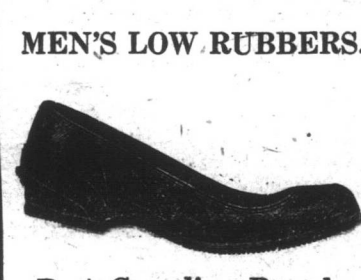


Buy Your Rubbers at Smallwood's!

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. MISSIES' GAITERS. CHILD'S GAITERS. BOYS' and GIRLS' GAITERS and RUBBERS.	MEN'S SHORT RUBBERS.  MEN'S LOW RUBBERS.  Best Canadian Brands. WOMEN'S STORM and LOW RUBBERS. BLACK and TAN RUBBERS. HIGH and LOW HEEL RUBBERS.	MEN'S GAITERS.  WOMEN'S 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.
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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.

GYMNASTICS (continued)

The Rings—Combined rings give a varied course of movement, similar to those brought about on the trapeze. The rings should be about five inches in diameter, and suspended some five or six feet from the floor, and about eighteen inches apart.

First.—The pupil, standing between the rings, grasps one in each hand, lowers his body till the arms are fully extended, extends his feet, and holds his legs in a horizontal position.

Second.—He then throws both feet upward, turning a somersault between the rings, the arms and legs being held straight throughout.

Third.—A slow descent is then made to the ground, completing the circle and relinquishing the grasp.

The Horizontal Bar.—The exercises upon this gymnastic appliance are very valuable for the distinct reasons: First, on account of their own intrinsic merit, and second, from the circumstance that they are capable of being executed by an entire class at the same time, all obeying the same word of command.

First, travel along the bar with the arms bent, the right hand leading; second, passage along the bar with the legs bent at the knees; third, springing from the ground and grasping the bar on its right and left sides with both hands, passing the left leg over the bar, and assuming the position with hands and left leg supporting the body on the bar.

The Inclined Ladder.—This appliance not only improves muscles but begets a courage which may become useful in case of fire. A regular exercise is ascending with the right hand

leading, and descending with the right foot leading. A second is ascending by means of the hands only.

Having thus given a fair amount of space to gymnastic exercises, we now draw the line and begin on another series.

CALISTHENICS.

Nature.—Under the title, calisthenics or graceful movements, are classed those light exercises, having in view the same object as heavier gymnastics. Convenience.—Calisthenics may be carried on without the use of machines, or with the aid of such movable appliances as are easily obtained and readily transported. In some respects calisthenics are at a disadvantage when compared with machine gymnastics; in other respects they possess advantages.

Suitability.—They are better suited to children than heavier gymnastics, also to delicate adults, especially females, and can be practised in large classes under the direction of an instructor, or alone in private. They can also be practised in an open porch, near an open window, or out in the air, in such a way as to secure the greatest amount of vitalizing oxygen. Again there is economy in calisthenics, for there is no expensive apparatus, the only need being a few inexpensive appliances.

THE DUMB-BELLS.

Variety.—Of the simple forms of apparatus, dumb-bells are the most ancient and popular. There are many varieties of dumb-bells—heavy, light and middling. They also differ as to substance—iron, wood, etc. The value of each variety depends on the mode in which it is used.

Rules for Beginners.—A good rule is to begin with dumb-bells each one equal to one-fiftieth the weight of the body for males, and one-twentieth for females. After a few weeks, if implements of this size are not found to call forth a sufficient amount of muscular energy, they should be substituted for heavier ones. It is advised to increase the weight of the dumb-bells about fifty per cent. every time a change is made. The best way of all is to make such alterations of the resistance to be overcome only under the direction of a medical man or an instructor in physical education. Before proceeding with dumb-bell exercises here are some more Physio-Physical Exercises:

(1) Heels together, hands resting

one on each thigh at top. Now press on thighs as hard as you possibly can, at the same time allowing the hands to slip downwards until they reach the knees, and the back to bend slightly, and the body shrink up as it were, leaning back slightly all the time. Return and repeat. Expand chest on rising erect again. For Rectus abdominis.

(2) Hands behind back as low as possible. Shoulders forward, chest contracted. Expel the air from the lungs, then press backwards as hard as possible with the elbows and shoulders, expanding the chest as much as possible and grinding the muscles of the back well together. Return and repeat. For straightening round shoulders and improving flat chests. Trapezius, rhomboids, etc., lung and chest expansion.

(To be continued)

The Loveliest Women in Europe.

On November 16, 1686, was born Aurora of Koenigsberg, daughter of a Swedish count. She was considered the loveliest woman in Europe, with a figure perfect in grace, hair black as jet, and a skin of dazzling whiteness. One day this girl presented herself to Augustus, Elector of Saxony, the King of Poland, to crave his help in recovering the fortune of her late brother from the hands of the bankers, who refused to part with it. It was a fateful meeting. At the first sight of Aurora's beauty, Augustus became a slave, and from that moment he was caught in her toils. He asked

WHEN HAIR THINS, FADES OR FALLS, USE "DANDERINE"

35 cents buys a bottle of "Danderine." Within ten minutes after the first application you can not find a single trace of dandruff or falling hair. Danderine is the hair what fresh showers of rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them, helping your hair to grow long, thick and luxuriant.

Girls! Girls! Don't let your hair stay lifeless, colorless, thin, scraggy. A single application of delightful Danderine will double the beauty and radiance of your hair and make it look twice as abundant.

LOOK! BOYS & GIRLS LOOK!

