

Is This Your Bill?

"The Sins of the Flesh" are punished in this world—not in the next.

Disease is not an accident, nor is it sent by Providence. It is Nature's punishment for the breaking of her laws.

Hemorrhoids, for example, occasion an infinite degree of discomfort, suffering and misery. So does a fissure or a fistula.

But such punishments are meted out to those who sin against Nature in two ways, by neglecting to maintain regular, easy, thorough evacuation of the bowels—who form the bad habit of constipation—or what is a worse habit, the taking of pills, castor oil, purgative mineral waters, salts, etc., with the mistaken idea of overcoming constipation by forcing the bowels to move unnaturally.

But the Nujol Treatment for Constipation prevents such sins of the flesh, or mitigates the punishment therefor.

Nujol helps to re-establish easy, regular, thorough evacuation of the bowels.

Nujol is not a drug, does not act like any drug. Nujol is absolutely harmless.

Nujol keeps the waste matter soft, moist and easily voided.


Nujol is not absorbed, does not effect the body—acts as a mechanical lubricant, which can be used for any length of time.

Get Nujol from your druggist. Take Nujol according to directions.

Write for Booklet "Wages of Neglect" to
Cowan & Andrews Limited,
Selling Agents for Newfoundland, St. Johns.

Nujol Laboratories
STANDARD OIL CO. (NEW JERSEY)
NEW YORK CITY

Warning: NUJOL is sold only in sealed bottles bearing the Nujol Trade Mark. Insist on Nujol. You may suffer from substitutes.



The Kaiser and His Army.

The Kaiser Wilhelm II. of Germany began his reign on June 15, 1888, by a startling address to his soldiers, in which he asserted that the Kaiser and the Army were born for one another, and belonged to one another; which brought to mind his speech to his Hussar regiment the year before, when he said: "We are standing before an uncertain future, and it behoves us to think of the old device on our helmets. "With God for King and Fatherland." But in the present war it has been "I am God!" In fact his hostility to England was shown at his accession, and twenty-six years later was shown to the full when the great war of 1914 commenced. The manifesto to the army was followed by another couched in the language of the Divine Right, to the effect that he would be "a just and merciful Prince, fostering piety and the fear of God, a helper to the poor and distressed, and a guardian of the right." When we read this, we wonder if, at the present time he remembers his promises, bearing in mind the oppression and miseries he has caused to Belgium and France by the excesses of his troops. In his speech to the German Parliament he made allusion to his father, but professed

RAMSAY'S

"AGATE"

FLOOR VARNISH

Stands rough wear and resists water

For Sale by All Dealers.

Our Baseball Column.
PLAGIARISED AND OTHERWISE.

OPENING BALL GAME TO-MORROW.

All is now in readiness for the opening of the Baseball season to-morrow afternoon at St. George's Field, when the big double-header will be played between the B.L.S. and Wanderers at 2.30, and at 4 o'clock between the Cubs and Red Lions.

Mayor Gosling has very kindly acquiesced to the League's request to throw the first ball over the plate—thus formally declaring the Baseball season opened in Newfoundland. This is the custom wherever the game is played. The following will be the line-ups:—

2.30 GAME.

B.L.S.	Wanderers
O'Leary P.	Smith C.
Brazie 1-B.	Britt 1-B.
French 2-B.	W. Brown 2-B.
O'Reilly 3-B.	Knigh 3-B.
Kelly S.S.	McCrindle S.S.
Delaney R.F.	H. Brown R.F.
Power C.F.	O'Regan C.F.
Grace L.F.	Dobbin L.F.
O'Donnell	Burton

4 O'CLOCK GAME.

Red Lions	Cubs
Ellis P.	Hall C.
Hiltz 1-B.	Clouston 1-B.
Payne 2-B.	Murphy 2-B.
Gushue 3-B.	Dugan 3-B.
Cooney S.S.	Canning S.S.
Gushue R.F.	Gosse R.F.
Jenkins C.F.	A. Clouston C.F.
Gowans L.F.	Phalen L.F.
Kielly	A. Nother

Umpires—Mr. Chesman and Major Montgomerie; Scorers—Messrs. Channing and Merner.

