

Lowney's shows you how cocoa ought to taste



Treating One's Relatives Like Friends.

BY RUTH CAMERON.



A little girl, perhaps eight or nine years old, came skipping out on the veranda of the hotel where I was staying this summer, and exchanged greetings with a man who stood looking out across the mountains.

"Good morning," said the little girl, "how do you do this morning?"

"Why, good morning," said the man, turning towards her with evident pleasure. "I'm fine as silk, thank you. I'm trying to make up my mind whether it's going to rain or clear off. What do you think?"

The youngster took a look at the clouds and with youthful optimism promptly decided that it was going to clear off, then she put her hand in his and still chatting sociably, they walked down the veranda. Just as they passed out of ear-shot I had a shock; I heard the little girl call the big man papa.

Why was that a shock? Because they had been talking together with so much evident pleasure, so much sociability, that I had never occurred to me that father and daughter could be their relationship. I had fancied the man was a hotel acquaintance or possibly an uncle.

Nor was this an unaccountable mistake of mine. I am sure you would have been deceived in just the same way. For if you will take notice, I think you will find that you seldom hear members of the same family talking to each other with the same sociability, the same courtesy, the same interest with which they would talk to outsiders.

A little boy I used to know once

gave a most naive proof of this fact. He had taken a deep interest in two of his mother's guests, and after they had gone, he asked his mother what relation to each other they were. She told him that they were husband and wife. "Are you sure?" he asked. "Of course," she said, much astonished at his doubts; "Why?" "Well," answered the youngster, "I didn't think they could be, because even when you were out of the room they talked a lot to each other just like—why just like friends."

There is no doubt whatever that ninety-nine people out of a hundred have a totally different tone of voice and manner for their family from that which they use for their friends. Notice when some member of your family goes from the family circle to the telephone—surely a whole jar of honey has been suddenly upset into her voice—there is such an astonishing change in it.

Or mark how differently father speaks to mother and the maid when something is wrong in the household economy. Not that he prefers the maid to mother—it is simply because the maid is an outsider and, therefore, entitled to a decently pleasant voice and a measure of courtesy, even when fault must be found.

Now, of course, I realize that it is not either possible or desirable to treat one's family exactly as one does outsiders. I admit that there are firms and artificialities in our intercourse with strangers which it would be absurd to carry into the home. But I do think that most of us might treat our housemates more "like friends" as the little boy said, without being uncomfortably formal.

We say that home is the one place where we can be our real selves. Surely that cannot mean anything but our best selves.

Red Cameron

THE SECRET OF LONG LIFE.

Do not sap the springs of life by neglect of the human mechanism, by allowing the accumulation of poisons in the system. An imitation of Nature's method of restoring waste of tissue and impoverishment of the blood and nervous strength is to take an alternative glyceric extract (without alcohol) of Golden Seal and Oregon grape root, Bloodroot, Stone and Mandrake root with Cherrybark. Over 40 years ago Dr. Pierce gave to the public this remedy, which he called Dr. Pierce's Golden Medical Discovery. He found it would help the blood in taking up the proper elements from food, help the liver into activity, thereby throwing out the poisons from the blood and vitalizing the whole system as well as allaying and soothing a cough.



No one ever takes cold unless congested, or exhausted, and having what we call mal-nutrition, which is attended with impoverished blood and exhaustion of nerve force. The "Discovery" is an all-round tonic which restores tone to the blood, nerves and heart by imitating Nature's methods of restoring waste of tissue, and feeding the nerves, heart and lungs on rich red blood.

Cannibal Indian Frightens Tribe at Fort William.

Fort William, Ont., Sept. 11.—The Indians of the district are in a state of panic and are keeping close to their homes as the result of a report that a "windigo" or cannibal Indian is abroad in the bush.

The terror is not so much of the physical harm which may result from a meeting with the man, but it is a survival of the old superstition which credits Indians who "windigo" with supernatural powers.

Stranger Seen. On Sunday night last several squaws and their children saw a stranger coming along the Grand Trunk Pacific tracks about two miles south of campment. They were alarmed at his appearance and ran to the bush hiding.

Muscles Useless Without Nerve Force

Perhaps you are not quite clear on the relation of the nerves to the rest of the body. Through the nerve fibres which extend through countless branches to every nook and corner of the human system is conveyed the motive power which operates the various organs.

Some of the more venturesome crept closer and heard him talking to himself in Indian. He wore a frock coat and seemed to have the pockets filled with bundles. The squaws, terrified at his appearance, started for Raith and alarmed their husbands.

Did Not Return. No attempt was made to return to the camp that night, but the next day, accompanied by some section men, the Indians returned and found the camp stripped of all valuables and food. The intruder had disappeared. An Indian went "windigo" north of Lac Seul some time ago. He was later seen at Lac Seul and it is believed that he has worked his way south along the railway.

Train Held Up.

Masked Men Looted Mail Car, and Almost Suffocated Clerks. Chattanooga, Tenn., Sept. 17.—Two masked men held up the Memphis Special, Southern Railway, westbound at 1.30 o'clock this morning near Stevenson, Ala. The mail car was looted, but the amount secured is unknown.

