

## The Canada Life.

In each of the past four years the Canada Life has earned a **LARGER SURPLUS** than ever before in its history.

Favorable mortality, and low expenses, the result of good management, have helped.

**C. A. C. BRUCE, Manager,**  
St. John's.

### Harris Abattoir Company, Limited,

6 per cent. Bonds, due 1st February, 1928.

Interest is payable half yearly, 1st February and August. In denominations of \$100, \$500 and \$1,000.

The Bonds are secured by a first mortgage on all the property and other assets of the Company. These assets are valued by the Canadian Appraisal Company at nearly three times the amount of the bonds outstanding.

Net Profits over a term of five years average nearly four times the amount necessary to pay the bond interest.

Price 100 and accrued interest, yielding a full 6 per cent. on the money invested.

Circular giving full particulars will be sent upon application.

**F. B. McCURDY & CO.**

MEMBERS MONTREAL STOCK EXCHANGE.

**C. A. C. BRUCE Manager,**

St. John's.



### "Clan Mackenzie"

SCOTCH WHISKY,  
OLD and MELLOW

In Bottles or on  
Draught.

**HAYWARD & CO.**



### NEW Spring Coats

Just opened  
a shipment of  
Ladies' New  
Style Tailor-  
made Coats for  
Spring.

**U. S. Picture & Portrait Co.**

**FUSSELL'S**  
FULL CREAM  
CONDENSED MILK  
IS THE  
CREAM OF MILKS



## Expressing Oneself.

By RUTH CAMERON.



The other day I read of a decorator who was extremely proud of a certain room which he had created. He had chosen and arranged the furniture and hangings, and even the woodwork of the floor and wall he had brought from Europe especially for that room. He considered the effect absolutely perfect, and when he heard that the woman who owned the house had bought some more furniture on her own hook and put it into the room, he was almost frantic.

You see, he considered that that room was his work. He felt that he had created it just as an artist creates a picture, or an author a book, and although he could not actually sign it as an artist or an author signs his work, he felt that it was signed by the fact that many people knew it was his work. Therefore he resented having it changed and spoiled even by the least owner of the house. And at the risk of antagonizing a valuable customer, he actually went to her and begged her to restore it.

I was deeply impressed by that little incident. For this reason, I wish more women felt toward their homes as that man felt towards his work, for they certainly have reason to. A woman's home is her expression of herself. Her name is signed to it just as clearly as if she had painted a picture.

*Ruth Cameron*

## FOR WOMEN ONLY.

That is the nature of Dr. Pierce's Favorite Prescription—the one remedy for women which contains no alcohol and no habit-forming drugs. Made from native medicinal forest roots. Dr. Pierce tells its every ingredient on the bottle-wrap. Prominent physicians and some of the best medical authorities endorse these ingredients as being the very best known remedies for ailments and weaknesses peculiar to women.



DR. MORRIS.

Dr. Pierce's Medical Adviser, newly revised up-to-date edition, answers hosts of questions.

## Notes of Long Ago.

L. C. MORRIS.

CHAPTER XXVI.—THE IRISH HEROINES.

(Continued.)

As the years rolled on, the closest ties of friendship and affection existed between the families, and they always cherished a warm place in their hearts for their native home and for the land they loved. But they never regretted having emigrated, and they were always proud of having made Newfoundland their choice. Its sunshine and its health-giving properties, its quiet and its seclusion, they always prized; and they ever had good words, and good words only, for the land of their adoption. They had faith in Newfoundland. They believed in its possibilities and its future; and their faith and their enterprise, with that of others like them, has been instrumental in bringing our country to her present status. In Norah they ever found a faithful member of their family; and one who well repaid them for their care in bringing her to Newfoundland. She proved true in the storms as well as the sunshine; and when the troubles and heartbreaks which more or less come to every household, and to every fire-side, came to them, they found in her an angel of comfort and a source of consolation. Especially was this so at one particular period of their life, when reverses of fortune threatened them, and the burden for a while seemed heavy; but Norah and her good husband stood by them, and tidied them over the emergency, and showed in a practical manner that they were more than fair-weather friends.

And so the years rolled on, and for some forty years they were neighbors and companions. During that long time their families grew up, and children and grand-children came upon the scene; and when the end came, it was the end of peace and contentment. Their names are now, like many others who pioneered St. John's, unknown and lost, but their influence is still felt. They never sought public life nor worldly honors, but rather did they tread the path of industry and toil, and helped the commerce of their times.

In all their career our two ladies were faithful and true to the best interests of their adopted home, and they were also loyal and faithful to themselves. This is why I have called them "heroines," though the battles they fought were in the quiet of life; and their principles they loved were chiefly domestic and social. They always stood for the development of true womanhood and Christian character; and for the guardianship of the home and the sanctity of the fireside; and for the Christian training of the children whom God had given them. These were the features and characteristics which meant so much to our forefathers and to our nation, and to our country, and these are the characteristics that are still dear to the heart of the British nation; and because our friends possessed these, and practiced them, we have called them heroines; and we feel sure that our readers will agree that they were deserving of the name.

Their career was honorable but not all smooth; for they witnessed no few catastrophes in the city's early history. They saw the Ninth of June fire of 1846; and after they saw the town ravaged by the Asiatic Cholera.

