

Constipation, FRUITS

Physicians agree that with the modern habits of living, constipation is likely to be always with us. They also agree that the instant use of any drug for the relief of constipation is exceedingly unwise for two reasons. First, a drug constantly requires a constantly increasing dose because the constant use of it goes on from the day we do it. It will be interesting to know that an ancient re-discovery of a fruit with great success by Arabia far back in the past is called "Les Fruits" entirely of figs, dates, and leaves of each with the andra leaf for the raisin, and, if not to say delicious, is exceedingly satisfactory.

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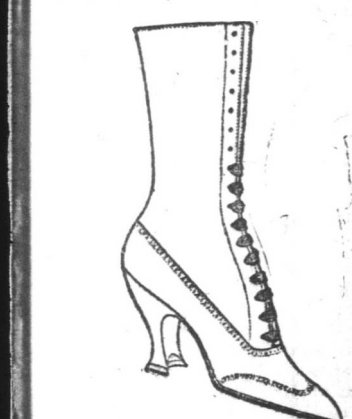
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Opening Announcement.

MRS. PETER STEWART, opposite Seamen's Institute, Water Street East, has opened FIRST-CLASS TEA ROOMS on the second floor of her Restaurant and Bakery.

Light Lunches, Salads, Cold Meats, Homemade Bread and Fresh Butter, Meringues and Whipped Cream a specialty; Pies, Cake, Pastry, Cookies and all the Dainties that mother used to make.

Visitors to the city will find Stewart's Tea Rooms light and airy, well furnished, in fact a home away from home.

STEWART'S RESTAURANT,

Opposite Seamen's Institute.

June 20, 12.5p

LONDON GOSSIP.

LONDON, June 7th, 1919.

A SAILOR PRINCE.

Their Majesties' youngest surviving son, Prince George, is now completing his course as a cadet at the Senior Division of the Royal Naval College at Dartmouth, and it is intended that he shall adopt the Royal Navy as his career. As soon as his present training comes to an end the young Prince—who will be seventeen in December next—is to go for a lengthy trip on board a training cruiser, and will be absent from this country for about a year. Upon his return he will be gazetted to the rank of midshipman, and will then start in earnest. He has a very great liking for the sea, and is extremely pleased at his father's decision to allow him to enter the Service.

LLOYD GEORGE'S LOCKS.

They tell me from Paris that the Prime Minister is letting his hair grow very long again, and that he is now only second to M. Paderewski in length of locks. Long hair over the back of the collar is a mark of the bard, the emotional Nonconformist in Wales, and the Premier, who retained it up to the days when he saw the Welsh Church Bill through the House of Commons, trimmed his hair closer on going into Coalition with the Unionists. I wonder what we should infer from his reversion to the older habit. Certainly he is the most unconventional of the Big Four in dress, for he wears a light grey suit and a soft hat even to attend a full meeting of the Peace Conference. President Wilson occupies a position of "splendid isolation" at the Peace Conference in his diplomatic attire. At the last meeting of Allied plenipotentiaries at the Quai d'Orsay he alone conformed to the old convention that top hat and frock coat shall be worn at International congresses.

SCIENCE AND THE WAR.

Among the post-war revivals of distinctive social events is to be numbered the always-famous conversations of the Royal Society, to which scientists of all shades have gathered this week once more for the first time since 1914. There, as everyone just now, the influence of the great struggle was plainly discernible and the part played by science in connection with the events of the past four years was seen, indeed, in many directions. Among the more striking were Dr. J. S. Haldane's exhibit of an army form of apparatus for continuous oxygen administration; Joseph Barcroft's model displaying the treatment of oxygen; and the exhibit of the Meteorological Office showing the study of weather during the war. Significant interest attached to the samples, and housewives will be interested to know that "mineral yeast," used in Germany during the war for human food, exhibited by A. C. Chapman, is free from bitterness, and has a pleasant flavor suggestive of that of cream cheese. How far, however, this particular sort of "Ereasts" could be

popularized in this country in time of peace remains to be seen.

SIGNING THE PEACE TERMS.

The procedure at the presentation of the Peace Treaty to the German delegates in the Hall of Mirrors at Versailles which has long pre-occupied the general secretariat of the Peace Congress, has been settled by Sir William Orpen the British official painter, on the ground that it was too prosaic. The original proposal that the treaty should be handed along the table from plenipotentiary to plenipotentiary was discarded. A second suggestion that the treaty should be signed at the table in front of one of the windows looking out on the Park was defeated because the delegates would then have had their back to the light, so that the artists who will sketch the historic scene would have difficulty in discerning their features. Sir William Orpen has come to the rescue of the secretariat. On his suggestion, a table will be placed on a small platform against the famous mirrors on the other side of the hall, and each delegate will come up and sign in turn.

