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For Constipation
To Keep Your Health—

you must regard Nature's laws; and one of the first of her laws is "Avoid Constipation".

Nujol works on an entirely new principle. Without forcing or irritating, it softens the food waste. This enables the many tiny muscles in the intestines, contracting and expanding in their normal way, to squeeze the food waste along and out of the system.

It is absolutely harmless and pleasant to take. Try it.

"Regular as Clockwork"

Romances of Famous Hymns.

Some of the most beautiful and popular of our hymns were the offspring of sadness and tragedy.

Charlotte Elliott wrote "Just as I Am" when she was ill and discouraged.

Rev. Henry Francis Lyte wrote "Abide With Me" when "the darkness of death" was creeping over him.

Cowper tried to commit suicide and failed, after which he wrote, "God Moves in a Mysterious Way."

Apart from the great beauty of "Our Blest Redeemer ere He breathed His tender last farewell," the hymn is remarkable from the fact that the authoress, Harriet Auber, first wrote it in a pane of glass in a window of her house at Hoddesson.

"Christians, awake, salute the happy morn," has been a favorite Christmas hymn for more than 150 years. John Brown, the author, wrote it for his favourite little daughter, Dolly, who found it one Christmas morning awaiting her with other presents.

"There is a Happy Land" was written by Andrew Young in 1838. He appended during that year, to his spending his holiday in Gothiasy, and the day passed the afternoon in the house of a friend. A little girl began to play a pretty little melody on the piano, and Mr. Young, who was passionately fond of music, begged her to play it again, remarking that it would make a capital tune for a children's hymn.

That night the tune still haunted him, and early in the morning he rose and, while walking in the garden, wrote the hymn.

Perhaps the most quickly written hymn was "From Greenland's Icy Mountains," composed by Bishop

Heber in little more than fifteen minutes.

Taking Losses.

The whole country is busy marking down inventories and taking losses. The business world is very much dejected. The goods on the shelves are suddenly not worth so much as before. The cotton growers of the South no more are enraged to see their product grow less valuable on their hands, and are burning cotton in a foolish effort to keep up the price. The western farmers are watching the quotations for grain go lower daily with a sinking of the heart. Sugar, copper and almost everything else, though just as valuable in themselves, have shrunk in token value, and there is unlimited trouble in adjusting the financial-structure to the change.

The result was predicted and has been confidently expected. The wise man foresees the storm and-out of his inflated profits for the past few years has laid by enough to bridge him over. The improvident man who saw a perpetual reign of high wages and high prices will go down in the smash, paying the penalty of want of good judgment. We shall all learn that the feverish prosperity of war time is really not prosperity at all. It is a time when the few may take advantage of others, but on the whole the good times are artificial.

A reaction is inevitable. Every farmer and every merchant will fight the lowering of prices with all his strength. This is as it should be, for if the fall in values took place at once there would be a disaster. But while they resist, they should admit in the corner of their minds an era of much lower prices is at hand. They should prepare for lower prices if it

means taking losses.

Labor should not be so foolish as to think it can be the exception in taking losses. It is more fortunate than capital in that its lower wage still will buy as much food and clothing. Its lowered pay will signify just as much real value although it amounts to less token money. Labor and capital must mark down the value of their product. The sooner it is done, the sooner will good times come again.—Globecester Daily Times.

The Industrial British Workers of To-Day.

(By T. HENRY SMITH.)

Of course, I must be cautious not to "tread on the corns" of either the merchants, employers or employees of Nfld., so I commence this article with that handicap foremost in my mind. So many folk have questioned me concerning the attitude and status of workmen in Great Britain that I decided to reply to all in the smart, public spirited, Evening Telegram. (I should like to state now—as a man of publicity note—that this paper compares very favorably indeed with the famous London "Evening News," and, in fact, has surprised me very greatly. I tender the Editor and Staff my congratulations.)

Well, let me take the average London mechanic. This gent (for he dresses now like one), is probably very decently educated, and earns sufficient wages to be able, if he be so inclined, to save 25% of his income without any hardship whatever. Dirt? Not for him. Why? Because he is taught that dirt and work form a very bad proposition, and you will find he (or the firm) provide cleansing requisites in order that he leaves the factory a clean, tidy, and presentable citizen; and so he arrives home. How excellent that all is! What example!

This man, I grant you, studies himself first (witness: the "domineering strikes"), but he is trained to realize he is employed to produce profit—not merely an article—for the credit of his country and its trade, and to work as quickly and well as possible in his business. We cannot live on losses. This mechanic works to a (known) cost-system and price and keeps within the limit; with pride in his ability to do so. His attitude to employers? Tolerant only, naturally enough; yet envy will always prevent absolute harmony in the labour world or problem. This is human nature. An internal question. His home? clean and well furnished, and provided he is not a drunkard (a drunken man is a rare sight in England these times), you will find his children attend one of the best schools; his motto being: "I'll see they get a better start in the world than I did." Yet we read of strikes and plots and plans. Bosh! Britain is settling down again after the mighty upheaval of war, and the British worker and his work will ever command the greater demand. The secret of this success? Outdoor recreation, above all, compulsory education. Some trades work a 48 hour week, other 44. Thus they enjoy fresh air; the cheapest and best energizer obtainable.

Now for the collier of South Wales? As I at one time owned a number of stores in Wales, I understood the collier in his own view, so to speak. I was in Swansea and Cardiff only three months ago and studied the strike question seriously. Well, my sum total is this: The younger element have wild, Red Indian, Cowboy notions of the ownership and share-profit will-to-the-wisp and delight in "time off" in which to spend and waste their hard earned money. They are, if you understand them, generosity in excess and foolish as ever youth was since Adam got the pip. Yet go among them, ask for trouble, and you'll get it in less time than an Irishman needs to lose his temper. They are fearless and passionate, hospitable, and sincere when occasion needs.

