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A small shipment of Congoleumn Squares, 36 x 36,

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## Hard to Stop.

By RUTH CAMERON.

active dislikes.

that is inexcusable.

never to have begun.

I think there is no more fertile

source of discontents and quarrels.

But as for bringing up faults to

And remember one thing before you

Bear Island, Aug. 26, 1903.

Dear Sirs,-Your traveller is here

to-day and we are getting a large

ped them all but yours; that sells it-

Use the steam cooker as much

War bread should never be sweet

even hot, place.

ne-half pint.

W. A. HAGERMAN.

nified, petty, ugly that somehow manage to intrude than to get into this habit of finding themselves into fault with each other's relatives. Unmarried life, I questionably they have faults, but is think none is anything to be gained by twitting each

more undignified, other upon them? No, and an infinite more petty, more deal of harmony and decency and reugly, and more ut- spect for each other and the traditions terly unworthy of breeding, is to be lost. than that in which | Where the faults actually inconeach twits the venience, of course, one must defend other on faults or ones mate. inadequacies in his or her family make fun of them or rub them in,-

A Skeleton in Her Husband's Family. start recriminations; once these are I once heard of a young wife who started, each will think it a point of was feeling very happy because she honor to get even, and it will be about and found out a skeleton in her hus- a hundred times harder to stop, than band's family history.

Her husband had been possessed of in unhappy fact about her grandnother, and had always laid any fault | Minard's Liniment Co., Limited. he children displayed to that defect in

"The next time he does that, I'll quantity of your MINARD'S LINIeach him a lesson," she said, grimly, MENT. We find it the best Liniment after making her pleasing discovery. on the market making no exception. ote of mind truly We have been it The Wife Was Not to Blame.

And yet one does not so much blame the wife. She had been driven into it. | self; the others have to be pushed to One has much more blame for him who started this miserable guerilla war-

Sad thought it seems, I think there s between the average married peo ple, a certain instinctive feeling against each other's families. Pernaps it is born of a jealousy of the past years in which the place which he mate now holds, was held by the lamily. Perhaps it is a manifestation of personal pride or vanity. Whatever causes it, there it is-ready to grow and fatten if it is given anything to

She Loved Her Husband's Mother Mor Than Her Own.

Sometimes, of course, the new r lationships prove so sweet and dear that this jealousy dies away in friendship or love. I know a woman who actually implied to me that her husband's mother was dearer to her than her own. That seemed almost inconseivable but it did prove how thoroughly this instinct can be killed. More commonly, it remains only a subconscious instinct overlaid with all the good instincts of friendliness and ped biscuits instead of rolled.

If all the undig- ; face in subconscious antagonism and



When Egbert William Toppenham was Honey can be used for sweetening The standard measuring cup holds Excellent croquettes can be made of Knitting needles may be y a keen penknife.

Nuts should always be considered as fats when used in a meal. A kitchen table having little sliding easters saves many steps. Substitute mixtures should be nore slowly and longer.

fruit which is still a little green When one uses substitute, Browned breadcrumbs and cream make an excellent breakfast food.

Fresh Tomatoes, 10 cts. per lb.

Canadian Turnips, California Oranges, California Lemons, Purple Grapes, 4-lb. baskets. Apples in boxes, Fresh Garden Peas, Cauliflower.

C. P. Eagan

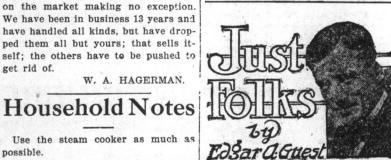
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Due by Steamer this

336 Bbls.

New Nova Scotia Apples! orders now booking.