THEIR WORRY.

The only worry of the Cubs is that moist weather will damage their latest New York creations when they make their initial appearance in them to-morrow. It is rumored Lady Duff Gordon was the designer.

MGR. DOUGLAS FRENCH OF THE B.L.S.

(To be sung to the air of "O Frenchy.")

O Frenchy, O Douglas Frenchy,
As a manager you're a prodigy,
And when you jazz the old pill,
The pitchers grow quite ill, Dougie,
O Frenchy, O Douglas Frenchy,
Your name sounds like Victory—
I think of DOUGLAS Haig and Sir
John French, it sounds good to me.
—Irish Fan.

TO-MORROW.

As old Bill Shakespeare oft remarked: "The good a ball player does is oft interred with his 'bones.'"

THEY'RE OFF TO-MORROW!

Oh Banish Old Man Worry. The city's on a lark. The cars are crammed, the vics are jammed, all headed for the park. The country chap is happy, the city guy is gay. The suburbs neat and Maddy Street are full with Avenue A. The baseball's season's started; the four League Clubs are here, and fandom's mob is on the job to greet them with a cheer. They're piling in the bleachers and crowding in the stand, to call the ump's a lot of chumps and root to beat the band. The stars are back in harness and oiling up their wings; the sluggers great are at the plate and taking healthy swings. Bat Hall is primed for pitching and Kelly's primed for hits; the Red Lion bugs, worn Art Hiltz slugs, are having forty fits. The bat-boys in his glory, the policeman's in his way; the catching lads, in masks and pads, are fretting for the fray. The fans are eating peanuts, each matron, youth, and lass; and round at third this Mac Grath bird is eating all the grass. Fred Chesman's voice is ready to warble "safe" or "out," and Tim the vet. is groomed and set to put some club to rout. Oh! ramble to the ball yard, each baseball hungry bloke. Pipe Cooney's bat and Brazie's fat, and watch for Leary's smoke. Clouston and Power are ready; Jenkins and Ellis are there; it's on the books that the gentle "Hooks" will wrangle with George Ayre. The grand start starts to murmur; the fencers cheer some more; now all the crowd howls right out loud, then thunders to the rear. The fans are in a frenzy, a mad, excited pack; for all the clubs, the stars, the subs, are off at Ballroom Track.

Peace!

[By Vice-Admiral Mark Edward Frederick Kerr, R.N., C. B., M. V. O., Pilot of the Handley-Page monster biplane, "Atlantic," Handley-Page-On-The-Sea, and submitted by him to the Telegram.]

Bear it, O winds, around the world: Carry it, sea, to distant shores: That bloodstained banners all are furled—
And wars shall be no more!

Rise up! ye spirits of the dead,
Who died to set your brethren free,
And Peace shall crown each glorious head.

With diadem of Victory!
Come in, the gentle robe of peace;
Close knit with threads of untold worth,
And enter God's own oratory
Full sure that He has cleansed the earth,
And wars shall cease.

Arise! O Sun that re-creates,
And whisper soft ye myriad stars:
New men shall rise in place of these
Great-fallen on the fields of Mars.
Prophecy let the joy-bells ring
For out of death new life shall spring!

And we—who reap the rich reward,
Our noble dead, for us have wrought—
Shall we forget the blood outpoured,
The justice, faith, for which they fought?

Shall sacrifice be all in vain?
For nought the world been steeped
In pain?

Stand up and face the vail-laid dead,
And swear their heritage to keep;
That ne'er again shall impious strength
And villainous cause the earth to weep.

Ambition has been taught that might
Shall evermore give place to right;
A new and better world shall be
Outcome of Peace and Victory!

