### Special Series of Four Sermons,

### The Romantic Story of the English Bible.

To be delivered at the Congregational Church on the four Sunday evenings of October.

INTENSELY INTERESTING AND INSTRUCTIVE.

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### New Relief For Constipation, "LES FRUITS"



Physicians agree that with the modern habits of living, constipation is likely to be always with us. They also agree that the constant use of any drug for the relief of constipation is exceedingly unwise -unwise for two reasons. First, a drug constantly

used loses its effect and requires a constantly increased dose. Second, because the constant use of any drug is bad anyway.

So the cry is constantly going up from the constipated, "What can we do?" It will be interesting to a great many to know that an answer has been found in the re-discovery of a method which was used with great success by our Forefathers, and in Arabia far back in the twelfth century. The food is called "Les Fruits" because it is composed entirely of figs, dates, prunes, raisins and the leaves of each with the substitution of the Alexandra leaf for the raisin leaf. The taste is pleasant, if not to say delicious, and the effect is exceedingly satisfactory. Try it and be convinced.

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Forty Years in the Public Service-the Evening Telegram.

#### The Fighting Trio.

BIG MEETING ON MONDAY NIGHT.
At the Casino Theatre on Monday
night, "The Two Thousand Majority
Team"—Hon. W. J. Higgins, Councillor N. J. Vinnicombe, and Mr. Cyril J. Fox will address the electors of St.
John's East.
Hon. Mr. Higgins will introduce his

two colleagues to the electorate and will expound the policy of the Liberal Progressive Party which so vitally interests the eastern section of the capital. Councillor Vinnicombe (always the workingmen's friend and counsellor) will outline the new Party's policy in relation to labour.

The silver tongued young orator-Ar. Fox-will make his inital camaign address and it is sure to be a masterpiece. The evils of Coakerism and the bolshevism of Squires will be laid bare to the electorate who will then be able to judge for themselves whether the district is to progress with Cashin or stagnate with Squires.

#### Union Strength Gone to Pieces.

Representative fishermen from the north have brought along the news that the erstwhile Coaker strength has gone to pieces, and that he will be whipped badly at the polls on the 3rd November. They state that the big majority of the Union fishermen have turned away from him in disgust because of his plain-to-be-seen inability to advance the price of fish, or lower the price of provisions. He is now up against the stone wall fact that he can't give a five cent piece for fish above the present ruling price, and that his truck or bartering system has no attraction for the fish seller who is looking to-day for a better price for fish and cheaper prices for the goods they require. Coaker would be all right if a big boom took place in fish prices abroad, as he would then have something to shout about and to claim some of the credit for, but the cold bare fact is before him that unless he digs deep into the pockets of those fishermen who have thousands of dollars to put up the price for their less fortunate brothers, he will have to hide himself before long or suffer , the consequences of all his ridiculous preaching. Fishermen, however, who have money to spare are not going to part with it to help him to buy fish at high prices unless he can show to them that he can sell that fish

abroad at prices that will ensure getting their money back. As Coaker however can only sell fish in foreign countries the same as any of our fish are unable to offer better prices be cause other countries are rushing in fish to them at rates that preven them from giving us more, so the ottom now begins to drop out of

Coaker's boast that he can put up the price of our staple. Here is where the fishermen's eyes begin to open wide and this is how they can size up Coaker as a bombastic demagogue upon whom it would be folly to further rely on. As a consequence the F.P.U. men are dropping away in good order, and about that other from him in hundreds and the pro-habilities are they will "bust up" the months more and winter will be on Union under Coaker's rule and reform under new leadership, selecting man like Hon. John Stone who will lead them by reliable common sense

methods. This election, therefore, is for that job. likely to see the last of Coaker and

#### Big Chance

to Earn Money

business and banks. Get ready for the business and banks. Get ready for the ness and banks. Get ready for the Christmas rush by attending the select classes in Commercial and Stenographic subjects at the Springdale St. Commercial School (office entrance cor. Springdale and Gilbert Streets) affording many advantages: Life-membership in our ex-students' Employment Bureau entirely free; fourteen more touch typewriters, dictaphone, trained teachers, Accounting Outfits, Debating, Salesmanship, English, Arithmetic, Shorthand, Typewriting, Office Work, etc. Night School opening October 1st at 7.30 p.m. You make a mistake if you don't attend

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### Who s Who

AND WHY IN NEWFOUND-LAND AND CANADA—

pacity or another are contrib-uting to the building up of Can-ada and Newfoundland. for failing to report is TEN DOLLARS (\$10.00). In the brief account of their

In the brief account of their career in these pages their relation is shown to the outstanding events of the history of the sister dominions, and the book, therefore, has a value for the historian quite beyond its use as a current work of reference. Included also are portraits of persons dealt with in the biographical sketches thus adding graphical sketches, thus adding to the permanent value of the book. Only a few copies on sale.
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Sweet Potatoes. Garlic. New Cabbage. New Potatoes. New Carrots. Ripe Tomatoes. Cucumbers. Vegetable Marrows. Fresh Green Peas.

