

Beauty Hint for Women

When food is only imperfectly digested, it gives rise to fermentation, clogs the bowels, and renders the blood impure. This results in dull eyes, muddy skin, blotches, pimples and other disfiguring marks. Beecham's Pills act immediately on the stomach, liver and bowels; regulate them and keep them in a vigorous condition. They are mild, harmless and dependable. They are compounded of remedies of vegetable origin having great medicinal value.

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25c-40 pills
60c-90 pills

SIDE TALKS.

By Ruth Cameron.

DO JUDGE BY YOURSELF.

There was an old saying used to use in the quarrels of a child's childhood. "Don't judge others by yourself." It's a poor saying. Do judge others by yourself. It's the only measure that has that will give you the slightest idea of others. Accurate? No, far from it. But far more accurate than any other. You get to know a person so that you feel you can, it's fun some- times to discuss the misconception you have of each other before you become acquainted. It's a little bit dangerous as a form of amusement for human beings are so easily hurt, but it did an underlying hint of danger make an amusement less enter- taining.

I thought her haughty. When that's what I did with a friend, I have had for a few years as a friend. Before that we had a long acquaintance for some years. And out of that fact grew an interesting and I think typical relation.

It was a wedding. It seems awfully long ago, but all the time when I was just to the bow to I thought you were awfully haughty. I thought you didn't know people. "But isn't she the funniest," she said, "that's why I felt about you, that you were so haughty and self-sufficient."

Her View of It. (From the Boston Transcript.) A lady was trying to impress on her maid the value of system, and had recited several examples from her own experience. "Now, Mary," she said, "tell me just what system means."

"Well, ma'am," replied Mary, "I should say it means doing things the hardest way."

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Pretty Thoughts Mean Pretty Faces.

Physical beauty is far from being a matter of outward care. It can be increased, perfected, even perpetuated, by exercising the mind in the right way.

The work of the mind is thinking, and, if you consider, a moment, you will quickly realize that the thoughts are faithfully reflected in the face. The miserable pessimist is recogniz- ed at once by his elongated counten- ance, drooping mouth, and peevish wrinkles. The face of the jolly opti- mist, with its rounded cheeks, smil- ing mouth, and twinkling eyes, tells its own story.

But, you say, you cannot help your feelings. You can, and, if you would be beau- tiful, you must; so take the business of thought control in hand at once. Determine the kind of thoughts you intend to allow your mind to harbor, and insist on its obedience.

At first, unused to control, your mind may be as refractory as an un- broken colt. But be patient, be in- sistent, and the victory is yours.

LOOK FOR THE SILVER LINING.

Look upon the bright side of every- thing. There is another side, but steadily refuse to think of that. If your thoughts wander that way, turn them round at once. Do it time after time until it becomes a habit.

At once your figure will improve, because you will be holding yourself more upright; your body will lose its tendency to sink round the hips, and your waist will appear smaller. Your eyes will become clearer and brighter.

The sunny side of life is a smiling affair, and smiles of real happiness (not silly giggles) exercise the facial muscles, making them firmer and rounder, and so taking away that ten- dency to droop and sag which is so ageing and beauty destroying. The corners of the mouth forget to turn down and the incipient lines are smoothed out.

Excessive thinness of the face and neck nearly always has its cause in the mind generally being the expression of unhappiness or discontent.

Massage and creams are veritable work, expensive and disheartening. Effect a cure by controlling your mind. It costs nothing, and is abso- lutely private. No one will know what you are doing, though before a couple of months have passed people will be remarking how much younger you are looking and how much more beautiful. Your glass will tell you that the hollows are filling up and the cheeks becoming rounder.

Rufe to be unhappy or discontented. Turn down your thoughts every time; through force of habit they go that way. It is useless to say you cannot. You can.

DON'T WORRY.

Worry is the champion wrinkle pro- ducer, adding, not the legitimate wrinkles of time and character, which give beauty and nobility to the face, but a host of fine lines, which produce nothing but ugliness and a look of age. Here, again, control your mind. Tell yourself that no trouble or diffi- culty is ever helped or lessened by worry, but rather the reverse.

Never be envious, or guilty of un- kind criticism, and the consequent beauty of your mind will express it- self in the growing beauty of your face.

If your life is monotonous, cultivate something interesting. Join a society, or take up a hobby. Should you, in a year or two, grow tired of it, start something fresh.

Be busy and interested, think happy thoughts, and you will forget your drooping face and greying hair, till one day the reflection in the mir- ror surprises you.

A youthful roundness has returned to your cheeks, the fading hair is bright and glossy again, two eager, sparkling eyes look into yours and you turn away blushing faintly and happily at the renewal of your youth and beauty.

