

## XMAS POULTRY

to arrive about December 20th.  
TURKEYS, DUCKS, CHICKEN, GEESE.  
We are booking orders now.

By S.S. Florizet:	Kop's Non-Alcoholic Wines.
25 bris. N. Y. Baldwin Apples.	Crystallized Domino Sugar—
40 cases Florida Oranges—	2 lb. and 5 lb. cartons.
\$3.80 case.	Hunter's Otena.
California Navel Oranges.	Ground Sweet Almonds.
Grape Fruit.	New Turkey Figs.
Placencia Celery.	Selected Dates—
Valencia Oranges, 15c. dozen.	1 lb. and 2½ lb. cartons.
Fresh Tomatoes.	Finnan Haddies, Kippers,
	Fresh Eggs, Rabbits & Partridge

**T. J. EDENS,**  
Duckworth St. and Military Road.

**Secrets of the World's  
Champion Walker.**

In the first place I must warn the beginner—writes Mr. G. Cummings—that to become a world's champion walker you must be prepared to put in at least three years of hard training on the track. But do not let this frighten you. Hard work never killed anyone, but too little of it has killed thousands.

### Care of the Feet.

The novice, after first seeing that his feet are free from sores, should exercise great care in the choice of a suitable boot or shoe. This should be broad enough to allow the foot to expand when it takes the weight of the whole body. Otherwise, it should fit like a glove. I myself use a boot with a soft, low top. By first pulling the sock up tight, then turning it back until it overlaps the upper, you can prevent dirt or grit getting into the boot, thus saving much annoyance from unnecessary chafing of the feet. Another thing to remember after having a bath is to see that the feet are thoroughly dried, especially in between the toes. First dry them with a towel, then finish up by giving a good dry rub with the hands.

Care should be taken in choosing a good plain diet. Pastry, new bread, hashed-up dishes and tinned foods of all descriptions should be rigorously banned, as also should strong or stewed tea.

A good substitute for tea will be found in Horlick's malted milk, a food preparation which I used with such gratifying results during my training for my attack on the one mile walking record of 6 min. 23 sec. held by W. Perkins, and which had stood for thirty-nine years. This record I had the satisfaction of beating by just one second. Having proved the value of Horlick's malted milk as a muscle-building food, I have for some time included it in my diet, with the most satisfactory results. I have substituted it for tea and other beverages, and I have also found that it is unequalled as a nightcap for inducing sleep—a most important point in training.

Fresh eggs, milk, fish, a little bacon, marmalade or house-made jam, a grilled steak or lean mutton chops, plenty of green vegetables, rice puddings, tapioca, and stewed fruits should form the basis of the athlete's diet. Heavy suppers should be avoided.

### The Correct Attitude.

The first thing a novice should study when getting on the track is balance. The perfect upright position of the body, so that it is always equally balanced between two props, as it were, is the correct attitude. Do not lean backwards, a position very often seen on the track. The arms should be swung across the body with a slight forward and upward movement, the hands closed but not tightly clenched, the whole of the body, from the waistline upwards, swinging loosely in a part circle from right to left and left to right with the stride. First get the quick action; the stride will lengthen unconsciously as you

proceed, and your strength will increase. Never try to force the stride above its natural length. I know nothing which beats runner or walker more quickly.

### Speed and Stamina.

Speed should be cultivated by the beginner before stamina. When you have got the speed the stamina will follow. So perfect an exercise is walking for building up the muscular system that what to-day seems impossible will be accomplished with ease to-morrow.

There is no better physical exercise than walking; indeed, there is none to equal it. It brings every muscle into play and thoroughly oxygenates the blood. An excellent tonic for body and brain, it is the very best means of keeping fit.

Some physical culturists will tell you that walking as an exercise is not sufficient to keep the body in a strong and healthy condition. It is, however, quite sufficient, and, being a moderate and perfectly natural exercise, can safely be taken by both weak and strong.

