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Boys' Tweed Suits.

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Very stylish and well finished.

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MEN'S TWEED PANTS.
1500 pairs of Serviceable Tweed
Pants from \$2.20 up to \$15.00.

Men's Stylish ENGLISH RAGLANS, with and without Belt,
from \$25.00 up to \$35.00.

Marshall Bros

Side Talks by Ruth Cameron

THE START UP.



The Grateful Patient wants to have another talk with the people who want to get rid of that tired feeling or of excessive thinness. I wonder if you remember her. She told me of a book which had given her a start toward improved general condition and increased weight, and offered, if I would tell my readers about it, to send the name of the book to anyone who would send in a self-addressed post card.

As a result, she had to work overtime---and I am afraid may have lost one of her precious pounds---but she says it was worth it.

Now the other day we were filing away some of the mail that came in at this time, and we came across a letter that made us both feel that I ought to make some further remarks along this line.

In Too Much Hurry.

"Dear Ruthie (read the letter)
"Please send me at once that post card telling how to get FAT, and if it works you will have the lasting gratitude of Yours truly ---"
There is an eagerness, a tenseness about that letter that touches my heart and at the same time gives me forebodings.

I am dreadfully afraid that the writer wanted to get FAT at once, and if one is naturally thin I don't believe that can be done outside a sanitarium.

The Grateful Patient has been at it eight months and she has gained 12 pounds but they are 12 good pounds, the kind that stay, and there is a vast improvement in her general condition. And she has done it without suspending her ordinary activities.

Some More Rules For Getting That Start.

She wants me, therefore, to boun-
del patience and persistence to all the friends who are trying to get a start upwards, mentally and physically, and also to lay down these few rules which must be followed in addition to being sure that one is eating enough.

Be sure to rest completely after eating. Do no mental or physical

work for half an hour after a meal if you can possibly help it.

Soak in all the sleep you can every 24 hours.

Eat plenty of fat foods, such things as milk, olive oil, butter, honey, etc. (but be careful, of course, not to over-load your stomach with anything it resents).

Be sure your digestive organs are working properly---and that means not only your stomach but your intestines (and these latter should be controlled by diet not by drugs. Consult a doctor on the diet book on this matter).

Exercise, Don't Worry, Be Patient.

If you want to deposit the fat on the healthy and artistic spots, get a doctor or gym instructor to tell you of exercises that will keep down the hips and waist and develop the chest. Do these exercises two or three minutes whenever you get a chance.

Don't worry. Cultivate serenity of soul. Emotions take more energy than mental effort or physical effort. You probably have to keep up a certain amount of mental and physical effort, but you can cut down on the unnecessary emotions.

Be patient. This thing must be attacked from every angle and it's going to take a long while, but the results are worth it. If you gain only a pound a month in a year that will be 12 pounds---and 12 pounds can make an awful lot of difference. Moreover, the second 12 will come easier. If you can only have patience to get the difficult start, the rest is comparatively easy and tremendously interesting.



Oxo Cubes contain the rich nourishment of prime beef in so compact and convenient a form that they are handy for use anywhere, at any time. Just a cube---hot water---and a biscuit or two---and a light sustaining meal is ready.



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200 sacks

4 bushels each

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Wholesale Only.

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Phone 480. P. O. B. 425.

Please note our new address: QUEEN STREET, cor. of George.

Wedding Bells.

BOYD-COLLINGWOOD.

A very quiet wedding was solemnized by the Lord Bishop of Newfoundland at the Church of England Cathedral, yesterday afternoon at 4 p.m., when Miss E. Edna Collingwood, only daughter of Mr. and Mrs. William Collingwood, was united in Holy Matrimony to Mr. John Charles Boyd of the Chinese Maritime Customs, eldest son of the late John Boyd of Poole, Dorset, England. The bride was given away by her father and attended by Mrs. Tom Collingwood as matron of honour. The bride's little niece, Miss Mary Collingwood acting as flower girl. The groom was supported by Mr. Thomas W. Collingwood, brother of the bride. A reception was held at the residence of the bride's parents, after which the happy pair left by motor for Topsail, where the honeymoon will be spent. After spending a short time here they leave for England enroute for China, where they will make their future home. Mrs. Boyd is well known in this city, and the best wishes of her many friends will go with her and her husband on the long voyage to the Orient, where may every good fortune await them, and their lives abound in all those things that made for happiness.

