

HOUSE AND HOME

CONDUCTED BY HELENE.

WHAT PLEASURES A WOMAN.

It pleases a woman to be called sensible.
 To be pronounced well dressed.
 To be told that she is fascinating.
 To hear that she improves a man by her companionship.
 To depend on some man, and pretend all the time that she is ruling him.
 To be treated courteously and with respect, and to be talked to reasonably.
 To be treated sensibly and honestly, to be considered and questioned, and not to be treated as a butterfly, a woman with no head and no heart.
 It pleases her to be loved and admired by a man who is strong enough to rule and subdue her, and make his way her way, to lead her and protect her.
 Finally, it pleases her to find happiness in being ruled by an intellect that she can regard with admiration and one to whom her mind bows in respect.

NET VEILS.

The veils of Russian net are too becoming for women to relinquish them in favor of a newer but less attractive weave, and so this popular veiling is included in the new importations.

It comes in black, white and the staple colors, with a few of the newer shades.
 Black and white complexion veils are worn as much as ever, the fine mesh and small dot being preferred to the coarser thread and large dot.

HANDY MEDICINE CHEST.

A medicine chest need not be a small-sized drug store in order to supply all the simple remedies needed by a household.
 A jar of white vaseline and a packet of corn plaster or new skin are almost indispensable.
 Cascara sagrada as a laxative, and aromatic spirits of ammonia, to be used either as a remedy for sick headache or as a stimulant, should be included in this medicine chest.
 A bottle of two-grain quinine pills,

and one box each of mustard and belladonna plasters are good items to keep on hand. Sweet spirits of nitre is good to use in case of a slight fever. Boracic acid is an excellent antiseptic.
 Camphorated oil is a counter-irritant to use in case of sore throat or cold on the chest, and witch-hazel and carbolic salves are good for burns, sores or flesh wounds.
 There should be a supply of sterilized gauze, and a medicine glass is a necessity.

THE USES OF VINEGAR.

As a refreshing and cooling drink for feverishness, and as a sedative, try fifteen drops of vinegar in a glass of sugared water.
 A tablespoonful of vinegar in a glass of water, to which has been added a teaspoonful of salt and a big pinch of cayenne pepper, makes an excellent gargle for sore throat and inclination to cough caused by falling of the palate.
 For the bathing of fever patients, or for patients afflicted with night sweats, it is an excellent substitute for alcohol.
 A vinegar compress will cure almost any headache, and it is a good preventive of discoloration when immediately applied to bumps and bruises.

Bathing the wrists and forehead with vinegar will bring one out of a fainting fit.
 Vinegar sprinkled on a hot shovel sweetens the stale sick room, and proves an excellent disinfectant.
 A wineglassful of vinegar, with a teaspoonful of salt added, if taken in teaspoon doses three or four times a day, will cure diarrhoea, and as an antidote for alkaloid and lye, and all narcotic poisoning, it is highly recommended.

A little vinegar added to butter and sugar is an excellent remedy for hoarseness.

A SKETCH.

She stood on the veranda of a beautiful old house in a Southern State. The vines climbed to the top of the pillars, making an exquisite frame of the girl's face as she looked out between them to the terraced slopes below. A party of friends were taking tea in the late afternoon and the tables were set in the garden among the roses. There were elderly ladies and gentlemen, middle-aged people and a bevy of young folks included in the groups, over whom fell the mellow light.

In her white gown, with her straight, slender figure, her dark hair and her vivid coloring, the daughter of the house herself resembled a flower, and suggested sweetness and grace to an older woman who lingered near her. They had held to one another the relation of teacher and pupil, and had separated as intimate friends, with an agreement, made on the day when Adelaide was graduated, that they would meet again.

Twice a twelvemonth had passed, and the teacher was paying her first visit to Adelaide in her home.
 "What have you been doing, dear?" she said, "since you left college, and what are you planning to do with your life?" You were full of ambition and energy, I remember. We hoped that you would return for a graduate course, or else go abroad to study, but your letters have told nothing, and I fancy you have found enough to occupy you here at home."
 "Yes," the girl replied, after a second's hesitation. "I have enough to occupy me at home. I am simply a maid of all work. You see, we are a clan. Most of the friends here to-day are connections of the family, or very dear neighbors. There is almost no end to the cousinhood. There are invalids to cheer, babies to pet, old people to amuse, young people to advise, and sorrowful people to comfort. Father needs me in the little leisure that is left him after managing affairs of state. Mother gave me up for six whole years, counting the two at school before I went to college, and my brothers have settled in their minds that I am a safe, sisterly confidante. In the kitchen and on the farm I discover places where I can be of use, and I have friends all over the countryside, from the blacksmith shop and the cobbler's cabin to the manse and the doctor's home, and the inn to which the summer boarders come. I never meant to be merely a maid-of-all-work, but that describes what I am precisely."

