



You never tire of this candy... LIFE SAVERS... THE CANDY MINT WITH THE HOLE... EAT Life Savers all day long. They are fresh and crisp. They aid digestion.

LIFE SAVERS THE CANDY MINT WITH THE HOLE

HERALD S. DOYLE, Distributor.

The Brigantine Fanny Bloomer.

Famed in Song and Story.

(H. F. SHORTIS.) The men who made modern history... The Fanny Bloomer was a Colonial built vessel—put out of hand expressly for the famous seafarer, Capt. John Silvey, in 1833—the year after the Spring of the Wadhams.

THE MEN WHO MADE MODERN HISTORY.

King and Wagner Apples

One Car just arrived and offering in five and ten barrel lots at a very low price.

September make Canadian Cheese of excellent quality—Whole and Twins. Finest quality Can. Creamery Butter. Fresh supply of above just received.

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

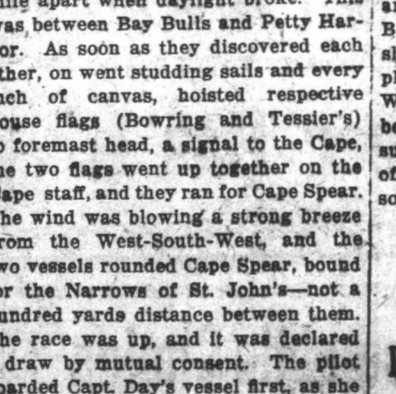
ly or more so, as worthy of commemoration as was the horse recorded in the Illad, Plutarch or elsewhere. But the history of our own country is not to be taught by the regius or emeritus professors in the universities, for they know nothing at all about it.

THE FAMOUS "FANNY BLOOMER."

The Fanny Bloomer was a Colonial built vessel—put out of hand expressly for the famous seafarer, Capt. John Silvey, in 1833—the year after the Spring of the Wadhams. She was a pretty model, strongly built and a fast sailer.

CORNS

Lift Off with Fingers



Doesn't hurt a bit! Drop a little "Freesone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Truly! Your druggist sells a tiny bottle of "Freesone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the calluses, without soreness or irritation.

The Foundation of Health is Habit



"For every man who has lost his life by what he did in the last five minutes a hundred men have died because of what they had been doing in the last five years."

Life is made up of habits. There is the health habit. And also the habit of ill-health. It is surprising what a lot of people have developed the latter.

They have formed the habit of being bilious. Many are the men, indoor workers as well as those who spend their time in the open, who frequently suffer from backache, and yet neglect to get the kidneys in healthful condition.

These are dangerous habits. Some people live for many years with their systems poisoned by impurities—they live and suffer.

Others soon develop Bright's disease, diabetes, high blood pressure or hardening of the arteries, and quickly have their lives snuffed out.

The greatest rule of health is "daily movement of the bowels."

This is also the most valuable of health habits.

To get back to this rule, to awaken the sluggish action of the liver and kidneys, to cleanse the system and

purify the blood, there is nothing like Dr. Chase's Kidney-Liver Pills.

By using one pill a dose at bedtime two or three times a week, just as often as is necessary to keep the bowels regular, you will in a few weeks restore the healthful action of these filtering and excretory organs

and correct any derangements of the digestive system. Dr. Chase's Kidney-Liver Pills will help you as nothing else can to get back to the habit of healthful living.

You will live a longer and a happier life by reason of their use. These letters will interest you, and a test of Dr. Chase's Kidney-Liver Pills will prove their exceptional merits in relieving the common, every-day ills and preventing the more serious ones. Edmanson, Bates & Co., Ltd., Toronto.

Kidney Trouble

Mr. George Stevenson, Routhwaite, Man., writes:

"For seven months I suffered from Kidney trouble, backache and dizzy turns, and could get no relief. My back ached so severely that I could not turn in bed, and finally I had to quit work. One day I received a copy of Dr. Chase's Almanac through the mail, and after reading how highly Dr. Chase's Kidney-Liver Pills were recommended, I gave them a trial. I had tried various other pills and remedies, with no effect whatever, but immediately I started using Dr. Chase's Kidney-Liver Pills I got relief, and two boxes made me well."

Bilious Headache

Mrs. John Ireland, R. R. No. 2, King, Ont., writes:

"I was a great sufferer from severe headaches and bilious spells. I tried a number of remedies without obtaining any benefit until I was advised to use Dr. Chase's Kidney-Liver Pills. These completely relieved me, and made me feel like a new person. I am very grateful to Dr. Chase's medicine for what they have done for me, and you may use my letter for the benefit of others."

Rheumatism

Mr. George Weathers, Huntsville, Ont., writes:

"I was troubled with rheumatism for eighteen years, and although I tried a number of different treatments nothing did me any good. Finally I tried Dr. Chase's Kidney-Liver Pills, and can truthfully say they completely relieved me."

