.

Well Enough!

By RUTH CAMERON.



A suffrage worker was talking to a business woman who was violently opposed to the change.

"I believe in letting well enough alone," said the business woman primly.

"You think that is always the best way?"

"Yes," said the suffrage worker, "please let me remind you that if the woman of fifty or seventy-five years ago had let well enough alone, you could not have gone into the business world and made your living as you are doing to-day."

I suppose people have been saying "Let well enough alone" ever since the world began.

And everyone who has said it has at that moment been profiting by the struggle of someone in past generations who could not let well enough alone.

She Couldn't Have Had a College Degree.

The business woman who want to let well enough alone is a college woman. She is very proud of her college degree. She advises all her friends to go to college, even if they have to make a sacrifice to accomplish it. She often speaks of the way a college education broadens women. Yet if certain splendid women, such as Mary Lyons and Alice Freeman Palmer, had believed in letting well enough alone this woman could not have had a college education.

She Couldn't Have Had Free Reading Matter.

When the above conversation took

place, the business woman was returning from the public library with two volumes under her arm. It is a walk she frequently takes, for she reads much and avails herself constantly of the library's resources. Now, as we all know, there was a time when there was no public libraries, there was even a time when people questioned if public libraries might not be harmful. But there were some altruists who didn't believe in letting well enough alone, and they worked and sacrificed and to-day we have our wonderful free libraries (I often think by the way how little we appreciate them.)

All the inventions, all the reforms in the world have been wrought by people who didn't believe in letting well enough alone.

I'm Ready for That Objection.

"But," the conservative will remind me, "you forget that much harm also has been done by people who didn't believe in letting well enough alone."

"No, my friend," I don't forget; "but may I quote you once more that crisp saying of Stevenson's that I love so well, 'We can forgive mistakes, but not even God can forgive the hanger back.'"

This is not intended as a brief for Women's Suffrage. Nor am I saying that the new is always the best. But it is a brief against the spirit which says let well enough alone and means by "well enough" the stage which we happen to have reached just now.

START RIGHT NOW and select your piece of Overcoating for the winter. We have just opened a splendid range of Blue Naps and nifty patterns in Tweed, with other big selections to arrive. **SPURRELL BROS.,** 365 Water Street, "The Young Man's Tailor."—sept1, eod, tf

Fresh Fruit, etc.

Ex S. S. Stephano to-day: BANANAS Canadian CABBAGE Am. ONIONS, Crates. CRANBERRIES CARROTS FRESH TOMATOES. PEARS, half barrels Gravenstein APPLES GREEN TOMATOES.

For pickling purposes use Heinz spiced pickling Vinegar and Heinz X X X Malt Vinegar, half gallon jugs. Don't take chances with inferior vinegars.

C. P. EAGAN.

DUCKWORTH STREET & QUEEN'S ROAD.

'Phone 480.

Due to arrive per S. S. Stephano

335 brls

Gravenstein Apples

At prices to suit all purses.

50 Baskets Ripe Tomatoes.

5 Brls. Pickling Tomatoes.

40 Brls. Choice Pears.

40 Half Brls. Choice Pears.

25 Cases Oranges.

20 Bunches Bananas.

3 Boxes Lemons.

PLUMS!

We hope to fill all our orders for Plums this week. We expect Red, Yellow, Blue, Damson and Gages.

Soper & Moore,
Wholesale Groceries, Fruit and Produce.

Health Questions and Answers.

By Mrs. McIntyre and Miss Hall. Delivered at their Lectures.

Do you consider it wise to scald milk?

Milk should be scalded under certain conditions only. Sterilized milk means milk which has been brought to a temperature of 212 degrees F. The chemical composition of the milk has been changed, the albumin being coagulated and in many cases the lactose or sugar of milk being caramelized. In sterilized milk all diseased germs are killed but on account of the chemical composition of the milk being changed it is not as readily digested.

Pasteurized milk means milk which has been brought to a temperature of about 140 degrees F. Kept at that temperature for thirty minutes and then quickly cooled. In this way all animal bacteria are killed but the chemical composition of the milk is not changed. For that reason it is more readily digested and should be given to children in preference to the sterilized milk.

Certified milk means milk which has been produced from healthy cows under clean conditions and delivered to the consumer in a sanitary condition. The bacterial count in certified milk is very low as compared with the bacterial count in ordinary market milk. After the milk reaches the home of the consumer it must be kept at a low temperature in order that the bacteria will not multiply. If milk is delivered in bottles the top of the bottle should be thoroughly washed before the milk is poured from the bottle. We often find hundreds and thousands of bacteria on the top of the bottle and unless they are removed they will be washed into the glass or receptacle with the milk.

There are a few good ways to determine the freshness of milk. There should be no blue line, where the top of the milk and the glass meets. There should be no sediment in the bottom of the milk bottle. Milk should not be stringy or ropery.

Is sour milk good? Sour milk is good providing the milk is quickly soured. Milk which has been soured by the lactic acid bacteria (which are the harmless bacteria), should have a firm clabber. Milk which is soured by the harmful or putrefactive bacteria does not have

a firm clabber and often possesses a bitter flavour. This sour milk should be avoided.

