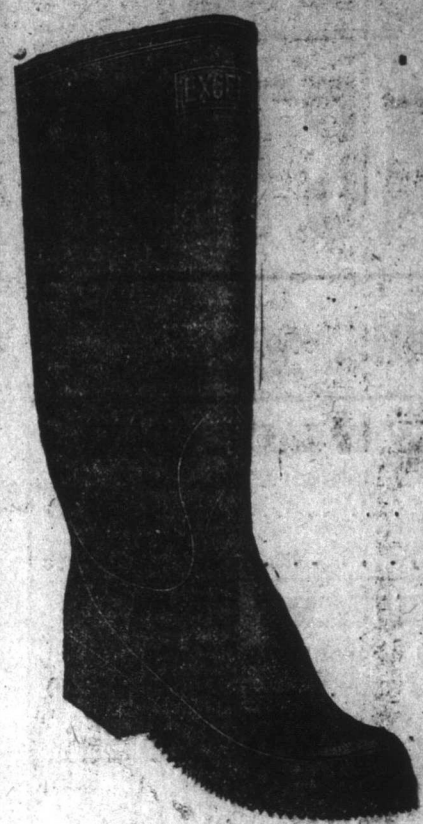


Fishermen! Here's the Boot for You-"EXCEL"!



"EXCEL"
Made 'All in One Piece'

"EXCEL"

The Fishermen's Friend

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 upper 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.

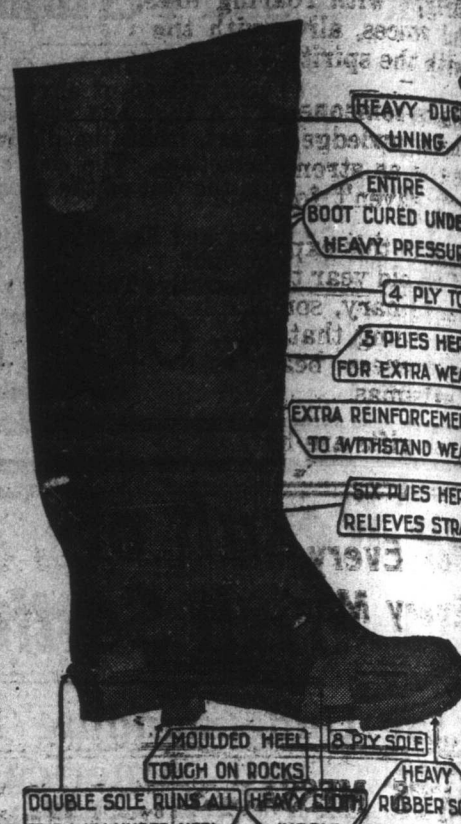
The rubber and fabric in "EXCEL" boots are of the very highest quality. But it is the special method of curing, under tremendous pressure, that makes the "EXCEL" so wear-resisting. The pressure forces the layers of rubber and fabric together so that they are actually "one-piece", without losing the least bit of the

life or resiliency of the rubber. Salt water has practically no effect on "EXCEL" boots. The UPPEES 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 severe 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

Quaint Customs of a Quaint People.

Melilla, Morocco, (Associated Press) The customs of the two Berber tribes whose territory has just been recaptured by Spanish troops as a result of their recent victories, are very interesting. These tribes are known as the Beni-Buyah and Beni-Bu-Ifrar, including the settlements of Segangan and Zeulan, extending to Monte Arruit, Tattutin, Bati and Garot. According to the best information they number about 15,000 of whom about the last 15 years their number has been reduced from about 40,000 of both sexes by inter-tribal fighting and migration because of bad harvests. The tribes are divided into nine factions all of which quarrel frequently between themselves, a practice common of the Berber stock from which they descend. They become mixed with the Arab invaders in the seventh century. They are nomads who settle temporarily in places where the pasturage is plentiful, for they possess large numbers of camels, sheep and cattle. They live under large tents, which they pitch in circles, thus forming an aduar, or settlement. The tents are made of sheep's wool mixed with camel or goat's hair for the more wealthy among the tribesmen, while the poorer members of the tribes must content themselves with grass-fibre.

POLYGAMY ACCORDING TO MEANS.

