

FOR TIRED FEET DURING THE HOT SPELL
The best remedy is
Low Cut SHOES

You may say you can hardly afford extra footwear, but you can if you buy from us.

The Cheapest Shoes in the city are on sale at **BLAIR'S**. Strong favorites are our Brown Canvas Shoes, of which we make a specialty, and for which everybody comes to us. We are selling **Girls' and Boys' Brown Canvas Shoes, with Leather Soles, from 50c. pair only.** The very largest size in Boys only cost **74c. pair**, smaller sizes grading down in price. This is how sizes and prices run:—

Child's Brown Canvas Shoes, sewed soles and heels, sizes 5 to 10, 5's and 6's cost **50c. pair**; rise 2c. per size.
Misses' Brown Canvas Shoes, Sewed soles and heels, sizes 11 to 1, 11's cost **60c. pair**; rise 2c. per size.
Youths' Brown Canvas Shoes, Rivetted soles and heels, sizes 10 to 13, 10's cost **58c. pair**; rise 2c. per size.
Boys' Brown Canvas Shoes, Rivetted soles and heels, sizes 1 to 5, 1's cost **66c. pair**; rise 2c. per size.


Men's and Women's Brown Canvas Shoes only **75c. pair**. Women's range in size from 2 to 7 and come in sewed leather soles and heels. Men's sizes are 6 to 11 and have rivetted leather soles and heels. Other specials in shoes are:—

Wom's Leatherette Lace Shoes, Patent Tip, sizes 2 to 7, only **75c. pr.**
Wom's Leatherette 2-strap Shoes, Patent Tip, sizes 2 to 7, **90c. pair**.
Wom's Fine Kid 2-strap Shoes, Extra Special Value, sizes 3 to 7, **\$1.15 pair**.
Wom's Dongola Lace Shoes, all solid leather, sizes 3 to 7, only **\$1.25 pair**.
Wom's Dongola Lace Shoes, patent tip, sizes 4 to 7, only **\$1.40 pr.**
Wom's Tan Gibson Shoes, very smart and stylish, sizes 2 to 6, only **\$1.25 pair**.
Girls' Tan Gibson Shoes, sizes 7 to 1, **\$1.00 to \$1.20 pair**, according to size.
Wom's 2-strap White Canvas Shoes, sizes 2 to 6, for **95c. pair**.

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HENRY BLAIR

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IS ALL RIGHT.



This is the verdict of practical men who have used it. Easily applied, it **WILL LAST FOR YEARS**. Made of long fibre wool felt, coated with Natural Asphalt. Will not soften in hot weather or crack in cold weather. Costless and wears longer than shingles, tin or iron. Our little booklet tells about it. Ask to see our written Guarantee. Look for the Quality Seal on every roll.

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High Grades. Easy Prices.

All Guaranteed. No better in the market. Stocks always on hand.

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The Latest English, French & American Designs.

To-Day per "Florizel,"
50 barrels Choice Green Cabbage,
50 Large Bunches Bananas, and in stock
30 cases Small New Onions,
100 sacks P. E. I. Potatoes—
Last P. E. I. Potatoes to arrive.

Edwin Murray.

The Evening Chit-Chat
By **RUTH CAMERON**



The interesting suggestion has recently been promulgated by a lecturer on social conditions that if every husband and a wife dedicate twenty-four hours a week to an imitation of single blessedness there would be far fewer divorces.

There was at once much criticism of this plan on the grounds that if two people couldn't stand each other seven days in the week, they ought not to get married, but to me it seems like a decidedly desirable and hopeful plan of action.

From a little hamlet in the mountains, where I sometimes spend my summers, there is a very beautiful view. The first week of my stay there I am in a continual state of ecstasy over it, but before the summer is past I usually have come to take it as a matter of course. If, however, I go away for a few days and then come back, the scales of habitude fall from my eyes and I know once more just how fortunate I am to be able to live where I may see that beautiful view every day.

It is really quite too trite to say that even the most grateful, the most appreciative people, realize their blessings more thoroughly if they have an occasional chance to miss them, so you may consider that un-said.

