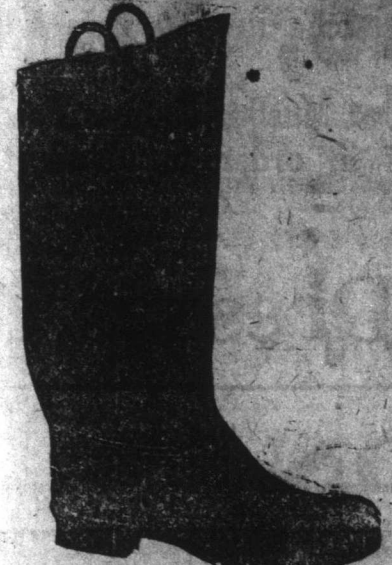


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F. SMALLWOOD

THE HOME OF GOOD SHOES, WATER ST.

Feb 21st

SIDE TALKS.

By Ruth Cameron.

FOR THE AFTER-30 YEARS.



There is one thing that every person ought to do as soon as he finds that he is approaching the after-30 years. And that is, learn to read. Maybe you think you know how already. And perhaps you do. Some people learn to read in the sense I mean long before they are 30. And some never learn.

I mean to learn to read in the sense of making reading a habit from which great deal of the happiness of life is derived.

The Most Independent Pleasure. Almost all of our pleasures in life are dependent on people or on resources. We must have people to play games with and we must have people for human intercourse. We must have money for travel and for the theatre and the movies.

But just think, the pleasure you get out of reading is not dependent on anyone or on your financial resources. You may not have a friend left you in the world and still be able to have the company of great novelists and great thinkers, if you are capable of enjoying their company. You may go to the old folks' home or even the poor house and if there is a public library within reach, you may have the pleasures of reading for your spare time.

I think it is fun to have several adventures in reading on hand at the same time. I like to be reading some serious books, something I have to put my whole mind on, something that concerns the big affairs of the world. Then I like to be in the middle of some good biography, something that I enjoy and at the same time get profit from. Thirdly, I like to have a good novel on my reading table.

Yet It's Just Made Up.

The only trouble is that being a weak, foolish person I am apt to steal time from the other two to see how the hero and heroine of my novel are getting on. Queer, isn't it? What a powerful hold these histories of people who never lived have on us! One would think that the biographies, the fascinating true stories of real people, would have a more vital interest. And yet with how many of us is that true? We enjoy the biographies, but how often do we have, even for the best of them that I just can't bear to lay it down, feeling, we have for the good novel?

Yet the biography really happened and we know the novel is made up. I suppose the answer to this is that we always subconsciously identify ourselves with the hero or heroine in the novel and live their adventures, with them. Whereas, we can't identify ourselves with the hero or heroine of the biography because we know that was a real person.



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Divided I Can Rule 'Em

A coalition government, with all its many merits, has one great fault: it is a coalition of all the elements of the party. One party deems it far too slow, the other far too rapid. Its state-similarity pronouncements are all are stigmatised as vague. The popular Prime Minister, the poor, much-harassed man, By logical necessity discovering he can rule 'em!

When any little trouble has arisen in the Balkans And all the nations sit around like unstable fobbers. One wants a Big Bulgaria, another fair would see grow The thriving Principalities of Wied or Montenegro; Our hapless Foreign Minister, uncertain whom to trust, By logical necessity discovering he can rule 'em!

A parallel perplexity in lower social stations Divides the operations of each local Corporation; The Mayor, perhaps, is anxious for the welfare of the city, But Aldermen and Councilors control each small Committee; He strives for peace and harmony, but, driven at last to bay, By logical necessity discovering he can rule 'em!

In short, whoever occupy responsible positions Will find their power limited by similar conditions; A line of simple honesty the fools will never follow. But if you take to trickery the knaves will beat you hollow; And so you'll find that all of them will end as I began. By logical necessity developing the plan, Fool half the people, half the time; you cannot always fool 'em, So divide et impera! for that's the way to rule 'em!

CYRIL ALLINGTON.

Something To Look Forward To.

Another reading adventure I like to have on hand to enrich my days, no matter what annoyances or disappointments come to darken them, is some serial story in a magazine or newspaper. Serials give one something always to look forward to. What is that happy feeling which accompanies me about my work this morning? Oh! I know, the latest number of my magazine has come and I shall find out which of his two loves the hero is going to be faithful to. I want to drop my work and find out now, but it is much more fun (as well as more efficient) to put off the happy hour and have it to look forward to.

Blessed be the power to read. It might well have been that as well as hope that was left in Pandora's box.

Truth About German Relief

Canadians whose philanthropic tendencies are likely to be influenced by harrowing appeals now being made in some quarters for help for starving German children, will find instructive reading in the two following extracts, both taken from the Toronto Globe of February 2.

