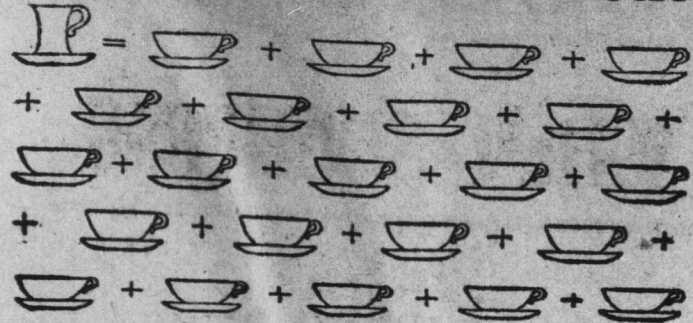


Some Kitchen Arithmetic



In nourishment, 1 cup of Lowney's Cocoa equals 22 cups of Coffee

In drinking one cup of Lowney's Cocoa you get more nourishment than that contained in 22 cups of coffee.

Lowney's Cocoa is a food-drink. Tea and coffee are simply flavored hot water. And Lowney's does one good. You can't always say that about tea or coffee.

Lowney's is absolutely pure. It is made in our Montreal factory which is as clean and trim as the tidiest kitchen you ever entered.

Lowney's deliciously full flavor shows you how cocoa ought to taste.

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

Notes of Long Ago.

L. C. MORRIS.

CHAPTER XI—THE LAD FROM SUNNY FRANCE.

Whilst Newfoundland has been colonized principally by people from Great Britain there were also a few from other countries, and so to-day, having given the story of the English lad and of the Irish Emigrant, we turn our attention in another direction, the direction of Sunny France, from whence came our hero whom we met some years ago, and who told us the story of his adventures in getting to Newfoundland and eventually making it his home. The story is a Northern one, and not a Western one, as I intended.

The entire history of North America abounds with such stories, because France has played no small part in American history; and though to-day her territory is very small on this side of the water, yet her name stands closely identified with Newfoundland and her Colonial interests; and though by the Treaty of Utrecht of 1713, France relinquished her claims upon Newfoundland, it has taken two hundred years of dispute and misunderstanding to have a final and absolute settlement, hence it is only now, in the morning of the twentieth century, that Newfoundland can be said to be entirely and solely a British dependency.

During these two hundred years, France held certain claims upon half our coast line which is locally known as the French Shore, and diplomatically termed the Treaty Coast. To this shore, which stretches from Cape Ray along the Straits of Belle Isle to Cape Norman and the Grois Islands, and which includes some of the most fertile spots of the country, have come annually many fishing crews from France; and in the fleet of some seventy years ago was the ship which had among its crew, the ruddy lad

came it was for the summer voyage. Our ship sailed from Brittany and many others left with her; and about the same date several left the port of St. Malo. At that time the fleet from France was very large. Some fished off the banks. A very great number went direct to St. Pierre, and others scattered to the different harbours upon the Treaty Coast. Our destination was St. Julien's and the Grois Islands. These are French names, and they have tended to familiarize the recruits who were leaving France for the first time with the places to which they were coming.

Our vessel was one hundred and forty tons or thereabout and was rigged a brigantine. She had a cargo of general fishing supplies and stores, and all that was necessary for such a voyage. Her deck was very much lumbered with skiffs commonly called batteaux, and nets, and barrels, and puncheons and water casks. We had some forty or fifty men who comprised the crew for fishing from the shore at St. Julien's, and also several boys. In addition to the fishing crew there was the ship's crew proper, which consisted of some ten hands all told, including a couple of boys to tend on the captain and crew generally. I was one of the crew of the ship, but did not know much about the work, but owing to coming with my brother-in-law I thought my inexperience would be overlooked, and that I would get common fair play. In this I was sadly mistaken. A boy on board a ship seventy years ago did not count for much. He seemed to be something for the crew to play upon, something to be kicked about and cuffed, and scolded and blasphemed.

Their treatment of the boys was unfair in the extreme, and though Frenchmen did it, and though I am a Frenchman myself, it is with shame that I have to remember the conduct meted out to boys on board the fishing ships. It seemed to me that the boys never got a chance to wash themselves, that they seemed hardly ever to get a chance to feed themselves, but that they were especially on board to be punished and ill-used. In the case of the fishing lads and apprentices proper, there seemed to be no redress for such wrongs, but my case was a little different, and because of that I decided to protect myself, and to resent the wrong and to fight for my rights, and it was in the effort of seeking protection and of defending myself that I was left behind in Newfoundland.