All expert physical culturists agree that the form of exercise from which the muscles derive the most benefit is that which might be termed alternate stretching of the muscles, so that no muscles shall become unduly shortened or lose their elasticity by becoming unduly stretched. A man walking in the perfect upright position puts the same amount of strain on both abdominal and back muscles, thereby strengthening and increasing their elasticity in equal proportions. The perfect carriage of the body is attained. The swing of the arms across the body, with the chest, expanding and contracting continually, exercises the muscles of the arms, back, and chest. The twisting of the body from the waistline strengthens the spine and has a most beneficial effect on the liver and the digestive organs. The muscles of the legs, by the scissors-like action when walking, undergo a series of stretching exercises, which by the heel-and-toe action of the feet, set equally on both back and front muscles.

What I have written will convince you at a glance that of all exercises there is none which can compare with walking. I do not claim that walking will give you the big, bulging muscles of the professional strong man; neither do I admit that they are at all necessary to perfect health and strength. The day of the muscle-bound strong man is past. The man of the moment is the supple man, the man with the long, flexible muscles, which respond to the will with the rapidity of thought. The little Japanese wrestlers who some time ago invaded this country did much to prove that his muscles count for nothing when pitted against science and activity.

## Uncovering of Tablet.

This afternoon the tablet at the King George the Fifth Seamen's Institute will be uncovered by His Excellency Governor Davidson. The ceremony will commence at three o'clock. Speeches will be made in the Grenfell Hall by His Excellency and other prominent people interested in the institution.

## Nascopic Arrived

The S. S. Nascopic arrived in port Saturday night from Sydney with a coal cargo. During the run from Sydney Job Brea, wireless to Capt. Melike to proceed to Ferns and stand by the wrecked steamer Corvona but the captain of the latter ship did not want assistance.

WINARD'S LINIMENT CURE  
BURNS, ETC.

## Tails.

By GEORGE FITCH.

A tail is either an afterthought or an extravagance of Nature which is hung upon practically all of creation with the exception of mankind.

An animal's backbone seems to have no terminal facilities to speak of. When the useful part of the animal is finished, the backbone still rambles aimlessly on, sometimes for many feet.

It seems to be as hard for Nature to make an animal without sticking some kind of a tail on it as it is for a woman to design a hat without decorating it with a knob or a tassel or a spike. Man is strictly utilitarian with the exception of his delicately tinted ears and his eyebrows. But Nature cannot refrain from adorning an animal with great care.

There are as many kinds of tails as there are of animals. The horse has a copious tail which he uses as a fly killer with great skill. The cow has a yard and a half of tail with which she brushes off the hired man as he milks her. She doesn't do it well, but she does it better than the mchaf in a hotel washroom, and charges less. The elephant has an absurd tail, 18 sizes too small for him, for which he has discovered no use. The tiger has a beautiful and expressive tail which he manages with great skill, and about which he is very jealous. Pulling a tiger's tail is one of the most unhealthy of pastimes. The kangaroo is simply a small animal grown up on a large and vigorous tail, while the snake is 99 per cent. tail, and locomotes upon it with great skill. The whale has a two-ton tail which he uses for a screw propeller, and the lizard has a useless and detachable tail, which he leaves behind him in thoughtless moments, as a man does his umbrella. The sheep, the rabbit and the goat have tails which are just so much waste material and the coyote merely uses his tail to sit upon while he howls.

While man has no use for a tail except while in evening dress, the animal world has made the best of its great natural resources. The first wireless telegraph was invented by the dog, who can tell more truth with his tail than a promoter can with ten press agents. The first thirty-third degree mason was a flat-tailed beaver, and the squirrel practiced aviation, using his tail for an alarion before the patent office was founded.

Only one man is credited with having a tail, and this is a man who has been trying to dock it for 2,000 years, in the interests of the public morals.