First Extract:

A campaign throughout Canada will be opened by the Canadian Friends of Soviet Russia to collect funds to provide relief for destitute German workers and their children. Immediately, it was announced last night after a meeting held in the Labor Temple, at which Mrs. Florence Couston presided.

Recently Mrs. Couston returned from Chicago, where a meeting was held of representatives of radical organizations on this continent which were affiliated with an international organization, the headquarters of which are in Berlin, and the purpose of which is the collection of funds for the starving Russian workers and their children during the famine.

Mrs. Couston announced that Russian trade unions would take over the homes established by the Berlin organization, and, upon the advice of its secretary, affiliated organizations were requested to turn their assistance toward Germany.

It is now proposed to collect funds through the usual channels—meetings, dances and banquets—and, if possible, to open a kitchen in some German city, from which food would be provided for German workers and their children. The campaign will commence at once.

Second Extract.

(Special Cable to The Globe and The Chicago Tribune. Copyright, 1924). Berlin, Feb. 1.—While the world at large is being asked for millions to feed the German children, one amusement place in Berlin last night took in more than 400,000 gold marks on wine and food and nearly 200,000 gold marks on admissions. This enormous total of nearly \$150,000 taken in in one night by one place of amusement is a good barometer of the way Germans to-day are spending their money.

The wine restaurants are asking as high as \$20 for choice wines and they are selling quantities.

The Futility of Fatness

The fat man is really to be pitied and not made fun of, says Dr. Cecil Webb-Johnson.

Fatness has an ill-effect on the organs of the body, and also affects the daily life of the sufferer.

"As a matter of plain fact very few fat men really enjoy being fat. People may think a fat man an object for mirth, but did they realize the perils which beset him they would as soon think of laughing at a person seriously ill. A fat man suffers in ways the ordinary unthinking public little dreams of, and, what is more, his expectation of life is much shorter than that of the lean man."

Food and drink are the cause of most fatness.

"An anecdote is told of a very fat lady who wished to reduce her figure, and consulted the family physician about her diet. He took some trouble to draw up a diet-sheet for her, which she promised to follow faithfully. At her next visit she was unable to report any progress. 'And how am I to get any better, doctor,' she tearfully exclaimed, 'when I've got to eat all you put down for me, as well as my regular meals?'"

Dieting is often looked on as an appalling prospect by fat people, but need not necessarily be harsh or nasty. Richly-cooked dishes must be avoided:

"What is generally known as high-class cookery is the bane of the obese, for it greatly depends for its savour upon excesses of fats and meat-extracts. Great quantities of butter, cream, milk and eggs are used in rich entrees and what used to be known as "made" dishes. Moreover their delicious flavors, and the spicy condiments used in their preparation, tempt the appetite, with the consequence that an extra amount of food is taken, and that of the most fat-forming kind."

Grilled food is best for the sufferer from excessive fat. The author advocates the rule that breakfast should be cut out altogether.

"From experience as a physician I am convinced of the efficacy of the no-breakfast plan in reducing superfluous fat. It is a sound plan to dispense with the usual starchy breakfast in any case, but it is especially beneficial to the obese. To rise from a night's sleep and immediately proceed to the breakfast-table is to overload the stomach, and an overloaded stomach is the parent of obesity. Take no food of any kind till you have earned it by a spell of mental or physical work, and you will probably never be numbered among the sufferers of superfluous fat."

It is no use the fat man stopping drinking beers and spirits and wine if he drinks a great deal of tea, coffee and water.

"But the sufferer from obesity who thinks he may drink freely of any beverage allowed, and swallow down tea and coffee by the pint, makes a very great mistake. Even water must not be taken in large quantities; it is important to limit the amount of fluid ingested. It should not be forgotten that obesity comes from excess of fluid as well as excess of solid."

Another thing of which the fat man must beware is too much sleep. Two lines of Dryden's fully describe the

sleep of the fat and its consequences: "The lazy glutton's ease at home will keep, Indulge his sloth and fatten with his sleep."

This is precisely what happens with indolence and self-indulgent people. Over-eating produces a somnolent condition, and sleep is a great fattener."

Exercise and plenty of it is one of the great cures of excessive fatness, but the sufferer has to be very strong-willed about it, as most fat people hate exercise of any sort.

"The great trouble is that, the more fat people put on, the less they are inclined to exercise, and the less exercise they take the fatter they get. Thus the vicious circle comes into being."

There is no need to take violent exercise. Gardening is a very good thing to do.

At the end of his book Dr. Webb-Johnson gives some menus for the fat, which show that they can really do themselves very well when dieting. This is a suggested dinner for the winter:

Bolled fresh haddock, anchovy sauce.
Roast grouse.
Spinach puree.
Pineapple and lettuce salad.
Stuffed tomatoes on toast.

