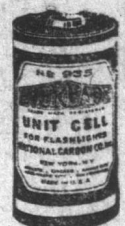


Every Motorist Needs an EVEREADY Flashlight

SAFE—DURABLE—RELIABLE



Eveready-Unit
Cells fit and
improve all
flashlights

To back around, to avoid ditches and dark embankments, to locate engine trouble, to change tires, to find tools, to read directions—nothing is as convenient as an Eveready Flashlight.

AMERICAN EVEREADY WORKS
30 East 42nd Street New York City, N. Y., U. S. A.

Look Out for Cramp

Cramp, the bugbear of swimmers, comes suddenly, and any one of a score of causes may be responsible for it, although in itself it is only an involuntary and spasmodic contraction of a muscle or group of muscles. Swimmers' cramp may come through the use of muscle that have not been in action for some time. Their "play" is not on the proper lines—they run off the rails, as it were—and contraction and agonizing twisting result. To avoid this, holiday-makers should exercise ten minutes or so daily for a week before going away, those mus-

cles which are used in swimming. That is easily accomplished by lying on a bed and going through the usual swimming motions.

A cold sea may bring on cramp; and so may water with a warm surface and a cold under-current. But the swimmer who keeps well within his depth has nothing to fear. Oil massage of the thigh and calf muscles is excellent.

Finally, never enter the sea when you are nervous, irritated, or fatigued. Cramp may come in these circumstances.

One millinery note of interest is stitched velvet.

Circles Britain in Five Hours

Flying at an average speed of 151 miles an hour, Captain F. L. Barnard recently won the "around Britain" race for the King's Cup in England. It took him five hours, 17 minutes flying time to make the circuit of 304 miles up the east coast of Britain, across Scotland, down the west coast, and across the island to the starting point. He used a 360-horsepower plane. This was Captain Barnard's second victory.

Sleeves are almost invariably long.

Hypnotized by Height

"Death-Leaps" Explained by a Doctor.

Every now and again we read of men and women who have fallen or leaped to death from heights—from piers, high bridges, the upper decks of liners, and so on. In many of these cases there is no reason for suspecting suicide, the victims having been perfectly happy, in comfortable circumstances, and without even the shadow of a motive for self-destruction.

Recent instances are those of Miss Cromwell, daughter of a wealthy New York financier, who, leaning over the deck rail of the S.S. Veendam, was seized with vertigo or dizziness and plunged to her death; and of Mrs. Charles Crouse, wife of a millionaire, who fell from the thirteenth floor of a hotel as the result of an attack of vertigo.

What is this dizziness—this vertigo? Most of us have it at some time or other; but do we really know what it is, or what its causes are? There are many persons who suffer from the greater part of their lives from chronic vertigo—Meniere's disease, as it is called after its discoverer. But what concerns us is the vertigo that attacks a person who is apparently in the best of health.

A momentary confusion of ideas, temporarily upsetting the mental balance, and often in consequence the bodily balance, seems to be at the root of the evil. Vertigo results from a disturbance of our consciousness which occurs when, for instance, one part of our body sends the message to our brain, "That thing is moving," and another part says at the same time, "It's not, and you know it."

This confusion and contradiction of our impressions of time and space may bring on a sudden attack of vertigo, which disappears the moment the individual realizes why that confusion exists.

Such an experience befell Dr. Fridenberg, who, glancing across the street along which he was passing, saw a man swaying as if he were drunk. He would have seen nothing remarkable in this had he not noticed that the man was carefully reading a newspaper, which a swaying man does not do. The doctor was seized with an attack of vertigo; then subconsciously grasped the solution of the perplexing problem, and the vertigo vanished. The doctor was, in fact, looking not at the man himself, but at his reflection in the glass of a door.

Wherever we may be, three "messengers" keep us informed of our position in space. These are the "semi-circular" canals of our inner ears, our eyes, and our general muscular sense, all of which help us to preserve our balance. They may be compared to the legs of a tripod on which we rest; the sudden loss of one brings us down.

Fatal Confusion.

Miss Cromwell's death seems to have been due to vertigo following eye-strain. If you look down at the water when a ship is moving, your eye instinctively tries to follow the movement of certain parts of the water, involving a terrific strain if the vessel is going fast. The eye cannot perform the task required of it; confusion follows, the balance of the "tripod" is upset, and vertigo results.

Mrs. Crouse's death arose from vertigo induced through looking down from a height. She forced her eyes to do what they were not accustomed to do—look straight down with a long-distance focus. Accustomed to see the ground or a floor about five and a half feet away, they are accustomed to focus at that point. Asked suddenly to focus a hundred times as far, something seems wrong, and there is momentary mental confusion and vertigo. A wrong message is flashed to the brain, or the brain flashes a message to the wrong set of muscles. Then, instead of a drawing back to safety, there is a forward leap to death.