Soper & Moore Wholesale Importers and



THE CASE OF EGBERT TOPPEN

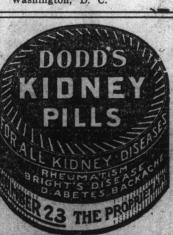
The neighbors talked about the big, brown, dreamy eyes he had. He was not rough like other boys, he And wondered if the cheese of which the moon is made, was green. Whene'er his mother sent him to the He'd dream along till he forgot what

The neighbors had a little boy Egbert's age
Who had no wish to read the any printed page.
name was Johnny Robins
liked his pleasures rough And gloried in the fact that he was exquisitely tough. He was very to and of fighting ready with his blows, And his favorite expression

childhood swiftly flew eir years of and when the war beganing Egbert William Toppen came a fighting man. He's there in France, this morning, where the high explosives scream And battling like a demon for the beauty of his dream.

And what of Johnny Robinson? You

He's clerking in an office down at



NERVES DESTROY BEAUTY. Nerves do more to destroy our efare two of the greatest foes to nerve follows: roubles, yet most nervous people claim they can not relax and insomnia is the burden of their nightly

A wholesome daily regime consistfor each other, a well ventilated year was very old, for the demands of citing stories or having disturbing great increase of smoking among woconversation before bodtime. Half an men. Here is a hint for American hour before retiring sit quietly in an women who indulge themselves in toeasy chair with the feet elevated.

cles into play, stirs a lagging circu- les Dawson Shanley's "Brier Wood breathing, gives new vitality to the zouave before a battle, as he thought blood through the increased oxygen of the unknown woman who gave him supply, which comes as a natural se- a pipe as his regiment marched in quence to deeper breathing.

ore retiring should be indulged in though in his own case he believed the by those of sedentary habits. A walk use of tobacco a pernicious habit? in the country or suburbs on Sunday or business people is largely followed in many sections, and "hiking" parties overing from five to ten miles, are he very excellent fad at present.

There is only one way in which we nay preserve our good looks and that s by daily care. When wrinkles begin to form and deepen, when the hair falls and becomes lustreless or fades. the nerves are usually at fault and we should take all measures to control and strengthen them.

### Tobacco and The War.

(From the Boston Herald.) Disciples of James I. and Father Frask, those that approve the resochoicest prigs in nursery literature, our soldiers in France on the ground that the weed is injurious to health and will lessen their mental and physical activity. The answer to this extraordinary opinion is: "Consider the heroic deeds of the French. Americans, British, Italians, Portuguese, nine-tenths of them addicted to the It is a question only of continuing the use of tobacco." It must also be allowed that they are "in the open air." which is more favorable to smokers' health, according to the less extravagant objectors. But a strong argument could be made in favor of to bacco by citing the wisdom of ancients. Thomas Heriot, servant to Sir Walter Raleigh, in his description of "the new found land of Virginia," was perhaps the first to insist on the medicinal qualities of "tabacco. the Spaniards generally call it," or Uppowoc, as the plant was known to the Virginia Indians, who sucked the smoke through clay pipes into their stomach and head: "from whence is purgeth superfluous fleame and other grosse humors, and openeth all the pores and passages of the body \* \* whereby their bodies are notably preserved in health, and know

not many grievous diseases, where-

withal we in England are often time

afflicted." At the beginning of the

17th century in England tobacco was

Milady's Boudoir toiling. When a comedy, "The Marriage of the Arts," was performed by Oxford students before James I. at Woodstock, one of the characters at the risk of incurring the monarch's corts to make ourselves beautiful than displeasure sang a song, in praise of any other thing. Sleep and relaxation tobacco. One of the verses was as

> Tobacca's a Physician, Good both for sound and sickly 'Tis a hot perfume.

