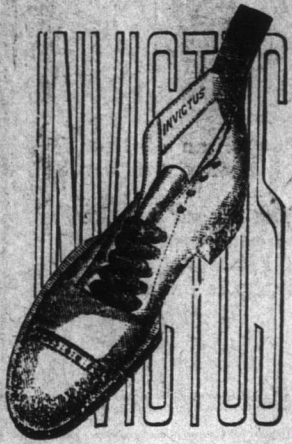


# Comparative Values in Footwear!



With the majority of people, price is the chief consideration in purchasing footwear. That's why there are so many uncomfortable feet in Newfoundland to-day and so many dissatisfied shoe purchasers.

For low-priced shoes cannot be good shoes—the high cost of good materials and skilled labour won't permit. Then why experiment—at the expense of your comfort—with low-priced shoes? Why not wear

## INVICTUS SHOES

and be thoroughly satisfied?

## Distinctive and Pleasing in Appearance.

they possess that style individuality that is the hallmark of fine footwear.

INVICTUS SHOES will outwear ordinary low-priced shoes—yet they cost little more.

INVICTUS SHOES are still made from the finest grade of imported and selected leather by men expert in the art of shoe-making.

Saturday our Special Sale Day.  
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If you have not worn INVICTUS SHOES you do not know what comfort is. Let your next shoes be INVICTUS and you will be satisfied.

We are Sole Agents for Men's INVICTUS Shoes.

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**Marshall Bros**



## Side Talks by Ruth Cameron

### WHAT "SELF-INDULGENCE" MEANS.

"I suppose you are feeling fine now," I said to a friend who has just come back from a vacation trip. She sighed. "Pretty good," she said, "but not as well as I hoped to feel. I guess I walked too much." "I thought you planned to sit out on the veranda and get the fresh air that way, this trip," I said. "I did," she admitted, "but you know I do love to walk so, and the walks there are so lovely." Now, if anyone should accuse that woman of self-indulgence, I am sure she would get very indignant at the word and its implications. And yet what other word would properly describe her conduct.

### Was It Worth While?

She had gone away to get rested, she had gone at some inconvenience to herself and others. And she had come back hardly rested at all, simply because she couldn't bear to give up the long tramps which she knows very well do not rest her.

I think the word self-indulgence usually brings to our minds an idea of the grossest and more serious sins, and because we fix our minds on that connotation, we do not realize how wrong and harmful are the many little self-indulgences which we permit ourselves.

### Some Forms of Self-Indulgence.

Self-indulgence really means just what it says. Indulging yourself. Letting yourself go to walk when you really need to sit still and rest, just because you love to walk. Letting yourself sit up and finish a book when you know that you really need the sleep, just because you're crazy

to see how it's coming out. Letting yourself sit down with a box of candy between meals and abuse your poor stomach by dribbling down that sweet stuff into it by the hour just because you love candy. Letting yourself say unkind things just because you feel cross (nervous you probably call it). Letting yourself tell things you have no right to tell simply because you want to shock or interest or excite someone.

In short, letting yourself do any of the things you know it ought not just because you have a temporary desire to do so.

Of course, there is such a thing as being too strict with yourself just as there are too strict parents as well as too indulgent ones.

### The Danger of Throwing Over Rules Because "I Feel Like It."

But the average person runs in no danger of that extreme. The greater danger is too much lenience with self, too much throwing over of rules just because "I feel like it."

And aside from the immediate harm each small self-indulgence does—the lost rest, the indigestion, the hurt feelings—there is also the lasting harm it does to your character. Every act of self-discipline strengthens the fibre of which your character is made, every act of self-indulgence weakens it.

Perhaps the little self-indulgences do not greatly matter in themselves but some day when some big strain comes, the insidious weakness in your character may make itself felt in ways that do greatly matter.

### Take Notice.

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150 Boxes Twin.  
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money. Cheese have  
advanced sharply.

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Wholesale Grocers.  
PHONE 490.

### More Names That Hurt.

It must be some consolation to many bearers of objectionable surnames to know that, though their labels may provoke smiles and derision, they have a longer descent and more honorable origin than others which are held in repute.

Mr. Buggins and Mr. Buggs, for example, may derive comfort from the knowledge that they had predecessors of the same names when the Conqueror was a recent memory, and before a Howard or a Cavendish was cradled. Gotobed is a name at which one may smile; but it has no connection, however remote, with an enforced retirement to the bedroom; its true meaning is "Warbringer" or "noted brightness."

Similarly, Miggz means "strength," and is a cognomen to be proud of. Wildgoose signifies "a resolute hostage," and the first Snooks probably derived his name from Sevenoaks, his place of origin.

Mr. Demon will be reconciled to his name when he learns that its first bearer had no more connection with the lower regions than is usual with a "Dairymen," the calling he followed.

Devil is really nothing worse than De Villie; and the poor Hellman followed the useful, if humble avocation of roof-maker. The first Coward was no poltroon, but a man who tended cattle as cowherd; just as Rascal was no knave, but a man who bore some resemblance to a "rascal," or lean stag.

### The First Fletcher Fixed Feathers.

The original Kisser did not necessarily make a hobby of osculation, though he made his living by fashioning the thighpieces of knightly armour; just as the early Stringers made bowstrings. Tipper tipped the arrow-heads; Fletcher affixed the feathers; and Flower assembled all the parts, making the weapon ready for the use of the "Archer."

