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with the modern habits of living, constipation is likely to be always with us. They also agree that the constant use of any drug for the relief of constipa-tion is exceedingly unwise —unwise for two reasons.

First, a drug constantly used loses its effect and requires a constantly increased dose. Second, because the constant use of any drug is bad anyway.

So the cry is constantly going up from the constipated, "What can we do?" It will be interesting to a great many to know that an answer has been found in the re-discovery of a method which was used with great success by our Forefathers, and in Arabia far back in the twelfth century. The food is called "Les Fruits" because it is composed entirely of figs, dates, prunes, raisins and the leaves of each with the substitution of the Alexandra leaf for the raisin leaf. The taste is pleasant, if not to say delicious, and the effect is exceedingly satisfactory. Try it and be convinced.

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orty Years in the Public rvice, the Evening Telegram The British Touch.

From a purely military point of view dramatic turn of affairs and from that only saved from complete destruction! by the great surrender. Since that time there has been much discussion as to whom the supreme honours are due for the deliverance of the knockblow which ended the long bloodtendency for each of the Allies to put forth special claims. It is pleasant reading, therefore, to find an American writer summing up the triumphant statistics of the various Allies during the four final months of the campaign on all the fronts, and after due consideration honoring the British Empire with the greatest accomplish-After the termination of the enemy

offensive against the British front in

Flanders and in Northern France, a tremendous task confronted Haig's Hot Water Army. Fully 5,000 miles of new trenches had to be dug, 23,000 tons of barbed wire and fifteen million steel or wooden pickets used and 485 miles of new railroad with 4,000 miles of 21/2 gallons per minute proposition siding had to be constructed. Fully for the bathroom, to the automatic 3,500 miles of carriage roads had to storage system providing 1000 gallons using one and one half million tons of large establishments. We can greatroad rock and 685,000 ties. In its ad- ly improve existing systems by proand 400 mechanical pumps had to be range hot water back, and insure installed to insure 20 million gallons of water daily to the advancing the great offensive campaign. Meantime the Air Forces had been at work most energetically. Between January 1st, 1918, and November 11th of the same year, the Royal Air Force downed 2,900 enemy planes and put 1,200 others out of action, while 300 obser vation balloons were destroyed and 5,000 tons of bombs dropped on German positions. In May, General Haig over the peace terms, as they were reman positions. In May, General Haig loaned four divisions of British troops to the French. Early in July all French troops were withdrawn from the British front, and by the middle of the month eight divisions were ment that is sweeping over Gerof the month eight divisions were ment that is sweeping over Gerof the month eight divisions were loaned to the French. When the grand offensive was on, day after day saw great gains made in terrain and tricts, organizations of various socihuge numbers of prisoners taken. eties, business men's and women's From July 18th to November 11th, 59 clubs and the political parties through their spokesmen are vieing with each other in finding words in which to exman divisions, capturing 2,858 guns, press scorn and condemnation for the 500 trench mortars, 29,000 machine document guns and 188,000 prisoners. During the same period, the French took 1,-880 guns and 189,000 prisoners, the Americans 1,421 guns and 14,500 pris-British figures are much greater than

British forces captured 327,000 German the final period of the war, and in and the Germans must protest those activities the British and French | themselves. oners and something like 2,000 guns,

bians did the flercest of the fighting,

in Mesopotamia 25,000 prisoners were captured and in Palestine 70,000 force." The expression, "a verdict of more. The sum total of British cartures from July 18th to November 11th, 1918, in all the various theatres



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ing the same period were: Americans, the Germans won the war up to July 1,450 guns and 43,500 prisoners; 18th, 1918. Then came a sudden and French, 2,250 guns and 175,000 prisoners; Italians, 3,000 guns and 225,000 date until the signing of the armistice prisoners. Neither the French, Amon November 11th they were driven ericans nor Italians have given out backward all along the line and were any official figures of mortars and ma-

more enemy planes than the combined totals of all the other nations fighting the Ceneral Powers, and it gives an bath of the nations, there being a added pleasure to Canadians to know Canadians, the very best of the individual fighters being men from the lion mark, it must be confessed by all that the hardest blows in the final conflict were struck by Britain: but there is plenty glory to go around .-

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be built and 500 shell craters filled, of hot water per hour for hotels and vance 700 road bridges had to be viding copper-coil heaters with autobuilt, and many miles of water mains matic control auxiliary to your coal hours. This outfit works only when troops. Such was the enormous the coal range fails to heat the water, amount of material work to be done or if the range is not in use. Phone in order to start and carry forward 97 or call at our Showroom where all ST. JOHN'S GAS LIGHT COMPANY

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Wave of Resentment.

Sweeps Over Germany. Paris.—The protests that come from various quarters in Germany

tory all the German parties are united in opposition to the terms.

The newspapers are utterly swamponers. It will thus be seen that the ed with protests being able to print be added that from first to last the Tageblatt, which says the unalterable attitude toward the treaty taken by the Socialists of other countries will not be of assistance, because they are

tured 49,000 prisoners on the Italian only mildly assailed here and there, their forces being, of course, many proposed peace lacks all elements of justice and conforms in no way to army composed of practically all the spelling slavery for the German peoyet the British forces there captured by the provisions of the treaty, while others express deep contempt with what they call "a brutal peace of

Rock of Moses.

The "Rock of Moses" lies in the wild valley at the base of Jebel Musa, the Mount of the Law, in the Peninsula of Sinai. The rock is eighten or twenty feet high, slightly inover each side, which is intersected is beyond doubt the oldest known lely bound up with the simple faith. early visitants.—The Masonic Sun.

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Its high food value, ease of assimilation and attractive flavour make "Ovaltine" invaluable during convalescence. It is largely used in hospitals for that condition, and in cases of Sleeplessness, Nervous Breakdown and Shell-shock, throughout the war "Ovaltine" has been included in the official standard parcel sent to

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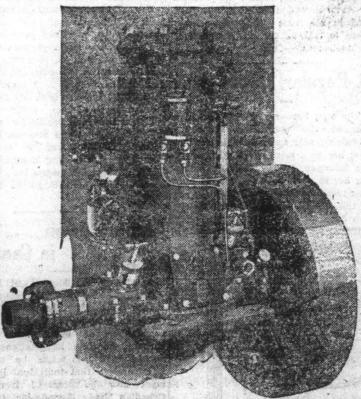


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Just received large shipment Nyal's Throat Pastilles. Price, 30c. per box. Stafford's Drug Store.—marll,if