Do not forget that men's tastes have changed. To-day they are at- tracted, not by bluff, brainless beauty, but by the beauty which re- flects a fine mind. They are at last becoming really sensible, and the powdered and rouged girl passes al- most unnoticed by the better type of man. Indeed, the average man, if ask- ed for a description of his fiancée's personal appearance, will often be extremely hazy, whilst he can tell you a lot about her good qualities.—Glas- gow Weekly Herald.

The World's Greatest Gold Reef.

Now, that attention is being called to the Transvaal gold industry by the strike of the white miners on the Rand, it may be interesting to de- scribe what the Johannesburg gold reef is really like.

Its developed area stretches from Johannesburg to Heidelberg, a distan- ce of about forty miles, and from the top of some high buildings you may trace it clearly by the enormous mounds of white tailings, up to 3,000,000 tons in weight, that are dotted along its length.

They lie bleached and glaring in the sun, the fine dust of their surface blowing in the wind, and although at- tempts to grow grass upon them have been made, all have failed thru the action of the cyanide with which they are impregnated.

The battery "stamps" are never ef- ficient. Night and day they are pound- ing up the rock, and there are certain spots in Johannesburg where you can hear them as you lie in bed in the still- ness of the early hours like the regu- lar beat of distant waves.

And sometimes too, you hear the muffled rumble of falling rocks with- in old, disused shafts, a rumble that shakes the house and curiously resem- bles a genuine earthquake. Indeed, the mine in Johannesburg itself are mostly used up, and year after year the industry shifts farther to the east.

The mines themselves are like so many self-contained towns. A large mine for instance will employ 20,000 men, and have a completeness of equip- ment, both above and below the sur- face that is astonishing.

I have travelled 3,000 vertical feet into the earth at forty miles an hour in one of these mines and have found down there elaborate pumping machi- nery, electric trains, a crowd of men going about their business as if on the surface.

And up above, the hoisted rock is being pounded into powder, is passing over the mercury coated slime boards, is gradually being made to give up its treasure.

And then, of course, there is the social side of the mine, the trim quar- ters for the whites, the native com- pound with its up to date kitchens and bakehouse, the hospital accommoda- tion. Yes, each mine is, as far as possible, complete in itself.

The final thing they show you when you visit a mine is the finished arti- cle. That is to say, when you have observed the whole vast complex en- ergy of the machine, they point out the results in a few bars of dull yellow metal.

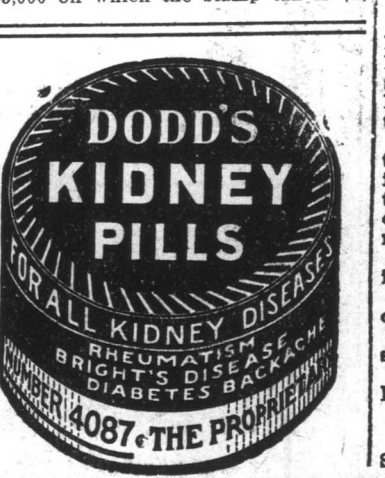
They are made in two sizes, worth respectively (without the premium) £4,000 and £2,800.

The shop on this premises which if you could lift one of them and carry it away you got it as a present, but I was hastily disillusioned before I could make the attempt. Perhaps they saw the look of desperate deter- mination in my eyes.—Ex.

Canadian Stamp Tax Regulations.

OTTAWA, Aug. 8.—The new stamp tax regulations are apparently not yet understood by many persons, as Ottawa business men complained to- day that they were receiving cheques inadequately stamped.

Some persons seem to think that a two cent stamp is sufficient on a cheque up to \$100, whereas the tax is two cents on each \$50 or fraction of that amount. Thus a cheque for \$50 calls for only one two cent stamp, but a cheque for \$71 calls for four cents in stamps, while a cheque for \$101 requires six cents in stamps. The tax is graded up to cheques for \$5,000 on which the stamp tax is \$2.



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'THE MIRACLE OF LOVE'

By COSMO HAMILTON.

A picture that lays bare the intrigues of British society, enters the halls of state, follows a forbidden romance to the end, and culminates in love's great miracle. Magnificent sets, gorgeous gowns, blood-stirring action, and a plot that burns with emotion. Wyndham Standing, Lucy Cotton and Jackie Saunders in the cast.

"PARAMOUNT SCREEN MAGAZINE" "TOPICS OF THE DAY"

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this maximum tax being placed also on all cheques exceeding \$5,000. On drafts not exceeding three days date for sight the tax is the same as the cheques. On notes and drafts of longer term than three days the tax is not restricted to \$2 on \$5,000, but is two cents for each \$50 or \$2 for each \$5,000. On promissory notes payable on demand if transferred to a bank as security for an advance the tax is two cents only.

