A Fruit Salad That Glorifies the Dinner

Knox Gelatine

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Coal!

Ltd.

OIL.

Coal,

envelope Knox | 2 tablespoonfuls 1/2 cup cold water
2 cups boiling water
water
2 cups boiling cups fresh fruit cut in small 1/2 cup mild vinegar

Soak Gelatine in cold water five minutes and add boiling water, vinegar, lemon juice, sugar and salt. Strain and when mixture begins to stiffen add fruit, using cherries oranges, bananas or cooked pineapple, alone or in combination. Turn into mold, first dipped in cold water and chill. Remove from mold to nest of crisp lettuce leaves, and accompany with mayonnaise or boiled salad dressing.

Note-Knox Acidulated Gelatine, which comes in a blue package, contains an envelope of lemon flavor, which takes the place of lemon juice—saving time, labor Get a box of Knox Gelatine at your gro-cer's to-day, and try the above recipe.

GELATINE

One of a thousand dishes made with

gand for "Dainty Desserts." It is free. Just enclose 4c. to cover postage and mailing. Address

MRS. CHARLES B. KNOX

KNOX GELATINE

400 Knox Avenue, Johnstown, N.Y.

"Wherever a recipe calls for gelatine think of Knox." For further information apply to THOMAS B. CLIFT, Manager Knox Co., cial Chambers, Water St. Rooms 9 and 10. Sample Room 14

Disarmament Conference Now in Session.

President Harding Addresses Representatives--Secretary Hughes Presents U.S. Proposal -- Ten spirit. Nitti's remedies are cancellation of Allied war debts, reduction of Geroff, and what you need is a cleaning of novil, 31 Year Naval Holiday-Old Capital man indemnity to sixty billion marks, up inside. Don't continue being a by her assupmtion of twenty per billious nuisance to yourself and those Ships to be Scrapped.

an earnest of the wakened con- building programmes either actual or earied world, struggling for restor- teen in number and fifteen of the on, hungering and thirsting for older battleships; Great Britain would fire 700 miles south of Cape Race, sent Pance of lasting peace. Gent emen her second and first line battleships the Conference, the United States of up to the King George V. class; Japan is that no nation can do alone. United States Government proposed pride need be humbled, no nation- that no more ships be laid down for y submerged, but I would have the next ten years, and that the maxifgence of minds, committing all mum replacement tonnage figure b

ther we should act together to re- would be included permitting replace WASHINGTON, Nov. 13. United States' concrete proal for the limitations of Naval Ar- 35,000 tons. The Conference on Limints-the crux of the Arms Con- tation of Armaments adjourned at

ference-was presented to-day by Sec-The Armament Conference was the first session. A naval holiday, in alled to order by Secretary Hughes which all building programmes should 10.30 this morning. Arthur Balfour be abandoned, and the older ships of ominated Secretary Hughes for present navies scrapped, was the keyhairman. President Harding in his note of the United States' proposals. pening address said in part, "Here Mr. Hughes laid down four general a meeting, I can well believe, which principles-1, That all capital ship- Charles of Austria-Hungary and his

wife to their exile in Madeira. tience of 20th century civilizations. projected, should be abandoned: 2. is not a conference of victors to de- that further reduction be made terms of settlement, nor is it through the scrapping of certain of uncil of nations seeking to re- the older ships; 3, that in general, re-Following opposition to his canditake human kind. It is rather a gard should be had to the existing dature. Sir Henry Drayton, Minister of oming together from all parts of the naval strength of the powers concernarth to apply the better attrbutes ed; 4, that capital ship tonnage should County, Ontario Government Convenion on Saturday, although he told the mankind to minimize the faults in be used as measurements of the gathering that Premier Meighen had International relationships. Speak- strength for navies and proportional as official sponser for the invita- allowance of auxiliary combatant wanted him to run there. ons I think I may say the call is not craft prescribed for. The United the United States alone. It is States programme would scrap all ther the spoken word of a war- capital ships under construction, fif The U.S. steamer San Francisco, on

