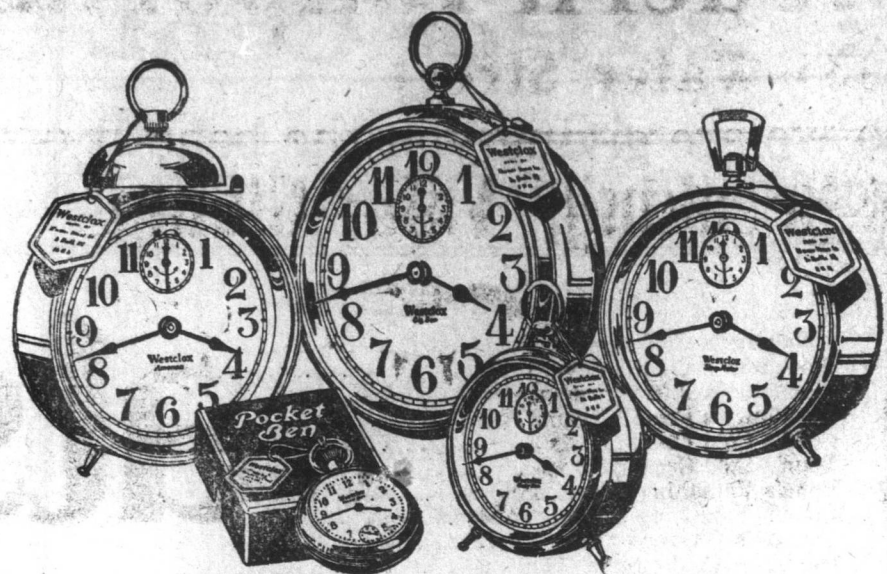


Westclox



A Westclox never forgets

WERE you on time this morning? Perhaps the old clock stopped, or, not depending upon a clock, you overslept.—There are always plenty of excuses.

If you place your trust in a Westclox you will not need an

excuse. You will always be called on time.

Westclox tell honest time, sound their alarm calls on time and last a long time. They are good clocks to depend upon. Ask the merchant who sells clocks.

WESTERN CLOCK COMPANY, LA SALLE, ILLINOIS, U. S. A.
Makers of Westclox, Big Ben, Baby Ben, Sleep-Meter, America, Good Morning, Jack o' Lanterns, Blue Bird, Black Bird, Glo-Ben, Pocket Ben.

MILLINERY SPECIAL!

Just Opened



New Felts
New Velours

Featuring the tall crown and close fitting models, also new, rich Velours. Exceptional value.

SEE OUR WINDOW!

\$ 3.49

MILLEY'S

nov. 12, 31, wed. fri. sat.

BARBADOS, B.W.I.

WILBERT TAYLOR

Wholesale Commission Merchant.
CONSIGNMENTS SOLICITED.

CODFISH, HERRINGS and SALMON
EXPORT
SUGAR, SYRUP and MOLASSES.

I am prepared to render account sales with the signed Sales Notes of the purchasers, as I sell the goods consistent with market conditions, so that by this method, every shipper receives full benefit until the consignment is closed.

REFERENCE: THE COLONIAL BANK.
CABLE ADDRESS: TAYSONS.
oct 13, 2m

ADVERTISE IN THE EVENING TELEGRAM.

Wonder Athlete

ARTHUR NEWTON AND HIS MAGIC DRINK.

