

Constipation, RUITS Physicians agree that the modern habits of living, constipation is likely to be always with us. You also agree that the constant 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 is going up from the "do" to the "do more." It will be interesting to know that an ancient re-discovery of a plant with great success in Arabia far back in the history is called "Les Fruits" entirely of figs, dates, avoines of each with the raisin leaf for the raisin leaf, if not to say delicately satisfying.

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We are now commencing at the bottom, watch us climb!

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Up-to-date Dealers who wish to supply them must place their orders at once to secure deliveries.

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- CALVE'S FEET JELLY.
- MANGO CHUTNEY.
- ANCHOVIES (in Oil).
- SALTED ALMONDS.

**Scotch Oatmeal,**  
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- Lemonade Powder.
- Rose's Lime Juice.
- Bird's Cust'd Powder
- Holbrook Custard Powder.
- Pure Gold Jelly Powder.
- Sheet Gelatine.
- Sliced Pineapple.
- Strawberries (tins).

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Advertise in The Telegram

**Methodist Conference Programme, 1919.**

Conference will be held at Carbonar. Ministerial Session will open on Tuesday, the 24th of June, at 9.30 a.m. The General Session will open on Wednesday, the 25th of June, at 9.30 a.m.

Monday, June 23rd-8 p.m., Young People's Meeting, to be arranged by the Sunday School Secretary of Carbonar District, Rev. C. R. Blount. Speakers: Rev. E. William Forbes, M.A., B.D., Rev. Sidney Bennett, Rev. Edwin Moore; Offering, 8 p.m., Examination Committee, Room B.

Tuesday, June 24th-9.30, Ministerial Session, Room A.; Nominating Committee, Room A.; Stationing Committee, Room B.; 3.30 p.m., Statistical Committee, Room C.; Sunday School Committee, Room D.; 8 p.m., Theological Lecture; 10 p.m., Theological Union.

Wednesday, June 25th-Opening of Conference, Roll Call, Fixing Hours of Session, Fixing Bounds of Conference, Report of Agenda Committee, Elections and Appointments; 12 noon, Sacrament of the Lord's Supper; 2.30 p.m., Opening Exercises, Distribution of Memorials and Correspondence, Report of Conference Special Committee, Report of Nominating Committee, President's Address, Miscellaneous; 8 p.m., Educational Meeting; Offering, Speakers: Rev. Eli Anthony, Rev. J. N. Scovour, Rev. Nathaniel Cole.

Thursday, June 26th-9 a.m. to 10 a.m., Committees in Group A; 10 a.m. to 11 a.m., Committees in Group B; 11 a.m. to 12 a.m., Committees in Group C; 2.30 p.m., Opening Exercises, Routine Business as per Rules of Order; 4.30 p.m., Reception of Delegates; (a) Woman's Missionary Society, (b) Lord's Day Alliance, (c) Bible Society; 5.30 p.m., Report of Business Committee; 8 p.m., Opening Exercises, Report of Methodist Orphanage, Report of Committee on Evangelism and Social Service, Report of Business Committee.

Friday, June 27th-9.30 a.m., Opening Exercises, Financial Department and other business; 11.50 a.m., Report of Annual Conference Missionary Committee; 2.30 p.m., (until close of day), Missions. Programme to be arranged by the Annual Conference Missionary Committee; 10 p.m., Report of Business Committee.

Saturday, June 28th-9.30 a.m., Opening Exercises, Routine Business as per Rules of Order; 11.50 a.m., Report of Business Committee; 4.30 p.m., Meeting of all Committees not having previously reported; 7.30 p.m., Meeting of all Committees to finish work.

Sunday, June 29th-9.30 a.m., Conference Love Feast in the College Hall. Leader, Rev. Jas. Wilson. Carbonar North-11 a.m., President; 6.30 p.m., Dr. Chown. Ordination of Deacons. Carbonar South-11 a.m., Rev. W. E. Bugden, B.A.; 6.30 p.m., Rev. H. G. Coppin. United Sunday School Rally, 2.30 p.m., Speakers: Rev. E. P. Ward, Rev. Oliver Jackson.

Harbor Grace-11 a.m., Rev. Dr. Bond; 6.30 p.m., Visitor. S. S. Rally, 2.30 p.m., Speakers: Rev. S. Adams, Rev. E. Davis. Victoria-11 a.m., Rev. Edwin Moore; 6.30 p.m., Visitor. S. S. Rally, 2.30 p.m., Speakers: Rev. W. H. Detchon, Rev. W. W. Cotton.

Freshwater-11 a.m., Dr. Chown; 6.30 a.m., Rev. Wm. Grimes, B.A. S. S. Rally, 2.30 p.m., Speakers: Rev. S. Bennett, Rev. Chas. Lench. Monday, June 30th-9.30 a.m., Opening Exercises, Reports of Committees; 11 a.m., Report of Dr. Curtis, Supt. of Education; 2.30 p.m., Opening Exercises, Reports of Committees, Station Sheet, Election of Chairman; 4.30 p.m., Meeting of College Board of Governors; 8 p.m., Ordination Service.

