



**ROYAL YEAST**

**MAKES LIGHT WHOLESOME BREAD. REFUSE SUBSTITUTES**

ROYAL YEAST CAKES

MADE IN CANADA

## Notes of Long Ago.

L. C. MORRIS.

### CHAPTER XIII.—THE LAD FROM SUNNY FRANCE.

With a company of some fifty men all huddled together more or less, and meeting in crowded quarters for a term of some six months, and with abundance of liquor, as most French vessels had at that time, and with such hardships as we endured, it is not to be wondered at that tragedies occurred, and that men quarrelled, and that blood was shed, and that life was endangered. Under such conditions it could not have been otherwise, and it would seem that every voyage had its share of quarrel and dispute. Much of this was, no doubt, the fault of the men themselves, but not all of it. Some of it was because of the harshness of the Captain and of his injustice to his fellowmen. And so it came about towards the end of the voyage when things were pretty well settled up and ready for returning home that I quarrelled with the Captain, which, as I have already said, resulted in my being left in a strange land. Perhaps the fault was mine, perhaps I needed discipline and did not understand it, but I have learned much of it since. But I decided to stand up for my rights and let the Captain see that there was one at least of his crew who would take his chance for his life, for the purpose of letting him know that the crew had rights, and that their rights were sacred to them.

And so the almost fatal day arrived, and the Captain and myself met on the quarter deck and he assumed his usual tyranny and overbearing conduct towards me. Evidently he did not know that I was prepared for him, or that I had premeditated my course; but I had done so, and decided that come what would I would have it out with him. And so when he attacked me I assumed the defensive, and being young and strong, and determined and prepared, I was well able to hold my own. We tussled and struggled on the deck; we clinched and fought it

### Exhausted Nerves Sleepless Nights

Continually Crew Worse Until Or.  
Chase's Nerve Food Restored  
Vigor and Strength.



Mrs. Campbell.

What misery to lie awake nights and think of all sorts of things without being able to get the rest and sleep which is necessary to restore the nervous energy wasted in the tasks of the day.

This symptom of sleeplessness is one of the surest indications of an exhausted nervous system. You must have sleep or a breakdown is certain. Dr. Chase's Nerve Food feeds the feeble, waxes nerves back to health and strength. In a few days you obtain the natural, restful sleep which helps so materially in restoring vitality to the nerves and strength to the whole body.

Mrs. Sarah Campbell, 108 Alma street, St. Thomas, Ont., writes: "For months I was so bothered with nervousness that I could not sleep nights. There were other symptoms of exhausted nerves, but none caused so much misery, and I found myself continually getting worse.

"I began using Dr. Chase's Nerve Food, and it was not long before I noticed great improvement in my health. It built up the nervous system wonderfully, strengthened the nerves and enabled me to rest and sleep well."

Dr. Chase's Nerve Food, 50c a box, 1 for \$2.50, all dealers, or Edmanston, Bates & Co., Limited, Toronto.

out while the crew looked on. They all knew that I was the Captain's brother-in-law, and perhaps because of that they did not interfere as readily as if I had been only a sailor and no relation.

I knew that to attack an officer of a ship was a criminal act, and that it meant trial and court-martial, and punishment, and perhaps death, when I returned to France, but I was prepared for it all. With me it was a dash for freedom, a fight for fair play. It was a rebuke to cowardice, it was a challenge to mis-used and prostituted authority and a check to the tyranny, which alas! has been so often practised on the high seas. I stood to lose all, and I did lose all, and have paid an awful price for my challenge. I lost my wages, I lost all that I possessed, and was left a stranger upon a desolate shore and paid the price, which it seemed to me at the time, was the only price by which tyranny could be checked and oppression discountenanced.

I loved France as any Frenchman ever loved her, I love her still; and now and then I pay my respects to the French Consul at St. John's; and I am in touch with rich friends in France who have often asked me to come home; but it is too late now. I took the stand for manhood and protection and sacrificed my all for them, and now after so many years I am satisfied as to what I did. In the encounter with the Captain I had the best of it, but fortunately there was no serious injury; and after the heat and passion of it had passed off he was satisfied to let me go; and thus it was that the ship sailed away and went back to France, leaving me behind.

