

## Money Saving Specials:

### Special.

You know what success we had with our big special 2 for 25 cents two weeks ago. We now have 60 dozen for Saturday. See window.

### Boys' Sweaters.

A small quantity of Boys' Wool Sweater Coats with seven buttons, two pockets and roll collar, \$3.50. Now \$1.49

### Men's Homespun Pants.

20 pairs of very heavy Homespun Trousers, all sizes. This is a good buy for, per \$5.95 pair.

### Knitted Towels.

Housewives have learned to take advantage of our prices on this splendid Kitchen Towel, only \$3.50.

### Special.

There is about 240 pairs of Men's Wool Gloves left that we are selling for, per 39c.

### Enamel Saucepans.

White and White Enamel Saucepans with cover, a good strong article. Special 99c. Price

### Ladies' Kimonos.

In several simple styles, neatly made of gaily printed American flannels; will appeal to every woman at this price. Early selection will be advisable, only \$1.95

### Boys' Wool Stockings.

Don't forget our 55 to 69 cent Wool Stockings are still going strong; all sizes in stock.

**W. R. GOOBIE,**  
Is Just Opposite Post Office.

## New Goods!

### AS ALWAYS—

Something different.  
Something better.  
Something exclusive.

### ATTRACTIVE GOODS NOW SHOWING IN—

New Jewellery.  
New Cuff Links.  
New Dress Suit Sets.  
New Cut Glass.  
New Walking Sticks.  
New Umbrellas.  
New Hand Bags.  
New Cigarette Cases.  
New Photo Cases.  
New "Eversharp" Pencils.  
New Fountain Pens.  
New "Make-up" Boxes.  
New Rings.

**T. J. DULEY, & CO.,**  
Limited.

The Reliable Jewellers & Opticians.

## UNJUST TAXATION.

Taxation is the one great burden that every House-owner and Tenant is greatly concerned about. Many are continually at their wits end to know how to meet it. In fact, we are being bled white with taxation to-day, more particularly Unjust Taxation.

I have been approached by scores of voters the past fortnight concerning the new Assessment—the City's Form of Taxation. Properties are being rated at a time when values are temporarily inflated. This tax is being unjustly levied. I have heard of cases in which the taxes are about to be increased anywhere from 10 to 250%, others to remain as before. Why such discrimination? I have yet to learn of them being reduced; is it because Householders elect to keep their homes clean and bright and take delight in decorating the exterior, thereby beautifying their locality and the city in general, that they are a mark to be fished for more taxes? The system is rotten, rotten to the core.

We are politely told by the Civic authorities that such is the Law; therefore you will agree with me that the Law should be amended. I pledge myself that with your help, that is, the help of every House-owner and Tenant in the city, that I will move an amendment to it. Voters just think of it, wages and salaries being throttled down and city taxes soaring skywards. Are you going to stand for it? You have the means; show your disapproval by voting for

**FRED J. ROIL**  
CANDIDATE FOR CITY COUNCILLOR.  
and down with taxes. More to follow.

When roasting a turkey, add no water or broth to the pan during cooking. Use the fat which comes from turkey during cooking for basting.

With roast chicken, serve crab-apple jelly, celery salad, onion sauce, or chopped pickles. With fried chicken, serve plum butter brown sauce, or chili sauce.

## Physical Development.

And its Bearing on Health and Strength.

By GEE.

### YOU'RE NOT TOO OLD.

At birth every human being possesses a susceptibility for the development of muscular strength and symmetry of force of a certain degree. If allowed to grow up under perfect conditions—every muscle active—one will acquire this in all its perfection; but if a sedentary life is followed until past the growing age the attainable degree of muscular strength and beauty is not so great. However, any who have passed this age should not despair. The susceptibility for development—though not so great as before—lies there in abeyance, and the influence of rational training will still increase the strength, size and symmetry of every muscle. Many instances have been noted where such individuals have almost doubly increased their strength in a few months of active training. And remember one does not merely gain increased muscular tissue, but here comes with this physical elevation, a buoyancy of spirits, a mental exaltation, an exhilaration of renewed youth—these make the mind clearer, the world brighter and life really "worth the living."

