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## **Campers and Picnickers Supplies**

OF THE HIGHEST STANDARD OF QUALITY. ALL ORDERS CAREFULLY EXECUTED AND SHIPPED WHEN AND

CAMBRIDGE SAUSAGES—Large Oval Cans.

OXFORD SAUSAGES—In Tomato Sauce.

OXFORD SAUSAGES—Large Oval Cans, Plain.

ENGLISH BLACK PUDDINGS—Large Oval Cans. OX TONGUE-11/2 and 2-lb. Cans. OX TONGUE—1% and 2-1b. Cans.
OX TONGUE—2°s—Glass.
PICKLED PIGS' FEET—Pints and Quarts.
CHICKEN—Medium and Large Glasses.
LUNCH TONGUE—½ lb. and 1-lb. Cans.
FRENCH SARDINES—Boneless.
POTTED CHICKEN, CHICKEN and TONGUE, etc.
CALIFORNIA FRUIT SALAD—Large Glass Jags and Cans.
CALIFORNIA ROYAL ANNE CHERRIES—Large Glass Jars.
CALIFORNIA ROYAL ANNE CHERRIES—Large Glass Jars. CALIFORNIA PEACHES and APRICOTS—Large Glass Jars.
MOIRS' PLAIN SULTANA, CHERRY, GENOA CAKE—by the 1b. HUNTLEY & PALMER'S FANCY BISCUITS-by the lb. and in

WELCH'S GRAPE JUICE—Nips, Half Pints and Pints.
ROSES' LIME JUICE & LIME JUICE CORDIAL—Pints and

## C. P. EAGAN,

2 Stores:

Duckworth Street & Queen's Road 20000000000000000000000000000

## Wallace Silverwear.

Is your Table Silver as good to-day as

Have you noticed that at the parts most exposed to wear, the plate has become Do you think this condition of your Silver is in keeping with your idea of a well

Then why not, when you decide on re-placing your old ware, give place to it with the "Wallace" Brand, the Silver that refuses to wear and is guaranteed without time

Start with the Tea Spoons and gradually complete your Set with the one pattern there are several for you to choose from and the price is very moderate.

Tea Spoons cost \$8.00 for a Dozen

## T. J. DULEY & CO., Ltd.

The Reliable Jewellers & Opticians.

## A HANDSOME SERGE SUIT.

That's the price for a fine Custom-made, Indigo Blue, All Wool

Serge, with best of trimming, good workmanship and a perfect fit.

Tweed Suits from \$40 to \$55.

Mail orders promptly attended to.

SPURRELL The Tailor

WATER ST. WEST. and at DUCKWORTH ST. GRAND FALLS.

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## FOR SALE Yacht "Josephine,"

110" long, 9" deep, 150 H.P. Automatic engine, speed 12 knots, 99 tons registered; fitted with electric lights, independent Dynamo and Storage Batteries, Searchlight; 5 Lavatories, 2 Toilets and Bath, running water. All finished in mahogany throughout. Cruising range of 2000 miles. Electric windlass for taking up anchor; 1 Launch, 1 Row Boat, Awnings complete. Saloon has accommodation for 12 people.

For further particulars and inspection, apply to

THE AUTOMOBILE MAN. King's Read, City. Tel\_109-1169.

Forty-Four Years in the Service of the Public-The Evening Telegram.

#### Newfoundland's

A FUTURE RICH WITH PROMISE. (by Capt. Victor Gordon, Acting High land Board of Trade, covering the a state of depression in the Island's ticularly efficacious in the pire-its isolated position at the gatechasers for the disposal of its chief articles of export.

The main industry in Newfoundpeasant populations of Spain, Portusome extent, the West Indies, with cial condition of Europe has render- the cod for the production of the oil. ed it well-nigh impossible for Newfoundland to market its fish with profit. The consumers of this fish in land in the future will make great the foreign countries named have to strides along the path of progress. pay for it in sterling in London, but The Dominion has a wonderful herisince the war affected exchange con- tage in its mineral resources. Hardditions they have been unable to pay ly anything is known of the great the prices they formerly did. New- copper deposits, of the gold that is foundland used to ship a great deal to be found on the Island, and of the of fish to Italy, but owing to the dis- great variety of metallic and mineral turbed conditions in that country substances waiting to be exploited. this trade has fallen off. In Spain The iron ore deposits at Bell Island there are still occasional good returns have high grade deposits sufficient to for first-grade fish; and Portugal, at last, at the present rate of producthe present time, is probably the tion, for 3,600 years. largest consumer. The political conmarket to a large extent.

#### New Markets for Fish.

methods of curing and grading.

