# Ohe Qluian 

79. 

Summer Bargains EVENT NO. 5
Summer Dresses
In A Sweeping Clearance Sale

|  | $\underset{\substack{\text { For } \\ \text { Miss } 6 \text { to } 14}}{\text { Oh! }}$ |  |
| :---: | :---: | :---: |
| and |  |  |
|  |  |  |
| 退 |  |  |
| anex yon |  | at \$3.50 |
| at 79c |  | Voi |
| Porch Apron Dress | 1.25 |  |
|  |  | mameme |
| at \$2.25 | \% | - |
| Sta beatifu |  | and monemis |
|  | mim |  |
| Ruan oin oint | \$1.75 |  |
|  |  |  |
| Summe | r Season Rea | Height |
|  | nen's Dres |  |



## MITCHELL'S

"Money Saving Sale" was a Great Success and wish to thank our patrons for their patronage and hope to solicit you in the future.
The Goods that were slightly damaged by water will be on sale, beginning Friday July 25 and will last as long as the Goods last.

The list below is some of the many lines,that were partly solled

| Beans | Raisins seeded 15 oz. <br> Currants | Pepper <br> Raisins Seedless 15 oz. |
| :--- | :--- | :--- |
| Allspice |  |  |
| Baking Powder | Apple Jelly | Pickles |
| C of Tartar | Assorted Jams small jar | Salt 7 \& 14 lb bgs |
| Soaps diff. kinds | Lye, Gilletts | Candy etc. |

Currants Raisins Seedless 15 oz. Apple Jelly Lye, Gilletts

Allspice
Pickies
Candy etc.

Jams. Jellies and Pickles the labels are off, the package goods are a little water stained come and see the Goods there is something that you want
Our Grocery Department is complete, and fresh fruit and vegetables arrive weekly
$\underset{\text { FLOUREDS }}{\text { FEE }}$ MITCHELL'S MEAT MARKET PHONE
Always At Your Service
Little Roxy Russell, the seven
year old daughter of Mr. and Mrs
v. E. .Hussell ts in the Miramr
 Hospital in a serious condtition a
the reautt of burns sustaned on Nonday. 1 tht inst. How it happeu
ed will never probably be hen ed win never protoably be know
as the .litie giri was sitturg on
the the doorstep playing with her dol
when she noticed the left side of
her dreess on fre.

## Oratut Tuptu Tid-bits on the Tip of Everybody's Tongue

## Eat And

Grow Thin


the American Medical A ssiciation:
"The effort of many obest people
said Dr. McLester, to avoid all
starchy fods and to
starchy foods and to eschew anl Town Councll of Newcastle as fol-lows:-"Every Tuesay and Saturday
ts hereby appointed to be a Is hereby appointed to to
Public Market Day within the Town of Newastle, excent that when any of these days fall on a Public Hollday. the preceding day shall be consttuted Market Day, and the following place and nono other shall be taken and considered to be the Public Ma:ket viz:-The approacht to the
Public slip adiacent