But the other miners I found were anxious to be fair to everybody and to find a lasting settlement, provided always they could lay (now) a concrete foundation for their successors. Capitalists they do not expressly detest, nor envy. They are aware their work and surroundings tend to warp their ideas to a state of morbid frenzy more or less and they seek a way out for their successors. (A noble resolve that ye folk who grumble at the price of coal, for a collier's task is a "galley slaves" at the best.) Thus when you read of coal strikes in Gt. Britain, just remember it is not the nature of a collier to strike, but rather the nature of his occupation, which ferments and causes trouble from time to time.

(Note.—As my brother-in-law, Austin Hughes, Esq., is President of Mining Surveyors Association, I hope I may be excused discussion of employers and officials for the present.)

If then the collier earns \$80 in Wales and the London mechanic \$70, the Londoner gets \$100 value from life and the collier only \$20 per rata. But we cannot all live in London!

The difference as it strikes me in St. John's is (first impressions) that whether a man earns \$30 or \$60 matters little, from day to day, for, apart from hoarding savings, what better value can a man here get out of life for \$60 as compared to \$30? That is: to live life, and not like a rabbit scurrying to the warren after a day's

NORTH SYDNEY COAL!

Now Landing at our Wharf.

Colin Campbell, Limited

Our Book-keeper is tired and we are making

HUGE CUTS FOR CASH

Cooking Stoves and Ranges, Hall Stoves and Heating Stoves.

BEST ASSORTMENT IN THE DOMINION.

Even if you don't buy it will make you feel good to come and see us, as then you will know prices are coming down at last.

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Take
Grove's Laxative Bromo

Quinine Tablets

Popular all over the World as a remedy for Colds, Grip, and Influenza and as a Preventive.

Be sure its Bromo

The genuine bears this signature **E. M. Grove**

Price 30c.

Two-Fifty will buy a pair of our twelve button Spats for Ladies (formerly \$3.20); all shades, in Brown, Fawn and Grey. PARKER & MONROE, LTD.—nov27, 21

Xmas 1920.

THE BROWNIE CAMERA

A Brownie Camera will make an ideal gift for your boy or girl. Don't forget to give them one for Xmas. Have your list headed with a Brownie Camera.

We have a complete stock of Brownie Cameras, prices from \$3.50 up.

A visit to our store is sure to solve some of your Xmas problems.

TOOTON'S
The Kodak Store.
Phone 131. P. O. Box 562.
For Your Xmas Gift.

First New Zealand Railway.

On December 1, 1863, a new era in the history of New Zealand was inaugurated at Canterbury—where the lamb comes from—by the opening of the first line of railway. The ceremony was performed by the Superintendent, Mr. E. Jobson, who, with his executive and other members of the Government, made the first trip down the line. The event was one of ordinary interest to the province, and drew together a large number of the inhabitants. Trains continued to run up and down the line throughout the day, and afforded gratuitous rides, as well as immense amusement to crowds of colony bred young people, to whom a ride in a railway train was, perhaps, a novelty; as well as to many others, who had not enjoyed that mode of conveyance since they emigrated from the old country. The day's festivities were crowned by a dinner given by Messrs. George Holmes & Co., the enterprising contractors, to which more than five hundred invited guests sat down. The sturdy Maories, too, who had laboured as "navvies," were not forgotten, but were regaled by their employes in good old English style. To Canterbury province—the youngest of the five principal settlements of New Zealand—belongs the merit of having being the first to introduce the railway locomotive and the electric telegraph. The Lyttelton and Christchurch line was the beginning of a system of railways, carried North and South of the Canterbury province, which opened up millions of acres of splendid alluvial plains that lie between the coast line and the snow-capped ranges of the Southern Alps.

Didn't Recognize It.

(From the Washington Star.)

"Unless you're a millionaire," said Frederick Palmer, the war correspondent, "you must expect on a European trip to undergo considerable privation."

"A man and his wife were doing the battle front last month. They dropped in a Chateau-Thierry restaurant for a 25-franc table d'hôte dinner."

"They got settled in their chairs, and the man growled:

Attention!

WE ARE OFFERING TO-DAY:

P. E. I. Potatoes . . . 15c. gall.
Green Peas 12c. 1/4
Sun Maid Raisins 20c. pkg.
Mystic Baking Powder, 85c. lb.
Choice Corned Salmon, 5c. lb.

Fresh P. E. I. Eggs.
Partridge Berries.
Bologna (just opened).
Wilson's Certified Bacon.
Choice N. Y. Corned Beef.

EVERYTHING FRESH AT
DUFFY'S Grocery, Cabot Street
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NOTICE!

The Board of Governors of the St. John's Hospital will require on and after 1st January, 1921, a Capable Accountant with a general knowledge of business. The office will demand intelligence as well as a good sound education. Applications for the position will be received up to Friday, the 10th day of December, to be addressed

H. M. MOSDELL,
General Hospital, 27th November, 1920. Acting Sec'y. nov27, 111

SMOKERS EXPECT THAT EVERY PIPE WILL DO ITS DUTY.

But many pipes fall short of expectations. The pipe which can always be relied on is the "Dunhill" Pipe. Every Pipe is guaranteed for one year. Buy them at T. J. Duley & Co. and Jas. P. Cash.

JOHN P. HAND & CO.,
Agents.

"I must have my place changed. It's quite damp."
"Hush dear," said his wife, in a low voice, "That's your soup."

Keep the Factory open. Buy Parker's Boots and Shoes. PARKER & MONROE, LTD.—nov27, 21

Advertisements and notices on the right-hand page, including names like 'an's', 'A Household', 'A General Ser', 'A Girl who un', 'A Good Gener', and 'A Girl for'.