

As a PHOTOGRAPH it is GOOD — As a RECORD it is GOOD.

The Photograph of the "MOTT" Luncheon.

Phone 768.

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GARLAND'S Bookstore, 177-179 Water St., St. John's.

LADIES' SHOES!



Just opened up our Ladies' Warm Weather Shoes, certainly delightfully refreshing and cool to wear. Complete assortment of White Goods in Satin, Canvas and Poplin for Ladies, Misses and Children.

We are right open for Holiday Shoes. Ours is the best Shoe Service in the city.
Prices \$1.50, \$2.00, \$2.50, \$3.00, \$3.50, \$4.00, \$4.50, \$5.00.

N. B.—We have just opened up our Ladies' and Gentlemen's Bathing Slippers.

F. SMALLWOOD,
THE HOME OF GOOD SHOES.

FREW'S MID-SUMMER SALE!

WONDERFUL BARGAINS IN

Ladies' Blouses, Skirts, Coats and one piece Dresses

during this Great Sale. We want to clear them out and have marked every garment at real clear-out prices. Mail Orders received during Sale will get the full benefit of our Great Bargain Prices.

William Frew

Penalizing Good Temper.

By RUTH CAMERON.



"How I dislike that man," a young matron declared after the departure of a caller. Her husband looked at her in a s t o n n i s h m e n t. "Dislike him," he echoed. "I should never have guessed it. I thought you were putting yourself out to be nice to him."

"I was," his wife admitted. "And yet I dislike him. He is cynical, he thinks all women are fools, he has a disagreeable manner, and very seldom condescends to be even as gracious as he was to-night. And yet I always find myself making more of an effort to please him than I do for the people I like. Isn't it queer?"

Queer, yes, but only as life and human nature are queer.

There are people like that in every neighbourhood. Nobody really likes them, yet everybody tries to please them. Perhaps it is because they are so difficult to please that we feel a sort of triumph in accomplishing the feat. The difficulty is a challenge and a spur. Or perhaps it is because they are so disagreeable that we are afraid of them.

Easy going, easily pleased people never do seem to get as good treatment as the people who know how

to make themselves disagreeable if they are not pleased.

The butcher does not keep his best cuts for the most agreeable and accommodating customer. On the contrary. He unloads the tough roast, the thin steak, the skinny chop on him; and keeps the tender, toothsome meat for the irritable quick-tempered customer who will raise the roof if he doesn't get just what he wants.

Two women employ the same washerwoman. One of them has taken an especial interest in the woman; she has given her money; she has often paid her in advance; she has waited patiently for her clean clothes when it meant a great deal of inconvenience to her. The other woman has been just an ordinary employer. When the clothes have been late she has spoken with considerable impatience and threatened to take her work elsewhere. It is not hard to guess which employer the washerwoman favours when she is delayed with her work for any reason.

Really when one sees how good temper and complaisance are penalized all along the line, and how unamiability is rewarded, one wonders—

No, of course I don't really mean it. Of course it is moral treason even to think that, so I will finish my sentence another way. One wonders if one cannot be more careful oneself to reward amiability in others as it deserves.

Boys Lay Dynamite to Blow up Cars

Montreal, July 17.—Police reports show that George and William Whitlman, the two boys who were injured by the explosion of a dynamite cap in the rear of 70 Boulevard St. Street yesterday morning, had been playing with dynamite caps and placing them on the car track to see if the cars would explode them. Only for the happy advent of a policeman, who gave chase, lives might have been sacrificed and property damaged by the foolhardy youngsters.

How the dynamite came to be in the possession of the boys has not yet been definitely determined. They claim that they found the explosive and that it went off with a big bang when they attempted to fire it with a match.

The police, however, state that along with another boy the two brothers had filched dynamite from cement works in Longue Pointe.

That thousands of dollars worth of damage was not done and lives lost before the dynamite did its fell work is considered a matter of luck. The two boys, who are ten and seven years of age respectively, are resting quietly in the hospital. Their case is not considered serious.

Pardon Becker

If He Tells of Graft.
Albany, N. Y., July 13.—Charles Platt, former press agent for the convicted Lieutenant Becker, has arranged with District Attorney Whitman to make a complete disclosure of New York police graft revealing men higher up in exchange for a pardon for Becker.

Minard's Liniment Cures Diphtheria.

Minard's Liniment Cures Diphtheria. MINARD'S LINIMENT CURED 91

Vigorol A SPRING TONIC.

The latest medicine on the market is the Great French Tonic VIGOROL. Every home should have it. VIGOROL tones the whole system. Run-down men and women can be made strong and healthy. It tones you up at once. That tired, dragging, sleepy feeling is removed, and you become bright and cheerful. The blood is purified, pimples and blotches are removed and a clear skin is the result, and life becomes worth while. Do you need toning up? Well, then get a bottle of VIGOROL at all drug stores.

Prehistoric House Found In London

London, July 15.—Excavations on the site of the new Chronicle building in Fleet Street, led to the discovery of the bones of prehistoric animals at a depth of 30 feet below the present level of the street and about 20 yards from the spot where prehistoric remains of a woolly rhinoceros were found in 1912. The present find includes what Drs. Smith, Woodward and Andrews of the Geological Department of the British Museum describe as "a beautiful piece of arm-bone of a lion." But there is some difference of opinion among other experts on the subject. The remains which belong to pleistocene times also include a bone of a mammoth and the hip bones perhaps of the same animal.