REGULAR MEETING TOWN COUNCIL
 Council was hellt in the Town office on Frilay. July 18:h. 1924 at
o'clock p...t. Present - Mayot creag oclock p.m. Present-Mayor Creag-
han. Ald. - Alisinon, Armstron
Crocker. Dickison. Mackay: Moris: Crocker. Dickison, , mackay; Moris:
Ritchie and Kassell. A letter from Ritchie and Liussel. A leter from
F. A. . . J. Jarvis.
vice
oresident or F.A.A.N. Jarvis, rice president of
the N. B. Tourst and Resources the N.B. Tourist and Resources
Association regarding a party tourists who propose visiting the Miramichi, was read and the same
was reeived and ordared flied A communication from Messr: Murray and Murray conceraing
claim ot Misas Maria Henneses ti connection with tho ente., tor taxees of tie Chas, Fletchay kbate whs referped to the Finanaee Com. A request trom J. A. Creaghan on bchall of the Canada creosoting Co. Lta; for permuation to bore a well
on thit property was prosented and On thar properity was prosested and
after disceasion it it was mored by Ald. Crooter. secon ded by Ald. Atkin-
son and carried that the Canada son and carried that the Canada
Creosoting co. Lud: be granted per
 p:rty under the conditions of an
agrement to be drawn by the Towi
Soliction to asieoment to be drawn by the Town
Solititor sateguarding the Towns
interests in every way posstloe.
$\qquad$
$\qquad$
$\qquad$
HERE LAST NIGHT collision oécurred at at in messy's corner in which Mr. Elimer Ahearn of this town wais badily shaken up not tatally infured is a miracie. Mr Pcarl Stewart accompanied by
EImer Ah earn añ Elmer Ah earí añ -other triends was driving down MeCallum, street by a man nar owned and driven who was coming doūn Jane sitreet intending to cross the Morrissy bridge, both cars collided, sidenn Ahearn being on the side of the ed up he had becn driven orer the driver to the other side of the car.
He was unconseliwe He was unconsclous and severely hurt about the head tud body put Is net though that any asitious Diternal injuries were sustained.
Mr. James Ashtord of Antrim. H. who is visting relatives here Stewart and Aharn reeture with vere citt on the arm. Both and Aheal were bady damaged. Aharn was
taken to tis $\begin{aligned} & \text { Iome, where his in }\end{aligned}$ juriev were atteñed to and it is
reported this miorning that he is
resting as comerotion Msting as comfortably as can be
expected under the circumstances. CANADHAN GIRLS ARE CHAMPIONS
$\qquad$
$\qquad$
$\qquad$ Basketball Title at Strasburg
 stau european champlonship by de
teating the strasburg team by 37 to s . $A$ huge crowd attended thê game, whlch was played under
patronage of the Brttish Consul.

WOODSTOCK RACES
ALL CANCELLED
ing Magkistrate, to June 3oth was
ed and ordered flled
Ald. Atkinson, hairman of the
Bye-Law Com. submitted the tollow-Bye-Law Com. submitted the tollow-
tng Bye-Law: - Be it enacted by the postponed trom Thursday to Satuz aya because of ratn were called o.f
again Saturday afternoon when began to rain. The fity or American horses there for the big
event have been sent event have been sent home and
the races have been defaltely call $\varepsilon d$ orf. There will be no races thero
until until atter ihe meet at Frodericton
 Newcastle Market" The sald Mar ket shall be kept' o pen from sun.
Heo to sunset on every maxise ete., etc. Chief of Pollice Hopkins was apoointed Market oricer and
the management and
supervision was left in the hands of the Polike
Com.
Ald. Atkinson read a petition from a number of the town barbers for the
pasasage of a BeeLuw fxine closion passage of a Bye.Law Axing closing
hours of Barber Shopa. It was mored and seconded that a.bye law would
be introduced at the: next reesllar meeting to cont cotorm with their re re guest. The public whart Com, was.
authorizce to secure authorized to secure a Fort - To
Truck and have the same fitted wit Truck and have the same fitted witi
the old water tank tit practicable to be used as a watering cart, the cost
to be defrayed out of the tion for permanent work.

## Watch for Particulars for the big Pienic on August 6

Men Two CONVENTION IS
PRECISOR ON THE
COMING EIECTION COMING ELECTION


Makes happy. healthy babies.


BORDEN FACTORY-TRURO.NS.

FRRII NUCES FOOR
RHEUMAISISTM
Amazing Rosilita from tha Fruit Tratiment-"Fnilt-Ativs"
PRESBYTERIAN
CHURCH WLLL
CARRY ON
$\qquad$


Get far more wear from


$$
\begin{aligned}
& \text { Genmine } \\
& \text { BAYER BPIRIN } \\
& \text { ASB }
\end{aligned}
$$


