

The Evening Chit-Chat.

By RUTH CAMERON



I was reading in a new thought book the other day of the importance of going to sleep in a good frame of mind because the thoughts that dominate the mind at the time of falling asleep, the physiologists declare, dominate it most of the night.

I am not consciously a new thoughtist.

Although I realize of course that there is a great deal that is interesting and helpful in the rejuvenation of the doctrine of the supreme power of mind over matter, I don't think it is the whole of the Truth.

I recognize it as one of the facets of the diamond but not by any means the diamond.

Just as I believe that osteopathy and Fletcherism and sleeping out-of-doors and all the other health ideas that have come to us lately, are each valuable but no one alone all-sufficient.

But new thoughtist or not, I am deeply impressed with this idea of going to sleep in the right frame of mind.

If you were to think of some worry or difficulty steadily all the morning or afternoon it would undoubtedly affect your physical state to a certain extent. Even the most conservative and old school doctors admit that.

Now if by going to sleep in any mood one continues it half the night, as the physiologists assert, it certainly behoves us to take mighty

good care in what mood we go to sleep.

It is more important to prepare the mind for sleep than the body. The mental bath is even more necessary than the physical one. "Saturate your mind with pleasant memories and with dreams of great expectations. Just imagine yourself the man or woman you long to become, filled with happiness, prosperity and power," says Dr. Swett Marden in the new thought book to which I referred.

And again—"The devotional attitude on retiring to sleep is of very great value, inasmuch as it tends to soothe, calm and reassure the mind, to destroy all fear, worry and anxious thoughts and to put one in tune with higher, nobler thoughts."

And to these excellent suggestions I make bold to add another little one. Why not just as you feel slipping off, say some fragment of beautiful and noble poetry that you especially admire, or some bit that has the peace thought—to borrow the language of the "new thoughtists"—very strong within it.

As for example—
"Sleep sweet within this quiet room
My guest who e'er thou art,
And let no mournful yesterdays
Disturb thy peaceful heart.
Nor let to-morrow fright thy breast
With dreams of coming ill.
Thy Maker is thy changeless friend,
His love surrounds thee still.
Now please don't just say, "That sounds fairly reasonable," but go the one step further that makes all the difference in the world.
Add will to thought.
In other words—try it to-night.

Ruth Cameron

WELCOME WORDS TO WOMEN

Women who suffer with disorders peculiar to their sex should write to Dr. Pierce and receive free the advice of a physician of over 40 years' experience—a skilled and successful specialist in the diseases of women. Every letter of this sort has the most careful consideration and is regarded as sacredly confidential. Many sensitively modest women write fully to Dr. Pierce what they would shrink from telling to their local physician. The local physician is pretty sure to say that he cannot do anything without "an examination." Dr. Pierce holds that these distasteful examinations are generally needless, and that no woman, except in rare cases, should submit to them.



Dr. Pierce's treatment will cure you right in the privacy of your own home. His "Favorite Prescription" has cured hundreds of thousands, some of them the worst of cases. It is the only medicine of its kind that is the product of a regularly graduated physician. The only one good enough that its makers dare to print its every ingredient on its outside wrapper. There's no secrecy. It will bear examination. No alcohol and no habit-forming drugs are found in it. Some unscrupulous medicine dealers may offer you a substitute. Don't trifle with your health. Write to World's Dispensary Medical Association, Dr. R. V. Pierce, President, Buffalo, N. Y.—take the advice received and be well.

Fads and Fashions.

The waist line is rising again.

All the old laces are in great vogue.

A great many separate coats are seen.

Jumper blouse styles are increasing in favour.

The touch of black is still a feature of fashion.

There are manifold indications of the return of the Empire.

Dark blue and black are favorite costume colors for coat suits.

Waists of black, chiffon, marquisettes and voiles are prominent.

New toques and turbans generally have sharply upturned brims.

Among the new shades for this fall is "pale nord," a grayish blue.

The mushroom shape returns very strongly in fall millinery styles.

In the new coat suits the coats range in length from 26 to 40 inches.

Fall tailor-mades very strongly reflect the "hobble" skirt idea of Paris.

Plain embroidered chiffon and voile are very fashionable over changeable taffeta.

Two-toned plumes and enormous pink poppies trim some of the latest hats.

New Gainsborough hat models roll

on the left side and drop at the front and back.

The narrow silhouette is being adhered to with every prospect of its continuation.

Lace, chiffon and marquisette are extremely fashionable for dressy fall costumes.

Velvet and velveteen give promise of being very fashionable for the more dressy coats.

A handsome costume of soft blue chiffon is embroidered with a conventional design in white crystal beads.

Black velvet hat facing is, so report has it, to be even more popular on autumn hats than it has been in summer millinery.

