

# 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 uppers 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.

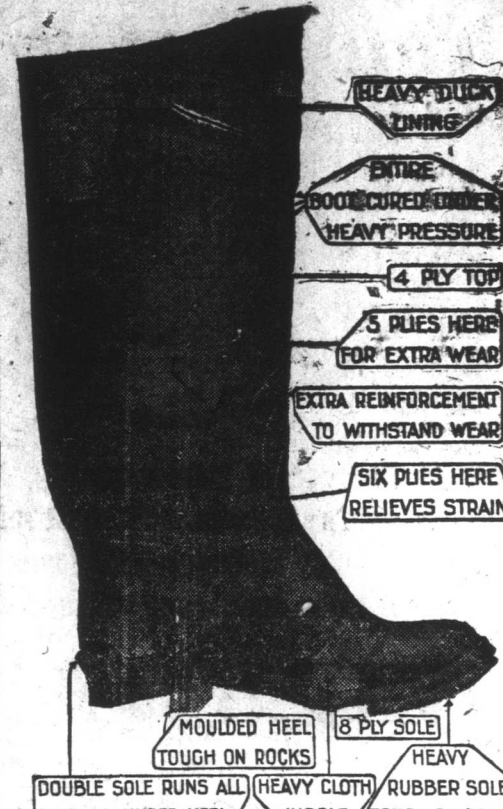
The rubber and fabric in "EXCEL" boots are of the very highest quality. But it is the special method of curing, under tremendous pressure, that makes the "EXCEL" so wear-resisting. The pressure forces the layers of rubber and fabric together so that they are actually "one-piece", without losing the least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

life or resiliency of the rubber. Salt water has practically no effect on "EXCEL" boots. The UPPERS 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 severest 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**

### Side Talks by Ruth Cameron

#### DO YOU KNOW ANYONE LIKE THIS?

A few weeks ago several of us went to call on a friend and found her suffering the agonies of hay fever. Hay fever, like sea sickness, is one of those diseases for which you never get a sympathy card. It is a miserable, so-called disease that one could help relieve with sympathy. We told her how sorry we were and she said she had been told to give some. The last day back and suffered. No," she said uninterestedly.

Another remedy was proposed. She evinced no more interest in that.

"What are you doing?" asked someone else.

"Oh, nothing," she said, "I don't think there is anything you can do."

And that was the end of it. She simply lay back and suffered apathetically and she absolutely refused to do anything else.

I can assure you that my sympathy, at least, suffered considerable diminution.

We laughed at the old phrase "enjoying ill health" but it does sometimes seem to me as if people did take perverse pride in their sufferings; or in the fact that they do not believe in doing anything for them.

Could Have Been Entirely Cured.

A Letter Friend has long wanted me to write on this subject. Here is the example he gives of that type of person.

"A young lady I knew 'fell' down stairs. Her spine and hips were badly injured. She made no effort to find a remedy for the 'secretly' believed her injuries were irreparable. She ignored the condition all she

could. Her neglect and her refusal to allow anyone else to suggest that her injuries be investigated and treated almost drove the family mad. After six years of suffering and inflicting suffering on everyone around her she reached a stage where she could no longer walk. She then started a course of scientific treatment that straightened her back and hips almost entirely. The doctor who treated her claimed that he could have cured her entirely had she started treatment a year earlier.

What a waste of health and happiness such a course represents!

Why should anyone want to make himself and those whom he loves so much misery?

They Think They Are Unselfish But They Are Not.

I can assure you that my sympathy, at least, suffered considerable diminution.

Of course we all object to the sort of person who is constantly fancying that there is something the matter with him and rising to the doctor with every little ache and pain, but that is no reason for going to the opposite extreme.

I have a feeling that people who do this sort of thing picture themselves as very heroic and commendable. They think there is something fine and brave and unselfish about neglecting themselves. Whereas, since no one can live to himself alone and the illness of any one member of a family is bound to react on the life and destinies of the rest, to fail to do everything one can to keep well is distinctly selfish.