NORTH WEST NOTES
DEBT IN SO YEARS

PRESBYTERIANS MEET IN TORONTO
 SCOTT'S
EMULSION

Depend apon it, noth ing is "just as good" as SCOTT'S EMULSION

| liad reported. They gave a vote in 1 |
| :--- | :--- |
| favor of prohibition of 36.555 and |
| against prohibition 52.657 |
| The government asked for a de- |$|$

 intimated that there would be no
change from exstink conditions-
uniess by strenenthening the resent act-save on a majorrty which het let
no doubt whatever that the change was demanted overwielmingly.
This expression has been given
The tour tading The four leading cities, rejected
probibtion by almost ten thousand
 majority. We. hiuru.
and other smaler cites and towns
voted tor a change. The temper voted for a change. The cemper
ance torces still had hopes that the rural districts woeld reverse the
situatton to an extent situaton to an extent which
would tall to justify the legsistature In ênacting goverament control but the landallice could not be stopped.
The country yolued with the ettes the coundemnation of the act whic
has been the law for tour years. Having voted on thls general pro
$\qquad$
$\qquad$
$\qquad$ or such a aystem combined wendith
wale or sale of beer in in icenased premlases.
In the 330 poll, 8 8. 850 declared for absolute government control ${ }^{31}, 766$ for the beer combination, majortty againas beer of 7.084 . Thi
majority alao was
thereasing returns came in and it wâs certas that It would
heary' margin.
heary martin.
The ctity of Regina gave a major-
.
 were:- For 3.978. Agathat . .7.78. For sale by Government vendor 4987
For retail beer sale 6161 tour principal saskatchewan eltiesRefina. Moosejaw, Saskatoon and
Prince Albert-gave a combined majortty against prohibition 9.699. Saskatoon contributed 2 Moosej
1,263.
macms next week The artst tataloes for the FroderIrcton raceses noxt weof have alroady



## Taylor's Grocery

Roll Bacon, per Ib $\ldots \ldots . . .$.
Best Bologna by Roil per ib
Best Bologna by Rol
Picnic Hams per lb
Choice Butter
Prunes 21 l for
Prunes 21 b for $\ldots . . . .$.
Extra Good Tea per ib
Sliced Ham per 1 lb
Western Golden Syrup per tin
Frutt Syrup, bottle
Pitted Red Cherries per tin
Sliced Pineapple, per tin
Canned Peaches, per tin
Canned Peaches. per tin
Canned Pears, per tin
Canned Lobsters
Tomato and Vegetable Soup 2 tins
Montserat Lime Juice, bottle
Devilled Ham per tin
Sardines, per tin.....
A full line of choice Groceries always in stock. Choice Western Steer Beef, Fresh Pork,

## H. A. TAYLOR

PHONE 48


THE UNON ADVOGATE GAME LAWS OF

## What







adventisma matres





 coums, bor thine



Com trate ot Job Pratatur
Adtreat sil
MiAMMCH1 Puelishina co. LTo
DRUNKEN AUTOISTS
TAKE WARNING
(Montreal sarr) As a reall ot remanks made by
 in charge of an automobile, a change in procedure may \$e adopted
nd Hector $\mathbf{H}$. King, counsel for
 conteated autumobile casee. aster
 cate tor two diay sin orter toanom. Uencral at anobec.
Laplerect ploceded gutly
to Charece, nnd the fuabe was atout to pronounce the usaal sentecece ot tion and coatsor one montin in
when tie denurred and and
matd notiee that the charge ascanast the

 and 1 wonder it the cuatom tolosemed neere tor the pasat two ofr truee year ts the ribto one. Ms opinionen 1s that the Federal law (Art. 285c of the Crrimial Cooee) supersadeses the pro tincain Ate and benat compinim sce of haieor should now be ente.
 Yeeferal law ts more eserere than the rovinciai one; while the laut fine, a Criminal Coũe provision decrees a jail sentence without the
option of a fine. Judge Cusson sald that a judge ent before the hign cuarts. on rendered by masitrote, who ad sentenced an accused in accor dance to a Provinclal law, woul appear to sustain his opinion tha The Federai law on such cases al ways superseded any Provinclal law he reason why this was not finvok ed. remarked His Lordshlp, is tha one had an inerest in bring
 the Federal law, while in Nov Scotia the exceptonal viewpoin had been taken.