I found that my relative had played me false, and that because of his treachery I was left a stranger in a far off country, and on a coast but little known and but little inhabited. But I found friends, got safely through the winter, and had no difficulty in earning money at the fishery. I put in much time at the Gros Islands, a good deal at St. Julien's and around the coast of Hare Bay, and soon became an expert fisherman, and learned to like my work, and to like the country to which I had come.

So the years passed on, and they have rolled by until the second generation has come upon me, and though I have never seen my cottage home since, and though I left it but for a few months, the life I have lived in Newfoundland has satisfied me. I found in a Northern part of Newfoundland the woman who was all the world to me. We were blessed with children. We have risen to comfort and independence; and as I have given my years to the fisheries, and to the development of the Northern coast, and have grown almost to know every rock around the French Shore, I count Newfoundland my home. And soon, when the voyage of life will end and I take my departure for the higher life, I can lay down my charge and say—"I have a goodly heritage, the lines have fallen to me in pleasant places."

### FAMOUS RUNNER.

Have you ever heard of Ernest Mennen? Sixty years ago his renown spread all over Europe. His exploits make the pedestrian feats of the present day look insignificant.

He was a man who first came under notice by running from Paris to Moscow, a distance of 1,760 miles, in thirteen days and eighteen hours. In 1836 he ran through Central Asia from Calcutta to Constantinople, bearing despatches for the East India Company. The distance is 5,615 miles, and he accomplished it in fifty-nine days, one third of the time taken by the swiftest caravan.

A favourite employment for him was the messenger extraordinary of Sovereigns. He ran from country to country, bearing letters and despatches of the highest importance, and always beating mounted couriers matched against him. He never walked. Invariably he took the direct route to his destination, climbing mountains, swimming rivers, and guiding himself through forests in a way known only to himself. His food was a small quantity of raspberry syrup.

### Murdered By Consent.

Paris, Jan. 30.—The question of whether murder is permissible in the case of a person suffering from a painful and incurable disease is again being discussed in Paris in consequence of a double tragedy which took place in the Rue de Belleville.

Eugene Carriere and his wife, who lived with their son in a little flat, were found dead by the son this morning. The wife had been strangled, and Carriere hanged himself in the adjoining room.

Mme. Carriere was suffering from spinal trouble, and the physicians told her husband that she could not be cured. She suffered greatly, and she and her husband agreed to die together.

When the son came home from work his father told him that his mother had been removed temporarily to his bedroom, and asked him to sleep at the residence of his uncle.

When the son returned to the flat this morning he found his mother dead in bed. A note written by his father lay on the table. It explained that, unable to see his wife suffer any longer, he ended her life with her consent, and was about to hang himself.

### If Constipated or Bilious--Cascarets.

No Billiousness, Headache, Sick, Sour Stomach, Indigestion, Coated Tongue or Constipation.

Furred Tongue, Bad Taste, Indigestion, Sallow Skin and Miserable Headaches come from a torpid liver and clogged bowels, which cause your stomach to become filled with undigested food, which sours and ferments like garbage in a swill barrel. That's the first step to untold misery—indigestion, foul gasses, bad breath, yellow skin, mental fears, everything that is horrible and nauseating. A Cascaret-to-night will give your constipated bowels a thorough cleansing and straighten you out by morning. They work while you sleep—a 10-cent box from your druggist will keep you feeling good for months. Millions of men and women take a Cascaret now and then to keep their stomach, liver and bowels regulated, and never know a miserable moment. Don't forget the children—their little insides need a good, general cleansing, too.

### Two Strange Tragedies

Paris, Jan. 30.—Two curious accidents, both of which were fatal, occurred in Paris last night and this morning.

A young bride, Mme. Louise Blondin, who was only nineteen years old, and who was married a few days ago, received a visit from some friends who were anxious to see her new flat on the sixth floor in the Avenue de la Grande Arquee. When her friends left she waved good-bye to them from the window, and to see them longer got on a chair and leaned out. The chair slipped on the polished floor, the young woman pitched head first into the street at her friends' feet, and was killed.