The teacher looked at her and smiled. "I remember a phrase you were fond of," she said, musingly. "It was your motto in the senior year, and hung over your desk in your pretty, restful room. I used to read it and wonder if it meant to you all that it ought. It meant to me no doubt that you have been led by right ways into its full understanding. 'With good will, doing service.' A girl could not have a better motto, nor a home a greater treasure than a girl into whose heart that motto had been received."

HEALTH CHATS WITH WOMEN.

The business girl and the housewife alike get run down occasionally. We all know what it is to feel "out of sorts" to get easily fatigued and tired before we have begun our day's work. Many women are quite reconciled to the feeling; so long as they are able "to get along somehow" they never pause to ask themselves why it is that they have ceased

to feel strong and well and keen on their work and life in general. And all the time there is something wrong something that, in nine cases out of ten, might be put right with very little trouble. It is worth thinking about, I am sure. The working woman who is continually out of sorts is handicapped all round. The housewife who feels tired and worried and unfit for her responsibilities gradually loses her nerve and degenerates into a worrying, nagging woman, who is never happy herself and who makes everybody under the same roof miserable as well.

"RUN-DOWN" WOMEN.

So the first thing you have to do if you are one of the "run-down" women, is to find out the cause of your poor health.
 There are three chief causes of poor health among working women generally: First, nerves; secondly, indigestion; thirdly, an unhygienic mode of life, which includes lack of exercise, too little fresh air and kindred conditions.
 Ask yourself first if it is your nervous system that is out of gear. Headache and sleeplessness and a constant feeling that life is too much for you are the chief symptoms that your nervous system is in a shaky and unstable condition. Woman is more liable to nervous illness than man, because her nervous organization is more delicately balanced; she is more highly strung, and consequently more easily upset.

SLEEP IS NECESSARY.

A great many women are fighting against heavy odds. They have to work beyond their strength, and all honor to them that they make such a noble fight with circumstances. For them it is a difficult matter to "slack" to take the rest they need so much; but, believe me, it is absolutely essential. If you don't "slow down" now it may mean a nervous breakdown later. Tonics and drugs only stave off the evil day. It is rest and, more especially, sleep that are necessary for the woman who is out of sorts.

Granted that your nerves are well in hand, your run-down feeling is perhaps due to some digestive disorder, which you may not even know exists. I have heard people say that their digestion was perfect, and yet their constant headaches, their sick turns and their general feeling of lassitude and boredom were entirely due to disordered digestion. So, if you are run down, try alteration of diet. I know women who constantly take heavy suppers late at night, with the excuse that they have no time for eating properly during the day. They tell you that they have the digestion of an ostrich if you are bold enough to remonstrate with them. But the day of reckoning will come. The stomach is a long-suffering organ, but it is only human after all, and some day it will rebel. You won't wait till then if you are a wise woman. You will begin now, right away, to eat sensible, simple meals, to give up pastry and pickles and cold meat late at night, and drink a tumblerful of warm milk, a cup of malted milk or bouillon instead at bedtime. You will avoid strong tea and black coffee like the plague, and drink milk with the enthusiasm of a calf. And you will be a happier woman in consequence.

BIG SALARIES FOR WOMAN.

In six of the large Boston department stores there are now thirty-seven women occupying responsible executive positions as buyers, floor managers, heads of workrooms and heads of clerical departments at salaries ranging from \$780 to \$6500 a year. It is also pointed out that these successful women rose from the ranks and that an emulation of them implies a start behind the counter at perhaps six dollars a week.

THE HABIT BACK.

It is hard to find a skirt this season without the habit back. It is old-fashioned to finish it in any other way. The flat edges of the opening may be closed with buttons and buttonholes which are fastened from top of waist to end of coat, but if the skirt fastens in front the back is fitted smoothly without plaits and hangs in straight lines.