I think this day of single blessedness, if possible should not only be one when the husband and wife remain apart from each other but in which each tries to meet people he does not see every day.

In one home where this plan has been put into actual practice the sin-

gle blessedness day begins before breakfast. "Himself" breakfasts in town while his wife celebrates by sleeping as late as she chooses. When she does get up she shuts up the house, takes her embroidery or sewing and goes to the home of her mother or one of her girl friends, and spends the day. Once in a while she varies this program by going in town for a "toot," meaning shopping, luncheon and the theatre. Her husband meanwhile dines in town with some of his bachelor friends. Both have their own latchkeys, return when they choose, and retire to separate chambers.

"And do you really enjoy the day very much?" I asked the little wife who was telling me about the experiment.

"Oh, yes," enthusiastically, "but, very much more enthusiastically, not so much as the next day. That is the nicest of all the week because it is such fun to see each other again and we have so much to tell each other."

When exigencies demand it the day must vary, of course, but it is best, to have it some stated day of the week and to keep it as near an iron-clad rule as possible.

So much does this plan appeal to me that it seems to me its usefulness ought to be extended even farther than just to husbands and wives. Why shouldn't every member of any family—brother, sister, father and mother—especially mother—and grandfather and grandmother each have a day off—a day to wander in "fresh fields and pastures new"—a day to refresh themselves by rubbing up against unaccustomed personalities, seeing unaccustomed wall paper and window views and hearing unaccustomed voices?

Why indeed?

Ruth Cameron


A Clean Man

Outside cleanliness is less than half the battle. A man may scrub himself a dozen times a day, and still be unclean. Good health means cleanliness not only outside, but inside. It means a clean stomach, clean bowels, clean blood, a clean liver, and new, clean, healthy tissues. The man who is clean in this way will look it and set it. He will work with energy and think clean, clear, healthy thoughts.

He will never be troubled with liver, lung, stomach or blood disorders. Dyspepsia and indigestion originate in unclean stomachs. Blood diseases are found where there is unclean blood. Consumption and bronchitis mean unclean lungs.

Dr. Pierce's Golden Medical Discovery
prevents these diseases. It makes a man's insides clean and healthy. It cleans the digestive organs, makes pure, clean blood, and cleans, healthy flesh.

It restores tone to the nervous system, and cures nervous exhaustion and prostration. It contains no alcohol or habit-forming drugs. Constipation is the most unclean uncleanliness. Dr. Pierce's Pleasant Peppermint Cure is the most unclean uncleanliness. Dr. Pierce's Pleasant Peppermint Cure is the most unclean uncleanliness. Dr. Pierce's Pleasant Peppermint Cure is the most unclean uncleanliness.



A Gala Day at Greenspond—The Governor's Visit.

The residents of Greenspond will long remember with feelings of pride the 22nd day of July, 1910, as being the occasion of the visit of His Excellency the Governor to their town. The Fiona entered the harbor on Friday morning at 7 o'clock, and while entering she was greeted with a salute of 21 guns, belched forth from a cannon that remains to-day a fitting relic of the days long past when around these sea-girl shores France fought and lost and ultimately yielded to England the Island of Newfoundland.

The whole town was en fete; all united in according to His Excellency a right royal welcome. A prominent display of bunting was to be seen in every section of the town; two arches—one at the King's wharf, and another farther up the town and bearing appropriate mottoes of welcome—were erected; shops and stores were closed in honor of the day; men gladly left their work to be present at the reception of the Governor.

At 10.30 a.m. the vice-regal party, including their Excellencies Sir Ralph and Lady Williams, their son, Miss Dean, and Mr. Fitzherbert, Private Secretary, landed at the King's wharf and were met by the Reception Committee, the members of which were: Magistrate Miffie, Rev. R. A. Penny, Dr. Roberts, Capt. Jas. Blandford, Messrs. E. J. Doiny, S. Blandford, E. Edgar, J.P.; P. H. Hutchins, D. Blandford and E. J. Crummev. The children of Greenspond under command of the various school teachers were lined up on the wharf, and after the National Anthem had been sung, the visitors were escorted to the Magistrate's residence.

