

WE WISH TO ANNOUNCE THAT OUR SOUVENIR Christmas Greetings and New Year Photo Mount Calendars for 1922 ARE NOW READY FOR SALE.

They sell at the following prices:
 1 1/2 x 2 1/2 35c. each
 2 1/2 x 3 1/4 40c. each
 3 1/2 x 4 1/4 40c. each
 4 1/2 x 5 1/4 40c. each

These Calendars are especially suitable for Christmas or New Year Gifts. You only need to slip your photo or snapshot in these mounts to have an artistic and attractive souvenir. We have only a limited number. Call and see them.

REMITTANCE MUST ACCOMPANY ALL MAIL ORDERS.

TOOTON'S,
 THE KODAK STORE, 309, WATER STREET.

Physical Development.

and its Bearing on Health and Strength.

By GEE.

ATHLETICS (Continued)

Exercises of Dumb-bell Exercise.—All now sum up the advantages of exercise with dumb-bells:

The dumb-bell is familiar to everyone, and has been in use for many years. Its weight and substance are easily recognized, and the exercise it affords is safe and effective.

Exercises of being exactly proportioned to the individual strength of each learner.

It can be adjusted to the advancing condition of the beginner, the weight of the bar and bell being regulated as the strength increases.

Exercises give fair employment to all parts of the body and to both sides equally.

They are capable of being executed in a true horizontal position, the positions and movements are of the highest value as exercises, and directly and powerfully counteract the effects of carriage and the weight of limbs.

Hands and Nicks.—In French gymnasium exercises with simple wands hands are in great favor, as increasing grace of carriage and movement in the upper part of the body, and the joints are especially improved in suppleness; their spheres of movement rapidly enlarged. The hand may be firmly grasped in the right hand, the other being placed on the hip. Elevate the wand to the level of the arm, and strike to the right in a true horizontal position, then the baton in the left hand, then a vertical position, with one end on the ground, bend the body and without inclining the rod from the vertical. Pupils exercising in this manner may combine their rods and through a series of pleasing and simple movements.

Swedish Exercises.—A vast number of movements may be performed with these appliances. Standing to attention, the clubs, one held in each hand, be extended straight forward, the full length of the arm, alternating, swing the clubs up, then down backward, letting them rest in position behind the upper part of the arm. A third exercise is to rest the clubs to the first position.

I make a Specialty of Engraving French Ivory. If you want to enhance the beauty of her gift, have her initials engraved and beautifully finished in any colour desired, by KARL S. TRAPNELL, 307 Water Street. —nov14, eod, tf

Golden Bantam Corn on the Cob,

Guaranteed not less than five ears to a can. Fresh supply 1921 pack just received.
 CREAM CORN by the same packers.

FINEST SOFT (White Moist) SUGAR 10 1/2 c. lb.
 FINEST GRANULATED SUGAR 11 1/2 c. lb.
 E. I. PARSNIPS 8c. lb.; 10 lbs. for 70c.
 E. I. CARROTS 8c. lb.; 10 lbs. for 70c.
 E. I. BEETS 6c. lb.; 10 lbs. for 50c.
 BOWEN'S TOMATOES—1 1/2's, 2's, 3's.

O. K. APPLES,

150 boxes assorted kinds, comprising Winesap, Delicious, Spitzberg, Jonathan, etc.; 125's, 138's and 150's.

ICING SUGAR,

Sifted through silk "runners" and specially prepared for fine icing purposes. Not to be confused with powdered sugar; 25 lb. boxes and by the lb.

C. P. EAGAN,
 Duckworth Street & Queen's Road

Our American Letter.

Dubuque, Iowa, Nov. 13.—The chief topic of discussion just now is the disarmament conference at Washington. Whether it accomplishes anything worth while depends upon the attitude of the various nations. Certainly the United States has made its position clear. Entire sincerity is seen in the proposals of Secretary Hughes, while the speech of President Harding voices the attitude of America on the momentous question. This country wants no foreign territory and if it builds up a big navy it is because other nations insist upon war-providing armaments. The President brought up the morality of holding the lands of another people in a manner that should give pause to those nations who have not heeded the lesson which the downfall of Germany has taught.

It now appears that the Filipinos are not pleased with the prospect of being cut entirely adrift by the United States. Their spokesman, Manuel Quezon wants an American protectorate as he fears foreign aggression should the islands be made entirely independent. Of course, it is Japan that he fears, that nation having looked with longing eyes on the group for many years. The American Government is anxious to keep the promise of Congress and set up another Far Eastern republic, but this new development raises a fresh difficulty. There is little doubt entertained here that Wood was sent to the islands to make preparations for the hauling down of the flag, but whether the United States will throw the mantle of its protection around the islands in case of war remains to be seen.