High Blood Pressure

Mr. George Weathers, Huntsville, Ont., writes:

"I was troubled with high blood pressure for several years, and although I tried a number of different treatments nothing did me any good. Finally I tried Dr. Chase's Kidney-Liver Pills, and can truthfully say they completely relieved me."

GERALD S. DOYLE, Distributor.

Physical Development.

And its Bearing on Health and Strength.

GYMNASTIC EXERCISES.

The Vaulting Bar—This bar, particularly valuable in promoting the development of the lower limbs, is a smooth, straight, round piece of ash, two and a quarter inches in diameter, except at the ends, where (tenons) are formed to rise up and down the grooves in the standards. The standards should be seven feet high, placed with holes three inches apart, fitted with iron pins for bar to rest on. This bar can be raised or lowered to suit the size and capacity of the pupil.

FLAVOUR - the charm of "SALADA" TEA

is in its unique flavour of rich delicacy. And it never varies. All grocers sell "Salada" in sealed metal packets only. BAIRD & CO. WHOLESALE AGENTS ST. JOHN'S

apparatus affords an immense variety of healthful exercises, increasing the capacity of the trunk and upper limbs. Here are three favorite positions: First, grasp the bar firmly with the hands, at a distance apart sufficiently to let the body pass between them, the backs of the hands upwards, and the fingers and thumbs meeting, bend the legs forward, at the same time lowering the body until the arms are fully extended; second, lift the feet upward, the arms remaining straight, until the feet are as high as the bar; bend the arms and elevate the body until the waist is on a level with the bar; passing the lower limbs over bar, the body following; third, lower the body, completing the circle, and slowly descend until the feet reach the ground.

Here are three more simple but very effective exercises: (1) Commence with both hands on a level, arms straight. Now bring both arms in front of the body till the fore-arms touching, press them firmly together in order that the pectoral muscles may be as firmly contracted as possible, return and when arms reach the sides expand the chest fully. Contract and repeat. Muscles exercised: Pectorals.

(2) Alternate movement, bring right arm across as left returns to side, twist head round to benefit neck, turning same in opposite direction to movement of arm as it crosses body each time.

(3) Hold hands behind back as high up as possible. Arms bent. Left hand holding right wrist. Now press down with the right hand and away, from the body, the left hand resisting, and the upper part of right arm resting against the side of the body, so that as much leverage as possible may be obtained. Return and repeat. Muscles exercised—Triceps. Repeat with left arm.

(To be continued.)

PUBLIC NOTICE.

SUBBURY HOSPITAL.

The following scale of fees payable by outside patients for treatment in the various Departments of Subbury Hospital will be effective on and after November 1st, 1921:

MASSAGE AND ELECTRICAL DEPARTMENT.

Including treatment with sinusoidal, galvanic and high frequency currents, per treatment . . . . . \$1.00

HYDRO THERAPEUTIC DEPARTMENT.

Including Scott's Douche, whirlpool, sedative and electric bath with massage, etc., per treatment \$1.00

ELECTRIC CABINET (Turkish) Bath . . . . . \$2.50

X-RAY DEPARTMENT.

Radiographs. Plates under 10 x 12 . . . . . \$2.00

All larger sizes . . . . . 5.00

X-Ray Treatments . . . . . 2.00

SCREEN EXAMINATIONS.

With Bismuth Meal \$5.00 and upwards.

This does not include prints. All cases to be dealt with through their own doctors to whom reports will be sent. Above scale of fees applies to civilian cases only.

W. B. JENNINGS, Minister Public Works.

Department Public Works, St. John's, Newfoundland, 24th October, 1921.

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The Imperial Pocket Cigarette Machine.

The only perfect Machine on the market.

BE YOUR OWN CIGARETTE MAKER

Know what you smoke and save money.

A full supply of Machines and Paper Tubes now in stock.

JAS. P. CASH, Tobacconist, Agent, Water St.

PELLY'S BRICK

Are being used in Annex General Post Office, now being erected; the new Power Plant at Bell Island, the Royal Bank Building, City.

Are sold by Saunders, Howell & Co., Caribson; Woolfrey Bros., Lewisporte, or direct from yards, vessel or rail.

C. & M. PELLY, George's Brook, aug19.17r.th.s Bonavista Branch Ry.

JUST ARRIVED.

Johnson's Baby Powder. Glaxo Baby Food. Hexall Orderlies. Nuzated Iron. Klezco Dental Cream. Calox Tooth Powder. Tweeters.

And a complete assortment of the ever popular JONTEEL Toilet Preparation, including Face Cream, Face Powder, Talcum Powder, Compacts and Vanity Cases.

MAY WE SERVE YOU? PETER O'MARA, The Druggist, THE REXALL STORE.

movement of arm as it crosses body each time.

(To be continued.)

MINARD'S LINIMENT USED BY PHYSICIANS.