# "Prevention Is Better Than Cure!"

We are asked by the Board of Health to observe the rules now enforced to prevent the spreading of Influenza now raging in our midst. It is there fore the duty of every good citizen to follow as closely as possible the health rules laid down for his or her benefit. One of the most important rules essential to good health is "Keep the Feet Dry." Wet feet are often the cause of a break down in health. Dry feet day by day keeps the Doctor away therefore guard your health by wearing the best rubber footwear, the kind we sell "They Keep Your Feet Dry."

LADIES' RUBBER SHOES.

JOB LINE.

MERCHANT BRAND.

#### Children's Rubber Shoes.

#### Anchor Brand.

Low Cut			
High Cut		bbc. to buc	. per pan
Sizes 3 to 10.	Prices	according to	size.
MISSES'	RUBB	BER SHOES	
Aı	nchor E	Brand.	

Low Cut	76c. to 84c. per pair
	82c. to 90c. per pair
	rices according to size.
YOUTH'S R	UBBER SHOES.
Anchor Bra	nd—Sizes 9 to 13.
Low Cut	86c. to 94c. pair

High Cut90c. to 98c. pair
BOYS' RUBBER SHOES.
Anchor Brand—Sizes 1 to 5.
T any Cut

High Cut ...... \$1.05 to \$1.08 pair

# Marshall Bros

### MEN'S RUBBER SHOES

. Job Line.	
Low Cut 75c.	per nais
High Cut 78c.	Der nais
Anchor Brand.	Lor hall
Low Cut	per nois
High Cut	Der neis
Merchant Brand.	
Low Cut \$1.40 and \$1.50	Der nais
High Cut \$1.40 and \$1.50	Der nois
MEN'S RUBBER BOOTS.	
Anchor Brand\$	4.80 nais
Merchant Brand \$5.00 to \$	7.00 pair

A CHARLES	MEN	S HIP	KUBBER BO	OTS
ME TO STREET		Merc	hant Brand.	V.Ps
Red N	مام			

#### One Kind of Shirking.

By RUTH CAMERON.



thing to do!" Then the stomach lazy. h e suddenly caught herself up and added "I don't mean stupid, mean perverse.

literally, because N. S. didn't have it on, but figuratively. N.B. For it meant that she was one of ! those one-in-ten-thousand people who make an effort to say exactly, and not

approximately, what they mean. I always thought that woman had a first class mind. Now I know it. For, in my opinion, there is no sur er hall mark of a really clear, good mind than careful choice of words.

symptoms of this shirking are various. There is, for example, the habit to whom everything she likes is "cut?"

fied to do it in silence.

know what I mean" is another slov- paper "got the story" before he died. We'll never come to splendor in enly habit. Perhaps your hearer Most of the men who have paid the If we keep within the circle that is DOES understand but it is a shirker's last full measure of devotion to that DOES understand but it is a shirker's last full measure of devotion to that ours and our alone.

trick not to find the right word and standard have been unknown outside. We shall never know the beauty of a

#### Why Slang Hurts.

so much the fact that it is "unau- of friends ran from Presidents to his thorized language" as the dictionary professional comrades. Mr. Hughes, puts it, as that it is picked up, by the in his campaign for the Presidency, To keep summer unthinking and used here, there and speaking at Silver Creek, N.Y., said he everywhere to take the place of in- was glad to be there because "this is But it's different planting roses for numerable shades and variations of Don Martin's home." His sunny dis-

COFFEE

"GOLD REEF" CREAM

18 oz. tins.

A pure, thick, rich Cream

California Oranges.

California Lemons.

Table Apples

Fresh Eggs.

