

Give her Bovril

Because the Body-Building Power of Bovril has been proved to be from 10 to 20 times the amount taken.

"There is only One Bovril"



By Appointment to
H.M. King George V.

Cruel Taskmasters.

BY RUTH CAMERON.



Relax. It seems to me there is no commandment this generation needs more keenly than that.

The world is not resting on your shoulders as you appear to think. No cataclysm will occur if you are not here every moment. Yesterday I looked around a dining room in which 18 or 20 people were eating. Dinner time is a most propitious moment for relaxation. Moreover physicians tell us that poisons which retard digestion are produced by not relaxing while eating. And yet it was evident from their positions, voices and manners, that almost every one of those people was more or less tense. I noticed one woman's hands being clenched in her lap. A man drummed nervously on the table with his napkin ring. Another man, who was alone, frowned at his food with that peculiar frown which indicates intense mental concentration. A young girl consulted her wrist watch impatiently when the waitress was a bit slow with the roast. No, she wasn't catching a train, she explained, but she did hate such slow service; it made her nervous.

Look around a trolley car and see how many of its occupants show tension in their attitude. Legs tightly crossed, hands clenched or nervously

clasped together, brows knit, lips compressed, everywhere you see the signs of the times. And yet with most of these people it is an ideal moment for relaxation. A moment between activities, a moment when there is no pressure or demand of any kind upon them, and when they might loosen the tension on both mind and muscles.

Many people do not relax even in sleep. Instead of relaxing mind and body in preparation for slumber they allow themselves to fall asleep with their minds at high tension and their bodies in cramped, tense attitudes, and then wonder why they do not feel more rested in the morning.

"I had a terrible experience this afternoon," a man said to me once, "I had to wait in an oculist's office two hours without one thing to do. I had belladonna in my eyes so I couldn't read and I had to sit there and wait. I thought, I should go insane the last half hour. I was as tired when I got home as if I had done a hard day's work."

Plainly this man had been tense every moment of those two hours. Now if he had taken an easy position, closed his eyes, relaxed his mind and let himself go, instead of holding himself taut, those two hours might have been a bath of repose and renewing instead of a "terrible experience."

A doctor told me that one of his patients has not slept more than two hours a night for years, and yet is able to keep cheerful and efficient. "How can she?" I asked. "Because, though she doesn't sleep but two hours, she rests the other six," he explained.

He who will relax when he may can

be more efficiently tense when he must.

So don't be such a hard task master to those nerves and muscles of yours. You won't get so much out of them that way. Give them liberty whenever you can, and they will repay you manifold for your indulgence.

Fads & Fashions

All hats are set low on the head. Butterflies are still the vogue of fashion.

The new brocades are usually two-toned.

New street costumes are made of velours-de-laine.

Some of the handsomest hats are plume trimmed.

There is a return of soft taffet, but it is figured.

Tamper color continues to be among the favored hues.

A novelty is the muff ornamented with the butterfly.

The short coat is a feature of the three-piece costume.

Beads are playing a large part in this year's fashions.

Italian blue and gold are a much-favored combination.

Millinery is trimmed with black and white chantilly lace.

The Empire style is strongly revived in juvenile apparel.

A new feature of evening gowns is the bodice of beaded net.

Yellow fur holds the central position among fur trimmings.

Coats of black caracul have collar and cuffs of yellow fox.

Eggplant purple is a much-favored color for this season.

Net in some form can be used to freshen up last year's clothes.

The stiff wired bow at the side is a feature of the new millinery.

All kinds of bird plumage, lend their beauty to the autumn hats.

Panther is a youthful fur, and trims many of the new costumes.

Many gowns of white satin have short tunics of pleated black tulle.

Wear your aigrets with a difference, not the full bunch as of old.

Tassel trimmings are long and made of wool to match the costume.

Small hats of black velvet are trimmed with lustrous moire ribbon.

Children's frocks have extremely short bodices sashed with wide ribbon.

Draped turbans have returned, and they are more ornamental than ever.

The tailored suit is still indispensable to the well-ordered wardrobe.

Medici collars of sheerest lace or tulle are bordered with narrow bands of fur.

If it has a vest and is cut away in front, the masculine suit will pass muster.

Sashes, scarfs, belts and bags are more than ever in the limelight of fashion.

If you possess a stole or muff which is out of date, cut the fur into strips and use them to trim a wrap or gown.

This Date in History.

OCTOBER 10.

First Quarter.