Lord Northcliffe, in a recent speech advised the Filipinos to be loyal to the United States, stating that they enjoyed as much liberty under the American flag as Canada or Australia did under the British. He also took occasion to express his amazement at the wonders accomplished in the islands by the Americans. The Philippines are a source of great expense to the United States, to say nothing of being the possible cause of a war with Japan. More than a billion dollars has been paid out by American taxpayers for the benefit of the islands and not one-tenth of that sum has come back in interest. The Philippine junta at Washington has been singularly quiet and the island representative in Congress, Mr. Freya, has shown no indication of favoring the hauling down of the Stars and Stripes from the Manila capitol.

The question of the foreign debts owed by the Allies to the United States is causing a great deal of uneasiness. Great Britain now owes this country including unpaid interest something like the billion dollars. She has asked the United States to cancel this vast amount and saddle it upon the back of the American workman, who in the last analysis is the one who must bear the burden. This request of the British Government has not been joyfully received by the American people and they were a little out of sympathy when this country paid out to Great Britain \$30,000,000 for the carrying of American troops to France. No responsible business house would pay a creditor such an amount of money while that creditor was also a debtor in a sum one hundred and sixty times as great.

New York re-elected Mayor John F. Hylan, Tuesday, by a majority of about 400,000 over Mayor Hearn. H. Curran, the coalition-republican candidate. The majority was the largest ever given in a mayoralty contest in Gotham, owing in part to the participation of women in a mayoralty election for the first time. The effect of their participation was to enlarge the vote without materially affecting its complexion. There was no real local issue, no question on which the two leading parties took opposite sides before the public. The result, therefore, undeniably indicates that any grievances the voters of New York had against the democratic party in 1920 have been satisfied, that the party which elected its entire municipal ticket, has returned to popular favor, and that the republicans are to-day on the defensive before the people. Their anxiety to repeal the excess profits tax and to establish the American valuation plan has advised the public that their concern is for the welfare of those having the slightest need for the favor of the government. Democracy faces the congressional election of 1922 with rosy prospects.

If the government would put such lawbreakers as Gary of the Steel trust, the West Virginia mine owners and some others behind the bars, there would be less talk of bolshevism and anarchy. For it is such conscienceless capitalist leaders who are the real bolshevists and anarchists. They seem to attach to themselves the prerogatives of absolute monarchs and are the first to let loose the cry of radicalism when their right to assume such prerogatives is assailed. Judging from the temper of the people at present, these would-be despots are in for a rude awakening.

Simonds Saws

We make and temper our own steel which gives the teeth of Simonds Saws a toughness and hardness which ensures their keeping their sharp cutting edge under severe usage.

SIMONDS CANADA SAW CO., LIMITED
 145 BROAD STREET, MONTREAL, P.Q.
 LONDON, ENGLAND

THE DOCTOR BOOK.

"Don't eat that pie," I say to Freddy; "Don't eat that cake," I say to Jane; the doctor book declares—already, that such a diet is insana." The doctor book I highly cherish, it reeks with wisdom unalloyed, and it predicts that kids will perish who fill with pies their aching void. "Don't eat that jam," I say to Sammy, "or I'll apply corrective gad; this volume says that rhubarb clummy is better for a growing lad." The man who wrote the book was clever, but down of human joy, I fear; it seems he's saying, "Don't" forever, and darkening some young career. "Don't drink fresh milk," I say to Lizzie; "Don't eat those prunes," I say to James; this volume says they'll make you dizzy and undermine your growing frames." The kids are always being chidden, to sage advice there is no end; the things they like are all forbidden, the things they hate we recommend. And wise old lads are always writing big books on "How to train our boys," what, anything that's unwhimsical is given as a cure for joy. I read the volume and deliver its message to the kids, unspelled; I say, "Don't swim in yonder river until the water has been boiled. If children would not come a-cropper they must obey their strict, gadoodle; and when you don't know what is proper, ask me, and I'll consult the book."

Halfax, N.S.
 Minard's Liniment Co., Ltd.
 Gentlemen—I have Minard's Liniment and have found it a good remedy. After the explosion I was pretty well shaken up having quite a number of bruises and cuts, but thanks to Minard's Liniment I am my old self again. It healed the sores and bruises and gave me much relief. It is true to its name as the King of Pain, for it stopped the pain almost at once. I first noticed the ad in the Montreal Standard and decided to invest in a bottle, for which I am not sorry, but can say with truth that I am thankful for it having done all it claimed to do, and in my case much more, and a satisfied customer is the best advertisement one can possibly find. That is my view of it and I think you will agree with me too.

Yours very truly,
 (Signed) ALFRED BLAIN,
 184 Agricola St.,
 Halifax, N.S.

Government Fish.

The following is an extract from a letter received by one of our principal exporters to Greece this week. There is no need for a word on this, as the facts are self evident.

