

## Quality Goods

Delivered direct to your Kitchen Door.

- AMERICAN or P.E.I. CARROTS—  
Extra fancy quality, 10-lb. . . . .50c.
- AMERICAN BEET—  
Medium size, fancy stock, 10-lb. .55c.
- P. E. I. PARSNIPS—  
Extra fancy quality, 10-lb. . . . .65c.
- FANCY CANADIAN ONIONS—  
Nice medium size, 10-lb. . . . .43c.
- QUINCE . . . . .35c. Doz.
- SQUASH . . . . .7c. lb.
- ANCHOVIES, in Spiral Bottles—  
In Oil . . . . .60c. Bot.  
Larger Bottles, in Brine . . . . .70c. Bot.
- GREEN STRINGLESS BEANS—  
Whole or Cut
- CANADIAN TABLE BUTTER—  
Fresh supply . . . . .50c. lb.  
Boyers Pack . . . . .23c. Can
- FRENCH BEANS—  
1924 Pack. Regular size Can . . .30c.

## C. P. Eagan

TWO STORES  
DUCKWORTH STREET & QUEEN'S ROAD.

## COAL!

NOW DISCHARGING:  
Cargo SCREENED NORTH SYDNEY  
BEST POSSIBLE QUALITY.  
IN STORE:—WELSH ANTHRACITE  
AMERICAN ANTHRACITE  
A. H. Murray & Co., Ltd.,  
Coal Office Phone, 1867. Beck's Cove.  
oct3,tf

## Farquhar Steamship Companies

S. S. "AMANDA"  
will leave Halifax, November 28th, and Charlottetown  
December 1st, for St. John's, Newfoundland.  
For Freight space, etc., apply to  
HARVEY & CO., LTD., St. John's Agents.  
CARVELL BROS., CHARLOTTETOWN, P. E. I.  
nov21,6t

## St. John's Meat Co., Ltd.

WHOLESALE & RETAIL BUTCHERS.

- Specials FOR FRIDAY & SATURDAY Specials
- Fresh Killed Shoulder Roasts . . . . .20c. lb.
  - Fresh Killed Stew Meat . . . . .15c. lb.
  - Choice Family Beef, Salt . . . . .13c. lb.
  - Choice Rump Butts, Salt . . . . .12c. lb.
  - Choice Spare Ribs, Salt . . . . .10c. lb.
  - Fresh Local Cabbage.
  - Also, our usual choice stock of Prime Beef, Lamb,  
Veal and Pork at reasonable prices.
  - Try our famous Cambridge Sausages . . . . .30c. lb.
  - Try our Pure Pork Sausages . . . . .25c. lb.
  - Try our reliable Beef Sausages . . . . .20c. lb.
  - Puddings . . . . .15c. lb.
  - Potted Head . . . . .20c. lb.

NOTE THE ADDRESS:—  
174 Water Street. Phone: 800  
nov21,6t

**Household Notes**  
Sugar and a little ginger.  
Coffee custard makes a delicious  
pie filling. Top with chopped nut  
meats and whipped cream.  
Cover pumpkin custard pie with a  
meringue, sprinkle with shredded  
coconut, and brown lightly.

### Your Tell-Tale Boots

"Tilt-Bits" Medical Correspondent on  
Footwear and Health.

Whilst opinions differ on the pos-  
sibility of reading character from the  
hand, it is incontrovertible that our  
feet—no matter how much we seek to  
disguise their shortcomings in shoes  
—betray our weaknesses very plain-  
ly to the eye of the expert.

It is quite possible to point out  
foot defects and weaknesses which  
are clearly indicated by abnormal  
wear on the shoes. The prevalence  
of such foot defects is mainly due to  
badly fitting and badly shaped shoes;  
to the weakening of the foot muscles  
and consequent strain on the foot  
caused by such occupations as in-  
volve incessant walking or standing,  
as in the case of waiters, waitresses,  
barmaids, postmen, policemen, mes-  
senger boys, and the like.

#### Is Your Walk Unnatural?

A turning ankle will give the  
shape of the shoe a twist. A bunion  
will strain, stretch, and distort the  
toe. In every city, men, women and  
children are to be seen with crooked  
heels, widened and protruding bun-  
ions, and turned and worn-down  
heels. These shoe conditions are  
the result of foot defects. If you  
have a soft or painful spot on your  
foot, it is natural to twist this in  
walking.

Many defects in the shoes can be  
traced to the fact that the wearers  
have neglected to keep their leg  
muscles in good condition. They  
muscles in good condition. They may  
have neglected to give them the exer-  
cise they require, or, on the other  
hand, they may be over-fatigued.

