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**Labor Saving Plate Polish**  
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Instantly removes tarnish, dirt and grease, and gives a brilliant surface with a minimum of labour and without wear to the metal.

Does not soil the hands. It is absolutely harmless to the most delicate surface, and is free from poison, grit, mercury and acid.

PRICE—20 CENTS PER BOTTLE.

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## The Evening Chit-Chat

By RUTH CAMERON



To-day's letter is especially addressed to "shy people."

Yesterday I gave some of the wise and helpful suggestions of those of us, which my readers sent me in response to a letter, which I had published, from a shy girl who wanted to be told how to overcome her weakness.

Their wisdom and helpfulness overflowed a single day's space, so I quote some more to-day.

"I read your article in the paper last evening, relative to a letter a poor shy girl had written you," writes one of my correspondents, "and could not help thinking how well it suited my own case several years ago. I used to envy the girls who chatted away so freely and unconsciously in company, while I hardly dared to open my mouth. I remained like this until one day I came across an article which I thought surely had been written for me. It simply said that if a girl found herself shy and backward in company, the way to overcome it was to go right ahead and speak out, force herself, at any cost, to say something and try to be sociable. I thought I would try just for an experiment and found it very hard at first. It seemed as though another person, not myself, were speaking. I kept up the battle quite bravely though until, to my surprise, I found it became quite the natural thing, and words and jokes came without effort."

"A few years ago I was distressingly shy and self-conscious," writes another correspondent. "After considerable thought about the matter I concluded that I would consider that everyone I met was lonesome and needed entertaining, and I solved the problem. I attended the theatre and

lectures as often as possible, and also read and digested the news of the daily papers—I mean things worth knowing and talking about—and in this way I had a number of subjects at my command which I could intelligently talk about."

Here is a letter that has so very much good sense that I must quote it bodily:

"Dear Shy Girl:—  
I was—and I am not. I love you already and I'd dearly like to help you, so I'm going to tell you just what made the difference in me.

"In the first place get away from home—not to stay, you know—just for a visit. The sense of what people expect us to be literally paralyzes our efforts to appear anything else. So get away where nobody has any preconceived opinions about you.

"Then do as Miss Cameron says, put on your prettiest dress, spend an hour over your hair if necessary and start out for the conquest—not of other people, but of yourself. Pick out the least formidable person in the room to practice on—a young girl, perhaps shy like yourself, or a middle-aged, lonely old maid. Then talk. Try to interest her. You'll find it amazingly easy since she isn't used to attention. Get her talking if you can. That's a more valuable talent still.

"Don't neglect anybody—the postman who brings your mail, the girl behind the counter, the garrulous old lady on the train—have a word and a smile and a bit of sympathy for them all. And before you know it, by not waiting for the 'worth while people' to begin on, you'll be able to talk, to listen, to get something from, and to give something to, almost everybody. And what will surprise you most—you'll be amazingly popular."

In behalf of my shy girl and all her sisters, thank you, folks. Seems to me she hasn't any excuse for suffering from that trouble any longer.

*Ruth Cameron*

### Afraid of Ghosts

Many people are afraid of ghosts. Few people are afraid of germs. Yet the ghost is a fancy and the germ is a fact. If the germ could be magnified to a size equal to its terrors it would appear more terrible than any fire-breathing dragon. Germs can't be avoided. They are in the air we breathe, the water we drink.

The germ can only prosper when the condition of the system gives it free scope to establish itself and develop. When there is a deficiency of vital force, languor, restlessness, a hollow cheek, a hollow eye, when the appetite is poor and the sleep is broken, it is time to guard against the germ. You can fortify the body against all germs by the use of Dr. Pierce's Golden Medical Discovery. It increases the vital power, cleanses the system of clogging impurities, enriches the blood, puts the stomach and organs of digestion and nutrition in working condition, so that the germ finds no weak or tainted spot in which to breed. "Golden Medical Discovery" contains no alcohol, whiskey or habit-forming drugs. All its ingredients are printed on its outside wrapper. It is not a secret nostrum but a medicine of known composition and with a record of 40 years of cures. Accept no substitute—there is nothing "just as good." Ask your neighbors.



### Fads and Fashions.

Gray and white, brown and yellow violet and white and especially green and white are the colors chosen for lovely striped linen dresses.

Bath suits of waterproof black satin duchesse are greatly liked. The satin, though heavy in weight, is soft and falls in the approved straight line.

The very smartest thing which a woman can have to complete her shopping toilet is a handbag of Irish crochet for holding calling cards, purse or handkerchief.

Dainty bags of pongee and linen are seen. Some are embroidered in flower designs; others with small flying birds, while others still are quite plain.

Bags and belts this season have come under the influence of the craze for Persian designs and colorings, and remarkably fetching and pretty they are.

