

## Mightier Than the Sword.

The pen is one of the oldest instruments men use. Whether or not it is mightier than the sword, as Bulwer Lytton makes the great French Cardinal exclaim in the play "Richelieu," it is perhaps of as great antiquity as the sword. It is not as old as stone-headed war clubs or stone axes, but it seems to date back to the beginning of man's knowledge of the metals and their alloys. As soon as men got the idea of inscribing things on stone as representing things or words, they used an iron instrument which was the parent or the ancestor of the pen. There were pens of iron and bronze and reeds, and later the quills of feathers.

The Assyrian kings and scribes and Phoenicians, 2,000 years before Christ, proclaimed their dynasties with decrees written with pens made from reeds and feathers. The early Greeks inscribed their letters with a stylus, but the later Greeks wrote them with quills of geese, crows, hawks and eagles. Pens of brass and silver were in use in Rome at the beginning of the Christian era.

The stylus, with which many of the Greeks and Romans wrote, was something like an iron bodkin and it came to be used so often in brawls that it was prohibited—that is, men were prohibited to use a stylus. The bodkin in old English times was no doubt a big darning or knitting needle and Hamlet had that instrument in mind when he said: "When he his quietus might make with a bare bodkin."

There are various references in the Bible to pens. In the Book of Judges, the 5th chapter and the 14th verse, is this: "Out of Machir came down governors and out of Zebulun they handle the pen of the writer." In 1 Kings, the 21st chapter in the matter of Ahab, Jezebel and Naboth, it is written: "So she wrote letters in Ahab's name and sealed them with his seal and sent the letters unto the elders and the nobles that were in his city dwelling with Naboth." In the 19th chapter of Job, the 23rd and 24th verses, is this: "O that my words were not written; O that they were printed in a book! That they were graven with an iron pen and lead in rock forever!" The eighth chapter of Isaiah begins: "Moreover the Lord said unto me, 'Take thee a great roll and write in it with a man's pen concerning Maher-shalal-hash-baz.'"

Pens of steel, gold and silver appeared in Great Britain, France and America about 1800, but they were very slow in gaining favor. They were expensive, clumsy, and not as satisfactory as the quill. But the quill had reached the limit in the nicety with which it could be pointed and the gold and silver pens continued to be improved in their smoothness and flexibility—Washington Star.

New England brown bread for Sunday breakfast: Sift together 1 cup each of rye meal, cornmeal and graham flour, 1 teaspoonful salt, 2½ of soda. Add 2 cups thick sour milk and two-thirds cup molasses. Beat well, pour into mould and steam 4 hours.

## How fine cooks make cream soups to day



After eating a rich cream soup somewhere, do you sigh and say to yourself "if I could only afford to use real cream, I could serve soup like that, too!"

The chances are that the soup you would like to duplicate was not made with cream at all. For many fine cooks have learned a culinary secret that makes of cream soups a banquet dish at every day cost.

The secret is—make them with Libby's Evaporated Milk. For twenty years Libby has worked to give a finer and richer milk to consumers. Their plans were far-reaching. First they sought out the finest pasture lands in America. There they encouraged the breeding of splendid milk herds and the use of all the appliances and practices of scientific dairying. And there they established their milk condenseries so equipped as to assure absolute purity and cleanliness.

At those condenseries the whole milk from the fine herds, with the cream left in, is canned for you. Half the moisture is taken from it by evaporation. Nothing is added to it. So you have in this milk just the rich, pure product of the finest cows, but with twice the food value, twice the butter fat, of ordinary milk.

This milk makes cream soups so smooth, so rich, so mellow that they taste like the soups made by extravagant cooks.

Used in coffee, this milk gives a creamy richness at half the cost of cream.

Try it in your favorite recipe where cream or milk is called for.

Your grocer has it or can get it for you.

# Libby, McNeill & Libby

sep 21, 1921

# Buy Your Rubbers at Smallwood's!

Most people buy Rubbers when the walking is bad--and after their feet are wet--the wrong idea, certainly. The time to buy Rubbers is when you don't need them--and then they will be ready when you do need them.

We stock the very best of Rubbers in all wanted styles for Men, Women and Children.

## MEN'S LONG RUBBERS.



MEN'S VAC LONG RUBBERS.  
MEN'S RED BALL LONG RUBBERS.  
MEN'S SEA RUBBERS.  
MEN'S SEA RUBBERS (the Rubbers with the White Sole).  
BOYS' and YOUTHS' LONG RUBBERS.  
WOMEN'S LONG RUBBERS.  
GIRLS' LONG RUBBERS.

## WOMEN'S GAITERS.



Buttoned and Buckled.  
MISSSES' GAITERS.  
CHILD'S GAITERS.  
BOYS' and GIRLS' GAITERS and RUBBERS.

## MEN'S SHORT RUBBERS.



## MEN'S LOW RUBBERS.



Best Canadian Brands.

## MEN'S GAITERS.



## WOMEN'S RUBBERS.



WOMEN'S STORM and LOW RUBBERS.  
BLACK AND TAN RUBBERS.  
HIGH AND LOW HEEL RUBBERS.

