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(sizes 4 to 12)

Less 10 Per Cent. Discount.

Side Talks[®] by Ruth Cameron

THE HIGH COST OF HASTE.

There is no more common American habit than that of doing everything with a tenseness and eagerness out of all proportion to the necessity for speed and the value of the thing we are doing.

I have a friend of whom a mutual friend says (with very good reason) that she never does anything, plays a game or starts on a walk or engages in a conversation without being tense about it.

We all know people like that—some of us very near home. But I wonder if we all realize, fully, how much this habit of hurry and tenseness takes out of us.

I had it put up to me in such a very vivid way recently that I got an entirely new sense of the cost of being tense.

The Rest Doesn't Make Up.

"Suppose," said the Man-Who-Thinks, "that you walk four miles at your ordinary gait, say an hour and ten minutes, on one occasion. Suppose another time you run these four miles in half that time and rest the remaining thirty-five minutes, will you be in as good condition at the end of your trip as you were the first time?"

I said that I didn't know, never having tried it, but I had my suspicions.

"Exactly," said the Man-Who-Thinks, "and they are correct. You can't possibly make up the energy you have used up in driving yourself at the higher rate of speed by resting thirty-five minutes or twice thirty-five minutes."

Ten Times the Power to Double the Boat's Speed.

"I suppose you know," he went on, "how much more energy it takes to raise the speed of a boat from ten knots to fifteen or twenty knots as to drive her ten and about ten times as much power to drive her at twenty knots as at ten,—though that is, of course, only twice as fast.

"Would it be the same with a body as a boat?"

Bodies Are Engines, Food Is Fuel.

"Perhaps not exactly but that law (which is, to put it mathematically, that the power required varies approximately as the cube of the boat's speed) holds true in the air and along the ground with engines, and, as your body is a kind of an engine with the food you eat acting the part of the fuel, the law ought to come pretty near holding good there."

"I wonder if that's why I'm twice as tired after an afternoon's shopping when I've hurried every minute than I am after a whole day if I've taken it easy?"

"That and the added burden of mental strain, I should say," said the Man-Who-Thinks.

Rather an interesting and arresting point of view for those of us who have "Americianitis," don't you think?

Just Received

LARGE STOCKS OF THE FOLLOWING ITEMS:

Dodd's Pills, Gin Pills, Indian Root Pills, Hamilton's Pills, Nyals Face Cream, Stafford's Peroxide Cream, Woodbury's Face Powder, Electric Oil, Radways, Fletcher's Castoria, Wampole's Cod Liver Oil, Carnol, Woodbury's Soap, Colgate's Tooth Paste, Colgate's Talcum.

Also several other well-known preparations too numerous to mention. Phone or write for Wholesale Prices.

DR. F. STAFFORD & SON,
Wholesale Chemists & Druggists,
St. John's, Newfoundland.

June 10th

A World Wide Revolution.

Mutterings of rising peoples and the creaking of rocking governments, reports of hunger and oppression, and rumors of the whirlwinds that follow them. Charles Sheldon in the Times hints darkly at an industrial crisis in France that may develop into a revolution, and the lack of power on the part of

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the government to resist the forces that may be generated by the general strike; French, English, Italian, and Belgian labor leaders are discussing plans for a strike that would tie up the continent of Europe and render inevitable the overturn of established authority; the Austrian communists seem about to get possession of the power in Vienna; the radicals are near a victory in Berlin; Asia is awakening from her long, sullen acquiescence—Corea has declared her independence in defiance of Japan, China has suddenly wrenched at her economic bonds, and, in an effort to strike back at the dominant European, declared a boycott of European goods. Not all this news is bad. Sometimes, no doubt, it is impossible to obtain requisite liberties without a resort to violence. But only a very thoughtful observer could take pleasure in the spectacle of a world in process of revolution. For the real advancement of liberty among men seems to progress no faster in these times than at others, and the price for the steps taken is paid in bitter suffering. It was England that invented the bloodless revolution. It would be well for the earth to take a leaf from her memoranda.

—New York Globe.

