

THE AGILITY

and prodigious leaping powers of the KANGAROO are famed all the world over. Its agility, however, is excelled by the ease and quickness with which

Sunlight Soap

expels dirt from the clothes in the wash. The SUNLIGHT SOAP enjoys well-earned and world-wide distinction as a Soap of the first quality. Its reputation is maintained by the £1000 Guarantee of Purity given with every bar, and by the good report of millions of housewives who use it daily.

WHY NOT TRY IT.



Wallie Schang.

Red McGehee says: World series star his first year out! Say, that's some rep to brag about for this kid. Wallie Schang. In 1912 in Buffalo he got his first real chance to show an' came through with a bang. Just thirteen teams put in a draft to lift him. It was Mack that laughed an' made the lucky pick. The minute that he joined Mack's crew the whole Athletic layout knew that he was gonna stick.

The vets and kids alike he caught an' Mack soon wished he couldn't bought a dozen more like Wallie. He bounces like a seasoned hand an' throw—how he pegs to beat the band. Gosh, how he shoots that ball! At bat he's dangerous as sin an' like to drive a runner in when one run's what they need. Most catchers look like dubs or shines at runnin', but the old baselines burn up with Wallie's speed. Four big world champ games Wallie played. The doorsteps thought he'd get afraid an' break before that crowd. Not Wallie! Arm, eye, leg an' brain, all worked as Wallie pulled the rein. He did himself right proud. An' this year just to show the folk he wasn't any one-year joke he starts in to repeat. For years he may keep goin' grand but that first year mark's gonna stand. It's one darn hard to beat.

Bread cutters can be had now in the shops, which cut bread any desired thickness for sandwiches, and prove themselves great time-savers.

FREE ADVICE TO SICK WOMEN

Thousands Have Been Helped By Common Sense Suggestions.

Women suffering from any form of female ills are invited to communicate promptly with the woman's private correspondence department of the Lydia E. Pinkham Medicine Co., Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence. A woman can freely talk of her private illness to a woman; thus has been established a confidential correspondence which has extended over many years and which has never been broken. Never have they published a testimonial or used a letter without the written consent of the writer, and never has the Company allowed these confidential letters to get out of their possession, as the hundreds of thousands of them in their files will attest.

Out of the vast volume of experience which they have to draw from, it is more than possible that they possess the very knowledge needed in your case. Nothing is asked in return except your good will, and their advice has helped thousands. Surely any woman, rich or poor, should be glad to take advantage of this generous offer of assistance. Address Lydia E. Pinkham Medicine Co., (confidential) Lynn, Mass.

Every woman ought to have Lydia E. Pinkham's 30-page Text Book. It is not a book for general distribution, as it is too expensive. It is free and only obtainable by mail. Write for it today.

KEEP MINARD'S LINIMENT IN THE HOUSE.

Feildians Defeat the St. Bon's.

The Feildians defeated St. Bon's in last night's football game by a score of 1 goal to 0. The exhibition was a fairly good one, despite the bad condition of the field. Play opened lively and for the greater part of the first half the ball was kept flying from goal to goal. Both goal-keepers were called upon several times but they defended well. St. Bon's were at a great inconvenience, owing to two of their team not turning up. They played with nine men. Higgins played an unusually fine game. He secured several fine runs down field but the ball being slippery he failed to score. When the teams crossed at half time no scoring had been done.

SECOND PERIOD.

The second half was rather exciting, and for most of the time the pace was a fast one. The combination of both teams was good, and play was evenly divided. About ten minutes before the final whistle, Pinsent, of the Feildians, landed a goal for his team, which was the only one scored for the evening and thus gave them the victory. Mr. C. Quick acted as referee and the line-up was:

FEILDIAHS.—Lush, goal; Rendell, Strang, backs; Strong, Tait, Ryall, halves; Winter, Edwards, Rendell, Pinsent, E. Rendell, forwards. ST. BON'S.—Higgins, goal; Cleary, Power, backs; Crawford, McGrath, Gear, halves; R. Callahan, Conran, Smith, W. Callahan, Dunn, forwards. In the St. Bon's line-up, the positions were somewhat changed owing to the non-arrival of two of their players.

