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demanding protection from cold weather & damp feet, & the answer to that demand is our stock of Rubber Footwear for Fall & Winter, 1919

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## THE BEST RUBBER FOOTWEAR.

Rubber Footwear for every member of your family.



**LADIES'**  
LOW and HIGH CUT RUBBER SHOES.  
LONG RUBBER BOOTS.  
GAITERS and MANITOBAS.  
Full range of sizes.

**CHILDREN'S & MISSES'**  
LOW and HIGH CUT RUBBER SHOES.  
LONG RUBBER BOOTS, GAITERS.  
Full range of sizes.

**BOYS' & YOUTHS'**  
LOW and HIGH CUT RUBBER SHOES.  
LONG RUBBER BOOTS.  
Full range of sizes.

**MEN'S**  
LOW and HIGH CUT RUBBER SHOES.  
LONG and HIP RUBBER BOOTS.  
GAITERS and MANITOBAS.  
Full range of sizes.



Ask for **MERCHANT BRAND**--they are the best.

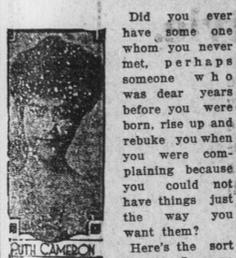
# Marshall Bros

**SPECIAL ATTENTION TO MAIL ORDERS**



### Side Talks by Ruth Cameron

#### AN ANTIDOTE FOR SELF PITY.



RUTH CAMERON

Every time I find myself complaining because I am so often interrupted when I am trying to work Jane Austen rebukes me.

#### "How Can a Woman Accomplish Anything?"

I have been interrupted for the fourth time in an all too short morning by the coming of an expressman. I go back to my typewriter and find that the latter half of a sentence which I was writing when the knock came, has entirely departed. I have no more idea of what was going to complete that sentence than if someone else had written the first half. I feel a sense of irritation and exasperation and wish I had been born a man with a man's respected work hours. How can a woman accomplish anything anyhow, I ask myself, and then enters the thought of Jane Austen.

I remember how she did her work, sitting in the big family living room at the parsonage, surrounded by the whole family, which often included several nieces and nephews, sitting on a table in her lap, ever ready to stop and talk with the now-ups or play with the children.

#### One Woman Who Did.

And then I remember what she wrote.

And I blush inside me at the presumption of me, in thinking that I need seclusion for my small efforts or pitying myself because I can't write it.

There is no sure cure for any kind of self pity than to read the lives of men and women who have mounted to something. The disap-

pointments and obstacles which seemed mountain-high to you when concentrated on yourself, will shrink so small that you will be ashamed of them before you have finished your reading.

It doesn't matter what kind of difficulty or annoyance you have, somebody had one twice as great and faced it down.

If you have some physical handicap read the biography of Francis Parkman and cease to think a physical handicap is any excuse for not doing big things.

#### Some Biographies That Ought to Help.

If you have financial difficulties read the biography of Scott or of Audobon.

If you have some conditions in your home that cast a dark cloud over your life read the story of Charles Lamb or of Charlotte Bronte, (either Mrs. Baskell's or May Sinclair's) or of Thackeray.

If you have a great desire to help the world but are held down by family ties, read the life story of Harriett Beecher Stowe.

These are just a few suggestions set down at random. If I haven't touched your trouble tell me about it, and I'll see if I don't find a biographical antidote for your case of self pity.

#### What is Phoratone?

Phoratone is a preparation manufactured by Dr. F. Stafford & Son for all kinds of Coughs, Colds, Bronchitis, Asthma and various Lung Troubles. It is the result of 25 years' experience and thousands of bottles are being sold every year. At the present time quite a large number of people are suffering from Sore Throats, Coughs and Colds, etc., and if you will only try a bottle of this Phoratone you will be surprised with results. You can purchase same at Stafford's Drug Store, Theatre Hill, for 30c a bottle. Postage 10c. extra.

#### Dr. F. Stafford & Son,

Wholesale & Retail Chemists, St. John's, Newfoundland.

#### Due This Week:

1200 brls. King Apples.  
250 brls. Wagner Apples.  
250 brls. Blenheim Apples

ON SPOT TO-DAY:  
150 kegs Green Grapes.  
75 cases 5's Spanish Onions.

NOW DUE:  
300 bags (100 lbs. each) Yellow Globe Onions.

#### Soper & Moore

Wholesale Grocers.  
PHONE 450.