Don't forget to order the True Witness St. Patrick's Day Souvenir. Price 15c.

Funny Sayings.

THEN HE UNDERSTOOD HER MOVE.

A clergyman who was summoned in haste by a woman who had been taken suddenly ill, answered the call though somewhat puzzled by it, for he knew that she was not of his parish, and was, moreover, known to be a devoted worker in another church. While he was waiting to be shown to the sick-room, he fell to talking to the little girl of the house. "It is gratifying to know that your mother thought of me in her illness," said he. "Is your minister out of town?"
 "Oh, no," answered the child, in a matter-of-fact tone. "He's home, only we thought it might be something contagious, and we didn't want to take any risks."

PEOPLE SAID SHE HAD CONSUMPTION



Was in Bed for Three Months.
 Read how Mrs. T. G. Buck, Braebridge, Ont., was cured (and also her little boy) by the use of

DR. WOOD'S NORWAY PINE SYRUP

She writes: "I thought I would write and let you know the benefit I have received through the use of your Dr. Wood's Norway Pine Syrup. A few years ago I was so badly troubled with my lungs people said I had Consumption and that I would not live through the fall. I had two doctors attending me and they were very much alarmed about me. I was in bed three months and when I got up I could not walk, so had to go on my hands and knees for three weeks, and my limbs seemed of no use to me. I gave up all hopes of ever getting better when I happened to see in B.B. Almanac that Dr. Wood's Norway Pine Syrup was good for weak lungs. I thought I would try a bottle and by the time I had used it I was a complete cure. My little boy was also troubled with weak lungs and it cured him. I keep it in the house all the time and would not be without it for anything."
 Price 25 cents at all dealers. Beware of imitations of Dr. Wood's Norway Pine Syrup. Ask for it and insist on getting the original. Put up in a yellow wrapper and three pine trees the trade mark.

THE LAST QUARTER OF THE HONEYMOON.

She hadn't told her mother yet of their first quarrel, but she took refuge in a flood of tears.

"Before we were married you said you'd lay down your life for me," she sobbed.

"I know it," he returned solemnly, "but this confounded flat is so tiny that there's no place to lay anything down."

REASONS FOR BEING INDIGNANT.

There was something in the atmosphere which told him that things were not exactly the same. Silence followed soon after the usual greetings, but at length she spoke. "Are you aware, sir," she began, "that one hand of the Bartholdi statue measures sixteen feet five inches?"
 "So I have heard," he nodded, happy to be addressed again.
 "The thickness of the head from ear to ear," she pursued icily, "is ten feet."
 "Yes."
 "The nose is four feet six inches long."
 "That's right."
 "The mouth is three feet across."
 "I believe so. Just imagine it."
 "The waist thirty-five feet around."
 "Yes, why?"
 "Then will you kindly explain, sir," she continued, "why you stated in the poem which you addressed to me that I reminded you of the Goddess of Liberty?"

LOOKING HARD FOR THEM.

The Reverend Samuel McChord Crothers, the Unitarian clergyman and author, is apt to become so absorbed in his work as to get absent-minded. One day Mrs. Crothers was horrified on entering her room to find her husband busily engaged in grabbing handfuls of her fluffiest, beribboned unmentionable belongings out of the drawers of her chiffonier and dumping them on the floor.
 "Why, my dear, what in the world is the matter? What are you looking for?" she asked in a bewildered way.
 "Looking for?" repeated the busy husband. "Why, my rubbers, of course. Do you know where they are?"

CONCERNING JOCK AND MAGGIE

"Maggie," said Jock, whose mind was made up to propose—and after they had talked about everything else for the last hour—"wasna I here on Sawbath night?"
 "Aye, Jock, I dare say ye were."
 "And wasna I here on Monday night?"
 "Aye, so ye were."
 "And I was here on Tuesday night?"
 "Aye, ye did happen here on Tuesday night."
 "And I was here on Wednesday night?"
 "Aye, so ye were, Jock, so ye were."
 "And I was here on Thursday night?"
 "I'll no deny that ye were, Jock."
 "And I was here on Friday night?"
 "Aye, I'm thinking that's so."
 "And this is Saturday night, and I'm here again?"
 "Weel, what for no? Ye are vera welcome."
 "Maggie" (desperately), "d'ye no begin to smell a rat?"

HOT BUTTER AND BLUE BEANS.

