

LATEST WALL PAPER NEWS!

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American Job Wall Papers

First Shipment of Wall Papers for Fall Trade, 1919.

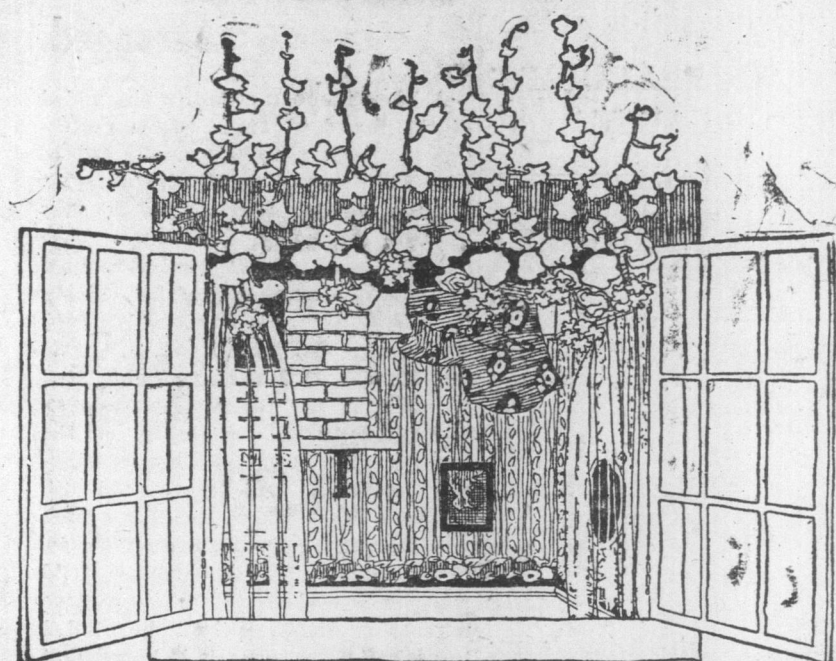
Beautiful and Artistic Designs.
Large in Quantity and Variety.
Big Value. Low Price.

Prices, 20c, 22c, 24c, 27c and 30c piece.

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as in the past so in
the present and fu-
ture. Samples sent
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SPECIAL PRICES.



Side Talks by Ruth Cameron

FROM THE OUTSIDE IN.

The other morning I dropped in to do an errand at the home of one of my friends who is one of the busiest women I know. She has four small children and a large old-fashioned house. She employs no help except a washer-woman. She does a great deal of sewing for the children and takes care of a large garden. And yet, somehow, busy as she is, she always manages to keep both the children and herself daintily dressed.

RUTH CAMERON

This particular morning she looked as trim and neat as if she had no care in the world but her own personal appearance.

"How do you ever find the time to keep yourself looking so nicely always?" I asked. "I should think sometimes when you were rushed you'd have to let up on something and you'd let yourself go, but you never do."

If she looks sloppy she feels lazy. She flushed with pleasure. "It's awfully nice of you to say that," she answered. "I do try to keep myself looking nice, partly for other people's sake and partly for my own too. For do you know, I find that when I'm neat and trim myself I feel more capable and I can get more done? If I let myself go I begin to feel sloppy and lazy."

I thought that was a very interesting commentary on the way the outer condition affects the mental state.

Her Pretty Clothes Cheered Her Up. Another woman who lived alone in a very inaccessible place where there was little likelihood of visitors, told me that almost every day she would devote an hour in the afternoon to washing and then carefully dressing herself up in some pretty clothes that she happened to have. "I was inclined to be depressed that summer and it always cheered me up so much that it was worth the trouble," she said, "even if there was no one to see me."

They all know that the daily shave

was considered to have enough value in keeping up morale to be made a part of the Army regulations. And in a description of the preparations for the airship trip from Newfoundland to England, via the Azores, I noticed this statement: "The personal effects of each man of the crew will be limited to five pounds including a toothbrush, a comb and a brush, a clean shirt, shaving kit, fresh underwear clothing and socks. There will be no additional accommodation for even a pocketknife."

The Tonic Effect Of Cleanliness And A New Suit.

When certain charitable organizations are trying to pull up a man who is down, the first thing they do is to have him bathed and shaved and dressed in a new suit of clothes. The tonic effect of this changed outer condition on his mental attitude is said to be enormous.

"As a man thinketh so is he," might well have for a companion piece, "As a man (or woman) looketh so is he."

I bought a horse with a supposedly incurable rhinopharynx for \$30.00. Cured him with \$1.00 worth of MINARD'S LINIMENT and sold him for \$85.00. Profit on Liniment, \$54.00. MOISE DEROSIER, Hotel Keeper, St. Philippe, Que.

So Thoughtless Of Him.

After a miserably wet day, the unhappy holiday-maker retired to his boarding-house bed, thinking it promised little for a happy holiday by the sea.

Worse was to come. About 2 a.m. the rain found a way in, and began to drip with unpleasant persistence on his bed. He tugged madly at the bell, and presently heavy footfalls sounded in the passage outside.

"What do you want?" demanded an irate female voice.