A Treat of Pictures at the Crescent

TREMEUDOUS PROGRAM ARRANGED FOR TO-MORROW NIGHT.

A treat of pictures will be witnessed at the Crescent Theatre to-night. When the popular Saturday Evening Post story will be screened together with the current episode of the sensational serial "The Yellow Arm."

In "Don't Write Letters," Gareth Hughes appears as Bobby Jenks, who quits his job at the great sock company when the war comes, and enlists. Because he is short in stature, when he arrives in France he is assigned the job of cook, with which he is greatly dissatisfied.

Bobby finds a letter in the army blouse that his sergeant tosses to him. The blouse is too large, and Bobby returns it, but he keeps the letter and the photograph which Anna May Jackson, a Kentucky factory girl, has sent with it. Anna hopes that the blouse will keep her "big unknown hero" warm "in the trenches."

Bobby answers this letter and he writes many more, building up a terrible story of the experiences he has undergone and the dangers he has faced.

Bobby comes home eventually, and visits Anna as a friend of the "dear old" Bobby Jenks. He grows to love the girl immensely, yet he cannot tell her the truth. A strange coincidence helps him solve the problem, and Anna learns the whole truth about the authorship of the letters. With this barrier removed, Bobby can now tell her how much he loves her.

The biggest of all variety entertainments will be witnessed at this theatre to-morrow night. Watch the advertising space for particulars.

A grease spot is easily removed from the rug if attacked while fresh. Use a hot fat iron over a piece of blotting paper, cover the spot with magnesia, and after twenty-four hours brush off.



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Octagon Steel. Cold Rolled Steel

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Job's. Stores, Ltd.

Vera Gordon in Latest Film Play

"YOUR BEST FRIEND" GIVES EMOTIONAL STAR STRONG HUMAN ROLE.

Vera Gordon's latest picture, "Your Best Friend," a Warner Brothers production which will be shown at the Nickel Theatre to-night, is said to tell the story of a mother who gives and loves and sympathizes with her two sons. She does not ask forgiveness for their neglect, but rather endeavors to remain with them in spirit and feeling, when it's brightest, warmest or otherwise.

The prominent members of the cast supporting Miss Gordon include Belle Bennett, Harry Benham, Beth Mason, Stanley Price and Dore Davidson. The story was produced by Harry Rapf and directed by Will Nigh.

In "Your Best Friend" Miss Gordon once more graces the screen as the eternal mother. She plays the part of a widow who, at the outset, is surprised to learn that her son has married without ever having told her he had a sweetheart. She takes the shock calmly, and welcomes her daughter-in-law; but she soon discovers that the girl is a snob with an equally snobbish and socially ambitious mother.

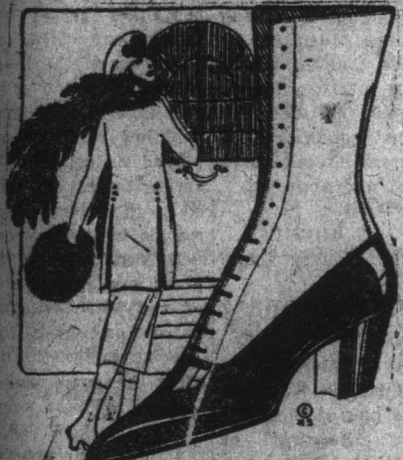
To please her son, Mrs. Meyers (Miss Gordon) is transported from a lowly existence to one among the social elite. Here she sees her daughter-in-law with her mother squandering her money on gay parties and midnight suppers.

At every turn Mrs. Meyers is snubbed, and it does not dawn upon her that she is merely the financial weapon for the gratification of the whims and fancies of her daughter-in-law. In time, however, she sees the light, and in the process Miss Gordon is said to render one of the finest characterizations of her screen career.

Wit in Action

"It is recorded that at a small dinner party at Carlton House, Colonel Hamlyn, one of the boon companions of the Prince, (afterwards George IV), told a story which, like most stories of the Regency, was more distinguished by its points than by its propriety. When Colonel Hamlyn had finished, the First Gentleman in Europe filled his glass and threw its contents into his guest's face, saying, 'Hamlyn, you're a blackguard.' What was the colonel to do? To challenge the Regent was treason, and yet to return the insult was to take a course which must have compelled the Prince, a gentleman, to challenge the colonel, or to ask some one to take up

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the quarrel for him. And yet to sit still. Highness's toast—pass it on. This was impossible. Colonel Hamlyn sat: was wit in action. It sealed Colonel's difficulty by filling his glass. Hamlyn's friendship with George IV, and throwing the wine into the face 'Hamlyn,' he said, with a slap on the of his next companion. 'His Royal shoulder, you're a capital fellow.'