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ever, that running, not advertising,

was my forte, and that in the future

race-promiting should be left to oth-

OVRING BROTHERS, Ltd

Races I Have Run.

ALFRED SHRUBB, the world's Long Distance Champion, In Answers) of the most novel episodes in should be to hop it on one foot. career as a young runner occurat a small country sports meet- At the end of the swim I was a good in the South of England. A mile thirty yards ahead, but after that my from my nearest rival, and was going

had been winning a good many prize of five shillings. With my half- intense, and I began to limp badly. A

"One Shoe Off and One Shoe On."

While running for the Guildford Harriers in the six-mile inter-club race a rather painful experience came my way. I covered the course in 35 min., 55 sec., beating the Irish champion, J. E. Deakin, of the Herne Hill Never shall I forget that contest. Harriers. On leaving the road for the open country, I drew well away had been arranged, in which nearest rival began to catch me up, strong, when a spike forced itself petitors had to walk, swim, and and we went over the last hurdle a through one of my shoes. I stuck it dead heat. We divided the handsome for some time, but the pain became es. and the committee decided that, crown I bought a leather watchchain, quarter of a mile from home I took a ead of being allowed to run the so that I should not be looked upon short breather, discarded the shoe, and had a great reception as I finish-

ed a 300 yards sprint with only my sock on one foot.

I have often been told that my system of rushing away at the crack of hedges and ditches, and always comthe pistol, in order to get a good ing back to the same field. initial advantage over my competitors, was "all wrong." It would seem that I am a law unto myself, however. My performances are the best answer to my critics. The presence of runners near me has always made

When I won the Parry Cup of the Salford Harriers for the second time, and added it to my permanent tro- and Irish clansmen. that a young American had been to the secretary. He took no parspecially imported to "take my num-

een, did not appear, but a fine runner from the Salford Harriers competed. From the outset his obvious plan was to frighten me out of winning by sticking to me like a leech. thusiastic delight of the Northerners. "You've got 'im beat, Billy!" they shouted. "Stick it, Billy, and the cup

from my challenger, and soon he dropped out, completely exhausted.

I bounded along with a great joy in my heart, and on passing the pavil- me down, and caused considerable ion. "Billy" came out and gallantly cheered me on to victory. Afterwards he remarked that I was the

Racing in a Fog.

In a race between the South London Harriers (of which I was a memgot lost in a fog. For three miles I had a good lead, but lost the paper track, and fell into a ditch. Scrambling out of it, cold and miserable, I called out to the others, and eventu

It was the queerest "race" I have ver taken part in. 'Half a dozen of irselves in a wood. How any of us aped contracting pneumonia was ttle short of a miracle. The dripping

hly exhausted, we rea

most of the afternoon jumping over

During my Canadian tour I ran a ten mile race against a horse driven round the track in a light buggy. When I arrived on my first visit t me rather nervous, and the knowledge | running had not yet taken hold of the people "over there," and I had much

lifficulty in arranging matches. One day I opened a Philadelphian paper which announced a great race

ticular notice of my name, and had heard, apparently, nothing of my ar-The Yank, whoever he may have rival. I won the mile race in a canter, but before going half the full distance the cat was out of the bag.

> "It's Shrubb of England!" I heard one man shout: and as I came round again: "Gow it, Alf, the little 'Or-

At the close of the race the dressing tent was stormed, and I had to We were almost glued together, and undergo the ordeal of shaking hands was beginning to get a little anx- with hundreds of people I had never ious. But at the end of three laps I met, but all of whem claimed me as press agent, ticket-collector, and gencould hear welcome signs of distress their own. The fact that I came from England-from Sussex-proved bills, engaged a town-crier, and on one an open sesame to their hearts.

