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The Eyesight Specialist

Examines the eyes without DRUGS, DROPS or DANGER.

He not only finds the trouble, but with his perfect optical machinery he can grind the correct lenses to suit the most complicated cases, and do it quickly.

There was a time when all compound lenses had to be sent out of the country for, involving a delay of three or four weeks, but that day has passed; an hour or two is sufficient to produce any lens that may be called for.

Prescriptions filled or broken lenses replaced if you have the pieces.

TRAPNELL

IS YOUR MAN WHEN EYE TROUBLE APPEARS.

Over 40,000 People Read The Telegram

Wasted Energy.

By RUTH CAMERON.



One of the worst habits a human being can get into is that of doing things in the mind before he does them in reality.

The other night as I lay on the couch I saw a magazine lying under the chair. I must pick that up when I get up," my mind registered. Then I went on reading. But presently I found my mind was not entirely on my book. A part of it was picking up that magazine. Now I hate to stoop over those portions of housekeeping such as making beds, using a dust pan, dusting the lower parts of the pantry, etc., which involve stooping, I dislike the most. Therefore the thought of picking up that magazine was an unwelcome one and hence it obsessed my mind.

Finally I got up, picked up the magazine and went back to my book. But I was ashamed of myself for doing that. I should have been able to put the matter absolutely out of my mind until I was ready to attend to it. Next time I shall try to do that, for, as I say, I think the habit of permitting one's mind to be as obsessed by something you are going to do later is extremely dangerous to one's happiness and efficiency.

It is this habit that often tires housekeepers more than their actual work. A neighbour of mine lay in the hammock on her rose screened veranda swinging idly to and fro. It was a beautiful afternoon; her work of the day was done; she had on a becoming gown; she should have been happy and at ease. But I noticed every now and then an anxious look

came into her face, and I enquired the reason.

"I am thinking about that fruit I am going to preserve to-morrow," she answered, "and wondering where I will put it when it's done. My pantry is so crowded already."

You see she was doing in her mind work that she would actually do on the morrow and thus doubly tiring herself.

A friend of mine who hates to get up in the morning says that while she lies in bed dreading to start she thinks about it so intensely that she seems to project an imaginary self out of bed. "Again and again I can feel myself get up and go over to the chair where my clothes are, before I actually do get up."

Now don't you think such a process must tire her?

A similar habit is to have several things one wishes to remember seething around in the back of one's mind and to torture one's self by going over them every little while.

For instance, there are a half a dozen little things you want to put in your bag, when you go away. You think of them; try to recall them a few hours later, and you have forgotten, remembered them; and then forget them again.

Now that is all needless wear and tear on the mind. Free your mind of it at once in one of two ways. Either get those things together ready to put in the bag, or make a list of them.

A tired mind is worse than a tired body, because it is so much more difficult to get it rested. So do not lessen your efficiency by making your mind do the things that your body should do.

Ruth Cameron

Fads and Fashions.

The fashionable woman is now pretty well accustomed to fuller effects.

The latest pattern silks show enormous flowers and fruit decoratively treated.

A charming finish to the ends of a towel is elongated peacocks worked in cross-stitch.

The all-round tunic should be avoided by the woman who is either short or stout.

All the new tissues and brocades are largely used in the construction of evening slippers.

Yoke skirts for fall are being looked upon with favor. Some of the skirts have belts.

Sometimes the hip yoke of a skirt merges into long ends, which practically form a sash.

Boots are still made with suede or cloth tops to match the dresses they are worn with.

Full tunics of lace over satin skirts are finished at the waist with silk or velvet sashes.

The woman who likes the straight-line skirt with the long coat will find herself in luck this fall.

Flounces are immensely popular; frequently they are seen on skirts, narrowing toward the ankle.

Khaki color is once more in evidence, and will probably be seen during the next few months.

The new waists or blouses are bagues almost without exception. Some even have fitted backs.

Assyrian girlies knotted in front with heavily embroidered and fringed

ed ends is seen on the new gowns.

The cape costume will probably be as much of an institution in the future as the coat and skirt costume.

Some of the new satin afternoon gowns have tunics lined with white silk, to show when the wearer moves.

Young girls' sports coats are made of tan-colored blanket material, with striped borders and fringe.

The skirt buttoned all the way down is still in favor, and is one of the best possible styles for the short woman.

The conservative wedding gown of to-day has a certain resemblance to the noble Venetian dress of old times, which outlined the figure smoothly and fell in rich sculptured folds.

One of the prettiest of the new cafes is a raven's-wing silk that reaches to the hem of the gown, falling in long straight folds and gathered into an upstanding frill around the neck.

Where Responsibility Lies.

No matter how large, or how small, a business may be, nobody can deny that its Office is the nerve centre of the firm. Every transaction, important or trivial, must be recorded at the Office. An order is received at the Office—its history is recorded at the Office, and finally payment is received at the Office. If the Office makes an error the firm stands the loss. That's why you must be sure that your office is masterfully and dependably equipped for the care of all important papers. To do this effectively you need the up-to-date equipment of the "GLOBE-WERNICKE CO." When sixty offices in St. John's have found this necessity this equipment can surely be of use to you. Mr. Percie Johnson represents this world famous firm in Newfoundland. —ap17.11

Plain Living is Now Command in the King's Household.

Cost of Royal Table Sold Reduced From \$6.30 to \$1.25 Per Head Per Day.