### The New China.

"An' the Dawn Comes up Like Thunder Outer China 'cross the Bay!" —Kipling.

The Chinese have just taken a new census, which shows a population of 466 millions—ten millions more than the population of all Europe. The figures are sufficiently striking in themselves, but taken in conjunction with the amazing social changes that have taken place during the last ten years in China since the revolution, their significance is startling enough in all conscience to anybody who gives the future of the great yellow race a few minutes' earnest thought.

#### Changing Quicker Than Japan.

Mr. Lenox Simpson, a distinguished representative of the Chinese Government, now on a visit to this country, had some extremely interesting things to say in the course of a talk with a representative of this journal. He pointed out what wonderful strides China has made since, only a few years ago, she threw a civilization, unchanging for thousands of years, into the melting-pot. Much more than Japan, China's tens of millions are assimilating Western ideas and adopting Western ways. Electric light works, gas works, railways, are rapidly growing up everywhere. To-day the streets of Peking are as difficult to cross as those of Paris because of the motor-car traffic.

We are inclined to look upon China with 466 millions as over-populated, but Mr. Simpson says there is plenty of room for many more people.

#### The Chinese Girl.

Great industrial expansion is bound to be the outcome now that this nation, asleep for a decade of years, has senses no longer dulled by opium, has become wide awake and eagerly active. At present the volume of trade in China amounts to under £400,000,000, or something near £1 per head. Mr. Simpson prophesies an enormous growth in this trade in the early future.

In the creation of the new social order the Americans are playing a very important part. China has schools for girls run by Americans. These girls have little in common with their mothers; Western ideas about dress and marriage have taken the place of the old ones. With regard to dress, they are creating fashions inspired by Parisian models. They no longer indulge in the stupid and cruel practice of binding the feet. This custom to-day is looked upon as immodest. The girls fall in love and marry young men of the same free and independent outlook. Most young men in China to-day have at least one or two European suits in their wardrobes, and foreign clothes are being made by tailors throughout the country. Tens of thousands of these young men have been students in America. At all Government functions evening clothes are the official dress, as in France.

What are these young people reading, so far as English literature is concerned? They are deeply interested in philosophy and sociology, and no men are more widely read than Bertrand Russell, Norman Angell, and H. G. Wells. Of English fiction writers, Conan Doyle has easily first place with "Sherlock Holmes." There is a great appetite for detective stories.

China is the only nation in which religion is divorced from ethics. Ancestor worship is the custom, and this is based, in a great measure, upon principles of heredity. The Chinese wor-

ships his ancestors in just the same way as a modern racehorse might worship his stud-book, and he is careful to show it in order to prove that he is a healthy, reputable man because he comes of a good stock. The great ambition of the Chinese is to have five or six generations residing in the same house. The fortunate families which achieve this distinction are honoured by the local authorities, who put beautiful tablets over their doors, stating "A happy family lives here," or words to that effect. Confucius did not preach the future life. When asked his views, he said, "What is the good of talking

about the unknown and unknowable, when we understand so little about the things we can see?"

#### Religion And The Younger Generation.

The ethical system in China is derived from tradition. Once a year the Chinese have a great religious festival in the Temple of Confucius—a wonderful building in Peking, one of the most wonderful in the world. But as far as the younger generation in China is concerned, who are being educated in Western ideas, this ancestor worship is now looked upon with amused toleration, just as Londoners regard the Lord Mayor's Show. They have lost

their old religion, and so far nothing has taken its place.

Like Japan, China has an enormous number of newspapers—many more than in this country. Actually there are 2,000 publications, of which 800 are daily papers.

#### Fighting a Low Business.

Bolehevism has little or no significance in China at present, as there is no such thing as a Capitalist system, for the modern credit system is in its infancy.

In the East, during the war, the common people discovered what has been learned by the common people

elsewhere—that government can be made practically impossible by combination of objecting forces. Perhaps even the educated in the West hardly realize that stable government can exist only with the consent of the vast majority of the people to be governed. Until recent years this truth was not appreciated at all in the East, or perhaps in Russia. Now it is well understood.