Cascarets Cleanse Liver and Bowels

The Millions of Cascaret users never have Headache, Constipation, Biliousness or Sick Stomach.

It is more necessary that you keep your Bowels, Liver and Stomach clean, pure and fresh than it is to keep the sewers and drainage of a large city free from obstruction.

Are you keeping clean inside with Cascarets—or merely forcing a passage every few days with salts, cathartic pills or castor oil. This is important.

Cascarets immediately cleanse and regulate the stomach, remove the sour, undigested and fermenting food and foul gases; take the excessive bile from the liver and carry out of the system the constipated waste matter and poison in the intestines and bowels.

No odds how badly and upset you feel, a Cascaret tonight will straighten you out by morning. They work while you sleep. A 10-cent box from your druggist will keep your head clear, stomach sweet and your liver and bowels regular for months. Don't forget the children—their little insides need a good, gentle cleansing, too.

Here and There

ALMERIANA ARRIVES.—The S. S. Almeriana, Fairclough, reached Halifax yesterday afternoon, after a passage of 52 hours from this port.

Dr. de Van's Female Pills.—A reliable French regulator for the female system. These pills are exceedingly powerful in regulating the reproductive portion of the female system. Refuse all cheap imitations. Dr. de Van's are sold at 25c a box, or three for \$1.00. Mailed to any address. The Sobell Drug Co., 70, St. Catharines, Ont.

GONE BY DURANGO.—Capt. Richards, of the schr. Sydney Smith which was lost near Twillingate, left here for England by the Durango to-day.

When the Post Office is closed you can buy your Postage Stamps at P. J. RAYNES, 112 New Gower Street.—Feb. 8, 1913.

BODY SENT HOME.—The body of a man named Jackson, who died at the Lunatic Asylum yesterday, was sent home by this morning's train to Briggs where interment will take place. Deceased was thirty-five years of age and leaves a large and valuable estate.

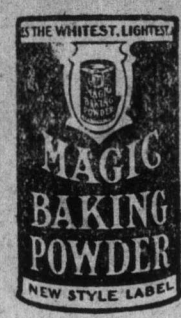
Electric Restorer for Men.—Phosphonol restores every nerve in the body to its proper function, restores vitality, prevents decay and all sexual weakness, restores vitality. Phosphonol will make you a new man. Price \$2.50 a box, or two for \$5.00. Mailed to any address. The Sobell Drug Co., 70, St. Catharines, Ont.

WYARD'S LINTMENT CURES DIPHTHERIA.

MAGIC

BAKING POWDER

MADE IN CANADA
CONTAINS NO ALUM
CONFORMS TO THE
HIGH STANDARD OF
GILLET'S GOODS.



This space is owned by J. M. DEVINE, The Right House, who will have something of interest to say to you in a few days.

Ladies, Take Notice!

ODDS AND ENDS AT BARGAIN PRICES.

Black Figured Dress Material. Formerly \$1.20 yard. Reduced Price85c.
Colored Chiffon (bordered and double width). Formerly 30c. yard. Reduced Price15c.
Pongee Silks (all colors). Formerly 30c. yard. Reduced Price25c.
White All-over Embroidery (27 ins. wide). Formerly 35c. yard. Reduced Price25c.
White Embroidery and Insertion, Job; 10 and 13 yard lengths4c. and 10c. yard
Fancy Galon Trimming. Formerly 10c. yard. Reduced Price5c.
Colored Silk Motor Veiling. Formerly 40c. yard. Reduced Price25c.
Ladies' Cream and White Lace Collars. Formerly 50c. each. Reduced Price30c.
Colored Silk Roses. Formerly 25-40c. Reduced Price .15c. & 25c. ea.
Colored Wings. Formerly 40-60c. pr. Reduced Price, 25c.
Black and Cream Ostrich Tips. Formerly 20-70c. each. Reduced Price, 5-25c. ea.
Black and Colored Plumes. Formerly \$1.00 each. Reduced Price65c.

SEE OUR WEST WINDOW.

ROBERT TEMPLETON

333 Water Street.

VISIT TO IRELAND.—As the Telegram exclusively reported last week, a number of the members of the B.I.S. are considering a scheme for visiting Ireland after the passage of the Home Rule Legislation. Mr. J. L. Slattery will shortly convene a meeting to discuss the matter and make arrangements for the trip.

