

Nujol

For Constipation

GOOD health cannot be maintained if constipation is allowed to poison the system.

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"



Novel and Interesting

An old muzzle-loading pistol of the vintage of a century ago was found in the trunk of a tree on the State reservation at Niagara Falls. The tree is one of those monarchs that fell during the recent gale.

Duchess County, Utah, at the recent election chose Charles Barton, the State's tallest man, for Sheriff, and Grant Bench, the shortest, for Recorder. Barton is 7 feet, 6 inches in height; Bench an even 4 feet.

A firm in Harrogate, G.B., have succeeded in producing a soap from clay. It is being put on the market in the name of "Moorland" soap, and it is claimed for it that it has not only enormous possibilities in the industrial world for wool washing, etc., but it is an excellent toilet article for delicate and tender skin.

Jessie Kirk, Labor, is a member of Winnipeg's City Council for 1921, and is the first woman to hold such office in that city. Completion of the count in Ward Two for the three candidates to be elected for two year terms put Mrs. Kirk among the winners recently.

John James, survivor of the famous charge of Balaklava in the Crimean War, has just died at the Chelsea Pensioners' Hospital of pneumonia, aged 84. There are still over 20 veterans of the Crimean campaign in the Chelsea Institution. Their old-fashioned scarlet tunics and quaint peaked caps used to be popular with artists.

The Queen Mother Olga, who has been made regent of Greece, enjoys the distinction of being the only woman upon whom has been bestowed the rank of Admiral. This distinction was given her many years ago by the late Czar Alexander III, of Russia, partly in recognition of her skill as a sailor, and also as a reward for her kindness to Russian sailors in the great hospital which she had founded in Athens.

Analysis of 190 samples of "whiskey" seized by prohibition enforcement agents in 100 places in New York, failed to show one that was real whiskey. Knox B. Phagan, temporary supervising enforcement agent, said Saturday. All were adulterated mixtures, "over night" distillations, or compounds of colored alcohol, he declared. He said he did not believe there was a glass of straight whiskey being sold anywhere in New York.

The Prince of Wales, the Duke of York, and Sir Philip Sassoon visited Combe Hill, G.B., golf course, recently. In order to get to the course quickly they tried to use the footpath cutting through Combe Warren, which, although open to the public on other days, is closed on Saturdays and Sundays.

days. They had gone some little distance when they were stopped by an official, who politely but firmly insisted that they should observe the regulation. The visitors were therefore obliged to take a much longer route.

On Mr. Lloyd George's stating in the House of Commons that he does not propose to introduce a Bill to legalize marriage with a deceased husband's brother, Mr. Hogge asked if he is aware that many widows are now living with the deceased husband's brother. Why, if it is legal to marry a deceased wife's sister, should it not be legal to marry a deceased husband's brother. The Prime Minister said he knew from long experience how dangerous it is to interfere with the law in this respect. He could hold out no hope of the government considering the matter.

A use has at last been found at Riga, Latvia, for the vast quantities of barbed wire left on the battlefields of Eastern Europe. Riga inventors have devised machinery for stamping nails out of the wire, and hope by this method to relieve the shortage of nails in the Balkan States. Riga has been the centre of so much fighting throughout the war that most of the lakes, streams and roads about the city are thoroughly lined with barbed wire entanglements and great numbers of full spools of wire are lying about. The expense of collecting wire for making nails is thus made light. Many of the piles at Riga are stacked high with wire suitable for nail making.

Firemen Called Out

The Central and East End Fire Companies were called out at noon yesterday to a house on Freshwater Road where a fire, caused by children lighting papers, was in progress. The services of the firemen were not required, the blaze being quenched with a few pails of water before their arrival.

15,744,600 Jews in the World.

According to statistics, published in the latest United States Jewish Year Book, just issued, there are in the world 15,744,000 Jews of whom 11,435,000 live in Europe and 3,379,000 on this continent. Reports from Christian travellers in Central Europe confirm at every point the stories of pogroms related by Jews here. These unprejudiced observers say it is always the Jews who suffer from race persecution, and that the feeling at the moment is worse than in the war or at any time in the history of the world.

When Thread Was Wound Like Wool.

Thread was at first sold in hanks, as knitting wool is now, and ladies had to loosen the skeins and wind it into little balls. But a progressive thread manufacturer, James Clark, got a wool wood turner named Robert Paul to make a few wooden spools in the early eighteen hundreds, and then James Clark himself, to accommodate a fair customer, would sit down at a weaver's pirn in his own shop, while she waited, and wind the skein of thread on it for her. He charged her half a cent for this courtesy.

When the spool, was empty she brought it back to him, and he wound it full with thread again.

The fourth generation of Clarks are now making the cotton thread you use to-day. Give the courtly old business fellow, James Clark, a passing thought when you throw away the next empty spool. Women could not do that in 1812.