## - $\quad$ t tax axiom

In the constitution
vania adopted in 1776 occurs these words: "The purpose for which any clearis to the Peritelature to be a mere aerrice to the community than the money would be if not collected ${ }^{-1}$
 tor the tansabaler haid ghe ory

 apending of afothortifyperivi

NEW BRUMSTICK
from yaxy lat until Nov. i at

 from those authorized to issue them.
Fallure to comply with this regule Falion calls for a penalty of from $\$ 10$ to $\$ 100$. These permits can be
obtained free of cost trom any fre warden or from the Department of
Lands and Mincs, Fredericton, N.B. Lands and Mincs, Fredericton, N.B.
Moose-Open season; October Moose-Open season; October
to November 3oth, bo.h dates

## clusive.

Deer-Open season, September
to November 3oth, both
clusive
Cow
moose moose under the age of and 3 year
shooting shooting prohibited at all times:
No p.rson shall kill, or talit
more than one bull more than one bull moose and
deer during any open season. Moose and Deer-Trapping of, hunting with dogs or snering,
in the hight time, i.e. between in the hight time, i.e. betwe
iour uttrr sunset and one hou
tore sunrisu is prohibitel tore sunrise is prohibited.
Caribou-Hunting of Caribou-hunting or. The following open seasons are au-
thorized by the Federal Government thorized by the Federal Governme
Ducks: Geese, Brant; Coots; Ga
nules and Ralle, sit. nules and Rails, şept. 15 th to
31st both dates inclusive. 31st both dates inclusive .
Black-bellied Plover, Golde Black-bellied Plover, Golden PIo
ver. Greater Yellow-legs, and Lesser Yellow-legs,- -15 th August to November both dates inclusive.
Dally Bag Limit-Ducks 25, Geese 15; Brant 15, Rails 25; Blackbellied and Golden Plover, Greater and
Lesser Yellowlegs 15 of all kinds Lesser Yellowlegs 15 of all king
Wilson Snips 25. Woodcock 10 . Shooting any game on sunday o in any park or pleasure resort
game refuge is prohibited. No game refuge is prohisited. No hunt
ing with dogs allowed at any time nor with hounds.
The shooting of partridge is permitted from October 1st to October 30th both dates inclusive. Daily Bag limit 6. Twenty for season. open season for fishing Trout-April 1st to September 30
Landlocked Salmon-April 1 st Landlocked Salm
September 30th.
Salmon-March 31st to September 16 th, except in the Restigouche
river and tributaries, where the river and tributaries, where the
open season is Aprll 1st, to Aug. 15 .

## WESTRN WHEAT

CROP WILL BE
VERY LARGE ONE
Crop reports gathered by the Na Can. Nat. Rallways indicate
that that while the wheat yield in west
ern Canada will not be as great as last year's bumper harvest
the crop will be a large one and the crop will be a large one and
will be better. distributed than it was last year, when Manitoba suffered severely and Alberts
gar-
nered the greatest tharvest in in
Its nered the greatest harvest in its
history. Acting upon these advices and others recelved from government sources, the tratfic officers of the Can. Nat. Ralways have
practically completed thetr plans practically completed their plans
for the transportation of harvesters To the Pratrie Provinces and for the movement
lake ports
During t.

## During the past two weeks a number of contefences have been

 held by passenger traffic officers of the aystem to deelde upon harvester excurstion rates and the operation of special harresters trains to the westThase pians have now been complet Thase plans have now been complet
ed but their tinal announcement ciainot follow untll atter the general

 Mable une Libor Buran ande the
rinlwas wiil set together in Win. tipes on that day to decide upon the

## BARGAINS GALORE

## At The Bannon Store

Crasghan's Big Sals is still going on and stocks are being replenished from overstocked minafacturers. Hundreds of special purchases are offered at prices below what you ever dreamed of getting before. Read this list of money saving opportunities.

