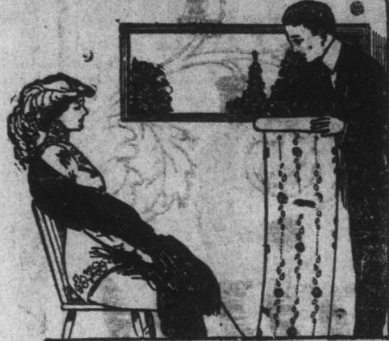


LET THE MEN TALK POLITICS!



We Know that the WOMEN WILL VOTE that
Our Stock of Wall Papers for Fall 1919 Cannot Be Beaten
Now opened: **204615 Pieces American Job Wall Papers.**

We don't know who will win the Government, but we do know that our WALL PAPERS will "Carry the Day" in every district.

Prices--20c, 22c, 24c, 27c and 30c. Special Prices to the Wholesale Trade.

SATURDAY: Our Special Sale Day. Sweeping Reductions in every Department.

Marshall Bros

Side Talks by Ruth Cameron

SIDEWISE OR BACK TO TEMPTATION.

A letter friend wants to know what is the best way to go about breaking a bad habit. Should one try to break it all at once or by degrees. Strangely enough, while this question lay on my desk I happened to be looking over a friend's scrap book and found here an answer to it in a poem by John Boyle O'Reilly:

"How shall I a habit break?
As you did that habit make.
As you gathered you must lose,
As you yielded, now refuse;
Thread by thread the strands we twist.
Till they bind us neck and wrist,
Thread by thread the patient hand
Must untwine e'er free we stand;
As we build, stone by stone,
We must toll, unhelped, alone,
Till the wall is overthrown."

I Venture to Disagree With Mr. O'Reilly.

Now doubtless you will think it stranger still, but though I consider that worth passing on to you, since it comes from so good authority, it is not the answer that I would make. From my own experience with bad habits, I would give just the opposite advice.

If you have a bad habit to break, do it at one fell swoop. Make your mind up absolutely not that you are going to yield less often, but that you are going to stop yielding forever. Don't turn sidewise away from temptation, but just turn your back square on it.

Easier to Jump Out of a Rat Than Crawl Out.

For instance, if one has been in the habit of getting up a half hour late in the morning, instead of breaking the bad habit by getting up a little earlier every morning, I think it is easier to get up the half hour earlier at once and at least make a gallant attempt to keep to that every day.

There's a definiteness about such

thorough measures that makes it easier, to my way of thinking, to get out of the old rut.

The thing is put absolutely out of your mind and before you know it you have forgotten that there is any other way to do but the right way.

Good Habits Aren't so Difficult, Really.

And, really, it is remarkable how easy it is to form a good habit if you can get your mind set in the right direction.

When I was in college, some of us who were interested in athletics went into training before our athletic meet. One feature of this training was a limitation of our sweets. We were allowed just so much candy a day, and oh, how hard it was never to go beyond that limit!

It was also our custom to give up candy altogether during Lent, and after the first day or two I found it very easy. I didn't think about wanting sweets because I didn't think anything about them.

And that, to my mind, is always the difference between turning sidewise to a temptation and turning your back square on it.

When you want something in a hurry for tea, go to ELLIS'—Head Cheese, Ox Tongue, Boiled Ham, Cooked Corned Beef, Bologna Sausage.

What is Phoradone?

Phoradone is a preparation manufactured by Dr. F. Stafford & Son for all kinds of Coughs, Colds, Bronchitis, Asthma and various Lung Troubles. It is the result of 25 years' experience and thousands of bottles are being sold every year. At the present time quite a large number of people are suffering from Sore Throats, Coughs and Colds, etc., and if you will only try a bottle of this Phoradone you will be surprised with results. You can purchase same at Stafford's Drug Store, Theatre Hill, for 30c. a bottle. Postage 10c. extra.

Dr. F. Stafford & Son,

Wholesale & Retail Chemists, St. John's, Newfoundland.

GRAVENSTEIN APPLES!

Now due per S. S. Graciana from Halifax.

