

Just Folks.

By EDGAR GUEST.

THE MEN I KNOW.

This I'll say for the men I know:
Most of them work for their daily bread,
Most of them follow the path I tread
Whether in places high or low
Most of them cherish the flag o'er-
head;
Most of them, eager for wealth or fame,
Seem to be proud of their family name.

Some of them strong and some of them weak,
Some of them bitter at times in woe,
But this I'll say for the men I know:
Who would order and decency over-
throw,
Clever of tongue or frail or strong,
Most of them shudder at doing wrong.

This I'll say for the men I know:
Most of them want to be clean and true;
In spite of the selfish things they do
Most of them try, as they come and go,
To leave some glory for men to view.
A few turn traitor to God and state,
But most of the men I know walk straight.

Pynn & Spurrell for satisfaction
in Furniture and Moulding.
Phone 1659, 2 Gear Street.
1925/1926

Famous London Surgeon
Talks on HealthFAMOUS METHODS OF LIVING
MAKES INVALIDS.

LONDON, Nov. 19.—Avoidable ill-
health costs the country the astounding
sum of more than £1,000,000,000 a
year. Nearly 90 per cent. of the
health-troubles and diseases of civil-
ization can be avoided.

These remarkable assertions have
been made by Sir W. Arbuthnot Lane
the famous surgeon.

"I have no hesitation in stating that
the financial burden of avoidable ill-
health and disease is very much heav-
ier than that imposed by our War
Debt," he writes in *Portsmouth Review*.
"The heaviest tax of all is our
tax on health! It inflicts a calcu-
lable burden of £600,000,000 a year on
the nation in the form of lost earn-
ings, and it inflicts an additional im-
pound of considerably more than £500-
000,000 a year on the people at work,
because their working power and ef-
ficiency are reduced by physical mal-
adies and mental depression consequ-
ent upon it."

"I have come to the conviction that
of the health troubles and diseases
of civilization approximately 90 per
cent. are quite unnecessary and are
comparatively easily avoidable."
Sir William blames "injunctive
feeding and faulty methods of living"
for the ill-health of the civilized
world. His cry is "back to natural
foods." He asserts that we throw
away the most valuable constituents
of our food, and that we over-boil
our vegetables. He advocates brown
bread and brown sugar.

White Bread.

"Preserved food, chemically treat-
ed food, tinned food, and overcooked
starchy food have taken the place of
our time-hallowed diet," he says.

"With the assistance of modern ma-
chinery we extract the outer skin and
the germ from the wheat, leaving
the dead white flour, and we have the
outer skin polished off our rice, bar-
ley, etc. Providence has put the most
valuable constituents of our food in-
to the very portions which we give
to animals or throw away."

"We boast of this age as being the
healthiest. Yet there was never a
time when disease, in the true mean-
ing of the word, was more prevalent
than it is now. Of ten people one
more or less complains of more or less
impaired health. At no time in the
world's history was the taking of
medicaments have become as neces-
sary as their daily bread."

"Among primitive races 'leading
primitive lives' indigestion is almost
unknown, and as are appendicitis,
colitis, gastric and duodenal ulcer,
catarrhes, etc."

"While certain diseases such as
tuberculosis are swiftly being elimi-
nated, others such as cancer, the vari-
ous diseases of the digestive tract,
arteriosclerosis, heart disease, insu-
lin, and others are increasing in a
very alarming manner."

"Nerve troubles, which are becom-
ing ominously prevalent, are by no
means due to the rush of modern life,
as is usually stated. The most nerve-
worn among the people are not the
business City men who gamble with
nerves every day, but are seam-
stresses and other people who lead a
quiet life, and who subsist on white
bread, margarine, jam, and strong
tea with plenty of white sugar."

RICHARD HUDNUT

THREE FLOWERS FACE POWDER

The Face Powder that is Different
Because of its Particular Desirability.
Quality of Admiration and pas-
sionate desire of the feminine and
Appreciation of the masculine
in All Popular Shades

A skirt of white satin worn with a
house of black satin embroidered
richly in gold and mother-of-pearl is
very smart.

STEERS Ltd.

Linoleum

Block, floral and tile patterns, in a
good assortment of light and dark
effects; 2 yards wide. Reg. \$1.90 yard.
Tuesday and Wednesday

\$1.50

STEERS Ltd.

