

FOODS

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Troubles Are Tonics

Everybody in the world has some special trouble of which he, or she, hopes to be rid some day.

You cannot talk to a man or a woman for more than a few minutes without hearing something about the "black beast" which is spoiling their happiness and darkening their lives. If only they could be free!

And yet my experience as a doctor has taught me that the loss of the "black beast" is often a great disaster rather than a great blessing. Instead of rejoicing when the burden at last falls from their shoulders, the majority of people pine and moan.

His Hated Partner

The most striking example of that which I ever met occurred in connection with my own profession. A doctor friend of mine had a partner in his practice whom he had grown to hate. He could not get rid of this partner, and he spent his life lamenting the fact. The two men scarcely ever met and very rarely spoke to each other, and their houses were situated at opposite ends of the town.

Yet when, at last, his partner died, my friend seemed to lose his interest in life. He carried on alone for a year or two, and then sold out and retired.

I have no doubt that what kept him eager and alert was his desire to do better than his hated rival. The "black beast" in this case, was a blessing in disguise.

Boredom Banished

Occasionally, I think, quarrelsomeness of troublesome husbands and wives serve the same purpose. A nagging wife, for instance, may be "very ill to the with," but she often seems to act as a spur to her husband's energies.

The husband of the most unpleasant woman I ever knew confessed to me once that, after her death, he felt that he had lost all his interest in life.

That confession came back to my mind the other day when I happened to read a paper, written by a very clever woman, on the subject of monotony.

She has been making a special study of this subject, and has carried out some most interesting experiments. Among other things, she has discovered that work in which there is keen competition is far less apt to be boring than work in which you have everything your own way.

The presence of rivals acts like a tonic. It keeps eagerness alive, and so it enables more and better work to be done.

Competing in Kindness

The lonely toiler may be able to make his own pace, and suit himself about time, but he is sure to feel the "heavy hand of monotony" long before his fellow who has to keep his eyes open in order to get the better of competitors.

This is not just an opinion; it is a fact.

I wish that some of my friends who are always talking about the "horrors of cut-throat competition" could hear about it.

The truth is that rivalry is one of Nature's ways of keeping us alive. Rivalry in love gives the best lass to the best lad, and rivalry in work makes every man and every woman a better worker.

Not only that, but rivalry adds spice to life, and so makes it happier and more cheerful.

That I am quite sure, is why the people with the most money are so often the most miserable.

In saying that, however, I do not mean that it is good for anybody to have to play the part of "under dog" all the days of his or her life. Rivalry is a benefit only when it takes place among equals.

This was proved by an experiment which was carried out recently in a great factory. It was found that, if a very clever workman is placed beside a group of beginners, so that these young folk are made to feel how clumsy and ignorant they are, they do not make progress.

The bright light, so to speak, outshines all the small candles.

One sees the same thing, often enough, in ordinary family life. The home of a very brilliant man or woman is seldom a happy one; every other member of it seems to realize that he or she is being "outshone."

In the same way, the husband or wife of a genius usually becomes entirely colourless.

Most of us have been surprised, at some time or other, to discover how much more interesting younger brothers and sisters usually are when older brothers and sisters are absent.

The truth is that, while we all need rivals, these rivals should be fairly matched to our own powers. Sometimes they will triumph over us; and sometimes we will triumph over them.

And this give and take will develop all our capacities and brighten all our labours.

By far the finest kind of rivalry, of course, is that of the friends or lovers who compete, unless I am mistaken, is the shortest cut known to human beings to complete happiness.

Rivalry as a Medicine

Because, while there is felt all the tonic influence of a contest, neither triumph nor jealousy can ever intrude themselves.

Such folk are never bored, nor does monotony ever oppress them.

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Green Blinding

27 inches wide, worth 40c.
yard, Friday and Saturday

Remarkable buying opportunities from every section of the store for

Steers Limited

Stair Canvas

18 inches wide, Reg. 40c. yard, Friday and Saturday

Infants' Vici Kid Boots.
Laced and buttoned styles with leather soles and heels. A very comfortable shape for growing feet. Black only; sizes 3 to 5. Reg. \$1.25 pair, Friday and Saturday \$1.05

Boys' Brown Calf Boots.
A quality that is sure to prove satisfactory and give lasting wear. Tightly made from good quality leather; sizes 1 to 5. Reg. \$2.98 Friday and Saturday \$2.98

Young Women's and Misses' Hats.
Pearl Grey, Cinnamon, Cherry and Jade in very stylish shapes that turn up at the front. The trimming consists of silk working, band of felt and streamers. Truly a hat that any mother would be delighted to see on her daughter. Reg. \$4.00 each, Friday and Saturday \$3.45

Infants' Bibs.
A big variety of printed and plain huckaback, Terry cloth and quilted cottons. Trimmed with lace and embroidery. Special for Friday and Saturday \$10c.