In the county of Suffolk, the following jury was once empanelled—Accepted Trevous, Redeemed Compton, Paint-not Hewitt, Makepeace Heaton, God-reward Smart, Stand-fast-on-High Stringer, Earth Adams, Called Lower, Kill-sin Pimple, Fly-debate Roberts, Fight-the-good-fight-of-Faith White, and Meek Brewer.

It is fortunate for some of us that such fearsome surnames have not survived to our own day; otherwise some of us might have to sign our names Rimmelow, Cheese-and-Bread, Hate-wrong, Godblood, Dame God,

(Lord God), Freshfyshe, Rottenher-ring, or Goodtowla. Or we might count among our acquaintances Savage-Bear, Paschal Lamb, Sing Song and Mellon Colley—all names which men of past centuries have carried, more or less resignedly, to their graves.

### Couldn't Show His Missus Up.

The captain of the fire brigade was enjoying himself tremendously, and the Christmas party he was giving was going like well-oiled clockwork; but just at this inopportune moment a fire had the bad taste to break out. "Can't 'elp it!" said the captain to the panting individual who had brought the news. "I can't go to no fire to-night; I'm giving a party!"

"But you surely ain't going to shirk your duty because of that?" said the informant.

"No; it ain't so much that; but I can't show the missus up in front of half the neighbourhood. Everyone in the house 'as been admirin' 'er new coal-scuttle in the drawin'-room, an' it's my 'elmet."

### Important!

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### A YEAR OF PEACE.

We've had a year of balmy peace, since captains said, "Let firing cease," where wearied armies stood; it's been a year since cannon roared, and soldiers waved the flashing sword, and do we find peace good? I have a beefsteak on my eye; a neighbor let a dornick fly, and made the blamed thing black; and in a scrap down by the jail my hat was flattened with a rail, my coat split up the back. My sideboards now are flecked with gore, my battered head is always sore, from many swats and biffs; we have a riot every day, and when we've hauled the wreck away I help to plant the stiffs. Some fellow robbed me of my wreath, and broke in half a dozen teeth, and I'm a sight to see; I can't enjoy my morning walks, for some one's always throwing rocks, wherever I may be. I cannot warble peace-time hymns; I'm picking birdshot from my limbs, and have no time to spare; and every time I take my lyre to burble like a house afire, some fellow pulls my hair. The quiet of old days is gone; wherever I turn I gaze upon a lot of scrapping men; the air is full of fur all day, so take the Boon of Peace away, and give me war again.

For telephone, lighting or ignition purposes, Reliable Batteries are lively and long lasting. They give 100 per cent. satisfaction. —Nov. 5, 6, Dec. 10, 11, Jan. 5, 6

### Why Silver Wobbles.

In the days of the Roman Empire it was calculated that the world's stock of gold and silver coin exceeded 350 millions sterling of our money.

Then came the Middle Ages, when the nations slid back into barbarism. There was little mining, and by the tenth century the world's stock was down to something between thirty and forty millions. Silver continued to become more and more scarce, and from being one-fifthteenth the value of gold rose gradually until, by the year 1500, one ounce of gold would purchase only eleven ounces of silver. Then came the discovery of Mexico and of Peru by the Spaniards, and at once fresh supplies of bullion began to pour into Europe. All the hoards of the Aztecs and Incas were seized, and within the next hundred years Europe's stock of silver was more than doubled.

In the eighteenth century the production of silver became tremendous, and between 1740 and 1770 the Biscaya Mine of Mexico produced three million pounds' worth of silver. About the latter date the Valenciana Mine was pouring out £240,000 worth of silver every twelve months.

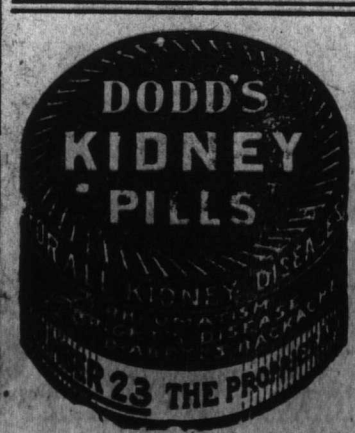
At Veta Madre a lead of silver ore was found eight miles long and 130 feet thick.

But the greatest silver mine of all was that of Potosi, high in the Andes, and after this began to be worked the world's output was eighty-two ounces of silver to only seventeen ounces of gold. The value of silver fell again until sixteen ounces of silver could be purchased for one of gold.

Since the tremendous discoveries of gold in Australia, California and South Africa, the production of silver has fallen off. There is, however, plenty of the metal in existence, and the reason of the present extraordinary value is not so much a real scarcity as the fact that the gold coinage has been replaced by paper. If a gold currency were restored, the price of silver would slump speedily.

### Why Does Salt Cause Thirst?

The blood in the body contains about the same proportion of salt as the water in the ocean normally. When the supply is normal we do not feel that we have much salt in our system, but when you take salt into your mouth the percentage of salt in the body is increased, and the being thirsty, or the desire to drink water afterwards is caused by the demand of the human system that the salt be diluted. The system calls for water or something to drink in order that it may counteract the too great percentage of salt in the system. Other things also, when taken into the body in too great proportion, cause us to become thirsty. Thirst is merely nature's demand for more water on account of the necessity of reducing the percentage of some substance like salt, or merely a necessity for having more water in the body. From the Book of Wonders.



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Moir's 1/2's & 1's, Nut and Hard. All fresh and new.

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Baker's Coconut, 1 lb. tins, with the original milk of the coconut.  
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