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ng Telegram.

TODAY'S WATCHWORD

—Sickness Prevention

The guiding inspiration of modern medical science is *Sickness Prevention*. As this idea has worked itself out, smallpox, cholera, yellow fever and other infectious diseases already have given way. And science has finally developed an effective agent against the plague which is the originating point of over 90% of disease.

That plague is constipation, and that agent Nujol.

The dangers of constipation are so widespread because by reducing the body's power of resistance through self-poisoning it makes it easier for any disease to develop. Nujol by relieving constipation prevents the absorption of the poisons which otherwise would be taken into the blood and infect the whole system.

Leading medical authorities agree that pills, salts, castor oil, etc., simply force and weaken the system.

Nujol softens the food waste and encourages the intestinal muscles to act naturally.

Nujol helps Nature establish easy, thorough bowel evacuation at regular intervals—the healthiest habit in the world. Get a bottle from your druggist today.

For valuable health booklet—"Thirty Feet of Danger"—free, write Cowan & Company, St. John's, Newfoundland.

Nujol Laboratories, Standard Oil Co. (New Jersey)

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Airy Topics.

(By the CUB-EDITOR.)
EUROPEAN AIR SERVICE.

The Airco express aeroplanes, which fly daily between London and Paris, on Saturday completed their sixth week of continuous operation.

"I started this service," said Mr. Holt Thomas on Sunday, "to show that besides providing transport at 100 miles an hour, aeroplanes can now be flown to a time-table in bad weather. We have since we began scheduled flights. Of these, though on 23 days the weather was unfavourable, we accomplished no fewer than 83. Only one flight had to be abandoned through weather. On that day conditions were worse than they had been for years. The progress of another flight was interrupted by mist and exceptionally low clouds. As a proof that the aeroplane is no longer unreliable, I may mention that once only during 20,750 miles flying has a pilot alighted through mechanical trouble."

"This service is the first link in a European chain of 100 miles an hour aerial ways. Before long we shall be able to save, not merely hours, but days, in the transport of letters from London to some of the great Continental cities."

EXTRACT FROM "THE OBSERVER"
Aerial Mail by Night—Fine Record of Folkestone Cologne Service.

An interesting experiment in night mail carrying has just been carried out. An Airco or H. D. 10 machine left Hawkinge aerodrome near Folkestone, at 10.30 p.m. and flying straight through without a stop reached Cologne at 1.30 a.m. The machine was piloted by Captain Barratt, with Lieut. Fitzmorice as navigation officer and Lieut. Oliver as observer. The course taken covered about 300 miles, and as there was a fairly strong adverse wind the performance, at an average speed of 100 m.p.h. was particularly good.

The DeH. or Airco Machine is built by Mr. Holt Thomas' Company, which with its associated companies forms the greatest Aircraft enterprise in the world.

The Aircraft Manufacturing Company's principal works are at Hendon.

Lifeboat Disaster

at Caistor.

The most fatal lifeboat accident that has ever occurred on the Norfolk coast took place on November 14, 1901 at Caistor, near Yarmouth, when the lifeboat "Beauchamp" capsized while returning to the shore, and nine of her crew were drowned. In answer to signals of distress from a Lowestoft fishing boat that was drifting on to the Barber Sands, the boat was in readiness to go off at eleven o'clock on the Wednesday night. A tremendous sea was running at the time, and the task of launching the boat proved almost impossible. She was got off once, but heavy rolls caught her and drove her back, and it was only after three hours' continuous struggling in the teeth of a hurricane of wind and blinding rain that the "Beauchamp" was got clear away on her errand. Nothing more was seen of her until four o'clock in the morning, when the watchers in the lifeboat shed caught a faint glimpse of her, keel upwards, driving up the beach before the waves. Thirty boatmen plunged into the water to render assistance, but could do very little. As the boat was rocked by the waves they could see the faces of some of their comrades imprisoned beneath her. Straining every nerve they succeeded, with the utmost difficulty in dragging out three of the lifeboat men as the "Beauchamp" rose and fell. A few hours later, when the tide went down, the capsized boat was righted with the assistance of a large crowd, and more bodies were recovered.

She Was Privileged.

A good story is current concerning the Duchess of Norfolk, who lent Norfolk House to the overseas women during the war, and who has recently been presented by them with a silver-mounted writing-set in token of their gratitude.

Following ancestral custom, the grounds of Arundel Castle, the beautiful family seat of the Howards in Sussex, are freely thrown open to visitors at certain times.