#### THE CRISIS.



W. M. MASON

The crisis of a year ago looks flabby, now its days are o'er; but, oh, what fits we used to throw, when that cheap crisis had the floor! We viewed that crisis with alarm, it was a frightful thing to see, it couldn't fall to wound and harm the bulwarks of our liberty. It cried around a day or two, and then abjectly looped the loops; another crisis loomed in view and called for walls and maudlin whoops. I've seen a hundred crises come and rear themselves on end and go; I've seen my neighbors stricken dumb by threats of coming doom and woe. And still our country jogs along, and finds release from every plight; and if a dozen things are wrong, about a million things are right. Whenever a crisis blows its trump, the rabbit-hearted tear their hair, and say we're headed for the dump, in haste--but I refuse to scare. I've heard the cry of "Wolf" so long, I look on

wolves as hop-joint brutes; no crisis can disturb the song of sane and joyous souled galoots. Bring on your crises, one by one, or trot them forth in groups of eight; the optimist will take his gun, and make the blamed things pull their freight.

#### Household Notes.

Never keep meat directly on the ice. Do not keep milk in an open vessel. Custard can be sweetened with honey.

Vessels used for milk should be scalded. Add a little vanilla to the chocolate cake.

A milk bath is good for a sun-scorched skin. Turn a silk glove wrong side out before washing.

Always make a careful list before going to market.

Do not allow silver to stand unwashed overnight.

Potatoes and salt mackerel make an excellent salad.

Any banana may be used for making marmalade.

Coffee gelatine is delicious served with whipped cream.

Steam bacon, instead of boiling. There is less waste.

Solled clothing should not be allowed in the bedroom.

Beef may be kept for a time if immersed in sour milk.

Pickles for lunch boxes should be wrapped in waxed paper.

Whites of eggs should be beaten with the spiral eggbeater.

Now is the time to use dates and figs in every possible way.

State bread may be used as the basis of many meat dishes.

It is best to eat very little and slowly when tired or excited.

Ceylon tea is best with cream, and orange pekoe with lemon.

A little sweet cream will keep caramel filling from "sugaring."

Left-over cereals may be used to thicken soups, stews or gravies.

An excellent breakfast food is browned breadcrumbs and cream.

In the washing of gloves, whether leather or fabric, avoid hot water.

A druggist can obtain an imitation of MINARD'S LINIMENT from a Toronto house at a very low price, and have it labeled his own product.

This greasy imitation is the poorest one we have yet seen of the many that every Tom, Dick and Harry has tried to introduce.

Ask for MINARD'S and you will get it.

#### When You Quote, Be Sure!

IF YOU SAY, "FRESH FIELDS AND PASTURES NEW," WELL, YOU'RE WRONG!

The tritest quotation from the poet Browning, the only one the man in the street knows, is always quoted: "Oh, to be in England now that April's here!" The quoter never stops to think that this makes nonsense, because the poet would not have wanted to be where he already was. The fact is that the poem was written on ship board in the intervals of mal-de-mer in the middle of the Mediterranean, and the poet wrote: "Oh, to be in England now that April's there!"

"The cup that cheers but not inebriates" is a favourite quotation at Band of Hope meetings, and a very proper one if rightly quoted. The common error is not a serious one, yet Cowper wrote: "The cups that cheer but not inebriate."

One of the commonest misquotations is taken from the 23rd Psalm. Tens of thousands of people say "Surely goodness and mercy have followed me all the days of my life." They think it is an expression of thankfulness for the past, but the psalmist expressed trust for the future, and said: "Surely (or certainly) goodness and mercy shall follow me."

But probably the most tried line in the language is from one of the world's greatest poems, Milton's "Lycidas." He wrote the phrase: "Fresh woods and pastures new." Who first made words into "fields" is a mystery, but whoever he was he has had millions of successors, until any orator who said that the nation after the war would emerge into "fresh woods and pastures new" would probably be accused of ignorance.

One of the commonest sayings is "A man convinced against his will is of the same opinion still." Sometimes "woman" is substituted for "men," in order, as some think, to make the truth of the saying even more apparent. But the proverb is wrongly quoted either way. The original reads: "He who assents against his will is of the same opinion still." And, when one comes to think of it, the first way makes nonsense, for a man convinced cannot possibly be of the same opinion. His views have changed.

Alysson sown in boxes makes a good flower for the winter flower-room.

#### Eternal Vigilance

in every department—from the selection of raw material on through all the stages of the baking—is the secret of the quality of

#### Johnson's Goods.

## To Our Customers and Friends!

Having made satisfactory arrangements with the Dominion Coal Co., we have this day dropped the price of Coal to

**\$15.00 Per Ton.**

Now landing ex S.S. Corunna:  
**BEST QUALITY SCREENED COAL.**

## CROSBIE & Company

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### MUTT AND JEFF—THERE'S A LONG HARD WINTER AHEAD, AND EIGHT BUCKS IS EIGHT BUCKS. By Bud Fisher.



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Travelogue.

resentation

PORTO MARKET. — A messenger to the Marine and Fisheries Dept. yesterday gave the prices of codfish: New, 35c per qt.; Old, 70c.

When you want Steaks, Chops, Sausages and Collops, try ELLIS.