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If you are contemplating Plumbing or Heating your home, see me. Can furnish you with price on same at a moment's notice for first -class work at reasonable figure.

BE WATCHFUL and see that your Heating Boiler is or supervise my own work.

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#### NOTICE.

The public are reminded that all Births which occur in the City of St. John's must be reported within TWO DAYS to the Registrar General, 268 Duckworth Street, upon cards which may be procured at any "Who's Who and Why" is designed to provide a record of the Post Office or Postal Telegraph en and women who in one ca- Office in the City. The penalty

> W. J. MARTIN, Registrar General.

#### NOTICE.

I wish to announce to my cus omers that I have added to my taff TWO FIRST CLASS BAR BERS, and am now better pre pared than ever to give prompt and satisfactory service. J. COURTNEY,

Barber. Water Street

#### Lines.

On the Sad Death of the Prospects of the Squires-Coaker Trio in St. John's East:

The crowd was small at the British That went to hear Squires' blowhards And all hands knew, when they got That the yeast-cakes' chances were very weak.

The room was too small to hold 'em So out they went in the chilly air. They had to subs-titute ash-tubs For the regular platform, table and

The night was cold, and the crowd so bold Were blue and wished that safe below

To warm them up to enjoy the

But his chance is marred, by illhealth debarred, From getting his hands on the Gov-ernment pelf.

He introduced, with flattering boost. The candidates of the Coaker band, The stalwarts three, who think they

A chance to rob their native land. The "Barge" so stout, first rose He told many things while he held the But not of the "wiggings" he'll e get from Higgins, On November 3rd, when the fight is

Then Leo Carter, the youngest martyr To be sacrificed for the Coaker crew, Said he had a mission, 'twas his ambition To line his pockets, ere he got

Next Daniel Curtin said he felt cer-His team would win, if they didn't get beat; He threw out his chest and shouted But 'twas easy to see he had cold

But Dan, the joker, didn't mention Coaker. Neither did Bartlett, nor Leo Slim, They too well knew, the craven crew, The crowd would tear them limb from

For Coaker's device, to fix a price On fish, and the Government pay for Would end in a smash, and another "Crash"
While honest men would go to the

No. 1 York Brand Egyptian, Still haunt my mind as I pen these

When you want Sausages, why—get ELLIS'; they're the

#### A Word of Appreciation.

Editor Evening Telegram

Dear Sir,—I am sure every teacher, whether in favor of the present gov-rnment or not, appreciates the interest taken by the Government in increas-ing the Teacher's salaries. True the salaries of teachers have been too inadequate to meet the many demands made upon them through the increased High Cost of Living, but we expect better things in the near future. What with our present increase and the re-sult that will be obtained from the on the Government will appoint to inquire into the more deserving point to inquire into the more deserving cases, such as length of service rendered, we feel hopeful. We are expecting the Commission will see that Teachers will receive a greater Bonus according to the number of years they teach. A clerk who first goes to work in an office does not receive the salary which an experienced Book-Keeper would demand. So it ought to be with the teachers; not because a person has passed the First Grade or the Associate should he receive from a Board sociate should he receive from a Board the same salary as one who spent ten or fifteen years in the service. Again the case of married teachers ought to receive some consideration and given a separate Bonus so that they might be able to support their families decently. If something like this were done, there would be some inducement fo teachers to remain in the profession We feel confident that the Presen Sovernment, which is going to be re-urned with an overwhelming majority, will see that the Cause of Educat. ers will be better paid thus enabling

them to put more interest and vim in their work.

The Government Candidates have ot yet been announced for this Dis-rict, but we are hoping Sir Michael Cashin will make a good selection, and they will be sure to win.

Whatever chance R. A. Squires' Party had it has vanished since it has been learned that he has joined with Coaker, the man whom he has condemned and ridiculed time and again.

It's enough for one to read the statements about each other which has recently been published in the Evening

cently been published in the Evening Telegram.

And since Sir M. P. Cashin's disclosure of the Escasoni affair the fishermen can see what confidence can be placed in Coaker and how the revenue of the country would be handled by him if his party should secure a majority in the House of Assembly.

Yours truly,

PROGRESSIVE

Bay de Verde District, Oct. 2nd, 1919.

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