

Woman of 75 says Kellogg's ALL-BRAN cleansed system of constipation's poison



Stop constipation and enjoy good health, keynote of letter.

If you suffer from constipation, there is good cheer for you in Mrs. Levy's words:

On my seventy-fifth birthday I take great pleasure in letting you know that it is due to Kellogg's ALL-BRAN that I am now enjoying good health. I was compelled to take an enema or cathartic every night. Since May, 1924, when a friend recommended Kellogg's ALL-BRAN, the poison in my system has been eliminated without the aid of purgatives. I heartily recommend Kellogg's ALL-BRAN to everyone afflicted with intestinal trouble.

Yours gratefully,
Mrs. PAULINE LEVY.
(Address on request).

Don't let constipation drag you down. Cleanse your system of its poisons. Thousands have regained their old-time vigor and vim, stopped constipation forever, by eating Kellogg's ALL-BRAN.

Eat two tablespoonfuls daily—in chronic cases, with every meal. Relief guaranteed or money refunded. Ready-to-eat with milk or cream. See the recipes given on the package. Kellogg's ALL-BRAN is made in London, Canada. Sold by all grocers. Served in leading hotels and restaurants.

Kellogg's
ALL-BRAN

Bricks Tasteless!

Bricks Tasteless!

Bricks Tasteless!

THE BEST ALL ROUND TONIC and BLOOD BUILDER ON SALE IN THE COUNTRY TO-DAY.

We have just received a large shipment of nearly 2,000 bottles with a similar lot due next week. BRICKS TASTELESS is still going strong and in as great demand as ever, and by the end of this year we will have sold as much as any two previous years combined.

BRICKS TASTELESS

will certainly help you considerably if you need a good TONIC and BLOOD BUILDER; just the thing to take after recovering from a heavy Cold or Grippe.

Ask for Bricks if You Want Results
\$1.20 per bottle

EVERYWHERE.

Dr. F. STAFFORD & SON

(Sole Distributors for Newfoundland).

P.S.—One Bottle of Bricks Tasteless and you receive 1200 votes in the Pony Contest at Majestic Theatre. You can purchase Bricks where you like and return us the outside Carton and we give you Coupon for 1200 votes.

Why Some People Die

Dr. L. P. Clark, one of New York's best known neurologists, gives a predominant place to sentiment in the death list.

"The loss of friends and love is

the most frequent cause of mental and physical breakdown, resulting in death. The spiritual decay of friendship and love attributes, their break-up and consequent scattering, both within the individual and around him, render a person more susceptible to disease."

SIDE TALKS.

By Ruth Cameron.

THE PORTRAIT GALLERY.



Recently I opened the portrait gallery.

The portrait gallery is supposed to be a collection of types.

Though no two people are ever exactly alike, a great many people seem to fall into definite groups with certain characteristics strongly stressed.

If I should describe some of my friends, you would think I was writing about some of your friends. And I should be unconsciously.

When I opened the gallery, I hung on the wall a sketch of the Dominant, Kindly, Self-righteous Type.

To-day's portrait is the Pleasantly Selfish Type.

This is the type of woman who is more concerned about enjoying herself and having things as she wants them than with earning other people's gratitude or living up to any lofty ideal of herself as a benefactress of the human race.

She Praises The Others.

This type of woman seldom serves on committees and if she does consent to serve she always has a reason for not doing any great amount of work, or perhaps she simply fails to do it without bothering to give any reason. But she is very gracious about congratulating the people who have worked, on the wonderful things they have accomplished.

Which has its uses since people who work hard need to be cheered on by their need of praise. She is generally a good company. She likes to have a good time and people who like to have a good time make good company.

She is not given to self-analysis and has her conscience under perfect control.

We are fighting, always fighting, for some cause we deem of worth; we are lecturing, a n d writing, sc r a p i n g u p a n d d o w n the earth. We are throwing rocks and dishes, we are arguing with vim, whether Jonah swallowed fishes or the fishes swallowed him. We're demanding drastic measures to reduce the income tax, while the treasurer, he treasures, piling up the coin in stacks. We are wasting ammunition, with a din of sounding brass, roasting this or that condition, which is cutting little grass. While we wage our battles futile, brandishing our ten-foot poles, there's a monster, foul and brutal, that is wasting lives and souls. There are frightful figures showing how narcotic drugs are spread, and the Potters' Fields are growing with the dead, the doubly dead. Here's a plague whose virus slaughters souls and bodies every day, and our own blithe sons and daughters yet may go the dope-dependent way. Every victim tries insanely to make others share his sin; the result is written plainly where the hosts of darkness grin. Gird your loins, oh, friend and neighbor, smite the beast and make it reel; here's a cause in which to labor that is worthy of your steel. Here's an evil that is calling for the use of sword and fire; let us cease our bootless brawling and attack this monster dire.

