

Fall and Winter Coats Now Opened

Get Your New Coat Now.

The assortment here is large--the styles elegant--the values are big--the prices are low. We have your size in several styles and grades that you'll like.

The variety of fabrics and models will enable the most particular woman to be delightfully suited.

This shipment of Ladies' Coats embraces all the latest styles of **American and English Fashion Centres.**

Come and see the new **Coat Styles to-day . . . Prices from \$10.00 up to \$50.00 each.**

Also a shipment of **CHILDREN'S FALL and WINTER COATS.**

Marshall Bros

Also a shipment of **MISSES' FALL and WINTER COATS.**

Fashion Plates.

A NEW APRON.



This model is "different" from the usual apron style. It is simple, cool and easy to adjust. It is a neat check or plaid pattern with a dot or figure, or seersucker could be used. Hill and alpaca are good also. Pattern is cut in 4 Sizes: 2-34; Medium, 36-38; Large, 40-42; Extra Large, 44-46 inches bust. Size Medium requires 3 1/2 yds of 36 inch material. Pattern of this illustration mailed on receipt of 10c. in 1c. and 2c. stamps.

SH FROCK FOR THE GROWING GIRL.



Here is a very attractive frock that will develop well in serge, affeta or gabardine, and is also suitable for combinations of plaid or plain fabrics. As illustration white linen was used, with blue braid, and pearl buttons for fastenings.

Pattern is cut in 3 Sizes: 12, 14, 16 years. Size 14 requires 3 1/2 yds of 27 inch material. Pattern of this illustration mailed on receipt of 10c. in 1c. and 2c. stamps.

No.

in full:--

European Agency.

Wholesale and Retail Cash Prices for all British and Continental goods, including: Stationery, Shoes and Leather, Cuffs and Druggists' Sundries, Earthenware and Glassware, Motor Cars and Accessories, Millinery and Piece Goods, Cases from \$50 upwards. Goods and Perfumery, Sewing Machines and Metal, Jewelry, Plates and Watches, Graphic and Optical Goods, and Stationery Stores, etc., etc. Mission 2 1/2 p.m. to 5 p.m. Discounts allowed. Quotations on Demand. Shipments of Produce Sold on Commission.

(Established 1814.)
Church Lane, London, E.C.4.
Address: "Annuaire, 10m."

Sam Wilson & Sons

Side Talks by Ruth Cameron

THE TERRIBLE HABIT OF TENSENESS.



RUTH CAMERON

"Let Down Feelings" Shows A Past Strain.

Everyone gets tense and excited over some big things once in a while, and realizes it when the relaxation from strain comes and that "let down" feeling sets in. But there are a great many people who let themselves get into the fool habit of being more or less tense all the time over all sorts of little things and often over nothing at all, and they don't realize their tenseness because they never relax from the strain they impose on themselves. Some of these people stretch their nerves so tense that they finally reach the breaking point--in other words, nervous prostration. Others do not quite reach this point, but are always on edge, always below par in nervous strength, always wondering why they feel so mean, and can accomplish so much less than they want to.

The first thing such people need is to realize that they are tense. The second is to make up their minds to relax. Beating Eggs As If Her Life Depended On It. A nervous, high-strung young woman, who was fortunate enough to have a wise friend who taught her the gospel of relaxation just before she had reached the breaking point, told me that when her attention was drawn to herself she was simply astounded at the tension she was put-

ting on herself in all sorts of foolish little ways. "I found myself beating eggs as if my life depended on it," she said, "or sitting down to write a simple letter with my legs twined tense around each other and every single nerve taut, or rushing over to the store on an errand when I hadn't the slightest need to rush." If you are inclined to be nervous and high strung, watch yourself some day and see if you find yourself doing any of these things in a tense way. See if you find yourself trying to start the train with your nerves when it stops a little longer than usual at some station. See if you can catch yourself grasping the broom handle with five times the necessary energy. Do You Get Tense At The Telephone? Or putting through a telephone call with a concentration and a suppressed energy that don't do the least bit of good and do tear your nerves to pieces. Try watching yourself to-morrow and see if you don't get some surprises. And if you do, make up your mind then and there that you're going to relax. How does one go about relaxing? Well, that is another story and a very long one. But I will try to give you a few suggestions on it to-morrow. So watch out in case you find, after experimenting with yourself, that you need them.

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Two Thousand Bottles
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Chemists and Druggists,
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Oranges!

