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Side Talks by Ruth Cameron

WHY WE WORRY.



One is apt to think of hurrying as something which one does under stress of circumstances something which one would avoid if one could. But the older I grow more I am becoming convinced that nine-tenths of our hurry is nothing but a habit. Nine times out of ten, when we rush about and do things tensely it is not because we have so much to do, but because we have gotten into that habit.

And even when we hurry we have so much that seems necessary and vital to do, I doubt whether—if we stopped to think—we would find it was all really so necessary and vital as the need of keeping our nerves healthy—in other words, the need of not hurrying. For nothing in the world is any more destructive of nerve health than hurry.

The great psychologist, William James, lays the majority of our nervous breakdowns to that and closely allied causes:

Not Because We Do So Much But Because We Do It So Hard.

"We say that so many of our fellow countrymen collapse and have to be sent abroad to rest their nerves because they work so hard. I suspect that is an immense mistake. I suspect that neither the nature nor the amount of our work is accountable for the frequency and severity of our breakdowns, but that the cause lies rather in those absurd feelings of hurry and having no time, in that breathlessness and tension, that anxiety of feature and that solicitude for results, that lack of inner harmony and ease by which, with us, the work is so apt to be accompanied."

Did you ever try to analyze your need of hurry?

My Five "Necessary" Errands.

I was in town shopping the other day and had to catch a certain train home. As the fatal time grew nearer, I found myself fretting when ele-

vators were slow, fuming when I had to wait for change, and hurrying tensely from one errand to another. From previous experience, I knew just how tired that was going to make me and I commanded myself to stop. "But you've got five more errands to do," said the part of me that was pushing me on impatiently. "Are those five anything that must be done?" I asked myself. Then I went over them in my mind. And behold, two were things that were fairly important, one was the buying of a pretty, and two were routine errands that could easily go until next week. I did the two important things and caught my train without hurrying.

Better Have Given Them Both Up.

If it had been necessary in order to keep from hurrying, I could better have afforded to throw over one of those comparatively important errands than to rush.

You have heard the old saying, "Your health is worth more than it can possibly cost you." That is quite as true of nervous health as of physical.

The next time you catch yourself hurrying, just analyze your reasons and see if it is worth while. I think you will get a surprise.

OPPORTUNITIES

Are not half so rare as the men who are prepared to receive them.

DR. F. STAFFORD & SON can supply you with all kinds of Patent Medicines at the very lowest prices obtainable. Large shipments of the following preparations have been received the past few days:

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Other preparations such as Stafford's Liniment, Prescription A, Stafford's Phosphate, Essence Ginger Wine, Friar's Balsam, Sweet Spirit of Nitro, Essence of Peppermint and various others are being manufactured and shipped in large quantities.

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Men Who Have Made Love to Me.

By MELVIN M. RIDDLE, in Vancouver "Sun."

"Of course it's nice to have men make love to me," said Wanda Hawley, the talented leading lady in Paramount-Artcraft pictures, and considered by many of her admirers as one of the most beautiful blonde types on the screen.

"A man pays a woman a compliment when he makes love to her, and a love of praise is a common human weakness. Although in my case, I know the man is acting for the benefit of the camera and his flattery is perhaps not altogether sincere, nevertheless, a good actor is such a good deceiver that I sometimes catch myself hearkening to their songs of love."

I could not help putting in a remark intimating that if she looked as lovely to the stars who make love to her as she did to me, they could not possibly deserve to be called "deceivers" as she had termed them, but must surely make love in earnest.

"That's very kind of you, I'm sure," she replied, "but I am not quite sure if everybody is of the same opinion."

"Of course, it is very interesting to have men pour out their hearts to me in adoring terms, but after all, I remember that the whole affair is only part of the day's business and not prompted by feelings of the heart, and the camera's click is an incessant reminder of this cold fact. But it is very interesting to note how different men make love. I am getting so experienced a judge of how men declare what is supposed to be in their hearts, that before they ever start I can usually foretell just how they are going to proceed. A study of human nature and character is always very interesting to me."

"But don't their pleas arouse a touch of sentiment in you?"

