

## A Weak

Heart

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When the Heart
Begins to "Act up" It's a good move to quit TEA and COFFEE And use

## POSTUM

pure food-drink made of whe The change is easy, for Postum has fine color, and a rich, snappy flavour. It is guaranteed absodrug, caffeine, in tea and coffee.

Postum now comes in two forms. Regular Postum must be well boiled. Instant Postum requires

## No Boiling

It is prepared by stirring a spoonful of the soluble powder in a cup of hot water and adding sugar and cream.

Grocers everywhere sell both kinds.
"There's a Reason" for POSTUM


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## Boot Bargains.

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you more than thlis.

## Geo. Knowling.

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 follows:
frand Falls

| Goodyear; 3, J. Cater. Quarter Mile- 1 , G. Way, time 64 <br> seconds; 2, J. J. Strang, (St. John's) ; 3. S. C. Goodyear. <br> Broad Jump-1, J. McHenry; distance, 17 ft .3 inches; 2, W. McHenry; <br> Ladies' Race (over 18 years)-1, Miss Kehoe; time, 17, 3-5; 2, Miss Ladles' Race '(under 18 years)-1, Miss E. Kqyanggh; time, 16 1-5; 2, Miss R. Brown; 3, Miss L. Carbery. Putting the shot-1, A. G. Ogilvie, 40 ft .7 Inches; 2, P. Deckers; 8. J. <br> Obstacle Race-1, Wm. McHenry; time, $1 \mathrm{~min} .44 \mathrm{sec} . ; 2$, R. Postletime, 1 min. 44 sec.; 2, R. Postle- thwaite. <br> Half Mile (under 16 years) $-1, \mathrm{C}$. Hayward; time, $2 \mathrm{~min} .57 \%$ seconds; 2, R, Goodyear; 3, G. Foran. <br> High Jump-1, A. Southcote: 5 ft .; <br> 2. W, McHenry; 3 , J. McHenry. Tus of War (final)-Mechanics. <br> One Milé-1, G. Way; time, 5 min . $32 \mathrm{y} / 2$ seconds; 2, A. Killin; 3, H. Williamson. <br> Throwing the Discus-1, W. McHenry; \&, T. F. Judge; 3, P. Deckers Wheelbarrow Race -1, , s. and K Ggodyear; time $301 / 4$ seconds; 2, A Kilin and J. Molfeny. Walking Race $(1$ mile $)=-1$, J, C. M. | Stafford's Liniment, Prescrip- tion " $A^{\text {" and Phoratone Cough }}$ and Cure is sold every night at Staffords Drug Hili.-aug 29, tif <br> the venticres--It was expected that the Bellaventure would leave Hallfax Saturday with another heavy freight and would tow a dredge of large size. The Bonaventure shoult arrive at sy ney about the end of the week anil will aliso Iroceed to Hallfox to take supplies Horth. <br> cmeap planos, organs, Etc. We are now in a position to to truathrully that our initruments are <br>  Akent, Water Street. Rul 23,12 concert on shipboard. Friday night, which yielded the sum of $£ 2.10 \mathrm{~s}$. 6 d . It was in ald of the Sailors' Orphans' Home of Scotland The programme was thoroughly en- foyed and Mr. A. Wilson was the chairman. $\qquad$ <br> Solid Gold Rings sultable for both Lady and Genteman; nywes at TRAPNEHLS:S,-aug3o,t |
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## "SCOTIA" DAIRY MEAL.

## DAIRY- =an

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Telegram Ads.Pay

CEMENT
New Stock!
received ex Rappanhar
FIRE BRICK,
FIRE CLAY,
DRAIN PIPES,
CHIMNEY TOPS, All New Stock.

## H.J.Stabb \& CO.

Allsopp's lager, 15c. botile;
Claret, 25c, \& 50 c. botle:
was our ad. last week, but
now the cool evenings are
Spey Reyal, $\$ 1.40$
Thistle, \$1.20; Encore, $\$ 1.00$; Jonney Walker, $\$ 1.20$; would be the order.
J. C. BAIRD,

Whter streen St John's.
Fresh Can. Butter In tubs, 30 lbs. each.

Also slabs, 2 lbs. each.
CHOICEST QUALITY. Mail Orders a Specialty JAS. R. KNIGHI, 311 Water Stree An Indeliget Pason mas

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## All of the injuri fects attributed <br> comes from mixed lated stuft that's but imitation of the real <br> Pure tea prop is not only harml <br> is not only harmle cidedly beneficial. <br> If you either of brands, <br> Star, Homest <br> Rosalind, Balm <br> discount allowe <br> C. $P$ <br> Duckworth

