

For Sunday Dinner Have an Unfrozen Ice Cream

Chocolate Mousse

A Delicious Ice Cream Dessert That is Made Without Turning the Freezer.

Only one of a hundred delightful dishes prepared with

KNOX SPARKLING GELATINE

FREE—My booklet "Dainty Desserts" sent you free. Just enclose 4c. in stamps to cover cost of postage and mailing. Address

MRS. CHARLES B. KNOX

KNOX GELATINE

400 Knox Avenue, Johnstown, N.Y.

"Wherever a recipe calls for gelatine think of Knox."

For further information apply to THOMAS D. CLIFT, Manager Knox Co., Commercial Chambers, Water St. Rooms 9 and 10. Sample Room 14.

Loss of the Schooner "Lizette" and Three of Her Crew.

Heroism of Petty Harbor Men.

(H. F. SHORTIS.)

Newfoundlanders are essentially a seafaring people, and the episodes of their heroism, hair-breadth escapes, and adventures and general pluck and perseverance in the following of their vocations, would, if written, fill large volumes. It has been a source of pleasure to me, for the past half century, to give the rising generation some slight idea as to the customs and traditions of their ancestors, those various avocations in life in which they were placed, and, in the telling of which our country has attained the high position she holds today. The greatest interest has been manifested in the great rivalry which existed between the Gloucester and the Nova Scotia fishermen, which resulted in a race of forty miles, and was won by the latter—their champion—the Bluenose. Much has been said about the sailing qualities of the Bluenose, but I fail to see any great test in such a short course as that sailed between the Gloucester and the Nova Scotia. I am inclined to believe that either the Bluenose or the Elsie would be "put to their pumps" to improve or equal the passage of one of our own vessels some years ago. In the year 1865, the brigantine Florence, Capt. Currie, owned by the enterprising firm of Baine, Shannon & Co., left St. John's on a Friday and on the following day, her crew were paid off in Waterford, Ireland. Our genial friend, Mr. W. C. Job, then a sturdy youngster of about two or three years was a passenger on her, as was also his parents and nurse. The late Mr. James McKay of the Arctic Saloon was steward, and he had his two sons as passengers. I know of many other very quick passages made by our mercantile marine.

LIFE SAVING AT SEA.

Numerous instances are on record wherein our captains and crews have given proof of their heroism at sea, by saving the lives of the crews of other ships while in distress at the risk of their own lives. The successful and regular old veteran, Capt. Joseph Torridge, was the recipient of a gold

minutes after the captain and crew of the Cassandra were comfortably looking after on board the Rose of Torridge, the steamship pitched head foremost and sank beneath the waves. Capt. Fitzgerald then squared away on his little vessel and arrived in Gibraltar on January 11th, where the captain and crew of the ill-fated Cassandra were handed over to the German Consul, to whom Capt. Fitzgerald made a statement of what had occurred, and received the hearty thanks of that official in return.

PREFERRED A WATCH.

The Rose of Torridge then proceeded to Loughor, thence to Tripoli, whence she sailed for Newfoundland, with a cargo of salt. The Newfoundland coast being surrounded with ice, Capt. Fitzgerald thought it prudent to put into St. John's, and upon his arrival was informed by the German Consul, R. H. Prowse, that the German Government had written him to know which Capt. Fitzgerald would prefer—a watch, sextant, binocular or a medal—as a recognition of his heroic services in saving the lives of twenty-six of the ex-Kaiser's (who is now vegetating or wood-cutting in Holland) subjects, on the high seas, at the time of the sinking of the steamship Cassandra. After a little consideration Capt. Fitzgerald decided in favor of the watch. Time passed on, and again the good ship Rose of Torridge was ploughing her course across the Atlantic, and arrived in Plymouth on the 28th February, 1895, over a year after the saving of the shipwrecked crew of the Cassandra. Upon his arrival at Plymouth, Capt. Fitzgerald was notified by the German Consul of that port that the Kaiser, William II. of Germany, had been pleased to forward to him a gold watch, which was sent to Governor Sir Terence O'Brien, Newfoundland, through Lord Kimberley, Secretary for the Colonies, and which would be presented to him on his arrival. The Rose of Torridge was sold in Plymouth, and Capt. Fitzgerald and his hardy crew returned to Newfoundland by the steamship Assyria of the Allan Line, arriving on the 15th April. A few hours after his arrival in St. John's, he was notified by the Governor, Sir Terence O'Brien, to appear at Government House, at six p.m., when the presentation of the watch would be made public; but unfortunately Capt. Fitzgerald had to hurry to Carbonear, and made the necessary excuse to His Excellency.

