

First Opening of New Fall and Winter Millinery.

Announcing Our First Fall Shipment of
Ladies', Misses' & Children's Millinery Hats, comprising the Latest and Most Up-to-Date Styles in the American Markets.

Our reputation for exclusiveness and individuality in all of our Merchandise is something we guard very carefully--so most of our Hats are not duplicated. Hence,
AN EAREY SELECTION IS ADVISABLE.

AMERICAN MILLINERY TRIMMINGS.

We have a large assortment of Trimmings, such as Ribbons, Flowers, Feathers, Buckles, etc.

HATS TRIMMED TO ORDER.

Marshall Bros

Side Talks by Ruth Cameron

THE FUN OF BEING BUSY.



"You poor thing," I heard one woman say to another recently, "I don't see how you stand it, why you simply go from one thing to another. I don't see where you have any time to yourself. You're busy just all the time."

"I know I am," said the other

woman, "but," with a laugh, "you really needn't pity me. I get time enough for the rest I need to keep me fit. I'm perfectly happy. I don't know of any more fun in the world than being busy, do you?"

Some People Like to Pity Their Neighbors.

The other woman looked somewhat taken aback at thus having her right to pity taken away from her (haven't you noticed how much pleasure a certain class of people take in pitying their neighbors?) and not at all convinced.

You would have known she wouldn't be,—she's that sort. But just the same that is a pretty fine philosophy of happiness, don't you think?

Who was it put in a single line of poetry which I may have quoted to you before—

"Too useful to be lonely and too busy to be sad."

To be strong enough to keep busy the majority of the time, to have work that one likes to do, and work that one feels is worth doing—what fairy godmother could give her god-child three more precious boons than these?

Overspending One's Time Income.
 Of course it is a terrible thing to be busy in a way which inundates you,—that is to have so much more to do than you can possibly get done that you have a feeling of being rushed and driven, and inadequate. Business is happiness only when one has a sense of being adequate mentally and physically to one's work.

What Micawber said about money is also true about time. Micawber, you know, said that if you had an income of twenty shillings a week (I may not have the exact figures) and spent nineteen shillings you were comfortably off, but if you had the same income and spent twenty shillings sixpence you were miserably poor. So it is with your time,—if you have enough to keep you busy

you can be very happy, but if you have enough to keep you busy and then a little more you will probably be unhappy.

Think! Isn't There Some Way Out In Your Case?

Of course there are some people who by force of circumstances absolutely have to take on more work than they can comfortably do. If that really is inevitable, that is all there is to it. But sometimes when one thinks it is inevitable it isn't at all. Did you read the magazine story of the woman who was so inundated by housework that she was getting old and unhappy and out of touch with her husband and children, and how she came to realize that if she shared that work with her children every one would be happier and better off. But to every individual who does too much because he has to there is I think at least one who spoils the symmetry of a useful, happy, rounded life by trying to hang on to too many interests.

What Wise Men Say.

That bad temper means bad business.

That to a brave heart nothing is impossible.

That worry is the interest paid on trouble in advance.

That no man is the worse for knowing the worst about himself.

That daring has value only when it is combined with judgment.

That great opportunities come to those who make use of small ones.

That experience teaches intelligent people; fools go on blundering to the end.

That you must expect to be bored if you are not interested in anything but yourself.

That if Fate sometimes sells us the same experience twice at a high rate, the fault is our own.

That we have all got to take the rough with the smooth, and to know how to take the rough smoothly is the whole art of living.

St. Joseph, Lewis, July 14, 1903.
 Minard's Liniment Co., Limited.
 Gentlemen,—I was badly kicked by my horse last May, after using several preparations on my leg nothing would do. My leg was as black as jet. I was laid up in bed for a fortnight and could not walk. After using three bottles of your MINARD'S LINIMENT I was as well as ever, so that I could start on the road.

JOS. DUBES.
 Commercial Traveller.

ON SPOT!

212 brls. Fancy Nova Scotia

APPLES,

(Parker Pack.)

448 cases California

ORANGES,

Sizes 250, 216, 176, 150.

PLUMS!

Now booking orders for new shipment to arrive Monday week.

Soper & Moore

Wholesale Grocers.

Vegetable Beefsteak.

The vegetable beef-steak grows on the oak tree. It is fungus, which is dark red above and flesh-colored below. When it is cut through, the alternate dark and light streaks exactly resemble the joint from which it gets its name. It is a wholesome article of food.