"You must give me another room!" said the visitor firmly, as he went on dressing. "The rain's leaking in here like fury!"

"Oh! Is that all?" snapped the voice. "If you look under the bed, you'll find an umbrella. Just use it, and don't disturb everybody at this time of night!"

READY

for delivery to-day.

200 only 90 lb. Bags

P. E. I. Blue Potatoes.

Soper & Moore Importers and Jobbers.



The Unalterable Past.

I shall not have a chance to see To-day again when night comes down. This hour again shall never be With all its failure or renown. Another hour must take its place. Another day lies just ahead. No single step may I retrace To alter what I've done or said.

If I have badly lived or toiled, Played false for any petty gain, And soiled it always must remain. Despite to-morrow's vain regret, The selfish hour must selfish stay; The past shall hold me in its debt, Nor shall I have a chance to pay.

What's done I never can undo; What's said I never can recall; Onward I fare to ventures new, Perchance to rise, perchance to fall. The yesterdays that once were mine Shall never feel my hands again; I have no power to make them fine, Nor wash away a single stain.

If I could make this morning great With courage I must do it now; To-morrow it will be too late, No second chance does Time allow. This day, this hour, this minute stand Through all the years that are to be. The record of my brain and hand, God, let me live them worthily.

Household Notes.

Small pieces of camphor scattered in the cupboards keep away mice.

Put away decorated china plates between round pieces of cotton flannel.

Anything that needs to dry quickly should be washed on a hot day. A large coarse cloth dipped in salt and water will clean coconut matting. Never beat a cake after putting in the egg whites—it will take the air out of them.

New tinware has a taste and should be rubbed with lard and baked before using.

A long-handled button hook is useful to remove lint from the outlets of laundry tubs.

Don't Cultivate a "Grouch."

The King of Siam, in years gone by, would send a White Elephant to a courtier whom he disliked and whose fortune he wished to destroy. The man could not sell the elephant and the expense of keeping it eventually "broke him up."

From that custom was handed down our present saying, "he's got a white elephant on his hands."

The biggest and most expensive white elephant in the world at present is the "Grouch." It is the surest animal known to man for destroying both fame and fortune.

Fortunately this White Elephant cannot be wished on you by either friend or foe. It can be aggravated once you have obtained it but first it must be acquired by you and you only.

Tears or the promise of tears that precede a grouch are splendid for the stage or the movie, but we could do without them forever in real life.

More friendships and love affairs have been washed away with tears than by any other agency. Avoid tears which lead to self pity that in turn becomes a grouch—chronic or otherwise.—Vancouver Daily Sun.

Where Divorce is Easy.

In Norway, a husband and wife who wish to part have first to apply to a magistrate, who sends them to a Conciliation Board, a sort of Kiss-and-be-Friends Committee who try to reconcile the couple, and persuade them to try again. If the attempt does not succeed they are granted a separation order.

At the end of one year the Ministry of Justice is bound to make the divorce final if asked to do so by either party. The whole proceedings are very cheap, the cost ranging from five shillings to five pounds.

That couples do repent at leisure for parting, as they are said to do at marrying in haste, is proven by a case which, happened some time ago in Switzerland, where, as in Norway, divorce is easy.

A well-to-do Swiss farmer has recently married the same wife for the fourth time.

DOCTOR URGED AN OPERATION

Instead I took Lydia E. Pinkham's Vegetable Compound and Was Cured.

Baltimore, Md.—"Nearly four years I suffered from organic troubles, nervousness and headaches and every month would have to stay in bed most of the time. Treatments would relieve me for a time but my doctor was always urging me to have an operation. My sister asked me to try Lydia E. Pinkham's Vegetable Compound before consenting to an operation. I took five bottles of it and it has completely cured me and my friends who have any trouble of this kind what Lydia E. Pinkham's Vegetable Compound has done for me."—NELLIE B. BARTINGHAM, 609 Calverton Rd., Baltimore, Md.

It is only natural for any woman to dread the thought of an operation. So many women have been restored to health by this famous remedy, Lydia E. Pinkham's Vegetable Compound, after an operation has been advised that it will pay any woman who suffers from such ailments to consider trying it before submitting to such a trying ordeal.

Paternoster.

ACCORDING TO HEINIE. "Our Father which art in Heaven with our departed German heroes. Hallowed be thy name and our glorious Kaiser's; thy Kingdom come by means of the German sword; Thy will be done on earth by our brave troops in field-grey, on sea by our greatly-daring fleet, as it is in Heaven by our noble bomb-dropping Gothas. Give us this day our daily bread, if possible with a little less potato-peel in it, and rather more than yesterday; Forgive us our Trespasses (if any), as (when we have beaten them) we may forgive those who have trespassed against us—particularly the treacherous Belgians who want only attacked our defenceless country, and the base English who do not hesitate to shoot at our innocent U-boats; lead us not into temptation to make peace without annexations and indemnities, but deliver us from all evil and nonsensical talk about a League of Nations; for Thine and ours is the Kingdom, Hindenburg's is the Power, and the glory is the Kaiser's; for ever and ever if only this wicked nonsense about democracy can be stifled. Amen."

