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E. W. GILLETT COMPANY LIMITED
WINNIPEG TORONTO, ONT. MONTREAL

An Inexpensive Rest Cure.

BY RUTH CARRON.

"I've had such a restful day!" said one woman to another, as they walked home together at nightfall.

The second woman opened her eyes in amazement. "Why? how can you say that?" she exclaimed. "Just think of all you've had to do today!"

"It has been a fairly busy day," answered the first woman, "but it's been restful just the same, and I'll tell you why—I haven't hurried once. I allowed myself plenty of time and went leisurely from one thing to another. I wanted to make another call, but when I found I couldn't get it in without hurrying, I simply gave it up. So it's been a happy, restful day, because I haven't driven myself."

Isn't that an interesting and suggestive point of view?

If the amount of energy which the average person expends in hurrying, and in worrying lest she won't be somewhere on time, or get something or other done, could be computed, I imagine that it would not be so very much smaller than the total of the energy she puts into actually doing things.

We think we are tired because we have done so much. Half the time it is only because we have tried to do too much.

A young school teacher, who had been over-doing in this way, was advised by her family doctor to take a complete vacation. She told him that was impossible. "Very well," he said, "I'll give you another prescription which will do you nearly as much good if you have the strength of mind to hit it. Keep on working but take life easy, be leisurely; don't let yourself hurry once in the next three months; don't crowd yourself; go to bed early and sleep nine and ten hours a night; stay outdoors a lot; don't hurry and don't worry for the next three months, and you'll come out all right."

The school teacher followed his prescription for three months and proved his prophecy true. That was five years ago and she is still following it in its essential details, and you would hardly recognize the nervous, sickly creature she used to be in the well-poised, healthy woman of today.

Sometimes we wish we could take the expensive rest cures we read about, and we say that we would if it were not for the prohibitive cost. Here is a rest cure of which the only cost is strength of mind and purpose. Is that prohibitive?

Ruth Carron

The Great Pearl Robbery.

How the Box Was Repacked—Substituted Seals—Quest for £150,000 Necklace.

No trace has yet been found of the wonderful pearl necklace, valued for selling purposes at £150,000, the property of Mr. Mayer of Hatton Garden, E.C., which was abstracted from a registered postal package between Paris and London on Tuesday or Wednesday.

The English and French police are busily engaged trying to unravel the mystery, and one new fact has come to light. The necklace was carefully packed in a box and the wrapping bore a number of seals with the monogram "MM" impressed. An examination of the wrapping shows that two of the original seals had been replaced with nine seals also bearing the monogram "MM."

As stated in a portion of our issue yesterday a reward of £10,000 is offered by Messrs. Price and Gibbs, 23, St. Swithin's-lane, E.C., on behalf of the Lord's underwriters for information leading to the recovery of the stolen property and to the conviction of the thieves. Full details of the necklace, with the weight of each of

The Ladies of St. John's May Now Have Beautiful Hair—All First-Class Druggists Sell SALVIA and Guarantee it to Grow Hair, or Refund Your Money.

Your druggist is backed up by the manufacturers of SALVIA, the Great Hair Grower. It is guaranteed to grow hair.

SALVIA destroys dandruff in ten days.

The roots of the hair are so nourished and fed that a new crop of hair springs up, to the amazement and delight of the user. The hair is made soft and fluffy. Like all American preparations SALVIA is daintily perfumed. It is hard to find an actress who does not use SALVIA continually.

Ladies of society and influence use no other.

SALVIA is a non-sticky preparation, and is the ladies' favorite. A large generous bottle 50c.

McMURDO & CO., Wholesale Agents.

Last evening Mr. Price, of Messrs. Price and Gibbs, the assessors to the underwriters, together with Mr. Salamons, left for Paris with the box and its covering. Our object of the journey, it is stated, is to ascertain if the officials at any other Paris Post Office would have accepted a registered parcel if presented in the manner in which it was received in Hatton Garden, that is, with one untidy end covered with a mass of seals.

The police inquiries on this side are being made by Senior Chief Inspector Ward, of Scotland Yard, and by Mr. Alfred Lemon, superintendent of the Criminal Investigation Department, on behalf of the underwriters. Notices have been sent to all pawnbrokers and dealers in precious stones.—Daily Mail, July 18.

At the Citadel.

On Tuesday evening Dr. Lemon, of New York, Past Grand Master of the Supreme Grand Lodge of the U. S. A., and Bro. Kelly, Grand Master of the U. O. A., for Nova Scotia, paid an informal visit to the Salvation Army Citadel, on New Gower Street.

Adjutant Hargrove who is a personal friend of the visiting brethren, extended a warm welcome on behalf of the Corps and after the usual preliminaries called upon Grand Master Kelly, who in responding said it gave him great pleasure not only to meet once again with the Adjutant, but to meet with the people of God, and while he was conscious of the honour conferred upon him by the Association he considered it a greater honour to be a follower of Jesus and the child of a King.

In introducing Dr. Lemon, the Adjutant said he would like to be able to sing the "Star Spangled Banner" but as that was not possible he would ask the congregation to give him a proper Salvation Army welcome. There amid an almost deafening applause the Dr. made his way smilingly to the front and as he afterwards remarked so changed by the grace of God that even the ladies thought he was a sweet Lemon.

The Doctor's address was at most pointed and practical one. What pleased him most in connection with that meeting he said was the presence of so many young people who in spite of so many counter attractions had chosen to spend their evening at the House of God. Dr. Lemon is a fluent speaker and his address last night was bristling with anecdote and illustration.

Dr. Lemon will conduct a special revival meeting at the Citadel, on Friday night, and will, no doubt, be greeted by a capacity house.

On Sunday afternoon at 3 o'clock, Rev. D. McLean, Past Grand Master, of Prince Edward Island, will deliver an address. Mr. R. K. Bruce, Grand Organizer and Past County Master of the same place, will also take part.

J. M.

Dr. de Van's Female Pills

Reliable French regulator never fails. These pills are exceedingly powerful in regulating the reproductive portion of the female system. Sufferers from all chronic ailments. Dr. de Van's are sold at all drug stores. Mailed to any address. The Scobell Drug Co., St. Catharines, Ont.

"Records" of Lord Roberts.

Lord Roberts visited the offices of the Grantlions Company, Limited, City Road, E.C., recently, and spoke about 2,000 words, extracts from his speech on National Service at Glasgow on May 6, into a recording instrument. He spoke at the rate of eighty words a minute with great distinctness and expression, and addressed a metal horn attached to the instrument for twenty-four minutes.

Sets of the records taken will be distributed by the National Service League among its branches in the country.—Daily Mail.

HOSE!

This week's special is Child's, Misses' & Ladies' Hosiery, in Cashmere, Lisle, Silk, Fancy Embroidery and Gauze.

EXTRA VALUES.

Child's, all sizes, 16c. pair
Ladies' Black and Tan Cotton, Cashmere, Rib and Plain, 25c. pair.

Sooper & Moore.

The Nickel Theatre

A Big Holiday Programme To-Day, and

John W. Myers,

The world-famed baritone, the man that made Edison Records famous, sings "Dear Old Rose," a delightful ballad; and "Bring Back My Bonnie to Me," a great march song.

No better place to spend an hour. Cool, clean, cozy, interesting, educating, amusing.

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Scythe Snaths, Scythe Stones.
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