1,300,000 quintals of codfish were rich with promise. taken, but there are no definite statistics as one year's supply overlaps another, and it is impossible in the remote districts around the coast of the Island to obtain accurate information as to the quantities ob- when they are tired ,and tests to retained. For several generations the veal fatigue may appear quite supsailing vessels, and there is a world of the highest importance in the inof romance bound up in that side of dustries ,and the lack of accurate the Colony's business life. This hab- methods to detect it in early stages it of shipping salted codfish across and to measure its amount makes the seas in small sailing vessels, in such study difficult or impossible. An

Dependence on Fereign Countries.

Newfoundland would like to deeither to its Icelandic and Norwegian believe that fatigue has a large share measure physical fatigue resulting competitors, or to the fishing centres in the promotion or transmission of from the usual routine of healthy on the north-east coast of Great Brit- disease than has any other single work. In connection with the latter,

that Newfoundland is so entirely dependent upon foreign countries for the marketing and consumption of its main product. That fact has taught us that we must in the future extend and develop our resources in minerals, agriculture and forest lands. The salmon fishery of Newfoundand is an industry that is capable of

vast expansion, and that is true also of the lobster fishery, which was val

Commissioner for Newtoundland.) | Quite recently a report was issued by From the report of the Newfound- the Medical Research Council, as the period January 1 to December 31, Dr. S. S. Zilva, of the Lister Institute 1922, some interesting information of Preventive Medicine, as to the can be obtained as to the conditions comparative value of Newfoundland of trade in Newfoundland. There and Norwegian oils. It should be has been for some considerable time explained that cod liver oil is parommercial affairs, largely due to of tuberculosis and other wasting the exceptional situation which New- diseases, because of certain vitami coundland occupies within the Em- qualities it possesses. All the oils produced do not, however, contain way to North America and its com- these valuable nutritive elements plete dependence upon foreign pur- Dr. Zilva has investigated the me thods of producing the Newfoundland sistent in its purity, and, owing to and is the cod-fishery, and it is not the rigid inspection of the processes generally known in this country that employed in its manufacture, is of a Newfoundland supplies most of the regular and superior quality. The cod liver oil produced in Newfound gal, Italy, Greece and Brazil, and, to land is taken from the fresh livers of codfish, whereas in Norway the of their main food supplies. In the is produced from a "mixed catch," post-war period, however, the finan- that is, other fish are thrown in with

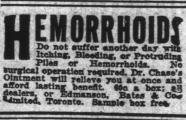
> An Industrial Future. There is no doubt that Newfound

The pulp and paper industry of ditions in Greece have closed that Newfoundland has already proved profitable, and influential London newspapers are now printed on paper which the island produces. Plans For two or three generations New- are now being made for the estabfoundland has been dependent upon lishment of another large pulp and the fishing industry—a state of af- paper industry on the west coast, and fairs which now calls for the wisest for the development of hydro-electric consideration of the Government, power by utilizing some of the vast There is as much fish in the seas water powers which are available. around Newfoundland now as ever, This enterprise is largely under the but the conditions under which it is control of Messrs. Sir W. G. Armtaken and marketed have greatly strong, Whitworth & Co., Ltd., and changed, and, according to the Board bids fair to eclipse all other business of Trade, we need to improve our undertakings on the island. With this and other new industries estab-It is estimated that during 1922 lished, the future of Newfoundland is

### Tests for Fatigue.

Most persons know well enough codfish trade has been carried on in erfluous. Yet the study of fatigue is faithfully in this perilous trade. The crude. Experience has taught most

It is an unfortunate circumstance portant study of the phenomena of fa versity have failed to find a reliable temporary and fleeting.



# **Economical Soap** Intelligent Women

Without Question

or Argument

Kirkman's Soap is sold to

derstanding that it satisfies

YOU in every way. Your

grocer will return your

money without question

or argument if you are

not pleased with results.

You alone are the judge.

you with the distinct un-

Not Difficult For AThinking Woman

> WHEN you go into your grocer's and hear a woman demand Kirkman's Soap, refusing to accept any other, it is not difficult to understand her reasons.

She knows that Kirkman and Son use only the finest materials to make their soap the best for every household and laundry use. And she knows that Kirkman has been a mighty long time in business. (86 years, to be accurate.)

Also, she knows from experience, that Kirkman's Soap is as harmless to the hands as the most exquisite toilet soap, because it is free from lye which reddens and chaps the hands.

CHE has learned, too, that the suds do not fluff or fade away, but can be depended on to furnish plenty of cleansing body for even the heaviest woolen gar-

ment.

desci

and

com

the

50

Dainty

Sport Black

Straw

The new

If you could personally hear this woman's experience with various soaps, you, too, would always demand Kirkman's. because a pure, honest soap is the only kind you should use.

