

# Big Values EVERY ITEM A BARGAIN

## Special Hosiery Bargains

adies Plain All Wool Cashmere Hose, "Alpha" Brand made in England. In shades of Navy, Coatings and Green Heaters **98c. pair**

## Pyjama Flannelette

English Make, Strong Quality.

## Special 35c. yard

## White Turkish Towel Bargain

Large size, hemmed or fringed ends

## 96c. pair

## White H. C. Quilts by the pound

Single Bed size, \$1.00 per pound

Average weight about 2 lb.

# STEER BROTHERS

## Friendly Society.

OF THE INDEPENDENT ORDER OF REHABILITATES.

After the total abstinence... red, and many tants were broken up. Another red-letter event was the first procession. It took place on January 18th, 1886, and created a great sensation, no demonstration by teetotalers having been seen previously in the neighbourhood of Manchester.

These set-backs, however, were only temporary. Soon the order began to make steady headway again. At the moveable congress in 1842 progress at home was reported, and members were cheered by the announcement that tents had been opened at Boston, New York, Sydney, and Nelson (New Zealand).

From an early date there had been tents for women as well as juvenile tents, several of which had been in existence since 1838. It was announced at the congress that a lad belonging to such a tent at Kendal

So it is with tea! The highest grade must of necessity cost MORE than the ordinary grades, but this is more than compensated for by the fact that it takes a LESS quantity to make a pot of tea incomparable for its bouquet and fragrance when is used

# Armada

Always on the shelves of the better class Grocery Stores.

## TO-DAY'S MESSAGES.

**NEXT PLEASE!** LONDON, Feb. 24. Society is stirred by the announcement that Lady Mercy Grenville, nineteen year old daughter of Countess Warwick is shortly to go on the stage. The Countess, in an interview with the Evening News, says she is delighted with her daughter's choice of a career, arrangements for which are being completed.

**RUSSIA'S CLAIMS.** MOSCOW, Feb. 24. George Tchitcherin, Bolshevik Foreign Minister, in a note addressed to Italy, Great Britain, France, Germany, Poland and Lithuania has announced that Russia, unless consulted, must ignore, and in future present claims for damages for any decision made by the Allies regarding Memel, made without Russia's consent, as this Baltic port is of vital interest to Russian trade. Russia is endeavoring in every way possible to protect her interests in former Russian territory.

**TROTSKY IS HOPEFUL.** MOSCOW, Feb. 24. The fifth anniversary of the formation of the Red Army was celebrated throughout Russia yesterday. Minister of War, Trotsky, sent the following message to the army: "We want peace, but nobody knows when the intentions of our enemies will compel us to get into the field. Let us, therefore, during the coming year, meet every month and every day as if it were the last month and the last of our preparedness."

**SLEEPING SICKNESS IN VANCOUVER.** VANCOUVER, B.C., Feb. 24. Fourteen cases of sleeping sickness are reported in this city recently. One death, others expected to recover.

roofs or floors, or a dwelling can be built entirely of it, from chimney-pot to cellar, including sinks, staircases, door and window frames, mantelpieces and meat safes. And there need be no fear that the result will be bare and cheerless, for exterior ornaments can be moulded of concrete, with which color may be mixed to obtain enhanced effects.

Two applications of concrete in house-building are revolutionary. One consists of moulding a whole side of a dwelling in single piece, and the other of erecting a house of wood, and then spraying the exterior with concrete, thus getting the effect of rough masonry.

This many sided material can also be employed in shipbuilding. Some experiments in this direction were made during the war, and soon we may see them renewed. In combination with steel, concrete is the ideal material for great and important structures. It makes up a seventeen-story building recently erected at Manhattan, New York, as well as the Pensioners Issue Office at Acton—a vast structure 538 ft. long and 245 ft. deep, with a cornice measuring 1,600 ft.

The flexibility of concrete in working, too, is such that it can be used in many ways to preserve existing structures. It has been forced under pressure between the stones of historic bridges that threatened to collapse, binding together the components in such a way that they will be a joy to generations yet to come.

Concrete can also be substituted for unstable foundations of old buildings, the life of which can be prolonged indefinitely. The operation carried out recently on No. 16, Downing Street, which was underpinned with concrete and steel because the walls were sinking, indicates a wide field of usefulness for the wonderful material.

**Buildings That Won't Bura.** It is with the aid of concrete, again, that houses and other structures may be moved bodily from one site to another. The earth is dug out by degrees from beneath the building, which, as the work proceeds, is supported by steel plates in sections. A bed of concrete then takes the place of the removed soil and is continued to the fresh site, where another foundation, also of concrete, is made. As soon as this is dry, the structure is lowered on to rollers, and moved to its new situation.