FRENCH ARMY AND MILITARY TOURNAMENT.

The Minister for War in Paris has notified that the French Army will be represented at the military tournament to be held under official auspices at London's largest resort, Olympia. They will furnish the Musical Ride, and instructions have been given to the French Cavalry School to be ready to embark a cavalry detachment for the purpose about the middle of June. The Ride will be given in the picturesque colors of the French cavalry, and twenty-five trumpeters will be included in the detachment to furnish the requisite music. This Musical Ride, during the thirty-six years in which the tournament has been in existence, has been given by all the most famous regiments in the British service, and the allotments of the Ride this year to our Allies is a welcome innovation. The detachment will bring their own horses, and its members, in the case both of officers and men, will be serving soldiers in the war. The Musical Drive will be furnished by the British Royal Horse Artillery.

SOME POLITICAL CHANGES.

I understand that Mr. Arthur Balfour will resign the Foreign Secretaryship immediately peace is signed. His successor will probably be Lord Curzon; a man of ability like Winston Churchill, but also, like Churchill, a man of very poor judgment. Mr. Balfour succeeded Lord Grey at the Foreign Office when Lloyd George formed his Administration in December, 1916. Mr. Balfour, who failed badly as First Lord of the Admiralty, has done valuable work as Foreign Secretary. As a young man he was present at the memorable Berlin Congress in 1880, acting as secretary to his uncle, the late Lord Salisbury. No other member of the Paris Conference can claim to have served at the

Peace Congress in 1880. It was on his return to London from Berlin that Lord Beaconsfield proudly boasted that he had brought back with him peace with honor. But as events proved the peace contained the germ of future Balkan wars and "the honor rooted on dishonor stood."

LONDON'S THEATRICAL SLUMP.

The slump over which the managers are lamenting will not be a bad thing for the London theatres. It means the end of many of the long runs, which have a deadening effect, and there is now a chance of seeing new things tried. At the moment thirteen theatres are advertising a change of programme. During the latter part of the war, at any rate almost anything that was lively would fill the theatres every night. The long spell of fine weather is the chief cause of the empty seats at theatres. Even the West End dinner-out can find something else to do with these glorious nights than to sit in a stuffy atmosphere looking at stuffy plays. Then, too, there is no longer the great crowds of soldiers on leave, who were the mainstay of the theatres, and the "demobbed" are now getting used to being demobbed and have given up joy parties. Managers will have to produce unusually attractive things if they wish to fill their pockets as they have been doing for four years.

PHOTOGRAPHIC SURVEY OF LONDON.

The war has changed the aspect of London perhaps to a larger extent than any other city in the kingdom. It has occurred to the members of the London Camera Club that it is quite possible the changing needs of peace and reconstruction may soon wipe out many of the most interesting features of war-time London, and that while there is yet time they may secure a useful purpose in making a photographic survey of the capital as it now presents itself. Already I understand the idea has caught on, and the committee of the club have had numerous offers from competent photographers among their own membership and elsewhere to take part in the scheme. The idea is to divide the city up into districts, and to allot certain workers to each area. The work ought to be a record of great interest and value to future generations.

MUSIC HALL HONORS.

It is quite recently that the first Music Hall artists in this country received the honor of a knighthood at the hands of King George. This was, as we all know, Harry Lauder, the comedian. Indirectly the other perhaps most prominent star on the English Music Hall stage, Vesta Tilley, has now become Lady de Frece owing to the knighthood conferred upon her husband, Walter de Frece, for the services he has rendered in connection with the Pensions Ministry. Nobody who knows anything of the English vaudeville or variety stage will have been able to miss Vesta Tilley. She is one of the half dozen outstanding figures of the whole of the last 25 years, the others being Marie Lloyd, Albert Chevalier, Little Tich, George Robey, and of course Sir Harry Lauder. Hitherto honors of this kind have been confined to actors in the legitimate drama, but Sir Walter de Frece, like the also recently knighted Sir Oswald Stoll, are both predominantly "music-hall" magnates.

Brighter Prospects in Russia.

Hopeful news comes from Russia.

General Denikin, with his Cossack Volunteer forces, has met and successfully countered a big Bolshevik offensive aimed at Rostoff. Admiral Kolchak has swept so far ahead, making big captures of prisoners and material, on the way to Moscow, which he announced as his objective, that the seat of the Siberian Government has been shifted from Omsk to Ekaterinburg; General Ironside has inflicted heavy punishment on the enemy on the Vaga and Divina fronts, with the aid of British 60-pounder guns and British monitors, which the break-up of the ice permitted to be employed, and General Maynard reports an equally satisfactory engagement as far from the Murmansk base as the northern end of Lake Onega. Revolt against the Bolsheviks, actual or incipient, is in evidence in more than one direction. What part the British Government are taking in it is not divulged, and members of Parliament who want to know have been reminded by Mr. Bonar Law that he is debarred from imparting information, precisely in proportion to the extent and character of steps that may have been taken or be in contemplation. All we know is that British volunteers have left for Russia, the first contingents sailing on transports named Tzar and Tzaritsa. For the rest, Russia, with the assistance of British munitions, is working out her own salvation. Her efforts constitute a claim, not only on her late allies but on the whole of civilization. General Miller, the Governor-General of Archangel, foresees the end of the Bolshevik regime by the autumn—United Empire Magazine.

