Great Exercise to Reep Liver and Bowels Active, But if You Won't, Then take "Cascarets"

digestion, colds and are miserable. you sleep.

There is nothing like bending ex- But don't stay bilious or constipated. cises, taking long walks, or chop- Feel splendid always by taking keep the liver and Cascarets occasionally, They act withwels active, but most folks take out griping or inconvenience. They heir exercise in an easy chair. Such never sicken you like Calomel, Salts. lks need Cascarets, else they suffer Oil, or nasty, harsh Pills. They cost heedache, sour acid stomach, so little too-Cascarets work while the district of Burgeo and LaPoile.

Narrow Escape To-day's Messages.

AVIATOR AT DELHL.

LONDON, Nov. 28. Captain Ross Smith, who is attempting a flight from England to Australia, swept from his vessel by a great arrived at Delhi, India, Tuesday, according to advices received here. Captain Smith left the Hounslow Aviation Field.

MEXICO HUNTING TROUBLE.

WASHINGTON, Nov. 28. James Wallace, an American citizen, day. The State Department to-day was advised of the killing, and immediately ordered a thorough inves-

> LETTS DECLARE WAR. BERLIN, Nov. 28.

The Lettish Government has recalled its diplomatic representative from Berlin, and in view of the attack Germany, according to advices from semi-official sources here to-day. The German representatives, still at Riga and Libau, it is stated, will therefore be recalled.

STOOD NOT OF THE ORDER OF HER GOING.

MUNICH, Nov. 28. The former Empress, Augusta Victoria of Germany, was allowed only ten minutes in which to gather her belongings, when expelled from her Palace in Berlin on Nov. 9, 1918, according to the anyalist newspapers, which state that a company of sailors headed by non-commissioned officers marched to the Palace, shot down four soldiers, which were acting as sentries, and entered the Empress' private apartment. They ordered her to be prepared to leave in ten minimpress grabbed up photographs of and 50c. a bottle. her children, and hatless and cloakless proceeded to Potsdam.

NOT TO GIVE UP ONE INCH.

VIENNA, Nov. 28 Speaking before the Christian Social Club of Budapest, former Premier Friedrich, declared that the recent changes in the Hungarian Cabinet had been brought about by the pres-sure of the Entente. He said that it would be the last change in the Goyt., because the authorities had no more confidence in the Allies. M. Fried-rich announced that the Hungarian delegates to the Peace Conference would not be called to Paris before February, and urged thm not to give up one inch of Hungarian territory. He added that the Roumanians had knew the Hungarians were able to cause their withdrawal by force. M. Friedrich asserted that he had confidence in the future of Hungary.

AT THE CROSBIE.-C. W. Hodder, of Hr. Buffett is registered at the

from Drowning.

THRILLING EXPERIENCE OFF PORT aux BASQUES.

North Sydney, Nov. 25.—Sinking for the third time after he had been wave off Port aux Basques, one day last week, Capt. Noel, of the Dominion Government steamer Restless, was rescued from the sea by members of the crew of another vessel near at hand but in such condition, as a result of shock and exposure that he was brought to his home here was shot and killed by Carranza to-day in a condition more or less soldiers near Tampico last Wednes- serious. Capt. Noel reached North Sydney on the steamer Kyle and it is reported that it will be some little time before he is fit to take over his command again. Reports of the mis-

Capt. Noel formerly lived in Newfoundland, but for some years past of Col. Bermindt's troops, Letvia re- he has been a resident of this town. gards herself in a state of war with For a considerable time during the war he was in the Canadian patrol day night next, Dec. 1st. If you

> SEALETTE.—We have just dance.—nov28,31 received a shipment of Sealette. Prices \$12.75 and \$19.50. G. KNOWLING, Ltd.—nov29,dec2,5

McMurdo's Store News

SATURDAY, Nov. 29. Among after shaving lotions perhaps the nicest of the lot is Witch Hazel and Almond Lotion, which combines the astingent virtues of Witch Hazel extract with the sooth ing properties of Almond Oil, the whole blended together in an elegant lotion which is remarkably suitable for its purpose. It may also be used for sore and sprayed hands, face and lips. Price 30c. a bottle. McMurdo's Cantharidine has stood

to be prepared to leave in ten min-ptes, informing her that a carriage waited outside. Without a word the its own in popularity. Two sizes 35c.

taken up at the R. C. Cathedral, St. Patrick's, St. Joseph's and Kilbride at all Masses on Sunday, November 30th.—nov29,1i

Personal.

