

WINDOW BLINDS.

A big job in Spring Blinds, assorted colors, full length. Value at \$1.20. Friday and Saturday, 82c. each.

WHITE AMERICAN QUILTS.

500 lbs. American Job Quilts, assorted qualities and sizes. Special Prices for Friday and Saturday.

WHITE AMERICAN SHEETING.

300 lbs. White American Sheeting, long lengths. Exceptional value. Friday and Saturday, \$1.70 lb.

Money Saving Offers

FOR

FRIDAY and SATURDAY.

SNAPS FOR THRIFTY SHOPPERS.

Wood Window Poles.

50 sets only Mahogany Wood Window Poles, 4ft. long, with fittings. Value to-day \$1.00. Friday and Saturday, 80c.

100 White Enamelled Wood Poles, 4 ft. long, with fittings complete. Friday and Saturday, 19c. each.

AMERICAN BLINDING.

30 pieces Cream and Green-Linen Blinding. Value to-day for 75c. yard. Friday and Saturday—Cream, 48c. yard; Green, 55c. yard.

WHITE AMERICAN SHIRTING.

300 lbs. White American Shirting. Good value. Friday and Saturday, \$1.00 per lb.

FLANNELETTE PYJAMAS.

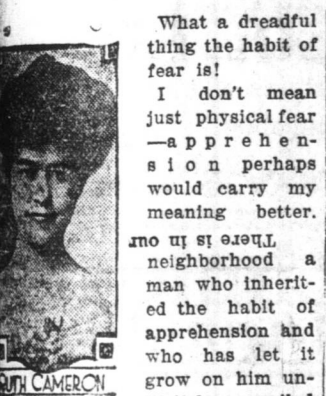
5 doz. Men's Flannelette Pyjamas. Value for \$5.00. Friday and Saturday, \$4.00 suit.

See Our Stock of Men's & Boys' Readymades.
We have a wonderful assortment of Men's and Boys' Stylish Tweed Suits.

Marshall Bros

Side Talks by Ruth Cameron

A DREADFUL HABIT.



RUTH CAMERON

What a dreadful thing the habit of fear is! I don't mean physical fear—a apprehension of a perhaps meaning better, no of a neighborhood a man who has inherited the habit of apprehension and who has let it grow on him until it has spoiled his life. And since none of us can live himself alone, it has taken much out of the lives of others.

This man cannot do the simplest thing without being beset by the fear that there may be something wrong with what he has done. He writes a check he goes over it over it to make sure that he hasn't made some mistake. He seldom mails a letter without sending it for a final survey.

He is always going over in his mind things he has said, in the fear that he may have offended some one or even grounds for a libel suit. He never gives a tip without first examining the coin carefully and holding it over and over on the table to make sure it is not counterfeit. That last is perhaps the best example of the state of mind into which fear of yielding to the habit of apprehension have thrown him. I suppose not one person in ten thousand would ever think of that possibility unless there was something about the coin to suggest it, but he evidently heard of some one who did give a counterfeit tip and ever since he has been apprehensive.

Of course this is an extreme case. I fear that one may make mistakes, begin in a small way, and then, if he does not promptly fight it, grows larger and dominates one's life.

Let's Make a Mistake Now and Then.

It is better far to make a mistake now and then than to let this fear control of one.

Besides, if one lets this fear get hold of one, it will so slow one up that one's output in work will be less valuable if one went ahead and did make a mistake occasionally.

And in the end one will probably make the mistakes anyway, because the power of concentration will be weakened by this habit of apprehension.

How to Fight the Habit.

Anyone who feels the habit of ap-

prehension growing on him—whether it be a business man, and the fear is that of making mistakes in his business, or a mother, and the apprehension is that she will not cover her children just right food—should first find out if there are any physical causes for that state of mind. Many times it is a colon which is not eliminating poisons properly or a pus-producing tooth, or some such ill, which is causing this state of mind. Then, having eliminated such cause, he should set himself to fight it by mind-control.

Engine Drivers' Superstitions.