London, Aug. 8.—In a recent issue of the Official Court Circular it is announced: "By order of the King, plain living is now the rule at the Royal table."

It is learned on the highest authority that plain living at Court means that the cost of the Royal table has been reduced from \$6.30 to \$1.25 per diem per capita dinner at Buckingham Palace now consists of four courses: Soup, fish, joint and sweets. It used to consist of six courses. All entrees have been abolished. Breakfast now consists of fruit and porridge. Fish is served two days a week, and eggs and bacon once. The cost of living in the servants' hall has been reduced from \$1.44 per diem per capita to 88 cents per diem.

To keep clothespins from freezing to the clothes put two handfuls of salt in your bluing water.

TO-DAY!

We offer in stock and to arrive:
50 brls. Green Cabbage.
100 brls. New Potatoes.
50 crates Bananas.
40 kegs New Grapes.
10 cases Naples Oranges.
20 cases Calif. Oranges.

SPECIAL:

40 cases Sultana Raisins.
50 cases 1 lb. tins Local Rabbit.
10 cases Fresh Eggs.

PHONE 480.

Soper & Moore.

Habits.

By GEORGE FITCH.

Author of "At Good Old Slivash."
A habit is an action with a self-starter.

Most actions have to be begun by the man who produces them. But a habit attends to the starting itself. It goes wherever it pleases and carries its unfortunate owner along with it.

A habit is produced by repeating an action over and over again. Some habits are very difficult indeed to produce. It is distressing to watch a man patiently pouring gallon after gallon of whiskey down his throat in the hope that some day he will get the habit and can get drunk without putting any care or thought on the process.

It usually takes a man as long to acquire this habit as it would to acquire a university education at half the cost. However, there is one consolation—the habit will last much longer than the education would. One can forget Greek and Latin but it is as hard to overlook the drink habit as it is to ignore a case of jumping appendicitis.

There are many different habits. Some of them are very meritorious—such as going to church, getting to work on time, breathing through the nose and swatting flies. Among those habits which should be removed by the aid of gas if necessary, are those of swearing, chewing tobacco, looking up while driving, sleeping on the back and voting the ticket straight because father did it before the war.

There are also many peculiar and harmless habits. Some men always put on their left shoe first. One of these men once lost his left leg and had to go barefooted ever after.

Other men get into the habit of drinking their coffee with a loud bartone gurgle. This harms no one but it keeps the performer very lonesome during his meals.

William J. Bryan once got into the habit of running for the presidency. However, he broke himself of it by a great effort. It takes a strong-minded man to break himself of a habit.

We should all strive to run ourselves and not turn the job over to a few habits, picked at random. Some times they do a good job, but more often they run us unsuccessfully and recklessly as a nineteen-year-old boy runs a racing automobile.

Prescription 'A.'

CURES:

INDIGESTION and DYSPESIA in all its forms.

It is quite a daily occurrence to hear persons say: "Oh, what a feeling of distress I have after meals, fullness of the stomach, heaviness and headaches. I feel too tired to do anything. I have no heart to exert myself, and at times I care for nothing." "I often have a pain in the pit of the stomach, no appetite, my heart beats rapidly on the slightest exertion. I feel just as tired when rising in the morning as when retiring to bed. My sleep is often disturbed, and I often awake with a feeling of suffocation and a difficulty of again going to sleep. I have to be careful of what I eat, and my life seems not worth living."

Why suffer from all these symptoms when STAFFORD'S PRESCRIPTION 'A' will cure you?

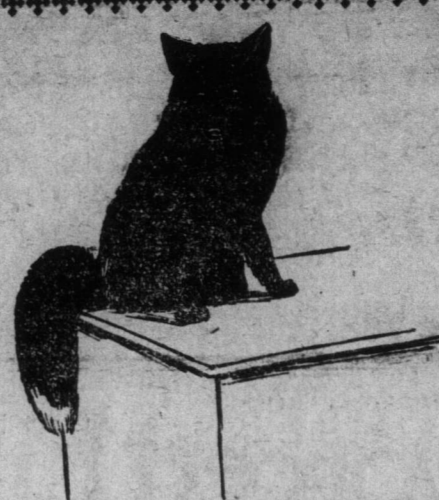
Try a bottle.

Price: Small size, 25 cents; postage 5 cents extra. Large size, 50 cents; postage 10 cents extra.

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FOXES!

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The business is growing rapidly. Now is your time to get in. The St. Lawrence Silver Black Fox Company offers you one of the best propositions on the market to-day. Send coupon for full information.

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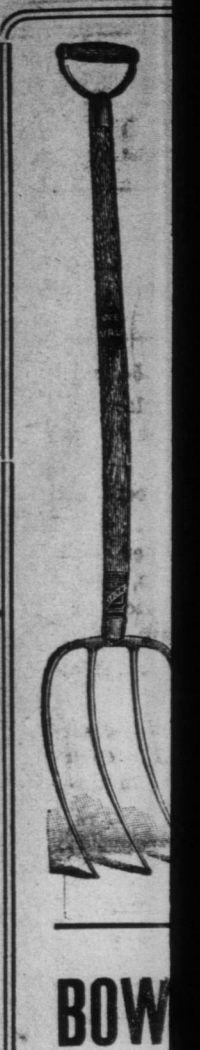
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