AN HEIRLOOM OF THE KAISER.

This was not the only time that Capt. Fitzgerald saved life at sea. He also saved the remaining portion of the crew of the steamship Wolveston, 1158 tons—on being drowned. I have seen the watch presented by the Kaiser a hundred times, which was of solid gold, having on the back of the case a bust of the Emperor in relief and on the inside an inscription detailing the circumstances for which the watch was presented, and at the bottom a fac simile of the signature of the Emperor. How affairs have changed since then! At that time if the "military madman" but stamped his foot, the whole world stopped to listen—and now, "none so poor as to do him reverence." Sic transit Gloria. I could give scores of similar cases in which the men of our mercantile marine proved themselves heroes, and received honors for their bravery in saving the lives of their fellow-men.

LOSS OF THE LIZETTE.

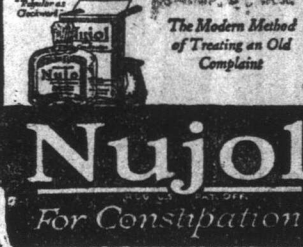
But the pluck and heroism of Newfoundlanders are not confined to those following a sea-faring life. In emergency our landmen also exhibit a courage and contempt for danger, that would do honor to any body of men—no matter what their avocation may be. An example of this was shown at the loss of the brigantine Lizette, Capt. Buttner, on a passage from New York to St. John's with a cargo consisting of pork, flour, etc. This ship was lost at Petty Harbor Motion (Dick French's Rock), on the 8th February, 1882. The captain and three men were drowned and three were saved. The men on shore at Petty Harbor threw a cod ladder and line to the three men who were saved, after being washed off the wreck. The manner in which they were saved is well worth describing. The mate caught the line to which was attached a large rope and took a half hitch round his body, holding the end of the rope in his teeth, and the other two men holding on to him, they were thus pulled ashore by the fishermen. After being given stimulants and dry clothing which the fishermen removed from their inside shirts, they recovered, and two of them were able to walk three miles to Petty Harbour. One of the rescued men gave out, when the fishermen put him on a slide and brought them to Jacob Chafe's house. After the vessel struck, Mr. Chafe made several attempts to get a line to the poor fellows on the wreck by tying a fishing line to a ramrod, and firing it from the old sealing gun, but owing to the high wind it fell short. It was repeated several times until all the ramrods were used up.

SALVING THE CARGO.

The people of Petty Harbour secured a good portion of the pork, flour, etc., by hooking it up from the bottom of the sea with cod-fishers, stabbers, ball-hooks, etc. Who but Newfoundland fishermen would strip themselves in bitter cold weather—remove their shirts and place them on the poor shipwrecked mariners? We must re-

Keep Fit

Bowel regularity is the secret of good health. Without forcing or irritating, Nujol softens the food waste. The many tiny muscles in the intestines can then remove it regularly. Absolutely harmless—try it.