Sergt. John Robinson of the Royal Newfoundland Regiment and caretaker of Bally Haley Golf Links and from Wood's Island with 1100 barrels Club House, contemplates going into the Provision and Grocery business, at Botwood from London. she brought and will open up at 141 New Gower 130 tons of general cargo and will restreet next week. We wish Sergt. Robinson every success in his new load of paper.

The steamship Alconda has arrived at Botwood from London. she brought 130 tons of general cargo and will restrict turn with a load of paper.

The steamship Alconda has arrived at Botwood from London. she brought 130 tons of general cargo and will restrict turn with a load of paper.

The steamship Alconda has arrived at Botwood from London. she brought 140 tons of general cargo and will restrict turn with a load of paper.

The steamship Alconda has arrived at Botwood from London. she brought 130 tons of general cargo and will restrict turn with a load of paper.

W. Hamar Greenwood, a Canadian writer well known on both sides of the Atlantic arrived at North Sydney on November 25th, Mr. Greenwood intends coming to Newfoundland shortly.

The S. S. Sable Island is due here from Sydney to-morrow night.

The S. S. Rosalind left Halifax this morning for this port and is due Monday.

Health

One cannot

the value of

health as a

business asset

food is a splendid aid

in placing any man's feet

Full of nutriment, de-

"There's a Reason for Grape Nuts"

Mide by Canadian Postum Cereal Co. Ltd. Windsor Ont.

on the health road.

licious, economical.

over-estimate

No Remedy Yet.

According to the Trade Review it th West Coast have not undergone any improvement since the Lib-eral Reform Party assumed the con-trol of the Government. That paper in its current issue gives the text of a telegram from a business man in Burgeo, who says:

"Last St. John's paper dated November 6th, was three weeks

Considering that the burden of con plaint was against the late Govern ment, the above shows that there is no undue anxiety being shown to bette

Schooner Meets Rough Weather.

The schooner Sparkling Glance, Capt. Kearly, which left here a few days ago with a full general cargo has arrived at Belleoram. On the passage the vessel met with stormy weather and received a severe drubbing, some of the deck load of cargo being washed overboard.

The Store that aims to please the hard to please, THE BEE-HIVE STORE.—sep19,3m,tu,th,s

BLACK CARACUL—We have just received a shipment of Black Caracul, \$11.50 per yard. G. KNOWLING, Ltd.

ASTRACHAN.-We have rehap which he met say that it was ceived a small shipment of Black little short of a miracle that he was Astrachan, \$5.00 and \$11.50 per saved since the sea was running high yard; Navy, \$4.25 per yard. G. and stormy at the time. KNOWLING, Ltd.—nov29,dec2,5

> Come along, Ladies and Gent's, to the C. L. B. Old Comrades' Dance at the Armoury on Monwant a good night's enjoyment you can't afford to miss this

TRADE BOARD FISH COMMIT-TEE.—At yesterday's meeting of the Board of Trade. Fish Exporters' section, the Council of the Board was empowered to appoint a committee to consult with the Minister of Marine and Fisheries and the latter's Ad-



C. L. B. Old Comrades' Grand The Annual Collection in aid of the Christian Brothers will be taken up at the R. C. Cathedral by the Battalica Band. Tickets

Dance in the Armoury, Harvey tions shall come" will be Mr. Howlett's topic in the Casine Theatre at 8 by the Battalica Band. Tickets

Dance in the Armoury, Harvey tions shall come" will be Mr. Howlett's topic in the Casine Theatre at 8 by the Battalica Band. Tickets -Ladies', 60c.; Gent's, \$1.00.

Late Shipping News.

S. S. Scotsburn has arrived at Bonne Bay from Souris, P. E. I., with produce and 20 horses for the St. Lawrence Lumber Co.
The schooner Romance has sailed

of herring for Gloucester.