Week End Specials

- 36 Tins. 36 only 5 lb. tins Preserved Pure Butter in sealed tins. Will keep for years. The famous Blue Nose Butter, 89c. lb.
- 11 Baskets. 11 only 3 gall. baskets Fancy Large Blue Plums. \$1.20 Basket.
- 48 Baskets. 48 baskets choice Burbank Plums; 6 qt. baskets. 48c. each.

Soper & Moore Phone 480.

Successful Song Recital

AT GRAND BANK. A musical treat such as is seldom enjoyed in an outdoor was listened to with great appreciation by the music-loving people of Grand Bank, on Thursday night, Sept. 19th.

A song recital of a very high order was given by Mr. Chas. H. Lench, who was for the past three years a pupil of Toronto's noted virtuoso, Prof. W. N. Archibald. The singer was assisted by Misses F. and B. Macdonald and Misses G. and M. Buffett, of Toronto and Sackville Conservatories of Music. The accompaniments were rendered with notable excellence by Misses F. Macdonald and G. Buffett. Miss Besie Macdonald in an exceptionally sweet voice sang, "Berceuse De Jocelyn," by Benj. Godard; and as encore, "Forgotten" by Cowley.

Mr. Lench rendered the large number of songs—sixteen all told—in a voice full, clear and resonant. His voice retained all its excellence from start to finish, notwithstanding the lengthiness of the programme. Every note and every word was clear and distinct, and by his rendering of the "Little Grenadier" and "The Death of Nelson" the audience was enraptured. It is difficult to select any songs for special mention, because all were exquisitely rendered and enthusiastically heard. Perhaps, however, the two just mentioned, together with "Kathleen Mavourneen," "Mary of Argyle" and "Thou" a musical setting of a sketch from Hall Caine's famous book—were especially appreciated. Some of the other songs given were—"The Requiem," Sydney Homer's musical setting to H. L. Stevenson's poem, "Requiem"; "The Midshipmite," "Love Me and the World is Mine," "Little Irish Girl," "Rose in the Bud."

The Banshee From Oporto.

The schr. Banshee, Capt. Willis, arrived in port last evening after a passage of twenty-six days from Oporto. The vessel was becalmed in the early part of the voyage but after that the weather was favourable. The Banshee is consigned to A. S. Rendell & Co., and brought 15 pipes, 6 hogheads, 32 quarter casks, 25 octaves and 50 cases of wine to Mullaly & Co.

MADE THREE ARRESTS.

The police arrested three drunks last night. The streets were very quiet all last evening.

IT IS SIMPLY INVALUABLE

That is Mr. Stewart's Opinion of Douglas' Egyptian Liniment. Mr. Israel Stewart, of Desmond, Ontario, has given Douglas' Egyptian Liniment a very thorough test, and this is what he says about it. "After using and making some remarkable and speedy cures with Douglas' Egyptian Liniment, I must say that I believe it to be the most wonderful remedy for man and beast I have ever used. We had a horse badly injured in the pasture field and before we were aware of it the wound was in a very bad condition, but Douglas' Egyptian Liniment soon dislodged everything nasty and a rapid cure was made. In the house it is simply invaluable in all cases of rheumatism, neuralgia, burns, sprains or bruises. It is a boon to humanity. You owe it to your family and your flock to keep a bottle of Douglas' Egyptian Liniment always on hand, ready for instant use. It stops bleeding at once. It heals cuts and wounds without inflammation or proud flesh. It quickly takes the pain and swelling out of sprains and bruises of all kinds. In fact it is simply fit for every trouble of man or beast which a liniment can cure. 25c. at all dealers, free sample on request. Douglas & Co., Niagara, Ont.

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J. J. ST. JOHN.

At the Big FRUIT Store

We offer this week: 200 brls. Choice Grav. Apples, 50 sacks P. E. I. Turnips, 30 brls. Siberian Crabs, 50 brls. Green Cabbage, 50 half-brls. Pears, 50 kegs Green Grapes, 50 sacks New Potatoes, 50 cases Silverpeel Onions.

Edwin Murray

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are known throughout the Island for Unvarying Quality, Delightful Flavour. Sold Wholesale in Half Chests. Chester, Lotus, Hazlefield, Forest, Lomax, Belmont.

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125	\$41.84	\$2,000	\$2,286.97	\$4,286.97
886	12.40	800	821.95	1,621.95
989	78.34	4,000	4,039.97	8,039.97
1,203	43.17	2,000	2,005.59	4,005.59
1,694	16.75	1,000	1,005.35	2,005.35
2,157	53.55	1,400	1,415.14	2,815.14

At age 30 a saving of \$14.00 monthly will buy a Profit-bearing Endowment Policy in the Canada Life for \$5,000, payable to you, at maturity in one amount or by way of annual instalments. Send your name, age and address for a proposition of from \$1,000 to \$5,000 or more.

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