

Fresh Eggs Freshly Made Butter Hartley's New Jams & Marmalade

Fresh shipments of pick and span new goods arriving daily.
"KING" APPLES, 1s, 3s and Domestic.
"LATE" AFTERNOON TEA SUGAR CUBES, 1 lb. Packages.
BIRD'S EGG POWDERS.
BIRD'S CUSTARD POWDER.
MORTON'S CORN FLOUR, 1/4s and 1/2s in 14 lb. Bxs.
MORTON'S POTATO FLOUR, 1/2s and 1s.
FRENCH (Petits Pois Fins) GREEN PEAS.
GARDINES in Oil and Tomato, from 15c.
SIMMS' BRUSHES and BROOMS.
BOYERS TOMATOES, PEAS, CORN, etc.
"KEEP SWEET" CREAM, 1 lb. Cans, 27c.
PASCALL'S & MOIRS' FANCY CHRISTMAS BOXES
"PRINCESS" SOAP FLAKES, 1 lb. Packages.

C. P. EAGAN,
TWO STORES:
Duckworth Street & Queen's Road.

Desk Room Of All Kinds



Working could be better on weekdays or at nights than an Electric Light, which concentrates the light just where it is most needed. We sell Electric Light plants, houses, offices, stores and garages, do the work thoroughly and well, and charge reasonably for the service. It will pay you to have home electrically lighted at once.

JOHN'S LIGHT AND POWER CO., LTD.
Angel Building.

Leather! Leather!

We now have ALL GRADES SOLE LEATHER Light, Medium & Heavy

We are now in a position to satisfy our most particular customers. NOTICE TO OUTPORT DEALERS.

Send us your orders NOW and get your share of this first-quality leather.

GEAR & CO. Limited
304 Water Street
Phone 404
St. John's.

Thoroughly equipped work basket thoughtful touch in the guest which dressing is more wholesome lemon juice is used, rather than

Eat, Grow Fat and Die, Says Doctor

Washington, Nov. 18.—"Eat, drink, and grow fat, and to-morrow you die." Dr. K. H. Beall of Ft. Worth, Tex., told members of the Southern Medical Association in session here to-day. Excess fat is a parasite which saps the health and strength of its victim and predisposes them to disease and to premature old age, he said.

"We are all acquainted with the lean, long-waisted individual who spends his life in trying first one treatment and then another in a vain effort to get fat. He ought to be thankful to be able to remain thin. If tuberculosis doesn't get him before he is 40 he is reasonably sure to live to old age and finally to succumb not to any particular disease but rather to a general sort of mild decay."

"Time was when fat was an asset to a man. It was a valuable reserve to carry through periods of famine. The need for it has been banished by civilization."

Men of middle age who are more than 25 pounds overweight have an expectancy of life of only 15 years as compared with an expectancy of 35 years in thin people, he continued.

"A four-inch excess in a man's waistline and 25 pounds extra fat reduces his probable length of life by 40 per cent. We may well say that a man's belt is his life line."

Dr. Beall said that in view of the fact that there had been no extension of life after middle age for a century, and that the degenerative diseases were nearly all due to overweight, the complacency of the medical profession toward obesity was inexcusable. Laymen understood the risk nearly as well as doctors, he said.

A man 30 pounds overweight carries around 25 miles of additional blood vessels to nourish and maintain the "excess baggage" on his person, the doctor continued, and this extra strain he maintained was the cause of heart and kidney breakdowns in later life. Overweight was a handicap in all infectious diseases and especially in pneumonia; and fattening of tuberculosis patients beyond normal was condemned. As for diabetes, he said, "We may well say that to get diabetes you must first get fat."

In the ensuing discussion, Dr. Beall's conclusions were commended and Dr. Seale Harris of Birmingham said that his paper should have wide publicity because of the importance of the subject and the need of arousing the public to the dangers of overweight.



Muscular Pains and Rheumatism are Quickly Relieved by **Dr. CHASE'S LINIMENT**
At all Dealers.
GERALD S. DOYLE, Distributor.

Rotarians Hear About Labrador

DR. GRENFELL TELLS OF COUNTRY—ASKS FOR GREATER INTEREST.

Relating his experiences in the Labrador Medical Mission before the members of the local Rotary Club at the weekly luncheon in the Windsor Hotel yesterday, Dr. W. T. Grenfell stated that, though not an integral part of the Empire, Labrador, the country of fishermen, lumbermen and miners was a country without a Government, interesting neither to Canada nor Newfoundland. He pleaded for a greater interest in it on the grounds that sturdy God-fearing people were striving to do the work of life against the force of adversity and the lack of world civilization.

The interest of the outside world so far had been encouraging. The speaker begged for the continuance of that interest. "When a man has hewn his little boat out of a big tree so that he can move from place to place in search of his necessities he derives more pleasure from that boat than does the city man from his motor launch." The country, he said, was territory where people derive more pleasure from doing things than by having things. The speaker told of the strength of the people who, encouraged by the great Christian work in Labrador, were slowly making their country less unattractive to the outside world. Montreal Star, Nov. 14.