MAJESTIC THEATRE

Wednesday and Thursday,
JUANITA HANSEN and KOLB and DILL, in
the 7 reel Romantic Photoplay,

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"GLORY"

7 Reels

Friday and Saturday :-MADGE KENNEDY in
"A PERFECT LADY." It's a Goldwyn.

THE USUAL COMEDY.

MAIN FLOOR 10c.

MATINEE DAILY, 5 and 10c.

BALCONY 20c.

MAJESTIC THEATRE

Cheating Davy Jones.

Fortunes from Shipwrecks.
In November last the French cargo steamer Tours went ashore on the rock-bound coast of Hunts Bay, ten miles from Swansea.

Only two years old, this fine ship ran hard aground in a fog, and so hopeless seemed her position that she was sold as old iron to a firm of metal merchants for £1,500.

That firm sold her the same day to a salvage company for £5,000. If the salvage company float her, as they hope to do, they will have a ship and cargo worth nearly £100,000.

It's a great game—a great gamble, one should say—this dealing in derelicts. Up at Scarborough the John Ray went ashore with a cargo of coal. The underwriters sold her hull for £88 and the coal for thirty-nine shillings. The man who bought the coal retrieved over 400 tons, and sold it at over a pound a ton.

£25,000 Prize.

One of the strangest stories of the sea is that of the British barque Dumfrieshire. On her way to New Caledonia from New Zealand she struck a coral reef off the New Caledonia coast. Her crew abandoned her, and were rescued by a steamer and taken to Noumea. Next morning she had disappeared. She had apparently been swung over the reef by the tide and sunk. A few days later the underwriters received an offer by cable for the wreck. They laughed at any man being such a fool as to bid for a broken hull sunk in such a depth, but, of course, accepted.

After a while, they heard, to their amazement, that the ship had come safely into harbor.

She had not been sunk at all. True, the tide had swung her off the reef, but she had floated, and, drifting down the coast, had gone ashore on soft ground in a bay thirty miles away. There a settler found her and secured her. His bargain was worth £25,000.

When Ships are Overdue.

Another sort of dealing in derelicts goes on constantly at Lloyd's. Look at your newspaper, and you will see certain ships listed as being "on the overdue market."

A ship that is overdue is presumably in trouble, and the underwriters who have accepted the risk of insuring her now re-insure so as to save themselves from a total loss. They, of course, pay much higher rates, and the longer the ship is overdue the higher the rates rise.

The premium may even reach 90 per cent, which was the case with the big liner Bulgaria, reported unmanageable and sinking off the Azores. Many thousands changed hands at the 90 per cent. rate, and that very evening came news that the ship was safe at the Azores. Fortunes had been made and lost that day.—Tit-Bits.

FOR THE HOLIDAY

TAKE A KODAK WITH YOU.

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EGG AND TOAST STANDS.
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PEPPER and SALT (Individual).

CREAM LADLES.
GRAVY LADLES.
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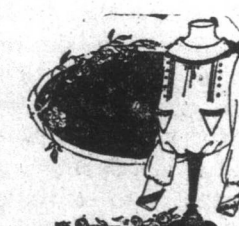
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Cream Silk Blouses,
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MILLEY'S.

Changed Churches.

Churches are sometimes put to strange uses. The sixty-year old Bedford Chapel, at Somers Town, London, is to be converted into a laundry. Previous to this it was a gas-mask factory, and also manufactured artificial eyes. Probably some wash-tub may now mark the spot where Robert Browning once owned a pew, since the poet was at one time a constant worshipper at Bedford Church. Another church at Willesden is underlined by cable connections laid down by Dora's decree, while Sherborne Church, in Hampshire, owns a thriving hive of bees. These animals have novel and cosy homes between the outer and the inner walls of the building, and stow a vast quantity of honey there each year.

Fashions and Fads.

Short, flaring sleeves are new. Skirts show deep, wide pockets. Sleeves and skirts end in fringe. The kimono sleeve is ever popular. Bathing suits have cuffed bloomers. Smocks are made of figured voiles. Bracelets are worn very high on the arms. The square neck is a relief from the round. The chemise gown is still strongly in evidence. Citron is the newest color for derwear.