For early fall wear with the dressy toilet middle-aged women are going to use the black chantilly coat lined with chiffon and silk.

Tortoise shell increases in favor. Card cases, vanity boxes, as well as lognettes, parasol handles and buckles are made of it.

The separate coat is a sharp rival of the coat suit, but it is safe to say that each will be worn without displacing or interfering with the other.

Fancy gauzes printed in colored figures, Persian silk, brocades and pompadour are used to trim plain satin and are combined with velveting fabrics.

Odd-shaped ruffs and scarfs of marabou and ostrich in combination are seen. Some of these show a combination of colors as well as materials.

Among the most striking trimmings for fall gowns are embroideries done in very heavy silks and the metallic

INSOMNIA

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Thos. Gillard, Elgin, Ill.
Pleasant, Palatable, Potent, Taste Good, Do Good. Never Sicken, Weaken or Gripes. 10c, 25c, 50c. Never sold in bulk. The genuine tablet stamped C. C. Guaranteed to cure or your money back. 327

threads. Some are enriched by jewels.

The new waists to be worn with tailored suits as well as the waists of costumes will be of chiffon or marquisette in dark tones which match the suit.

Types of the narrow skirt now the vogue in Paris are seen on this side of the Atlantic but the most pronounced effects are seen often in suits than in dresses.

The jumper or the magyar style is one of the most favored for waists, and they have a pleasant sleeve with some kind of a shallow yoke of lace or embroidery.

Broad-brimmed coarse straw sallops trimmed in scarfs of coarse linen embroidered in black, white, gold or color are much in evidence at the French summer resorts.

Satin heels with satin-covered French mules are shown. Usually the satin is embroidered at the toe. The mules are finished with a rosette of ribbon a little to one side.

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restores every nerve in the body to its proper tension; restores vim and vitality. Premature decay and all sexual weakness averted at once, PHOSPHONOL will make you a new man. Price \$3.00 a box, or two for \$5.00. Mailed to any address. The Seabell Drug Co., St. Catharines Ont.—mon, fri.

Swimmer Badly Bitten by Dog Fish.

BANGOR, Me., Aug. 9.—Attacked Sunday by a school of dog fish, Fred H. Mallery, of New York, is under treatment here to-day for severe wounds.

Mallery and John Wallace, also of New York, have been cruising in their motor boat, Conqueror, along the coast of Maine. Diving off the boat Sunday afternoon, while two miles off Isoboro, Mallery was surrounded by the fish. His cries attracted his companion, Wallace, who put out after him, and brought him ashore bleeding badly and nearly exhausted from his battle with the fish.

LARACY'S have just got in Men's Work Shirts, all Black, Black and White Stripe, and Fancy, from 60c each. Blue Denim and White Duck Overalls, Men's Tweed Pants, from \$1.00 a pair. At LARACY'S, 345 & 347 Water Street, opposite the Post Office.—aug10,fr.

Kaiser and Veterans.

Speaking at a dinner held here recently in connection with a parade of veterans, the Kaiser said:—

"Thirty-one years have flown since I, as a young lieutenant in 1879, took part in my first imperial manoeuvres under William the Great. That was here. The awe-inspiring figure of the great Emperor was surrounded by the great halo of his victories. The empire was still young and just entering on its period of development. The thorough knowledge which my father had of the traditions of this corps was the means of introducing me to its history.

"Since that time these august lords passed away and have become historical heroic figures veiled in the legend, but the spirit which these men of the Prussian Army implanted in this corps has not departed. The Army Corps, which I congratulate on its splendid appearance, on parade, has shown to me that it is fully conscious of its traditions. The sight of 14,000 men, reservists and war veterans, brought clearly before my eyes the history of the achievements of the corps in the last wars.

"When I pass through the country round Metz in the spring and behold the monuments to the different regiments, past and present unite as an earnest of the future. The sight of the Army Corps is an assurance that if necessary it will do its duty as it did under my grandfather. The First Army Corps! Hurrah, hurrah, hurrah!"—Reuter.

MINARD'S LINIMENT CURES GABGET IN COWS.

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Preserving Plums,

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90 cents each,
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Plasmon Custard

Powder,
12 cent Package,
Each package will make four pints custard.

Plasmon Blanc-

Mange Powder,
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Fresh Pears,

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Ex Bornu to-day.

Plasmon Oats,

15c. package,
Plasmon Cocoa,
1/2 lb. tins.

Maravilla Cocoa,

1/2 lb.
Epps Cocoa, 1-4 lb.
Fresh Stock.

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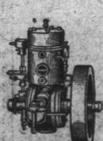
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Big Larceny at Grand Falls.