The most glorious result of physical training is that it enables one to retain the vigor and energy of youth years beyond the usual time for showing age. Remember, you are as old as you look, feel and act, and if your muscles and joints are kept supple, your brain clear and spirits buoyant, you will always feel young.

### MAY BE YOU HAVEN'T TIME.

"Our remedies oft in ourselves do lie that we ascribe to Heaven," said the poet. It would be just as well for some folk to say that they have no time to eat or to sleep. Health should be the first consideration of everyone, and the means of acquiring and maintaining it should always be at hand. How many of our brain workers, our business and professional men, have sacrificed health, strength and happiness by following this rule, "haven't time to take care of health?" In exchange for this sacrifice, many, it is true, have accumulated wealth, but large fortunes are usually spent in vain endeavors to regain even a portion of their former physical vigor.

Stop right now, before it is too late—take time to acquire vigorous health, or else you may be forced to "take time" to attend your own funeral, brought about prematurely by ten to thirty years from lack of muscular activity and other violations of the laws of health.

To sacrifice health and strength for riches and fame, is as bad as tearing out the foundation of a house to decorate a front wall.

There is no real life without active

ity. Inactivity means death, wherever you find it. An engine, long unused, rusts away to ruin; muscles, long unused, become weak and flaccid, lacking in that element of life which gives health and harmony, grace and ease to every movement.

Those who have never enjoyed the exquisite pleasures of physical training, the delicious exuberant after-effects of a bath preceded by thirty minutes or an hour's thorough exercise, have missed the real pleasure of life. They have not only missed the pleasure of physical training, but they have also missed the superabundant health, and without the high degree of health, life cannot be enjoyed in its utmost intensity.

Here are a few exercises for the benefit of legs and neck:

(1) Standing with heels together, one hand resting lightly on back of chair to preserve balance, rise on toes as high as possible, return and repeat. In doing this exercise the knees and rise full height. When you fancy you have reached the highest point make a special effort to rise half inch higher each time. This may also be tried on one leg only.

Muscles exercised—Calves (Soleus gastrocnemius).

(2) Position as before. Raise and lower the body by bending legs as far as possible till buttocks are touched each time with heels before returning. Inhale breath as you lower. Exhale as you rise.

Muscles exercised—Quadriceps, extensors and flexus maximus.

(3) Position the same. Raise leg out sideways as high as possible. See that the leg does not bend at the knee, also that all tension is taken off the muscles on returning. Both right and left legs.

Muscles exercised—Abductors, and Saratorius.

(4) Clasp the hands at back of head. Drop the head as far forward as possible, now press with hands on head as much as possible, and against this pressure force the head backwards. Return and repeat.

This exercise may be varied in many ways at the discretion of the performer.

Muscles exercised—Erector Spinae.

I am sorry that the next instalment will conclude this series, as I have material enough to continue for an indefinite period. However, a strain of business will cause it to cease for some time, at least; but with the sanction of the editor it may be possible to take it up at a later date. I trust, however, that some of the readers have derived a benefit from this column, and should any reader be in doubt in any case a line to me in care of the Telegram will put them right.

—GEE.

### Herring Fishery.

At McIvors some boats hauled on Thursday, Friday and Saturday and secured from three to seven tubs per fleet.

At Gillams on Friday there were from two to five tubs of herring per boat.

There was a sign of herring reported on Saturday in the Western Passage.

At Lark H. fishermen are only getting enough herring for bait.

At North Arm there was good herring fishing last week when boats could get on their gear.

On Monday there was good fishing at Middle Arm. The best fishing, however, was at Penguin and Goose Arms, and some boats had full loads.

In the Humber Arm the herring fishery the past week has been almost nil. One or two tubs were taken on Friday and Saturday off McCarthy's and Davis Cove.

Stormy weather last week interfered considerably with the herring fishery operations in Bay of Islands. During Wednesday, Thursday and Friday many of the fishermen were unable to haul the nets that had been set at exposed parts of the Bay, and on Saturday when they did get at their gear they found that many of their nets had fouled.

Murries coming in from Middle Arm on Monday with a boat load of herring for Bagg Brothers, had their boat cut through with ice that made the previous night and barely reached Curling safely.—Western Star.