Such is an outline of the proved utility of concrete. That its possibilities are not yet exhausted is certain. We may even have concrete cities where sewers, roads, pavements, bridges, institutions and dwellings may be of the material which is hygienic, defies vermin and fire, and may be made not only damp-proof, but practically everlasting, for a mass of concrete and steel rods or expanded metal is indestructible except by a high explosive.

**BUNKERS REPLENISHED.** S. S. Meigle hauled down to S.S. Daghild in the omig yesterday and placed on board a quantity of coal for that ship.

**TINSMITH'S RIVETS.**—Just arrived a new lot of Tinsmith's Rivets, all sizes, Tinned and Black. G. KNOWLING, Ltd. Feb 24, 1923.

MINARD'S LINIMENT USED BY VETERINARIANS.

## Created a Scene.

WHIFFLE-TREE ARGUMENT GATHERS CROWD.

Yesterday a horse pulling a load of bran over Custom House Hill stopped near the top and refused to go further until the load was lightened. A S. P. A. man appeared on the scene and an argument arose over the potentialities of the whiffle-tree. The debate waxed warm and a crowd of several hundred people gathered. The principals in the row got hot under the collar and it appeared as if every minute they would come to blows. The scene could have been avoided had the S. P. A. man securely locked up his goal before he undertook his duties. The carmen state that if more attention was given to the condition of the streets, their animals would haul with much greater ease. The hill where the scene occurred is covered with about six or eight inches of sand, salt and snow slush, which is very difficult to haul through.

## Office Besieged.

MINISTER TAKES TO VAULT.

This morning an exceptionally large crowd gathered in the passageway leading to Hon. Dr. Campbell's office in the Agriculture and Mines Building, preventing even the Minister from reaching his sanctum. The only private place available was the result from the records of the department are kept. Persons having any special business to transact were obliged to see him behind the iron doors of the place.

## Inter-Collegiate Hockey.

R.F.C. DEFEAT ST. BON'S—SCORE 5-1.

The St. Bon's hockey team went down to defeat by a score of 5 to 1 in their game with Bishop Field College, played in the Prince's Rink this morning. The attendance was the largest for the season. This is the first time in years that St. Bon's College suffered a defeat, and hearty congratulations were tendered the winners at the close of the game. Both teams are now tied for the points, and an exciting chase is being looked forward to when they next meet.

**SAGONA FANNED.**—S. S. Sagona is jammed in the ice 40 miles east of Scattered, on the way to Port aux Basques.



## "GLAXO"

BUILDS BONNIE BABIES

"GLAXO" Whole Milk Powder.

"GLAXO" Is a Food for Infants and Invalids composed of the Solids of best quality Cow's Milk dried to a powder at the source of supply and retaining its Purity and Freshness.

"GLAXO" Can take the place of Ordinary Cow's Milk, especially for Cocco, Milk Puddings, and Invalid Cooking.

"GLAXO" Is a standardised Whole Milk Powder made by "The Glaxo Process" free from harmful Bacteria and suitable for Infants and Invalids.

The Glaxo Process destroys all harmful Bacteria, and causes the powder when it is mixed with Hot Water to be easily digested by the Baby from Birth, or a Weak Adult who is unable to digest ordinary Cow's Milk.

Price, Large Tins . . . \$1.20 Price Small Tins . . . 60c. Special Price Per Dozen.

ELLIS & CO., Limited, 203 Water Street.

## Diaphragmatic Breathing.

The diaphragm is a very busy, interesting and important muscle, voluntarily up to a certain degree, yet automatic in control. It works while you sleep, while you eat, and even while you hold your breath. It is shaped like a circus tent and is stretched across the torso, dividing the chest cavity from the abdominal cavity, with its anchorages or guy lines attached to the lower ribs, spine and lower end of the sternum or breast bone. When the diaphragm contracts it flattens down, pressing the stomach, liver and other inside appurtenances downward and making the belly bulge forward; incidentally increasing the capacity of the chest and drawing air into the chest. The diaphragm is the chief breathing muscle and although it is controlled by the will it works constantly as an automatic, indeed the only automatic voluntary muscle in the body.

Diaphragmatic breathing is the natural and best way to breathe. It is the way we breathe, when asleep or unconscious. It is the way a savage, man or woman breathes. It is the way a civilized man breathes if he has not acquired bad breathing habits by false physical culture practices. But civilized woman with her belly restrained or splinted or put out of action by corsets and tight waistbands, breathes largely with the upper chest, in the manner called thoracic breathing, because her diaphragm is embarrassed by her clothing. And civilized woman pays dearly for this interference with nature, suffering with all sorts of disorders of the abdominal and pelvic organs. These disorders she is fond of attributing to inherent weakness of her sex, but if there is any inherent weakness it is due entirely to her pathological mode of dress. Women are getting some sense nowadays and slowly but surely are graduating from abnormal splints and orthopedic support to freedom, self support and better health along with a less morbid and more wholesome state of mind. As intelligence permeates the mind of the more creditable women, the absurdity of attributing ill health of any kind to a woman's sex or sex becomes more and more manifest.