On the 3rd inst. at Grand Falls a man named Sparkes, a workman with the A. N. D. Co., was the victim of a glaring piece of thievery. During his absence some person broke into his shack and stole from his trunk, which was broken open by the thief a Bank of Montreal Savings Bank book, calling for \$350, and \$60 in notes. Suspicion fell on a young man, a resident of St. John's, who next day abruptly left the place and the facts were communicated to the police department. Armed with a warrant Const. Tobin yesterday arrested the suspect on the street and to-day he appeared in court. He disclaims any knowledge of the theft and was released on his own recognizance in \$500.

Another Larceny Reported.
Parties who arrived here by yesterday's Bruce express say that another larceny of money of considerable magnitude recently occurred at Bishop's Falls.

Dangerous Runaway.

To-day a horse owned by Mr. C. Lester and driven by a young man named Hearn took fright on Hamilton Street and dashed at great speed down that thoroughfare and New Gower Street. Hearn jumped from the cart near the S. A. Citadel and narrowly escaped serious injury. The horse was stopped at Adelaide Street. In its flight people scattered in all directions to avoid injury.

Coastal Boats.

REID NFLD. CO.
The Argyle arrived at Piacentia at 2.10 p.m. yesterday and sailed this forenoon on the Merashen route.
The Clyde left Lewisport at 8.25 a.m. to-day.
The Dundee left Port Blandford at 2.45 a.m. to-day.
The Ethie left Clarendville at 3.30 this morning.
The Glencoe left Belleoram at 6.35 p.m. yesterday, bound west.
The Invermore left Twillingate at 4 a.m. yesterday going north.
The Portia left Burgeo at 8.25 this a.m., bound west.
The Prospero left Moreton's Harbor at 3.30 a.m. to-day, going north.

Personal Notes.

The many friends of Miss Edith Scufres will be pleased to know that she has secured a most lucrative position in a prominent office in St. John's. Both Miss Scufres and her sister, Miss Emma, came to St. John's from Bonne Bay last fall, just to spend the winter months; but seeming to like city life they determined to obtain positions and remain for a longer period. We wish the Misses Scufres welcome and success during their stay with us.

MINARD'S LINIMENT CURES DISTEMPER

The garden party held at Carbonear by Rev. Father McCarthy, yesterday, was a very successful and enjoyable affair. Many people were present from the town, Harbor Grace and other places, and at night a very nice dance was held at St. Patrick's Hall. The garden party and dance netted \$100.

Train Notes.

By the Bruce express at 6 p.m. yesterday there went:—Mrs. Baird, W. Hayward, J. M. Strong, T. R. Prince, J. G. Cochrane, Mr. McNeilly, A. E. Mahlin, F. Kiely, Miss Lush, John Browning, Miss Corbett, Const. Humber and 130 second class including several of the Harbor Grace excursionists.

The west bound express left Grand Falls at 8.25 a.m. to-day.
The incoming express left Port aux Basques on time and is due here at noon to-morrow.

Marine Notes.

The schr. Little Gem arrived here yesterday afternoon to A. S. Rendell & Co. after a run of 22 days from Figueras.

The Lake Simcoe is loading for Baine Johnston's for Brazil.
The s.s. Mauranger left here at 11 p.m. yesterday for Barcelona at 2,200 qts. shore fish and 8,448 of Labrador, shipped by Baine Johnston & Co.
The Blanche Currie sails to-day for Pernambuco fish laden for Goodridge & Sons.

Here and There.

ANOTHER OCEAN RACE.—The Denure, Capt. Hartery, and the Gaspe, Capt. Keeping, left here together to-day for Pernambuco. Both are fast sailers and an interesting ocean race between them will be recorded.

PATIENT FOR HOSPITAL.—By the shore train to-day there arrived Miss McCarthy, from Harbor Grace. She was taken to the hospital in the ambulance, and is suffering from an affection of the limbs which prevents her from walking.

ASKED TO BE REPORTED.—Mr. H. W. LeMessurier received the following message to-day: The Jennie Jones, which left here on Sept. 1st for Glasgow, was spoken by the Othello on the 3rd inst. in 49 N. lat. and 44.14 west long. She asked to be reported.

BUICE PASSENGERS.—The Bruce arrived at Port aux Basques at 7.15 a.m. to-day. Her passengers were T. Capple, F. L. Blair, G. E. Reid, G. V. Masters, N. J. Masters, Jas. B. Kenman, G. R. Blair, A. G. Jennings, A. G. Jennings, Jr., Misses Parsons (2), Mrs. J. Ferguson, J. M. Dixon, H. A. Townsend, W. Townsend, T. N. Sphire, D. Bonlas, Mrs. M. Isaac, Mrs. D. Isaac, Rev. Canon Carmichael and W. Payne.

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