A Christmas Present worth while: Thompson's Chain-Reference Bible, used by the greatest Bible scholars, yet simple enough for a child to understand. G. W. GUSHUE, Agent.—nov23.141.eod

She has to an unusual degree the universal gift of seeing things as she wants to see them.

She Seldom Harbors A Grievance.

She is not the kind to give up her way and then harbor a grievance about it. She doesn't give up her way if she can help it and hence is free from the unpleasant bitterness that grievance hugging is sure to engender—another trait that makes her good company.

Her mouth generally turns up at the corners unless life has crossed her in spite of herself, in which case she will probably have a petulant mouth, but not a sour one.

She sometimes has the lovable in-consequence of a kitten and receives an amount of love out of all proportion to her equipment of solid virtues.

She is apt to be lazy.

She Brings Out The Worst.

She brings out the worst qualities in an unselfish person if thrown into daily contact with her because, through her passive, non resisting selfishness, she engages the latter to a point where she will surely put herself in the wrong and show herself in an ugly light.

She receives favors with very real pleasure and expressions of delight most gratifying to the donor, but a sense of indebtedness ever prompts her to return the kindness if inconvenient.

She is much needed in a world which must be made up of all sorts of people for while she does not do things for people she releases them and amuses them, her cheerfulness and her amiability brighten the world and she gives the "unco guid" something with which to favorably contrast their own super-consciousness. And what would they ever do without that?

THE MONSTER.



We are fighting, always fighting, for some cause we deem of worth; we are lecturing, a n d writing, sc r a p i n g u p a n d d o w n the earth. We are throwing rocks and dishes, we are arguing with vim, whether Jonah swallowed fishes or the fishes swallowed him. We're demanding drastic measures to reduce the income tax, while the treasurer, he treasures, piling up the coin in stacks. We are wasting ammunition, with a din of sounding brass, roasting this or that condition, which is cutting little grass. While we wage our battles futile, brandishing our ten-foot poles, there's a monster, foul and brutal, that is wasting lives and souls. There are frightful figures showing how narcotic drugs are spread, and the Potters' Fields are growing with the dead, the doubly dead. Here's a plague whose virus slaughters souls and bodies every day, and our own blithe sons and daughters yet may go the dope-dependent way. Every victim tries insanely to make others share his sin; the result is written plainly where the hosts of darkness grin. Gird your loins, oh, friend and neighbor, smite the beast and make it reel; here's a cause in which to labor that is worthy of your steel. Here's an evil that is calling for the use of sword and fire; let us cease our bootless brawling and attack this monster dire.

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John Bull and His Other Island

London Observer: If the Boundary Report has served Ireland within, it cannot but serve England too. It may be the means of building up the moral reunion of the two nations, and realizing the noblest ambition that appears on the records of Irish patriotism and English statesmanship. We earnestly hope it may prove so. These two islands are too near each other for either to live successfully in assumed indifference to the future and feelings of the other. Geographically, it is impossible. Materially, it is detrimental. Morally, it is without defence. The estrangement of soul works injury all round, injury that neither nation will be content to suffer forever.



Lessons of History

London Morning Post: London has become so vast an emporium of world trade that her merchants might be tempted to forget how her foundations rest in English soil and her security depends on British industry. But the decline of certain ancient rivals in Europe, which once held the monopoly of world trade, like Venice and Amsterdam, should serve to remind them that there is no security of continuance in the business of carrying other people's goods; but that the true policy of commercial greatness lies in marketing our own. But if we are to continue to depend chiefly upon our own industries there is one condition which is even more necessary than peace in Europe, the condition of peace in industry.

Contradictory Results

OF INDUSTRIAL PROFITS IN BRITAIN.