"A little perhaps, but sentiment is something that must be handled with great delicacy. Love, in my opinion, is a form of temperament, and loses most of its beauty and feeling when forced or put under set limitations and rules, as it must be under these conditions. I have been wooed by many handsome men, and although the novelty of each new screen romance is not so striking as one would imagine, yet at the same time I feel just a tiny little thrill of interest, sentiment, pathos or whatever

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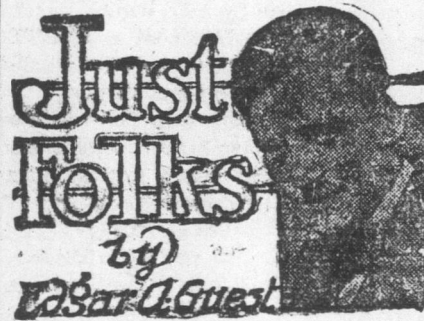
It may be, when a new star begins to make love to me."

Miss Hawley's list of screen lovers includes William S. Hart, Bryant Washburn, Wallace Reid, Elliott Dexter, Tom Forman, Charles Ray, Robert Warwick and many others.

She recently appeared opposite Major Warwick in the Paramount-Artcraft special, "Secret Service," which scored a phenomenal success. Miss Hawley received much praise for her work in that production as Edith Varney, a little daughter of the Southern Confederacy. She has just completed her work as the leading lady for Wallace Reid in "The Lottery Man," a forthcoming Paramount-Artcraft picture. She will shortly be seen in the title role of "Peg O' My Heart."

Gentlemen—Ever since coming home from the Boer war I have been bothered with running fever sores on my legs. I tried many salves and liniments; also doctored continuously for the blood, but got no permanent relief, till last winter when my mother got me to try MINARD'S LINIMENT. The effect of which was almost magical. Two bottles completely cured me and I have worked every working day since.

Yours gratefully, JOHN WALSH.



THE BALLAD OF HUMILIATION.

Not all the world would I claim, Not with the great would I be; Lord, as I whisper Thy name, Hearken, I pray, to my plea, Grant but one favor to me— Teach me to live to this rule: Keep me from ridicule free, Spare me from playing the fool!

Spare me the blushes of shame, Madness demands as her fee; Spare me the censure and blame Ordered by Folly's decree; Grant me the wisdom to see Clearly through life's murky pool; Let my good sense never flee, Spare me from playing the fool!

Cast me for roles that are tame, Ship me, if need be, to sea; Keep me from glory and fame But leave me no sad memory. Let me not stand one, two, three In the classes attending life's school, But grant me this one guarantee: Spare me from playing the fool.

L'Envol, Lord, now I ask on my knee, When the heat of excitement shall cool Not to think of myself shamefully, Oh, spare me from playing the fool! Lachute, Que., 25th Sept., 1908. Minard's Liniment Co., Limited.

Animals That Blush.

In spite of the admiration expressed by poets for a blush, it is after all only a rush of blood to the face, caused by modesty or some other emotion. Animals blush, too, through fear, but the poets say nothing about them.

Horses blush in their ears, especially the left one. When a horse is frightened, and his left ear will be found to be very much swollen. This is also the case with rabbits. Cows and similar animals blush just above the hoof, while the dog uses his tail for this purpose. When a dog is frightened his tail hangs limp, as he has lost all control over it.

Even insects blush. They do it in their antennae, or feelers.

Any loose corner of wallpaper should be immediately pasted down. A newspaper polish gives windows a nice finish after washing them. When grating nutmeg, begin at the stem end. No holes will be in it.

Fall Styles—The First Showing.

A limited quantity of very smart frocks for Fall and Winter were opened by us on Friday last, and are to-day on view in our Showrooms.

These are exclusive French and American models, no two alike. Among the selections may be seen:—

1. Black Satin Sonple, heavily piped on sleeves and overdress.
 2. Black Plain Silk Jersey, round neck, self buttons, side fastening, loose girdle. (An ideal model, giving long slender lines.)
 3. Navy Ribbed Silk Jersey, round neck, and Russian Blouse effect.
 4. Navy Serge, trimmed Military braid, Sand Jersey Vest and Cuffs.
- This showing includes some beautiful models in Serge and Satin, Serge and Fur and Serge and Military Braid.

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