

## Tenders Wanted!

Sealed Tenders are invited for the erection of the following building at Corner Brook, Bay of Islands, for Newfoundland Power and Paper Co., Ltd.:

**STAFF HOUSE  
BOARDING HOUSE  
HOSPITAL.**

Tenders must be sent in to the Office of the undersigned on or before noon Saturday, the 8th of September, and will be opened at Corner Brook. The lowest or any tender not necessarily accepted. For further information, apply to

**F. W. ANGEL,**

Board of Trade Building.

Agent for N. F. Power & Paper Co.

aug 28, 23

### What He Said.

Miss Shirley Kellog, who has, I understand, returned from America with a view to becoming an actress-manager in London, tells a good story of a man who, on his way back from town, met his old chum, Brown. They had a delightful chat together over old times, and at dinner that evening he told his wife all about it. "And he said that he knew me when I was a little girl," said she reflectively. "No," was the reply; "he didn't say anything of the sort." "But you just said that he did say so!" protested the lady. "I didn't!" was her husband's insistent reply. "Then, what did you say he said?" asked the now exasperated wife. "I said," was the calm reply, "that he said he knew you when he was a little boy."

# Prophy-lac-tic Tooth Brush



THE circles above show the advantage of the tufted bristles. This brush insures thorough cleaning of the teeth.

Always sold in the yellow box. For sale by all dealers in Canada.



Manufactured by F. W. L. BY GERALD S. DOYLE, St. John's.

### Do You Sleep Soundly?

A DOCTOR'S PRACTICAL HINTS FOR THOSE WHO DON'T.

In seeking sleep, many people make serious mistakes.

The first is that they "try to get to sleep." This is one of the worst ways. Sleep often comes when it is not sought, and perhaps when it is undesirable, as in church during a dull sermon.

Here are a few simple and harmless helps to healthy sleep:

The first is deep and full breathing. I have known people object and say that deep and full breathing is a cure for so many things—such as worry and nerves, as well as consumption and poor circulation—that it cannot be a good cure for anyone; but surely the more troubles any one practice can cure at the same time, the more important and valuable that practice must be.

#### Fighting Insomnia.

If we have a tool that will perform only one function, it is less valuable than a tool which can perform twenty tasks. Breathing may be compared with a piece of machinery which can be employed for a number of different uses.

But the deep and full breathing must not be strained; it must be according to a rhythm. A certain number of "beats" for instance, may be given for the inhaling, a certain number for the holding in of the breath, a certain number for the exhaling, and a certain number for rest before the next exhaling.

Then there are mental helps. In a book published some years ago, entitled "The Mystery of Sleep," the author pointed out how, during sleep, the part of us of which we are not conscious (it is, not accurate to call them unconscious parts) are at work.

A striking theory is that we never rest completely. We are always working, if not on the conscious plane, then on the subconscious or the super-conscious plane.

We are aware of work on the muscular plane, except for a good deal of the internal work—as of digestion, and so on; but we are little aware of the chemical work that goes on within us. Nine-tenths of our thinking is subconscious. It might also be said that we press a certain button and the thinking is done for us.

During sleep some part of our mind is working; and it is best for us not to try and stop work altogether, but to direct the mind to do the work that will help ourselves and others most.

So it may be the most effective plan to direct the subconscious mind, first, to think of something restful, and to concentrate on that, and then to doing useful work in helping others who are in difficulties. Otherwise the mind may roam about at random, and we may not get really healthy sleep.

We should tell our subconscious mind what it is to do during sleep.

The Diet Cure. Then there is the diet cure for sleeplessness; and here the important matter is not what we have just before we want to go to sleep. The important thing is to get the blood pure and to get the circulation right. This is not a matter of the last meal we take in the day; it may require weeks and weeks of sensible diet to get the whole system clean.

Often sleeplessness is accompanied by cold feet. The coldness is due to clogging of the blood-stream; and this clogging is usually caused by wrong foods and drinks. When once the blood becomes pure and clean and strong, we are three-quarters of the way towards securing healthy sleep.

### Checkmate.

"I think that children are not as observing as they should be," said the Inspector to the teacher.

"I hadn't noticed it," replied the teacher.

"Well, I'll prove it to you," and turning to the class the Inspector said:

"Some one give me a number."

"Thirty-seven," said a little boy eagerly.

The Inspector wrote 73 on the board, and nothing was said.

"Will someone else give me a number?"

"Fifty-two," said another lad.

The Inspector wrote down 25 on the board, and smiled at the teacher. He called for another number, and young Jack called out:

"Seventy-seven; now see if you can change that."

### Driftwood.

There's many waves o' fortune on the ocean o' the world, An' men are like the driftwood that gets tossed, an' turned, an' twirled:

There's some get lost, an' some at last upon the shore descent, An' others go on driftin'—driftin'—driftin' to the end!

I'm one that's allus drifted on, an' drifted mighty far; I've tramped strange roads in many a land, an' slept 'neath many a star; I've seen the fierce desires o' men—their pain—an' laughter, too, The favoured an' the fallen—ay, the roses an' the rue!

On a tea-plantation I have toiled, up in the Assam hills, Where the jungle closes round you with its silence an' its thrills; In a crazy schooner I have sailed for many a thousand miles, A-pearlin' through the coral-reefs o' sunny Southern Isles.

'Twas in the spruce-grown, wild North-West that once I used to dwell (Ah, cabin by the gray trout-lake; I loved you more than well), I've ridden 'osses break-neck 'cross the plains o' Argentine—

What man would lack for tales to tell who's been where I have been?