It is not thought the right thing for a good-class Chinese to fight. Fighting is a low business, and the proper course in the Chinese mind is to employ the fighting race to do what is required. But assassination is not unknown.

The Chinese like England, but there is a great danger that through our alliance with the Japanese we shall permanently lose their friendship; and it must be remembered that the Americans are doing great work there, industrially as well as in the social and educational spheres.—John O'London's Weekly.

#### DIVORCES.

Divorce news fills the public prints, and jar the gentle readers; and dames in silk and damask in chintz for court decrees are pleaders. They form a dismal caravan, these dames who tire of marriage; a nd now and then a loomed man looms up, with humble carriage, "Gadabouts!" we mutter, as we read, "odds and eke gewhizzle! Is matrimony gone to seed? Are wedding vows a fizzle? Our institutions are at fault, since sacred vows are shifting; is it not time to call a halt? Oh, wither are we drifting?" But where one female goes to court to have her vows rescinded, and be the melancholy sport of lawyers broken-winded, a hundred wear their wedding rings, old fashioned homes adorning, and cherish still the flimsy things they were one marriage morning. The girls with woes of many tints, who want a separation, all break into the public prints, and make a large sensation. But happy wives who hold the fort don't get that sort of mention; they air no grievances in court, and so escape attention. So when you read of divers' dames, with troubles true or phony, who ask to have their maiden names and ample alimony, remember that for every one who takes these public courses, a hundred other women shun the court that deals divorces!

### Why Should You Follow A Crooked Path?

Often a cowpath has been allowed to become a village street, and as the village expanded, tradition has made the winding way an expression of a cow's will.

Habit is always forging chains to enslave us, so that what has been found bearable by the fathers is accepted by the sons.

As children, we were not permitted to drink tea or coffee, because it would stunt our growth or make us nervous and irritable. When older, however, we craved a hot drink with meals, and custom gave us our tea or coffee.

Finally, upon the instructions of the doctor, Mother gave up her tea and coffee. But that meant nothing in our young lives. Our vitality was then strong enough to throw off any ill effects.

But our time came, and we learned by experience that we could not drink tea or coffee. When we had it for breakfast it put our nerves on edge. When we drank it at the evening meal, we tossed about in wakefulness most of the night.

And then we found Postum, a pure cereal beverage, free from the harmful drug, caffeine, in tea and coffee. We liked the rich, satisfying flavor of Postum—and also the better health which resulted. And, too, we were surprised to find how many of our neighbors had made the same discovery—had learned the value of "health first."

Postum comes in two forms: Instant Postum (in tins) made instantly in the cup by the addition of boiling water. Postum Cereal (in packages of larger bulk, for those who prefer to make the drink while the meal is being prepared) made by boiling for 20 minutes. Sold by all grocers.

**Postum for Health—"There's a Reason"**

Made by Canadian Postum Cereal Co., Limited Windsor, Ontario

## JACKMAN'S 25 PER CENT. CASH SALE

Consisting of the following articles:

### Men's

Suits, Overcoats, Raglans, Trench-coats, Macinaw Coats, Gloves, Neck Scarfs, Negligee Shirts, Working Shirts, Collars, Sweater Coats, Trunks, Suit Cases, Braces, Handkerchiefs, Woolen Underwear, Velour Hats, Caps, Single Pants, Rubbers, and a large assortment of Jewellery.

### Boy's

Suits, Overcoats, Macinaw Coats, Single Pants, Caps, Hose, Sweater Coats, and Woolen Underwear

Selling Off at

## 25 Per Cent. Reduction

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### LIGGETT'S "The Chocolates with the wonderful centres."

You'll have to bite into one of these chocolates to learn just what that means. Flavor doesn't show on the surface. In the meantime stop at our candy counter and get some to take home. Packed in strikingly handsome boxes. For sale only by

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