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The variety of fabrics and models will enable the most particular woman to be delightfully suited.

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Also a shipment of
**CHILDREN'S FALL and
WINTER COATS.**

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Also a shipment of
**MISSES' FALL and
WINTER COATS.**

Side Talks by Ruth Cameron

HOW TO RELAX.

How does one go about relaxing? Yesterday, after trying to drive home the need of relaxing, vital to so many of us over-tense Americans, I promised that I would try to say a few words to-day in answer to the inevitable question.

How does one go about it to relax? All my life I have been told by various people who have tried to reform me (beginning with the inevitable Aunt who felt she could bring me up so much better than my Mother) that I must relax.

It is only within the last year that anyone has gone further and told me anything about how to relax. Even yet I don't know one-tenth of what I like to, but I have a few ideas that I can pass on.

You Don't Need To Use All Your Muscles To Beat An Egg.

When you catch yourself beating in egg or sitting down to write a letter, with nerves and muscles all over your body, that you aren't really sitting at all, absolutely screwed up—stop what you are doing, take a long breath and try to let go of yourself.

"Of course 'let go' is another way of saying relax, but putting it that way has helped me and it may you. I don't forget the long breath. That's half the battle.

Let Your Legs Feel Heavy.

Again, when you find yourself walking with the muscles in your legs as taut as a bow string take a long breath, stop hurrying and try to let your legs feel heavy. I got that out of a book. It is a book devoted to the subject of relaxing. It has whole chapters on the technique of relaxing, telling you step by step how to accomplish it. I will be glad to tell any letter friend who seriously wants to learn how to combat our great American error, what this book is.

Think It And FEEL IT.

In the meantime here is a thought to carry with you while you are waiting to get the book. If you can not only think it, but feel it—if you can accept it not only with your brain, but also with your whole heart, I am sure it will carry you a long way on the road you want to go.

"The first thing many of you have to learn is to accept the trivial annoyances and misfits of life as a matter of course, for to give them attention beyond their deserts is to wear the web of your life to the warp."—Lulu Hunt Peters.

Fads and Fashions.

It is fashionable to have gloves and bag match and to fringe both. White chalk beads are particularly attractive on pink Gorgeotte. Most of the winter suits are beltless and keep the more tailored lines. The smaller the quantity of embroidery on a gown the richer it must be.

A smart frock of blue serge shows a round neck fringed in blue silk. Many of the new sleeveless sweaters are slippers with square necks. Square necks are more generally becoming than the more usual V-shaped.

Some of the new suit coats have a turned-up or cuff effect round the bottom. Garments for evening wear continue to use a great deal of ostrich as trimming.

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We have been asked for a lower price on Oranges.

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WEARINESS.



If you're tired, O toiling brother, of the chores you have to do, there are forty million others who are just as tired as you. Sometimes when my back is aching, and my feet are sore and sore, I remark, "It's no use making earliest efforts any more; for I'm weary of my burden, and my heart is cold as ice; and I fail to see a guerdon I consider worth the price. Oh, I'm tired of splitting kindling and I'm tired of packing coal; all the dreams I had are dwindling, and my hopes are in the hole. All the jobs I do are blotches and I'm weary of it all; I am tired of winding watches, I am tired of playing ball." And I look around for pity, and I find to my surprise that the whole immoral city fairly swarms with weary guys. They are tired of digging, taters, tired of dodging the police, tired of shoeing alligators, tired of herding ducks and geese. They are weary, ever, always, tired of all this world

provides; they are tired of growing galways, tired of tanning children's hides. So I'm tired of being weary, when I hear the others sob; though the path of life be dreary, I won't travel with the mob.

Dime and Other Novels

The St. John's (N.F.) Telegram devotes a long article to a discussion of dime novels or "penny dreadfuls," as the English say, and quite properly observes that many of the cloth-covered books which are sold by the million have no greater literary merit than the despised yellow-covered novel of our boyhood. It says further that this is a rather sorry compliment to our present-day authors, whose works almost leap at once from every newsstand.

Many of our readers will recall the days of Ned Buntline, Sylvanus Cobb and Col. Prentiss Ingraham, those wizards of the open who could spin romances that made one forget there were ever such things as school or household tasks. Crude as these writers were, when judged by the standard of the literary critic, they opened for us the very gates of romance and made us wish we were living in the midst of the stirring scenes they unfolded before our youthful imaginations.