| M ins Dress Shirts fancy stripe, Tooke made reg. price $\$ 2.50$ to $\$ 2.95$ for $\qquad$ | Ladies Sitk Hose in all colors per pair ........68 |
| :---: | :---: |
| M | Lisle Stockings per pair ...................... 25 c |
| sizes per pair .......................... 39c \& 49c | Ladies Silk Gloves . . . . . . . . . . . . . . . . . . . . . . 49c |
| Mens Summer Underwear ..................59c | Boys strong Bloomers in dark cloth all sizes . \$1.29 |
| Mens Work Shirts in the finest quality, extra roomy make reg. $\$ 1.50 \mathrm{fcr}$.................98c | Mens Combinations . . . . . . . . . . . . . . . . . . . 1 .s 5 |
| 36 inch Grey Cotton strong quality reg. price <br> 20c for .......................................121-2c | Double mesh Hair nets 4 for ..................... 25 c Single Mesh Hair Nets 5 for ................... 2 E c |
| New Ginghams in fine quality and pretty designs per yard ...........................23c | Wool Oliver Twist Suits for boys 2 yrs. to 6 yrs for $\qquad$ |
| Boys Wool Jerseys all sizes reg. \$1.50 quality for 79c | Mens 75c Silk Ties ..........................25c |
| All Serge and Dress Goods ..............1-2 Price | Mens $\$ 3.50$ Sweater Coats ................ $\$ 1.89$ |

Men's Suit Sale
100 Men's Suits in snappy models and cloths, all sizes. Reg. $\$ 22.50$ to $\$ 27.00$.

Now $\$ 14.95$ suit

tor harvest work in the west, the
dates upon which they will necided tin the various provinces and the periods over which the harventer
excursion rates will remen in A larse number of new paseetiger cars have been bullt for the eystem will be suffcicient rollung stock oo hand to take care of a larger num.
ber of harvesters than ber of harvesters than been hañled betore.
There will be no dee There will be no dearth of graw
cars aceording to the operating cers. Last year more than 40.00
grain cars were wesiern region tof the moveme of the crop and bwing to the addlHon of new equipment and a fallugg
or inother lines of traffic, there will orf inother lines of traffic, there will
be surficient assembied in western Conada to care tor every need.
netern
net When the grain begins to more the
Canadian Nat. Rys. have had dellivered to them power ordered early to the year. Many of the locomotives are spectal
ly constructed for duty in the bad water areas of Western Cana: da and they will be placed in se
vice in thoese det vice in thoos districtes
time to haul the grain trains. Utme to haul the grain trains. The
ncw transfer consinea, the largest of therr kind in Canada, used tor haul tag heavy trains throush terminal
yards will also be ready tor the harreat movimont.
races at fredericton The horses for the mid-fumme
race meet to Do ieea zn Wedinem
 Driving and spoptring Club arrived Sunday- Tt Fredericton from Wood stoek. The track is in excelen.
condition and tood racing to ex. pected, particolaris to the tree

## who smid, "tt Aint

goin to rain no moks
The anceses of the "wets" thy
 number of tivitreen trom i vealiny Bofalontuns reacratiog attee it tor

flour prices advance

orice of four in the province las

Barrels s.3. $30 ; 988^{\circ}, 54.30 ; 24 \mathrm{~s}$ s 8.11
Ontario, barrels, 99; 98's 84.15 ; an
Damages Awarded To
Plaintiff In North Shore Case
case of w.s. Loggie Co. va. Norru
Shore Motors tor replevin or ar Nort mobile, the Jury returned a verdic Cor plaintif conarming them
posisesion of car and awarem Dossesion ot car and awarding d
mages
2220. Muray mages.
and $J$.H. Teed
sed appeared Planifi; MeDade and Barry

Always Use
Bairds' Super Flavoring Extract Purest and Best

## 

## Clothing Thàt Appeals to Men

## Who want Real Vaue for Their Money

MEN:…Here are hundreds of Suts for you to choose from. Positively hand tailored. Bought trom firms who will guarantee the color and tailor, ing so we can in turn guarantee you satisfaction.
The Prices Range as Low as $\$ 19.50$
Good Blue and Grey English Serge Suits that will not tade as low as
$\$ 29.00$

