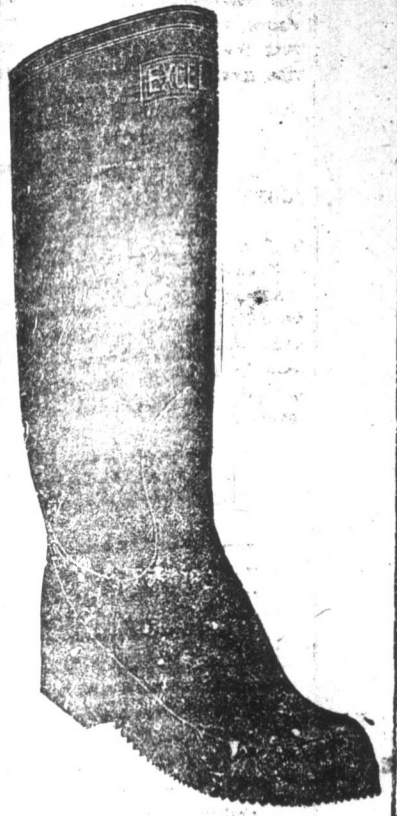


# Fishermen! Here's the Boot for You-"EXCEL"!



## "EXCEL"

### The Fishermen's Friend

All fishermen know from experience what happens to ordinary boots when used in fishing. You've seen how salt water seems to take the life out of rubber and how the uppers crack and the soles wear through in a surprisingly short time.

The "EXCEL" is a different and better kind of boot. It has been made especially to stand up under the unusually hard use of a fisherman's boot gets.

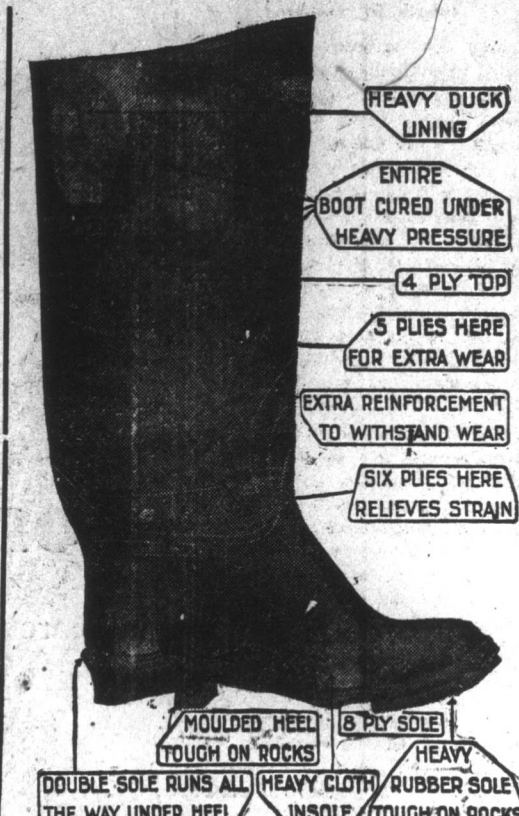
The rubber and fabric in "EXCEL" boots are of the very highest quality. But it is the special method of curing, under tremendous pressure, that makes the "EXCEL" so wear-resisting. The pressure forces the layers of rubber and fabric together so that they are actually "one-piece", without losing the least bit of the

life or resiliency of the rubber. Salt water has practically no effect on "EXCEL" boots. The UPPERS remain pliable and weatherproof, and resist the drying-out action of sun, heat and extreme cold far longer than other boots. Consequently they don't crack anywhere near so quickly. The SOLES are almost wear-proof, because they are made like an Auto Tire, with 8-ply rubber and fabric welded by tremendous pressure into a "tire-tread" sole that rivals an automobile tire for toughness and durability.

These are exclusive features of "EXCEL" boots. The picture, at the right, of an "EXCEL" boot cut apart, with every detail of construction visible, shows how "EXCEL" boots are reinforced at every point of

strain. There is not a single feature but what has been proved necessary and desirable by tests of severest use. Your own experience will tell you that a boot with these features simply must be a better boot.

