

d's! Fishermen! Here's the Boot for You—"Excel"!

"EXCEL"

The Fishermen's Friend



"EXCEL"
Made 'All in One Piece'

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 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 plies of 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.



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

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

PARKER & MONROE, LIMITED, Distributors

Fashions in Furniture.

Furniture fashions vary almost every season, there is always some newly-designed chair or lounge coming into vogue.

The present trend is toward upholstered furniture, a splendid selection of which we are now showing. Here—here, cosy chairs, Chesterfields and loungers, over-stuffed and beautiful—just the thing for the home. There is no smaller upholstered articles.

J. S. Picture & Portrait Co., General Furnishers.

Side Talks by Ruth Cameron

HOW AN INVALID CAN HELP.

"Oh, if I could only be of some use in the world again," I heard a woman who is now a semi-invalid, but who in her younger years was always a most active and cheerful member of society, say the other day.

Her constant plaint, her daughter said. Sometimes she goes to her strength and tries to make her clothes for her grandchildren as she used to in the old days. When she has a set-back and has to go to bed for two or three

days. And that makes her more unhappy than ever.

Must She Make Others Unhappy?

"Mother is so unhappy over not being strong as she used to be and so discontented in spite of all we try to do to make her happy that it is depressing to be with her. I hurry up my work so that I can get over there and be with her, and often I'm tired out when I get there, and then she talks about not being likely to live long and not wanting to live if she can't be of some use in the world, and by the time I've finished trying to cheer her up I'm all in myself. I don't think it is possible that she will ever be as strong and active as she used to be, but the doctors say with the care we are giving her there is no reason she shouldn't live for years.

Do you suppose she has got to be unhappy and depressed and make other people unhappy all the time?

"I can't tell her myself but I wish some one else would tell her what she keeps saying that she wishes she could be of some use in the world, as that she can be. She can try to be cheerful and peaceful and resigned to use what strength she has and get as much happiness as she can from it."

SHE Wouldn't Find Semi-Invalidism Easy to Bear.

I don't suppose the daughter realizes how much she asks. I don't suppose she has any idea how hard it is to be patient when you'd rather be active. I don't imagine she would find it easy to be cheerful if she had to endure semi-invalidism.

And yet I think she is absolutely right in what she says.

Maybe you call those two statements contradictory. I don't think they are. Because a thing is hard doesn't prove it isn't the only thing that can be done.

Don't Be Hard on Them if They Can't.

If being unhappy and resentful would make her any stronger or any happier, (a paradox, you perceive but a deliberate one) those about her would be willing to have her indulge in these moods. But since giving away to them only makes her, as well as them, miserable, what's the use?

Good Spirits.

There are three sorts of spirits—alcoholic, ghostly, and those that are part of yourself. They are a health barometer, and indicate your state, physically and mentally.

Any medical man would corroborate the statement that it is unwise, if not dangerous, to get in low spirits, and as various causes produce that effect, it is as well to know what those causes are, and counter them. Forget not that, what we call "spirits" is really our vitality, the life principle.

We feel depressed in spirits on a wet day because the air is laden with vapour, and has proportionately less oxygen in it. The air, too, is lighter than usual, and does not balance the air in our bodies. Hence the depression. The result is that we work with difficulty and less efficiently.

The remedy is to get out of doors and double the normal rate of breathing. That, as is evident, will pump more oxygen into the system, and the

benefit is immediate. The "lift" of the depression can be felt.

And laugh! Laughter stirs up the whole system and releases stored nervous power or vitality. It may be urged that one cannot laugh if there is nothing to laugh at; but, as a matter of fact, a forced laugh will soon progress to a natural one. Try. You will get amused at yourself, and up will bound your spirits.

Finally, add to the quicker breathing and the laughter, a loosening of your clothing. Undo neck and wristbands and the like. That's the last little touch. At the proof of the pudding is in the eating, try this threefold remedy the next time you are depressed from any cause, and you will find it a sure cure.

Miss Vanity is Very, Very Old.