MINARD'S LINDMENT CURES DISTEMPER.

ELCAR

The largest, sturdiest and most beautiful car in its price-class
THE ECONOMY CAR



Looks Good, Doesn't It?
And the Picture Doesn't Begin to Do It Justice—But Most of All, **ECONOMICAL**

It is graceful in design and beautiful in finish—smart and stylish in every detail. Nothing lacking for beauty, comfort, performance or endurance. Drive all day and you won't be cramped or tired. In fuel economy this car is almost without an equal—18 to 22 miles to the gallon of gasoline are the rule rather than the exception. The steering is the easiest; the control the simplest. Easy riding whether fully or partially loaded; remarkable in this respect. Abundant power for hard pulls—fine driving qualities at all speeds—and all the speed you want.

Reliable quality is a certainty in the Elcar. Its builders learned to put in quality years ago when building cars selling up to and above \$3000. It is a quality car at a popular price—good and large enough to fulfill any motor car requirement. Don't think of choosing until you have seen the Elcar.

Brief Mention of Elcar Points.

Four-cylinder models, 37½ horsepower at 2,100 r. p. m. Six-cylinder models, Red Seal Continental, 40 horsepower at 2,100 r. p. m. Two unit electric system. Long wheel-base, 116 inches; road clearance, 10½ inches. Full floating rear axle with spiral bevel driving gears. Timken Roller Bearings front and rear. Double universal drive; tubular propeller shaft. A wonderful easy riding semi-elliptic spring suspension. Roomy and comfortable bodies of beautiful design and durable finish; new "Cathedral Pipe" upholstery. Equipment complete, even to motometer.

Manufactured by **ELKHART CARRIAGE & MOTOR CAR CO., Elkhart, Indiana.**

SEE THIS THE 1919 ELCAR

ELCAR FOURS, \$2,000.00; ELCAR SIXES, \$2,350.00, delivered St. John's.

Distributed exclusively in this territory by
General Motor Supply Co., Ltd.,
St. John's.

Hr. Grace Notes.

Everybody delighted that Vickers machine crossed Atlantic safely and quickly.

Handley-Page did not fly yet, owing to trouble with radiators, which will be remedied as quickly as possible, and then she will be away.

Yesterday the weather was very disagreeable and very few people were about, owing to continual downpour of rain.

The Labradorers are ready for a start, but are delayed owing to unfavorable winds and ice conditions.

Mrs. W. A. McKay left here on Thursday morning on receipt of a message from her father, Mr. George Wareham, of Hayslack, informing her that her mother was seriously ill. She reached her mother's side at 11 o'clock same night, and found her very weak, with just a hope of recovery. Mrs. Wareham is well known in Hr. Grace, and all her friends hope she may soon be out of danger. Mrs. McKay was accompanied on her sad mission by her daughter, Mrs. Geo. Stewart, of Bell Island.

A Mr. Gibbs and his son, of U.S.A., arrived on Saturday night, and we understand his mission is to arrange to put up our delicious caplin in some suitable way. We are pleased that a move is being made in this matter, as it has always been our belief that there was big money in this business for the individual or firm who would hit on the right plan to put up these delicious fish that we have been using for manure for so many years. We wish Mr. Gibbs much success.

—COR.

Hr. Grace, June 16, 1919.

Personal Mention.

Messrs. Ronald Murphy and Charles Egan, who were attending the Ecclesiastical College at Toronto, arrived home yesterday for the summer vacation, by way of Bell Island, having taken steamer to there from a Canadian port.

Mr. Andrew Murphy, H. M. Customs, Bell Island, is visiting the city.

Mr. J. Boyd Butler of A. H. Murray & Company, who was on a business trip to England, returned by the Digby on Saturday.

Mr. J. R. Smallwood, Staff Reporter of the Telegram, who had covered the Handley-Page assignment at Handley-Page-On-The-Sea, Hr. Grace, has returned to the city.