LEAN AND FAT.



The lean man, when he'd gain in weight, will find the process quite a treat; he is indeed a lucky skater, for all the good things he may eat. His bill of fare may be a scream, no tempting grub must he eschew, and he may food his works with cream, and eat mince pies and doughnuts too. But when a fat man is inclined to lose a ton or so of lard, the process is a dreary grind, the sledging is extremely hard. For him the busy housewife bakes a sickly loaf of sawdust bread; for him there are no luscious cakes, but he must eat bran mash instead. If he would take a midday snooze, he hears the learned physician say, "Be active, if your grease you'd lose, and walk four hundred miles a day. Your fat increases while you sleep, it gains when you are sitting down; go forth, go forth and walk a heap, and circumnavigate the town." The fat man starves and toils and grunts, and when he goes down town to weigh, and note results of all his stunts, he finds he's gained eight pounds a day. Then he goes back to living well, consuming pies and pork and beef, and all the neighbors laugh and yell, and make his life a long-drawn grief.

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 headaches, dyspepsia or bilious disorders.

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

A true blood purifier containing the active principles of Dandelion, Mandrake, Burdock and other medicinal herbs. Sold at your store. A bottle. Family size, five times as large \$1.00.

THE BRAYLEY DRUG CO., Limited, ST. JOHN'S, N. F. Dr. Wilson's Dandelion Wormwood, in candy form cures worms. Reliable, Harmless.

For sale by all Druggists and first-class grocers.



GOOD TO BE IN THE WORLD.

It's good to be in the world just now. With the blossoms back on the apple trees.

And the birds at home in the friendly bough.

And the sky as blue as the summer seas.

For man at the lathe or boy at the plow.

It is good to be in the world just now.

It is good to be in the world just now. I say. With the sunbeams warm where the children play.

With the smell of the new turned earth about.

And the tulips and hyacinths flashing out.

Surrounded by beauty I stand and vow.

It is good to be in the world just now.

Forgotten are hatred and greed and lust.

And the petty schemings of men unjust.

Forgotten the sneers of a thousand foes.

And the griefs and cares which each mortal knows.

I say, as the breezes caress my brow. It is good to be in the world just now.

New blossoms are nodding and smiling where All has been barren and bleak and bare.

And the earth which has lived through its days of pain.

Has awakened to loveliness once again.

So our sorrow shall pass, though we know not how.

It is good to be in the world just now!

Finger Amputated.

Yesterday at the residence of Mr. Robert Gardner, 69 Gower Street, a successful operation was performed by Drs. Anderson and Burden, when they amputated the little finger of Mr. Harry Peddle's right hand, which had been crushed a week ago, while he was doing some work to a motor engine at Hodge's Cove, T.B. Mr. Peddle has been staying at his sister's home since coming here for treatment, and will be able to leave again for Hodge's Cove in a few days.

THE NEW FRENCH REMEDY.

THERAPION No. 1

THERAPION No. 2

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No. 1 for Rheumatism, No. 2 for Blood & Skin Diseases, No. 3 for Chronic Weakness.

SOLD BY LEADING CHEMISTS. PRICE IN ENGLAND, 3/6. IN CANADA, 4/6. IN U.S.A., 5/6. SEE TRADE MARK "THERAPION" IN OUR BOTTLES. STAMPS APPLIED TO GENUINE THERAPION.

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Satisfaction guaranteed



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MUTT AND JEFF--

IT LOOKS LIKE THE BOYS WILL HAVE TO SLEEP IN A HAY MOW.

By Bud Fisher.

