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Are Usually Due to Constipation

When you are constipated, there is not enough lubricant produced by your system to keep the food waste soft. Doctors prescribe Nujol because its action is so close to this natural lubricant. Nujol is a lubricant—not a medicine or laxative—so cannot gripe. Try it today.

Nujol
For Constipation

Town Gossip.

NEWS ABOUT PEOPLE AND THINGS
(By the WANDERER.)

AN EXPLANATION.

No newspaper to-day is complete without its daily gossip page, and while St. John's does not provide sufficient copy to fill a column each day, it is thought that the expenditure of considerable effort might enable the Telegram to publish a column weekly, which will meet the needs in this direction. The assistance of the readers of this paper might help to swell the size of this gossip column. Much of what it contains will be true, much will be false, and the remainder will have to be taken with a grain of salt. Which of these descriptions applies to each paragraph will be left to discriminating readers to determine. After all, if they read the Telegram, they must be discriminating.

AN ELECTION JOKE.

The presence of Lord Morris in the city on a visit, recalls many of the interesting stories which he tells of his election experiences. One of which he often repeats concerns a mass meeting which he held at the Railway Station during the General Election of 1912. There were some 15,000 people present, and one man in the crowd remarked to a neighbour, that it was one of the largest meetings he had ever attended. "There would have been a great many more here if they were going to hang him," replied the other.

HANG ME FIRST.

One of Lord Morris' favorite stories (he told it at a recent Rotary luncheon) is about a man who was sentenced to be hanged for some offence committed in a Western mining town. Before carrying out the execution, the

sheriff asked the prisoner if he had anything to say and received a reply in the negative. A noted bore who was in the crowd, said he wished to say something.

"Do you object to this man speaking?" asked the sheriff of the prisoner. "Not at all," replied the condemned man, "but hang me first."

FLOWER DAY.

During Saturday morning, a bevy of pretty girls sold flowers to passers-by in aid of the Industrial Home. Although people profess to be tired of tag days and flower days, the flower sellers had no difficulty in disposing of their wares and quite a large amount was raised. The supply of flowers were limited or a great deal more would have been obtained.

TENNIS.

A large number of people are playing tennis this year, and the courts at the St. John's Lawn Tennis Club and the Meth. College Club are always in use on fine days. Several people have had private courts made, and it is apparent that the game is in for a "boom." The first round of the Championship Singles at the Forest Road Courts has now begun. Last year the Ladies' Championship Singles was won by Miss Mary Rendell and the handicap by Miss Beth Bartlett. Mr. L. C. Outerbridge was the men's Championship Singles. All these are competing this year and there should be some very interesting games.

HARD TO BELIEVE.

According to Sybil Campbell Lethbridge, an English Author, it is so difficult for a man not to try to make a woman care for him. From what I hear about town, men are having a hard time trying to keep the women off their track. There is a scarcity of good dancers, and no man who possesses this admirable trait is free from persecution.

POPULARITY.

Talking about dancers reminded me of something I heard a girl say recently, which struck me as being very amusing, and perhaps typical of the times. She was discussing a certain boy with a friend, and the latter had some unkind things to say about him. "But, my dear he is such a wonderful dancer," was the defence, and the tone used showed that to be able to walk well on ones' toes, for that is what modern dancing appears to be, condoned a multitude of wrongs.

LAUNDRIES.

His Highness the Sultan of Shehr and Makalla, in Southern Arabia, who has just died, used to send his washing all across the Indian Ocean because there are no laundry experts in Arabia. Judging by the time it takes me to get my things back from the laundry they must travel a great deal further than across the Indian Ocean, and in the course of their journeying are walked by elephants and eaten by rats. This may be imagination on my part, but they certainly look like it.

GOOD ADVICE.

Here is a tip for those young men still inexperienced in the art of love. I have obtained it from "Nightfall," a book by an anonymous writer. "A woman should be kissed or left alone, but never asked for a kiss." So now you know.

THE MODERN PROPOSAL.

P. G. Wodehouse effectively describes the methods adopted by young men of to-day, when proposing, with the following quotation from Gilbert: "Alphonso, who for cool assurance all creation lacks. He up and said to Emily, who had cheek enough for six: 'Miss Emily, I love you. Will you marry?' Say the word!" And Emily said: "Certainly, Alphonso, like a bird."