Cultivate diaphragmatic breathing, as a health habit, no matter about your age or sex. Here is the way to get the habit, if you have learned to breathe wrongly. Lie on your back with both knees flexed. Place your right hand on your belly. Imagine the respiratory movement begins in the toes of your right foot and travels gradually upwards to the middle of your body on the right side, across to the left side, and then gradually down to the toes of the left foot. Follow each inspiration this way up to the middle of the body and down to the other side as you expire. At the same time, try how high, without force, the hand is lifted as the belly bulges or expands with inspiration and how low the hand sinks as the belly falls or contracts with each expiration. Repeat some 20 times, slowly and evenly every night and every morning. This simple exercise has cured many functional disorders of young women.

Here and There.

## MAGISTRATES COURT.

A drunk was discharged. While a horse case was withdrawn.

**C. E. CATHEDRAL.**—The preacher at the 11 o'clock service to-morrow at the C. E. Cathedral, will be Rev. E. C. Earp, Rector of St. Thomas's.

## EVERY BODY SMOKES

Old Chum Tobacco

A mild Tobacco that has fully met the smoker's demand for delightful quality and mild character.

CASH'S Tobacco Store, WATER STREET.

## Telegram Fashion Plates.

The Home Dressmaker should keep a Catalogue Scrap Book of our Pattern Cuts. These will be found very useful to refer to from time to time.



**A "TRIM" SUIT.** 3808—Very important in the life of a little boy is a comfortable suit—whether it be for school or play. The style shown here is good for chevrot, flannel, serge, homespun, velvet and corduroy. Wash goods are also attractive. The pattern is cut in 4 sizes: 2, 3, 4 and 5 years. A 4 year size will require 3 yards of 27 inch material. A pattern of this illustration mailed to any address on receipt of 10c. in silver or stamps.

**A DAINY FROCK FOR A LITTLE TOE.** 4200. One may have this without sleeves and without the bertha, or as illustrated. The development with bertha and without sleeves could be in batiste or voile with hemstitching and embroidery. With sleeves and without bertha the dress is nice also for percale, crepe and singham. The pattern is cut in 4 sizes: 1, 2, 3, 4 and 5 years. A 4 year size requires 2 1/2 yards of 32 inch material. Pattern mailed to any address on receipt of 10c. in silver or stamps.

**A POPULAR STYLE.** 3930. Here is ease and convenience for the "little" person and quite the latest fashion whim—to "wrap" your dress about you and go about it without "mussing up your hair." The basket, pockets will be attractive, and are useful too. This style is good for repp, linen or singham. The sleeve may be in wrist or elbow length. The pattern is cut in 4 sizes: 4, 6, 8 and 10 years. A 6 year size requires 3 1/2 yards of 32 inch material. Pattern mailed to any address on receipt of 10c. in silver or stamps.



**A NEW PLAY SUIT FOR A SMALL CHILD.** Pattern 3532 was used for this model. It is cut in 4 sizes: 2, 4, 6 and 8 years. A 4 year size will require 3 1/2 yards of 36 inch material. Crash, drill, gingham, pongee, poplin, repp, chambray, lawn, percale, flannelette, serge and crepe may be used for this design. If desired the smock may be closed on the shoulders. A pattern of this illustration mailed to any address on receipt of 10c. in silver or stamps.

**A POPULAR PLAY DRESS.** 4201. This simple version of the "Romper" fashion will readily appeal to the busy home dress maker, because of its easy development, and comfortable lines. Gingham was selected for this style with white linene for collar and cuffs. The sleeves may be in wrist or elbow length. The pattern is cut in 4 sizes: 2, 3, 4 and 5 years. A 3 year size requires 2 1/2 yards of 27 inch material. Pattern mailed to any address on receipt of 10c. in silver or stamps.

**A GOOD GARMENT FOR PLAY TIME.** 3874. Trim and neat, and altogether practical is the model portrayed here. The boy who likes to romp and run will welcome a play suit of this kind, with its spacious pockets, and comfortable lines. The style is good for wash fabrics, for serge, and pongee. The pattern is cut in 4 sizes: 2, 3, 4 and 5 years. A 4 year size requires 1 1/2 yards of 27 inch material.

Name . . . . . Size . . . . . Address in full:—

## People With Defective Vision

Are about as well equipped to fight life's battle as an army of soldiers supplied with wooden guns. WHY CONTINUE FIGHTING under these conditions when you can have all your wants supplied at the OPTICAL HEADQUARTERS? **R. H. TRAPNELL, Ltd.** Jewellers & Opticians, 197 Water Street.