Industrial profits in Great Britain in 1924-25 show quite contradictory results. For instance in the coal, iron and steel industries the ratio of profits to capital fell off from 4.8 p.c. in 1923-24 to 2.6 p.c. in 1924-25. In the engineering trades there was a drop of 1 p.c. from 6.5 p.c. to 5.5 p.c. On the other hand the electrical industries showed a substantial increase in the manufacturing departments from 6.8 p.c. to 9.2 p.c. while in the power and supply departments there was a decrease still the ratio was large, in the former period being 13.9 p.c. in the latter 12.8 p.c. Cotton manufactures held up well showing a ratio of 12.6 p.c. in the last year as against 12.2 p.c. in 1923-24. Woolens showed a drop from 10.1 p.c. in 1923-24 to 6.1 p.c. in 1924-25. The chemical industries held their own at 11.2 p.c. for each year and soap manufacturing also held its own at 9.7 p.c. for each year. Oil and petroleum advanced splendidly from a ratio of 9.2 p.c. in 1923-24 to a ratio of 14.0 p.c. in 1924-25. Rubber showed a correspondingly gratifying increase from 5.5 p.c. in the previous year to 8.3 p.c. in the last year, while the tea trade had an increase from 33.2 p.c. in 1923-24 to 38.2 p.c. in 1924-25. It will thus be seen, according to advices received by Bankers Trust Company of New York from its British Information Service that the year 1924-25 was not, as many have thought, a year of unmitigated adversity in Great Britain, on the contrary it was a year of mixed conditions of adversity and prosperity, and as the year closes the situation seems to be more hopeful.

The return of the pound sterling to its old parity, the lifting of the embargo on foreign financing and the lower price of cotton are all factors which give hope for the coming year to the banking and industrial world of the British Isles.

Fools as Fascists

London Morning Post: London has of the British "Fascists" who purloined a van and 70,000 copies of the Labor organ, the London Daily Herald, was dropped by the Attorney-General solely because a conviction for larceny was out of the question. The young fools in this country who masquerade in the guise of Italian patriots may do more harm than they are probably capable of understanding. There is no room for serious "Fascism" in England. The sound sense of the common people, who are instinctively on the side of law and order, renders it inconceivable that the restoration of law and order should ever depend (as it may once have depended in Italy) on mysterious hands of black-shirted enthusiasts. And to play at "Fascism" though it may often be ludicrous and even harmless, is simply to play into the hands of the very Communists who are the professed objective of the movement. The game began by being comical. It had better be dropped, like the Public Prosecutor's case, before it ends by becoming tiresome.



GRIPPE!

Stop it with Minard's, the great preventative. Heat and inhale. Also rub on throat and chest.



MINARD'S LINIMENT

Now--AT THE NICKEL--Now

NOTE:—SYD CHAPLIN, in "THE MAN ON THE BOX" will be shown extra at the Saturday matinee.



AND you'll say this is the most comical love story ever invented to keep happy audiences howling with merriment. A fortune at stake unless he can get a bride by midnight! What a situation for a man who's just a beginner at Cupid's game. You won't stop laughing 'till the very end!



— EXTRA ADDED ATTRACTIONS —
"THE PATHE NEWS and COMEDY"

MONDAY:—Big Super-Special Social Drama—An Ernst Lubitsch Production—"KISS ME AGAIN", Starring Marie Prevost, Monte Blue, Clara Bow and John Roche—9 wonderful reels.

Germans Who See No Joke

Berlin.—A countryman went into the shop of an Oldenburg chemist and asked for a couple of those useful little creatures which we call leeches and the Germans "blood-suckers". "Blood-suckers!" said the chemist: "I've not kept them in stock for years." "Well, where can I find a pair?" asked the countryman. "At the office for rates and taxes," said the chemist with a twinkle in his eye. The countryman took him at his word and went to the office. "I want two blood-suckers," he said. The dusty official whom he addressed came to life and called him a blockhead. The countryman retorted that the

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Ess. of Lemon.
Ess. of Almond.
Ess. of Peppermint.
Ess. of Ginger Wine.

These Essences are made from the very best Chemicals that can be bought.

We manufacture them. We bottle them. We wrap and seal them.

Therefore we guarantee them to be the best that can be put up, and if you are not satisfied after purchasing a bottle and using it, we RETURN YOUR MONEY.

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