A kilted Scot insisted on rubbing regret was that I "wisna born a Hielanman." And "wad I hae a wee drappie oot o' the bottle " I politely youth holding aloft a more or less but firmly declined his well-meant

The secretary looked in later. "Shrubb of England, are ye" he said. 'Man, if only I'd known a week ago ber) and a University team, our pack I'd have gladly paid you whateve

iripping and forlorn competitor ar- ground they treated me handsomely, cordingly to indulge in some "trumrived at nine o'clock. He had spent and I had the privilege of running pet-blowing." In this I easily beat before a record attendance. the band. I soon discovered, how-

> Three Against One. On an outdoor track at Boston Kanaly and Myers, the elite of Am- stand to my credit. One of my shorterican long-distance men, and won, er distance runs in which I ignomin-Later, it was suggested that I should fously failed, was as my own business compete in a six-miles "relay" against three runners-Kanaly, Myers and

Tom Williams. order: but, as I had to make my expenses somehow, I agreed to undermeeting promoted by certain Scottish | take the task. As luck would have it. I never felt stronger or more full of running, and, in spite of my heavy handicap. I managed to pull it off. my boots, the rest of the week I ran in my racing shoes. This feeling of

> that during my American tour I eral factotum. I printed my own

The "men of brass" marched through the streets, preceded by a

to sell my "wares," just like any the same commercial traveller, and had ac-

canning time of year

Are storing fruit and blossom for th Winter days and drear.

And from many a jar of jelly and from many a gleaning can

Shall leap the orchard's splendor delight the soul of man.

have the idea that consideral of money accrue to the explorer esult of lecturing, or from

ney out of his heroic and rome ndertakings. Sir Ernest Shar nfessed publicly, after the om the expedition begun in that all his royalties on books and his fees for public lectures had he nortgaged beforehand. Otherwise would have been unable to un

When Shackleton came home in the he was given a knighthood and a Tra sury grant of £20,000 towards the penses of his expedition to the Sor Polar regions. But no Government continue indefinitely to finance plorers. There comes a time these gallant adventurers would he ly be able to meet their private h but for the generosity of friends, Two young Englishmen who he started lately for the unknown reas es of the Amazon River have been anced entirely by enthusiastic frie When Nansen wanted to explore coast of Greenland he took if for gre ed that he himself would have to for the cost of the expedition. But was not a rich man, and after waiti for his fortunes to change he appli eluctantly to the Norwegian Govern

ment for the very modest sum of 5. kromen (bout £275). This was ren ed. Everyone thought Nansen a dram er. No one in official circles believed his schemes. He had almost given up hope of en making the expedition when one di he received from Copenhagen a did for the coveted sum. It came from entire stranger, and thanks, not to incredulous Government but to an u

land, and there he made one of t historic journeys of the world. Columbus Made it Pay.

glad heart for the icy wastes of Green

and bad bread mak

of mathematics from

really efficient ho

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n is worth a cent

One good law wo

The trick one an

ion we said "they

hould be chipped

waste is as unpatri

of our fellow country

enormously in recent years. Two thousand pounds, would not go far b day in the forwarding of an ambiti exploration plan. It is doubtful if d

been an exception to the general n that exploration does not pay. managed to get very good terms out Isabella of Spain and her consort, he left a will disposing of extens

Many long-distance records must be counted among those who give their all freely and gladly for the la

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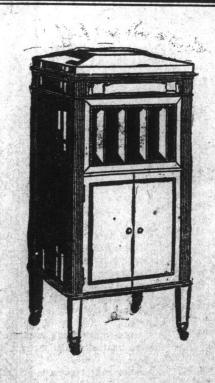
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the extra lightness on the track stood me in good stead, and I confidently recommend the idea to athletes who



conceit, but in those days I was out to sell my "wares," just like any commercial traveller, and had ac-

It's the concentrated Summer that is wafted on the breeze.

There's the fragrance of the peace tree with the clove from over-seas.

And the sunshine of the Summer shall make glad the hearts of men From the shelves of bottled sweetness when the Winter comes again.