## MEN'S STORM KING.



MEN'S RED BALL VAC STORM KING.  
MEN'S RED BALL BLACK STORM KING.  
MEN'S SEA WHITE SOLE STORM KING.  
BOYS' and YOUTHS' STORM KING.

We stock only the best Rubbers made. Mail Orders receive prompt attention. Wholesale Rubber Price on request.

# F. SMALLWOOD, THE HOME OF GOOD RUBBERS,

218 and 220 Water Street.

## Physical Development.

And its Bearing on Health and Strength.

By GEE.

### GYMNASTIC EXERCISES.

Principles of Gymnastics.—The great principle of gymnastic exercise is the development of the body by special movements or apparatus particularly adapted for the purpose.

Harmony of Development.—It is obvious that by a complete series of appliances all portions of the muscular system may be judiciously invigorated.

the result being an harmonious development of the entire frame.

Gaining the Object.—In order to make sure of the above object, it would be well for each one to study his weak spots and constitutional tendencies, that the right methods may be brought into play, at the right time and in the right way. The person should pass through a medical examination, and a proper instructor secured whose experience will prevent mistakes.

amination, and a proper instructor secured whose experience will prevent mistakes.

Bodily Tests.—In devising any system of examination, whether of individuals or classes, the aim is to establish the capacity of each person by a series of measurements and tests of strength, taken in conjunction with his family history showing his vigor and weakness.

Tendency to Over Exercise.—It is the fault of those who need and indulge in gymnastics to indulge it too much, or, at least, to bring into play the parts of the body which are already strong. Such persons need to be guided and schooled, for they are not only developing parts which do not need it, but are neglecting the very parts that do. There can be no harmonious development in such cases.

Various Tests.—Tests of strength are made in gymnastics by certain machines. At the same time physical peculiarities are noted. After this the examiner can point out the man who is inclined to be pigeon-breasted, and press the apparatus proper to be used. He can suggest to the man with weak lungs the use of other apparatus. So he can instruct one with feeble heart to moderate work; can regulate the amount and kind of work for one of slow circulation and of a tendency to grow fat; can even point out the diet for rheumatic people, and the clothing for consumptives.

Repeated Examinations.—These tests should be repeated from time to time, and their results carefully noted, so that the degrees of development may be observed, and new courses of procedure prescribed, if necessary.

Gymnastic Machines.—There are various types of machines for development of the flexors and extensors of the forearm and of the grip. One is a fairly strong box, in which weights can be placed, and this should be suspended from the centre of a bar, which can be turned and returned in various ways by the performer. The weight can be adjusted as the pupil advances.

Here are a few exercises for the development of the extensors and flexors of forearm.

(1) Raise the right arm in a horizontal line with the shoulder; open and clench the fist forcibly; twist wrist from side to side with hand firmly clenched. Repeat with left hand.

(2) With the right hand half shut, rest the fingers of the left hand on the knuckles, right arm bent. Now drop the right hand as low as possible without allowing the upper arm or forearm to move, then forcibly return it to original position against strong pressure from the left hand. Take hold of extreme end of knuckles. Repeat with left arm.

A good exercise at all times and one that should benefit the arm and wrist, which would only take from five to ten

## LANTIC SUGAR—SWEETEST, PUREST, FINEST, CLEANEST!

To the boy or girl who makes the greatest number of words out of "LANTIC SUGAR" we shall give \$10.00.

### CONDITIONS

Your list of words must be written with ink, in alphabetical order, on ruled paper, and must reach us before Dec. 1st, 1921.

With your list you must enclose that part of a Lantic Sugar package which bears a red ball showing the words Lantic Sugar.

Names of places and persons, also plurals will not be considered words in this Competition.

Save up all the red balls on Lantic Sugar packages. They will count in another competition which we shall have after this one is completed.

Look out for our advertisements each week and read them for your mother. See to-morrow's paper.

Colin Campbell, Limited., Distributors of Lantic Sugar.

## We are Now Offering to the Trade

Flannelettes of all kinds.  
Blankets.  
Denims.  
Shirting.  
Cotton Twills.  
Serges.  
Plaids.  
Pound Tweeds.

Smallwares of every description.  
Mispprints.  
Nainsooks.  
Toweling.  
Fleece Lined Underwear.  
Serges.  
Curtain Nets.  
Hosiery.

Also a Job Line of

MEN'S and WOMEN'S WINTER COATS.

### SLATTERY'S

Wholesale Dry Goods Co., Limited,  
Duckworth and George Streets.

When making fruit pies, cut upper crust larger than plate and turn edge over and under lower crust, then press the rounded edge firmly upon the plate. No juice will run out.  
When frying chicken, salt and pepper the pieces well, dredge with flour or roll in beaten eggs and then in breadcrumbs. Place pieces in a skillet of fat that half covers them, sear on one side and turn over. Continue cooking with cover over sides.

## East End Feed & Produce Store.

200 bags  
RANGOON BEANS.

200 bags  
KOTENASHA BEANS.

150 bags  
LARGE GREEN PEAS.

100 bags  
LARGE WHITE PEAS.

200 bags  
BROKEN RICE.

East End Feed Store.