Get ready for the next Lantic Sugar Competition. To get ready all you need to do is this—Ask your mother to buy Lantic Sugar in 2-pound or 5-pound packages so that you can save up the red balls which are printed on all Lantic Sugar packages.

Tell your mother that Lantic Sugar in packages is cleanest and sweetest sugar obtainable. Send us your name and address and we shall send you 3 Lantic Sugar Recipe Books which tell how to make all sorts of nice things.

ARE YOU IN THIS COMPETITION?

To the boy or girl sending us the greatest number of words made with the letters comprised in the words LANTIC SUGAR we shall give \$10.00. Perhaps you'll win these Ten Dollars—get busy.

READ THESE CONDITIONS CAREFULLY

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

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

Only words of two or three letters will count. Names of places or persons, foreign words and plurals will not count.

Colin Campbell, Ltd.

Water Street, St. John's.

her to become his guest, and she found herself installed at the Dresden Court, surrounded by homage and luxury. Touched by her lover's unyielding loyalty, she at last began to listen with no unwilling ear to his vows. Then followed for both a few golden years, a

time of unclouded splendour and happiness for the woman in whom pity for her lover was now replaced by a passion as ardent as his own. She was now Augustus's queen in all but name, receiving universal homage. The end of Aurora's queenhood came when Augustus, who could not always remain true to any woman, however beloved, was caught in the toils of another enslaver, the beautiful Countess of Esterlee. Realizing that her sun had set,

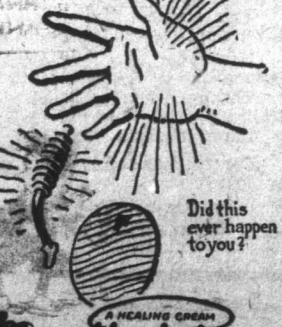
Aurora retired to the Convent of Quedlinburg, where she spent the remainder of her life in peace and piety and good works.

PILES

Do not suffer another day with itching, bleeding, or protruding piles. No surgical operation required. Dr. Chase's Ointment will relieve you at once and afford lasting benefit. See a box of Chase's Ointment, Bates & Co., Limited, Toronto. Sample Box free if you mention this paper and enclose 10c stamp to pay postage.

MINARD'S LINIMENT RELIEVES DISTEMPERS.

Minard's Liniment For Gargol in Cows.



Did this ever happen to you?

Mentholatum
 Cooling and Heals Burns, Scalds, etc.

Municipal Candidates.

The Evening Telegram.
 Now that the time is approaching when the citizens will have the opportunity of selecting a committee of men to govern our city affairs, it is not too late to ask you to think of the occasion with a view to the interest that is at stake. Is not the great general exhibited? Is not the great being who will be our city governor after Dec. 15th of more importance than some of the light matters that have been keeping some of our citizens awake at night? Of course, it is not going to realize that this old town wants the best men available to take care of it, but it is given a chance to improve with its neighbors along modern lines. I realize that there has been a great deal of talk about the need of a committee of men to govern our city affairs, but I am not sure that there can be found in our city a committee of patriotic men who can make of this town what we all should feel proud to say young men advisedly as I am not too much faith in a man's word after he passes 40 years and is a "city father" should be formed. What we want as councillors are young men with visions of the future and who will not leave all the governing of the city to nature, but will speedily devise ways and means of scrapping the ancient ideas and adopting those that are modern. What right now is a mass meeting of citizens at which candidates might be nominated and to back up a nominee an outline of the qualities that he possesses should be given, that those from whom he solicits support would have something to guide them when marking their ballots. It is not that I am concerned in the least in getting any of those who are offering that I make those suggestions, but we all as citizens avail of the opportunity of taking an interest in the matters that affect even some of us.

Yours respectfully,
 GEO. TUCKER.
 Nov. 15, 1921.

Praise of Mr. Lester.

The Evening Telegram.

Sir—Since Saturday a rumour has been abroad in the city that a man is on foot for the reinstatement of Mr. Charles Lester in the office of the Truckmen's Protective Association, as well as hundreds of others. Mr. John's hope that such is the case for Mr. Lester is a man who is greatly popular with all classes. I know him intimately for the 15 years and since he went into the contracting business I've been frequently a witness of his kindness to men working under him and his making, unostentatious efforts to help the poor in the matter of debts of coal. Each winter, no matter how severe the weather, no matter how remote the location, when people required fuel Mr. Lester has spared the valuable horse flesh team, but cheerfully risked it to supply to impoverished homes. It must be said that his men generally in this respect. Last winter the story in our annals well demonstrated this, when in serving the poor in distant localities on the high seas he lost in the drifts some of his horses, and notwithstanding great loss cheerfully risked others to reach in the same generous emergency.

Connection with plicas the various communications each summer have been the beneficiaries of his liberality. In the busiest season he has had teams and motor and other vehicles for the conveyance of teachers and children, while his grounds on Wall Avenue and elsewhere have been placed freely at the disposal of applicants. The same applies to patriotic demonstration or pageants.

Lester employs some 140 men, and I know for the fact that these men regard him with the warmest feelings for often in times of distress when there was little to do Lester kept his help and paid them weekly wage, especially the married men who had families to support. In cases of mishap or misfortune he was always the sincerest and practical and liberal helper. I am not moved by no special motive in writing this of Mr. Lester, except in an effort to do justice to a man. The Truckmen's Association and others have my earnest sympathy and support, but I imagine that the premises—even if Mr. Lester's ability of a far greater assistance that attributed to him a less penalty should be his than expected from the T.P.A. Hoping that Mr. Lester will soon be reinstated with thankful anticipation.

Yours truly,
 LABOER.
 Nov. 15, 1921.