

"SPECIALS" for FRIDAY and SATURDAY THAT WILL SAVE YOU MONEY.

The unusually Low Prices that we make for Friday and Saturday, "Our Special Sale Days," will mean the saving of many dollars to the people of this vicinity. You will miss many Bargains if you fail to take advantage of this offer.

JOB ART LININGS.

10 bundles Remnants Art Linings for lining costumes, coats, etc. Value for \$1.00 yard. Friday and Saturday, 70c. yard.

APRON GINGHAMS.

25 pieces Apron Gingham, mostly blue and white stripe and check. Value for 60c. yard. Friday and Saturday, 50c. yard.

WHITE SHIRTING.

500 lbs. American White Shirting; good quality; large pieces. Special Price for Friday and Saturday.

DRESS SERGES!

10 pieces Black and Navy Dress Serge, excellent value. Prices from 70c. to \$11.00 per yard. Special Prices for Friday and Saturday.

DRESS TWEEDS!

3 pieces only Heavy Dress Tweed for fall wear, 54 inches wide. Special Price for Friday and Saturday.

Marshall Bros

ROSARIES

6 dozen Rosaries put up in a neat little case. Regular price 75c. each. Friday and Saturday, 70c. each.

FLOOR CANVAS.

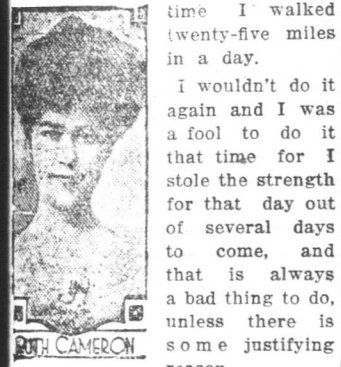
50 pieces English Floor Canvas, all widths. Special Prices Friday and Saturday.

SUNSET SOAP DYE.

120 dozen Sunset Soap Dye in all shades. Special Price for Friday and Saturday.

Side Talks by Ruth Cameron

ONE FOOT IN FRONT OF ANOTHER FOOT.



Once upon a time I walked twenty-five miles in a day. I wouldn't do it again and I was a fool to do it that time for I stole the strength for that day out of several days to come, and that is always a bad thing to do, unless there is some justifying reason.

But I am not going to make that a reason for a talk on overdrawn strength account.

What I started out to say was this, the twenty-five miles covered the distance from the foot of one mountain to the top of another. When I reached my destination I could look back and see all the distance I had covered and it seemed impossible that I should have done all that just by taking one foot a few inches ahead of the other foot, over and over again.

Yes that, naturally, was what I had done. I thought of that one-foot-in-front-of-another-foot journey the other day when a neighbor of mine who has been trying to improve his physical condition by doing a set of exercises every minute each day complained that his improvement seemed very slight.

How could he expect anything else? How should it be otherwise when he has only put one foot in front of the other foot comparatively few times? But if he keeps on, some day he will be looking back from the distance and realize that he has made the journey by putting one foot in front of another foot.

Much of the valuable progress in human life has to be made by this one foot in front of another foot method. Progress in mind control, in the ability to turn one's mind away from subject that it is unwise to think about, is the ability not to worry or regret, not to carry in bottles mental arguments, etc., is always made by the one foot in front of another method.

One cannot travel the Road to Knowledge by Auto.

The road to knowledge is never traveled on horseback (or by automobile), it has to be traveled afoot and no faster than one foot in front of another foot can carry one.

And to that host of my letter

friends who showed by their prompt response to my article on the subject that they were anxious to know how to travel the road that leads away from ill padded nerves and eternal tiredness, I send anew the reminder that that road, too, can only be traveled one foot in front of another foot. If this thought is a discouraging one, look back some day after you have taken a long walk and see how far you have come and how swiftly the time has passed. And remember that it will be the same with whatever other road you are travelling, if you only push along faithfully and patiently.

But It Won't Work If—

But also remember that while putting one foot in front of another foot unceasingly can carry you far, it won't serve if you put one foot in front of another foot a few times and then stop to admire your progress. Or if you put one foot in front of another foot for a little while and then take as many steps the other way. Or if you put one foot in front of another foot and then stop in your tracks and bellow that you have not gotten further.

Was He Stupid?

A school superintendent, on one of his visits was complaining to a teacher that children of the present day are so stupid, it is almost useless to attempt to teach them anything.