At the Crescent.

IN THE WILDS OF AFRICA. Large audiences witnessed the special feature bill at the 'Crescent Picture Palace' last night. "In the Wilds of Africa," the thrilling two-reel story was a treat in motion pictures and deserved the favorable comment offered by the patrons. The other pictures were likewise approved of, and Miss Arkandy sang a very pleasing song. On Monday a grand two-reel drama "Wyona's Vengeance" is the special feature. This marvelous story is very exciting, the synopsis of which will appear in Monday's papers. A selection of extra good pictures are now coming to the Crescent. The management has been successful in securing the three-reel feature "Captain Kidd," which will also be presented during the coming week and also a splendid reel of animated news containing many interesting subjects that have occurred in almost every part of the world.

Marine Notes.

The topsail schooner 'Carl,' loaded fish cargo at Ramea by Penny & Sons for Oporto, and sailed on the 22nd; the 'Schuartz,' owned by Penny & Sons, was due to leave Cadiz July 21st with salt cargo for her owners. The shore fishery to date is very bad indeed; poor weather of late both for catching and drying.

The s.s. Digby leaves Liverpool for here on Saturday next.

The s.s. Florizel left New York today for here via Halifax.

The s.s. Morwenna left Montreal yesterday afternoon for here via Gulf ports.

NOTE OF THANKS.—Mrs. Patrick Walsh desires to express her gratitude to all who sent letters of sympathy, and to the kind friends who visited during the illness of her late husband.—adv.

MINARD'S LINIMENT CURES GARGET IN COWS.

Self-Pity.

By RUTH CAMERON.



Pity, they say, is akin to love. Self-pity is more than akin to self-love; it is practically identical with it. The habit of self-pity is fatal to the happiness both of its possessor and of those who have to live with him. It darkens his outlook; it hides his happiness from him; it cramps his capabilities; it narrows his sympathies. People who are always pitying themselves usually have little pity to spare for other people's troubles. A woman who has developed this unfortunate habit, was brought into close contact with a relative's deep trouble. The self-pityer is a woman of nervous temperament and she was greatly upset by the whole affair. It came at a time when she had much to do, it started her nerves to jangling. At the same time it broke the relative's heart and spoiled her life. And yet whom do you think that woman pitied the most? Herself, of course. "It does seem too bad that I should have to have this experience when I'm all tired out and nervous," she went about saying. She was looking at the spectacle of a broken heart and a wrecked life and she scarcely seemed to see it at all, because the spectre of her own misfortune in being upset by her con-

tact with the experience loomed up between. One would have thought that if she felt no more generous emotion she might at least have been moved to be thankful for the peace and happiness of her own life. But her only thought was, "It does seem too bad that I should have to have this experience when I'm all tired out and nervous." Such is the power of self-pity to distort one's vision. Another woman who has lost her husband and her money, and been forced to open a boarding house to support her children, is the wonder of my life, because she seems so cheerful and happy. She has no servant, she does all the work herself, she has had to give up all social life and all the larger interests which once meant so much to her, and yet I never heard her utter a word of complaint; never even heard her imply by word or look that she thought she was having a hard time. I was speaking of this to a woman who is in her confidence and she explained it in this way. "She simply won't let herself pity herself. She says that's a sure way to be unhappy." Never permit yourself under any circumstances to think of yourself as a martyr. Nothing nullifies the value of sacrifice like an attitude of self-pity. The real martyrs have never been conscious of their martyrdom. Remember, those who lavish their pity and sympathy on themselves do not have any left to give to others.

A Bad Heart, Its Cause and Cure.

Many, Firmly Convinced They Are Dying of Heart Trouble, Have Often the Strongest Hearts.

Sometimes you wake up at night, heart throbbing like a steam engine. Your breathing is short and irregular; pains shoot through the chest and abdomen, and cause horrible anxiety.

Your trouble isn't with the heart at all. These sensations are the outcome of indigestion, which has caused gas to form on the stomach and press against the heart.