Here in the presence of hundreds of citizens the address of welcome was presented by the Magistrate. The address was quite lengthy. It referred to Greenspond being one of the earliest settlements in the Colony; it alluded briefly to the erstwhile business supremacy of Greenspond, which had to a certain extent been attracted to other centres; it extended an earnest welcome to the representative of the recently enthroned King George V., and in it embodied also the welcome of those citizens who as breadwinners had left home to pursue their hazardous calling in the Straits of Belle Isle, or on the coast of Labrador.

In his reply His Excellency drew the attention of his hearers to the time of the conquest and early settlement of the Colony; he urged them to preserve as they received them the unswayed and manly traditions of their ancestors, who braved the dangers of wind and tempest and unknown regions to extend the borders of the Empire. The various countries composing the Empire are separated by extensive bodies of land

Nerves Were Exhausted

Wants others to know of her remarkable cure by use of **DR. CHASE'S NERVE FOOD.**

Mrs. Martin's condition as described in her letter below gives some idea of the extraordinary reconstructive power of Dr. Chase's Nerve Food. Such cures as this have pleased Dr. Chase's Nerve Food where it stands today as the most popular and most effective nerve restorative that money will buy.

Mrs. Edwin Martin, Ayer's Cliff, Que., writes:—"Before I began using Dr. A. W. Chase's Nerve Food I was in a terrible condition. Dizzy spells would come over me and I would fall to the floor in a faint. I could not even sweep the floor without fainting and my nervous system seemed to be entirely exhausted."

"The use of Dr. A. W. Chase's Nerve Food has built up my system wonderfully so that I can do my housework and washing without any trouble, and I want others to know about it." In aid on getting the genuine Dr. A. W. Chase's Nerve Food, 50 cts. a box, 6 boxes for \$2.50, at all dealers, or Ed. Hanson, Bates & Co., Toronto.

and water, and it was only by being true to the legacy of traditions bequeathed us by our forefathers that that sentiment so essential to the unity and integrity of the Empire could exist. He thanked the citizens for their presence and their cordial welcome, and charged them to bear in mind the objects for which the Empire stood, the virtues which the sons of the Empire had not in vain endeavored to inculcate, the qualities that enrich the Empire and make her truly great—Right, Freedom and Justice. The Governor's address deeply impressed his hearers.

Mr. Miffie now called for three cheers for the King. A general parade followed—the party of visitors were shown through the town and the different churches and halls were visited. At 12 o'clock the visitors returned to the Fiona, and a few minutes later the steamer left for Westville.

GREENSPOND, July 22nd, 1910.

Fads and Fashions.

Immonce hats are still used. Pink linen is extremely fashionable. Fans are so huge that they are most awkward.

All the new neckwear shows the effect of the frill.

The giraffe is a pronounced feature of the best gowns.

Cotton voile is in vogue for both children and grown-ups.

Negligees of soft colored silk mull are shown in the shops.

The kimono to or below the elbow leads all others in sleeves.

The blue and green combinations of metallic effect are popular.

For afternoon gowns crepe de chine-tusser is occupying first place. All the blues are popular up to the faintest Marie Antoinette tint.

Chamois or wash leather gloves are by far the coolest for travelling.

The new serpentine crepe is especially suited to kimonos and house gowns.

Plain colored satin ribbons, made into rosettes, are a fad of the moment.

The most favored fans are of satin and lace with extremely long handles. Light old rose tints are generally girlish colors for millinery purposes.

The new summer stockings are embroidered in vivid colors on instep and ankle.

Foulard veiled with chiffon make up simple little afternoon or visiting gowns.

The newest shoes are arched for the shortening effect, and have a medium vamp.

Dull silver slippers will be worn quite as much as the white on summer evenings.

Children's silk socks are embroidered in small detached flowers in self tones.

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Balbriggan and Fleece-Lined Underwear a specialty
See our Stock of Muslins, Embroideries and Laces.

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Just received, another shipment of **PRINCESS DRESSES**—all beautifully made and trimmed. Fine Embroideries, Laces, etc.

The Newest and Latest Styles.

No Summer wardrobe is complete without one or more of these dainty Dresses.

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