That expels cold rheum And makes it flow down quickly. ng of a nourishing diet, sufficient As long ago as last January there exercise, baths, with hours for work was fear in England that tobacco and play to serve as a balance wheel cards would be introduced before the coom with comfortable bed, will, in the troops were more and more insistmost cases, ease the taut nerves, take ent. It was also said at the time that the blood from the brain and induce the adoption of the card system was peaceful slumber. Avoid reading ex- all the more probable in view of the bacco. Let them do their bit by de-A daily walk in the open air is a nying themselves for the comfort of tonic of inestimable value. Walking our soldiers. One of the most strikdiverts the mind, brings unused mus- ing poems of the civil war was Charlation, and when accompanied by deep Pipe," the soliloquy of a New York

Broadway. Who would take from a A brisk walk in the morning or be-soldier his greatest solace, even

### This is the Decisive Hour.

(From the New York World.) The collapse of Bulgaria is a trumpt-call to the United States and to all the Allies to redouble their efforts and win the war quickly "This is the decisive hour." as King Albert said to the Belgian troops when they went into action Saturday, and it is the decisive hour for everybody.

The Bulgarian surrender is a direct result of Foch's work in the west since July 18th. Except for the great victories won in this counter-offensive could not have come about at all. I abandoning Bulgaria the German General Staff confesses that its reserves lution of little Robert Reed, one of the have been so far exhausted during the fighting of the last two months that would stop the sending of tobacco to all available men must be kept at

come than we have yet seen, but the backbone of German resistance can be broken as effectively as the back-bone of Mitteleuropa has been broken. smashing tactics which Foch has employed with such magnificent results. and there is no obstacle that cannot gaged in this war will now put forth

the last ounce of their power. The war has now resolved itself into a question not of wearing Germany out, but of beating Germany in the field and thus destroying the prestige of Prussian militarism at home. This has been the policy of the United States, and events prove that it is the

Foch has found the way to win and the United States can furnish all the troops that are needed to make his plans effective, whatever the number may be. It would be foolish optimism to predict that the war will soon be over, but the war can soon be won, in the sense that the military resources of the Allies on the Western Front can be made so overwhelming that Foch can fight his way to a decision without hesita or needless delay.

sold as a remedy against humidity. James Howells, in his "Familiar Letters," has much to say; how tobacco you want it to do. That is give satismoked or held in the mouth stayed faction, \$16.50 to \$45.00, at W. the hunger and maintained the en-GOOBIE'S, just opp. Post Office

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#### he Fortress of Metz.

esarily mean that the power if that fortress—the rest in the world-should fall as ult of a dash by Allied troops any rapid frontal attack.

strength of the Metz fortress chiefly in the ring of detached great circle of forts could stand ned siege for months and that to surround Metz would take men than the Allies would care

two thousand years, has been siege of fifty-four days, yield fortress with his army men to the Germans. For was tried on a charge o found guilty of entertaining ons with the enemy and was oned, but escaped and neve rned to France. There is no problity that this surrender will be re ted by the Germans. Nowaday commander would shut up a large in a fortress, however strong letz is to be surrounded it is more that it will be as the result of imposed by the Allies which include the return to France of whole of Alsace-Lorraine, taken her in 1870. Like Mont Valerthe great fort defending Paris, ich continued to fire on the beers of the city until peace was ned, the fate of Metz is more likely be determined after the war than ing its progress. The fight for may be a long one, although bably not so long as some of the re cautious observers think. For ince, it is likely that an aerial adron would play an important t in any sustained attack on the ess, and it is conceivable that uld do such damage that the garwould be forced to surrender be wiped out. In the old days the man defer

ckers knew nothing of this kind | cope with Thether Metz falls, if it falls at all, v or late, one cannot help thinkof the rapidity with which the Namur and Liege, and the more istic critics are recalling this in indication of what may happen fetz if Foch is determined to take "Meanwhile," as one writer exon Germany damage ten times der than any that would be in- of scene

land of

castles at

churches

triously

whole va

#### he Cry of llarm From the Rhine Valley

German til it has e appeal made to the ament by the towns of the section valley to effect some arrange- pride of by which they may be spared aerial attacks is significant of railway to effect which the recent successful as have had upon that region. It on water not alone the historic or legendary inland cit; erest of the Rhine valley nor the Cologne ice of death that has brought Coblenz, this demoralization, but the university that this region is the avenue come im