TENDERS.

Tenders will be received for that splendid business and waterside premises situated at Mr. Buffett, Ple- centia Bay, formerly owned and operated by Messrs. G. C. Fears & Sons, and now the property of the Insolvent Estate of Messrs. Thomas Wakeley and Sons, as follows:

- Coal Shed, Peak roof, double storey, 48 x 34 with cask shed on back 43 feet x 21.
- Coal Wharf 43 feet long x 17.
- Fish Store, double storey, flat roof, 24 x 26.
- Fish Store, three storey, flat roof, 25 x 21.
- No. 6 Store, double storey Peak roof, 38 x 18.
- No. 5 Store, double storey, Peak roof, 46 x 18.
- No. 4 Store, double storey Peak roof, 32 x 18, with shed on back 18 feet x 6.
- No. 3 Store, double storey flat roof, 67 x 28.
- No. 2 Store, double storey flat roof, 35 x 21.
- No. 1 Store Retail, on bottom, Shop on top, double storey, flat roof, 78 x 37.
- One Wharf—53 x 29.
- One Wharf—51 x 24.
- One Wharf—45 x 15.
- One Wharf—27 x 25.
- One Flake—129 x 33.
- Flake—27 x 32.
- One Can Shop, 27 x 10, containing complete set of can making tools, including 1 Bottom Die and Press, 1 Cover Die and Press, 1 Squaring Shears, 1 Set Rollers, 2 Seaming Blocks, 1 Set Platers, 1 Swedge, etc.
- One Power House, 11½ x 8½, con- crete floor, containing Delco Light Plant and various fittings, all in per- fect running order, with 15 Batteries.
- On this premises which measures 78 x 37, is handsomely fitted and finished in hard pine through- out office attached, 33 x 20.
- One Dwelling House 31 x 30, two storey, double fronted, fitted with all conveniences and electric light; flat roof, three years old.
- One Barn, two storey, flat roof, 28 x 18.
- One place land on which house and barn are built measuring on the front side 423 feet, back side 405 feet, North East side, 251 feet, South West side, 171 feet.

The following accessories also form part of the premises: 30 Oil Casks, 45 Scotch Herring Barrels, Culling Boards and Stands, Draft Barrows and Stands, one Fish Screw, one Drum Screw, one Fairbanks Platform Scale, 2 large Fish Bins and Weights, 4 Salt Measures, 1 Bower self-measuring Oil Tank 800 gallons, 1 Bower self-measuring Oil Tank 100 gallons, 1 Meat Beam and Weights, 1 Dial Scale for Meats, complete set of Measures, etc., etc. 878 Half Quintal Drums, 808 One Quintal Drums.

Office and Shop Fittings—5 large imported Show Cases, 1 Toledo Scale 30 lbs., 1 six drawer National Cash Register, 1 double door Taylor Safe, 5½ ft. high, 30 in. deep, 24 in. wide; 1 four drawer Steel Filing Cabinet, 1 Book-keeper's Desk, 1 Office Desk, Oak, 2 Stoves.

Also, One Herring Factory newly built, situated at Hunt's Cove, Port Royal, fifteen minutes' walk from Mr. Buffett, 80 feet long by 20; single storey, flat roof, containing 150 Scotch Herring Barrels and small Office, tubs, salt ponds.

The premises at Mr. Buffett is fitted throughout with electric light and is considered by many to be one of the finest outport premises in the country and situated in a perfect natural harbor.

Tenders will be received up to and including August 15th, 1922. The highest or any tender not nec- essarily accepted.

For any particulars apply to under- signed. **PERCY FEARN,** P. O. Box 1967, Office: 5 Waldegrave St. St. John's, Trustee Estate Thos. Wakeley & Sons, Insolvent. 7/11, 16/16, 16/16

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20,000 Girl Athletes. Paris.—France, where before the war feminine athletics were virtually unknown, now has 20,000 enrolled girls and women competing in track and field events, and from this new army a team will be selected to represent the nation in the interna- tional games in Pershing Stadium be- ginning August 20. The interna- tional games may result in amalga- mation of the two national feminine ath- letic organizations whose rivalry nearly disrupted plans for the meet, one with 327 local societies and the other with 120. The Ministry of War is projecting plans for the combi- nation. Until May 1915 French women had never organized for athletics with the exception of horseback rid- ing, tennis, hunting and swimming. French women do not excel as sprint- ers but they are confident of their prowess in the middle-distance runs, and they have an exceptional per- former in Madame Gouran-Morris in the weights.

McGuire's Ice Cream now ready for delivery. Wholesale only. Phone 794.—Jas. H.

By BEN BATSFORD