Standard requirements

A woman whom I meaning and emotion which they are was talking with too lazy to attempt to express. Slang certain thing an son until he becomes lame. Or like acquaintance of an redigested food that has no harm ours had done, in it except that it usurps the func-What a stupid tions of normal digestion and makes

is the best:

Mathias Foley, Oil City, Ont. Joseph Snow, Norway, M. Charles Whooten, Mulgrave, N.S. Rev. R. O. Armstrong, Mulgrave,

it isn't done by my sex, and anyway I | Pierre Landers, Sen., Pokemouche

#### The Reporter who "Died Over There.'

According to the New York Times' correspondent with the American armies, Don Martin died a death symbolic of the newspaper man's tradition, the kind of death that might have been expected of him. He died

position, his warm generosity, his upsection of the sash were proken right out, and in the lower section three panes of plate glass broken: one double seat was torn out of place so it had to be taken down for repairs. New steps had to be put on this the car. When the car fell over, I position, his warm generosity, his upsection of the sash were proken right out, and in the lower section mailman from Port aux Basques, who came down on No. 2 and joined us at one double seat was torn out of place so it had to be taken down for repairs. New steps had to be put on this the car. When the car fell over, I to high time that those individuals

This gargle is so it had to be taken down for repairs. New steps had to be put on this the car. When the car fell over, I to high time that those individuals

The cook, John Moyst, was also in the lower section mailman from Port aux Basques, who came down on No. 2 and joined us at for them, for they will be after you for an 'da.' for their number which is, of the car. When the car fell over, I to high time that those individuals

The cook, John Moyst, was also in the lower section mailman from Port aux Basques, who came down on No. 2 and joined us at for them, for they will be after you for them, for their number which is, of the car. When the car fell over, I was also in the car. When the car fell over, I was also in the lower section mailman from Port aux Basques, who came down on No. 2 and joined us at for them, for they will be after you for them, for they will be after you for them, for they will be after you for the mailman from Port aux Basques, who came down on No. 2 and joined us at the time.

The cook, John Moyst, was also in the lower section mailman from Port aux Basques, who came down on No. 2 and joined us at for them, correspondent with the American arexpress everything one dislikes. For not merely doing his duty, but doing out a warming of the heart. instance we all know the young girl more than his duty. Stricken with illness on September 26th, he stayed or "grand" and everything she dislikes "horrid" or "awful" or "mean." along the battlefield in cold and rainy weather" until unable to keep up, then took to his bed and died in The use of "er" is another symptom two days. He was one of the unnumof the foggy, flabby mind. Occasion- bered heroes of his profession: he ally, of course, people use it to fill in was brought up in the old school that while they are seeking for the right demanded of a man not only a day's word. But more often they simply work for a day's wage, but work that say it because they are not thinking took no account of health or life, that clearly and distinctly of what they are put "the paper" above all. It was saying, And if one IS searching for such a standard as that to which the right word, it is much more digni- Gregory Humes conformed four years

ago, when, fatally mangled in a railwe'll never rise to greatness
we've ceased to think of self. Trailing off into silence with a "you road disaster, he saw to it that his

a narrow circle; but Don Martin was soul that's fully grown. known from one end of the United known from one end of the United reach the goals afar—
States to the other, and wherever he was known he was loved. His circle not question who they are. The bad feature about slang is not was known he was loved. His circle

ESSENCE.

T. S. Simmons & Co's. Scrub Brushes,

Stove Brushes, etc.

Shirriff's Extracts

Shirriff's Jelly Powders.

A large and full line assortment just to hand.

Just Received:

"5 ROSE" FLOUR—Government Standard Grade—Made from fully matured wheat, and in addition

somewhat higher in quality than Government

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## Butter! Eggs! Cheese!

By Express To-Day, 25 Cases Fresh Eggs "Extras."

15 only, 60 lb. Tubs Pure Butter. 20 Boxes Full Cream

American Cheese. 30 Boxes American Cheese, Twins. Cheddar (heese.

Soper & Moore Wholesale Importers and



#### UNSELFISHNESS.

work for them alone.
But it calls for real bigness to forsake the joys of play
To make smooth the path of others,
and for gold to give away.
For the world has need of service, and the test of man and boy
Is the work that each is doing that

## COAL! COAL!

Just arrived and now landing at Tessier's wharf 200 tons Screened N. Sydney Coal. Order your winter coal to-day. Tele-