Worsted Hose

Heavy ribbed make, in women's and
big boys' sizes. Reg. 55c. pair. Tues-
day and Wednesday

46c

One of the Best Bargain Bulletins We've Yet Issued
for TUESDAY and WEDNESDAY

Steers Ltd.

Steers Ltd.

Steers Ltd.

Steers Ltd.

Steers Ltd.

Men's Shirts.

Heavy, light striped cotton or
real good quality, shirts that
will give double the wear of the
ordinary kind. They are made
in roomy English sizes, and will
launder well, all sizes. Reg. \$3.25
each. Tuesday and Wednesday

\$2.64

Men's Wool Scarfs.

Fawn, Green and Brown with
deep fringe and fancy stripes
that make them look dressy
when worn with the coat open.
They are of a thick, all wool
quality and measure 56 inches
long and 4 inches wide. Reg. 80c.
each. Tuesday and Wed-
nesday

75c.

Men's Sweater Coats

All Wool, knit in a very ser-
viceable shade of Fawn with
Brown trimmings. A very desir-
able garment. Reg. \$5.60 each.
Tuesday and Wednesday

\$5.20

Men's Black

Calf Boots.

Real good quality with Good-
year welt, leather innersoles
and rubber heels. A broad-fit-
ting, comfortable style; sizes 6
to 9½. Reg. \$6.85 pair. Tuesday
and Wednesday

\$5.38

Men's Suits 13.80

Dark Grey Tweeds, stylish and will
make from fairly heavy quality goods. Very desir-
able for Fall and Winter wear; all sizes.
Reg. \$15.85 suit. Tuesday and Wednesday

Children's Gloves.

Navy Cashmere with 2 dom-
estics; sizes 3 to 6 years.
Specially priced to clear. Reg.
2 pairs for

20c.

Maid's Caps.

Of plain White Lawn with
gatherings at back. Very neat
and fit well. Reg. 40c. each.
Tuesday & Wednesday

30c.

Maid's Aprons.

Assorted styles, made from
fine White Lawn. Some have
bills that fasten over the shoul-
ders, others are plain with hem-
stitching and more are trimmed
with tucks and white embroi-
dery. Reg. \$1.10 each.
Tuesday & Wednesday

90c.

Dress and

Costume Serge.

In Brown, Black and Navy.
Very nice quality for Women's
and Misses' wear, inches wide.
Reg. ½ yard. Tues-
day and Wednesday

\$1.25

Women's Kid Shoes

Soft, comfortable Shoes, especially desir-
able for indoor wear or for use in rubbers;
sizes 4, 5, 6, 6½ and 7. Special for Tuesday
and Wednesday, the pair

1.72

Reversible

Hearth Rugs.

Red, Blue and Fawn effects,
with floral and fancy Oriental
designs. Finished at ends with
hem and white fringe; size 56
inches long and 27 inches wide.
Reg. \$3.85 each. Tues-
day and Wednesday

\$3.10

Boys' Sport Hose.

Assorted shades of Grey, Hea-
thens, Browns, etc. All sizes.
Reg. 60c. pair. Tuesday
and Wednesday

47c.

Women's Crepe

de Chene Scarves.

Flame, Pencil Blue, Brown,
Cinnamon and Jade grounds. Into
these are blended the season's
newest shades which make them
very popular among the well
dressed. Reg. \$3.25 each. Tues-
day and Wednesday

\$2.65

Boys' Boots

Brown Calf Blucher shape Boots with
heavy leather soles and rubber heels. A
good wearing Boot and very reasonably
priced; sizes 1, 1½ and 2. Reg. \$3.25 pair.
Tuesday and Wednesday

2.98

Dress Meltons

and Tweeds.

Mid Brown, Heather, light and
medium Greys and other
shades, heavy, warm materials,
very desirable for Winter
costumes and skirts. Reg. 90c. yard.
Tuesday & Wednesday

75c.

Shepherd's

Check Material.

Very suitable for children's
wear or women's house dresses,
washes well and gives good
wear; 40 inches wide. Reg. 45c.
yard. Tuesday and Wed-
nesday

38c.

Fine Cottons 25c

Mill ends, in very soft, fine qualities. Ab-
solutely pure and ready for the peddle; 36
inches wide. Reg. 25c. yard, but worth con-
siderably more. Tuesday and Wednesday

Pink Coutil Corsets.