Just read what happened to Isaac Malloux, of Belle River, Ont.: "Three months ago I was a weak, sickly man. My appetite was poor, food fermented in my stomach. I had sour rising and indigestion. At night I would often weaken with gas in the stomach and heart palpitation."

"I consulted my doctor and used remedies that my friends advised. Nothing helped."

"One day I received a sample of Dr. Hamilton's Pills, and my cure commenced. To-day I have a vigorous appetite strong heart action, and no sign of indigestion. I feel younger and healthier than ever before."

"You druggist or storekeeper sells Dr. Hamilton's Pills, 25c. per box or five boxes for \$1.00. By mail from The Catarthozone Co., Buffalo, N.Y., and Kingston, Canada."

The Sorehead.

When Grouch goes home, at close of day, from sawing wood or shucking hay, he's in a 'frame of mind'; he roasts the work he has to do, he roasts the housewife, good and true, and says things most unkind. He roasts the grub he has to eat he roasts the milk for being sweet, the slaw for being sour; and when the meal is done he sits in gloomy state, and throws some fits, and growls hour after hour. The children hush their laughter glad, for if they worry poor old dad, he knows where there's a club; the wife goes round with weary tread, and wishes she had never wed that sort of dismal tub. A wiser man is William Bum, who, when the long day's work is done, goes home in cheery mood; he chorics, and he cries, "Gee whiz! How good this nifty supper is," as he throws in the food.

The children greet him with a yell; they love their daddy passing well, and he loves them some, more; his wife's being waiting for a while to give him welcome, and her smile is wider than the door. The humble home where gladness dwells, where kind eyes smile and laughter swells, is heaven, slimmered down; but home is like the other place if on disgruntled father's face there hangs a chronic frown.

Copyright, 1913, by George Katharine Lippard. One Minute.

Right-O.

YES, WE HAVE THEM.

20 brls. New Turnips.
20 crates Ripe Bananas.
20 brls. Green Cabbage.
15 cases Cal. Oranges.
15 doz. Cucumbers.
30 baskets Tomatoes.
20 boxes Table Plums.

ALSO

30 cases Fresh Dates.
500 bags P. E. I. Blue Table Potatoes.
Orders booked ahead.

PHONE 480.

Soper & Moore.

NEWS BY CABLE.

Special to Evening Telegram.
KINGSTON, Jamaica, July 24. Huerta and his party of fugitives from Mexico, arrived here to-day on board the German cruiser Dresden, from Puerto, Mexico.

Special to Evening Telegram.
NEW YORK, July 24. Advice from Hammondsport report that the 'America' will start from Newfoundland for the Azores on August 11. All obstacles have been overcome.

Special to Evening Telegram.
VIENNA, July 24. All the Austrian and Hungarian reservists living abroad were warned by the Army authorities to-day to be ready to join their regiments at twenty-four hours' notice.

Special to the Evening Telegram.
SYDNEY, N.S. Wales, July 24. The island of Aoba, in the New Hebrides, is in imminent danger of collapsing from incessant earthquake shocks. Already there have been several fatalities. If the steaming volcano erupts, the whole population, numbering 5,000, are doomed.

Special to Evening Telegram.
LONDON, July 24. Two suffragettes belonging to the British nobility, Lady Barclay and Edith Fitzgerald, were arrested to-day at Buckingham Palace, where they made persistent attempts to present to the King a letter written to His Majesty by Mrs. Pankhurst.

LONDON, July 24. The Buckingham Palace Conference met again to-day and held the shortest of its four sessions. The discussion lasted only 40 minutes. The members then left the Palace. No statement was given out as to the result of the meeting, but it was expected that the Premier would make an announcement in the House of Commons in the course of to-day. According to the Liverpool Daily Post, a leading Liberal newspaper, it is frankly acknowledged to-day that the effort made by the Conference in Buckingham Palace to reconcile the conflicting views of Irish Nationalists and Ulster Unionists must be abandoned. The Post adds that a report of this unhappy result of the Conference will be published in the Court circular this evening.

Sciatica Vanishes Instantly If Nerviline is Used.