The majority of English drivers and stokers lose all confidence in an engine which has had any sort of accident, and their distrust is doubly increased should the accident have occurred during the engine's trial trip.

If an engine is to be turned round on a turn-table, the turn-table must be turned clockwise (i.e. to the right); should the operation be performed in the opposite direction, the belief is cherished that disaster will take place during the journey.

Many engine-drivers still believe that disaster will befall them if they climb up on to their engine putting forward the left foot first.

Engines the number of which has a nine in it or is divisible by nine, are bound to be unlucky, this curious belief being held by American as well as English drivers. As some sort of proof of this, in nearly all big railway disasters in this country the number of the engine has always had a nine in it or has been a multiple of nine.

Pointsmen with a squint invariably herald bad luck, and in support of this there is told the story of a gang of ten pointsmen, one of whom had a squint. In ten months every one fell a victim to the wheels of a locomotive.

Milton D. Copulus, a Greek, has created for himself a place that is unique in the art world. His flowers and fruits are so much like nature that scientists speak of him as a worker of miracles. He came to New York the day President McKinley was shot. He made a living as a waiter and cartoonist. He so startled Colonel Roosevelt with one of his exhibitions that he cried out "Unbelievable."

When drying a sweater, swing it from the clothesline in a hammock made of mosquito netting, and it will dry beautifully.

FRY'S Chocolates.

Now ready for delivery: 15 cases

J. S. FRY & SONS'

Famous Chocolates,

comprising:

Fancy Bon Bon Bags.

4 lb. bxs. Loose Foil Wrap-

ped.

1/2 and 1 lb. Asstd. Boxes.

Five Boys' Bars.

Choc. Cakes, etc., etc.

Wholesale Grocers.

Please note our new ad-

dress: QUEEN STREET,

cor. of George.

Phone 480. P. O. B. 425.

Soper & Moore

Wholesale Grocers.

Please note our new ad-

dress: QUEEN STREET,

cor. of George.

Phone 480. P. O. B. 425.

THE PRESIDENCY.

If Grimes is our

next President,

the land will be

in clover; we all

shall bask in

sweet content,

our troubles will

be over. So say

the boys who

whoop for

Grimes, and fix

his divers fences,

and hint we

ought to dig some

dimes to pay

campaign expenses. If Grimes wins

out, the useful lad who's always busy

tolling, will never lack a helpful

scad to keep the kettle boiling. And

in the bank he'll have a hoard of large

gunmetal dollars, and he will own

a nice tin ford, and Sunday shirts

and collars. If Grimes wins out the

idle jay will have no decent standing;

he'll loaf throughout the golden day,

free soup and pies demanding. 'Twill

be the same if Grimes should lose,

his hopes to ashes turning; all kinds

of men will get their dues, will get

just what they're earning. The man

who buckles down to work will find

the times are booming, and we will

see the village shirk in some cheap

poorhouse rooming. I'll vote for

Grimes, but if he wins I'll keep on

saving maple, that I may fill, my

shelves and bins with fancy grub and

staple.

Strawberry blanc-mange is an ex-

cellent dessert even for the smallest

child.

Why Navy Blue?

Practically every country clothes her sailor in blue.

It was about one hundred and seventy years ago that the first bluejacket were evolved. It then became the uniform of the British Royal Navy. This was adopted in 1748 at the request of a number of naval captains. The seamen, at a meeting in Mill's Coffee House, in Scotland Yard, London, had decided that the Navy ought to have its own uniform instead of wearing either military dress or whatever individual captains decided. They laid the suggestion before the Admiralty Board, and after a little delay for consideration were invited to confer upon the style and colour to be adopted.

While engaged in discussing the subject, the Duke of Bedford, First Lord of the Admiralty, entered and announced that the King had decided upon the uniform to be used in the Royal Navy. His Majesty had seen the Duchess of Bedford riding in the Park clad in a handsome blue dress, primly trimmed with white and gold braid, and, admiring the costume, fixed upon it for the Navy.

It was a happy choice, and the Navy had good reason to be thankful to the clever lady who influenced the King to make his decision.

Stretching Her Imagination.