Very fine quality, garments
that give style and good ap-
pearance to the figure. Made
with elastic top and four strong
suspenders; sizes 22 to 30. Reg.
\$2.40 pair. Tuesday

\$2.10

Women's

Handkerchiefs.

Plain White Lawn, some are
nicely hemmed and embroidered.
Reg. 5c. each. Tuesday and
Wednesday

2 for 14c.

Children's Hose.

In sizes to fit 7 to 12 years.
Very fine rib, elastic knit,
stockings with double thread-
feet for wear and service. Col-
ors: Brown and Black. Reg. 50c.
pair. Tuesday and Wednesday

39c.

Children's

Nightgowns.

Of Cream flannelette. Square
neck, scalloped and overworked
with thread silk; sizes to fit 6
to 9 years. Reg. \$2.25 each.
Tuesday and Wednesday

\$1.89

Men's Work Shirts

Grey Union Flannel in medium and dark
shades; English make; large and roomy at
shoulders and sleeves. Reg. \$1.80 each.
Tuesday and Wednesday

1.58

Children's Hose.

Very soft quality, ribbed and
plain, in sizes to fit 5 up to 10
years. Reg. to 40c. pair. Tues-
day & Wednesday

35c.

Misses' Brown

Kid Boots.

High laced style with strong,
durable soles and heels. A wear-
resisting quality, that will give
great satisfaction; sizes 11 to 2.
Reg. \$3.85 pair. Tues-
day and Wednesday

\$3.62

Men's Work Gloves.

Khaki Muleskin with strong,
stiff wrappings of leather; all
sizes. Reg. 75c. pair. Tues-
day & Wednesday

60c.

Infants' Undershirts.

Made from nice soft quality
flannelette, very well
made and finished with frill of
silk edged scalloping. Reg. 70c.
Tuesday & Wednesday

57c.

Men's Overcoats

Very becoming styles, well made from
good, warm serviceable overcoatings; all
sizes. Reg. \$23.25 each. Tuesday and Wed-
nesday

20.40

Men's Silk Bows.

In a good assortment of neat
colors and designs. A bow that
has that hand-tied appearance,
although it fastens at back with
adjustable elastic band. Reg. 40c.
each. Tuesday and Wednesday

32c.

Men's Wool

Cashmere Socks.

Fawns and Greys with silk
embroidered legs; sizes 10, 10½
and 11. Reg. 85c. pair. Tues-
day & Wednesday

72c.

Lead Pencils.

Colored polished wood cover-
ed pencils of very good quality.
Reg. 4c. each. Tuesday and
Wednesday

8c.

Boxed Stationery

Consisting of 15 sheets of
fine finished writing paper,
and eighteen envelopes to match.
Reg. 22c. box. Tuesday
and Wednesday

18c.

Men's Brown

Kid Boots.

A broad-fitting, comfortable
shape with solid leather inner-
soles, Goodyear welt and rubber
heels; sizes 6 to 9½. Reg. \$7.60
pair. Tuesday and Wednesday

\$6.84

Women's

Art Silk Hose.

In Beaver, Brown and Grey
shades, strongly reinforced at
toes and heels; sizes 9, 9½ and
10. Reg. \$1.19 pair. Tues-
day & Wednesday

98c.

Women's

Cashmere Hose.

Plain and ribbed makes, in
Fawn, Grey, Brown and Black.
A popular line at a very reason-
able price. Reg. 85c. pair. Tues-
day and Wednesday

70c.

Cashmere.

Black, Navy, Wine, Crimson
and Brown. Very soft quality,
suitable for women's and chil-
dren's wear and very often used
in the making of draperies; 40
inches wide. Reg. \$4.00 pair. Tues-
day & Wednesday

40c.

Men's Shirts.

Plain White and Ecru with at-
tached collars, buttoned down at
poles, good-fitting, strongly
stitched shoulders and single
buttoned cuffs; sizes 14 to 16½.
Reg. \$2.00 each. Tues-
day and Wednesday

\$1.63

Men's

Semi-Soft Collars.

Pure White, in various like-
able styles that are very much
worn at present; sizes 12½ to
17. Reg. 83c. each. Tues-
day and Wednesday

28c.

Men's Sweater

Coats

Dark Heather shades, finished at collar,
pockets and down the front opening with
Marque. Good heavy quality. Reg. \$2.65
each. Tuesday and Wednesday

2.10

Parsnips.