INTERRED SATURDAY.—The poor old man, Wm. Ainsworth, who was found dying and starving at Quidi Vidi, Friday, as exclusively reported in the Telegram, was buried Saturday evening, he having died in the Poor Asylum, Friday night. Besides Mr. Rd. Scott, Mr. T. Hennebury gave him every attention.

Other Teas

May be More Expensive

But we do not know of any better flavored than STAR, at 40c. lb.

Whatever tea business we may build up we expect for it to stand upon merit.

STAR is carefully selected—quality is uniform—rich—aromatic—in fact a well balanced tea that cannot fail to please the most exacting tea drinker.

Sole importer,

C. P. EAGAN.

Duckworth St. and Queen's Road

Lyle's Golden Syrup,

1 lb., 2 lb., 4 lb. tins.
Large glasses, 25c.

SELECTED NORWEGIAN HERRING

in oil, oval tins, 15c.

No. 1 LOBSTERS, ½ lb. & 1 lb. tins.

No. 1 BAKEAPPLES, 1 lb. cans.

HERRINGS in Anchovy Sauce, 18c can

HERRINGS in Tomato Sauce, 18c. can

KIPPERED HERRING, 18c. can

FRESH MACKEREL, 18c. can

SKIPPER SARDINES.

FRESH CLAMS, 15c. can

FRESH SHRIMPS, 12c. can

POTTED FISH, glass and tins

ANCHOVIES in oil; glasses

ANCHOVIES in brine; glasses.

SMOKED CAPLIN, 8c. box

PINNAN HADDIE

KIPPERS and BLOATERS

FRESH HALIBUT

Cable News.

Special to Evening Telegram.

LONDON, Feb. 10.

A despatch from New Zealand says that Capt. Robert Scott and his party were overwhelmed by a blizzard on their return journey from the South Pole, and the entire party perished. They reached the Pole January 18th, 1912. The news was brought to the port of Oamaru by a signalled message from the s.s. Terra Nova, the vessel which had carried the explorers on their expedition to the Antarctic, and which late last year went once again to the South to bring back Capt. Scott and his companions back. The total number of deaths involved in the calamity is not exactly known, but it is believed that 66 scientists and sailors lost their lives. The date of Capt. Scott's attainment of the South Pole, Jan. 18th, 1912, shows that he reached the goal of his expedition almost exactly a month after Capt. Ravi Amundsen. No details as to the discovery of the Scott records are made known. The Terra Nova, which sailed on June 1st, 1910, for New Zealand, and the South Pole, was not joined by Capt. Scott until a few days later at Cardiff. The expedition consisted of 28 officers and scientists in addition to the crew of 23 men from the Royal Navy. The principal members of the expedition besides Capt. Scott, were Lieut. Evans, second in command, Dr. Wilson, chief of the scientist staff, zoologist and artist; Lieut. Pennell, Lieut. Renwick, Lieut. Bowers, Marine Engineer Riley, Surgeon Leveick, Surgeon Atkinson, F. R. H. Drake, Private Secretary; C. P. Meares and Capt. Oates, in charge of ponies and dogs; Dr. Simpson, T. G. Taylor, geologist; E. W. Nelson, D. G. Lillie, biologists; H. G. Ponting, photographer; B. C. Day, Motor Engineer; W. C. Thompson, geologist; C. S. Wright, chemist; Boatswain F. Feather, in charge of the sledging outfit; Boatswain Acheatham of the Terra Nova; W. Williams, second engineer; Terra Nova; W. Lashtri, assistant motor engineer and Chief Steward Archer of the Terra Nova. Mrs. Scott left London five weeks ago to meet her husband in New Zealand.

LONDON, Feb. 10.

Only a few brief bulletins have been sent here from New Zealand by the Terra Nova, simply relating the fate of the party. The Terra Nova proceeded to Littleton, where she expects to arrive on Saturday. It is thought that besides Capt. Scott, only four others, who had engaged with him on the final dash, met death. They are supposed to be Dr. Wilson, Capt. Oates, Lieut. Bowers and Petty Officer Evans.

FODGOTIRZA, Mont. Feb. 10.

The Montenegrin Army, besieging the Turkish fortress of Scutari, carried the great Bordanjoli Hill by assault at 10.30 this morning, after some hours of severe fighting. The infantry on several occasions came into such close quarters that hand to hand fighting was general along the line. Bordanjoli Hill dominates Scutari from the eastern side and the Montenegrins are mounting siege guns on the heights to bombard the principal points in the city. Fighting has been going on since early morning round the city. The Turkish defenders are disputing the ground with fierce determination and courage.

LONDON, Feb. 10.

