

## A Fruit Salad That Glorifies the Dinner

**Fruit Salad Supreme**  
 1 envelope Knox Gelatine  
 1/2 cup cold water  
 2 cups boiling water  
 1/2 cup mild vinegar

2 tablespoonfuls lemon juice  
 1/4 cup sugar  
 1 teaspoonful salt  
 3 cups fresh fruit cut in small pieces

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 and expense.

Get a box of Knox Gelatine at your grocer's to-day, and try the above recipe. One of a thousand dishes made with

# KNOX

## SPARKLING GELATINE

Send 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., Commercial Chambers, Water St. Rooms 9 and 10. Sample Room 14.

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

**Malady Of Alabama Woman Was Continually Sapping Her Strength.**

Mrs. H. P. Barrett, of Republic, suburb of Birmingham, Ala., gives the facts of her remarkable experience with Tanlac as follows: "During the past fourteen years I have spent more than one thousand dollars trying to get rid of a complaint that was gradually sapping my strength, but until I got hold of Tanlac nothing helped me. For the past four years I have lived almost entirely on milk and bread, and finally even that went against me. "Before I had finished the first bottle of Tanlac I could eat anything, and I certainly bless the day I first got this medicine for I believe it has added years to my life. The people in my neighborhood were so surprised at the change in me that fourteen of them by actual count are now taking Tanlac."

Tanlac is sold by leading druggists everywhere.

## Jews in America.

There are said to be about 15,000,000 Jews in the world, and 3,000,000 of them are in and around Greater New York. The largest high school in the world—the Washington Irving—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 Haric, Sir John Herschel, Francis Patgrave, Sir John Mills, Leon Gambetta, Sir Arthur Sullivan, and Mrs. Catherine Booth. The Jew has had a chequered history, yet he has left his mark on every nation where he sojourned, for the Jew knows how to work, he knows how to save, and he knows how to accommodate himself to circumstances.

## If Biliary, Sick Take Cascarets For the Bowels.

Get a 10-cent box now. You're headachy! You have a bad taste in your mouth, your eyes burn, your skin is yellow, your lips parched. No wonder you feel mean. Your system is full of bile not properly off, and what you need is a cleaning up inside. Don't continue being a bilious nuisance to yourself and those who love you, and don't resort to harsh physics that irritate and injure. Remember, that most disorders of the stomach, liver and bowels are gone by morning with gentle, thorough Cascarets—they work while you sleep. A 10-cent box will keep your liver and bowels clean; stomach sweet, and your head clear for months. Children love to take Cascarets too, because they never gripe or sicken.

## Poor Argument.

(Twillingate Sun)

A correspondent to the Advocate in its issue of the 27th of October and signed "One who opposed Regulations" from N.D. Bay, endeavours to portray good recommendations for the last years Regulations, but gives some weak stuff, as it contains no real proof, nor can he show an explanation where the rules benefited Newfoundland.

## STEAMER ON FIRE.

BOSTON, Nov. 13. The U.S. steamer San Francisco, on fire 700 miles south of Cape Race, sent out calls for assistance to-day.

## OFF TO EXILE.

CONSTANTINOPLE, Nov. 13. The British cruiser Cardiff left here to-day, bearing former Emperor Charles of Austria-Hungary and his wife to their exile in Madeira.

## DRAYTON WITHDRAWS.

OTTAWA, Nov. 13. Following opposition to his candidature, Sir Henry Drayton, Minister of Finance, withdrew from the Carlton County, Ontario Government Convention on Saturday, although he told the gathering that Premier Meighen had wanted him to run there.

## DO ALL MY HOUSE WORK

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 FLATTERY, Box 761, Cobourg, Ont.

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# 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 nice things.

## 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 December 1st.

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 not count.

# Colin Campbell, Ltd.

Water Street, St. John's.

## Disarmament Conference Now in Session.

### President Harding Addresses Representatives--Secretary Hughes Presents U.S. Proposal--Ten Year Naval Holiday--Old Capital Ships to be Scrapped.

#### CONFERENCE OPENED.

WASHINGTON, Nov. 13. The Armament Conference was called to order by Secretary Hughes at 10:30 this morning. Arthur Balfour, Chairman, presided. Secretary Hughes for the United States presented his proposal for a ten-year naval holiday and the scrapping of old capital ships. He also presented a proposal for the scrapping of old battleships and old cruisers. The conference will continue until Tuesday, November 15 at 11 a.m.

#### SUGGESTED NAVAL PROGRAMME.

WASHINGTON, Nov. 13. The United States' concrete proposal for the limitations of Naval Armaments—the crux of the Arms Conference—was presented to-day by Secretary Hughes at the very opening of the first session. A naval holiday, in which all building programmes should be abandoned, and the older ships of present navies scrapped, was the keynote of the United States' proposals. Mr. Hughes laid down four general principles—1, That all capital ship building programmes either actual or projected, should be abandoned; 2, That further reduction be made through the scrapping of certain of the older ships; 3, that in general, regard should be had to the existing naval strength of the powers concerned; 4, that capital ship tonnage should be used as measurements of the strength for navies and proportional allowance of auxiliary combatant craft prescribed for. The United States programme would scrap all capital ships under construction, fifteen in number and, fifteen of the older battleships; Great Britain would stop construction on her four new ships of the Hood type, and scrap all her second and first line battleships up to the King George V. class; Japan would abandon plans for two battleships and four battle cruisers, not yet laid down, and in addition would scrap three capital ships and four battle cruisers in process of construction and all ten of her dreadnoughts and battleships of the second line. As to the replacement programme the United States Government proposed that no more ships be laid down for the next ten years, and that the maximum replacement tonnage figure be fixed providing eventually for 500,000 tons for Great Britain and 400,000 tons for Japan. The proviso also would be included permitting replacement of capital ships when they were twenty years old, and prohibiting the construction of any ship built in replacement with tonnage of more than 35,000 tons. The Conference on Limitation of Armaments adjourned at 11:45 o'clock until Tuesday, November 15 at 11 a.m.

## Cash Sale!

THIS WEEK'S SPECIAL IS

HEAVY FLETTÉ UNDERSKIRTS, 74 cts. each

And numerous other Bargains.

**BON MARCHE,**  
 268 Water Street (opp. Bowring Bros.)  
 OPEN AT NIGHT.

## JACKMAN'S 25 PER CENT. CASH SALE

Consisting of the following articles:

### Men's

Suits, Overcoats, Raglans, Trench-coats, 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

## KEEP YOUR HEALTH!

MINARD'S LINIMENT

The Old Reliable. Try It!

Destroyed by Fire.

Regularly 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—try it.

OFF TO PORT UNION—Mr. E. Colishaw was a passenger by the "Coaker Star" to Port Union yesterday. He will probably try to bring the "Big Chief" out of his hermit's cell, where he has been living the past few months.

The "Romeo" Enquiry.

The preliminary enquiry into the 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

Mr. Duff, of the E. N. Co., and Mr. Heber House, of Bonavista, was taken. The hearing will be continued to-day.

Stop Coughing. Try Stafford's Phorone Cough and Cold Cure. Price 35c. Postage 10c. extra.

Minard's Liniment For Garget in Cows