A BIG RISK.

A parrot owned by a certain nameless resident of St. John's is said to be able to imitate the bagpipes very realistically. I wouldn't like to insure its life.

NEWSPAPER SERIALS.

I have noticed that practically every serial which appears in local newspapers has a peer for either the hero or the villain. This is the sort of story which appeals to the majority of newspaper readers. In this connection, Miss Morris, the Legislative Librarian, once told me an amusing story. A well known local lady was very much startled one evening, when her maid rushed into the room, waving the Telegram excitedly, and shouting: "Belinda's not drowned, Belinda's not drowned." She afterwards discovered that Belinda was the heroine of the serial then running in the Telegram, and in the last instalment had been in danger of finding a watery grave. The maid had been following the serial with great interest, and when she read the next instalment in which the noble hero saved Belinda, her excitement was such that she had to shout the news all over the house.

AFTERNOON BRIDGE.

Bridge is, I must admit, a fascinating game, but one has to draw the line somewhere. Of an evening, when it is not fine enough to go motoring, there is nothing more enjoyable than a good game of Bridge, but how girls can remain in the house on fine afternoons and play it, is more than I can understand. Scarcely an afternoon passes now when there is not a girl's Bridge.

DISGRUNTLED.

Gas O. Lene, who writes the motor-

ing section in the Telegram is very much disgruntled because the editorial blue pencil has been run through some of the very spicy stories which he culled from that well known Sunday School Journal, "The Winning Post." As I explained to him once last year, he must remember that the Telegram is a family journal and he would be well advised as he himself suggests, to take extracts from the "Christian Guardian." If he is looking for space fillers, I have since learned that Gas O. Lene is discontinuing his column.

CLOTHES AND THE WOMEN

In spite of the dictates of Paris, the American woman refuses to give up her short skirt, and her example is apparently followed here. An American Journal is responsible for publishing the following verse: "A yard of silk, a yard of lace, a wisp of tulle to give it grace, a flower placed where flowers go, A skirt knee high, a back waist low, One shoulder strap, no sign of sleeve, If she should sneeze . . . Good morning, Eve."

THE REASON.

Apologies of woman's dress, the following joke, culled from "London Op-

inion" has more than a modicum of truth in it. The Girl: "Why are ships always referred to as 'she'?" Is it because they glide along so gracefully?" The Brute: "Oh, no—it's because their rigging costs so much, and there is so little of it."

When I wrote the foreword to this gossip section, I complained of the fact that I could only find sufficient copy to fill one column and even that was a labour. Now I find that I have written two, and I don't like to think about what this fact will cause the Editor to say. It is best thought of. (The Editor does not say much to this contribution, but may make a few remarks later.)

Not on a Parity With N. F. Legislators

ROME.—Socialist Deputy Turati has introduced a bill in the House of Deputies to fix the salary of members of that body at 1,000 lire a month, and 50 lire extra for each sitting attended. This is equivalent to about \$50 a month and about \$250 extra for each sitting. The present salary of a deputy is approximately \$50 a year.

TAKE IT FOR

CRAMPS—COLIC—DIARRHOEA

APPLY IT FOR

BRUISES—SPRAINS—SORE THROAT



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Painkiller
The Home Remedy

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LOOK!

Big Bargains at Smallwood's

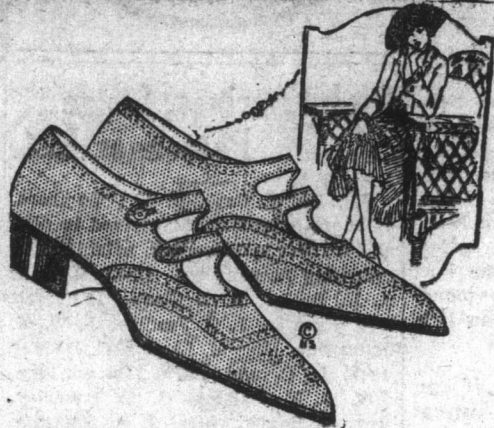


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The Young Man's Boot



Only \$4.75
This is a smart Dark Tan Lace Boot easily worth \$6.00 per pair.