relationship of humanity, cry- stop construction on her four new out calls for assistance to-day. for relief and craving the as- ships of the Hood type, and scrap all Come! and find your fortune in the Fortune Tub at the Sale rica velcomes you with unsel- would abandon plans for two battleth hands. We harbor no fears, we ships and four battle cruisers, not yet of Fancy Work at the K. of C. e no sordid ends to serve, we laid down, and in addition would Memorial School, Wednesday ect no enemy, we contemplate scrap three capital ships and four and Thursday next, Nov. 16th apprehend no conquest. Content battle cruisers in process of construcand 17th.—nov12,3i what we have we seek nothing tion and all ten of predreadnought is another's. We only wish and battleships of the second line with you that finer. nobler As to the replacement programme the

ment of capital ships when they wer

twenty years old, and prohibiting the

placement with tonnage of more than

us to less preparation for war, and fixed providing eventually for 500,000 enjoyment of fortunate peace. tons for the United Sattes, 500,00

hing can be accomplished in distons for Great Britain and 400,000 Before I took Lydia E. Pinkham's Vegetable Compound I could hardly get about.

Cobourg, Ont.—"For many years I have had trouble with my nerves and have been in a general run down condition for some time. I could not do my work half of the time because of the trouble with my monthly sickness. I was told of Lydia E. Pinkham's Vegetable Compound by friends and advised to try it. It has done me good, and I strongly recommend it. Since I have taken it I have been able to do all my own work, and I also know friends who have found it good. You can use these facts as a testimonial."—Mrs. ELLEN FLATTERS, Box 761, Cobourg, Ont.

Why will women continue to suffer so

FLATTERS, Box 761, Cobourg, Ont.

Why will women continue to suffer so long is more than we can understand, when they can find health in Lydia E. Pinkham's Vegetable Compound?

For forty years this good old fashioned root and herb remedy, which contains no narcotics or harmful drugs, has been the standard remedy for female ills, and has restored the health of thousands of women who have been troubled with such allments as displacements, inflammation, ulceration, irregularities, etc.

For Four Years Her Only Diet Was Milk and Bread, She Says

11.45 o'clock until Tuesday, Nove

FURTHER DETAILS.

A ten year holiday in naval con-

struction, involving tremendous scrapping of ships now on the way or con-

templated by America, Britain and

Japan, was proposed to the Disarma-

old, but n ne would have a tonnage;

leader and destroyer tonnage would

be fixed as follows: Britain 450.000

tons: America 450,000 tons: Japan 270,000 tons. Submarine tonnage

consideration of their position.

NITTI'S PANACEA.

In the book entitled "Europe With-

out Peace." ex-Premier Nitti of Italy

OFF TO EXILE.

to-day, bearing former Emperor

DRAYTON WITHDRAWS.

STEAMER ON FIRE.

OTTAWA, Nov. 13.

CONSTANTINOPLE, Nov. 13.

WASHINGTON, Nov. 13.

replaced, when they are twenty years now taking Tanlac.

of more than 35,000. Cruiser flotilla everywhere.

PRETORIA, Nov. 13.

LONDON, Nov. 13.

ber 15 at 11 a.m.

Malady Of Alabama Woman Was Continually Sapping Her

ment Conference on Saturday by Sec'y Mrs. H. P. Barrett, of Republic Hughes. Briefly the proposals call suburb of Birmingham, Ala., gives the for immediate destruction of sixty- facts of her remarkable experience six capital ships, built or building, or with Tanlac as follows: a total of 1,878,043 tons. Within have spent more than one thousand three months of making the proposed dollars trying to get rid of a comagreement the three navies of the plaint that was gradually sapping my great powers would consist of designated ships as follows: Britain 22 fac nothing helped me. For the past nated ships as follows: Britain 22 four years I have lived almost en-ships, 604,650 tons; United States 18 tirely on milk and bread, and finally ships, 500,000 tons; Japan 10 ships, even that went against me. 299,700 tons. Replacement would be "Before I had finished the first limited by an agreed maximum of bottle of Tanlac I got so I could eat capital ship tonnage as follows, Am-day I first got this medicine for I be erica 500.000: Britain, 500,000, and lieve it has added years to my Japan 300,000. Subject to the ten The people in my neighborhood were sears' holiday capital ships could be so surprised at the change in me that fourteen of them by actual count are

