

"WINDSOR PATENT"

Is the only well-known brand not converted into a Government Standard Grade of Flour during the war period

IT'S
THE GENUINE
WHITE FLOUR

Admiration

Get the sensation by using

VERBENA FLOUR.

Jan 25, s.m.w

Walk, Run or Jump,

It's all the same to people who wear our

FITZU EYEGLASS MOUNTS,

They fit where others fail. With our ability to fit them correctly, they stay where they are put.

HOW DOES YOURS FIT?

R. H. TRAPNELL, Ltd.,
THE EYESIGHT SPECIALISTS.

John Cotton's Smoking

Mixture Tobacco.

We have just received from the land of the Heather a shipment of this famous brand. It is a Smoking Mixture of Highest Class and Exceptional Quality.

1/4 lb. tins, Nos. 1 and 2.

CASH'S

TOBACCO STORE, WATER STREET.

"Vero"

"Vero" is not merely a pleasant beverage, it is a Perfect All Round Food for Young and Old, scientifically prepared under the direction of competent chemists who have made a special study of human Nutrition.

ANALYSIS OF "VERO".

Protein10.9 p.c.	Nitrogen1.64 p.c.
Fat9.14 p.c.	Lecithin Phosphoric0.016 p.c.
Carbohydrates69.70 p.c.	Acid1.75 p.c.
Mineral Salts8.51 p.c.	Moisture1.75 p.c.

All ingredients are so skilfully chosen to supply the maximum of available nutriment required and tolerated by the human body, and they constitute a

Perfectly Balanced Food

furnishing all the necessary nourishment in such a form as to be digested and assimilated with astonishing ease and celerity.

Furthermore, its exceptionally high calorific value as compared with others makes it one of the most economical foods.

"Vero" is put up in 1/2 lb. and 1 lb. tins.

F. McNamara,

Agent,
Queen St.

lv23.eod.ley

To Dealers and Users!

Salt Water Spark Plugs the Most Durable.

The Salt Water Special Spark Plug is known in about every hamlet in the Dominion, either for STATIONARY or MARINE use; is absolutely the best money can buy.

The reason that this Plug is in such great demand is because it is guaranteed to give Satisfaction, which it does.

DO NOT ACCEPT A SUBSTITUTE. Buy them from your Dealer or

L. M. TRASK & CO.,

St. John's, Newfoundland.

aug22.eod.iff

Advertise in The "Telegram."

An Old Salt's Plaint.

Oh, I've sailed the blue Pacific and I've wallowed 'round the Horn. And I've swallowed more than twice my share of green Atlantic brine; But the days of sails are over since the first steel ship was born. And the gallant wooden boats of old are fading cross the Line.

I have paced a pitching quarterdeck in Southern seas' typhoons. When the waves ran high as mountains, leaving terror in their wake;

But where metal ships would founder and collapse like pricked balloons. Why, the gallant craft with oaken sides would hardly even quake.

Once, when sailors really earned the name 'twas fun to play with Death As we trod the good old wooden decks with iron men for crew; 'Till the steamers—more's the pity—came distaining heaven's breath. Driving sailing men before them till they'd cleared the bilious blue.

Yes, we mixed commands with curses, while the huckles mates of yore. Used their fists and iron belaying-pins on half-rebellious crews; But our men were men for all o' that —they proved it when ashore (Though often more drunk than sober, what with rot-gut brands of booze.)

Ah, the good old days back yonder, when a man could hoist his sails With the old Blue Peter flying—destitution, 'parts unknown'— And slip out into the briny with a crew as hard as nails. While the sheets strained at their haliards, and the bow picked up a bone.

Aye, the good old days are over, leaving stranded high and dry. All the relics of a past decade, with yawning, open seams; And they seem for but one purpose—that's to bring to such as I. The remembrance that all sails are gone save those within my dreams.—Philadelphia "Ledger."

Express Passengers.

The following passengers arrived at Port aux Basques yesterday, and are on the incoming express: M. and Mrs. Christopher, B. Dunphy, Mrs. E. Campbell, Miss B. Stamp, Miss J. Stamp, F. White, Mrs. F. Shafter, J. Clarke, F. Campbell, W. Tucker, A. Runes, W. Dawe, Miss J. Guy, W. and Mrs. Manuel, Rev. D. B. Hemmon, H. Hylan, Mrs. A. A. Butt, Mrs. J. Barrett, Mrs. G. Kennington, Mrs. C. W. Vallen, Miss W. Foley, Mrs. J. Foley, Mrs. D. Ash and three children, W. Driscoll, R. W. Boyle, W. Moore.

VESSEL GOES ASHORE—A schr., beating out the Narrows yesterday, went ashore on the Southern part of the channel. The tug Ingraham was ordered to the rescue and successfully towed her off; the vessel sustained no damage.

كتاب متنوع للاسنان New Relief For Constipation, "LES FRUITS"



Physicians agree that 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 constipation 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.

SOLD ONLY AT

Ellis & Co., Ltd.

203 WATER STREET.

500 BARRELS Atlas Portland Cement.

Lowest Prices.

A. H. Murray & Co., Limited,

St. John's.