There was plenty of other things they couldn't do and wouldn't do in those good old days. Thrift came naturally and of necessity in a world where inventions were not looking to waste and comfort. Wooden spools were never thrown away; a thimble lasted a life time, and one needle was often all a household afforded. It was kept as carefully as such a treasure deserved to be kept.

One bonnet, one shawl, one dress did almost a lifetime, too, for materials were hard to obtain and dressmakers few in number. When women wore their own clothes and the clothes of their families, they did not encourage frequent change in fashions.

Keep the 27th open for Grand Dance, C.C.C. Hall. Tickets Double, \$1.50; Gents, \$1.20; Ladies, 70c; including Supper. Music by Dominion Orchestra—dec13,31

Mont Blanc's Peak Has Tumbled Off.

The top of Mont Blanc fell off recently and started an enormous avalanche, which rolled down into Italy along the gorge of the Brenva Glacier, destroying in its course the whole forest of Pourtaud.

The reason was found to be that part of the limestone pyramid which forms the summit of the greatest mountain mass in Europe had split and fallen. It looks as if several score feet had been taken from the height of the mountain which is given in books of reference as 15,782 feet.

The avalanche was one of the biggest and most destructive known for some time. The rock and ice tumbling from the summit dislodged immense snowfields, which in turn tore out rock, and the great mass went rumbling down the mountains for nearly ten miles. It plunged along the glacier bed, leaped the valley of the Doire, throwing pine trees and boulders about like corks in a waterfall, and came to rest almost miraculously at the entrance to the little Italian village of Pourtaud. Several houses, which stood almost in its path, were spared by a width of only a few yards, and so far no loss of life has been reported.

No estimate can yet be formed of the millions of tons of rock and snow dislodged, but the whole character of the countryside has been changed, and one of the most beautiful Alpine forests, of great timber value, has been destroyed.

No "Scripts" Required

GINGER WINE. FOR STAFFORD'S ESSENCE OF DIRECTIONS:—Dissolve 1 1/2 lbs. of sugar in 3 quarts of water and add contents of one bottle of Stafford's Essence of Ginger Wine.

This will make 120 ounces of Ginger Wine. One wineglass contains two ounces. Just imagine, 60 glasses for 52 cents. Practically one cent per glass. The proof:— 1 1/2 lbs. sugar at 25c. 37c. 1 bot. Stafford's Ess. Ginger Wine. 20c. 20c. 52c.

We have over ten thousand bottles (10,000) ready for sale at the present time. The past two years we have not been able to supply the demand on account of the difficulty of procuring the ingredients, but this year we have been able to obtain large stocks.

Stafford's Essence Ginger Wine only 20c. bot. Postage 10c. extra. DR. F. STAFFORD & SON, Wholesale and Retail Chemists and Druggists, St. John's, Newfoundland.

Lobster's Painless Death

A new method of killing and cooking lobster is advocated by Joseph Snel, an English expert whose method is sponsored by the Royal Society for the Prevention of Cruelty to Animals. He claims that the fish should be placed in cold water, which should be gradually raised to boiling point. His experiments showed that if a lobster is placed in water of 55 degrees Fahrenheit, it will be dead by the time the water is warmed to 80 degrees, whereas if plunged into boiling water, the lobster will struggle for more than a minute. Mr. Snel writes "that the lethargy which precedes death takes place before the water has appreciably warmed and that the slowly boiling to death idea which has horrified sensitive persons is without foundation."

Believes She Is Happiest Woman in Nova Scotia

That is What Mrs. Lovett Says After Tanlac Freed Her of Three Years' Suffering.

"I believe I am the happiest woman in Nova Scotia since my wonderful restoration to health, and Tanlac deserves all the credit," said Mrs. William Lovett, who lives in Tufts Cove, Dartmouth, a suburb of Halifax.

"For three years I was almost a nervous wreck. I got very little rest by day or night and became so weak and worn out for days at a time I could not put my foot out of the house and lots of the time I spent in bed.

"My appetite was very poor and my stomach was in such a miserable condition that even a cup of tea often disagreed with me. I don't believe anybody ever suffered worse from headaches than I did and I felt so miserable all the time that life became a burden to me. I had dreadful spells of melancholy, too, for nothing I tried helped me and I became convinced there was no hope for me. "I was always very grateful to the good neighbor who induced me to try Tanlac as I owe to this medicine the splendid health I enjoy to-day. In a short time I was feeling like a different woman. I have a fine appetite now, eat anything I want and every bit of it seems to nourish me. I have fully recovered my strength and besides have gained fifteen pounds in weight.

"My nerves are calm and steady and I sleep all night long without so much as waking once. In the morning I feel so bright and cheerful I sing from very joy as I dress myself and realize all my troubles are over. I can't find words to express the praise that's in my heart for this grand medicine. It has proved itself more wonderful than I thought it possible for medicine to be."