Women's Sweater Coats.
Of soft wool, knit in a most becoming style that is very popular this season. Roll collar nice tidy cuffs, patch pockets and wide belt to girdle the waist. Combination colors of Peacock, with Camel trimmings; Camel, with Peacock trimmings; and Myrtle with Orange; sizes 36, 38, 40 and 42. Reg. \$3.90 each, Friday and Saturday \$3.52

Women's Shell Back Combs.
Strong, serviceable quality with brilliant inset. Reg. 20c. each, Friday and Saturday 23c.

Striped Muslin Overblouses.
In White and Cream, long sleeve style with cuff and Peter Pan collar. Trimmings of striped Muslin and Silk; all sizes. Special for Friday and Saturday, each \$1.98

White Lawn Handkerchiefs.
Some with plain hemstitched hem, others neatly embroidered at corners with colored flowers. Reg. 8c. each, Friday and Saturday 2 for 14c.

Gingham Aprons.
Brown, Green, Mauve and Blue, nicely bound around the neck and sleeves with black bias tape. Others are embroidered in pretty applique designs. Reg. \$1.50 each, Friday and Saturday \$1.45

Saxe Gaberdine
36 inches wide, Reg. 40c. yard, Friday and Saturday 29c

TOOTH BRUSHES—"Commodore" brand, pure white sterilized brushes of a lasting quality. Regular 17c. each, Friday and Saturday 13c.

HORN POCKET COMBS—Enclosed in case. Reg. 10c. each, Friday and Saturday 8c.

WHITE IVORY DRESSING COMBS—Individually wrapped in a sanitary plastic package; large size. Reg. 38c. each, Friday and Saturday 23c.

HAIR BRUSHES—Mahogany finished backs, white bristles. Regular 30c. each, Friday and Saturday 25c.

"LIBERTY" SHAVING BRUSHES—Soft bristles set in rubber; white ivory handles. Reg. 50c. each, Friday and Saturday 40c.

CLOTHES BRUSHES—Polished light oak backs and strongly set black bristles. Reg. 35c. each, Friday and Saturday 29c.

SUNSET SOAP DYE—Can be used without boiling; if so desired, 23 different shades for your choosing. Reg. 15c. package, Friday and Saturday 10c.

MENDING WOOL—In Grey, Tan, White, Black, Navy and Heather shades. Reg. 3c. card, 3 for 6c. Friday and Saturday.

WOOD PENCIL CASES—With decorated sliding cover and 3 separate compartments. Reg. 30c. each, Friday and Saturday 15c.

White House Coffee.
A most refreshing, good quality coffee, sealed in air tight packages. Reg. 76c. lb. Friday and Saturday 64c.

Wheat Gold Breakfast Food.
Pure essence of wheat, good for the kidneys and liked by everyone. 28 ounce tins. Reg. 40c. Friday and Saturday 36c.

Dr. Jackson's Roman Meal.
Nature's nut-brown food; valuable in indigestion and constipation; 28 ounce tins. Reg. 45c. Friday and Saturday 40c.

Robertson's Scotch Marmalade.
Prepared from fresh selected fruit and highly refined sugar; guaranteed absolutely pure; 1 lb. crocks. Reg. 25c. each, Friday and Saturday 22c.

White & Co.'s Mixed Pickles.
Prepared from home grown vegetables in pure vinegar; 20 ounce bottles. Regular 45c. each, Friday and Saturday 40c.

Chiver's Raspberry and Strawberry Jam.
Made with a small addition of other fruits to give it consistency; 1 lb. glass jars. Reg. 50c. each, Friday and Saturday 40c.

Bibby's Premoline.
Finest quality lard compound for shortening; guaranteed absolutely pure; 1 lb. tins. Reg. 56c. each, Friday and Saturday 32c.

"Libby's" Prepared Mustard
Adds zest to the appetite; put up in 9 ounce jars. Reg. 20c. each, Friday and Saturday 17c.

Creamery Butter.
For table use; 1 lb. blocks. Reg. 35c. lb. Friday and Saturday 36c.

Choice Turban Dates.
A most nutritious and sustaining food; 1 lb. packages. Reg. 25c. each, Friday and Saturday 21c.

Women's Black Worsted Hose.
Heavy ribbed make with plain seamless knit feet; good quality Hose very reasonably priced; all sizes. Reg. 65c. pair, Friday and Saturday 45c.