## Healthy and Unhealthy Lighting.

Gas, it may be said, vitiates the atmosphere. True. But it also helps to purify it. Its purifying power is greater than its vitiating power. Electricity does not vitiate, nor does it purify. Hear what three eminent men have said:

Much evidence has lately been adduced to show that gas is more useful than the electric light in promoting efficient ventilation of air. It is for this amongst other reasons, that gas is being frequently substituted for the electric light. The latest example is, perhaps, the Society of Medical Officers of Health, which has recently installed gas on its premises, after experience with the electric light.—Dr. Jamieson B. Hurry.

He would merely add that no member who had experience of their meeting room under the old conditions could deny the improvement that had taken place since gas had been substituted for the electric light and the new system of heating and ventilation had been installed.—Dr. Reginald Duffield, before the Society of Medical Officers of Health.

I have in my mind's eye, at the moment, a hall which, in the old days, was lighted by gas, and in which a large audience could, with comfort, sit through an hour's lecture, or with pleasure through a three hours' dinner, but which with the march of civilization, had its illumination changed from gas to electricity, the latter being employed with all the latest refinements to effect the lighting under the best conditions, with the result that any large gathering within its walls leads to a state little short of asphyxiation.—Vivian B. Lewes, Professor of Chemistry at the Royal Naval College, Greenwich.—Nov. 11.

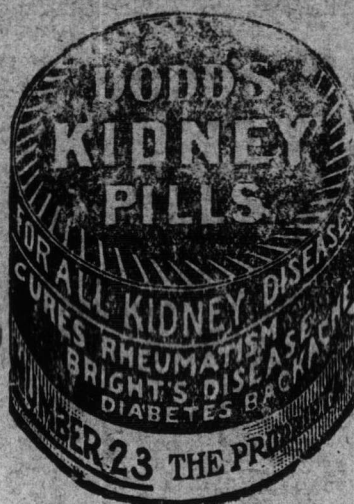
## To Night's Big Nickel.

This evening, the Nickel Theatre will present the great Detective story entitled "The Land Swindlers," the finest film of its kind ever manufactured. It is produced by the Kaleen Co., with William J. Burns, the famous detective in the principal role. The film is in three reels, and has created considerable interest amongst Nickel patrons. Mr. Cameron will be heard in a new comic song.

## A Cube to a cup

A delicious Beef-broth, agreeable to your stomach, without trouble. The wonderful invention which stands for hand-dishes—quickness in the kitchen. Try it at 10, 20 and 30 Cents.

**OXO CUBES**



## With the Puck.

Much enthusiasm is now being manifested in hockey circles.

The Prince's Rink is ready for a cold spurt of weather and hockeyists are looking forward to see the season open, whilst the fans are equally awaiting eagerly a visit from "Jack Frost."

A meeting of the Hockey League will be held to-morrow night when last year's business will be wound up and matters concerning this winter's games discussed.

It is said that the four teams—same as last year—will be represented in the fixtures again this season?

Some of the old warriors of puck chasing have decided to don the armor for their respective teams amongst them being Jack Tobin, for the Crescents; E. Pinsent, for the Feldians, and Jack Higgins and Mogue Power, who lately returned from Philadelphia, for St. Bon's.

We hear that some new material will be seen in the ranks of each team and that some of the more adepts with the stick.

Although it is now talked of that we are likely to have a team come here from St. Francis Xavier University to play a series of games with our boys, yet it is not improbable that a representation of players from St. John's will pay a visit to the Provinces during the winter and have a "try" with one of the best Canadian Amateur teams, and negotiations are at present going on space in that direction.

## Xmas, 1913.

We have just received an assortment of Colgate's Perfumes. In the following: odours: Cashmere Bouquet, Dactylis, La France Rose, Violet, Eclat, etc. In very attractive packages suitable for Xmas gifts.

We have also received a fresh stock of Mallard's Chocolates, in fancy boxes, selling at prices to suit everybody. These chocolates are worth double the money we are asking. Call in and sample them for yourself.