During a wet season this fungus grows about seven feet from the ground. It may be boiled, stewed, fried, or, if preferred, treated like beefsteak and added to the salad bowl.

The lace-bark tree provides the women of Jamaica with ready-made lace, from which caps, bonnets, and nets are made. The inner bark of the tree is soaked in water and divided into separate layers. Each layer is stretched and spread in the sunshine. The application of water bleaches the lace. A tree that flourishes in the South Sea Islands produces fruit which, as a food, resembles very closely a newly-baked loaf. On account of this it is known as the bread tree.

A LIFETIME FRIEND.

THE NEW DUNHILL SHELL BRIAR PIPE.

They are noticeably light in weight and there is a charm in the feel and appearance of a Shell Briar Pipe which grows on one as its novelty ceases to be its most striking quality.

We have just received a shipment of those famous Pipes in assorted shapes.

CASH'S TOBACCO STORE,
 sep10,eod,t
 Water Street.

FEET OF CLAY.



At times some saintly writer has made a hit with me, some sane and forceful fighter against iniquity. With-out too much of preaching, great truths his books expound, that should be reaching this weary world around. And every time I read him, I think, "His life's a poem! The soul sick people need him, to bring their sunshine home!" And I assume he's living like those of whom he writes, no thought or longing giving to lurid days and nights. Then comes some sickly scandal, some drama rank and coarse, in which that saintly vandal is screaming for divorce. And thus some actress winning is shamed in all our hearts; she means remote from sinning and all the sordid arts. The moving films unfold her in strictly moral shows; whenever we behold her, our admiration grows. We christen her "Our Lizzie," and praise her till we're hoarse; and then she knocks us dizzy by asking a divorce. A lot of us old wadges still look on wedding rings and solemn marriage pledges as being sacred things. And now we find them tiring, these gifted girls and men; they had us once admiring, but never will again.

Deep creams and blacks are worn for evening, while navys and browns are favored for formal afternoon frocks.

60 Years Old Today

Feels as young as ever
PEOPLE who are able to talk like this can not possibly have impure blood—they just feel fit—no head-aches, dyspepsia or bilious disorders.

These diseases can be cured by
Dr. Wilson's
Herbina Bitters

A true blood purifier containing the active principles of Danthion, Mandarin, Burdock and other medicinal herbs. Sold at your store, 2 a bottle. Family size, five times as large, 25.00.

THE BRATLEY DRUG CO., Limited,
 ST. JOHN'S, N. F.
 Dr. Wilson's Headache, Vertigo, in many other cases, is cured.

FOR SALE BY ALL DRUGGISTS AND FIRST-CLASS GROCERS.

Records for Fasting

(From the Toronto Globe.)

The human body, according to medical authorities, when entirely deprived of nutriment, is ordinarily capable of supporting life for little more than a week. Mr. Terence MacSweeney, Lord Mayor of Cork, has already passed twenty days without food, but he seems to have prolonged his life by an occasional drink of water. The value of even a little water was shown in the disaster at the Tyneddydd mine, near Peeth in South Wales, in 1877, when four men and a boy who had been entombed for ten days without food were able to walk when released. The thorough saturation of their narrow space with aqueous vapor and the presence of drain water in the cutting were their chief preservatives. At the wreck of the Medusa frigate in 1876 fifteen people survived on a raft for thirteen days without food. Various people have tried, generally for exhibition purposes, how long they could fast from food with the aid of water or some medical preparation. A man named Jacques fasted in this way at Edinburgh for thirty days in 1888 and in London for forty-two days in 1891, and again for fifty days in 1890, and again for fifty days in forty days in 1890. Dr. Tanner's experiment in New York in 1880 arose out of the claim of Mollie Fancher of Brooklyn that she had lived fourteen years without food. Dr. William A. Hammond offered her \$1,000 if she would refrain from food and allow herself to be watched for one month by a relay of doctors of the New York Neurological Society. Tanner, at that time a lost ten and a half pounds in weight, practising physician in Minneapolis, offered to take up the challenge, and Dr. Hammond agreed, saying: "If he succeeds he will get \$1,000, and if he dies I will give him a decent burial." Dr. Tanner, who was fifty years of age, began his fast at noon on June 28, 1880, and finished on August 7, a total of forty days. He drank eighty ounces of water during the first two days in doses ranging from six to eight ounces each, after which in lieu of drinking he simply gargled his mouth about once an hour. He spent the time reclining on a cot or sitting in a chair. At bedtime he took a sponge bath and was rubbed down with coarse towels. During the fast his eyes became slightly dimmed, his thin grey hair turned white, and he lost ten and a half pounds in weight. In 1888 John Zacher of Racine, Wis., went without food for fifty-three days, which is the longest fast known. His weight was reduced from one hundred and sixty pounds to ninety.