The men are of cheerful mood, at times seeking adventure in rapine and

at others indulging in prolonged periods of laziness. Polygamy prevails among them in proportion to their means of providing sustenance for the women. These poor creatures in every part of Morocco lead the most miserable lives. They look after the cattle, grind the grain, make the bread, churn the butter, hew the wood, draw the water which often has to be carried long distances, shear the sheep and goats, card and weave the wool and hair as well as the grass-fibre, do all the ploughing and sowing, and generally are treated by their lordly husbands even worse than the animals to whom they are yoked for field-work. Their only consolation is in eating. They consume four meals daily, at which they drink great quantities of weak tea, and before they retire for the night devour large quantities of delicious honey composed of flour, water and honey. They are very careful with the cattle and never forget to put them to pasture facing away from the sun, so that they will not lose their sight through the brightness. Among the chief festivities are those connected with births and the giving of names, which occurs eight days after birth, when the father sacrifices a sheep and, sprinkling the blood, pronounces names to be given to the child in the name of Allah.

WEDDING CUSTOMS.

At 20 years of age, it is customary to marry. A young man then announces to his father his desire to wed a certain young woman. The father communicates with the father of the chosen bride and sends his brothers to sacrifice a sheep in front of his tent, at the same time appealing to the father to give his daughter in marriage to his nephew. If the father consents, the price of the young woman and the dowry she is to bring with her is agreed upon. The day of the ceremony is settled, the bride knowing nothing about it. When the wedding day arrives, the parents of the bride groom go in procession to the tent of the bride's father, to whom they bring the half of the price to be paid for the bride, receiving in return therefor the half of the bride's dowry. The men fire three rifle shots and the women about with joy. The couple, although the ceremony is yet incomplete, go to their future tent together. The real

wedding ensues the following day when the bride is taken in procession on the back of a camel, covered with silks and followed by her body-slave if she is wealthy enough to possess one, to the tent of the bridegroom, where she is welcomed by his parents and the remainder of the price and dowry changes hands. The wedding is completed to the accompaniment of much feasting. A bride who proves unfaithful may be sent back to her father's tent dressed in sackcloth.

When We Feel "Jumpy"

Our Medical Correspondent on Nervousness.

Nervousness is due either to a want of nerve-force or to a failure to control and regulate its action. In other words, its cause is either of purely physical or of mental origin.

Nerve-energy is a real force, as real as electric energy, and is best conceived as a fluid having points of resemblance both to electricity and magnetism. It is being generated continuously in the great nerve-centres, the brain and spinal cord, which may be regarded as central cisterns.

This generation of nerve-energy in the nerve-cells has been clearly demonstrated; and it has been noted that in the chemical composition of these cells there is a high percentage of phosphorus.

Feeding the Nerve-Cells.

Most of us are aware that our nerves contain phosphorus, and that we should eat foods rich in phosphorus, such as fish, in order to build up and maintain a strong nervous system. Milk and the yolk of eggs are in the same category, containing as they do a complicated chemical compound called lecithin, which includes many necessary things besides phosphorus.

Which nervousness is due to an insufficient supply of phosphorus to the nerve-force generating cells, a diet

of phosphorus is a real force, as real as electric energy, and is best conceived as a fluid having points of resemblance both to electricity and magnetism. It is being generated continuously in the great nerve-centres, the brain and spinal cord, which may be regarded as central cisterns.

consisting of high-power phosphorus, to be found in milk and eggs, is called for.

But, as a matter of fact, all good food has a beneficial influence on the nervous system, which requires beyond everything foods of a fatty kind. Nerve-stimulation (neurasthenia is often called the cry of a hungry nerve for food) is the main cause of low nerve-tone and neurasthenia. Generous feeding in the correct treatment. Fat people are seldom "nervous," or possessors of irritable nervous systems; whereas lean people are, as a rule, nervous and easily irritated.

The acute sensibility, or rather sensitiveness of the great actor, pianist, musician, or poet is a common source of a form of nervousness dening under the specific term of "stage-fright." It exhibits itself in temporary loss of self-control prior to or during a public appearance.

Victims of this kind of nervousness can cure themselves only by self-suggestion of ideas of courage, of perfect control—by concentrating their minds on what they are doing, not on why or how they are doing it. They can thus become quite unsuspensible to outside influences.

Exactly nervous people must learn to restrain their emotions and control their muscles by making an effort of will, backed up by the practice of self-suggestion every night before going to sleep, and at intervals during the day.

Power of Suggestion.

By self-suggestion is meant in this case the building into the mind of ideas of ability to remain calm and collected, by the repetition with conviction of such sentences as: "I control myself, my nerves, and my emotions"; "I have a firm grip of myself at all times"; "I am master of myself in all circumstances." Such ideas, dwelt upon when drowsiness is supervening, sink most easily into the subconscious mind, become in time a part of it, and operate automatically.