The S. S. Fagunda has cleared for Boston for orders.

The Sunset Glow, Capt. G. Dean, is loading bulk fish at Harvey & Co's.,

Business: Election of for the ensuing year.

Coastal Boats.

F. H. Ellis & Co. S.S. Susu sails about Tuesday fo northern ports.

S.S. Prospero left Fogo at 10 a.m. to-day, and is due to-morrow even

the night, going west. Argyle leaving Placentia to-day for vest, after arrival of to-day's train. Clyde at Port Union.

S.S. Portia left St. Jacques during

Dundee left Fogo at 12.05 p.m. yes terday, going to Lewisporte. Ethie at Humbermouth. Glencoe due at Port aux Basques

Home at Lewisporte. Kyle not reported leaving Port aux

Meigle left Hermitage Cove early Petrel not reported leaving Claren

Sagona at St. John's.

Newfoundland Highlanders will parade to-morrow Sundar attending Divine Service at the Presbyterian Church. The Rev. Gordon Dickie will preach on "The Life of Discipline," and Miss. Cristian. HIGHLANDERS' PARADE .-. The line," and Miss Curtis will sing a

Child Badly Burned.

rate and her dress blew in against the bars, instantly blazing up and burning the child about the face, ands and body. Dr. Mitchell was huridly called by the mother, and he pronounced the burns to be serious and had the patient conveyed to the and had the patient conve Hospital in his motor car.

Give a Thought to Music!

Many people think that a piano n any kind of playable condition is good enough for children to practice on—a fatal error. They are the ones who need good playable instruments the most. If you want your plano put in good condition and kept so, send for me. Yearly contracts taken.

MARMADUKE H. FINDLATER, Graduate of the Faust School of Tuning, Boston.) Royal Stationery Co., 180-182 Water

Ordnance Street. Phone 649A nov29.dec2.4.

MONEY TO LEND.

When you want Sausages. I have money for invest-why—get ELLIS'; they're the ment on first mortgage se-curity of approved City Real

C. J. CAHILL, Barrister-At-Law & Solicitor. Offices: Law Chambers, Duckworth St.

SALE **Condemned Naval Stores**

Tenders are asked for purchase of above. Goods can be inspected on application to Commanding Officer. Tenders, which should be addressed to Commanding Officer, H.M.S. "Briton", close noon, December 4th.

Lieut. Commander R.N., Senior Naval Officer

FOR SALE.

Black General Purpose Mare, weight 1050 lbs Grey General Purpose Mare, weight 1000 lbs. Both are splendid animals and sound in every particular.

P. C. O'Driscoll, Ltd., nov27,6i,eod

NOTICE.

International Bible Students' Association

in the Chapter Room, Victoria Hall, at 3 o'clock Sunday afternoon, using as subject "Church Union and what does it mean?" "The Desire of all Na SEATS FREE-No COLLECTION.

Notice to Creditors.

All parties having claims against T. Swedlin, of St. John's, Grocer, are requested to furnish same, duly attested, to James D. Rendell and Thomas Soper, Assignees for the benefit of creditors of the said T. Swedlin, or to the undersigned Solicitors for the said Assignees, on or before the fourtteenth day of December, 1919. Dated at St. John's, the 28th day of

conroy, HIGGINS & HUNT, Solicitors for Assignees

NOTICE.

The Annual Meeting of Amalamated Fishermen will be held in the C. C. C. Hall on Tuesday, Business: Election of officers All members are requested to attend. By order, WM. MORRIS.

Secretary

W. P. A.

The Annual Meeting of

the W. P. A. will be held in the Presbyterian Hall on Thursday, Dec. 4th, at 3.30 p.m. All members are requested to attend.

A. N. GOSLING. nov27,28,29,dec2,3 Hon. Sec'y ORDERS NOW TAKEN

for a limited number of XMAS CAKES.

Homemade.

61 LeMarchant Road.

Christmas Greeting Cards.