## Indicial Enquiry the hanger bar, which is inch and a half iron. This hanger bar or beam

Reid Newfoundland Company. I have class car, baggage car and two sleepers, and engine. I have two men onine the cars when they come in and

lead lights above were gone. Two double seats were started out about an inch from the wall and were splitt in the ends in three pieces. We had to take them both out and repair them and put them both back again. One berth was out of order caused by the car falling upon a stump of a tree. The trucks and the wheels of that car the water. The cook was in the kitchen at the time and suffered only from shock. I got out of the car through the window not he side, which was then the roof. The window had been open all day. I crawled on all fours into the kitchen through the door and got a can and got out and got some water from a river and went back again into the water. The cook assisted me, also were very good, we had them out and looked over them. These cars came couple of trips to the river. We in on their own wheels.

first class car? this car was broken pretty well the whole length. The seats of this car were alright. The trucks and wheels I went to he first class car, which were alright. The trucks and wheels were all in good running order when they came in. (Q.) What damage was done to the

(A.) She was brought in on her cwn wheels. The balloon deck was stove up at the one end, about ten It is easy to be selfish; it's not very feet of it. The balloon deck is the much to do

The balloon deck is the section of the top of the car which is section of the top of the car which is their baggage out of the cars. They eighteen inches high and runs the full and I stood by the train. There is a length of the car. All the wheels and

enjoy outside your gate.

It's not hard to toil for money for the needs that are your own.

Any man can come to riches if ne'll work for them alone.

But it calls for roal blazza to the section. I examined that truck when it came in. A truck consists of two pairs of wheels, four oil boxes and four housings and the body frame of the truck. The frame consists of two sides plated with three eight roal plates inside and outside six inches plates inside and outside, six inches wide, full size of the frame. The two end beams are four by six. The beam of the front end of the truck is cut out three inches deep by two fect long, and then there is a three-eighth iron plate four inches wide, about three feet long put in under the four by six timber where it is cut out to strengthen it on the top to allow the draw bar to swing back and forth on top of the truck. Two hanger beams, inch and a half by five, with three-quarter ends bent to fit the outside of the truck, come up on the front and over he top and turn down about an inch on the outside. That is to carry the bolster, the spring board and springs. The car sets directly on top of the bolster.

was broken at one end. The centra casting of the bolster was broken Hector Ross, sworn and examined The friction block on the outside was

torn light off the boister at one end, and one of the bolts which holds it down was torn right out through the The nuts and all are on it. been working with the Company off The king bolt is with the car. I did

> I saw on those cars and wheels, it is I was steward on the dining

amined the cars of that train before which left St. Johns for Port aux Basques on September the 23rd last. I remember on that trip being neld cars in good order. Four of the cars in good order. Four of the cars up at Topsail owing to a run-off shead of that train came back to me for repairs: These were two sleepers, first were off the track. Nothing unusual that every Tom, Dick and Harry who pairs: These were two sleepers, first occurred until we met with an acciderant that they must get out a Number and the diner. One truck of the second class car of that train dining car when the run-off occurred. also came back to me for repairs; that The first I knew of the run-off was was the truck that was left on the road bed as I understand. I did not go over to the scene of the accident.

When I felt the front truck of the diner leaving the rails. This was just before we came to the dump. I did writing articles for them with which germ and also a curative and the contract of the diner leaving the rails.

car, and the hand rails on the platform was on the side she fell on and I had was on the side she fell on and I had my arm hurt. Mr. Cobb was hurt of plate glass in the main sash were frame of the windew and was not hurt-broken, and either five or six of the The cook was in the kitchen at the

the water. The cook assisted me. also couple of trips to the river. We put (Q.) What damage was done to the safe, and by that time Mr. Cobb was safe, and by that time Mr. Cobb was (A.) The giass on the one side of After that I went back and assisted was the nearest to me. I went back

ting the passengers out, but by hat time everyone was out. I remained at the scene of the accident for about 2 days. A relief train came up that lot of property in the dining car which had to be protected and the steward And it's different leaving beauty where but seldom you may be.

For it's not your selfish garden, after all that makes you great,
But the blossoms that another may enjoy outside your gate.

Ingth of the car. All the wheels and trucks were in good running order when they came in.