Tuesday, July 1st-9.30 a.m., Opening Exercises; 10.30 a.m., Report of College Board of Governors; 2.30 p.m., Opening Exercises, Miscellaneous; 8 p.m., Opening Exercises, Miscellaneous.

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**Our Baseball Column.**  
PLAGIARISED AND OTHERWISE.



BASEBALL MEETING.

A meeting of the League will be held this week to make arrangements for the opening game set down for next Wednesday.

**ADMISSION FEE.**

In conjunction with the Football League, the admission this year, as last, will be 10 cents, with ladies free.

**THE CONTESTANTS.**

A double-header will be played on opening day—the first clash between the B.I.S. and Wanderers, and the second between the Cubs and Red Lions.

**SCORES.**

We understand that the League is importing a number of pocket scores with the schedule printed on the back which will be sold at a nominal figure. We think this is a good idea and will tend to make the games more interesting to the fans.

**YOU SAID IT.**

Old King Cole was a merry old soul, A merry old bird I'm afraid, But at that, I must say The old gink was a jay. For he never saw Baseball played.

He never saw Hartnett, He never saw Hall, He never saw an ump, And gosh, that's not all; He never saw McGrath (Dick not Jawn) And he never saw a baseball race Rowed on the Pon'

He never saw Cooney wave his old bat, Never saw "Hooks" do the Hundred in ten flat; He never saw the Cubs When they were feeling blue, Never saw Ches. umpire right And neither have you.

He never saw the Red Lions Give the town a thrill, By grabbing off a pennant race, And it looks he never will.

**UNEQUALED among corn flakes!**  
A food creation that excels in flavor and substance—  
**POST TOASTIES**  
To eat them is to advertise them.  
The best and fastest selling corn flakes in Canada. A try tells why.

**THE TWIRLERS.**

Hall is the mainstay of the Cubs, though the champs hope to have Billy Orr rendering him assistance this season. Carew, of the B.I.S., who was suffering from strained back muscles last year, has now recovered, and will likely be in as good form as he was when he twirled the Irishmen to victory in '17. With him will be Stan O'Leary—the youngster who did such good work for the Lions last year.

The Wanderers have two or three aspirants to slab artistry, but Manager Hartnett has not yet decided who is to be number one. Dark-Eyed Dobbin will likely open the series for them next Wednesday, and is reputed to have acquired a nice assortment of curves.

The Lions are pinning all their hopes in Ellis. Nuts, it will be remembered, is a southpaw, and was doing famous work in 1919 when the draft caught him just as he was hanging various scalps to his belt. He has developed wonderful speed—so much so that Hiltz will have to go as his battery mate as no one else can find nerve enough to hold him.

**THE "DIAMOND" CATALOGUE OF WORKS OF ART, PAINTING AND SCULPTURE.**

"Old Immortality"—Bill Cooney.  
"A Gentleman of France"—Cocky Munn.

"The Winged Peril"—Bat Hall.  
"The King's Jester"—Demond Dug.  
"Venus and Adonis"—Grand Falls team and Charl. Quick.

"The Bacchanals"—The trophy presentation to the Cubs.  
"The Patriarch"—Art Hiltz.  
"Noble, Weeping for Her Lost Child"—Ex-Manager McGrath, of the B.I.S.

"The Sphinx"—Umpire Hanlin.  
"Mirage of the Desert"—A Pennant for the Lions.  
"The Marble Faun"—Si—  
"Elephants at Play"—Brazie and Dykie Rolls.

"David and Goliath"—Charlie Ford and Harvey Thomas.  
"The Bear Guard"—The B.I.S. team.  
"Ajax Defying the Lightning"—Doc Power battling against Hall.

"A Dandel Come to Judgment"—Fred Chesman.  
"The Gleaners"—The Cubs.  
"Last of the Mohicans"—Tim Hartnett.

"Thrown to the Lions"—Any Umpire.

**Wedding Bells.**

**LONG-WILLS.**

At the Anglican Cathedral on Monday evening, June 9th, Mr. Albert John Wills, ex-Private Royal Ndd. Regiment, led to the altar Miss Ethel May Long, daughter of Sergeant William Long, Terra Nova Constabulary. The bride who was handsomely gowned in a blue costume, was given away by her father, and was attended by Miss Jessie Long. The groom was supported by Mr. Alexander Long, brother of the bridesmaid. After the ceremony the newly wedded couple drove to the residence of the bride's father, where supper was served, only the immediate friends of the couple being present. A very enjoyable evening was spent by the guests and the health of the bride and groom enthusiastically toasted. Mr. and Mrs. Wills left by yesterday's express for their future home in Alexander Bay, Bonarville Bay, taking with them the best wishes of their many friends, for their future, in which the Telegram joins.

**NOW IF THEY HAD ONLY ASKED FOR FISH.**

Two Tommies went into a restaurant over on the eastern front and said to the waiter: "We want Turkey with Greece." The waiter replied: "Sorry, sirs, but we can't Servia." "Well, then, get the Bosphorus." The boss came in and heard their order and then said: "I don't want to Russia, but you can't Rumania." So the two Tommies went away Hungary.

**Just Received Choice New York JOWLS.**  
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