



### Take It In Time!

Do you know that by far the larger number of the common ailments of women are not surgical ones; that they are not caused by any serious displacement, tumor, growth, or other marked change?

Do you know that these common ailments produce symptoms that are very much like those caused by the more serious surgical conditions?

Do you know that many women and young girls suffer needlessly from such ailments? More than that, they endanger their health by allowing their ailments to continue and develop into something serious.

If treated early, that is, within a reasonable time after the first warning symptoms appear, serious conditions may often be averted. Therefore, at the first appearance of such symptoms as periodic pains, irregularities, irritability and nervousness, Lydia E. Pinkham's Vegetable Compound should be taken. It is prepared with accuracy and cleanliness from medicinal plants. It contains no narcotics nor poisonous drugs, and can be taken with perfect safety.

The Vegetable Compound acts on the conditions which bring about these symptoms in a gentle and efficient manner. The persistent use of it shows itself in the disappearance, one after another, of the disagreeable symptoms. In a word, Lydia E. Pinkham's Vegetable Compound acts as a natural restorative, relieving the present distress and preventing more serious trouble.

Why not give a fair trial to this medicine

## Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

## SWEET, PURE MILK—always on hand when you want it!

If you have never used Libby's Evaporated Milk, you will be amazed to find how good, how convenient and economical it is. Many women who first tried it in some emergency now use it all day—they find it gives such satisfactory results.

There's no waiting for the milkman—you can always keep several cans on the shelf and in summer there's no bothering with ice, and in winter the milk wagon can get stuck in a heavy drift of snow as often as it wants to!

And there's less waste—a can of Libby's Evaporated Milk will keep indefinitely before being opened—and after you have opened a can you can use just what you need; the rest, put in a cool place, will keep several days.

Libby's Milk comes from the finest dairying section of America and is processed in our own sanitary condensaries—it is not the "distributed" product of an unknown and nameless plant.

Order a tin from your grocer to-day.

## Libby, McNeill & Libby

sep21,ta.f

### Battery Trouble.

WHY DUE TO CARELESSNESS. Most cases of battery trouble, say some men, are due to neglect in cleaning and filling.

When the storage battery every week with a hydrometer keeps an eye on the water level. In constant touch with condition of this part of the car. The battery filled with pure distilled water avoids the probability of destroying the battery plates by overcharging.

There is no need of worrying about acid in the battery. It is the work as possible in starting, the spark

amount of water in the case that should be watched. It should always cover the plates, or only the submerged parts of the plates will be active. Which means more current going into less plate surface and less current going out.

When the battery is hot, it is either unfiltered or it is overcharged. If it is found to be full, the remedy is to turn on the lights so that this extra load might be taken off the battery. The hydrometer, which registers the specific gravity of each cell, should show 1.285 or higher.

To relieve the battery of as much acid as possible in starting, the spark

should be retarded and the starter button should get only a single short pressure. If the engine fails to start the button may be pressed again.

A clean and dry battery also means a long-lived battery. Every time it is filled it should be wiped clean of moisture and dust.

If the oven is too hot, a basin of water placed in the bottom will cool it. Sprinkle a little cocoon or chopped nuts over the top of a s'mering.

A revolving chair on casters is extremely handy in the sewing room. Roll candied carrots in coarse granulated sugar or serve them in syrup

## Physical Development. And its Bearing on Health and Strength.

By GIBB.

### THE PASSIONS.

#### HATRED.

Nature.—This, of course, is the direct opposite to love. Among the ordinary causes are the sense of some one wrong never satisfied, the recognition of a standing disposition to cause harm, an obstructive position maintained and often more evasions to the character, conduct or even appearance, of another person.

A study of the way in which man shows hatred might prove interesting. How Hatred is Shown.—The head is thrown back and the body drawn away while the hands are brought forward, as if to defend one's self against the hated object. The eyes are partially closed, the upper lip is raised and the nose is closed. Threatful movements then follow. The individual then frowns, his eyes are wide open, he shows his teeth or he may grind his teeth and shut his jaws. He may also open the mouth and protrude the tongue, clench his fists, threaten with his hands or stamp his feet.