Our new Christmas Cards have all been opened up and we are now showing a wonderful variety of the newest and dainprices—carefully selected to suit all tastes. Each Card is a Card that is sure to please. Special Wholesale Prices. Packages of Selected Leaflet

age.
Assorted Boxes of Superior Cards, Artistic Designs, 25c., 35c., 65c., 70c., 90c., \$1.10 Box.
Single Cards in Envelopes at 5c., 8c., 10c., 15c., 20c. up to \$2.50

Single Cards in Boxes, new and very pretty designs. Prices 25c., 35c., 45c., 55c. up to \$2.00 We have here also a splendid assortment of Christmas Post Cards at 30c., 45c., 50c. and 70c. per dozen.

SPECIAL.—Local View Post
Cards, stamped "Christmas
Greeting," 50c. per dozen.

GARRETT BYRNE. Bookseller and Stationer.

Fishermen's "Excel" Rubber Boots



For Men and Boys. The "7" Feature Boot. For sale at all reliable

dealers. "Best on the Market."

Parker & Monroe,

Ltd. Sole Agents.

JUST ARRIVED:

OATS-4 bushel sacks, White. BRAN, CATTLE FEED MEAL. IN STOCK: APPLES—King and other kinds.
POTATOES—P. E. I. and Local.
TURNIPS—Local.
CALDWELL'S CELEBRATED
CHICK FEED, SCRATCH FEED,
OYSTER SHELL, CALF MEAL.

TO ARRIVE: CABBAGE—Barrels.
TURNIPS—P. E. I.
POTATOES—P. E. I. Blue Nose.
HAY—Several cars en route.

WHOLESALE AND RETAIL M. A. BASTOW nov19,22,25,27,29,dec2 Beck's Cove

Just Received.

A large shipment of

Keystona, White and Colors Edelvice Enamel and Varnishes.

Also fresh stock of CE-MENT, at our usual low prices.

W. & G. RENDELL

Hides & Furs Wanted.

50,000 Muskrat Skins; also Silver, Cross, White & Red Fox, Marten, Mink, Bear, Weasel and Lynx Skins.

Highest Market Prices. North American Scrap and Metal Co.

Phone 367. Office: Clift's Cove. (Late G. C. Fearn & Son's ST. JOHN'S.

MINARD'S LINIMENT CURES

FROM ENGLAND.

A Fine Selection of

Satisfaction Guaranteed Strang,

Tailoring of Quality, COR. WATER and PRESCOTT STS.

NAKAKAKAKAKAKAKAKAKA



Truly, "A Gift of the Gods" which cures Constipation. A FOOD OF FRUITS and LEAVES.

Would not you be interested to know there is a Laxative Food—"Les Fruits"—perfect in its results, and composed only of Arabian Fruits and Leaves, devoid of all drugs and nostrums?

It is most attractive to the taste; really a confection; guaranteed to comply with the Pure Food Laws and endorsed by prominent physicians and laymen.

Equally efficacious, and harmless to child or adult. Nature's answer to the complex question of constipa-

ON SALE BY Ellis & Co., Ltd.

203 WATER STREET. Seventy-five Cents per Half Pound Package. ITS CONSUMER IS ITS REFERENCE.

There Is

Genuine and unmistakable pleasure in its daily use-

CROSS TINE!

The S. S. ROSALIND will leave New York for St. John's via Halifax on November 23rd, and will sail from St. John's for New York via Halifax on December 3rd. This steamer has excellent accommodation for first and second-class passengers.

For further information re passage fares, freight e fares, freight

rates, etc., apply to HARVEY & CO LTQ.,

AGENTS RED CROSS LI

Homes

"I have a

of mine sa me one speaking of mother -in "that she t I don't spen much time should on house. If ever says me I know what I'll I've got planned.

I think how children nea itter it up, I could keep it as

he does hers." ut what makes you think ks vou don't keep your enough? I mildly expostul idn't ever say so, did sh , she's never said a word t have a feeling she thinks he's so poison neat herself ably doesn't see why I can I'll tell her all right if she

anything." veritable battle light was f bor's eye and a call to r voice. To battle against ast a point of view that she ne else held.

have an idea that a great ergy is wasted in ways like