400 brls. Domestic Gravenstein Apples.
100 barrels No. 2 Gravenstein Apples.
357 barrels No. 1 Gravenstein Apples.

Orders now booking for wholesale lots. Not any other shipments of Gravensteins this season.

Soper & Moore
Wholesale Grocers.
PHONE 480.

OWNING A HOME.



I own my home, and life's a home from outside to the center; I'm full, inside, of honest pride; I'm sorry for the renter. I own my shack both front and back, the kitchen and the porch; and here I sit and feel I'm it, and smoke my five-cent terches. The tree and vine are strictly mine, the concrete walks and hedges, the elms and yews, old cans and shoes, the axe and saw and wedges. The house is old, the rooms are cold, the roof is often leaking, and in the night, when men sleep tight, I hear the front gate creaking. But it is mine, this shack of pine, and there's no mortgage on it; and here I sit and do my bit at writing ode and sonnet. My house is cheap; no footmen keep their vigils in its hallways; no butler stern with pomp to burn here combs his auburn galways. My house is punk, the doors are shrunken, the windows shake and rattle; and on the stairs and under chairs the cats and rats give battle.

It isn't fine, but it is mine; with smiles I bid you enter; I am the king while here, by flag; I'm sorry for the renter.

Household Notes.

If pie dough is wet it will surely be tough.
Creamed celery is delicious with veal loaf.

Articles to be fried should be dry and warm.
Everybody should eat at least one apple a day.

Lemon meringue pies can be made with tapioca.
Apples are more tasty if baked with the cores.

Meat of young animals is not very nutritious.
The less a baby travels the better for all concerned.

Dotted swiss makes dainty bedside table covers.
All partly worn shoes should be patched and saved.

Pastry can be kept in an ice-box but not on the ice.
When dyeing, be sure the article to be dyed is clean.

Rich hot tomato soup is an excellent dish for luncheon.
Before washing vaseline stains, soak them in kerosene.

A novel sandwich is made of beets and cream cheese.
A good tonic for the prevention of taking cold is a cold bath.

Stewed apples and pickles should always be served with pork.
Lettuce leaves can be dried quickly with paper toweling.

Orange flavoring for cake filling is one that is seldom tired of.
Careful housewives market early in the day and have first choice.

Do not allow the tea leaves to draw too long as it will spoil the tea.
A dash of curry powder in mayonnaise is an agreeable change.

Plan a house for air and sunshine and you will never regret it.
Make your own underwear in spare moments during the winter.

The best oyster stew is made with unsweetened condensed milk.
Chop a little green pepper and celery and add it to the oyster stew.

In the household without a maid, a table wagon is a great convenience.
Minard's Liniment Co., Limited.

Dear Sirs,—I can recommend MINARD'S LINIMENT for Rheumatism and Sprains; as I have used it for both with excellent results.

Yours truly,
T. B. LAVERS,
St. John.



Just Folks by Edgar A. Guest

AT THE AGE OF SEVEN
He thinks that life's a round of fun,
The world a place to romp and run
With never a task that must be done
This side o' Heaven.

He doesn't know that battles rage
And men in bitter strife engage,
Nor all the care that comes with age,
He's only seven.

His little legs are on the go
From dawn to dusk, and to and fro
He's chasing thrills he wants to know
In boyhood fashion.

He thinks that I should serve his will,
Play ball or scamper down a hill,
And run the risk of many a spill
To serve his passion.

Why should I seek to ponder o'er
Some hobo of wise and ancient lore
When he would tussle on the floor?
Why keep on reading?

What's in a book so cold and grim
That's more important than his whim?
Am I not here to play with him
And heed his pleading?

Dogs, cats and men and birds and trees
Rivers and skies and lakes and seas
He claims his every mood to please
They're all his treasures;

He knows no law of wrong or right,
His only tragedy is night,
When darkness smother his delight
And ends his pleasures.

All things are fashioned for his hand,
All men must serve at his command,
He has not learned to understand
That life has sorrows.

And so I put my book away,
And drop my task with him to play,
Doing my best to keep at bay
The sad tomorrows.

The Hope of the World.