Study this picture. Learn these features. Remember them when you compare "EXCEL" boots with ordinary boots. And remember, too, that very important point which the picture cannot show, namely, that "EXCEL" boots are cured under tremendous pressure, which leaves the rubber pliable, weatherproof and wear-resisting. It is only by the use of this tremendous pressure combined with highest quality materials that the best results are obtained.



"EXCEL" Boots are sold by all reliable dealers from Coast to Coast.

## PARKER & MONROE, LIMITED, Distributors

Pliable Uppers. Weatherproof and Wear Resisting. Tough Tire Tread Soles. Made "All in One Piece."

## Physical Development.

### and its Bearing on Health and Strength.

By GEE.

#### Gymnastic Exercises.

**Windlass**—This is also an apparatus for strengthening the wrists and muscles of the forearm, and of the arm proper to the shoulder. It is a smooth round wooden bar about an inch and a half in diameter, and so arranged as to revolve rapidly. As it rotates it coils a rope around its thickest portion, which raises a box containing weights sufficient to produce a due amount of fatigue in the forearm muscles of the learner.

**Another machine** for the development of the upper arm, shoulder and chest muscles, is especially valuable to those who have inherited a consumptive tendency. It is a stout frame, with sockets near the top for a metallic axle, operated by a cross-bar, so as to lift the weight supported by a rope passing over two pulleys. On account of the short arm of the lever the pupil's strength is taxed to rotate the cross-bar, and the muscles are correspondingly exercised. As practice goes the poundage of the weights may be increased. Proper posture of the body must be carefully observed in this exercise.

**Dr. Ford's Gymnasium**—Dr. W. A. Ford has carried the variety and construction of gymnastic apparatus to great perfection in his gymnasium. His appliances are all based on perfect development of the body, part by part; and according to ascertained rules fitted to weak and strong bodies, and to various conditions of life.

**Lower Extremities**—An ingenious machine for the development of the lower extremities consists of a chair in which the pupil seats himself, rests his arms upon its arms, and grasps the extremities firmly. The feet are then placed on two treadles, which are connected by ropes passing over the pulleys behind and above the chair that extending the legs lifts the weight-boxes, which are loaded to any desirable extent. The exercise may be varied by pushing out the feet alternately, or together, or by making the leg extensions on each side in groups of two, three or four, as preferred.

There are a few more exercises for the development of the arms and upper body:

(1) With both arms hung down in front of the body, straight, right hand held palm out; place the left hand firmly on the right wrist. Now raise the right hand to the shoulder without allowing elbow to move against strong pressure from left hand. Repeat and repeat twelve times. Then turn with right hand on left wrist. This is for exercising the BICEPS.

(2) Place the left hand on the right wrist. Both arms as straight as possible. Now raise right arm up in front of body with direct downward pressure from left arm just sufficient to allow the right arm to rise. Take all strain off the muscles when the right hand is level with the eyes. Repeat with right hand on left wrist. For Deltoids and Latissimus Dorsi.

(To be continued.)

## Epidemics in Russia.

Samara, Russia. (Associated Press Mail.)—In the first seven months of the present year, 159,000 cases of typhus were reported to the Russian Government. One-third of these cases was in January. February and March also showed much typhus. The number of cases fell off rapidly in April and declined to 3,777 in July. The disease was worst in the Kurek, Tamboff, Grel and Gomel governments. Cholera raged chiefly along the Volga in the famine districts of Oufa, Saratoff and Samara. In all 126,760 cases were reported up to September 1, July was the worst month with 74,000 cases. The first half of August showed 16,000 cases. The third week of August developed

## Memorial Fund ZR-2 Disaster.

London. (Associated Press Mail.)—The Council of the Royal Aeronautical Society has decided to establish a memorial fund to those who lost their lives in the ZR-2 and previous airships. With the income derived from the capital sum raised, it is proposed to encourage investigations into problems connected with airships or

