

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
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:
None indeed is the mental freak
Who would order and decency over-
throw.
Clever of hand or fast 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
In spite of the selfish things they do
Most of them try, as they come and go,
To leave some glory for men to
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,
St. John's.

**Famous London Surgeon
Talks on Health**

**FAMILY 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 civiliza-
tion 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 Portnightly Re-
view. "The heaviest tax of all is our
tax on health! It inflicts a calcula-
ble burden of £600,000,000 a year on
the nation in the form of lost earn-
ings, and it inflicts an additional im-
pact of considerably more than £500-
000,000 a year on the people at work,
because their working power and effi-
ciency 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
teaching and faulty methods of living"
for the ill-health of the civilized
world. His cry is "back to nature."
He asserts that we throw
away the most valuable constituents
of our food and that we over-bol-
ter our vegetables. He advocates bro-
th and brown sugar.

White Bread.

"Preserved food, chemically treat-
ed, tinned food, and overcooked
starchy food have taken the place of
our time-honoured 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
water 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
is afflicted with some complaint or
less impaired health. At no time in
the world's history was the taking
of medicines 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 vascu-
lar 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
business 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
Having by Particularity Desirable
Quality of Adhesiveness and pro-
tection with the Delicacy and
Appearance of Fine Flowers
in All Popular Shades

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

STEERS Ltd.

STEERS Ltd.

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



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**



Men's Shirts.

Heavy, light striped cotton or
flannel 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 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

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

**Men's Blue Denim
Overalls and Jackets**

Made from red back, heavy
material, strongly stitched and
roomy sizes. Very useful for
farmers, laborers, mechanics or
anyone who works at heavy,
rough work; all sizes. Reg. \$1.60
pair. Tuesday and Wednesday

\$1.44

Men's Braces.

Good strong elastic webbing,
gilt fittings and stout leather
button loops. A brace that will
retain its elasticity for a long
time. Reg. 80c. pair.
Tuesday and Wednesday

67c.

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 9 inches wide. Reg. 90c.
each. Tuesday and Wed-
nesday

**Men's Black
Calf Boots.**

Real good quality with Good-
year well, leather innersoles
and rubber heels. A broad-fit-
ting, comfortable style; sizes 6
to 9 1/2. Reg. \$5.85 pair. Tuesday
and Wednesday

\$5.38

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 and Wed-
nesday

\$2.10

**Men's Brown
Kid Boots.**

A broad-fitting, comfortable
shape with solid leather inner-
soles, Goodyear welt and rubber
heels; sizes 6 to 9 1/2. Reg. \$7.50
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, 9 1/2 and
10. Reg. \$1.19 pair. Tues-
day and Wednesday

98c.

**Women's
Handkerchiefs.**

Plain White Lawn, some are
nicely hemmed and embroidered.
Reg. 3c. 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 overged
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 and 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 wr. bands of leather; all
sizes. Reg. 75c. pair. Tues-
day and Wednesday

60c.

Infants' Undershirts.

Made from nice soft quality
Cotton flannelette, very well
made and finished with frill of
silk edged scalloping. Reg. 70c.
Tuesday and 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, 10 1/2
and 11. Reg. 85c. pair. Tues-
day and Wednesday

72c.

Lead Pencils.

Colored polished wood cover-
d pencils of very good quality.
Reg. 4c. each. Tuesday and
Wednesday; 8 pencils for 9c.
Tuesday and Wednesday

9c.

Boxed Stationery

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

18c.

Flannelette.

Pink and Blue stripes, checks
and plain colors, in various
widths and qualities. A good as-
signment to choose from. Reg.
40c. yard. Tuesday and Wed-
nesday

34c.

**Dark Grey
Suit Tweeds.**

Very heavy quality, suitable
for men's suits, pants, etc., or
for hard wearing boys' suits; 56
inches wide. Reg. \$1.45 yard.
Tuesday and Wednesday

\$1.17

Rubber Sponges.

Made from pure para rubber.
Very soft and absorbent. In a
very useful size for general use.
Reg. 20c. each. Tuesday and Wed-
nesday

20c.

Blocked White Tape.

In different widths and
lengths. Reg. 3c. each. Tues-
day and Wednesday

6c.

Cotton BLANKETS

White with borders in Pink, Blue and fancy stripes.
Size 50 x 72 inches. Regular \$3.00 pair. **\$2.45**
Tuesday and Wednesday
Size 55 x 72 inches. Regular \$3.25 pair. **\$2.57**
Tuesday and Wednesday
Size 60 x 76 inches. Regular \$3.70 pair. **\$2.96**
Tuesday and Wednesday

Seal Brand Coffee.

A combination of fine Coffees,
producing a perfect blend of
great strength and exquisite
flavor. 1 lb. tins. Reg. 70c. tin.
Tuesday and Wednesday

64c.

Cocoa.

Opler Bros. pure breakfast
cocoa. It is perfectly digestible.
Recommended for invalids and
children. Reg. 5c. package. Tues-
day and Wednesday

7c.

**Men's Sweater
Coats**

Dark Heather shades, finished at collar,
pockets and down the front opening with
Marone. 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. 6c. lb. Tuesday and Wed-
nesday 5 lbs. for

20c.

Rolled Oats.

Best quality. Reg. 6c. lb. Tues-
day and Wednesday

20c.

Vinegar.

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

35c.

Cerebos Salt.

Prepared for table use. 1 1/2
lb. boxes. Reg. 20c. each. Tues-
day and Wednesday

17c.

**Women's
Gun Metal Shoes.**

With the patented cushion
tread innersoles that are so
comfortable. They give the
wearer the greatest comfort.
All sizes. Regular \$3.80 pair.
Friday and Saturday

\$3.29

Cotton Dress Serge.

Cheap and serviceable for
children's dresses or even for
certain of the color variety
includes Deep Pink, Sage,
Green, Red, Navy, Grey and
Brown; 24 inches wide. Reg.
35c. yard. Friday and
Saturday

29c.

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 nego-
tations 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 manufac-
turing some dyes in England and
others in Germany.



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 12 Communists, charged with se-
ditionous conspiracy and violation of
the Incitement to mutiny Act of 1917,
one of the counsel for the accused
W. Pringle, asserted that the Home
Secretary, Sir William Joynson-
Hicks, in a speech at Isleworth 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 inti-
mated that the matter was ended.
"Let me hear no more of it," he said.

Later the judge again took
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.

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