MINARD'S LINDMENT CURES GARBET IN COWS.

Republic Motor Trucks,
7 Models, 3-4 Ton to 5 Ton.

In the United States REPUBLIC leads in every State in the Union as well as in every foreign country.

The reason can be summed up in two words: **QUALITY and SERVICE.**

T. A. MACNAB & CO.
Distributors for Nfld.
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To Stop Rent Profiteering.

"The legislature of New York is considering a bill to put an end to rent profiteering by establishing committees in every municipality to which tenants may carry legitimate complaints. The committee would have the power to fix a fair rental, and if the landlord refused to agree, the assessment of the property would be reviewed and raised on an amount based on the rental value. The effect would be to make the property owner pay the city in taxes, part of what he took from the ratepayer," says the Toronto Globe. "Instances of rent profiteering have been reported in Toronto, but are of course exceptional. The lower value of money, increased taxation, and the greater cost of repairs have justified higher rents, but the housing shortage is not a legitimate factor. There should be some method of preventing extortion, and the assessment department will fall in its duty if it does not take note of such cases when it is making up its role."

When you want Sausages, why—get **ELLIS**; they're the best.

MINARD'S LINDMENT CURES GARBET IN COWS.

P. E. I. Potatoes, 1-2 brl. Sa^x

Good Table Potatoes or for Seed Purposes.
Sound and Dry.

NEW GOODS.	Cream of Wheat.
Southwell's Lemon Crystals,	Cream of Barley.
2 oz. lots.	Malted Nuts.
Army Rations.	Brook's Barley, 1 lb. tin.
Sliced Pineapple, 2's & 3's.	Fine White Granulated Sugar,
Libby's Prepared Mustard—	5 lb. and 5 lb. cartons.
Jars.	Table Apples.
Fine Biscuitated Coconut.	Parsnips.
Finest Wrinkled Bolling	Karo Table Syrup.
Green Peas.	Moir's Confectionery.
Alaska Pink Salmon, 1lb. tin	Ex S. S. Adolph:
Libby's Special Family Beef.	XXX Blue Boxes Nut Milk,
	½, 1's, etc.

C. P. EAGAN,
Duckworth Street and Queen's Road.

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We are

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by Ruth C

ARE YOU WAITING FOR

I was audience recently to an interesting talk between two friends of mine that sent me away thinking. One of the friends has an aged mother to whom she is very much devoted. An opportunity had come up for her (the daughter) to take a wonderful trip. She had given it up and the friend was asking why.

She Was Waiting Till Someday

"Well, you know," she said, mother isn't very strong. It may not be so many years—I feel as if I wanted to be with her as much as I could, both for her sake and mine. Perhaps someday I'll have the chance again."

"Ah my dear," said the other "when you say that 'someday' you make me wonder. How old is your mother?"

"Seventy-three."

"She might live for twenty years and are you going to be waiting for her to die all that time?"

"I'm not—how can you put it in such a way? Would you feel that way?"

Her Mother Told Her To Go

"No, I wouldn't myself, but my mother did. I'm so much older that you don't remember my mother, do you? Well, I adored her and I felt as if I wanted to be with her as much as I could. And then I had a great chance to go abroad with some friends. I refused but my mother heard of it and asked me why. I said I couldn't bear to leave her and she said to me just what I said to you. 'You're waiting for me to die for dear, and I don't want you to do that. I want you to live your life normally now. When my time comes it will come. But I don't want it to be a release to you in any way. I don't want you to be waiting in any sense for me to die.'

"Of course, I was just as shocked as you, but she insisted on my going. I went. She was seventy-five then and she lived to be ninety and if I had waited I should never have seen her. We were always very happy."

JULY FIRST IS COMING, SO IN GETTING USE TO BEATING ICE CREAMS, GETTING FOR OF IT TOO!