We laugh usually because we are intended to at the accredited "smart" saying of school children, told by their teachers or fond parents, but occasionally we hear a story that gives us real amusement. Mrs. W. E. Groves, a member of the School Board of Toronto, is responsible for the story of a small girl who returned from her classes one day with a n exciting account of the exceeding naughtiness of another little scholar.

"The teacher says the principal is going to do something like 'elastic garter,'" was the breathless explanation, given her mother.

"Elastic garter," said her mother, very much puzzled, "what on earth could that be?"

The child could give no further definition of the punishment that awaited her erring little school-mate until the following day, when she returned home from school and explained that it wasn't to "elastic garter," after all, that the teacher had threatened, but to "suspend her."

Our Flighty Fashions.

The new fashions seem to be a medley of everything, says a correspondent writing from London. You may have something that tries to look like a young crinoline, or a ladder of stiff frills at the back of your skirt, or you may have a tight skirt and a coat which only flares slightly on the hips. You may even, according to sensational pictures of late fashions, wear tight satin knee breeches under a transparent skirt—pause here to contemplate mentally some of your acquaintances wearing such a get-up—but if you refuse to be made a scarecrow for any dressmaker living you may wear your nice straight-up-and-down dress with some little touch that marks it of the year 1920. High collars and very frilly high neck effects are trying to be popular just as the right season begins for low comfortable collars. The Englishwoman is so devoted to her open neck and low collar that she does not take kindly to the high necked coats and dresses for the spring. Bright colors and stripes are both striking among the new things, and it is said that even men are to be released at last from the hum-drum of black, gray and dark blue.

In this connection The Sunday Herald breaks forth into song—

"I've got a new suit of a delicate Manne

With a coat with a skirt like an an-

thrastie stove,

And a shirt of corse crepe de china.

I've a futurist landscape all over my

back

And a Cubist design on my chest,

It's foolish I know, but you can't

dress in black

In this horrible age of unrest."

Important!

There are many good reasons why you should "Klean Up" your house; here are a few:—

Paint preserves wood from decay. A painted house will outlast an unpainted house. Buy "Klean Up" Paint.

People are judged by the appearance of the house they live in; a shabby looking house is a reflection on the people who reside therein.

A house which is painted every 4 or 5 years expresses in a forceful manner the cleanliness and character of its occupants.

Buy enough "Klean Up" Paint now to improve the appearance of your house. Get your neighbors interested in the "Klean-Up" campaign.

PRICES:

Gallon Cans\$4.00
Halves\$2.25
Quarts\$1.25
Pints75

inet,tt

Campbell's Soups,

IN TWELVE VARIETIES.

200 Cases Just Received ex S. S. Sachem.

HIP-O-LITE

(Marshmallow Cream) Ready to use. It is used for desserts, cake fillings, frostings and a hundred and one delicious dishes. Always ready for use — no cooking.

In Glass Jars.

Due to-day by S. S.

Rosalind:

California Sunkist

Oranges—all sizes.

Wine Sap Apples.

Sweet Potatoes.

Ex Digby:

Extra Fancy Sorento

Lemons.

Egyptian Onions.

C.P. EAGAN,

Duckworth Street & Queens' Road

"Reg'lar Fellers"

Copyright 1919 by George & Matthew Adams.—Trade Mark Registered U. S. Patent Office

By Gene Byrnes

Personal.

Rev. Henry Gordon leaves next week for Labrador.
Dr. Paddon, medical officer at the Grenfell Hospital, Indian Harbor, is due here soon, on his way north.
His Excellency the Governor and Lady Harris will be "At Home" to receive callers at Government House this afternoon between 4.30 and 6 o'clock. As Lady Harris is leaving for England by the Digby, accompanied by Miss Harris, this will be the last reception for the season.
The many friends of Rev. Fr. St. John will be glad to hear that he is fast recovering from a severe operation. While he was preaching in New York, he was stricken suddenly and had to be operated on immediately at St. Francis Hospital, the Bronx.

WINARD'S LINIMENT CURES DIS- TEMPER.