Other Manifestations.—He often takes deep inspirations, pants, growls and utters various cries, or repeats a word or syllable. Sudden weakness or trembling of the voice may occur, or spitting. The man may tremble, his lips and face may twitch. He may bite his fist or nails, laugh sardonically. He may turn red or pale. His nostrils may dilate widely and his hair stand up on end. All of the above may occur, though not all in the same person.

#### GRIEF.

Nature of Grief.—With grief there is a weakness which makes it cost an effort to perform actions usually done with ease. Lange calls it a feeling of weariness. Movements are made slowly, heavily, without strength unwillingly and with exertion, and are limited to the fewest possible.

How Grief Shows.—By this the grieving person gets his outward stamp. He walks slowly, dragging his feet and hanging his arms. His voice is weak and without resonance. He prefers to sit still, sunk in himself and silent. The neck is bent, the head hangs bowed down, the jaw drops, making the face look long and narrow. There is a feeling of weariness and heaviness, of something which weighs upon one.

Weeping.—The most regular manifestations of grief, of course, are the weeping, with its profuse secretion of tears, its swollen, reddened face, red eyes and increased secretion from the nose.

Control of Grief.—These are the natural evidences of grief. They are more or less controlled by different persons, and by some are suppressed altogether.

#### FEAR.

Effect of Noises.—Noises seem especially to call it forth. M. Perot believes that children between three

and ten months are more often harmed by what they hear than what they see. He quotes the case of a child three and a half months old who in the midst of the turmoil of a conflagration in presence of the devouring flames and ruined walls showed neither astonishment nor fear, but smiled at the woman that was taking care of him while his parents were busy. The noise, however, of the trumpet of the firemen, who were approaching, and that of the wheels of the engine made him start and cry.

Other Effects of Noise.—The effect of noise in heightening any terror we may feel in after years is very marked, according to James. The howling of the storm, whether on sea or land, is a principal cause of our anxiety when exposed to it. A dog attacking us, he also believes, is much more dreadful by reason of the noises he makes.

Effect of Strange Things.—Strange men and strange animals, either large or small, excite fear, but especially men or animals advancing toward us in a threatening way. Certain kinds of vermin, especially spiders and snakes, seem to excite a fear usually difficult to overcome. Black things, and especially dark places, holes, caverns, and so forth, arouse a peculiarly gruesome fear. Even an adult can easily observe that an uncomfortable dimly lit place, or a lonely wood at night, although he may have the fixed conviction that not the slightest danger is near.

The Supernatural.—Fear of the supernatural is one variety of fear. To bring the ghostly terror to its height there must be other dreadful elements, such as loneliness, darkness, inexplicable sounds, especially of a dismal character, moving figures, half illuminated, and so forth.

New Fear Shows.—In fear the eyes and mouth are widely opened and the eyebrows raised. The frightened man at first stands like a statue, motionless and breathless, or crouches down as if instinctively to escape observation. The heart beats quickly and violently so that it knocks against the ribs. The skin instantly becomes pale as just before fainting. Cold sweat breaks out, the hairs on the skin stand erect and the muscles shiver. The breathing is hurried, the mouth becomes dry and is often opened and shut. From this cause the voice becomes husky or indistinct, or may altogether fail.

#### ANGER.

Manifestations.—Anger consists in picturing in the mind the actions and impressions which would occur while inflicting some kind of pain. The destructive passion, according to Spencer, of which anger is a representative, is shown in a general tension of the muscular system, in gnashing of teeth and protrusions of the claws, in dilating eyes and nostrils and in growls.

(To be Continued.)

### Another Successful Play.

Staged by the Gladys Klark Company.