It should be obvious to anyone that nervousness due solely to certain states of mind and emotional disturbance can be cured only by first correcting the cause through mental treatment along the lines just indicated.

On the other hand, lack of energy or want of nerve, chiefly of physical

origin, must be treated by physical methods. These should include, besides the special kinds of food mentioned above, the ensuring of a sound digestion, of pure blood, of fresh air, and due circulation of both of these by exercise.

World's Most Famous Ship.

TINY VESSEL WHICH BROKE ALL RECORDS.

To write of any one particular ship as the most famous in the world seems rather a tall order. Yet, probably, every sailor alive would agree that no other vessel at present afloat can match the astonishing record of that famous old clipper, the Cutty Sark.

Built fifty years ago, in 1868, this wonderful vessel can look back upon a series of records unmatched in the history of sailing ships, and to-day she is still afloat, and still earning money.

The Americans built the first big, fast sailing ships. We followed, and beat them, and the British Thermopylae held all records in the late sixties.

Mr. John Willis, of London, determined to have a vessel that would beat the Thermopylae, and gave to one of his young captains, George Moodie by name, the task of seeing the new ship completed.

Her Wonderful Voyages. She was christened in November, 1869, by Mr. Moodie. Her name, of course, comes from one of Burns' poems, and means literally "Short skirt."

With Captain Moodie in command, Cutty Sark went into the Chinese tea trade, and later into the much harder Australian wool trade. Quite early in her career she began to accumulate records, and from 1874 to 1880 nothing under sail could compete with her.

She was, as a matter of fact, much faster than the average modern cargo steamer.

The average of her passages from port to port—that is from Sydney, Australia, to Liverpool—during all those years was only seventy-seven days, and it must be remembered that sailing ships go right round the Cape:

Free, Frank and Fearless.

Efficiency, economy, conservation of the present income earning power of the city, and development of new sources of revenue—Policy of Hon. Tasker Cook, as outlined in his manifesto to the taxpayers.

VOTE FOR COOK FOR MAYOR

First name on the Ballot Paper. Tasker Cook Must Win.

Once, in 1884, the Thermopylae beat her by one day, but Cutty Sark's average passage was nearly five days better than that of her great rival.

Captain Moodie was succeeded by Captain Woodgett, who commanded her far longer than any other skipper. Captain Moodie, by the way, is still alive at the age of ninety-two, and resides at Auchtermuchty, in Scotland.

Cutty Sark had but one serious mishap. That was in November, 1877, when she ran into a furious storm in the Channel and had to put back into the Downs. There she anchored, but both cables parted under the fury of the hurricane, and she crashed helplessly into two other ships. A tug came to the rescue and she was saved. The tug got £2,000 salvage, for at that time ship and cargo were valued at £25,000.

As Fast As a Steamer.

In the middle nineties Cutty Sark was sold to a Portuguese firm and became the Ferreira. For her new owners she sailed as well as ever, and has carried cargoes to almost every large port in the world.

In 1916, when bound out of Delagoa,

with coal, she again met with disaster. In a terrific storm she was dismasted, and she was picked up by a Liverpool tug and towed into port.

It took a long time to repair her because a new mast had to be fetched from Portugal. Yet repaired she was, and is still sound and seaworthy.

It is said that on one occasion Cutty Sark covered 365 knots—that is more than 400 miles—within twenty-four hours.

But "T. E. E." to whose article in "Sea Breezes," the magazine of the Pacific Steam Navigation Company, we are indebted for much of our information, doubts this record.

This speed of 365 knots in twenty-four hours works out at a fraction over 15 knots an hour, a speed equal to that of the average modern passenger steamer.—T. E. E.

East End Feed & Produce Store

Cattle Owners!

Buy your Winter Feed now. We have

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PRIME No. 1
TIMOTHY HAY.
1,000 Bags
HEAVY WHITE OATS

We can give you a good price on this lot.

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"Wait the marble in the quarry. In the mountain's rugged breast. Wait to tell of fame and glory. Wait to tell where loved ones rest."

We have ready for quick delivery a splendid selection of Headstones and Monuments at reasonable prices. We will forward our catalogue of photographic designs and styles to any address on request; also return our order form, which makes ordering by mail easy.

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FOR RHEUMATISM

Apply Minard's Liniment to the aching spot and get quick relief. Minard's is the remedy your grandfather used. There is nothing to equal it.

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WHY CERTAINLY SPIVIS HAS NOTHING ON MUTT.



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