Your Hands Will be Grateful

storms and gales, has developed a American Medical Association (Chic-tigue hinges on the availability of the respiratory observations employrace that knows not fear and has no ago) tells us that recent investiga- suitable methods of investigation. Fa- ed in detecting incipient stages in the thought of danger. The day of the tion has proved the untrustworthi- tigue must be detected with assur- breakdown of aviators suffering unsailing vessel is, however, passing ness of some of the most complica- ance and measured with some ap- der the stress of flying. by, and before very long steamers ted tests hitherto devised, and he ur- proach to reliability, if it is to be ac-

casual condition. The admittedly im- Lee and Vanbuskirk of Columbia Uni- ary affairs of life the reactions are criterion of the daily physical fatigue of the individual in any of the tests eretofore proposed. The human electrocardiogram (reord of heart-action) fails to reveal changes due to such exercise as walks

of 14 miles entail in untrained per-

sons. The skin reaction was unde-

pendable in healthy persons, as were

The preservation of normal funcwill entirely replace the picturesque ges further study of the subject. The cepted as an index of bodily fitness, tions and reactions in healthy perbarques, barquentines and brigan- present ways of handling the human and if physical performance is to be sons, despite ordinary vigorous extines that have served their time so machine, he asserts are empiric and gaged in accordance with its dictates. ercise, speaks eloquently of the Within recent years a considerable factors of safety in the human body insurance rates on sailing vessels industrial managers what they be number of physical tests have been The cardio-vascular system, serving are so high these days-from 71/2 per lieve to be the proper ways of dealing proposed as indicators of fatigue in as it does the needs of the whole cent. to 81/2 per cent, as against one with the workers, and experience is human beings. Some of them have body, ought, in the interests of the half of one 1 per cent. or less on conceived to be the best guide. The found useful application in furnish- organism, to maintain its efficiency steamers—that the mercantile com- thought that the worker is a physic- ing evidence of the changes in physic- and its capacity for work unimpaired munity is compelled to make the logic mechanism and should be treat- logic "fitness" attending pathologic as long as it is possible. Observations ed as such, is regarded as fit for the states or exertion under extreme con- show that this indispensable condilaboratory, but not "practical" ditions of environment. There can be tion is maintained, even after strenenough for the factory. He goes on: little doubt of the importance of hav- uous demands are made on this Every one realizes that the fore- ing a procedure like Martin's "resis- physiologic system. It is sensitive, and velop a larger trade in fish with Brit- most limiting factor in work is fa- tance strength-test" or "spring-bal- constantly reacts to a host of inish countries. At one time it had a tigue, the antidote to which is rest. ance muscle test" for measuring the trinsic and extrinsic influences. When valuable connection with the West of Incidentally, the condition of person- muscular impairment in such condi- these reactions are persistent and England, whence most of the people al health is one of great importance tions as infantile paralysis. It is one leave a continuing impress, they may in the Dominion have sprung, but in in the readiness with which fatigue thing, however, to detect pronounced be detected appropriate tests; and recent times this trade has drifted ensues; and, conversely, some persons physical deterioration, and another to here some of the tests that have been used appear to have proved practicable and valuable. But in the ordin-

> Keep Your Skin-Pores Active and Healthy With Cuticura Soap

# are Threatened.

New York Paper Talks of Revenge for Pulp Embargo.

York, July 18 .- (Canadian ess )-A "war of trade reprisals" tween Canada and the United States predicted by the New York World if of the Ever Hot Bag, and though pulp wood embargo authorized by is not the time when one requ

The World declares the embargo you to know we have them. ould mean the closing of many think no hot water is require ited States mills along the border, two or three teaspoonfuls of tailment of production in other water make it hot and keep paper, and continues:

forcement of the embargo would required. For the baby's pram, could begin with coal, oil ( sulphur and burst and needs only two or other necessary supplies for Canadian teaspoonfuls of cold water to ills, and extend beyond. No one ould be hurt, and ill will engendered

lls for reconsideration of the whole gether 14 cupfuls of brown sugar rade situation as between Canada and the United States. "We have to of butter until it forms a ball in tariff hits Canada a hard blow, cream, and stir well before using

and is largely provocative of Car present action," it asserts. sions are called for from our well as from their side."

#### McMurdo's Store New

#### THE EVER HOT BAG,

matism and all emergencies tory measures from this side should have one as it cannot but

to be served with desserts boil er that the Fordney-McCom- water. Then add % cupful

METE-