Home grown. Reg. 10c. lb.
Tuesday and Wednesday

30c.

Carrots and Beet.

Reg. 5c. lb. Tuesday and Wed-
nesday

20c.

Rolled Oats.

Best quality. Reg. 5c. lb. Tues-
day and Wednesday

20c.

Vinegar.

Holbrooks, Malt and Crystal
Vinegar, quart bottles. Reg. 40c.
each. Tuesday and Wed-
nesday

35c.

Blocked White Tape.

In different widths and
lengths. Reg. 8c. each.
Tuesday & Wednesday

6c.

STEERS Ltd.

British Dyestuffs

PURCHASE OF THE STATE SHARE-
HOLDING.

A circular to be sent to the share-
holders of the British Dyestuffs Cor-
poration recommending the purchase
by the corporation of the Govern-
ment's holding of shares.

It is understood that the ratifica-
tion by the shareholders of the terms
of purchase is urged as a means of
removing the company from the veto
of the Government and enabling it to
pursue henceforth an independent
course which will enable it to cover
a much wider field than has hitherto
been possible.

There is no reference in the cir-
cular, it is further understood, to a re-
newal of negotiations with the Ger-
man dyestuff industry. No negoti-
ations have taken place since the
Government vetoed the agreement
proposed in 1923 by which the British
Dyestuffs Corporation was to have
the benefit of Germany's techni-
cal knowledge in exchange for part
of its profits.

The corporation will, however, now
be ready to consider whether, in view
of the fact that Germany cannot re-
tain her former monopoly, there are
certain directions in which it would
be politic, from a trade point of view,
to co-operate with her.

GERMAN HOPES.

It is hoped here that the report
from London that the British Govern-
ment has resolved to give up its
shares in the British Dyestuffs Cor-
poration is true.

The great concern of Germany
which before the war supplied the
world with aniline dyes are now
united in a single corporation, which
wants nothing better than to combine
with the British company in order to
place German dyes on the markets
of the British Empire.

A scheme which has more than
once been under discussion is for
co-operation of such an intimate char-
acter that the purchaser would not
know whether the colors he bought
were of British or of German manu-
facture. Certain German secrets of
manufacture would be revealed, and
there would be a plan for manu-
facturing some dyes in England and
others in Germany.

Just a little too much
its ready for your p.

nov.30.61

Justice Halts

"Reds" Lawyer

REFUSES TO HEAR CONTEMPT
ALLEGATION AGAINST HOME
SECRETARY.

London, Nov. 24. (G.P.)—At the
continuation to-day of the trial of the
13 Communists, charged with sedi-
tious conspiracy and violation of
the Incitement to mutiny Act of 1797,
one of the counsel for the accused
W. Pringle, asserted that the Home
Secretary, Sir William Joynson-
Hicks, in a speech at telegraph last
night was guilty of contempt of court.

Justice Swift, the presiding judge,
said: "If the Home Secretary is
guilty of contempt of court you must
prove it in the ordinary way, before
the proper tribunal."

The counsel showed a disposition
to pursue the matter further and re-
marked: "I felt it my duty—"

The judge interrupted him before
the sentence was finished and in-
timated that the matter was ended.
"Let me hear no more of it," he said.

Later the judge again took Mr.
Pringle up sharply when in arguing
in justification of the Communists'
speeches and published literature,
the counsel attempted to read a
speech said to have been made at one
time by Lord Carson. The speech
in question was not read.

The Home Secretary's speech re-
ferred to in court by Pringle was in
reply to Socialists who were inter-
rupting a meeting. Sir William
Joynson-Hicks was quoted as say-
ing: "Some of you might be a little
better for a touch of Mussolini's
rule," and adding: "I have re-
strained myself recently and have
made no speeches about the Com-
munists, but when the trial is over
those of you who are Communists
will be ashamed of yourselves."

Received a Frost

Albert A. Purcell, member of British
Parliament, and head of 18,000,000
trade unionists of Europe affiliated
with the Amsterdam confederation,
who is in U.S. seeking to enroll Amer-
ican labor in an international effort
against "imperialism and other forms
of capitalism," is meeting with a cool
reception among union officials.

STEERS Ltd.

STEERS Ltd.

STEERS Ltd.

STEERS Ltd.

STEERS Ltd.