Buy Stafford's Ginger Wine—The best made—15c. per bottle. nov20.1f

Canada as Model

Chicago Tribune: The contrast offered by Canada to the United States is one of rationality to fanaticism and of free exercise of political liberty to an undemocratic restriction of it. When most of Canada decided to try prohibition it was not made nationwide, and it was not put in unchangeable law. The United States not only spread it over the entire nation, but put it in law which is virtually irrevocable.

REVOLT.
I am so tired of Biddal Bish that sometimes in my heart I wish he'd move to far Cathay; I would that I might see him bound for some deep hollow in the ground a million miles away. For every paper I peruse has Biddal featured in the news, or in the Household Hints; and like some luscious movie queens he's smiling in the magazines in Artogravure tints. If there's a crisis in the land old Biddal's sure to be on hand, to view with deep alarm; if there's a picnic in the woods you see him there with all the goods, his princely grace and charm. He joins the swimmers in the pool when he's not teaching Sunday school, and all his shining deeds are chronicled from shore to shore, that they may thrill, inspire or bore the delegate who reads. One day he makes a speech in Maine, the next he's standing in the rain to lay a cornerstone; he shows a barber how to shave, he is chief mourner at a grave, he sends the Japs a bone. No matter what this Biddal does, the glad reporters round him buzz, and write about his wrath; photographers around him swarm, and snap his proud, though childlike form, his whiskers and his teeth. I often do more vital things but no one comes around and swings a camera on me; I often hit a striking pose, and pull a few aesthetic throes, but there is none to see.

SUPER VALUE

OVERCOATS

SUPER STYLE

FOR MEN

Great big rugged Top Coats that invite you out-doors. They're New! Just out of their cases. The very latest style release.

YOU'LL LIKE THEM AT ONCE

The "Speedster" Overcoat

In pretty Heather mixtures. The outstanding feature of this Coat is its dominating style—it also stamps itself as a coat of serviceability and with its half leather back lining, storm collar and double-breasted style, will ensure absolute comfort to its wearer; half belted back. It's a winner and only

\$33.00

The "Bairdster" Overcoat

Another snappy Top Coat comes in nifty Heather Mixtures, in warmth without weight Blanket Cloths—full Raglan sleeve, great storm collar and 3 piece full belt, Ulster style with patch pockets. The finest imported Coats we have seen. See these to-day and recognize their tailoring niceties and their adaptability. Special

\$43.00

See These To-Day

See These To-Day

Would Reduce Pay Scale IN BRITISH ARMED FORCES.

London, Nov. 18.—The drums of war having ceased to beat, Tommy Atkins is going to have his pay reduced. So are the sergeants and subalterns and captains and even majors in His Majesty's Army. The colonels and generals, however, will continue to draw their present salaries. One of the members of the committee of three which recommended the reduction is a general. The committee said it did not think any of the services err on the side of paying their best men too much. The other two members of the committee are knighted civilians.

It is far from certain that these recommendations will be carried out to the letter. For one thing, there will be a long and loud protest raised against lower pay, but it is probable that, to some extent, the proposed reductions will be put in force.

Privates now receive two shillings and nine pence a day to start on. The committee would reduce this to 1s. 6d. Subalterns, whose rank is comparable to second lieutenants in the American Army, receive 13 shillings a day, which the committee would drop to 11 shillings. A captain's pay of 22s. and 6d. would be cut to 21 shillings. Reductions in the navy and the air forces also are proposed, but only for those ranking below commanders.

Don't Cough at Night.

Don't let that irritating tickling in the throat keep you coughing most of the night. Don't let it annoy you during the day. Stop it—cure it completely with O'MARA'S Syrup of Tar and Cod Liver Compound. It breaks up the cold; heals the inflamed membranes of the throat; relieves, soothes, cures. PRICE 50c. BOTTLE. **PETER O'MARA, THE DRUGGIST, THE REXALL STORE.**

For service and economy, use Sam Eddy, The Taxi Man. Phone 1551J.—nov5.1f

Your cake will not be rich or light if weak watery eggs are used. —By Bud Fisher.

MUTT AND JEFF

YES, BOYS, IT LOOKS LIKE A COLD, COLD WINTER.

OUR ATTIC BED-ROOM IS LIKE AN ICE BOX SO I GOTTA LOAF HERE UNTIL WE GET ENOUGH COIN TO BUY SOME OIL FOR OUR OIL STOVE!

HELLO, MUTT! LET'S GO UP TO OUR ROOM AND PLAY PINOCHE!

AND CATCH COLD IN THAT CHILLY ROOM? NIX! WE GOTTA GET SOME OIL FIRST!

OUR OIL WORRIES ARE AT AN END! I'VE GOTTEN GALLONS OUTSIDE!

FINE! HOW'D YOU GET IT?

I RAWNEED THE OIL STOVE!

SAP!

WARD'S LINIMENT FOR DIS-TEMPER.