Mme. Jeanne Lebel, who lived in the Avenue de Paris at St. Ouen, was on her way there and followed a short cut across some fields by the river-side near the bridge of Genevilliers. Her road took her across marshy ground which the recent rain had made dangerous. She stuck there, sank in deeper and deeper, and was only rescued this morning, when she

### CITY CIRCULATION AGENT

Of Leading Montreal Daily Endorses GIN PILLS

"I have long years of suffering from Kidney Trouble—two boxes of GIN PILLS—and it's all gone. That has been the experience of Mr. Eugene Quesnel, Chief City Circulation Agent of La Patrie, of Montreal. He describes it feelingly:—

Montreal, May 3rd, 1912

"I have been suffering from Kidney Trouble for over five long years. I had also Rheumatism in all my bones and muscles, could not sleep nights and on some occasions could hardly walk. I had been treated by some of our best Physicians but without relief and I lost over fifteen pounds. One day I met one of our leading horsekeepers, who had been cured by your famous GIN PILLS, and he advised me to try them. So I bought two boxes at my druggist's and before I had used one box I felt a big change. Before I finished the second one I was completely cured. I can assure you I can hardly believe it for if I had only known what I know now I would not have spent over One Hundred Dollars for nothing when two boxes of GIN PILLS cured me."

EUGENE QUESNEL, reputation, by the way they conquer the most obstinate cases of Rheumatism and all kinds of Kidney Trouble. 50c. a box, 6 for \$2.50. Sample free if you write National Drug and Chemical Co. of Canada, Limited, Toronto. 149

### BOY SAVED FROM BEING A CRIPPLE

By Douglas' Egyptian Liniment

Mr. W. B. Perry, Tamworth, Ont., has a son who owes a good deal to Douglas' Egyptian Liniment, for without it he would certainly have been partially crippled for life. His father writes:—

"My son Marshall had his foot so badly frozen that the doctor said he would have to amputate the toes. The boy cried so much that we declined to allow the doctor to amputate.

"A friend hearing of the case sent us a bottle of Egyptian Liniment and strongly advised us to try it before consenting to amputation. We wished if possible to save our son from being a cripple and used the Liniment.

"Three days after the first application the frozen flesh (frozen off and the boy's foot began to improve and was saved."

The way Egyptian Liniment removes unhealthy matter from frost bites, scalds, burns and festering wounds, and restores sound, healthy flesh, is simply wonderful.

25c. at all druggists. Free sample on request Douglas & Co., Napanee, Ont.

had sunk in up to her chin. She was taken to the Beaujou Hospital, but died half an hour after her arrival there.

### Kin of Royalty Bigamist Said

New York, Feb. 9.—Charles Weiss a cigar-maker, pleaded guilty to bigamy yesterday before Judge Mulqueen in the Court of General Sessions, when confronted by three women he had married within the last five years. He has five children by this triple matrimonial alliance, but not all of them were in court. He was arraigned on two indictments and pleaded guilty to both.

The women who called him husband, and who seemed to be on terms of perfect friendliness, each came up in turn to testify against the accused man. The first was Mrs. Jellner. She said:—

"I married him because he said he was a descendant of a royal family."

The second was Ida Krause. She said:—

"I married him because he said he was a descendant of a royal family."

The third was Minnie Weisberger. She was smiling as she came and said:—

"And I married him for his money."

"And I possess none of these," admitted the accused man, and added—

"All I have is three wives."

"How many more have you?" asked Judge Mulqueen.

"Two more," said Weiss, softly, "but they are dead."

Weiss was remanded for one week for sentence.

### IS YOUR COUGH GOING FROM BAD TO WORSE.

If you catch a cold (which very often develops into a cough), every one can tell you how to cure it! If one tried half the things his friends recommended he would be a physical wreck!

Fortunately it isn't necessary to experiment with things of an such things, get a bottle of Stafford's Phoratoxine Cough and Cold Cure, take according to directions and you will be relieved in a few hours.

Phoratoxine is not like most things put up for this purpose. There isn't a particle of Quinine in it. It relieves the inflamed congested condition of the mucous membranes of the nose and throat, and soon rids the system of the poison that cause colds.

Don't wait until you get that horrible, hacking cough which you are not able to get rid of. No treatment having been found successful up to the present time. Try Phoratoxine Cough Cure at once.

Price 25 cents a bottle. Postage 5 cents extra.