Said he: "I'll show you what I mean. Johnny, give me a number." Johnny: "Fifty-eight."

The superintendent wrote eighty-five on the board. Silence—no comment from anyone. "You see," he remarked to the teacher, "they don't observe. Let's try another."

Superintendent: "James, you give a number."

James: "Fifty-seven."

The superintendent wrote seventy-five.

Same result as before, and he remarked to the school-teacher: "It is deplorable, such a lack of perception, dense stupidity. It is disheartening."

Spying red-headed, freckled-faced, sly little Tim O'Brien, he said: "My boy, you give a number."

Tim: "The twenty-seven; thee if you can turn that around."—The Furrow.

School Boots for romping boys and girls. Ten per cent. off regular prices at SMALLWOOD'S Big Shoe Sale.—sep.17

ON SPOT!

212 bris. Fancy Nova Scotia

APPLES, (Parker Pack.)

448 cases California

ORANGES,

Sizes 250, 216, 176, 150.

PLUMS!

Now booking orders for new shipment to arrive Monday week.

Soper & Moore

Wholesale Grocers.

Women Who Live Underground.

Among the startling discoveries made by Mrs. J. R. Forbes, the well-known woman traveller, who lately returned after wandering for several months from Morocco to Syria, was a tribe of women who live underground.

They are to be found in caves in the Tripoli mountains, and come up, says Mrs. Forbes, only once in the course of their lives. That is when they marry and change their abode for that of their husband.

Being continually in their underground caves a remarkable change takes place in their appearance. They become very white in the face, and their eyes become dark and brilliant. As they grow older they are seized with a passion for dyeing their hair with henna.

In the daylight these women are almost blind; in fact, they stagger about as though under the influence of drink. Their houses are spacious enough for them to keep all their live stock below ground, including their camels.

Another curious venture of Mrs. Forbes was into the harem of the Syrian sheikh, Mohamed Abdulla. At a feast at which she was entertained a sheep was roasted whole, and, by way of doing tribute to his guest, Mohamed Abdulla extracted the sheep's eye whole with his hands and proffered it to the Englishwoman.

ORGANIZATION.

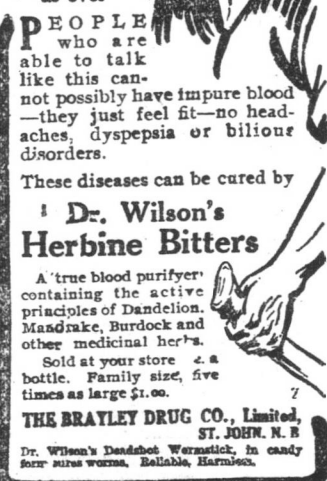


The merchant prince, no wadays, keep tab on all the N. G. Jays. There comes to Prunville-in-the-Vale a stranger, J. Adolphus Kale. He's no apologetic runt; he puts up quite a gorgeous front; he talks as though he owned a mine; that turned out gold or rubies fine. In olden times this sort of bluff was really quite artistic stuff. But now when J. Adolphus goes to stores that deal in furbelows, and says, "I've come to settle down in this, your enterprising town, and need three miles of barb wire fence, which I will pay for three weeks hence," the dealer sighs and says, "By Jones, I fear you'll have to show the bones before you pack that wire away—you're not renowned as first class pay." That J. Adolphus leaves the store and kicks himself until he's sore. The Prunville merchants, when they found the gay Adolphus on the ground, inquired of Mudtown-on-the-Pike, what this Adolphus was like, and Mudtown said, "If he's your guest, nail down all things and guard the rest." Thus, nowadays, our records go from town to town, and all men know if we are classed as "good as wheat," or listed "neath the head of 'Beat'."

Send the boys and girls here for School Boots. We have them at SMALLWOOD'S Big Shoe Sale.—sep.17

60 Years Old Today

Feels as young as ever



These diseases can be cured by Dr. Wilson's Herbine Bitters

A true blood purifier containing the active principles of Dandelion, Mandarin, Burdock and other medicinal herbs. Sold at your store 2 a bottle. Family size, five times as large \$1.00. THE BRATLEY DRUG CO., Limited, ST. JOHN, N. F. Dr. Wilson's Dandelion, Mandarin, Burdock, in candy form, also sold.