Days Past—282 To Come—82

DR. NANSEN born 1861, at Christiania, Norway. He made his first voyage into the Arctic Regions in 1882. In 1889 he became leader of a scientific journey across Greenland. In 1893 he started in the "Fram" with the intention of reaching the North Pole and returned in 1896 having reached the highest latitude attained at that date by Arctic explorers.

FATHER MATTHEW born 1790. The Irish Apostle of Temperance, while laboring at Cork, began in 1838 a total abstinence association, which he conducted with such enthusiasm and success that he claimed to have administered the pledge to five millions of Irish people. He visited England and the United States as a temperance advocate.

Wine is a turncoat; first a friend, and then an enemy.

—FIELDING.

The Tragedian



The tragedian is a low-browed Thespian who is hired for the purpose of stabbing somebody in the fourth act in order to lift the mortgage from the old home-stead.

His equipment consists of a meek, a four-foot stride, a detachable beard and a Prince Albert coat, and he usually enters just as the villain is about to kidnap the only daughter of an unmarried widow.

Tragedians usually start from the bottom and work up. The harder they work the more painful it is to be present. It is a very difficult thing to find a facile, non-perspiring tragedian who can run 100 yards in the English language without losing two or three singular buttings.

E. H. Sothern is one of our most seductive tragedians and earns quite a little money during the winter months. Mr. Sothern got his start playing the bass tuba in the parade, and now see where he is! He is at the very pinnacle of fame, and can make love to Julia Marlowe all he wants to without being interrupted by her husband. This should teach us that all honest toil is ennobling.

Mr. Sothern does most of his tragedizing in Shakespeare's plays at \$6 a throw. His favorite piece is "Romeo and Juliet," in which he displays some of the most virtuous styles of uninduced love-making known to any stage. Mr. Sothern's work in this direction has been an inspiration to many a bachelor who was too terrified to propose.

The tragedian is not allowed to use any of his own language, but has to memorize long, tedious words borrowed from some ancient playwright whose expressions are too polite for the mails. Whenever a tragedian forgets his lines, he has to substitute a part of his own vocabulary and cry "Death" several times in succession, until he can locate the plate.

If Meals Hit Back And Stomach Sours.

"Pape's Diapepsin" ends indigestion, Gas, Dyspepsia and Stomach Misery in five minutes.

If what you just ate is souring on your stomach or lies like a lump of lead, refusing to digest, or you belch gas and eructate sour, undigested food, or have a feeling of dizziness, heartburn, fullness, nausea, bad taste in mouth and stomach, headache, you can get blessed relief in five minutes. Ask your pharmacist to show you the formula, plainly printed on these fifty-cent cases of Pape's Diapepsin, then you will understand why dyspeptic troubles of all kinds must go, and why they relieve sour, out-of-order stomachs or indigestion in five minutes. "Pape's Diapepsin" is harmless; tastes like candy, though each dose will digest and prepare for assimilation into the blood all the food you eat; besides, it makes you go to the table with a healthy appetite; but, what will please you most, is that you will feel that your stomach and intestines are clean and fresh, and you will not need to resort to laxatives or liver pills for biliousness or constipation.

This city will have many "Pape's Diapepsin" cranks, as some people will call them, but you will be enthusiastic about this splendid stomach preparation, too, if you ever take it for indigestion, gases, heartburn, sourness, dyspepsia, or any stomach misery. Get some now, this minute, and rid yourself of stomach trouble and indigestion in five minutes.

ENTERED HOSPITAL. — Michael Fitzgerald, city, suffering from internal trouble, and F. Perry, of Norris' Arm, with disease of the throat, entered the General Hospital yesterday.



Men's Box Calf Blucher Boots, the right thing for Fall and Winter wear. Double wear in every pair. On pair sells another.

Men's Box Calf Blucher and Laced Boots, medium weight and waterproof soles. Made on the "Can't Lose" last. A very comfortable fitter.

Men's Gun Metal Calf Button Boots, light, medium and heavy weight soles. The right thing for fall wear. To be had in Vic Kid and Tan Leathers.

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These Shoes are made expressly for us and for our trade. Solid Leather Inner and Outer Soles, the prime Kid and Box Calf Uppers, and a Sure Fitter in each style.

The price \$4.00, within reach of every pocket.

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Price's Carriage Candles.

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PEARS.
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CAL. ORANGES.

MOIRS—
Mixed Kisses and
Caramels in Pails.

200 bags P. E. I. Black Oats
100 bags Bran.
500 bags (each 2½ bus.)
Mixed Oats.

200 bags Hominy Feed.
200 bags Corn Meal.
10 brls. Table Meal.
50 bags Molassine.

Spratt's Chicken Meal.
Spratt's Dog Biscuit.
100 brls. Apples—
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