Ladies' White Canvas 2-strap Shoes Cuban Heel, only \$2.00 per pair

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LADIES' LACED AND STRAP SHOES in Black and Tan leathers; Low, Military, Cuban and Louis Heels.



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Ladies Boots, no two pair alike; Low, Cuban and High Heels; sizes 2 1/2, 3 and 3 1/2 only. These Boots are easily worth \$6 or \$7 per pair.

Sale Price only

\$3.00 per pair

SIDE TALKS.

By Ruth Cameron.

ON MAKING FRIENDS.

A pathetic letter has just come to me from a girl who says she can't make friends. She says she has done everything she can think of, tried to be always pleasant, polite and willing and to keep a pleasant expression on her face. She had invited people to her home and joined clubs but all to no avail—people just don't seem to be interested in her.

She signs herself "Heartbroken" and begs me to tell her something she can do to change this state of affairs.

What shall I say to her? How does one make friends if friends just don't naturally make themselves?

Personality is a magnet. Personality is the natural friend maker. If you have it you will make friends without effort. You may not keep them if you do not have certain virtues to back it, but if you will go on making them so long as you have the magnet of a vivid personality.

But personality is a comparatively rare gift and almost everyone has friends. What then are the qualities that win them?

A cheerful disposition unquestionably helps, a jolly disposition still more so. We are always glad to meet the person who looks at life in a jolly

good humored way and gets us into the same mood. "Laugh and the world laughs with you"—and to laugh together helps make people friends.

Like People.

A friendly disposition is another magnet to draw people to you. If you like people and do not merely want to have them like you, they will sense the warmth of that feeling and be attracted by it. "The only way to have a friend is to be one."

Of the artificial ways of winning friends none, I think, is more successful than to cultivate the habit of being a good listener. Find out what subjects people are interested in, get them to talk about them and then listen intelligently. Listening doesn't simply mean keeping silent while the other person talks. It means listening actively, understanding what they are saying, being interested in it, making intelligent replies, drawing them out, giving them a chance to present themselves and their doings in a good light. "Father came home saying he had had a wonderful time" a friend of mine whose father was an officer in the Civil War said to me the other day "and I knew that meant father had gotten someone to listen to his war stories." You can easily see what qualities father would value in a new acquaintance.

She is Pressing.

Don't think too much about yourself. That's fatal even if you are only thinking about yourself as a friend maker. I imagine that's one

GROCERIES at SAVINGS

AQUA VITAE—Cure for Rheumatism, per bottle 80c.
STRAWBERRY PULP, 10 lb. tins, per tin \$2.15
AIRLINE HONEY, per bottle 65c.
ANCO CRACKER MEAL, per pkg. 10c.
HEINZ PEANUT BUTTER, per glass 30c.
HEINZ HORSE RADISH, per bottle 35c.
DUNKER'S SALAD DRESSING, 16 oz., per bottle 50c.
LIBBY'S SPINACH, per tin 28c.
LIBBY'S CARROTS, per tin 25c.
ROSE'S LIME JUICE CORDIAL, quarts, per bottle 75c.
ROSE'S LIME JUICE CORDIAL, pints, per bottle 45c.
POTATO FLOUR, per pkg. 15c.
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By Gene Byrne

What Do You Think of a Fluid

That will draw roaches and ants out of every hole, crack, or crevice before killing them and not poison food?

That will kill bugs instantly and not leave an unpleasant odor?

That will knock flies off the wall and not harm paint or paper?

That will keep the bedroom, kitchen, or verandah clear of flies, mosquitoes, etc., for several hours after a few sprays?

That will take fleas off a dog and not harm the dog?

That will destroy chicken lice without any injury to your stock?

That applied in small quantities to the exposed parts of the body will insure you from Mosquito bites?

That as a general disinfectant is stronger than the ordinary carbolic solution.

THAT FLUID IS
SAN-O-SPRAY.

No insect can live where San-O-Spray is used. Yet San-O-Spray is non-poisonous to human beings and can be used with perfect safety in pantry, kitchen, dining room, and cellars, more-over San-O-Spray has an agreeable and delightful odor, removing all foul or unpleasant odors. In addition San-O-Spray is a disinfectant and germicide. Keeps the home sanitary and free from infectious diseases.

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