Very often the customers of boot-  
shops complain of the poor wearing  
quality of the footwear sold to them,  
emphasizing the inferiority of the  
material as revealed by the shoes not  
keeping their shape, and attributing  
the stretching and giving way of  
certain seams and stitching, to bad  
workmanship. But in many cases the  
complaints can be traced very direct-  
ly to defects and weaknesses of the  
customer's feet.

By examining closely each point of  
pressure, the tread of the wearer,  
and by taking the shoe off and ex-  
amining the inner sole, a great deal  
can be learned about the feet. A  
ready means of identification of  
various foot troubles is presented by  
the inner sole. It often indicates a  
weakened arch, the end of which is  
flat foot. If depressions are found  
in the inner sole at the ends of the  
third, fourth and little toes, you can  
look for a weakened arch.

If depressions are found in the  
centre of the inner sole across the  
ball of the foot, you may expect to  
find weakness in one or other of the  
five long, thin, arch-forming bones,  
whose heads have become depressed  
and slightly displaced. This de-  
formity may also be revealed by the  
wearing through of the outer sole at  
the same place.

Sufferers from bunions and enlarge-  
ments of the toe joints, which may  
be due to weak arch or flat foot, are  
therefore apt to wear their shoes to  
the outside to avoid pressure.

Those who have weak ankles and  
flat feet often wear away the inner  
border of the heels, owing to the  
overbalancing of their weight on the  
inner border of the arch. When there  
is acute pain, amounting to neural-  
gia, in the arch of the foot, extend-  
ing to the forward part of it, due to  
weakness of the transverse arch at  
the ball of the foot, sufferers are apt  
to spread the uppers of the shoe over  
the outside edge of the sole owing to  
the fastening out of the ball of the  
foot.

Among women a common cause of  
the bulging of slippers and low shoes  
at the sides is weakness of the arch  
of the foot with resulting flatness.  
Anyone who has been afflicted with  
bunions leaves a mark on his or her  
old worn-out shoes, as easily identi-  
fied by the expert in "shoe-reading"  
as the finger-print of a noted crim-  
inal by the C.I.D. specialist.

### Rod and Gun

THE DECEMBER ISSUE.

Brimful of interest to every sports-  
man is the December issue of Rod and  
Gun in Canada. Two especially good  
stories appear in the first section. I've  
wandered in the Village, Tom, by  
George R. Belton, will touch a chord  
of sympathy in everyone who has re-  
turned to the home town after years of  
absence. The Yellow Mink is a  
thrilling mystery story by Phil H.  
Moore's best style. Bonnycastle Dale  
upholds his reputation as a writer of  
very interesting wild animal and wild  
bird stories in The Canada Grouse.  
Queer Ducks by J. W. Winslow, the last  
of his series of duck stories, is decid-  
edly one of the best. It contains in-  
formation on the subject of these wild  
fowl not often available. F. V. Williams  
and Martin Hunter, other regular con-  
tributors, have stories that are worthy  
successors of their previous ones. Be-  
sides other interesting and instructive  
articles, the regular departments are  
all up to the mark. Guns and Ammu-  
nition comprises a number of extremely  
interesting articles on a variety of  
subjects. In addition to these features,  
the winners in the \$500 Photo Contest,  
which has aroused such universal in-  
terest, are announced in this issue.



### Dancing According to Regulations

Winnipeg, Nov. (Can. Press).—  
Sentimental couples may well re-  
serve their embraces for places other  
than dance hall floors. Furthermore,  
keeping moving is an important part  
of the proceedings. These two de-  
ductions are drawn from a regula-  
tion which has been recently sent  
out to proprietors of city dance halls  
by the license department, which  
deals in very specific regulations, and  
outlines in close detail exactly the  
kind of motions dancing couples may  
engage in, the extent to which they  
are allowed to stand still and where  
their hands must be placed. The  
man's hand must be placed at the  
middle of his partner's waist and her  
left arm must not encircle his neck.  
The regulation was sent as a form  
letter written by F. Kerr, city license  
inspector, as a result of complaints  
that hands must be placed. The  
in certain city dance halls. The ad-  
herence to the code of action set out  
he contends, will keep all dancing  
up to a high standard of morality.