(From the Victoria Daily Times.)

The covenant of the League of Nations embodies the best insurance for civilization against a world war that has yet been written into a treaty of peace in the annals of human history. It is not all that its advocates desired it to be. It had to meet objections based upon numerous conflicting interests and points of view. But it provides a common meeting-ground for the settlement of international disputes, and the institution it sets up will exercise a moral influence of tremendous power. By delaying hostile action it will be able to arrest the transformation of nations and peoples from the mentality of peace to the mentality of war.

Fall Styles The First Showing.

A limited quantity of very smart frocks for Fall and Winter were opened by us on Friday last, and are to-day on view in our Showrooms.

These are exclusive French and American models, no two alike. Among the selection may be seen:—

1. Black Satin Sonple, heavily piped on sleeves and overdress.
2. Black Plain Silk Jersey, round neck, self buttons, side fastening, loose girdle. (An ideal model, giving long slender lines.)
3. Navy Ribbed Silk Jersey, round neck, and Russian Blouse effect.
4. Navy Serge, trimmed Military braid, Sand Jersey Vest and Cuffs.

This showing includes some beautiful models in Serge and Satin, Serge and Fur and Serge and Military Braid.

U.S. Picture & Portrait Co.,
The Home of Fashion.

To Our Customers and Friends!

Having made satisfactory arrangements with the Dominion Coal Co., we have this day dropped the price of Coal to

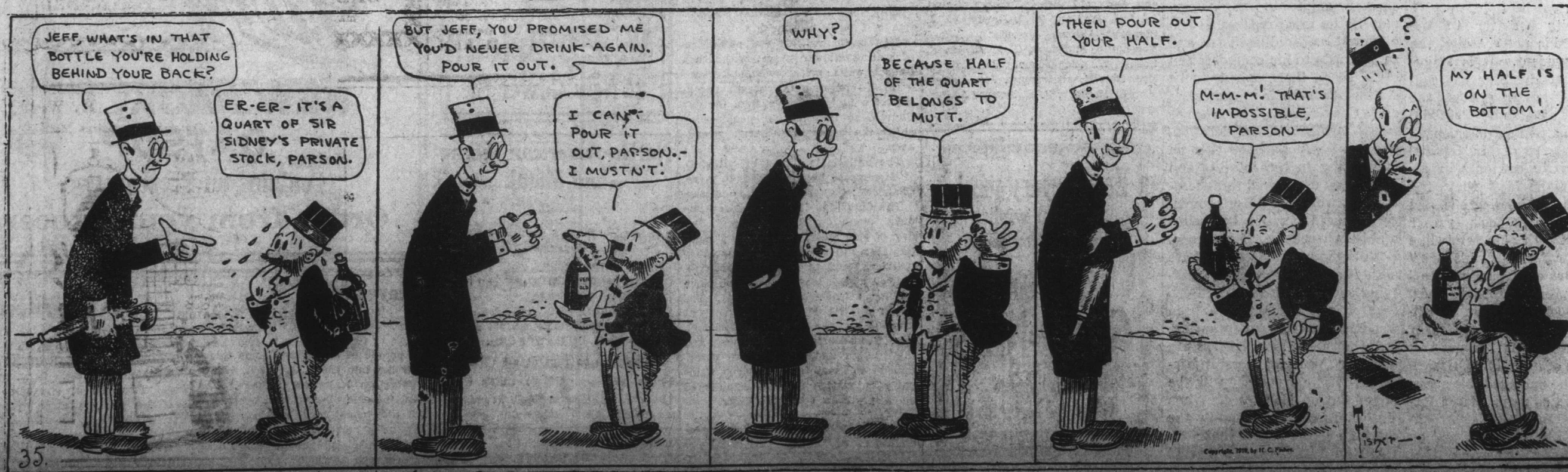
\$15.00 Per Ton.

Now landing ex S.S. Corunna:
BEST QUALITY SCREENED COAL.

CROSBIE & Company

aug 11, 21

JEFF'S BRAIN WAS HITTING ON ALL SIX CYLINDERS.



By Wood Cowan

Designed by George Matthew Adams