Insist on Clean Meat

HOW HOUSEWIVES CAN HELP.

Housewives can help to end the clean-meat famine if they will patronize only those butchers who are making some attempt to observe the clean-meat rules.

Women should make a point of purchasing from shops where the meat is protected from dust and mud by glass windows, and where flies are kept off by a fan or muslin cloths.

They should also complain if they see people handling the meat. Carcasses hung in shops should be covered with muslin cloths, especially if they are placed near the doorway.

Butchers will soon comply with the regulations if customers insist. A medical officer said yesterday that the doctors looked to the public to help them in their campaign for cleaner meat.

"Too many people," he said, "are ready to accept conditions as they are. That is why we have not got things changed before. It is important that boys who deliver meat on bicycles should have it well covered with muslin. In any case, housewives should soak their meat for several hours in water before it is cooked." Daily Mail.

MINARD'S LINIMENT USED BY PHYSICIANS.

SMALLWOOD'S Big 10 Per Cent. Off SHOE SALE CLOSES SATURDAY NIGHT

10 PER CENT OFF EACH PAIR OF MEN'S, WOMEN'S, BOYS' AND GIRLS' FINE BOOTS OR SHOES IN OUR STORE.

HURRY! HURRY! OR YOU WILL BE TOO LATE!

SATURDAY NIGHT IS THE END OF OUR BIG 10 PER CENT OFF SHOE SALE.

SCHOOL BOOTS!

3000 Pairs
Endicott Johnson
Boys' and Girls'
School Boots.
10 Per Cent Off each
Pair.

GIRLS' BOOTS

FOR
\$1.70
\$1.80
\$1.89
\$2.00
\$2.10
\$2.25
\$2.50
\$2.75
\$3.00
and
10 Off.

LADIES' BOOTS

In all Leathers
FOR
\$1.50
\$2.00
\$2.50
\$3.00
\$3.50
\$3.75
\$4.00
\$4.50
\$5.00
\$6.00
\$6.50
\$7.00
\$7.50
and
10 Off.

OLD LADIES' COMFORT BOOTS & SHOES

FOR
\$2.50
\$2.75
\$2.90
\$3.00
\$3.50
\$3.75
\$4.00
and
10 Off.

CHILD'S BOOTS

FOR
\$1.50
\$1.60
\$1.70
\$1.80
\$1.90
\$2.00
\$2.20
\$2.30
and
10 Off.

INFANTS' BOOTS & SHOES

FOR
25c.
35c.
50c.
75c.
95c.
\$1.05
\$1.10
\$1.20
\$1.30
\$1.50
\$1.75
\$2.00
and
10 Off.

LADIES' SHOES

In all styles, Laced, Strapped & Button. In Black Kid and Tan Calf.
FOR
\$1.90
\$2.00
\$2.20
\$2.50
\$2.75
\$3.00
\$3.50
\$3.75
\$4.00
\$4.50
\$4.75
\$4.90
\$5.10
\$5.25
\$5.50
\$5.75
\$6.00
\$6.50
\$7.00
\$7.50
and
10 Off.

LADIES' PATENT LEATHER SHOES

The latest in Cutouts and Perforated designs.
FOR
\$2.00
\$2.25
\$2.50
\$2.75
\$3.00
\$3.25
\$3.50
\$3.75
\$4.00
\$4.25
\$5.00
\$5.25
\$5.50
and
10 Off.

LADIES' SATIN EVENING SHOES

FOR
\$2.50
\$2.75
\$3.00
\$3.75
\$3.90
\$4.10
\$4.50
\$5.00
\$5.50
and
10 Off.

LADIES' BEDROOM SLIPPERS.

FOR
\$1.00
\$1.50
\$1.75
\$2.00
\$2.25
\$2.50
and
10 Off.

MEN'S AND BOYS' FOOTWEAR!

10 PER CENT OFF EACH PRICE QUOTED!

WORK BOOTS

Men's Work Boots in Black; also in Tan Leathers
FOR
\$2.80
\$3.00
\$3.50
\$4.00
\$4.50
\$5.00
\$5.50
and
10 Off.

MEN'S FINE BOOTS.

The Best American Shoes in all leather and styles.
FOR
\$4.00
\$4.50
\$5.00
\$5.50
\$6.00
\$6.50
\$7.00
and
10 Off.

ENGLISH HUNTING BOOTS

Best in the World. "K's" and Barratts. High Laced Shooting Boots.
10 Per Cent Off every Pair.

ENGLISH K BOOTS SHOES & BROGUES

Everlasting wear in each Pair.
FOR
\$8.00
\$8.50
\$9.00
\$10.00
\$11.00
\$12.00
and
10 Off.

POLICEMEN'S BOOTS 10 OFF

FOOTBALL BOOTS

SECURE YOUR CHOICE TO-DAY.

F. SMALLWOOD

THE SIGN OF THE BIG BOOT.