Disorderly women to-day raided the West End, and threw pieces of lead and hard fireclay balls through the windows of the Carlton and Reform Clubs and other political and society clubs. In Pall Mall several windows were broken, also in the residences of Prince Schleswig-Holstein, a relative by marriage, of King George.

Nominations.

The meeting of the Benevolent Irish Society held last night, was largely attended and President Hon. J. D. Ryan, presided. Twenty new members were added to the roll and the reports of the Secy.-Treasurer and various committees were of a very satisfactory order. The following were the nominees for office for the coming year: President, Hon. J. D. Ryan; V.P., J. L. Slattery; Asst. V.P., J. P. Crotty and J. C. Pippy; 2nd Asst. V.P., P. F. Moore; Treas., J. Campbell; Secy., W. J. Higgins; Chairman of Schools, T. J. Nash; Chairman of Charity, F. Fitzpatrick and J. J. Mahoney; Chairman Review and Correspondence, W. B. Comerford and M. A. Duffy; Secy. of Schools, Alan Doyle. Messrs. J. M. Kent, V.P., J. P. Kelly, Asst. V.P., M. A. McCarthy, Treas., and W. S. Dunphy, Secretary of Schools resigned their offices. The matter of the St. Patrick's Day Celebration was discussed. It was decided to ask the Importers' Association to fix the holiday for Thursday, the 23rd March. The annual meeting will be held Monday night next.

MINARD'S LINTMENT CURES DIPHTHERIA.

FOR THE LENTEN SEASON.

No. 1 TINNED SALMON.
SKIPPER SARDINES.

BOYER BRAND TOMATOES.
STAPLE STRONG PICKLES.
KIT COFFEE.

TINNED FRUIT—
Apricots, Pears,
Peaches and Pineapple.

SURPRISE JELLIES.
PURITY MILK.

Taylor's, Epp's & Fry's
COCOA.

All kinds
TOBACCOS & CIGARETTES
kept in stock.

P. J. RAYNES,
112 New Gower Street.
Foot of Casey St. feb. 8, 1913

ANTHRACITE!

Now landing
ex schr. Mersey, Dec. 27th,
1912.

**300 Tons
ANTHRACITE,**

Egg Size,

Best American Hard Coal.

H. J. Stabb & Co.

Fairbanks'

Morse

Engines

ARE THE BEST.

Here at Last

The long overdue English boat with the New Books, Magazines and Fashion Journals. The boat from New York is here too, and so we have—
All the English Magazines
All the American Magazines
All the English Fashion Journals
All the American Fashion Journals
All the English Newspapers.

A lot of New Novels, including—
"Taft's a Welshman," by T. W. Crossland, author of "The Unspeaking Scot," 70c.

"The Arm-Chair at the Inn," by F. Hopkinson Smith, 70c.

Hazell's Annual, 1913.

Whitaker's Almanac, 1913.

The International Whitaker.

All Ella Wheeler Wilcox Poems, in 9 volumes. Sold separately at 25c. per volume.

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Biggest, Brightest and Best Book, Stationery and Fancy Goods Store in the City.

A. A. MARKS,

701 Broadway, N. Y.

Celebrated makers of Artificial Legs and Feet, Arms and Hands. Any person having lost a limb or part of limb, just write a Post Card to our Agent in St. John's and receive from him a free booklet or treatise of 414 pages on Artificial Limbs, prices of same, how to use them and their uses to the maimed and injured.

Measurements and diagrams taken and limbs supplied by our representative in Newfoundland.

Peter O'Mara, The Druggist,

46 & 48 Water St., West,

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P. O. Box 357. Telephone 334.

Outport patrons attended to on arrival of train or steamer.

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MINARD'S LINTMENT CURES COLDS, Etc.

Every Woman's Complexion

is bound to show whether or not she is in good physical condition. If the complexion is muddy, the skin sallow; if pimples or skin blemishes appear it is then attention must be given to improve the bodily condition. There is one safe and simple way. Clear the system and purify the blood with a few doses of

Beecham's Pills

This well known vegetable family remedy is famous for its power to improve the action of the organs of digestion and elimination. They will regulate the bowels, stimulate the liver, tone the stomach and you will know what it is to be free from troubles, from headaches, backaches, lassitude, and extreme nervousness. They will make you feel healthier and stronger in every way. By clearing your system of poisonous waste Beecham's Pills will have good effect upon your looks—these they

Will Beautify and Improve

The directions with every box are of special value and importance to women. Sold everywhere, in boxes, 25c.