One bank holiday they were thronged with trippers, all of whom, however, were careful to observe the warning notices to "Keep off the grass."

All that is to say, but one quietly-dressed woman, who was observed to be calmly walking about on the forbidden greenward.

Muttered comments among the other women culminated presently in one of them calling sharply to her:

"Come off the grass you there! Can't you see it's forbidden?" The like of you that gets poor people a bad name."

The person addressed, however, only smiled and continued her walk, and the surprise of the speaker may be imagined when, later on, she learned that the woman she had remonstrated with was none other than the Duchess herself.

SALE

of Ladies' COATS, DRESSES,
WAISTS, SUITS, any Style,
Any Fabric, Any Color, Any Price.

MAY BE SELECTED FROM OUR
LARGE ASSORTMENT AT PRICES
WHICH REFLECT ECONOMY.

This advertisement means a Sale in true sense of the word. The goods are new purchases—up-to-date and thoroughly desirable. They are being offered for a double purpose.

First, to cement further the belief of our customers and to maintain the reputation of this Sale—the greatest opportunity of the year.

Second, to get our normal percentage of increase this year—and we are doing it by offering better values than ever before.

We will leave it to you if the quality, the styles, the handsome materials and trimmings, as well as Lowest Prices, do not compare in every detail which are offered nearly double the price elsewhere.

To the Gentlemen:

We are offering SUITS & OVERCOATS in the smartest styles at a very low price.

The
English - American
Clothing Co.

312 Water Street.

nov12,19,100

Due By S. S. 'Sable I.' on Monday:

100 cases 10-oz. Sweet Mixed Pickles,
100 " " Mustard,
100 " " Mixed Pickles,
100 " " Chow,
100 " 12-oz. Catsup, 50 cases 8-oz Catsup,
250 " Assorted Syrups, 200 " 12-oz. Jams,
50 pails Jams.

Famous "STERLING" BRAND, manufactured by T. A. Lytle Co., Ltd., Toronto.

ORDERS BOOKED BY

P. F. FEARN & CO., Ltd.

200 WATER STREET.

June 28, 1919

Curtis Brothers Handle Co.

All shareholders of the above company who have not yet sent in their Interim Certificates and Guarantee Contracts are requested to do so at once, so as to receive the regular stock certificates of the Handle Co.

There is no fee charge for this transfer. Out of town clients should register their certificates to ensure prompt delivery.

J. J. LACEY & CO., Ltd., City Chambers

a naval officer, it should be said—easily put that to shame.

"An interesting experiment was tried some little time ago," he writes, "with an ordinary herring."

"The fish was put into a large bowl of salt water and every day a small quantity of the water was removed and an equal quantity of

'fresh' was substituted, until eventually the fish lived and thrived in purely fresh water.

"The owner was so pleased with the success of his experiment that he then tried removing a very small quantity of water daily until the bowl was empty and found that the herring did excellently, entirely

without water, and as he was so lively in the empty bowl he had to put him in a cage.

"Here he lived happily, hopping from perch to perch just like a bird, until one day some sudden noise startled him and he fell into his water trough and—was drowned!"

Minard's Liniment Cures Dandruff.

Fashion Plates.

A GOOD SUIT STYLE FOR THE
FALL BOY.



2748—For the blouse, one could use galatea, gingham, drill, or linen; for the trousers, these materials are suitable too, and likewise flannel, serge, velvet and corduroy.

The Pattern is cut in 4 sizes: 3, 4, 5 and 6 years. Size 4 requires 1 1/4 yards of 27 inch material for the waist, and 1 1/4 yards for the trousers.

A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

A SIMPLE STYLISH COSTUME.



2715—This design is ideal for serge, gabardine or velveteen. The blouse is shaped at its lower edge. The sleeve may be in wrist length, and close fitting, or finished in elbow length, with a turn-back cuff.

The Pattern is cut in 3 sizes: 16, 18, and 20 years. Size 16 will require 6 1/4 yards of 27-inch material. The skirt measures about 1 1/4 yards.

A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

No.

Size

Address in full:—

Name

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LONDON DIRECTORY,

(Published Annually)

enables traders throughout the World to communicate direct with English MANUFACTURERS & DEALERS in each class of goods. Besides being a complete commercial guide to London and Suburbs, it contains lists of EXPORT MERCHANTS

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Family Beef.

Just received 100 lbs. Finest Quality Family Beef at a saving to you of from \$15.00 to \$17.00 per barrel. To get the beef is to buy it. Remember, we absolutely guarantee the quality.

C. F. EAGAN,

Dockworth Street and Queen's Road.