### Digby's Outward Passengers.

The following have booked passage by the S.S. Digby sailing to-day for Halifax and Boston:—Mrs. M. Kennedy, Mrs. C. Campbell, Miss M. Cleary, Miss J. Munn, J. T. and Mrs. Croucher, Sir Joseph and Lady Outbridge, Mrs. Goss, Mrs. R. E. Forbes, Capt. Mack, S. J. Stewart, Mrs. T. V. Harriet, J. and Mrs. Rendell and two children, Fred Angot, Mrs. F. Pratt, Miss Pratt and Mrs. J. P. Carey.

Stafford's Press, A. both sizes, for sale at Knowling's Stores, East, West & Central—nov14,12

### A Peep Into History.

(Historians tell us that one of the political parties in Ancient Rome was the Agrarian Party.)

In Ancient Rome there lived a man who formed a farmers' party. I cannot recollect his name, we'll call him Ranius Smart.

Prohibition was his game, he made it quite a hobby.

For those who looked upon the wine, his club was blunt and knobby. He closed the Coliseum tight, the chariots got rusty.

The gladiators all got fat, although they had been lousy.

He fixed it so the Roman dames had votes which made them shirty.

His liectors ran a fellow in for inclinations flirty.

He issued licenses to walk, to eat, to sleep, to spit;

The liectors searched the people's houses with bow-shots in their mid.

The women's gowns were cut quite plain, the slaves all put on clothes.

(A thing, they'd never done before, though wherefore goodness knows).

And thus it came to pass that when Ranius Smart wrote his book.

Decline and Fall had come to Rome, it surely got the hook.

J.H.I.

### Origin of Finnan Haddie.

Fire which swept the quaint fishing village of Finndon, Scotland, consumed the fish houses storing the season's catch of Haddock. One of the buildings, a short distance from the other houses, was not directly reached by the fire, but was bathed in the smoke from the burning structures.

To the surprise of all it was found that the smoke had given to this Haddock an unusually appealing flavor.

Analysing the situation, the degree of smoking and salting, and quality of the fish, led to classifying them and naming this new food after the town of Finndon. The name of the new food passed from mouth to mouth until finally what had been known as "Finnan Haddock" changed under the carelessness of constant usage, to the more rhythmic "Finnan Haddie."

The secret of the care necessary to properly prepare Finnan Haddie was withheld from the world for generations, and accounts for the fact that this deliciously prepared fish has retained the name of "Finnan Haddie."

Finnan Haddie is now a food which thousands have learned to love—and to eat with consistency and regularity. Finnan Haddie has a flavor all its own—a flavor neither approached nor equalled by any other food.

### In the Crevasse.

Dangling helplessly for hours over a bottomless pit of ice while his arms and legs gradually froze—that was the experience of John Lachlan Cope, surgeon and biologist to the Ross Sea party of the Shackleton Antarctic expedition.

Dr. Cope, who was one of England's most experienced Antarctic explorers had been leading three men over a dangerous glacier and had failed to notice a narrow crevasse that was bridged with snow. Suddenly, says the Popular Science Monthly, from which we condense this account, he felt the snow give way and fell headlong through space. But twenty feet below the edge the sledge harness, which he had fastened round his chest and shoulders, caught and held him suspended. Fortunately his companions saw him fall and immediately made the sledge ropes fast.

Cope looked round him. The crevasse widened downward until its sides disappeared from view and below that darkness and illimitable depths.

"Are you all right?" came a voice. "Yes, but I can't get up; I'm hung here."

"Hang on then!" shouted the man above. "We'll make a rope ladder."

With that he disappeared.

It grew colder and colder in the icy crevasse. Cope's mitts fell off and he watched them drop, striking the ice until they disappeared. His hands were soon numb, and his body half frozen. Now and then the roar of ice falling down some far distant crevasse broke the silence.

At last the ladder was finished, and the men lowered it. Since Cope's sense of touch was completely gone by that time, he had to watch his hands to see that they clutched the rope as he climbed. Swinging backward and forward over the pit, he gradually made his way toward the top. But just before he reached it his harness came off. If he slipped nothing would save him from being dashed to pieces. He was so numb and exhausted that he could not stretch his legs far enough to reach from one rung to the other.

He called up faintly to the men, and they lowered the harness until he was able to push his legs through it. Half sitting in it and feebly grasping the rope ladder, he was hauled the few remaining feet to the surface. He had been hanging over that apparently bottomless pit for three-and-a-half hours.