Men's Single Coats.
Of dark striped tweed that can easily be matched to any striped pants or vest; sizes 4, 5, 6 and 7. Reg. \$6.75 each, Friday and Saturday \$6.00

Women's Lustre Wool Hose.
In Cinnamon, Brown, Fawn, Grey and Black, heavy weight, most suitable for fall or early winter wear; all sizes. Reg. \$1.35 pr. Friday and Saturday \$1.08

Girls' Fawn Hose.
Wide ribbed, knit from good union yarns that will give great wear; sizes to fit girls of 7 to 12 years of age. Reg. 40c. pair, Friday and Saturday 32c.

Women's Eiderdown Dressing Gowns.
In Pearl Grey, Saxe, Rose, Turquoise, etc.; made with roll collar, wide cuffs, pockets and belted waist. Such value as these wait for no woman. Reg. \$4.95 each, Friday and Saturday \$4.95

Women's Neck Scarfs.
Light Grey, Dark Grey and Brown Wool, finished with Red and Green and Purple stripes at end; good long lengths. Regular \$1.35 each, Friday and Saturday \$1.10

Children's Hose.
Fine ribbed with double woven toes and heels; strong good wearing quality in full lengths; sizes for girls from 7 to 15 years. Prices up to 40c. pair, Friday and Saturday 32c.

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Inlaid Linoleum

Good heavy quality. Reg. \$4.00 yard, Friday and Saturday 3.28 yard

FRIDAY and SATURDAY

Steers Limited

Red Flannel.

A good quality all wool material, unequalled for making underwear, middie, etc. Well known for its curative quality; 28 inches wide. Reg. \$1.10 yard, Friday and Saturday 96c.

Cotton Tweed.
Heavy make Tweeds for men's pants or boys' knickerbockers. Several patterns of striped and plain Greys; 28 inches wide. Reg. 65c. yard, Friday and Saturday 53c.

Navy Cheviot Serge.
Unequalled for making boys' suits, men's heavy top shirts and pants or women's heavy skirts. The quality is well known to give service and good wear; 29 inches wide. Reg. 95c. yard, Friday and Saturday 86c.

White Sheetting.
Firm twilled sheeting of exceptionally good quality. Will stand a whole lot of wear and laundry beautifully, always retaining its pure white color; 84 inches wide. Reg. \$1.35 yard, Friday and Saturday \$1.08

Curtain Scrim
Various widths, Reg. 25c. yard, Friday and Saturday 15 yd.

Curtain Net.
All White in beautiful new patterns. Inches wide. Reg. 30c. yard, Friday and Saturday 29c.

Men's Clothing
Pants: Wool Tweeds in dark Greys. Made with cuff bottoms, belt straps and strong roomy pockets; all sizes. Reg. \$6.50 pair, Friday and Saturday \$5.40

Suits.
Of soft cashmere Tweeds in neat Grey mixtures. These suits were made to retail at \$19.00 each, but we purchased the lot at a clearing price and now offer them at a great reduction; all sizes. Special for Friday & Saturday \$12.00

Overcoats.
Brown, all wool coating of a splendid quality is used in the manufacture of these stylish overcoats. They are cut in the latest style with 3-piece belt and cuffed sleeves; all sizes. Reg. 22.00 each, Friday and Saturday \$18.00

Centre Cloths
Of fine Cotton Reppe, shaped in various oval and rounded corner effects; about 11 by 9 inches; beautifully hand-painted at corners in colored floral and spray designs; a real gift piece and very reasonably priced. Reg. 76c. each, Friday and Saturday, 60c

Suit Cases
English make. Special for Friday and Saturday \$2.48

Men's Half Hose.
Worsted with wide ribbed legs and plain knit feet, genuine all wool quality, in Greys and Tans. Reg. 75c. pair, Friday and Saturday 60c.

Men's Tan Kid Gloves.
Lined throughout with warm wool lining. Made to close at wrists with strong dome fastener; sizes 8 to 10 1/2. Reg. \$2.50 pair, Friday and Saturday \$2.10

Men's Wool Gloves.
Dark Heather mixtures in Aberdeen style, bound at wrist with kid and closes with strong snap fastener; all sizes. Reg. \$1.10 pair, Friday and Saturday 85c.

Men's Half Hose.
"Alpha" brand, pure Wool Cashmere; unshrinkable quality, in Black and Grey; sizes 10, 10 1/2 and 11. Reg. 85c. pair, Friday and Saturday 70c.