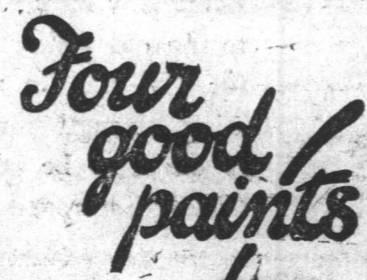
### North, South, East and West

Here are the Quality Stores selling  
"ARMAIDA" which is the highest  
grade Ceylon tea imported into this  
country. It is put up in one pound  
and also half-pound sealed cartons—  
which ensure that the full flavour and  
bouquet of this choice tea are always  
preserved.  
Aquathuna Co-operative, Co., Aquathuna.  
Badger Stores, Badger.  
John C. Baker, Fogo.  
Burn Import Co., Burn.  
J. Max Cron, Harbor Grace.  
John T. Currie, Britannia.  
Norman Fisher, Humbermouth.  
W. F. Hayes, Stephenville.  
E. M. Hollett, Great Burn.  
Mrs. Elizabeth Moores, Lewisporte.  
Arnold Morris, St. George's.  
J. F. Sheppard, Spaniard's Bay.  
B. & G. Squires, Spaniard's Bay.  
A. Stanley, Clarendville.  
James Wentzell, Botwood.  
A. T. Woolfrey & Bros., Lewisporte.  
nov18,31,tu,th,s

### New Jersey's

Woman Representative A "Wet."  
New York, Nov. (Can. Press).—  
Mrs. Mary Norton, elected to the  
House from Jersey City was the first  
of her sex to be so honored east of  
the Mississippi. Interviewed after  
her election she said: "They call me  
a wet, and I certainly am in favor of  
some modification of the Volstead  
Act, although I would not advocate  
a return of the saloon. Something  
on the order of the Quebec system  
would be my plan; that is, selling  
light wines and beers freely and  
strong liquor under government con-  
trol. I have worked among the poor  
and suffering all my life."

Fill small apples with spiced cran-  
berries, bake and use as a garnish  
for the roast turkey.



VESTA READY MIXED PAINT  
is the finest procurable. It is far superior  
to that usually supplied in small tins  
for household use. Suitable for inside or  
outside use, it is durable and easy to apply.

DURADIO GLOSS PAINT  
has an exceptionally high gloss, enamel  
finish, is durable and will withstand all  
climatic conditions. Suitable for all pas-  
sages, bathrooms, kitchens and sculleries.

WALPAMUR WATER PAINT  
is the most serviceable flat wall paint  
made and is perfectly sanitary and  
washable, having an oil medium which  
gives a smooth non-absorbent surface.

MIRABOL THE SUPREME ENAMEL  
has a fine, hard glass surface which  
makes it very durable. It is advised  
for all doors and interior woodwork,  
where a high-gloss finish of a distinctive  
appearance is needed.

From all Dealers and Storekeepers.  
MADE IN ENGLAND.

### Just Folks.

By EDGAR GUEST.  
BUD'S LAMENTATION.

I wish I'd lived in seventy-six  
When freedom needed men of might  
And there were few to dare and do,  
And bravely battle for the right;  
I could have crossed the Delaware  
With Washington and all his men,  
Or stood with George at Valley Forge,  
If only I'd been living then!

I might have been a famous man  
If I had lived in sixty-three,  
I could have led a charge ahead  
And called my men to follow me,  
I might have cheered Abe Lincoln up  
When he was troubled and forlorn  
And helped a lot, but I could not,  
Because I wasn't even born!

I read my history day by day  
And think about those warriors bold  
Who fought and bled where blood ran  
red  
Throughout those glorious days of  
old,  
I might have been a hero, too,  
A general's cap upon my brow,  
But I can't see a chance for me,  
There is no work for heroes now!

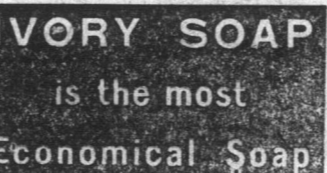
There's nothing left for me to do,  
Old Glory safely flies in air,  
There is no foe to overthrow,  
No call for heroes anywhere;  
I have to add, subtract, divide,  
Learn capitals of every state,  
And how to spell and scribble well,  
And all because I came too late!

See the coal savers in our window  
(next door to Crescent Theatre) in-  
stall one, and save 1/4 of your coal this  
winter. H. & M. BISHOP, Phone 617,  
nov1,mo

### A Population Problem

Remarkable Growth of Native Fam-  
lies in South Africa.