**COCOA AS IT SHOULD BE**

Grateful Comforting **EPPS'S** Breakfast Supper

Warmth, strength, nerve, energy, are the results of Epps's, the perfection of cocoa, in which the sustaining and warmth-producing constituent called cocoa butter is retained in maximum quantity.

but they stood firm amid it all. They witnessed the building of both our beautiful Cathedrals; and of our Colonial Building; and also of Government House; and with these they saw the city develop into the busy centre of trade they had always hoped for. These things all meant a test of their faith, and all tended to prove their hope in the future of Newfoundland; and towards the end they realized their vision almost to the full.

For near half a century our friends have been sleeping in Mother Earth, and their monuments stand in the quiet shades of Belvedere. Some few in passing may look at their monuments, and stop to read their epitaphs; but in the hurly-burly of life they are mostly forgotten. Such is the way of life, and the destiny of the human race.

But we must not forget the youngest of the party of emigrants of whom we have been writing; as she must certainly have been the object of interest and affection among the household. Being but two or three years of age when she was brought to Newfoundland, she could not have had any knowledge of her native country; therefore her earliest associations and recollections were centred in St. John's; and were largely influenced by the home circle, and by Norah and her children. She was carefully and strictly trained in her religious duties; and she received the best education that it was possible to get. The discipline of the home, and the care of her teachers had their desired effect; and as she grew and developed into womanhood, she was a daughter of whom any parent could feel proud. She therefore was the idol almost of the home; and the circle being small and relatives but few, it was natural that her feelings and affections were deeply developed.

So close were the ties of home life that it would seem they could not be broken. But in the course of time they were severed, and she too, made her own home, and became the proud wife of a gentleman who had crossed the ocean and had come from the land of her birth. It almost seemed like fate that he should come so far to meet one who had been born upon the same soil, but who had left it some 20 years before. But whether it was fate or choice it proved alright; and the new home, which was the third the party had made since coming to Newfoundland, was ideal in every way; and health and peace followed it to the end.

Thus the little band of Irish emigrants who about one hundred years ago left their native land and came to St. John's, made their homes and did their part in the building up of our city. Like hundreds who came with them, they had their share of disappointments and drawbacks, but they came through it all; and by their life and character proved themselves worthy the success which attended them, and worthy the new country to which they came.

## SOPER & MOORE

In stock and to arrive:

- 40 cases 420 count ORANGES.
- 20 cases large count ORANGES.
- 35 brls. NEW CABBAGE.
- 30 kegs ALGERIA GRAPES.
- 40 cases SMALL ONIONS.
- 5 cases LEMONS.
- 20 bags PEAS.
- 15 bags CARROTS.
- 250 bags P. E. L. POTATOES.
- 50 bags P. E. L. TURNIPS.
- 10 brls. CRANBERRIES.
- 15 brls. PARTRIDGE BERRIES.
- 250 boxes DIGBY HERRING.
- 15 boxes FINNAN HADDIES.
- 10 boxes FRESH KIPPERS.
- 75 brls. Fresh Packed APPLES.
- Baldwins, Davis, Spies and Starks.
- 20 cases LOCAL EGGS.

**Soper & Moore.**

## Mink Raising.

William Gates, mink farmer of Wallace, Idaho, who has demonstrated his ability to raise small fur-bearing animals in captivity, has been made an expert in the employ of the biological department of the United States Government. Two experts from the department were sent to Wallace and they found that Mr. Gates' secrets had accomplished what the efforts of many others had failed to do. The Government has promised to provide a 10-acre ranch in the forest reserve along the north fork of the Coeur d'Alene river, and in addition the investigator a salary sufficient to permit him to devote all his time to the work.—Rod and Gun for March.

S. S. BEOTHIC. —After unloading her stores the S. S. Beothic will be dry docked and undergo complete repairs. It is not yet definitely decided whether the Beothic will ply in Hudson Bay waters this summer, but it is more than likely she will.

## Linnaeus named it Θεοβρωμα Meaning "Food of the Gods"

In 1720, Linnaeus named the cocoa tree, "Theobroma Cacao," thus perpetuating the Mexican characterization of cocoa as "Food of the Gods".

The title is well deserved, for properly made cocoa is a delicious beverage. And, outside of milk, cocoa is the only every-day beverage that has a pronounced nutritive value.

While tea and coffee are often refreshing, they are far too often injurious.

Good cocoa, on the other hand, is never injurious, always refreshing and always nourishing.

Lowney's Cocoa is made from the finest flavored and most costly beans that the tropics afford—in a cocoa factory (in Montreal) that is not surpassed the world over for neatness and up-to-dateness of equipment.

Sold by grocers. In tins—10c to 50c sizes.

## LOWNEY'S COCOA

*Lowney's shows you how Cocoa ought to taste*

The, Walter M. Lowney Co., of Canada, Limited, Montreal

## Superior Merit Alone

Can win the approbation of those accustomed to the luxuries of life. Their approval is not lightly given. The unstinted praise accorded OLD HOME TEA by tea-drinkers of this class clearly proves its vast superiority.

Made from the finest, purest and most carefully selected teas, OLD HOME is precisely what a perfect tea should be—full flavored, rich and exquisitely mild.

**One Cup Means Many More**

For Sale at all Grocers.

**40c. and 60c. per lb.**

## Round Peas, Split Peas.

In Stock:

250 bags, ROUND PEAS,  
250 bags, SPLIT PEAS.

Phone 264 for prices.

**GEO. NEAL.**