Large Fishing Company goes to the Hammer

Vancouver, July 15.—Justice Clement of the Supreme Court, today confirmed the sale here of the assets of the British Columbia Fisheries Co. for \$300,000. Paper assets of more than half a million dollars were thus disposed of. The sale was made to an Englishman named Dovereaux. The company was promoted several years ago by Sir George Doughty, of Grimsby, lately deceased. British Columbia creditors of the concern to the extent of \$100,000 will get nothing out of the settlement to-day for the \$200,000 obtained in the sale will not nearly satisfy the preferred debenture holders in England.

Fish as a Health Food.

J. J. Crowie, who has compiled a volume showing the value of fish as food, has seen his work issued and given official prestige by the Marine and Fisheries Department of the Dominion of Canada. Among the points made by Author Crowie, favoring fish as a health food, are quotations from Sir James Crichton Browne, M.D., D.Sc., of England. To quote: "Sir James Crichton Browne, M.D., D.Sc., etc., of England, has said: 'It cannot be too strongly insisted on that for working people of all classes fish is an economical source of the energy necessary to enable them to carry on their work; and that for children and young persons it furnishes the very stuff that is needed to enable them to grow healthy and strong. It contains what is called proteid, the nitrogenous constituent which is mainly concerned in the formation of the tissues of which the body is composed, and it contains fat, one of the main sources from which the energy of the cells is derived. 'That fish should displace butchers' meat in the dietary of the people of this country is not to be expected; but it is felt there is a vast room for a substantial increase in the use of fish. The majority of people habitually eat too much butchers' meat, and could, with benefit to their health, reduce their meat allowance and increase their consumption of good, sound, fresh fish. 'Fish, as a food, is recommended for its easy digestibility. It, of course, differs greatly in this respect, the lean kinds being more quickly disposed of than the fat, while the hardened fibers of salt fish prevent it from being so readily digested as fresh fish. 'Fish is an unsurpassed food for brain workers who lead a sedentary life. It has a smaller proportion of nitrogenous material than meat, and is, therefore, less stimulating and exciting, an important matter in these strenuous, nervous days. 'But the digestibility and nutritive value of fish depends greatly on the manner of its cooking."

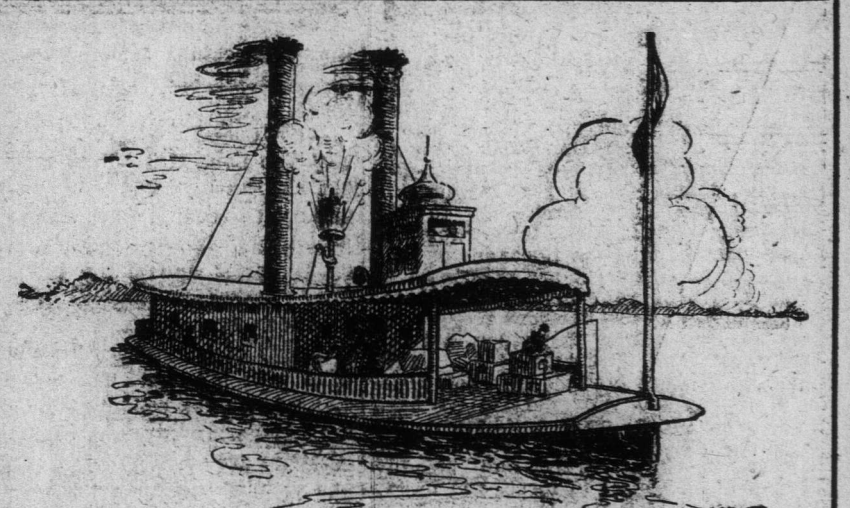
Destroyed 400 Hogs to Check Cholera

Ingersoll, Ont., July 18.—Their whereabouts having been traced and every animal of the big shipment from Western Canada destroyed, together with others with which they came in contact, it is believed that the outbreak of hog cholera in Detchem township has been effectually checked. Dr. Tennant, London, Government Inspector, who conducted the investigation, strictly enforced the regulations and in the neighbourhood of hundreds of hogs have been destroyed. The inspector was fortunate in tracing every hog that was sold in the district from the western shipment and the car has also been located and quarantined.

Haldane on Education.

Southampton, July 13.—Lord Haldane, who opened Southampton's new University College buildings at Highfield, referred to the opportunities of education for the people. "In these days," said Lord Haldane, "the old notion that capital is the monopoly of a few people and that the working class never can get access to it is gone. The real monopolist is the man with the trained brain. 'The new class that is growing up is the educated class, and if democracy wishes to get its share of the new things that are coming, and we are at the beginning of great changes—democracy will have to take advantage of the chance of education.'"

Stocking silk can now be bought by the yard by women who like to have their undergarments made at home. It is amazing the number of hot colors that are in vogue for this summer—raspberries, purples, strong yellows.



Once Upon a Time

there was a Mississippi steamboat with a whistle so big that every time it blew, the boat stopped. The whistle took all the steam.

There are lots of people today who exhaust all their energy every time they "blow their whistle."

The trouble is, they have no reserve to carry them through the average duties of every-day life.

Human strength and energy are obtained from food. And it is plain that it must contain the vitalizing elements which the system can take up and store as reserve power for occasions, not only ordinary, but extraordinary.

Grape-Nuts

is the food for strength and energy.

"There's a Reason"

Made of wheat and barley, it contains all the nourishment of the grain, including the vital mineral salts—a combination that builds brain, brawn and nerve.

Grape-Nuts is the ideal hot weather food. Concentrated—easy to digest—easy to serve—crisp—delicious!

Sold by Grocers everywhere.
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