CHATHM
the union advocate, lesday, jlly 22nd. 192


ANOTHER BIG BOND FORESTEXHIBITSCAR ISSUE BY THE NOW TOURING PROVVENIOT GOVT.
,

## t ,

the tastiest tit=bit No breakfast is complete without those tasty morsels of flaky, even grained bread toasted to a delightful nut brown.
The most delicious toast is made from bread baked with Robin Hood Flour as from it you get the fullest and finest flavor of selected Western Hard Spring Wheat. There's a "Money Back" Guarantee in every bag of

## ROBIN HOOD FLOUR.

Maritime Produce Company Newcastle Distributors


 from Bathurst to Elizabethport, N.J. This is the first time the Ada Tower has been back in Canadian waters for 2 years, all that time the vessel being engaged in southern waters, in the hard pine trade from pons
in the Gulf of Mexico to ports

CHOIERA INFANTUM fatal aifments of childhood. It is trouble that comes on suddenly, pecially during the summer months the little one may soon be beyond aid. Baby's ${ }^{\text {Own }}$ Tablets are an
ideal medicise in warding off this trouble. They regulate the

bowels and stomach and thus prevent all dreaded summer complaints. | Concerning them Mrs. Fred Rose of |
| :--- |
| South Bay. Ont., says:--I feel | Baby's Own Tablets saved the life Out them. $\begin{aligned} & \text { Tablets are sold } \\ & \text { The by } \\ & \text { medicine dealers or by mail at } 25 \mathrm{cts}\end{aligned}$ a box from The Dr. Willams' Medicine Co.. Brockville, Ont.

Japan Grateful
To Canada
Vision as Applied to Railroading

$\qquad$

## CASTORIA

In Use For Over 30 Yeare



## Classified PROFESSIONAL

 $\overline{\text { DR. J. D. MacMILLAN }}$

Insurance!
Representing strong Companies, I will be pleased to attend to any O. NICHOLSON

18-26 | Hanover St. |
| :---: |
| Near Court House |

GRANITE
SFFF/ARV
WORKS
MONCTON, N.B.

## Fall Term

 FREDERICTON business college opensTUESDAY, Sept. 2nd 1924 Write for full particulars at
once, and ask to have a place reserved for you.
F.B. OSBORNE, Principal
$\qquad$
Trucking
I am prepared to do any and
kinds of trucking which you all kinds of trucking which you
may require. Quick service and may require. Quick service and
moderate charges. Phone 228 or moderate charges. Phone
arrange with me personally, arrange winLAY COPP,

## NEXT

Who will it be?
If it is your turn to be in income assured.
$\$ 25.00$ per year is not much, yet when applied to an Accident premium an Accident premium means $\$ 25.00$ per week
long as you are disabled. Insure today and be sure
W. E. RUSSELL Nemasaste. AGENT N.

Notice

 proseculus.

*9.26

Frost \& Wood's Machinery \& Repairs of all kinds AISO.

## FORD CARS

all and see the 1924 model
and get prices and terms
Gordon Davidson

For Sale


 taxi and truck driving. Special terms sow
on. If you want big pay and a sucesfuul
future, apply at once to Hemphill's Emfuture, apply at once to Hemphills Em-
poloment Service.
onto.Ont. King St. W., Tor-

## Teacher Wanted.

First or second class teacher
wanted for District No. 2 Parish wanted for District No.
of Derby. Apply stating salary
${ }^{\circ}$ Alex. DAvidson, Sect'y
Upper Derby, N. B.

## NOTICE

 undermentioned rates and taxes assessed
n School District number Six in the in School District number Six in the
Parish of Chatham in thee County of
Northumberland with Northumberland with expenses of ad-
vertising are paid within $T$ wo months of vertisisg are paid within Two mon ths of
publication of this Notice the real estate ous inch ratepayers will be sold or other
oroceedings taken for the recovery of the procedings taken for the recovery or the
ratee.