Just Folks

by Edgar A. Guest

THOSE UNFORTUNATE BREAKS.

When I was very wise and young I kept no brakes upon my tongue. I let it gallop, trot or pace At any time or any place. And frequently to my chagrin I used to exercise my chin. But I am older grown to-day And don't have so much to say. Unless I'm certain of my ground My vocal chords don't make a sound.

"Oh, gosh!" said I, with courage rare.

"Who is that homely woman there? In all my days I've never seen A living human, butter bean. But there's a dame from feet to chin That's just as flat and just as thin! She's one the angels high above Would find it difficult to love. Yet some guy's tied to her for life!" "Yes," said the stranger, "she's my wife."

"Of all the bores that I recall, There goes the biggest boob of all, If that bird had a pound of brain, He'd still be far from being sane." The pretty dame turned her head: "That is my brother Joe," she said. "There goes a chap that I detest. He is a nuisance and a pest." The lady's cheeks at once turned red. "That is my husband, sir," she said.

Oh, lessons, I have sadly learned As with chagrin my cheeks have burned!

Oh, splutterings, I've made in vain As I've attempted to explain! Oh bitter hurts I've tried to nurse And soothe, always to make them worse.

Now I am older grown and gray And don't have so much to say. I hold my tongue, and never let It utter speech I may regret.

Minard's Liniment Co., Limited.

Dear Sirs,—This fall I got thrown on a fence and hurt my chest very bad, so I could not work and it hurt me to breathe. I tried all kinds of Liniments and they did me no good.

One bottle of MINARD'S LINIMENT, warmed on flannel and applied on my breast, cured me completely.

C. H. COSSABOOM.

Rossway, Digby Co., N.S.

Once more Fashion decrees that the corsage shall be fastened behind with a row of tiny buttons.

Pompoms are coming back—Paris decrees it. Usually they are of tightly bunched and clipped ribbon.

Seeking Wider Expanses

Already there is talk of flying an airplane across the Pacific! That, nobody seriously doubts, will be done some day, but it will not be to-morrow or next week, and for the present the conquest of the Atlantic is so far from complete that the attention of aviators should not be distracted to the greater ocean.

Yet the broader reach of water does have its attractions, and it would not be at all difficult to chart a course across the Pacific that might be followed by an aerial navigator—even now, for the Pacific is as well provided with islands as the Atlantic is ill-provided with them, and though not a few of the islands would be troubled resting places for airmen, in a majority of them they would be safe enough.

At any rate, they would have a wide field of choice, and descent in the lagoon of an atoll would be ideally safe and convenient.—N.Y. Times.

Rules for a Model Husband.

A husband should know enough about the rearing of children, and the work of the house, to be independent if his wife dies, or goes home to mother, or takes to politics.

The average man is a pitiful sort of a boob when left alone with the children. And there is no excuse for him not knowing where the safety pins go in the clothes of little brother, or where the flour bin is, or what the china dish cloth is on earth for.

A man can learn to cook his own meals in much less time than it takes to master golf, and washing dishes is not much harder than going fishing.

Indeed the husband can put on and take off the family wash, and who keeps the distinction between boiling the white clothes and not boiling the colored clothes, may easily save himself a lot of grief, and several round ten dollar pieces.

The husband who can make bread, and turn out a batch of cookies, and achieve a custard pie with a decent bottom crust, has the edge on his brethren, who eat from a can when their wives are away, and who, in desperation, acquire another perfectly needless wife when number one goes to heaven, or the divorce court.

The man who can once a week take charge of the evening meal and leave the pantry as he found it besides, will be a happy husband.—Vancouver Sun.

G. Washington's Prepared Coffee

Made in the cup at the table.

Shelled Walnuts—Halves.
Cherries in Marachino.
Anchovies in Oil.
Browning for Gravies.
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Lowney's Milk Chocolate.
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Lemon Pie Filler.
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Southwell's Lemon Crystals.
Strawberry Jam, 1/4 lb. jars.
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Marmalade, 3/4 and 1 lb. jars.
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