Jews in America.

would be fixed as follows: Britain 000 Jews in the world, and 3,000,000 90.000, America 90,000, Japan 54,000. of them are on this continent and 1,-Secretary Hughes said the United 500,000 are in and around Greater States did not consider it necessary New York. The largest high school to ask France or Italy to destroy any in the world—the Washington Irving naval ships, but would propose later _is in New York and about all its 6,000 pupils are Jews. And they intermarry with Christians. Here are some children of Christian-Jewish marriages: Bret Harte. Sir John Premier Smuts, speaking on Satur- Herschel, Francis Patgrave, Sir John day, deplored South Africa's apathy Millais, Leon Gambetta, Sir Arthur owards the League of Nations, whose Sullivan, and Mrs. Catherine Booth. main function should be, he said, the The Jew has had a chequered history regulation of economic relations be- yet he has left his mark on every naween the nations, which contained the tion where he sojourned, for the Jew principal causes of war. If Germany knows how to work, he knows how to and Russia did not join the League save, and he knows how to accomodate voluntarily, they should be forced in, himself to circumstances.

If Bilious, Sick Take Cascarets For the Bowels.

declares the Treaty of Versailles and its derivative Treaties profoundly un-You're headachy! You have a bad just, and argues their enforcement is impossible. The crisis now over- taste in your mouth, your eyes burn, whelming Europe, he says, has alarm- your skin is yellow, your lips parched even those imbued with the war ed. No wonder you feel mean. Your nt. of the Allied debts, restoration who love you, and don't resort to of Upper Silesia to Germany, guar- harsh physics that irritate and injure. intee of France against aggression, Remember that most disorders of the admission of all nations to the Lea- stomach, liver and bowels are gone by Financing," figures that the nett exretary Hughes at the very opening of gue of Nations, and abolition of the morning with gentle, thorough Cas-penditures for both the Allies and Ger-The British cruiser Cardiff left here

cause they never gripe or sicken. Poor Argument.

(Twillingate Sun)

A correspondent to the Advocate in Finance, withdrew from the Carlton signed "One who opposed Regulations" good recommendations for the last instead of wasting it. years Regulations, but gives some weak stuff, as it contains no real proof, nor can he show one explanation where the rules benefitted Newfound-

> Surely if such long winded and wordy paragraphs can bear such glowing headlines from the boss in the Advocate office, it can produce something tangible in its outlay, and is worth the signature in full of the composer. We have read with interest the debate on this matter, between the Advocate and Mr. A. B. Morine, and when one reads the letters from him, and picks up the following in the Advocate all one can get is personal abuse, and s spray of conglomerated mud, that a newspaper should not indulge in. It looks as if the props under the Regulations have broken and the so called

to help them we are not interested in, because perhaps if the character of the one who fires away abuse, was shown up there would be no drawing a line.

We all have our past to look over, and if Mr. Morine is backward in mor- largest in the settlement. als, he has not got the fishermen's money tied up so that they cannot get it back, and this we claim is where many fishermen have suffered. Why are the people at Joe Batt's Arm and around taking up goods at the F.P.U. stores and saying that as they (the

ed words in the Advocate, one would

of dollars were robbed out of fishermen by the Exporters; do they mean it is this money that the fishermen gave to the Union Trading Co. and once had a bit for a "rainy day", but who now are suffering a drawback. Mr. Coaker has said "The price of

LOOK! BOYS & GIRLS LOOK!

Get ready for the next Lantic Sugar Competition. To get ready all you need to do is this-Ask your mother to buy Lantic Sugar in 2-pound or 5-pound packages so that you can save up the red balls which are printed on all Lantic Sugar packages.