Naturally the topic of the moment in athletic circles is the wonderful record run to Brighton by Arthur Newton, of the Thames Hare and Hounds. He pulverized all known records in and around the distance with the exception of his own marvellous 50 mile world's record of 5 hrs. 53 min. 5 sec. made on the South African roads last year. When he looks back upon the world's best performances at or near 50 miles, such, for instance, as E. W. Lloyd's 50 miles track record at Stamford Bridge (5 hrs. 13 min. 58 sec.), A. G. Cartwright's 50 miles track record (50 miles 1,200 yards), made at Westminster as far back as 1887, or Dan Hurst's profession record to Brighton (5 hrs. 34 min. 50 sec.) and P. W. Randall's amateur record of 5 hrs. 53 min. 13 sec., one can more fully realize the magnitude of Newton's new record—London to Brighton in 5 hrs. 11 min. 42 sec. The distance to-day from Big Ben to the Royal Aquarium, Brighton, is, in my opinion, still above 51½ miles, but as some question the distance, I will shortly measure the course with an up-to-date clock. Of course the record so suddenly sprung upon us by Newton is a great surprise for English athletic circles, because of Newton being unknown; but it will cause no surprise in South Africa. His 50 mile run out in Maritzburg, Natal, is quite above suspicion, and is now the accepted 50-mile record. The start was made in the Agricultural Show grounds at 7.1 a.m., passing Thorneybush in 56 min., Cato Ridge, 2 hr. 5 min., 25 miles, 2 hr. 44 min., turning back to Cato Ridge 3 hr. 21 min., Camperdown, Thorneybush, Town Hall, and Show Grounds (50 m.), arriving 5 hr. 53 min. 5 sec. The course is hilly throughout, and that used for Marathon races and trials. I watched Newton closely all the way during his Brighton run, and he impressed me as the most perfect running-machine for a distance I have ever seen. His action simply tells you he can run for ever—quite flat-footed, short strides, resembling a shuffle more than a run, his feet never being more than six inches or so above the ground. Newton carries his arms loosely by the hips, and his mind is concentrated absolutely upon the run. He never touches solid food of any sort during the run, and only a drink when he feels the heat. Under these conditions he seldom has a bad time. Coming to the drink "magic" is—what which seems so effective in getting him over a bad time—it is merely a good half-pint glass of ordinary lemonade with six or eight teaspoons full of sugar, half a teaspoon of salt, well stirred up and as cold as possible. The idea worked out by Newton, who has made this long distance running a real study for three years, is that the drink itself quenches the thirst, the sugar creates internal warmth, and the salt either prevents or gets rid of cramp. As athletes know, cramp is generally the real trouble of a break-down. That there is some sound sense in Newton's drink I am ready to believe, for he has found it effective every time he has had it. I tried it—with surprising results—on two of the St. Dunstan's competitors, who could not keep upon their feet, and I would certainly advise our Marathon and longer distance athletes to put it to the test. My remarks upon Newton's style of running, the fact that he runs a distance so frequently, that he knows no breakdowns, and wears the lightest possible shoes and attire, should be studied very closely, and tried in every possible way. I shall give it a great deal of thought, for it revolutionizes all the ideas of long-distance training I ever had. We may find more Newtons in the near future, and it may be that a real lesson has been learned. Regarding Newton's preparation other than running, our present-day massagers, rubbers, etc., have much food for thought. Newton rose at 4 a.m., just in the ordinary way, had two fried eggs and some bread and butter; the bacon was too hard, so he left it. He had no rubbing down, oil or grease of any kind, but just put on a thin vest and knickers, and a pair of toe socks made of wash-leather, which he wore for the first time. He has usually had bare feet of thin socks. Putting on a pair of thin shoes—the lightest possible—he put both feet and shoes inside a woollen sock, tied at the tops to keep out the grit. At the finish he had a hot bath and no massage business whatever. He was fully dressed in a very few minutes. Another remarkable fact is

that when he finished his run he immediately lit his pipe, and was the most unconcerned man in the crowd, who cheered him heartily. Newton had not altered the proverbial hair—this after an average of less than 6½ minutes per mile for the whole journey. It is astounding! When I saw with what ease he all but crowded 23 miles in his first three hours, I am quite ready to believe he could have won the Olympic Marathon race. Newton returns shortly to South Africa to carry on his fight for compensation in his farm troubles, and he told me he is not likely to seriously race again, but will continue to run many miles as an exercise.—Joe Sinks in News of the World.

THE WINE BARDS.

Old poets were singing forever of wine, their golden words ringing in ecstasies fine. With port and canary the ruminators were filled, and cheerful and merry, they buoyantly trilled. Oh, wine is the magic that smooths out our path, and water is tragic, except for a bath. And wine is compelling a season of peace, and water's the dwelling of bullfrogs and geese. I seem to behold them, the bards of the past, for fame has enrolled them, their laurels will last. In hall and in palace they chant to the lords, and drink from a chalice fermented rewards. The lights are all glowing and beauty is there, and incense is throwing its fumes on the air. Oh, wine's the inspirer of music and art, and has an admirer in every gay heart. But lo, in the dawning the poets appear, be-shrewing, doggoning, and empty of cheer. With heads that are aching they rise from the bay; with nerves that are quaking they face a new day. These singers, so noted, all groan when they stir; their tongues are be-coated with fungus and fur. The gods never filled of wine when they woke, for they were all wilted, their throats full of smoke. And when you're perusing their stanzas of scorn for those who dodge boozing—remember the morn! Remember the waking, the moans on edge, the heads that are aching, the signing the pledge!

What is the Use of Living

What is the use of living when a woman gets up in the morning as tired as when she went to bed at night, with headache, backache, dragging-down pains, nervous, irritable and despondent? These are all symptoms of ailments peculiar to her sex which makes life a burden. Every woman in this condition should rely upon Lydia E. Pinkham's Vegetable Compound, a good old-fashioned remedy made from roots and herbs. It contains no narcotics or harmful drugs, and for fifty years has been restoring women to health and strength and the joys of living.

Heads of Traitors Were Exhibited

Heads of persons executed for high treason were formerly exhibited on Temple Bar, London, an arched gateway which was built in 1670 of Portland stone. Over the gateway were statues of Queen Elizabeth, James I. Charles I. and Charles II. Here on particular occasions, the corporation of London received the royal family, the heralds' proclamations, or any distinguished visitors. When the Sovereign came in state the lord-mayor here delivered to him the sword of state, which was returned, and after this he rode bareheaded immediately in front of the royal procession.