An' beln' driftwood, sometimes I've been up an' sometimes down, For Fortune's queer to wanderers—first she'll smile, then sudden frown;

But while there's roads with turnin's, I must see beyond the bend— So I guess I'll go on driftin'—driftin'—driftin' to the end!

MALCOLM HEMPHREY.

### Canada's New Home in London.

The vitality that has been put into the position of the Canadian High Commissioner to Great Britain since Hon. Peter G. Larkin was appointed to the office eighteen months ago has been manifested in many ways. But the crowning achievement so far has been the purchase of quarters on Trafalgar Square London, which will enable all the Canadian offices in London to be gathered under one roof.

Canadians doing business in London have long complained of the fact that the various offices maintained by this country were scattered all over the metropolis, but until Mr. Larkin's regime nothing was done about it.

The value of the transaction is enhanced by the fact that the premises purchased are of rare historic and architectural interest and will thus reflect credit on Canada, among the countless visitors of all nationalities who go to London. They are the old Union Club premises on the west side of Trafalgar Square and according to the London Times the building, apart from the nearby National Gallery, is the finest in that locale.

It goes back to the Napoleonic era and during the past century or more its portals have been passed by many great figures in British History. It is understood that Canada will enter into occupation next March, and in the meantime certain external and internal alterations will be effected under the direction of an eminent architect, Mr. Septimus Warwick, F.R.I.B.A. The interior, it is stated, is of dignified proportions and contains decorations of high artistic merit. Many of the rooms will be adaptable to their new functions with comparatively few alterations.

There are few parts of London which equal Trafalgar Square as a focus of public interest and the proximity of the National Gallery will help to bring Canada's new headquarters to the eyes of the world. As a business man, Mr. Larkin fully understands the value of a dignified publicity, and his purchase of the Union Club as a home of Canadian interests in the motherland must be counted a master stroke of judgment.

It takes twenty-three chickens, weighing three pounds each to pay a painter for one day's work in New York.

It takes forty-two pounds of butter or the output from fourteen cows, fed and milked for twenty-four hours, to pay a plumber \$14 a day. It takes a hog, weighing 175 pounds, representing eight months feeding and care, to pay a carpenter for one day's work.

Who sees the way out? The city workman's wages must decline or we farmers will stop farming entirely, exactly what most of us are doing.

I have planted my last crop and this year nearly 1,000 acres goes down in grass, on which I will raise nothing.

I can see only one way now, teach New York hens to lay bricks instead of eggs—Graham F. Blandy, in the New York Herald.

Shave, Bathe and Shampoo with one Soap—Cuticura

Cuticura Soap is the foundation for your grooming.

It takes 17 1/2 bushels of corn, or a year's receipts from half an acre to pay a bricklayer one day.

THEY CAN CONTINUE THEIR ARGUMENT IN THE HOSPITAL.



# SPECIAL SALE

10 p. c. DISCOUNT SCHOOL SHOES 10 p. c. DISCOUNT

## Parker's Shoe Stores

Started Saturday Morning, August 25th

LISTED BELOW ARE SOME OF OUR SPECIAL OFFERINGS FOR THE SCHOOL CHILDREN--LOOK'EM OVER!

CHILD'S BLACK HIGH LACED BOOTS—Made of good strong Calf Leather. The real thing for school. Sizes 8 1/2 to 11. \$2.39 less 10 p.c.

MISSIE'S BOOTS—Same style as above; 11 1/2 to 2. \$2.80 less 10 p.c.

GROWING GIRLS' TAN HIGH LACE BOOTS—A nice dressy Boot. Sizes 11 to 2. \$2.49 less 10 p.c.

CHILD'S DARK MAHOG. SCHOOL BOOTS—Blucher style, solid leather outer soles and inner soles and counters, and are guaranteed to give satisfaction. Sizes 6 to 10. \$3.00 less 10 p.c.

MISSIE'S BOOTS—Same style as above. Sizes 11 to 2. \$3.50 less 10 p.c.

CHILD'S BLACK BOX CALF BOOTS—Blucher style, made to stand hard wear. Sizes 6 to 10. \$3.00 less 10 p.c.

MISSIE'S BOOTS—Same make as above. Sizes 12 to 2. \$3.50 less 10 p.c.



MISSIE'S BROWN BUTTON—Same as above. Sizes 11 to 2. \$3.50 less 10 p.c.

CHILD'S BLACK VICI KID BOOTS—Laced; a nice soft dressy finish. Sizes 6 to 10. \$2.50 less 10 p.c.

MISSIE'S BLACK VICI KID BOOTS—Sizes 11 to 2. \$2.95 less 10 p.c.

CHILD'S BROWN CALF HIGH CUT BOOTS—With rubber heel, solid leather throughout the soles and heels. Sizes 6 to 10. \$3.30 less 10 p.c.

MISSIE'S BOOTS—The self-same style. Sizes 11 to 2. \$3.50 less 10 p.c.

10 Per Cent. Off These Prices. ALL GENUINE BARGAINS

# Parker & Monroe, Ltd.,

THE SHOE MEN

aug 23, 1923, the end

### Wisps of Wisdom.

Failure is the only high road to success.

Expect disappointments; but scorn defeat.

Low-down practices keep a man low down.

The biggest fool is the man who fools himself.

Those best can bear reproach who merit praise.

Be a reformer if you will, but begin on yourself.

Any man who looks for trouble is blind to his own interests.

It is never too early to begin on the bright side of life.

The man who has no faith in nature is not to be trusted.

The great pleasure in life is what people say you cannot do.

When the worst comes to worst it is up to us to make the best of it.

Spread happiness and you are of a success than many a million.

Service is not so much a thing to form.

It takes less effort to make impressions than to re-make impressions.

—By Bud Fisher