Is Buttermilk a good food? Buttermilk does not have as much food value as whole milk, on account of the fat being removed. It is readily taken care of by the body, however, and is recommended by many physicians on account of the action of the lactic acid upon the putrefactive bacteria in the intestines.

What is your opinion of a Fireless Cooker? Do you consider it makes food more nutritious?

The fireless cooker is one of the best labor-saving devices that has come to the house wife in recent years. It is especially good for cooking cereals, many of our vegetables which require long cooking, and tough cuts of meat which should be cooked at a low temperature in order to soften the connective tissues.

Give the food value of bananas.

A banana has about the same amount of food as a slice of butter or potato has. All three are good hydrates food-producing energy. Bananas are often indigestible because they are eaten green, or at least underripe. When a banana is green the skin is thick and when the skin is removed there is a fuzzy substance on the outside. If this is stripped off and the banana is found to be quite bitter. This substance on the outside of the banana acts much as tannin in tea does, and the banana under such conditions is not readily digested. To be thoroughly digestible a banana should have a thin skin and freckles on it. I do not mean by this that the banana should be over-ripe. It should be firm, for in a ripe banana the starch will have been converted into sugar. The small children should not be given bananas to eat unless the mother sees that they chew them very thoroughly. It is a good plan to slice the banana, serve it at the table with cream and some well toasted bread or hard crackers. In this way the banana will be thoroughly chewed and will not cause trouble afterwards.

HOW TO PREVENT ACID STOMACHS

AND FOOD FERMENTATION.

By a Stomach Specialist.

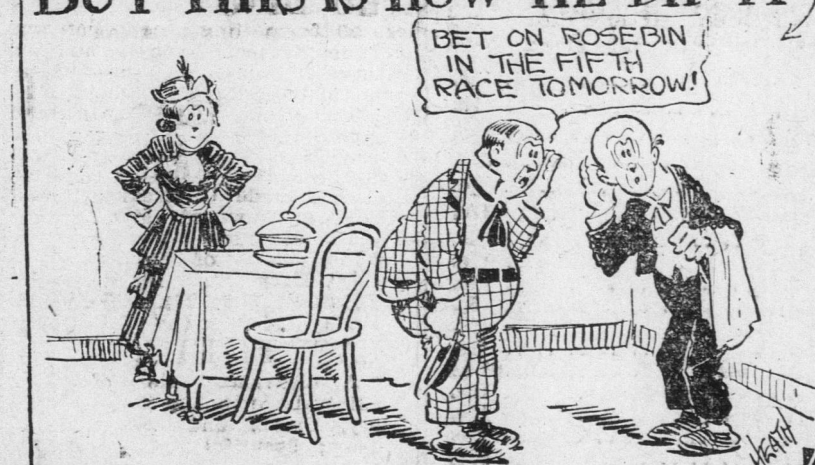
As a specialist who has spent many years in the study and treatment of stomach troubles, I have been forced to the conclusion that most people who complain of stomach trouble possess stomachs that are absolutely healthy and normal. The real trouble, that which causes all the pain and difficulty, is excessive acid in the stomach, aggravated by food fermentation. Hyperacidity irritates the delicate lining of the stomach and food fermentation causes wind which distends the stomach abnormally, causing that full bloated feeling. Thus both acid and fermentation interfere with and retard the process of digestion. The stomach is usually healthy and normal, but irritated almost past endurance by these foreign elements—acid and wind. In all such cases—and they comprise over 90 per cent. of all stomach difficulties—the first and only step necessary is to neutralize the acid and stop the fermentation by taking in a little warm or cold water immediately after eating, from one to two spoonfuls of bisulphated magnesia, which is doubtless the best and only really effective antacid and food corrective known. The acid will be neutralized and the fermentation stopped almost instantly, and your stomach will at once proceed to digest the food in a healthy normal manner. Be sure to ask your druggist for the bisulphated magnesia. I have found other forms utterly lacking in its peculiarly valuable properties.—F.J.G.

THE CARISBROOK.—Temporary repairs, mainly the plugging of holes to the hull of the pit prop steamer Carisbrook, which was stranded near Little Bay, is now being made by Diver Butler preparatory to the ship coming to St. John's for complete repairs.

GEE WHIZ, DON'T ACCUSE ME OF BEING SUCH A CHEAP SKATE AS TO FAIL TO LEAVE THAT WAITER A GRATITUDE GOSH, I GAVE HIM A SWELL TIP!



BUT THIS IS HOW HE DID IT

**Concert to Reservists.**

At the Grenfell Hall, last night, a concert was given to our Royal Naval Reservists, many of whom attended.

A programme, consisting of vocal and instrumental selections and dances, was gone through, the performers being Misses H. Job, A. Hayward, Bartlett, E. Mare, Dunfield, Orr, Windeler and Mitchell, Rev. H. Uphill, Mrs. Chater, Mrs. Colville and Messrs. Lloyd, Collier and Luxon (of H.M.S. Calypso), D. Winter and A. Cameron.