We have been asked for a lower price on Oranges.

Please Phone for our price to-day. Our Phone is 480.

Soper & Moore
Wholesale only.

MANY THEMES.



W. S. PINEO

I talk all day of divers things, of pellucida and quines, of cats and pterodactyls' wings, of cabbage and princeps. With women I discourse of gowns, with kids I talk of candy, with kings I argue much of crowns, with I speak of nervous strength, and on that topic rant and rage until we call a bobble. The man with but a single theme calls forth no smiles or chuckles; he makes his hearers wish to scream, and bores his fellow mortals. One talks of dead, forgotten jays, whose records were unpleasant; he drools fo prehistoric days, and scorns the golden present. One talks forever of his hills, of sinews that are achin', and he has memorized the pills and powders he has taken. One analyzes politics, and shows just where we're headed, our statesmen all are tinhorn hicks who should be boiled and shredded. And all these gentlemen are bores, as are the

Household Notes.

Pies are always best made with pastry flour. Chicken pie is excellent made with biscuit crust. Serve rice pudding cold with stewed fruits. A rubber tooth brush is excellent when travelling. An old piano stool makes a good sewing machine seat. Add a few seedless raisins to the pot of beef soup. Before marking handkerchiefs starch and iron them. Scarfs of scrim will keep clean longer than linen scarfs. A zinc covering on the kitchen table saves lots of work. For ironing dainty baby clothes a set of toy irons is useful. Small onions are delicious when scalloped with bread crumbs. Eggplant scalloped with cheese and tomato sauce is delicious. Table napkins with a half moon cut at the top make good bibs. Blackberry juice may be served like orange juice for breakfast. It is no longer considered lazy to sit down to prepare vegetables. A lawn blanket cover to keep clean the extra blanket is economical. Green corn cut from the cob is delicious stewed with green peppers. Clear tomato soup and meat loaf are excellent main dishes for dinner. Horseshadish may be ground in the meat chopper instead of grated. Line crocheted bedroom slippers with Shaker flannel of the same color. Add a pinch of baking soda to boiled syrup to prevent crystallizing.

True Domestic Economy.

Do YOU take a pride in your kitchen equipment? or are you still satisfied in grub along with your old coal range, with its attendant smoke, ashtrays, and dirt and inefficiency? Do you realise the saving in time and consequent leisure to be secured by an "ALL-GAS-KITCHEN" Don't be behind the time," equip your kitchen with modern Gas appliances, and thus eliminate all the drudgery and dirt of old-time methods. Phone 87, or call at our Showroom for full particulars. ST. JOHN'S GAS LIGHT CO. June 27, 1919.



EDGAR A. GUEST

SONG OF CONTENTMENT.

I envy no man's store of gold,
And no man's wreath of fame;
Let him who will, now boast his skill,
I'll not resent his claim;
Though rich men turn to mansions
And their homes no happier are than mine.
The roof above me shelters me
When outside blows the storm;
The fire I make for comfort's sake
Glow's red and keeps me warm;
Though rich men's fires are flaming high,
They cannot warmer be than I.
I sit me down to simple fare
And find it flavoured sweet,
And when I dine, this thought is mine--
I've all that I can eat;
Like me the rich man also stops
Who's had his fill of mutton chops.
Untroubled is my rest at night
And all my dreams are fair;
When night comes down I quit the town
And drop my weight of care;
And when upon my couch I lie
No man more soundly sleeps than I.
And so I envy no man's fame
And no man's wealth of gold,
For while I live, life cannot give
More joys than those I hold;
Rich men, with all their power to buy,
Can do but little more than I.

"Woodlands," Middleton, N.S.
This is to certify that I have used MINARD'S LINIMENT in my family for years, and consider it the best liniment on the market. I have found it excellent for horse flesh.
(Signed) W. S. PINEO.

\$1,000 Price of 'Hawker Stamp.'

London, Sept. 15.--Lieut-Col. Halford, of the Air Ministry, paid 210 pounds for a stamp souvenir of Hawker's attempted trans-Atlantic flight at an auction. The stamp, enclosed in an album, bears the signatures of all the famous Atlantic flyers, and is initialed on the back by the Post-master-General of Newfoundland, Sir J. Alcock, Sir A. Whitten Brown, and Harry G. Hawker.

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 selection; 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.

U.S. Picture & Portrait Co.,
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One Car to arrive the 20th of the month.
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