The truck of the second class car was brought in five or six days after the accident. I examined that truck when it came in. A truck consists when it came in. A truck consists started as soon as they came. They repairs would be to the track. They did not jack-up any cars that night. That work was done the next morning. This accident happened on a curve going up grade. The train was going about 10 or 11 miles an hour. I have been railroading for seventeen years and my experience is, I have sen more run-offs going slow than running fast. On Thursday morning I joined the incoming express and came to St. John's. The dining car came to St. John's. The dining car did not catch fire at the time of the

#### COAL! COAL! Just arrived 200 tons Screened N. Sydney Coal. Be sure and

TESSIER & Co.

#### W caging in.

member the train which left St. John's truck were perfectly good when I ex-on Monday, the 23rd September lest amined them after the accident: I don't know the exact age of the for Port aux Basques. That train inwheels or how long they have been ments no local Xmas Number could be published without incurring a fig. small mark on the thread of the are more or less indebted to the reose business it is to exam- wheel close to the flange. From what porters, who in every kind of weather These men are old experienced han s by Mr. Mews, B.L.

John Moore, sworn and examined when the Christmas season approaches by Mr. Mews, B.L. readily falls in line

The first sleeper, we got in wis I did not see it go down the dump. I refer are engaged at every-(Q.) What damage was done to that car took the diner thing but the journalistic business Theatre Hill. car?

(A.) Several panes of glass were broken: three lead lights in the top position, his warm generosity, his upsection of the sash were broken right out, and in the lower section of the sash were broken right cobb, Roadmaster, and Mr. Gushue, Let" notice for a vacant house, but (Q.) What damage was done to the considerably. When the car left the realized that they are not playing the track, Mr. Cobb stood up to pull the game. Let them stick to their own

It is high time that those individuals realized that they are not playing the second sleeper "Trepassey"?

(A.) This car was more smashed up than the other sleeper. Six panes of plate glass in the main sash were down. Mr. Gushue held on to the

St. John's, Oct. 23, 1918.

The schooner Bianca, torpedoed some time ago, and brought into Halifax, came off the marine slip and is

Dr. .. Carnell, of the General pital, is recovering from a slight duties in a few days. Mr. Wm. Tobin, carpenter

nere yesterday.

registered at the Croshie Mr. E. G. Grant, Trinity, is

Miss Jones, who has

## Spanish

used about four times a day-

#### Price 25c. Postage 15 cents extra

Dr. F. Stafford & S

Wholesale and Retail Chemists Druggists, St. John's, New foundland. OPEN EVERY NIGHT UNTIL

### Died of Blood Poison

After an illness of only two Bianca" Repaird

Mr. Patrick Walsh, a well-knowl dent of Witless Bay, passed aw Tuesday evening. Death was dishlood-poisoning, which had rebut was too late to render any now at Evans' wharf, Darthmouth, N. ance, the unfortunate man died in the meanwhile. He w married.

# FURNITURE

There is no need for us to go into detailed description with regard to the quality or quantity of Furniture we stock, it is already well known all over the Island.

Here we announce the opening of new shipments. We are ready to furnish your Bedrooms, Dressing-rooms, Bathrooms, Dining-room, Drawingroom, Den, Library, Living-room, Halls and Kitchen with everything necessary to make your home absolutely perfect in every detail.

When you want just what is newest and best in Furniture, remember the address below is that of the finest house-furnishers in Newfoundland.

U. S. Picture & Portrait Co. St. Johns.



## Delightful

not be supposed that we have

and acrobats exercising. It foreigner

nal animus against this road, we do like to see roads that one Roast Verwalk on. Ruskin says: "To any Pork, try



66 TT is like a dream now to think of long, weary months I spent in yous helplessness. Some day would be cheered by feeling better, only to slip back again, and to be m than ever discouraged.

"I had always been very active. Hawide acquaintance and did much entaining. In addition to helping in wh ever was going on at the church, th was Red Cross work to be done, and he time I had my little family to after and could not get help.

"I suppose I tried to do too much, f sot so I could not sleep at nights always felt tired out in the morning. Then I would have headaches and did seem to care for my meals.

"Instead of the usual ambition nergy I found myself putting off luties of the day. I got behind with lousework, and this worried me.

"I did not think that I was sick, only tired. However, the time came was did not get up in the morning. I sim could not. The doctor came and sa "Nervous Prostration." It seems I kept on the go until the nervous syst was wrung dry of all nerve force.

Then came the long, weary weeks