You can get a nice Tweed Suit, made smart and stylish, for \$60; and you can get some of the best Serges in the country at SPURRELL the Tailor, Water Street.

Hotels, Restaurants & Boarding Houses
BUY 'HILLSDALE' SLICED Pineapple,
 IN GALLON TINS.
AT YOUR GROCERS.

Libby, McNeill & Libby.

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J. J. ST. JOHN.

LUBRICATING OIL,

For Motor Boats and Motor Cars.

We have about 35 barrels on hand and will sell at \$1.00 gallon, why pay \$1.50

J. J. ST. JOHN, Duckworth St

Boy at Play

MAKES STARTLING DISCOVERY—YOUNG TYPIST MURDERED.

A little boy, named Walter Weller, who was on a visit with his parents to Eastbourne, went recently to the Crumbles—a shingle and shrub covered part of the shore—for a picnic with his mother. About eight o'clock in the evening he was running down a steep part of the beach, near a light railway line, when he caught his foot in some obstruction. On turning back he caught sight of a woman's foot sticking out of the shingle, the rest of the body being buried. He told his mother, and together they went back to their lodgings and later returned to the spot with the landlady and Mr. Weller. The party scraped aside the sand, etc., and discovered the body of a young woman. The face of the victim was badly disfigured, almost to the extent of being unrecognizable. The teeth were missing, and there were punctures on the

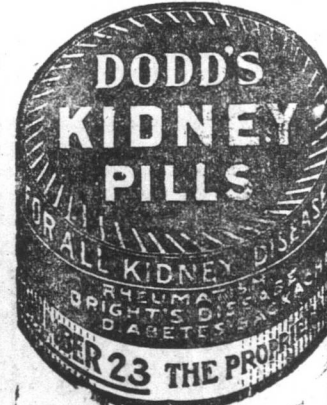
mouth and forehead, and by the ear. The victim was identified as Miss Munro, aged about 17, a Londoner, whose mother is a native of Edinburgh.

Miss Munro had been employed as a typist in London, and had been on holiday at Eastbourne. On Tuesday morning last week she took a bath with a Mrs. Ada Wynniatt, who was not far from the scene of the tragedy at 293 Seaside. The girl went to bed at 10 o'clock in the afternoon, saying she was going for a walk to Herden Park—the largest Corporation park in the town, about two miles inland. Mr. Wynniatt and her husband did not again see Miss Munro. —Glasgow Weekly Herald.

Fashions and Fads.

Thumb-tacks in silver and gold seen on frocks of satin and wool veils. Laces in cream, peach, blue, navy and brown shades are most popular.

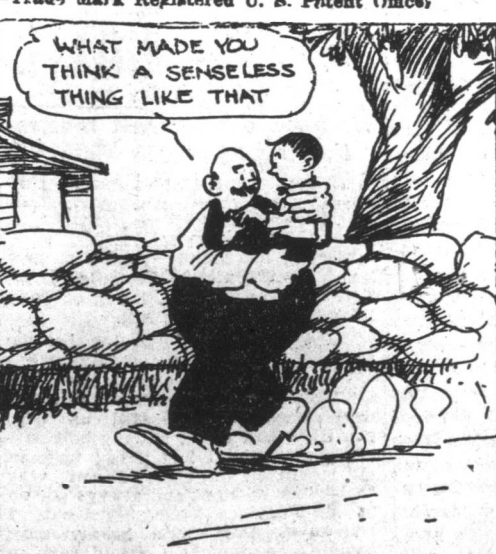
A dress of tobacco-colored crepe georgette is embroidered in emerald green silk. Slightly boned corsets of hatterberg and cluny laces are late arrivals from Paris.



"Reg'lar Fellers"

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By Gene Byrnes



To an 16th

50 brl App 10 brl mat 10 cra toes. New I

Duck