CAN YOU BEAT THIS CASE? No ordinary liniment will even relieve Sciatica. Nothing but the most powerful kind of a remedy can penetrate through the tissues and finally reach the Sciatic Nerve. You can always depend on the old-time "Nerviline." Nothing made to-day is as good for Sciatica as Nerviline was when first produced, about forty years ago. All this time the same old "Nerviline" has been curing Sciatica, Lumbago, Rheumatism, and is considered to be without an equal in relieving pain or soreness anywhere. "Nerviline" couldn't be made stronger or better," writes James E. Edwards. "The way it cures Sciatica is to me simply a miracle. For years I suffered frightfully. I ruined my stomach with internal dosing. I rubbed in gallons of oil and liniments—none were strong enough. One good rubbing with Nerviline relieved. I kept on rubbing and shortly was cured. My father cured rheumatism in his right arm and shoulder with Nerviline, and my mother cured herself of chronic lumbago with Nerviline. Our family simply swears by Nerviline and we are never without a six-cent family size bottle in our home. We find that for external pain, for coughs, colds, earache, such minor ills it is a veritable family physician."



THE CELEBRATED

Arthur James'

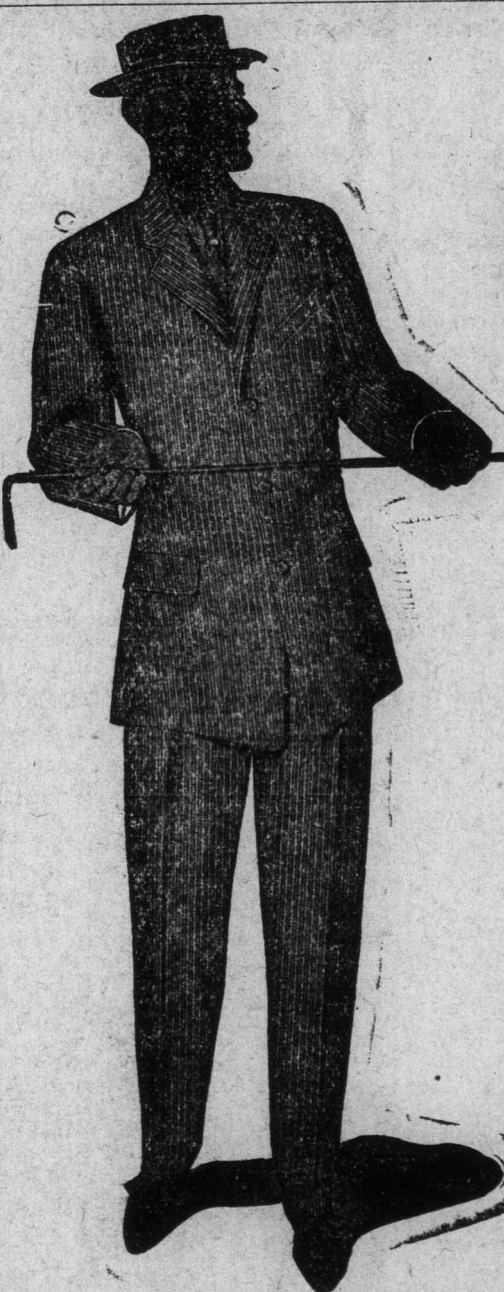
Fish Hooks

"Extra Double Tinned."

BOWRING BROS., Ltd.,

Agents.

HARDWARE DEPARTMENT.



John Maunday
TAILOR & CLOTHIER
ST. JOHN'S, N.F.

New Suitings

New Spring Coatings

Now is the time for your Spring Order. Latest designs in fabrics, a distinctiveness in style and a pleased customer—all in the "Maunder" make.

Samples and measuring cards on application.

"STEPHANO"

To-day, July 23rd.

NEW YORK CORNED BEEF.

NEW YORK CHICKEN.

TOMATOES.

WATER MELONS.

GRAPE FRUIT.

20 crates BANANAS.

20 brls. NEW TURNIPS.

25 crates CABBAGE.

10 brls. NEW POTATOES.

And in store

200 bundles No. 1 HAY.

W. E. BEARNS