Men's Negligee Shirts.
Of pretty striped Percales, principally in light pin effects on white grounds. Tunic style with laundered neck bands and soft double cuffs; sizes 14 to 16 1/2. Reg. \$3.40 each, Friday and Saturday \$2.90

Women's Tan Calf Boots.
Well and stylishly made in every detail. A shoe that will give great comfort to the wearer; sizes 3 to 7. Reg. \$5.75 pair, Friday and Saturday \$5.29

Women's Shoes
Low Cut Oxfords. With Government toe and medium heel; sizes 3 to 6 1/2. Black only. Reg. \$4.10 pair, Friday and Saturday \$3.68

Brown Vici Kid Shoes.
A very stylish shape with Cuban heels; all sizes. Reg. \$3.90 pair, Friday and Saturday \$3.68

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All work, whether in the factory, the office, or the home, is monotonous of itself. What makes it joyful is the spirit in which it is done.

When we are going on holiday a railway timetable becomes more exciting reading than any novel.

It follows that those who complain of being "fed-up" are people who are living wrongly.

The only cure which is likely to do them any good is a change of spirit. Rivalry in one form or another is the best medicine they can possibly make.

Your family or friends in England will appreciate the gift of a New-Foundland Wembley Souvenir Booklet. Price 50 cents, or 55 cents postpaid.—nov14,61,60d

The World's Largest Wood Pipe

Users of treated timber may not know, says The Wood Preserving News (Chicago), that for some time among holders of "world's largest" records, because the world's largest wood pipe-line was constructed of preserved wood. Now this record has been broken by a treated wood-stave pipe-line built in northern California for the California-Oregon Power Co. We read:

"This line connects two cement-lined tunnels which carry water from the company's diversion dam to the new plant, located one and one-half miles below Copco on the Klamath River. The plant, which generates 40,000 horse-power, serves fifty communities. This pipe is sixteen feet in inside diameter, or two feet larger than the line that formerly held the record. It is 1,316 feet in length, and made of Douglas fir staves four inches thick, treated with eight pounds of creosote per cubic foot. The pipe-line is supported in steel cradles and is entirely open to the air. The maximum head of the line is sixty feet. It discharges 2,000 cubic feet of water per second, or more than 100 gallons of water per day for each of 12,000,000 persons. It is interesting to note that the use of creosote for wood-pipe staves is far exceeding original expectations. It was assumed at first that only a small percentage of pipe used for irrigation purposes could be treated. But now most of the wood-stave irrigation lines are constructed of preserved wood. No objectionable taste remains after the free creosote has been flushed out. This pipe-line is considered practically a permanent installation, provided the steel cradles and bands are painted from time to time."

The Beautiful Woman
takes the greatest care to protect and nourish her skin and not to give the fatal wrinkles a chance to form. After cleansing her face she rubs in with an upward and outward motion a generous amount of Three Flowers Skin and Tissue Cream. The pure oils it contains are quickly absorbed by the tissues. The lady whose skin is inclined to be dry finds in this splendid cosmetic the means to replace the natural oil her skin lacks, while the woman whose skin is inclined to be too oily finds that a thorough cleansing with Three Flowers Skin and Tissue Cream opens the overloaded pores and helps them throw off the excessive oils. Thus does this beautiful cream benefit every woman's skin.—oct22,h.m.t

Countess Weds "Mutt and Jeff" Man
MEETING, MARRIAGE AND HONEY-MOON AT SEA.

One of the swiftest romances recorded in shipboard annals culminated in the marriage of Bud Fisher, creator of Mutt and Jeff.

Countess de Beaumont of Paris, who was performed on the United States liner Leviathan by Captain Herbert C. Hartley, commander of the liner, just after she passed the Ambrose Lightship en route for Europe.

When the Leviathan last sailed from Southampton on October 13th, Mr. Fisher and his future bride, who were passengers bound for America, where they intended to spend the winter, were unknown to each other, but both were friends of Captain Hartley, who introduced them soon after the ship left Charbourg. Bud Fisher had remained single for forty-one years, and was considered "confirmed" by his fellow-members of the Bachelors' Club.

The wedding was scheduled to take place in New York, but both Mr. Fisher and his fiancée felt that there was no more fitting place for a honeymoon than on a liner.

The Leviathan is due at Southampton Friday. This is the third marriage Captain Hartley has performed on board the Leviathan since March of this year.

RICHARD HUBERT THRELA FLOWERS VANISHING CREAM
The Best Ideal Face Powder. Makes the skin soft and smooth. Takes away all wrinkles and gives a youthful appearance.

RUB THE SCALP WITH MINARD'S LINIMENT