South Africa is faced with a popu-  
lation problem of considerable dif-  
ficulty. Some remarkable figures re-  
garding the native population are  
contained in the recently published  
census statistics of the Union for  
1921. In the 1911 census the great-  
est number of wives possessed by  
one black man was 46, but this time  
a Northern Transvaal native had 51,  
while two in the Zoutpansberg dis-  
trict had 79 and 110 respectively.  
The biggest establishment was that  
of a native with 79 wives, 134 sons  
and 50 daughters, his nearest rival  
having 51 sons and 42 daughters by  
55 of his wives. It is interesting to  
note that none of these 55 wives had  
more than three children. The total  
number of native husbands is given  
as 718,292, and of wives as 854,560.  
The figures regarding the spread of  
Christianity and the decrease in il-  
literacy also have their interest. In-  
creases in the numbers of those pro-  
fessing the Christian faith were  
shown by all the non-European races,  
the proportions to the total of each  
race rising in the case of the Bantu  
from 262 to 342, and in that of As-  
iatics and other non-Europeans com-  
bined from 679 to 714 per 1,000.  
Ninety per cent of the Bantu are still  
illiterate, but while in 1904 5.4 per  
cent of the males could read and  
write and a further 1.2 per cent could  
read in 1921 the number able to read  
and write had almost doubled. In  
1921 the illiterate males formed 87.9  
per cent of the male population, com-  
pared with 91.6 in 1911, and 93.2 in  
1904.



### Touching Wood

Many people, after they have boasted  
of their good luck, proceed to "touch  
wood." So did our remote ancestors,  
the tree worshippers.

An authority on such matters wrote:  
"The remarkable similarity in cus-  
toms all over Europe points to the  
conclusion that tree-worship was an  
important element in the early reli-  
gion of mankind, especially of the Ary-  
an stock, and the singular uniformity  
of rites and ceremonies which can  
easily be shown to exist in widely  
separated countries warrants us in be-  
lieving that they have changed  
much from very remote ages; and  
that the practices continued down to  
a very recent period—some even  
among ourselves—were substantially  
identical with the rites and cere-  
monies observed by Egyptians, Etruscans,  
Greeks, and Romans." The primitive  
belief was that spirits resided in trees.  
Without this basic idea being entirely  
lost, there came the period of the Sac-  
red Groves and the Druids' Oaks, and  
then the dedication of certain sorts of  
trees to the earliest and simplest form  
of superstition.

We touch wood to call the attention  
of the tree spirit to the fact that we  
recognize his influence in the good  
luck of which we boast, and in order  
that he may not feel slighted and  
change our good fortune into bad; at  
least, that is why our ancestors touch-  
ed wood.

LADIES'—Evangeline Boots  
fitted with Rubbers only \$5.00  
the pair, at F. SMALLWOOD'S,  
Ladies' Department. nov15,6t

George Says

## Only a little out of the way

BUT IT PAYS TO WALK.

## Overcoats, \$25.00

Warm and Woolly Overcoats for young men, made  
of Best English and Scotch Overcoatings, in Navys,  
Browns and Lovats, Raglan sleeves.

## Our Price is \$25.00



## Horse and Cattle Owners!

THE SECRET  
of your neighbour's supply of heavy rich  
creamy milk and the good condition of his  
animals, lies in the daily use of

## Molassine Meal

(MADE IN ENGLAND)

## GOSSAGE'S SOAP

Like the British Navy—  
The Finest Ever Put Into Water

### Free Lathering Soap



### Concerning Stockings

MENDING HINTS.

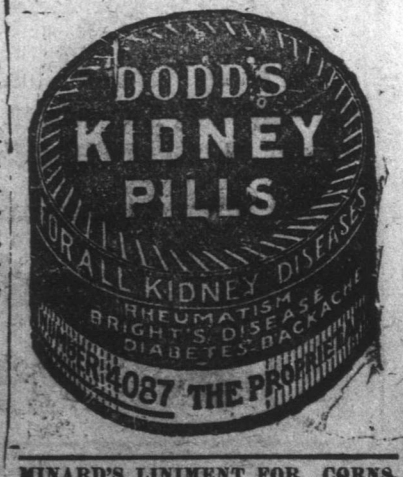
When mending a stocking that is  
much worn it is a good idea to take a  
piece of georgette or net of the same  
colour as the stocking and darn over  
it. The georgette will not show and  
will lengthen the life of the stocking.  
The life of children's stockings can  
be prolonged if, before they are worn,  
they are covered with close darning  
at the toes, heels and knees.

All size Weed Chains mounted  
on tires at regular prices at Mc-  
KINLAY'S. nov17,6t

### Annie Laurie's Descendant

Annie Laurie, of song fame, actual-  
ly existed, and she has a direct de-  
scendant alive to-day. He is Mr. Lance-  
lot Goldie, an architect. He has never  
had a lesson in painting in his life,  
which adds further interest to the ex-  
hibition of his work opened in Lon-  
don recently.

400 pairs Ladies' High Cut  
Boots fitted with Rubbers, only  
\$3.75 the pair, at F. SMALL-  
WOOD'S, Ladies' Department.  
nov15,6t



MINARD'S LINIMENT FOR CORNS.