"The Cave Girl." Prehistoric? Not a bit of it, though the title would imply scenes from the Stone Age. Near to Nature would appear to be more appropriate than that under which it was staged, the motif of the Cave Girl being laid in the woods of Northern Maine, where some city sports have a summer camp. Miss Margot Sangerre (Gladys Klark) takes the leading role as the Cave Girl and is ably supported by the other characters in the cast: Rogers (Mr. J. E. Baird), Baptiste (Mr. Harry P. Ford), J. T. Bates (Mr. Louis Lytton), Rufus Patterson (Mr. Fred Carmel), Georgina Case (Miss Dot E. Jewell), Elsie Case (Miss Nita Pearl), Divvy Bates (Mr. Leroy H. Bailey), Professor Orlando Sperry (Mr. W. Everstone), and Keyes (Mr. Harry Stuart). The play itself is bright and laugh provoking and should draw a full house to-night.

The C.L.B.C. Band, under Capt. Morris, rendered excellent music between the acts, receiving unstinted applause. To-morrow afternoon's matinee will witness a reproduction of "The Cave Girl," the regular play for to-morrow evening being that wonderful scenic drama "The Confession."

### Firemen Called Out.

The firemen were called out last evening to a house on New Gower Street, where an admirer of Bell had set some stage powder on fire. Volumes of smoke filled the house and a woman occupant attempted to jump through a window; she was, however, deterred and was lowered to the ground. During the excitement some person rang in an alarm from Queen Street. The firemen found their services were not required and returned to their stations. They were, however called again to the same residence a short while after, as it had been found that some of the stage powder had fallen to the cellar and set fire to the wood work. A few buckets of water, however, extinguished the blaze without any damage being done.

### W. M. S. Convention.

The 20th annual convention of the St. John's District of the W.M.S. will be held in the Lecture Room of Cochrane St. Centennial Church, to-day and Wednesday, October 25th and 26th. The afternoon sessions open at 3 o'clock and continue with evening sessions at 7.45. Interesting programmes have been arranged. Mrs. Joseph Peters, Branch Corresponding Secretary will report on the annual meeting of the Board of Managers recently held at Toronto. The meeting to-night will be presided by Miss Circle and Band officers, Rev. C. H. Johnson, Pastor, being the speaker.

### QUIT TOBACCO

So easy to drop Cigarette, Cigar, or Chewing habit

No-To-Bac has helped thousands to break the costly, nerve-shattering tobacco habit. Whenever you have a longing for a smoke or chew, just place a harmless No-To-Bac tablet in your mouth instead. All desire stops. Shortly the habit is completely broken, and you are better off mentally, physically, financially. It's so easy, so simple. Get a box of No-To-Bac and if it doesn't please you, from all craving for tobacco in any form, your druggist will refund your money without question.

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## Men's Heavy Working Boots

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**FIVE DOLLARS A PAIR**

### MEN'S BLACK BELLOWS TONGUE BOOTS

WORK SHOES with Solid Leather Insoles, two full Outersoles to skank, Guaranteed Sole Leather Heel Stiffener, only

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Half Bellows Tongue, Solid Leather Insoles and Outersoles

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## Ladies' Fall Costumes,

Made of heavy All-Wool Cheviot Serge, in colors of Brown, Taupe, Burgundy, Green, trimmed with Black Military Braid, the kind you have been paying \$30.00 to \$40.00 for, **Special Bargain Price, \$14.75.**

## 'Ladies and Misses' Sweater Coats HALF PRICE.

LADIES—In dark colors of Grey, Brown, Maroon, Navy, that were \$3.50 to \$6.50, **Bargain Price, \$1.75 to \$3.25.**

Better grade and better styles, in colors of Corn, Rose, Saxe, that were \$7.50 to \$17.00, **Bargain Prices, \$3.75 to \$8.50.**

Misses' Sweater Coats, Bargain Prices from \$1.55 to \$3.00.

# STEER BROTHERS.

### Household Notes.

Novel slip covers are of Turkish toweling, calico and linen. Rings of ripe olives are decorative and tasty in chicken soup. Wood ashes will remove flowerpot with cooked cabbage and carrots. A bit of onion or a sprig of mint gives a delicious flavor to hot pass. Good "snow mittens" for the kiddies can be made from old sweaters. If lead pipes freeze in the house, don't thaw them out too suddenly. Steer's Liniment For Gout in Cows.

Kid, Tan

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