The Egyptian bells of 5000 B.C. was no less extravagant in the matter of toilet requisites than is the beauty of to-day. She required among other things, a long stone palette with a hollow in the centre, in which to mix her green eye-paint. This palette also held a very delicate sea-shell, wherein she mixed the paint with the necessary grease for stiffening her eyelashes; ivory hair-pins which rivaled in length the hair-pins of the present day, and quaint ivory combs. All these articles were shown at an exhibition in London of the trophies dug up by the members of the Egypt Exploration Fund. There was also a small red clay cast of a face, with the green paint bringing the eyes into extraordinary prominence.

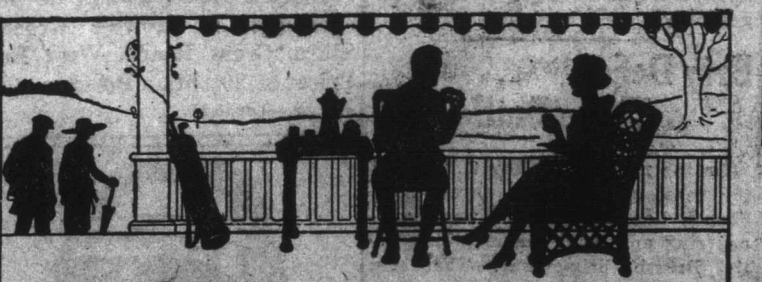
The housewife of seven thousand years ago had household goods similar to those of the housewife of to-day. She had copper pans and strainers,

stone blades, wooden bowls and copper mirrors, and to decorate her home she acquired alabaster vases and painted pottery vases.

Eat MRS. STEWART'S Home Made Bread.—oct.18,6mo

THE MOVIES.

A million children, every night behold the movie actors; in education, wrong or right, the films are mighty factors. And so the famous movie folk have influence unmeasured; their every move, their every joke, in youthful hearts are treasured. So they should make their lives so clean they'll sparkle in their beauty, and not seem angels on the screen, and of toilet requisites than is the beauty of to-day. As artists, true they should appear, and not as blooming smarties; they should cut out the booze and beer and all the frenzied parties. My little Willie goes to-night to see a movie story; the heroine is blithe and bright, all smiling in her glory; but someone whispers to the lad, "She goes her gaudy courses as though she hadn't whipped her dad, and gained fourteen divorces." And Willie in admiring mood regards the hero's capers till Whisper says, "He's often stewed—I read it in the papers." Then little Willie toddles home, his sentiments unspoken, but mournful thoughts are in his dome—his idols have been broken. The Bluebeard door has been unlocked, one glance therein suffices; and little kids should not be shocked by tales of tawdry vices.



Baker's Cocoa and Baker's Chocolate

Appeal strongly to the healthy appetites created by vigorous exercise in the open air. They are the most satisfactory of all the food drinks, as they have a most delicious flavor and aroma and are nutritious and wholesome.

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As distributors to the trade for

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we beg to announce, effective from this date, a reduction of 5 cents per lb.

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An Address on Prohibition.

REV. GARLAND TO DEAL WITH QUESTION.

It will be a matter of much gratification to all upholders of the law, especially in relation to the liquor traffic, to learn that Mr. Garland has consented to make a short address before his sermon on Sunday morning in Gower Street Church, on the work of Prohibition in America since this new amendment was added to the constitution of that Country. Mr. Garland has travelled all over the States, and has had abundant opportunities to know whereof he speaks, covering as much as sixty thousand miles in a single year. He knows the great cities

of America almost as well as the streets of his own town, and for years has worked with State and National Committees in matters of reform. Thus, his observations are those of a man not only qualified, but with abundant opportunities to know as to its success and failure, in view of conditions prevailing in our country, and the desire of our people to be informed from reliable sources, Mr. Garland's remarks will be heard with keen interest. His allusions to this

subject, in his Lecture in the College Hall, Monday evening, is a suggestion of the contempt in which he holds all who would attempt to nullify what he regards as the most beneficent single moral reform of all the preceding centuries. As this will be the last opportunity of hearing Mr. Garland during his present visit, all "to the capacity of the building" are invited to come and hear him. Mr. Garland has honored himself by his stand on the question of moral reform. He has honored the country of his birth. Honor him with your presence.—COM.

We have many testimonials from Wholesalers stating that VICTORY BRAND CLOTHING is the most saleable line they handle. THE WHITE CLOTHING MFG. CO., LTD.

THE NEW FRENCH REMEDY, THERAPION No. 1 THERAPION No. 2 THERAPION No. 3