Tanlac is sold in St. John's by M. Connors, in Paradise by Mrs. Martin F. Byrne, in Upper Gables by Heber Andrews, in Portland by H. C. Haines, in St. Joseph, Salmonier, by Mrs. J. Gushue, in Milltown by Exploits Valley Royal Stores, Ltd., in Flat Island by William Samson, in Jamboree by Christopher Haines, and in Lewisporte by Uriah Freake.—adv.



LUCK. Luck had a favor to bestow And wondered where to let it go.

"No lazy man on earth," said she, "Shall get this happy gift from me."

"I will not pass it to the man Who will not do the best he can."

"I will not make this splendid gift To one who has not practiced thrift."

"It shall not benefit deceit, Nor help the man who's played the cheat."

"He that has failed to fight with pluck Shall never know the Goddess Luck."

"I'll look around a bit to see What man has earned some help from me."

She found a man whose hands were soiled Because from day to day he'd toiled.

He'd dreamed by night and worked by day To make life's contest go his way.

He'd kept his post and daily slaved, And something of his wage he'd saved.

He'd clutched at every circumstance Which might have been his golden chance.

The goddess smiled and then, ker-slap! She dropped her favor in his lap.

Unfailing in its results. A Pure, Wholesome and Delicious Laxative, "LES FRUITS."—dec9,11

Millionth of a Second.

A chronoscope is employed when experimenting with high power explosives used in guns, which registers the velocity of the projectile at sixteen successive points before it leaves the bore. It is possible with this apparatus to register time to the millionth of a second. In the older experiments, where the velocity did not exceed 1,500 or 1,000 per foot per second this projectile recorded its time by knocking down a series of steel triggers projecting into the bore. But with velocities of several thousand feet per second the trigger, instead of dropping, frequently ploughed a groove in the projectile, and this new device became necessary.



A Vapor Treatment for Coughs and Colds. The time for Vapo-Cresolene is at the first indication of a cold or sore throat. It is simple to use, you just light the little lamp that is attached to the bottle. The soothing antiseptic vapor makes breathing easy, relieves the cough, eases the soreness and congestion, and protects in epidemics. Recommended for Whooping Cough, Sore Throat, Croup, Bronchitis, Asthma, Hay Fever, etc. Vapo-Cresolene has been used for the past 40 years. The benefit is unquestionable. Send for descriptive booklet. SOLD BY EVERYWHERE VAPOR-CRESOLINE CO., London, E.C. 4, England.

CHRISTMAS GROCERIES!

This Department is bountifully supplied with the many delicacies and necessities for the Festive Season, and whether you call, phone or order by mail, your orders will receive careful attention.

A FEW SUGGESTIONS SPECIAL CHRISTMAS PLUM PUDDING.

Xmas Crackers.	Plain Cakes.	Citron and Lemon Peel	Peanut Butter.
Santa Claus Stockings.	Sultana Cakes.	Nuts of all kinds.	Pan Yan Pickles.
Lovell and Corvill.	Fruit Cakes.	Table Dates.	Honey in the Comb.
Chocolates.	Iced Cakes.	Table Raisins.	Pimento Cheese.
Moir's Chocolates.	Biscuits in great variety.	Table Figs.	Swiss Cheese.
Ganong's Chocolates.	Hip-o-Lite.	Guava Jelly.	Camembert Cheese.
Pascal's Barley Sugar.	Candy Novelties.	Preserved Ginger.	"Narima" Cigars, 25's and 50's.
Check Book.	Icings, Spices.	Pickles, Jams.	
Creme de Menthe.		Olives—Plain & Stuffed	

Booking orders for TURKEYS, GEESE, DUCKS and CHICKEN.

AYRE & SONS, Limited.

GROCERY PHONE No. 11.

PROMPT SERVICE.

A Word on Soap!

HOW DOES SOAP CLEANSE?

By the action of fats in the soap, which free the dirt from the clothes.

WHAT DOES THE VALUE OF SOAP LARGELY DEPEND UPON?

On the amount of pure oils and fats which it contains.

WHAT IS, THEREFORE, THE BEST AND MOST ECONOMICAL SOAP?

That which contains nothing but pure oils and fats; for in buying impure second-grade soaps, one pays for substances which are not only of no value for washing, but are actually injurious to the clothes.

What is Pure Soap?

Sunlight Soap.

With a Guarantee of Purity of £1,000 on every bar. LEVER BROTHERS, LTD., Port Sunlight, England.

NAILS, SHOT, ETC.

We have just received a shipment of GALVANIZED WIRE NAILS, 1 1/4 to 3 inch SHOT, all sizes.

We offer above at very attractive prices.

JOB'S STORES, Ltd.

Advertise in the Telegram.

A dish of POST TOASTIES

makes a good square meal to round out the day with

— says Bobby

CORN FLAKES of SUPERIOR QUALITY