"You will without doubt have heard of the disastrous results of the 'Nystrand.' It was a very great mistake indeed for this vessel to have been sent to Greece with old fish, as any person with experience could have foretold that it would arrive here in a rotten condition, and not only has the consequences been a great loss of money, but it has seriously damaged the sale of the new catch of fish."

"This is what always happens when Governments try to mix up in trade."

Trade Review.

Keep Fit

Bowel regularity is the secret of good health.

Without forcing or irritating, Nujol softens the food waste. The many tiny muscles in the intestines can then remove it regularly. Absolutely harmless—try it.

The Modern Method of Treating Old Constipation

Nujol

For Constipation

Lower Price Levels
 on
BOOTS AND SHOES

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FAMILY SHOE STORE

MEN'S BOOTS.
 HEAVY WORK BOOTS, \$5.00
 HEAVY TAN WORK BOOTS, \$5.50
 BOX CALF BLUCHER BOOTS, \$4.50
 BOX CALF BOOTS, \$5.50
 DARK TAN BOOTS, \$6.00
 BLACK BUTTON BOOTS, \$5.00
 PATENT LEATHER BOOTS, \$5.00
 DARK TAN BOOTS, with Rubber Heel, \$7.50
 BLACK KID BOOTS, \$7.50 (Formerly \$9.00)
 BOX CALF BLUCHER BOOTS, \$7.50 (Formerly \$13.50)

GIRLS' BOOTS.
 (Sizes 11 to 2.)
 BLACK KID LACED, \$2.50
 BLACK KID BUTTON, \$2.75
 BOX CALF LACED, \$2.95
 BOX CALF BUTTON, \$2.95
 TAN HIGH CUT LACED, \$4.50

CHILDREN'S BOOTS.
 (Sizes 5 to 10.)
 BLACK KID LACED, \$2.25
 BLACK KID BUTTON, \$2.30
 BOX CALF LACED, \$2.50
 BOX CALF BUTTON, \$2.50

INFANTS' BOOTS.
 (Sizes 3 to 6.)
 INFANTS' BUTTON BOOTS, \$1.40
 INFANTS' LACED BOOTS, \$1.30

WOMEN'S BOOTS.
 BLACK KID BLUCHER BOOTS, \$4.00
 BLACK KID BUTTON BOOTS, \$4.50
 HIGH CUT LACED BOOTS, \$5.00
 HIGH CUT BUTTON BOOTS, \$5.00
 DARK BROWN LACED BOOTS, \$4.50
 DARK BROWN HIGH CUT BOOTS, \$5.75
 COMMON SENSE BOOTS, Laced, medium toe, \$4.50
 BOX CALF LACED BOOTS, \$4.00
 WOMEN'S BUTTON GAITERS, \$3.30
 WOMEN'S BUCKLE GAITERS, \$3.50

BOYS' BOOTS.
 BOX CALF BOOTS, \$3.85 (Sizes 1 to 4.)
 BOX CALF BOOTS, \$3.30 (Sizes 9 to 13.)
 GUN METAL BLUCHER, \$3.50 (Sizes 1 to 4.)
 BLACK KID BLUCHER, \$3.50 (Sizes 1 to 4.)
 BLACK KID BOOTS, \$3.00 (Sizes 9 to 13.)

PARKER & MONROE, Ltd.,
 The Shoe Men.

A Suit or Overcoat at Maunder's, selected from a splendid variety of British Woollens, cut by an up-to-date system from the latest fashions, moulded and made to your shape by expert workers, costs you no more than the ordinary hand-me-down. We always keep our stocks complete and you are assured a good selection. Samples and style sheets sent to any address.

John Maunder,
 Tailor and Clothier, 281-283 Duckworth Street

This is a Bright One!

JONES—"Say, Smith, have you tried those Make-Your-Own Batteries?"

SMITH—"Yes, I went into one of the Hardware Stores last Saturday night and had a couple of flashlights charged, going across LeMarchant Road, on the way home, I had one in each hand, and a policeman held me up to tell me the tail light was out."

Make-Your-Own Flashlight Batteries.
 W.M. HEAP & CO., LTD., Distributors.
 m.w.t.f.

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—huge Cosy Chairs, Chesterfields and Lounges, overstuffed and beautifully upholstered in Silk, Tapestry, Damask, etc.—gladden the eye, and there is no lack of smaller upholstered articles.

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

NEW MUSIC!

All the latest hits, including—

Peggy O'Neill, Love Nest, Humming, Fancies, Margie, Nestle in Your Daddy's Arms, Feather Your Nest, Old Fashioned Garden, Whispering, My Mammy, Ain't We Got Fun? Jicky, Love Birds, Peggy, Poor Me, Where the Lazy Mississippi Flows, Pale Moon, O.H.I.O.

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