Knowing's LADIES! Knowing's

CONSIDER THIS YOUR INVITATION TO OUR ADVANCE SHOWING OF

Ladies' & Children's Underwear

FOR FALL AND WINTER WEAR.

IT WOULD REALLY PAY YOU TO BUY NOW. YOU WON'T HAVE A BETTER OPPORTUNITY.

Helpful Suggestions for Selection will be found in the lists and prices below.

VESTS—Silk Mixture. Lace trimmed edges, strap, 95c. 1.00, 1.30, 1.40, 1.80
VESTS—Slightly Fleece Lined, high neck, long sleeves 70c. 77c.
Heavy Fleece lined, high neck, long sleeves \$1.30
VESTS—Wool Mixture. Medium weight style, strap 1.20, 1.25 to 1.70
Short sleeves, high and low neck, medium and heavy weight, 1.35, 1.50, 1.70, 2.40.
High neck, long sleeves 1.50, 1.70, 2.40

WOLSEY UNDERWEAR

VESTS—White Wool Cashmere. Very light weight, Opera top, low neck, short sleeves, high neck, long sleeves 3.00, 3.20, 3.50
VESTS—Natural Wool. Medium weight, high neck, long sleeves 6.00, 6.70, 7.10, 7.30

VESTS—White and Natural Wool. Winter weight, high neck, short and long sleeves 5.50, 6.00, 6.50
PANTS—Slightly Fleece, ankle length 70c. and 77c.
Medium weight, ankle length 1.00
Heavy weight, ankle length 1.30

BLOOMERS—Elastic Knee and Band, light weight 75c.
Medium weight 1.20, 1.50, 1.70
Winter weight 2.40

PANTS—Wolsey. Natural Wool, Winter weight 4.75, 6.20
COMBINATIONS—White and Natural Wool. Winter weight styles, high and low neck, long and short sleeves, knee and ankle length—5.10, 6.10, 7.20 to 9.90

COMBINATIONS—Silk Mixture, Strap, lace trimmed, plain top, knee length 1.80, 2.20, 2.40
PYJAMAS—Made of Plain and Striped Winceyette two-piece suits, 2.50, 3.86

CHILDREN'S UNDERWEAR

VESTS—Light weight Jersey rib, strap. Sizes 2 to 6 years, 15c. 20c. 22c. to 30c.
PANTS—Style: Loose leg, lace trimmed, knee cuff, bloomer style, 19c. to 38c.
VESTS—Fleece Lined, White and Cream, Winter weight, high neck, long sleeves 35c. 40c. to 65c.

PANTS TO MATCH—Ankle length; all sizes.
VESTS AND PANTS—Wool. High neck, long sleeves, Winter weight—95c. 1.10, 1.15 to 1.50

COMBINATIONS—Wool. High neck, long sleeves, ankle length—1.70, 1.80, 1.90, 2.00 to 2.70
CHILDREN'S SLEEPING SUITS—Just the thing for those chilly nights. To fit 2 to 10 years 1.40, 1.50, 1.65, 1.85

CHILDREN'S
JERSEY CORSET
WAISTS

Sizes 2 to 12 years.
Prices: 40c. to 45c.
sept 12, 21, etc. th

G. Knowling
Limited

CHILDREN'S
LINEN BEAUTY
WAISTS

All sizes.
1.00, 1.10, 1.30, 1.55

The Rats Uncanny

CHARITABLE OF INTEREST
ORGANIZATION

From the human side, the rat is the most dangerous of all. It has been discovered that the intelligence of the rat is not only as high as that of the dog, but that it is also capable of learning by experience. The war made it known that the rat is a very clever animal, and it is now being discovered that it is also a very cunning animal. The rat is a very clever animal, and it is now being discovered that it is also a very cunning animal. The rat is a very clever animal, and it is now being discovered that it is also a very cunning animal.

In one area under investigation, there were seventy-five rats. These rats were held for a long time, and they were all very clever. The rats were held for a long time, and they were all very clever. The rats were held for a long time, and they were all very clever. The rats were held for a long time, and they were all very clever. The rats were held for a long time, and they were all very clever.

Another puzzle was the rat colony. Here, the rats were from rats, and they were all very clever. The rats were from rats, and they were all very clever. The rats were from rats, and they were all very clever. The rats were from rats, and they were all very clever. The rats were from rats, and they were all very clever.

Two in every three at the first attempt, short and hit the target. But, shaking themselves nimbly up to the target again. Eventually, the rats on the platform. Gripping hind legs, the rat army began reaching from the floor. It was evident that it was a very clever animal, and it was now being discovered that it is also a very cunning animal.

A surprise for a restaurant famous for fish. One day a rat, a bucket with open, a shelf knee high, went on with the next looked at the rat. It was decided to serve. The rat was placed. The rat was placed. The rat was placed. The rat was placed. The rat was placed.