FOR SALE BY ALL DRUGGISTS AND FIRST-CLASS GROCERS.



OLD SEPTEMBER.

Old September pleases me, Like the way he tints a tree, Like the way he comes to call With some trinket for us all. In the pockets of his vest, Bringin' things we like the best, Apples, peaches, pears an' plums Load the table when he comes An' for something extra fine, Grapes are ready on the vine.

Old September doesn't show Wrinkled face or hair of snow. He is like some man who hides Age beneath a glad outside, Coverin' up his lines o' care With a smile that's always fair, Joinin' every song that's sung. Just as youthful as the young, Ready for a round o' fun Or the task that's to be done.

Old September never grieves 'Bout the fallin' of the leaves, Never grumbles or complains 'Bout his numerous aches an' pains. Just goes traipsin' round the place With a bright an' smilin' face 'Splashin' colors here an' there Till there's beauty everywhere. Scatterin' happiness an' cheer Till the whole world's glad he's here.

When old age gets hold o' me, Like September I would be, Want to keep up with the throng, An' go marchin' right along. Want to putter round the place With a smile upon my face Sharin' in the work an' fun Just as young as anyone. When old age gets hold o' me, Like September I would be.

Some Marvellous Goals.

IN AND OUT OF THE NET, "ON THE BOUNCE," AND WITH THE SPEED OF CANNON BALLS.

Which is the most remarkable goal you have seen scored?—a well-known player was asked.

After a moment's reflection he answered: "During the war I was a spectator of a match between Fulham and West Ham. The latter had a team composed chiefly of Internationalists from other clubs, and the goalkeeper was Brownlie, from the Scottish International. There was an attack on the West Ham goal, and the ball was sent back forty yards where Marvin met it.

"Instantly, the Fulham centre-half drove it back, and before Brownlie could move a foot the ball was in the net. I never saw a ball made to travel at such a pace. It flew like a shot from a gun. Brownlie was amazed. Afterwards he declared that in his long experience he had never before seen such a shot."

Then there was that mysterious

goal which settled the England and Scotland match of 1908, in Glasgow. Windridge shot, the ball seemed to go into the net, and yet, the next second, was bouncing thirty yards up the field. A goal was allowed, the official explanation being that the ball had cannoned out of goal off the iron stay at the back of the net.

But it was hotly disputed. Jimmy Sharp, now the Fulham trainer, was one of Scotland's backs that day, and when asked whether the ball had been in the net, put this question: "I was standing ten yards out of goal when Windridge shot, and the ball came back over my head. How could that have happened if the ball had been in the net?"

Another memorable goal, curiously enough, also concerns Windridge. Playing for Chelsea, at Stamford Bridge against Bolton Wanderers, he suddenly kicked his hardest at the half-way line, and the ball travelled high in the air towards the Lancashire club's goal. It was a pur-

poseless sort of kick, but—it produced a goal.

The Wanderers' goalkeeper ran out to meet the ball, but he ran too far, and yet not far enough. The ball bounced in front of him and vaulted over his head into the net. This happened a minute from time, and the goal won the match for Chelsea. The crowd were almost too dumbfounded to cheer.—Answers.

Household Notes.

Into ramekins put a little cooked spinach. Break an egg in each, dust with salt, pepper and cheese, and shir.

Keep ready-made coffee on hand in fruit jars or cans. It is just as good as though freshly made, when heated up.

Use a skimmer to drain spinach when removing it from the kettle. The last grain of sand will drop to the bottom.

To pack bottles safely in a picnic hamper, cut circular holes in the lid of a cardboard box and place bottles in holes.

Ten-cent baking-powder cans are excellent receptacles for salt, pepper and other staple supplies for the camping trip.

A few lumps of unslaked lime, tied in a cheesecloth bag and fastened to the lids of your bread jar will prevent molding.

Substitute pineapple juice for water in a lemon meringue pie recipe. Reduce the sugar and use only a little lemon juice.

The kitchen should have white walls and woodwork, so that the "dirt will show" and consequently be frequently cleaned.

During hot weather, much work is saved if flat pieces, such as towels and pillow cases are run through the wringer instead of ironed.

Cut up into strips every crisp thing that an invalid is to eat. Toast which has to be broken is sure to send a shower of crumbs into the bed.

"Regular Fellers"

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By Gene Byrnes