Just Received

LARGE STOCKS OF THE FOLLOWING ITEMS:

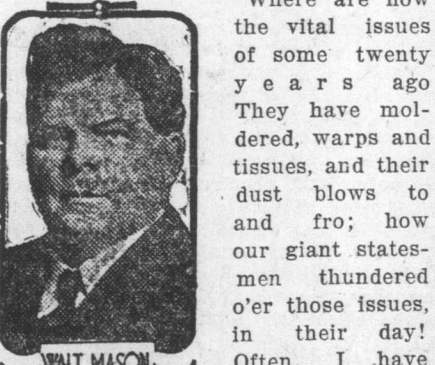
Dodd's Pills, Gin Pills, Indian Root Pills, Hamilton's Pills, Nylas Face Cream, Stafford's Peroxide Cream, Woodbury's Face Powder, Electric Oil, Radway's, Fletcher's Castoria, Wampole's Cod Liver Oil, Carnol, Woodbury's Soap, Colgate's Tooth Paste, Colgate's Talcum.

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 10/19

VITAL ISSUES.



Where are now the vital issues of some twenty years ago? They have moldered, warped and tissues, and their dust blows to and fro; how our giant statesmen thundered over those issues, in their day! Often I have mooned and wondered why such things must pass away. All the things that were so important, long ago, are gone like dew, and we worry, though we'd orn't, over issues fresh and new. Where are all the ancient troubles over which we walked the floor? They are gone, like broken bubbles, and they'll plague us never more; and the man of wisdom borrows from the past no kind of grief; there are always modern sorrows over which to wail and beef. Ten years hence, if we are living, we will wonder why we sighed over the woes that now are giving trouble deep and double dyed. Where are now the mighty sages who had fame when we were young? Whose renown, through endless ages, all the world said, would be rung. I could name perhaps a dozen who were shining landmarks then, but their names no more are buzzin' in the eager ears of men. Twenty years can make such changes, calling off our safest bet; and the march of time deranges all the values we have set.

The top of many motor coats are almost enveloped in fur.

Pocketbooks of the envelope shape are replacing handbags. Pringles in all colors will be used for fall and winter frocks.

New Fruits and Vegetables

Ex S. S. "Adolph" to-day, July 26.

Cucumbers.	Fresh Tomatoes.
New Carrots.	New Cabbage.
New Turnips.	Fresh Pineapples.
New Potatoes.	Grape Fruit.
California Oranges.	Texas Onions.

FRESH LAID P.E.I. EGGS

By Express.

20 cases SELECTED P. E. I. EGGS.
5 cases LOCAL FRESH EGGS.

C. P. EAGAN,

Duckworth Street and Queen's Road.

FOR SALE by J. J. ST. JOHN

50 Casks
LUBRICATING OIL,
For Motor Boats. Also,
1 COD TRAP, about 14 fathoms square,
with gear, at a low figure.

J. J. ST. JOHN, Duckworth St.

"Vero"

The Food Drink—"Par Excellence."

What is "VERO"?

"VERO" is a delicious, economical Food of highly nutritious value, and is manufactured mainly from Eggs, Malt, Milk, Cocoa, with the addition of certain other ingredients such as Lecithin and Phosphates—both known for their remarkable value as nerve foods and brain activators.

"VERO" is not merely a pleasant beverage, it is a perfect all round food for old and young, scientifically prepared under the directions of competent chemists who have made a special study of human nutrition.

"VERO" is readily soluble and of such delicious palatability that it is as once accepted by even the most fastidious taste.

"VERO" is 100 per cent. delicious and 100 per cent. nutritious.

"VERO" is put up in 1/2 and 1 lb. tins.

Ask your grocer for "VERO".

F. McNamara,
Agent, Queen St.

July 23, 1919

Faith.

(From Collier's Weekly.)

There are a world of stories about the Three Hundred and Sixty-Ninth (colored) Regiment. One of the best comes from Colonel Hayward himself. He discovered that the darkies as fast as they got French money

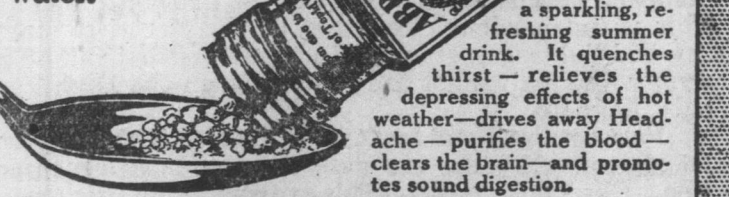
exchanged it for German coin. "What do you want German money for?" demanded Hayward.

"To spend in Berlin; dat's where we're goin', ain't it?" was the answer.

When you want Roast Beef, Roast Veal, Roast Mutton, Roast Pork, try ELLIS'.

A Refreshing Summer Drink

A teaspoonful in a glass of water.



Be sure to take a bottle of Abbey's Salt with you on your holiday outing. **Abbey's EFFERVESCENT SALT**

J. B. ORR COMPANY, Limited, St. John's, Distributors for Newfoundland.