A new physician in a small town got himself into a serious predicament soon after his arrival by his inability to remember names and people. One day, while making out a patient's receipt, his visitor's name completely escaped him. But not wishing to appear so forgetful and thinking to get a clue, he asked her whether she spelled her name with an "e" or an "i."
 The lady blushed and replied: "Why, Doctor, my name is Hill."

Afforestation of Ireland.

Timber Area is Low and Prompt Action is Required.

Deforestation is an issue in Ireland as it is in Canada and the United States. At the National Convention in Dublin, Mr. William Redmond, M.P., in moving a resolution urging upon the Irish Party the necessity of pressing for legislation enabling the work of afforestation to be thoroughly taken in hand and proceeded with, said: "This resolution I believe to be one of the very greatest importance to Ireland, and I have been asked to propose it in one or two words because, I presume, I happened to be a member of a committee which last winter inquired into the question of reforestation in Ireland, and the result of the inquiry was to show that while beyond all doubt there is no country on God's earth where the climate and soil are more suitable for the planting of trees and forestry than Ireland, at the same time, under the blessed Government under which we live, there is no land in the whole world where forestry is so neglected as in Ireland. I might, if I had time, go into the figures showing the area of land under timber in Ireland and in other countries of Europe, but there is no need to do so. What I mean will be sufficiently plain when I tell you that there is only one other country in Europe, or near Europe, where forestry is lower than in Ireland, and that is the island of Iceland. Scotland and England and Wales are bad enough, but Ireland is the most neglected country in the world in regard to forestry except the island of Iceland. Well, now, what are the facts? We took a lot of evidence from the leading proprietors of manufactures in wood in Ireland and they came up, men who employ hundreds and hundreds of Irish laborers, and told us that the timber supply in Ireland was so falling away that in a very few years they would be obliged to shut their factories down and dismiss their hands because they could not find wood to carry on their works. I could give the names of several employers, but shall only mention one, a gentleman of the town of Edenderry, who employs nearly 500 men. He told us that unless something is done to prevent the wanton and wholesale destruction of trees in Ireland all the timber industries will have to close and hundreds of thousands of people will be thrown out of employment. Well, now, gentlemen, is it too much to ask that the unanimous report of a committee composed of Nationalists and Unionists, Protestants and Catholics, which inquired into this question last winter in Dublin and reported strongly in favour of action being taken by the State to restore the trees of the country should be acted on? So far nothing has been done, and in the resolution that I propose I claim a duty in the matter and set aside a considerable sum of money to plant suitable land in Ireland, and thus build up what would be a great source of wealth to the country in years to come. We know from the inquiries of experts that over a million of acres of land in the country is of the poorest kind and is practically waste, but would be suitable for the planting of trees; and we call on the Government at once to put an end to this disgraceful state of affairs and advance money to plant these acres. By so doing they will be helping many Irish industries giving employment to many Irish hands, and laying up for the future a great store of wealth for the country."
 Mr. Devlin seconded the resolution, which passed unanimously.

Father Gray, Catholic Mission, Fakenham, Norfolk, England.

P.S.—I will gratefully and promptly acknowledge the smallest donation and send with my acknowledgment a beautiful picture of the Sacred Heart and St. Anthony.

Letter from Our New Bishop.

Dear Father Gray.—You have duly accounted for the alms which you have received, and you have placed them severely in the names of *Dioecesan Trustees*. Your efforts have gone far towards providing what is necessary for the establishment of a permanent Mission at Fakenham. I authorize you to continue to solicit alms for this object until, in my judgment, it has been fully attained.
 Yours faithfully in Christ,
 F. W. KEATING,
 Bishop of Northampton.

Synopsis of Canadian North-West HOMESTEAD REGULATIONS

ANY even numbered section of Dominion Land in Manitoba, Saskatchewan and Alberta, excepting 8 and 26, not reserved, may be homesteaded by any person who is the sole head of a family, or any male over 18 years of age, to the extent of one-quarter section of 160 acres, more or less.
 Entry must be made personally at the local land office for the district in which the land is situated.
 Entry by proxy may, however, be made on certain conditions by the father, mother, son, daughter, brother or sister of an intending homesteader.
 The homesteader is required to perform the conditions connected therewith under one of the following plans:
 (1) At least six months residence upon and cultivation of the land is each year for three years.
 (2) If the father (or mother, if the father be deceased) of the homesteader resides upon said land, the requirements as to residence may be satisfied by such person residing with the father or mother.
 (3) If the settler has his permanent residence upon farming lands owned by him in the vicinity of his homestead the requirements as to residence upon said land, may be satisfied by residence upon said land.
 Six months' notice in writing should be given the Commissioner of Dominion Lands at Ottawa of intention to apply for patent.
 W. W. CORY,
 Deputy Minister of the Interior.
 N.B.—Unauthorized publication of this advertisement will not be paid for.