The plaited trills are not only worn on shirtwaists, but are rapidly making a way for themselves as a finish to the cuffs and reverse of the tailored suit.

The newest bathing shoes are of a good quality of satin and are shown in all colors—enamel green, bright

red and Cobalt blue being among the general favorites.

The flat straw hat, something like a glorified pancake, so popular this summer, is usually trimmed with a large astrakan bow in a distinctive and contrasting shade.

Trimings of baby Irish, valenciennes, cluny and white oriental lace are all lavishly used on the autumn frock of lingerie, mousseline de soie and fine linens.

Chiffon cloth waists in colors, as well as white, are as smart as any separate blouses seen this summer. Pompadour silk is frequently used for lining these filmy fabrics.

The new parasols from Paris are nearly all fringed. Handles all show the effect of the new overworked chateaucraze. Nearly every one displays a cock or a golden pheasant head.

The waist knots are most elaborately tied. There is one in dragon fly effect with a long gilt body and innumerable little silk puffs on either side of it to serve as wings.

Bandings and motifs in pearl and crystal beads are being shown in great profusion, and it is rumored that both pearl and crystal trimmings will be used on many of next season's models.

Decidedly attractive and summery looking, too, are the rattan-covered steamer trunks. They come provided with a strap in front, so that the trunk can easily be pulled out from under the berth.

## Ayer's Pills

Regularity

TALK No. 5

# MAGIC BAKING POWDER

Does not contain Alum

ALUM is put into inferior baking powders because it is cheap. You cannot detect it, because all baking powders look alike. Alum is a dangerous mineral acid condemned by food experts as unfit for use in any food preparation, because it works havoc with the stomach and digestive organs and causes certain harm to the entire system.



Your baking results will be the best with MAGIC and you have the certain knowledge that your bread, biscuits and pastry will be light, healthful and delicious.

There is no substitute for MAGIC and it is a medium priced baking powder and the only well-known one made in Canada that does NOT contain alum.



Full Pound Cans, 25c.

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FREE COOK BOOK If you have not received a copy of Magic Cook Book, send name and address on postal card and this valuable little book will be mailed free of charge.

## OUT OF TOWN ORDERS!

We direct special attention to those of our patrons who are NOT COMING TO TOWN THIS FALL to our facilities for executing OUT OF TOWN ORDERS.

### (Our Mail Order Department)

is a thoroughly satisfactory means of procuring just what you want at the price you want to pay, as well as if personally selected, and whether its an order for goods or merely an enquiry regarding prices, we will consider it a pleasure to have you take advantage of this department.

### (WATCH FOR OUR ADS)

and read them carefully throughout the Fall for particularly interesting Specials.

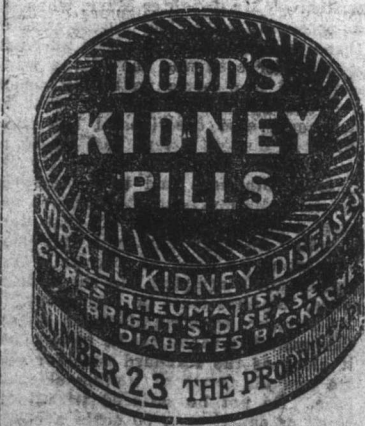
## C. L. MARCH COMPANY, LTD.,

Corner Water and Springdale Streets.

### Shooting Sharks With Water.

When he is working in water infested by sharks and other sea monsters likely to do him harm, the diver has at present to rely for his safety on the use of the knife, or, failing that, on a quick return to the surface. Now comes the invention of Capt. Grobl, a German diving instructor, who has constructed a rifle which can be fired under water, and is designed for the better arming of the diver. The most remarkable thing about this is that it fires, not bullets, but water, which is propelled with such force that it has an extraordinary power of penetration. Indeed, the inventor himself has pierced armor plate of medium thickness with the water jet from his weapon. The rifle has a stout barrel and is loaded with a cartridge case in India rubber. It is worth recalling, perhaps, that experiments

were made in the sixties with a submarine rifle firing small explosive projectiles by means of compressed air, but the invention never got beyond the experimental stage and no details of it are to be had.



### YEARLY INCOME — HALF A MILLION POUNDS.

One of the wealthiest men in Europe, Baron de Forest, who entertained Mr. and Mrs. Winston Churchill during their Continental trip, is reputed to enjoy an annual income of close upon half a million. He was one of the two adopted sons of the late Baron Hirsch, who left him an enormous fortune. Although he was created a Baron by the Emperor of Austria when he was only twenty, he has since become a naturalized British subject. He received a thorough English training at Eton and Oxford, and ultimately married Mme. Menier, the widow of the "Chocolate King." He married as his second wife a sister of Lord Gerard, and on their wedding day presented his wife with a wonderful collection of almost priceless pearls, one rope alone having cost £70,000.

Minard's Liniment Cures Burns, Etc.