Tell your mother that Lantic Sugar in packages is cleanest and sweetest sugar obtainable. Send us your name and address and we shall send you 3 Lantic Sugar Recipe Books which tell how to make all sorts of

ARE YOU IN THIS COMPETITION?

To the boy or girl sending us the greatest number of words made with the letters comprised in the words LANTIC SUGAR we shall give \$10.00. Perhaps you'll win these Ten Dollars—get busy.

READ THESE CONDITIONS CAREFULLY

Your list must be written with ink, in alphabetical order, on ruled paper and must reach us before Decem-

With your list you must enclose that part of a Lantic Sugar package which bears a red ball showing the words LANTIC SUGAR.

Only words of two or three letters will count. Names of places or persons, foreign words and plurals will

Colin Campbell, Ltd.

Water Street, St. John's.

thus the cause of the depression in our

SPECIAL PRICES for one week only, in White and Colored H.C.

Expenditure for War.

published "War Costs and Their carets-they work while you sleep. A many and her Allies, reach the enor-10-cent box will keep your liver and mous total of \$186,000,000,000. Great bowels clean; stomach sweet, and Britain spent the most, Germany your head clear for months. Chil- comes second, the United States third, dren love to take Cascarets too be- and France fourth. The direct monetary cost of some former wars is given as follows: Napoleonic Wars \$3,070,-000,000; tho American Civil War \$7,-000,000,000, and the Franco-Prussian War \$3,210,000,000. If the war had not happened, Europe and America to-day would be richer not only by this \$186, its issue of the 27th of October and 000,000,000 of wasted wealth, but by a very much larger amount, as we from N.D. Bay, endeavours to portray should have been adding to our wealth

KEEP YOUR HEALTH



The Old Reliable. Try It!

Destroyed by Fire.

The house of Mr. Peter Pettipas, of Whitbourne, was completely destroybenefactor of the fishermen has failed ed by fire on Saturday evening with all its contents. The combined ef-Whatever Mr. Morine is, and was, forts of the residents to fight the flames were futile. The loss to Mr. Pettipas is a serious one as the property was not covered by insurance. The origin of the fire is unknown. Mr. Pettipas' house was one of the

> Regularity Nujol makes you regular as clockwork. Without forcing or irritating, Nujol softens the food waste. The many tiny muscles in the intestines can then remove it regularly. Absolutely harmless-tryit.

JACKMAN'S 25 PER CENT. CASH SALE

Consisting of the following articles:

Men's

Suits, Overcoats, Raglans, Trenchcoats, Macinaw Coats, Gloves, Neck Scarfs, Negligee Shirts, Working Shirts. Collars, Sweater Coats, Trunks, Suit Cases, Braces, Handkerchiefs, Woolen Underwear, Velour Hats, Caps, Single Pants, Rubbers, and a large assortment of Jewellery.

Boy's

Suits, Overcoats, Macinaw Coats, Single · Pants, Caps. Hose, Sweater Coats, and Woolen Underwear

Selling Off at 25 Per Cent. Reduction

NO CHARGE

NO APPROVAL

OFF TO PORT UNION .- Mr. E. Collishaw was a passenger by the Coaker flier" to Port Union yesterday. He will probably try to bring the "Big Chief" out of his hermit's

The "Romeo" Enquiry.

The preliminary enquiry into the to-day charge of larceny of goods from the

schr. Romeo, preferred against the captain and crew of the vessel, was continued before Judge Morris on Saturday afternoon. The evidence of captain and crew of the vessel, was continued before Judge Morris on Saturday afternoon. The evidence of captain and crew of the vessel, was continued before Judge Morris on Cottantial Continued Countries of Cottantial Continued Countries of Countries Countries of Countries C

Cash Sale!

gard of national apprehensions, tons for Japan. The proviso also

THIS WEEK'S SPECIAL IS

HEAVY FL'ETTE UNDERSKIRTS, 74 cts. each

And numerous other Bargains.

BON MARCHE,

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