KEEP CHILDREN WELL.

An occasional dose of gentle laxative such as Baby's Own Tablets will clear the stomach and bowels of all offending matter, and will keep little ones well and happy. For this reason the Tablets should be kept in every home. Mothers have the guarantee of a government analyst that this medicine contains no opiate or harmful drug. Mrs. Geo. McLean, Springfield, N.S., says: "I have used Baby's Own Tablets and know them to be a cure for all the minor ills of childhood. I recommend them to all mothers." Sold by all medicine dealers, or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

Prince Rupert—British Columbia.

In response to many enquiries from all parts of the world, with regard to the new Pacific Coast terminus of the Grand Trunk Pacific Railway, Prince Rupert, a comprehensive and interesting pamphlet has been issued giving information respecting this great seaport of the Pacific. The land acquired by the Railway Company for this new city is 24,000 acres for the purpose of the townsite and the development of the port. The first subdivision of the townsite will cover an area of about 2000 acres, and will be opened to the public and sold on or about May 1st, 1909.
 The publication contains a general plan of the new townsite, and a large interesting map of the North Pacific showing Prince Rupert Harbor and vicinity.
 Copies of this publication may be had for the asking by applying to J. Quinlan, Bonaventure Depot, Montreal, P.Q.

It Testifies for Itself.—Dr. Thomas' Electric Oil needs no testimonial of its powers other than itself.

Whoever tries it for coughs or colds, for cuts or contusions, for sprains or burns, for pains in the limbs or body

TO LOVERS OF ST. ANTHONY OF PADUA.

Dear Reader—Be patient with me for telling you again how much I need your help. How can I help it? or what else can I do?
 For without that help this Mission must cease to exist, and the poor Catholics already here remain without a Church.
 I am still obliged to say Mass and give Benediction in a Mean Upper-Room.
 Yet such as it is, this is the sole outpost of Catholicism in a division of the county of Norfolk measuring 35 by 20 miles.
 And to add to my many anxieties, I have no Diocesan Grant, No Endowment (except Hope).
 We must have outside help for the present, or haul down the flag.
 The generosity of the Catholic Public has enabled us to secure a valuable site for Church and Presbytery. We have money in hand towards the cost of building, but the Bishop will not allow us to go into debt.
 I am most grateful to those who have helped us and trust they will continue their charity.
 To those who have not helped I would say:—For the sake of the Cause give something, if only a "little." It is easier and more pleasant to give than to beg. Speed the glad hour when I need no longer plead for a permanent Home for the Blessed Sacrament.
 Address—

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NORTHERN Assurance Co'y

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 "Strong as the Strongest."
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well know that the medicine proves itself and needs no guarantee.

This shows why this Oil is in general use.

True Witness Paris Patterns

PATTERN COUPON

Please send the above-mentioned pattern as per directions given below:

No.

Size.....

Name.....

Address in full:



LADIES' TUCKED SHIRTWAIST.

Paris Pattern No. 2798

All Seams Shirtwaist.

An attractive little shirtwaist is here illustrated, developed in cafe-au-lait messaline, stitched with golden-brown silk. The fullness of the front and back is distributed in narrow backward-turning tucks, stitched to yoke depth at the front, and from neck to waist in the back. The long, close-fitting sleeves are tucked into cuff depth at the wrists, being fastened at the inner side with small buttons and button-holes. The collar is trimmed with two rows of insertion and the lower edge of the sleeves is finished with a narrow ruffle of edging. The pattern is in 5 sizes—32 to 49 inches bust measure. For 36 bust the waist requires 4 1/2 yards of material 29 inches wide, 3 1/2 yards 27 inches wide, 2 1/2 yards 35 inches wide, or 2 yards 42 inches wide; 1 yard of insertion and 3/4 yard of edging.
 Price of Pattern, 10 cents.

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