As the gate seriously obstructed a crowded thoroughfare, it was removed in 1878.

Household Notes

Serve grilled sardines on toast as an entree.

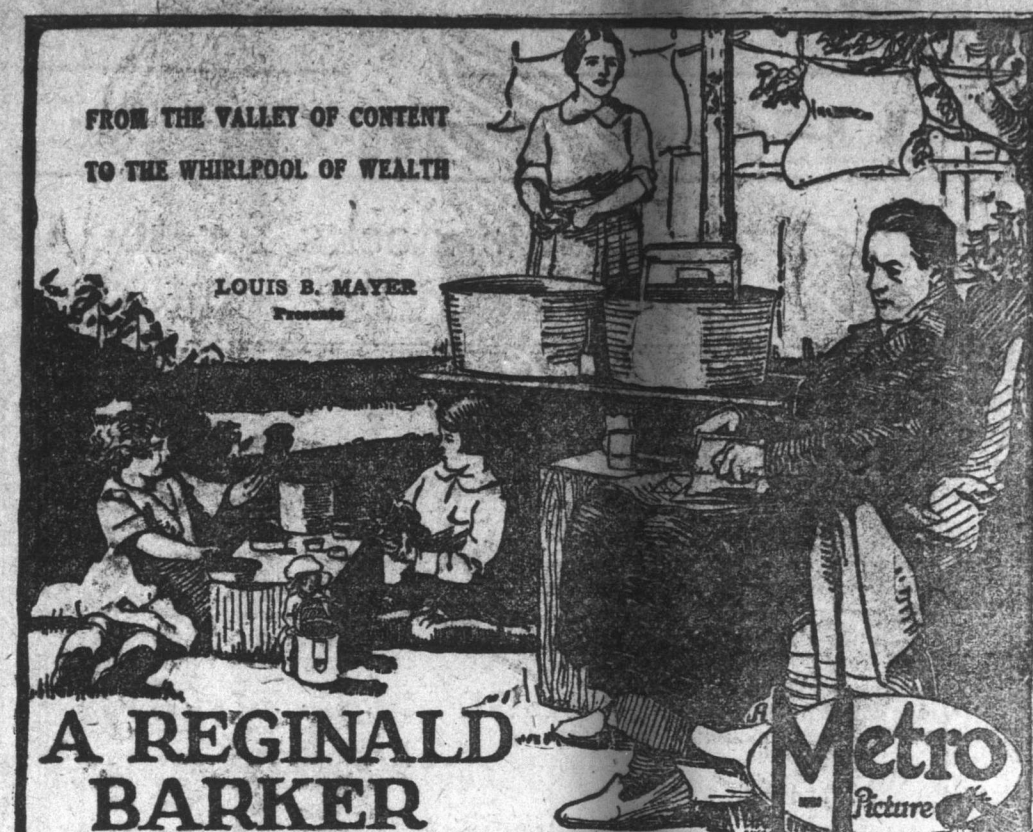
Sliced hard-boiled eggs are good in potato salad.

A little orange juice is nice in the sauce of smelts.

Hearts of lettuce are nice served with tomato dressing.

Serve sautéed oysters on toast with cream celery sauce.

AT THE NICKEL--Thursday, Friday and Sat.



A REGINALD BARKER PRODUCTION
PLEASURE MAD

GREAT AS A NOVEL AND STAGE PLAY; GREATER ON THE SCREEN

The Cast Includes

MARY ALDEN HUNTLY GORDON
WM. COLLIER, Jr. NORMA SHEARER
WINIFRED BRYSON WARD CRANE

EXTRA ATTRACTION:

Hal Roach Presents "HIS RASCALS" in "THE COBBLER" An Our Gang Comedy.

Admission: Night, 30c. Afternoon: Children, 10c. Adults, 20c.

NOTE: JACKIE COOGAN in "LONG LIVE THE KING" will be shown at the Nickel and Crescent both at Saturday Matinee.

MONDAY: Ramon Novarro and Alice Terry in "THE ARAB," the Big Rex Ingram Production.

GOSSAGE'S SOAP

Like the British Navy--
The Finest Ever Put Into Water

Free Lathering Soap



Cooked cream dressing is often served with potato salad.

At luncheon, the cream soup is nicely served in bouillon cups.

Top apple custard pie with flavored, sweetened whipped cream.

The addition of a little Chili sauce improves clam chowder.

Very thick skinned grapes make the richest jam or conserve.

Blanched nuts can be placed in a wire basket to brown in fat.

Toasted turkey sandwiches are delicious served with hot gravy. Add a little shredded coconut to the filling for butter, Scotch pie. Crisp celery leaves make a delightful garnish for a pot roast.

By CY HUNGERFORD

SNOODLES



Slewfoot Slings A Stirring Tongue.