Prices:—50, 60, 70, 90, \$1.25, \$1.50 per box.  
N.B.—Don't forget the little bottle of Ess. Ginger Wine which makes three quarts of good Ginger Wine. Only 10c.

at—  
STAFFORD'S Drug Store.  
Phone, 687. dec10.11

## The Winners.

Most of the big strong men you know were just plain boys in the long ago. I estimate, out of ten, were poor as any of you boys, then. They had their joys and they had their woes, they stole their melons and stubbed their toes, they had their faults, as I must confess, but one of them never was laziness. Whatever they did they did with zest; when playing their games they beat the rest; and when they found there was work at hand, they bent and labored to beat the band. And that is the secret of men who rise; some are not gifted, some are not wise, and some are hobbled and handicapped far more than fellows who now are strapping. You have no chance? Well, no more had they when setting forth on the world's roughway; they made their chances and pushed along, not stopped to argue that things are wrong. And now they're honoured; their handsome girls are getting ready to marry earls, their homes are stationed in handsome grounds, they have their yachts and they ride to hounds. While you, the victim of circumstance, are still insisting you have no chance.

I have in my mind's eye, at the moment, a hall which, in the old days, was lighted by gas, and in which a large audience could, with comfort, sit through an hour's lecture, or with pleasure through a three hours' dinner, but which with the march of civilization, had its illumination changed from gas to electricity, the latter being employed with all the latest refinements to effect the lighting under the best conditions, with the result that any large gathering within its walls leads to a state little short of asphyxiation.—Vivian B. Lewes, Professor of Chemistry at the Royal Naval College, Greenwich.—Nov. 11.

## Sister Vessels in Port.

The three-masted schooners, Annie L. Warren and Emily Anderson arrived in port yesterday. Both came to load fish for foreign markets, having been chartered by some of our mercantile firms. They are sister ships, excellent fish carriers and were built at Lunenburg, N. S. They are owned by a firm in Halifax.

WINARD'S LINIMENT CURES GARTS IN COWS.

# Danity Useful Presents!

## HANDKERCHIEFS

are always acceptable, large assortment for Ladies' and Gentlemen.

**Lace Table Centers,  
Lace Squares, Lace Runners,**  
extremely pretty and most useful,

**15c. to 50c. each.**

**DANITY NIGHT DRESS BAGS!**  
worth 40c. Our Price 30c.

**LADIES'! We have the newest in BLACK  
BEAVERS in Medium and Large  
Shape.**

# S. MILLEY

# Holiday Furniture.

Our Store is devoting most of its space to the display of Fancy Pieces that make such handsome and valued Holiday Gifts.

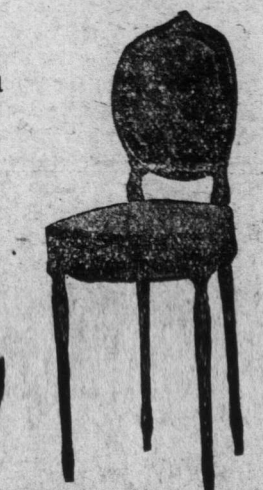
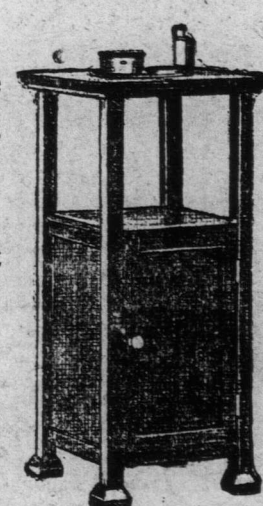
We are ready with the largest and finest stock of Holiday Furniture that we have ever shown.

The Furniture has been selected with a view of having as many exclusive designs as possible, and the finish is the best that can be made.

There is assurance of satisfaction if you choose your Christmas Gifts from us.

## U.S. Picture & Portrait Co.,

Complete House Furnishers.



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The Popular London Dry Gin is

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