It is not too much to say that these writers of the half-dime and dime novel moulded the characters of many a youth. They may have caused him to leave home occasionally on an Indian hunting expedition, but they filled his mind with nothing that was unclean or degrading. The same cannot be said for some of the writers of much advertised novels which grace the newsstands in every American city to-day, novels which are not literature, but purulent sensationalism appealing only to unhealthy minds.

Who would exchange a rollicking tale of the Spanish Main written by Ingraham for one of Harold Bell Wright's machine-made novels or a decadent story by Chambers? The latter always leaves a bad taste in the mouth which never happened in the case of the "penny dreadful," which the literary snobs so roundly condemn.—Charleston American.

FASHIONS AND FADS.

The front laced corset is peculiarly adapted to the present fashion of soft bodies.

Combinations cut like men's athletic underwear are among the latest things for women.

When embroidery appears on a woolen gown it should have great distinction of design.

Just Folks
by Edgar A. Guest

"SUCH A CARE."

"They're such a care," I heard her say. Speaking of children yesterday. "I sometimes wonder if it pays, if all the gladness of their ways is worth the pain of parting when God calls his babies home again. I think it better not to know a joy that is so soon to go—And then the risk! You cannot tell whether or not they'll turn out well; With all your care, you cannot say how far their feet shall go astray; I fear I could not stand the shame if flesh of mine should stain my name."

I answered: "Once your mother's prayer was to be given such a care. She asked that she might know your smile. Feel your caresses for a while. Stand vigil by your cot at night. And give her strength for your daylight."

Ventured your days of life to buy—The pain of parting should you die, Nor gave one thought unto the shame That you might place upon her name. What'er the risk throughout your days, She only asked a child to raise—She did not ask a guarantee That you would pure and lovely be.

"To-day a lonely mother weeps, Oh, make unto your God this prayer, sleeps, Yet gladly would she bear the pain To know such happiness again; She has forever as her own The days of joy which she has known, And always, when her heart grows sad, She can recall the love she's had; Here is a richer, sweeter life, With all the pain and hurt of strife, And all its weight and hurt of woe, Than those who've had no babe to know. Oh, make unto your God this prayer, That he shall send you such a care."

"Woodlands," Middleton, N.S. This is to certify that I have used MINARD'S LINIMENT in my family for years, and consider it the best liniment on the market. I have found it excellent for horse flesh. (Signed) W. S. PINEO.

A new chemise of crinkly crepe fastens on the shoulders and has its fulness gathered into a casing, thus doing away with the necessity for gingerie ribbons.

Fall Styles—The First Showing.

A limited quantity of very smart frocks for Fall and Winter were opened by us on Friday last, and are to-day on view in our Showrooms.

These are exclusive French and American models, no two alike. Among the selection may be seen:—

1. Black Satin Sonple, heavily piped on sleeves and overdress.
2. Black Plain Silk Jersey, round neck, self buttons, side fastening, loose girdle. (An ideal model, giving long slender lines.)
3. Navy Ribbed Silk Jersey, round neck, and Russian Blouse effect.
4. Navy Serge, trimmed Military braid, Sand Jersey Vest and Cuffs.

This showing includes some beautiful models in Serge and Satin, Serge and Fur and Serge and Military Braid.

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Captain Honored
by C

Capt. Abram Kean, Late of S.S. pergo, Receives Address

The officers and crew of the Prospero met in the dining-room yesterday and presented Capt. Abram Kean with an address. A beautiful ebony walking-stick, a set of thermos bottles, Mr. Kinley, chief engineer, read the address, the captain replying for Mr. James T. Foley, the coast guard, spoke briefly, eulogizing the work of Capt. Kean during the war. He had charge of the Prospero during the war. He's a Jolly Fellow" brought the event to a close.

ADDRESS

To Captain A. Kean, S.S. Prospero, Dear Capt. A. Kean,—We, the undersigned officers and crew of the ship Prospero, beg to express our regret indeed of your intimation of the command of our ship. Fifteen years you have commanded the ship running on the Northern Coast. We can say that you have endeared yourself to your crew and crew no less than you to the travelling and general public along the Northern Coast. Your subordinates have found only a Captain to STEER the ship, but a true friend that was ready to give advice and counsel would tend to help us along our journey not only over the

FRESH

Ex S. S. R.

Pears, 1/4bbls—
Bartlett's & C
Crabapples.
Green Tomatoes—
For pickling.
Ripe Tomatoes.
Gravenstein Apples—
Barrels and boxes.
Fancy Lemons.
California Oranges
Grape Fruit.

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