## A Notable Frenchwoman

The terrible French Revolution of 1793 brought many persons into prominence, among them a Madame Roland. As a child Madame Roland was remarkable; she read much ancient history and thus acquired a passionate longing to emulate the great ones of the past. At fourteen she wept because she was not a Roman or Spartan woman. The French Revolution began as a demand for liberty and in the struggle her husband took an active part, assisted by his wife. When the outbreak degenerated into ruthless anarchy, they sought to restrain the extremists. The more moderate revolutionaries, or Girondists, as they were called, formed their own government and invited M. Roland to become Minister of the Interior, his wife assisting him in drawing up many State papers. To Madame Roland's pen was attributed the famous letter of warning to the King, Louis XVI, which caused the dismissal of M. Roland. The Revolution then entered upon a hideous phase, and all the boldness, sarcasm and sarcasm that Madame Roland could command was hurled at the extremists, who were often thwarted by her in their outrageous movements. The lives of the Rolands at last were endangered, and they were advised to sleep away from their customary abode, but Madame Roland refused to seek safety. In May, 1793, a rabble of about 40,000 Jacobins marched against the Girondist National Convention and Madame Roland was with many others taken prisoner. The jailers she converted into friends, and might have escaped or taken her own life, but she boldly resolved to face her fate like so many of her friends. Soon after, Marie Antoinette was guillotined and Madame Roland was placed on trial and condemned to the scaffold. At her death on Nov. 8, 1793, the nobility of this woman was strikingly revealed. A man was to die with her, and the executioner had orders to guillotine Madame Roland first, in order to spare her the sight of another's death. The man betraying nervous dread, Madame Roland begged the executioner to allow the man to be spared seeing her die, pleading that a woman's last request he would surely not deny. Her wish was granted, and as she passed to the scaffold she gazed on the gigantic statue of liberty, exclaiming, "O Liberty, how many crimes are committed in thy name."

## Not so Large as Figures Imply.

Petrograd. (Associated Press.)—The impression abroad that there are no servants in Russia is an error. One gets a different impression in walking through the Kremlin, where cooks and housemaids may be seen throwing water out of the windows of the various apartments where prominent officials of the government live. And when one tries to hire a cook, he finds it is easy enough, if a large enough salary and sufficient foodstuffs are offered. The cook in the leading cafe in Moscow is said to be getting 50,000 rubles a day and three square meals. Tipping is also forbidden by decree, but waiters and other servants not only expect them, but frequently demand them and express a desire for sugar or other foodstuffs, rather than rubles.

## A Loch Lomond Romance.

A sailor's romance is revealed by the presentation, at Balloch Pier, of a pocket-book and £15 to Mr. Angus Cameron, mate of the steamer Empress. The gift was from the Loch Lomond steamer staff, and was to mark the occasion of Mr. Cameron's marriage. About two years ago when a waiter in the Balloch Hotel was boating up the loch with two lady friends, his boat capsized. The waiter, who was a Glasgow man, was drowned, but the young ladies were saved. Mr. Cameron jumped from his steamer into the loch and rescued one of the ladies, who has now become his wife. She is a Val of Leven woman.

**WHOLESALE SWEETS FOR THE WHOLE FAMILY**

The chocolate used in Moir's is one of the most nourishing of foods, and with the addition of pure sugar, good butter, and rich ripe fruits and nuts it forms a food combination that is hard to beat.

And Moir's have the additional advantage of pleasing everybody's taste, from the oldest to the youngest.

MOIR'S LIMITED, HALIFAX

## MOIR'S Chocolates

F. V. CHESMAN, St. John's.

## Is Colosseum a Church?

Point Recently Raised in Rome. (Associated Press Mail.)—The question whether the Colosseum, that ancient monument of imperial Rome, where the Christian martyrs suffered death, and men fought wild beasts to make a Roman holiday, is a public church, has again been raised and decided. A proclamation, attributed by some of the Roman newspapers to the Vatican, declares that the famous building is a public church. The point was raised recently when the Roman police prohibited the delegates to a convention of the Italian Catholic "Young Men's Association" from congregating in the Colosseum, and holding a parade from that point to the Vatican. The public announcement of the decision on this point recounts the history of the Colosseum from early times. It states that Pope Clement X, Clement XI, Pius X, in their pontificates, prohibited further profanations of the holy ground sanctified by the blood of the martyrs. Benedict XIV, in 1765, declared it to be a public church. From 1776 to 1870, masses have been sung regularly in the Colosseum but when Victor Emmanuel II, took possession of Rome in 1870 the practice was discontinued. During the war, the custom of holding religious services in the Colosseum was again revived. After the war, a requiem mass for the soldiers who died in the great arena was held there.