Name Dated at Douglasfield in | 1923 | 2.80 |
| :--- | :--- | :--- |
| 200 |  | of Northumberland this: Twenty-first

day of June in the year of our Lord one thousand nine hundrea d and twenty-four.
Seet'y of the School Trustee $\xrightarrow{\text { IRA BREHAUT }}$
WOOD FOR SALE I am hauling mill wood from
Fraser's this summer. Let me have your order now. First-come First served. Phone 162-21. E. E. BZNSON NOTICE
Professor F. J. Liscombe has
opened a Studio in St. James opened a Studio in St. James' Hall and will take a limited number of pupils in Voice Culture and
Piano.. Enquire at Mrs. J. H. Prano.. Enquire
Troy's residence.

Mill Wood For Sal Slabs \& Edgings at $\$ 1.00$ per load, Cash with order Drders must be left at cifice D. \& J. RITCHIE Co. Ltd
223-

AGENTS WANTED. ence make blg monev handiling on: tine of :75 familly nece gitueb. Exclusive territory.

R, WA TKINS COMPANY ${ }^{79}$ Cralg West.

## The Fatigue Habit

Oftentimes one can look back and
discover what in the frrst place was discover what in the frst place was
the real cause of the fatigue which the real cause of the fatigue which
has settled down upon one and be nas settled down upon one and be
come chronic. But the strange thing about it all ts that although The cause has totally disappe Now there is such a thing as the ratigue habit, just as there are othe bad habits-the habits of losing
inc's temper, of fauttinding, of laking the eaisiest way, of belng curlous, et cetera. It one is sure
that tatigue ts due to genuine
ops you will sow and ralse whether of Joy or depression, cour ge or cowardice, wisdom or tatiguo
You want to be that arst night you want to be that frst nigh
afraid that you were to tred 1. You repeated the fear
econd night and followed it intervals by a inth, sixth, sevonte etghth time.
On that arst night the bad habit
was begun. The mistake
repeatea was begun. The mistake repeated
ne bad habit became more firmly ne bad habit became more frmly
ooicd. Gradually the fear that you
 physical causes-a digestive system that is not working well and taking
thorough care of the body waste, we
be
rul

whe or untavorable surroundings-then
it is well to have a day of reckon ing in order to deelde whether the tredness is the result of an acquir
ed bad habit
The acquistion of a bad habit is easy and swift. Once started, yo get to the bottom of its badness be
fore you know you are there. Now
what do you suppose what do you suppose has most
do with making the descent swift? It is that great power be hind the throne of habit: An IDEA And what do you suppose an idea is? Well it is an act making u
is mind to be born. $\mathrm{its}^{-}$- mind to be born.
Then it is rather important.
it not, to have the right kindi it not, to have the right kind of
throughts? All the more so, since, hroughts? All the more so, since,
frequentily, these ideas do not geem réquently, these Ideas do not geem
to be particular about ask:ng leave o be born.
There is a
There is a vast deal of force in
that inttle thought which pope to one's head, often uninvited, from goodness knows where. Its power is almost endless. but there
one way of using it of which we seldom think; turning it upon ou selves, reversing our theas, telling
ourselves that we are not tired ourselves that we are no
not silly, not week-kneed.
We hear much about houseclean
ing. street cleaning, civic clean-
ing, but what about an
Ing, but what about a housecleaning
time for ideas, thoughts and habits

- in short, mental hysiene and sa. -in short, mental hygiene and sa-
nitation, cataloguing and fil-
ing and end in the stock taking -which whary ejection unclean or vicidus thoughts, sililiness
false ideals or useless false Ideals or useless and bad
habits.
The The moments of halt-sleeping

and waking at night time and in the moraing are the most impor | They are fallow field for whatever | magnify thiemselves, some of the the |
| :--- | :--- |
| diffites seeming insurmountabla |  |

The Qualitv Is Much Higher Than The Price
Let U's scrve your needs in
Hardwood Flooring
B. C. Douglas Fir

Windows And Door Mouldings Etc.

Ask for Our Prices.
GEO. BURCHILL \& SONS
WOODWORKING FACTORY
Phone 108-6
South Nelson, N. B

## Visiting Sailors Tour Canadian Rockies