For sale at—

STAFFORD'S DRUG STORE,  
Theatre Hill,  
STAFFORD'S PHARMACY,  
Duckworth Street,  
and all Outport merchants.  
Feb 10, 12

### Marine Notes.

The S. S. Bonaventura left to-day for Sydney to bring along her supply of coal for the sealing voyage.

The S. S. City of Sydney is expected to leave New York to-day for Halifax and this port.

The bargt Lake Simcoe is now eight days out from Pernambuco to this port.

The S. S. Almirante will leave Halifax on Tuesday next for this port.

S.S. STEPHANO.—The Red Cross Liner Stephano, which is engaged running the passenger and freight service between New York and the West Indian ports, is expected to arrive here on March 6th, to be outfit for the sealfishery.

### More Particulars Of Tragedy

The Marine and Fisheries Department had the following message yesterday afternoon giving further particulars of the loss of the schr. Lucy House, near St. Lawrence.

"Schr. Lucy House, Robert Courtney, master, from Cadiz, salt laden, struck the rocks when beating in here in yesterday's storm. She came off the rocks shortly afterwards and sank, carrying down the captain; McCarthy the cook, and seaman Molloy with her. Three other members of the crew were saved by a dory from the shore. Inhabitants are trying to recover the bodies of those drowned. The vessel floated again last evening, bottom up."

### With the Puck.

The City fourteen held a practice last night at the Prince's Rink and will meet again to-night for their semi-final rehearsal. The selecting committee have not as yet decided on the seven who will represent St. John's against the Haligonians.

It was expected the Wanderers would be leaving Halifax to-day and arrive here Monday, but this arrangement, we understand, has been cancelled as the League have wired the outside team that the S. S. Bruce would not leave Sydney again for this port until Monday night and have asked them not to leave Halifax before Monday. In this event the visitors will not reach the city before Wednesday, the first match to be played the same night. The probable line up of the team will be:—

S. Walsh, goal; G. Herder, point; E. Collier, cover; L. Sidel, rover; E. Pinsent, left; R. Herder, centre; —, right.

### Sunday Services.

Cathedral of St. John the Baptist.—Holy Communion every Sunday at 8 a.m.; also on the first Sunday of the month at 7 and 8 a.m.; and 12 noon. Other services at 11 a.m., and 6.30 p.m.

Saints' Days.—Holy Communion, 8 a.m.; Matins, 11 a.m.; Evensong, 5.30 p.m.

Other Days.—Matins, 8 a.m.; Evensong, 5.30 p.m.; (Fridays, 7.30 p.m., without sermon.)

Public Catechizing.—Every Sunday in the month at 3.30 p.m.

St. Michael's Mission Church, Casey Street.—Holy Communion at 8 and 12 on the 3rd Sunday of the month, and 8 on other Sundays. Other services, 11 a.m. and 6.30 p.m.

Catechizing.—Second Sunday of the month, 3.30 p.m.

Sunday Schools.—Cathedral, at 2.45 p.m.; Mission Church at 2.45 p.m.; Cathedral Men's Bible Class, in the Synod Building every Sunday at 3 p.m. All men invited to attend.

St. Mary the Virgin.—Holy Communion on the first and third Sundays in the month at noon. Other Sundays at 8 a.m. Matins at 11 a.m. Evensong at 6.30. Free sittings. Friday, Evensong at 7.30 p.m. Holy Baptism, every Sunday at 3.30 p.m. Sunday School at 2.30 p.m. Young Women's Bible Class at 2.45.

Brookfield School-Chapel.—Evensong at 3 p.m. Sunday School at 4 p.m.

St. Thomas's.—Holy Communion on the third Sunday in each month, at noon; every other Sunday at 8 a.m. Morning Prayer at 11 a.m. Evening services at 3.45 and 6.30 p.m. Daily—Morning Prayer at 8 a.m.; every Friday evening at 7.30, prayer and sermon. Holy Baptism ever Sunday at 3.45 p.m. Public catechizing third Sunday in each month at 3.30 p.m.

Second Sunday in Lent.—Holy Communion, 12 (noon). Morning Prayer, 11. Preacher the Rector. Evening Prayer, 6.30. Preacher Rev. H. Uphill.