Because it is safe.  
Because it is most certain to cure.  
Because it is pleasant to take.  
Because it is equally good for children or adults.

Ask for Stafford's Phosphate. Price 35c. Postage 10c. extra.

DR. F. STAFFORD & SON,  
Wholesale and Retail Chemists and Druggists.

St. John's, Newfoundland.  
Write us for Wholesale Prices.  
Phone 346.

EVANGELINE! The Perfect Shoe for women; new styles now showing at F. SMALLWOOD'S Showroom—nov25,12

MINARD'S LINIMENT USED BY PHYSICIANS.

## JACKMAN'S

## 25 PER CENT. CASH SALE

Consisting of the following articles:

### Men's

Suits, Overcoats, Raglans, Trench-coats, Macinaw Coats, Gloves, Neck Scarfs, Negligee Shirts, Working Shirts, Collars, Sweater Coats, Trunks, Suit Cases, Braces, Handkerchiefs, Woolen Underwear, Velour Hats, Caps, Single Pants, Rubbers, and a large assortment of Jewellery.

### Boy's

Suits, Overcoats, Macinaw Coats, Single Pants, Caps, Hose, Sweater Coats, and Woolen Underwear

### Selling Off at

## 25 Per Cent. Reduction

NO CHARGE

NO APPROVAL

## Look! Look! Look! BOYS AND GIRLS!

Somebody will be ten dollars richer on Thursday, Dec. 1st. Perhaps you will be the lucky one, but unfortunately there will be many of you who will not win the prize. If you have competed, but without success, we say—keep on saving up the red balls which are on all Lantic Sugar packages. We will soon announce our new competition in which the number of red balls off Lantic Sugar packages will count. In this new competition we shall have several prizes, your chances of winning a prize will depend on the number of red balls you will have saved up.

## Buy Lantic Sugar and Save the Red Balls. They are Valuable

Get your mother interested in Lantic Sugar in packages, tell her it comes direct from the Refinery to your home unsold by contact with any person's hands and it's therefore cleaner sugar. Tell her it's the finest sugar imported and it's therefore, bulk for bulk, sweeter sugar. Tell her it's made by machinery and weighed by machinery and every package contains full weight of sugar, therefore she gets the full value of her money. All the best shops sell Lantic Sugar in packages.

## Colin Campbell, Ltd.

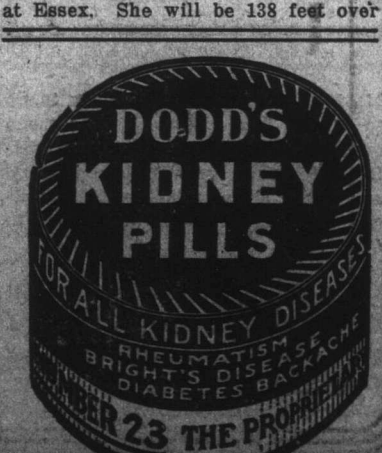
DISTRIBUTORS.

### Going After Cup.

With the formation of the Manta Club there came into being an organization of determined seamen who are bent on the production of a new fishing schooner, the Puritan, to go after the international race for 1922. The Manta Club is composed practically entirely of members of the Master Mariners' Association and it may well be said that the vessel to fight for the national honor on the seas next year will be representative of that organization.

Ten members of the Manta Club are prominent in the Master Mariners' Association, while the other two will probably be in the organization before long.

The new vessel will be built by Everett B. James in the James' Yards at Essex. She will be 138 feet over



all, and 105 feet water line. Her capacity will be approximately 150 tons. She is being designed by Burgess & Palmes, who designed the Mayflower and she follows pretty much the lines of the Mayflower, except that instead of the peculiarly squared stern of the latter, the new boat will have a conventional fishing schooner stern. The charter members of the Manta Club, formed in the Carleton Hotel, Halifax, are: Philip Mack, George Thomas, Bob Wharton, M. J. Conroy, George Roberts, Harry Welch, M. J. Thomas, Jim Mason, Herb Walsh, Charles Steale and George F. P. N.Y. Fishing Gazette.

Minard's Liniment For Gout in Gout