The concert was splendidly arranged by Mrs. Chater and Miss Rendell, and was well carried out, each item reduced evoking much applause. The Reservists were presented with pipes by the Board of Trade members, who promoted the entertainment, and with cigarettes generously provided by the Imperial Tobacco Co. The rendition of the National Anthem by all present terminated a happy event. At the close Mrs. W. H. Jones, assisted by other ladies served refreshments to the Reservists.

Hospital Board of Governors.

The newly appointed Board of Governors were met yesterday afternoon by Colonial Secretary Bennett, who introduced them formally to the General Hospital Superintendent, and Staff. Mr. Bennett read the Act passed at the last session of the Legislature, after which brief speeches were made by him and some of the Governors. A preliminary meeting was then held and adjournment was taken until next Saturday afternoon.

LAST NIGHT'S GALE.—A heavy S.E. gale and rain showers raged up country last night. It was severely felt on the South West Coast. Along the Western end of the railway the wind blew with hurricane force. The storm was only slightly felt in the city. In the evening the wind raged strong, accompanied by heavy rain showers, but exhausted itself by midnight.

MINARD'S LINIMENT CURES GAGGET IN COWS.

Wedding Bells.

PHILLIPS—GABRIEL.

Last evening, Mr. George Phillips, of this city, and Miss Mary Helen Gabriel, niece of Mr. Herbert Gabriel, of Job's Office, were made man and wife at the G. of E. Cathedral, the Rev. J. Brinton officiating. The bride, who was charmingly dressed, was given away by her uncle. At the conclusion of the ceremony a reception was given at the residence of the father giver. The Telegram joins in the congratulations extended to Mr. and Mrs. Phillips.

MAHER—BURKE.

Miss Annie Burke and Mr. John Maher, both of Flat Rock, were united in matrimony at the R. C. Cathedral, on the 18th inst. The bride was attended by Miss Eureka Vasey, while Mr. Denis Maher acted as groomsmen. The bridal party left for Manuels to spend their honeymoon. That they may have abundant happiness and prosperity is the wish of their friends.

Praise it Wherever I See a Chance.

MESSRS. DEARBORN & CO.,

Dear Sirs,—I use your Baking Powder all the time, and praise it wherever I see a chance. In fact I would not use any other so long as I can get yours.

EMMA O. CROWELL,

Yarmouth, N.S., Dec. 4, 1912.

OPERATIONS SUSPENDED.—Fishery operations on the Labrador Coast have been suspended on account of violent storms, according to a message received by Baine Johnstone & Co. from Mr. Croucher, their agent at Battle Harbor.

Mapleton's Peanut Butter is made in England. When you buy it you will know its value. When the children get it on their bread they know its quality. Cheap nourishment these strenuous times. The proof of the pudding is the eating of it.

"Choked by Invisible Fingers."

This is about as near as we can come to describing that suffocating sensation caused by Asthma or Bronchitis. There is nothing else like it.

STAFFORD'S
Phoradone Cough and Cold Cure

has been designed to relieve just such conditions.

Sold at Stafford's Drug Store (Theatre Hill), Stafford's Pharmacy (Duckworth Street).

Price 25 cents. Postage 5c. extra.

Prepared only by Dr. H. Stafford & Son, St. John's, Nfld.

Manufacturers of the

3 Specialties:

Stafford's Liniment.

Stafford's Prescription "A"

Stafford's Phoradone Cough Cure.

Stafford's Drug Store (Theatre Hill) is open every night.

TALKING TOO MUCH.

The man who's always talking will some day talk too much, and with disaster shocking he then will be in touch. You jabber like a lawyer about the blooming war; is that what your employer is paying money for? You talk a lot of Bryan, who jumped the ship of state, when you should be a-tryin' to make your record straight. Great truths you are parading, and ologies profound, when you should be out spading the fertile garden ground. You talk about the neighbors, and charge them up with crime; are there no wiser labors to occupy your time? Go, mark the down-and-outers, who through the booby hatch; the most of them were spouters, who had always talked too much. Go, watch the bums who sidle around with empty maws; they let their arms hang idle, and labored with their jaws. The man who still discourses when there is naught to say, until his larynx hoarse is, will get the bounce some day. The boss will bar and ban him, and brand him as a chump, and shoot and fire and can him, and send him to the dump.

What Are You Doing for that Eczema?

"Nothing; I've about given up trying to cure it."

"That is not wise. Do as I did and you will probably be cured in a short time. I used Zylex and Zylex Soap with it and my Eczema began to improve at once. A couple of boxes cured. You can get Zylex at your druggists."

Zylex, 50c. a box; Zylex Soap, 25c. a cake.

Zylex, London. eod, tf

WHEREABOUTS DISCOVERED.—

Searches and enquiries of the police have discovered the whereabouts of the supposed missing young woman Milley, a domestic. She had taken up quarters at a house other than the one from which she was reported "missing."