Black and white striped taffeta makes a chic party frock for a little girl.

## Young Girls Need Care

FROM the age of twelve a girl needs all the care the thoughtful mother can give. Many a woman has suffered years of pain and misery—the victim of thoughtlessness or ignorance of the mother who should have guided her during this time.

If she complains of headaches, pains in the back and lower limbs, or if you notice a slowness of thought, nervousness or irritability on the part of your daughter make life easier for her.

Lydia E. Pinkham's Vegetable Compound is especially adapted for such conditions. It can be taken in safety by any woman, young or old.

**Read How These Mothers Helped Their Daughters**

**Cobourg, Ont.**—"Lydia E. Pinkham's Vegetable Compound was recommended to me for my daughter. She had trouble every month which left her in a weak and nervous condition, with weak back and pain in her right side. She had these troubles for three years and frequently was unable to attend school. She has become regular and feels much better since she began taking the Vegetable Compound, and attends school regularly. She is gaining steadily and I have no hesitancy in recommending Lydia E. Pinkham's Vegetable Compound and Lydia E. Pinkham's Blood Medicine."—Mrs. JOHN TOMAS, Ball St., Cobourg.

**Carbon, Alta.**—"I was in a general run-down condition with a weak back and a tired feeling so that I did not feel like working. My mother was taking Lydia E. Pinkham's Vegetable Compound and recommended it to me, so I have taken it and my back is better and I am now able to do my work. I recommend the Vegetable Compound to my neighbors and you may publish my letter."—Mrs. JOSEPH A. GRENIER, Box 47, Carbon, Alta.

The Sensible Thing is to Try

## Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

## Called Ludendorff A Horrible Man.

Munich. (Associated Press Mail.)—Former King Ferdinand, of Bulgaria now resides in Cobourg and while he has slightly aged and silver threads now greatly outnumber the dark ones in his close-cropped, sharp-pointed beard, has retained all his former elegance of dress. Accompanied by his two daughters, he recently visited Munich, attended the opera and one day, while strolling in a garden caught sight of General Ludendorff approaching in the distance. Ludendorff was Quartermaster General of the German Army in the world war, "I hid behind a tree," he is reported to have told one of his friends that same evening, "that I might not come face to face with that horrible man whom I loathe."

Evening wraps appear in fancy cape effects. The wider sleeve, with no cuff, is a new note.

## Delicious for Afternoon Refreshments—

**Knox Orange Sherbet**

1/2 envelope Knox Acidulated Gelatin, 1/2 cup sugar, 1/2 cup cold water, 1 pint orange juice, 1/2 cup boiling water.

Soak gelatin and fruit acid in proportion to 1/2 cup cold water 15 minutes. Dissolve in boiling water and add sugar, 1 cup cold water and orange juice. When sugar dissolved strain and freeze. Follow these directions for other varieties, using different fruits.

The dairy refreshments served at your afternoon teas, add to the pleasure of the occasion. Why not serve a different ice, jelly or other sweet at each gathering? You can do it with the aid of Knox Gelatine, combined with fresh fruit juices, or milk. Try one next time.

**Two Packages—Fruit and Acidulated.** Each Making Two Quarts (1/2 gallon) of Sherbet.

With the Fruit Packets, lemons are used for flavoring; but with the Acidulated package covers an extensive of concentrated lemon juice—a great convenience when too busy to squeeze lemons. Both contain a recipe for coloring.

Let us send you the Knox Recipe Book and arrange to deliver to your home.

Enough to try most any one of our desserts, puddings, salads, jellies, ice cream, chocolate, candies, etc.

Recipe book free for your pleasure. Name and address on separate card.

CHARLES E. KNOX CO., 100 East Ave., Johnston, N. H.