Wednesdays.—Evening Prayer 7.30; Preacher, Rev. G. H. Hewitt, M.A. Fridays.—Evening Prayer, 7.30; Preacher, the Rector.

Christ Church (Quid Vidi).—Holy Communion second Sunday, alternate months at 8 a.m. Evening Prayer third Sunday in each month, at 7 p.m.; other Sundays at 3.30 p.m.

Virgin School-Chapel.—Evening prayer every Sunday at 3.30 p.m. Public Catechizing third Sunday in each month.

Sunday Schools.—At Parish Church at 2.45 p.m.; at Christ Church, Quid Vidi, at 2.30 p.m.; at Virgin School Chapel, 2.30 p.m.

Gower St.—11, Rev. F. R. Matthews, B.A.; 6.30, Rev. Dr. Rogers. (George St.—11, Rev. C. A. Whitmarsh, M.A., B.D.; 6.30, Rev. J. W. Bartlett.

Cochrane St.—11, Rev. J. W. Bartlett; 6.30, Rev. C. A. Whitmarsh, M.A., B.D.

Wesley.—11, Rev. Dr. Rogers; 6.30, Rev. F. R. Matthews, B.A. St. Andrew's.—11 and 6.30, Rev. J. S. Sutherland, M.A. Congregational.—11 and 6.30, Rev. W. H. Thomas.

Adventist Church, Cooktown Rd.—Regular Service, 6.30 p.m., Sunday and Saturday at 3 p.m. Oddfellows' Hall—2.45, p.m., Evangelistic Service.

Salvation Army.—S. A. Citadel, New Gower Street, 7 a.m., 11 a.m., 3 p.m., and 7 p.m.; S. A. Hall, Livingstone Street—7 a.m., 11 a.m., 3 p.m., and 7 a.m.; S. A. Hall, George St.—7 a.m.; 11 a.m., 3 p.m., and 7 p.m.

Evangelical Church, Hutchings St.—Services on Sundays at 11 and 2.30 and 7 p.m.; also on Wednesdays and Friday evenings at 8 o'clock. All are welcome.

Bethesda Mission.—193 New Gower Street, Sunday services at 2 p.m., and 7 p.m. Service every week day except Saturday, commencing at 8 o'clock.

MENARD'S LINIMENT CURES DIPHTHERIA.

**\$100 BONDS**

The attention of investors of small amounts who wish only the safest kind of securities—bonds, is called to our offering of bonds at \$100 denominations.

Hewson Pure Wool Textile 6's with Common stock bonus.

Trinidad Consolidated Telephones 6's.

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## 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.



**THERMOS**

Keeps Liquids Hot  
24 Hours.

Genuine Thermos Bottles now cost so little that everyone can afford one.

Invaluable in Nursery, Sick-room, Office, School or Factory.

**\$1.50 up.**

**T. J. DULEY & Co.,**  
The Reliable Jewellers and Opticians.

## Just What You Want at Home. FASHIONS for Ladies.

Too cold to read at the Club. All the latest news and comic papers.

**MAGAZINES.**

Top Notch, 13c.; Cosmopolitan, 18c. All Story, 18c.; Grand, 13c. New Story, 18c.; Windsor, 15c. People's Ideal, 18c.; New Mag., 13c. Munsey, 18c.; Cassell's, 15c. Red Book, 18c.; Royal, 15c. Black Cat, 13c.; London, 13c. Everybody's, 18c.; Red, 15c. Hearst's, 18c.; Railroad, 13c. Good Housekeeping, 18c. American, 18c. Popular Mechanics, 13c. Metropolitan, 18c. Blue Book, 18c.; Argo, 18c. Physical Culture, 18c.; Popular, 18c. McClure's, 18c.; Smart Set, 30c. Scribner's.

Weldon's Ladies' Journal, 10c. Weldon's Children's Fashions, 5c. Weldon's Illus. Dressmaker, 5c. Weldon's Journal of Costumes, 15c. Ladies' Home Journal, 18c. Woman's Home Companion, 18c. Young Ladies' Journal, 25c. Jose Lillies' Juvenile Fashions, 6c. Jose Lillies' Practical Fashions, 6c. Leache's Children's Fashions, 5c. Fashions for All, 10c. Delineator, 18c. Designer, 13c.

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