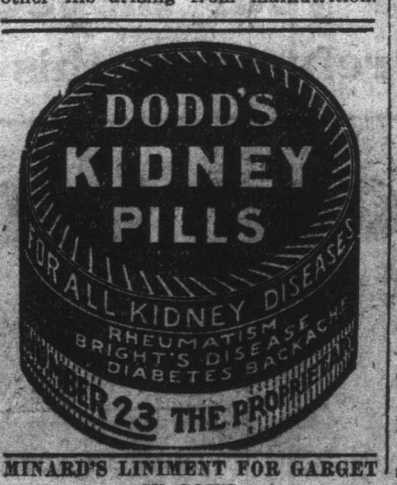
member this was in February, and away from all habitation. In that year the good people of Maddox Cove were putting out manure on the 18th January when it came to snow. On the 20th it commenced to freeze, and continued so up to the 8th of March. The men and horses were unable to get in the woods to cut firewood or travel anywhere between Petty Harbor and St. John's until the above date, owing to the roads being blocked with snow. The remainder of March was fine and cold, and the men and horses could work in the woods until 20th April, when the weather broke up and fine spring weather came. That year the S.S. Aurora, Capt. Fairweather, arrived from the sealfishery on 12th April with about 10,000 seals. There were several vessels lost in the neighborhood of Petty Harbor, at various periods, and amongst them I may mention L. O'Brien's brigantine Nautilus, Capt. Burke, on the 18th January, 1865. The captain, his son, mate Bell, cook Seely, seaman Lane were lost—3 were saved. The Caroline Shank, Capt. Bond, out of Bond's employ with all hands from Brazil in ballast in 1859 or 60. Tessier's Kate Pendergast from Demerara with a cargo of rum about 1860. The brigantine "Spangli", Capt. James Lynch, from Sydney with a load of coal—crew saved. This was on the Stafford side of Petty Harbor, and the loss of the two last mentioned vessels occurred within a week. The "Memento", Capt. Ankenick, formerly owned by Brooking & Co., at the time she was lost by Duder. She was lost with all hands after striking Renew's Rock shortly after leaving St. John's June 19th, 1873. In 1887 the brigantine Susan, owned by S. March & Sons was lost by striking an iceberg between Bay Bulls and Cape Broyle, and Capt. Michael Ryan, John Gaul (mate), John Armstrong, Frank Dillon and Thomas Mallard were drowned. The brigantine Spray, owned by Job Bros. & Co., was lost at Torbay with all hands on 1st May, 1869, on a passage from a Mediterranean port to St. John's.



You're bilious! Take "Cascarets" to-night to thoroughly clean your bowels of the constipation poison which is keeping you dizzy, headachy, half-sick and upset. No other cathartic or physic is so pleasant or moves clogged-up bowels so nicely, so fully; and Cascarets cost only ten cents a box.

Potash Salts to Halt Cancer.

Humanity has been constantly at work "redneering" its food, until it has been gradually robbed of nutriment. Bread made of white flour lacks the wholesome elements of wheat and vegetables are boiled in such a way that all their valuable mineral salts and especially the potash are thrown away with the boiling water. Herein may lie the secret of the cause of cancer and its remedy. Specialists have recently been quoted as blaming the too free use of sodium chloride, or common table salt, for cancer and other ills arising from malnutrition.



KNOWLING'S Women's and Children's COATS and COSTUMES Tremendous Reductions ONE HALF TO ONE THIRD OFF Regular Prices

Sealette and Caracul Coats
Sale Price
16.70 to 50.00
Regular 25.00 to 100.00

Black and Colored CLOTH COATS
Sale Price
3.00 to 43.50
Regular Price 6.00 to 55.00

Velour & Blanket Cloth Coats
Special Bargain These coats are past seasons styles:
7.50, 8.50, 10.00.
Sale Price, 1.95

TWEED COATS
With Fur Collars
Sale Price
90.00 to 97.50
Regular Value 140.00 to 180.00

COSTUMES
Tweed, Serge, Gaberdine, Silvertone
Sale Price
11.95 to 50.00
Regular Value 18.00 to 110.00

TWEED COAT BARGAIN
Made of High-Grade Heather Tweed. Collar can be worn opened or closed.
6.50, 7.50, 8.50
Sale Price, 3.75

Girls' Colored Coats
Beaver Cloth, Velour or Tweed
Sale Price
4.00 to 29.50
Regular Value 6.00 to 45.00

Girls' Black Coats
Sale Price
1.25 to 6.75
Regular Value 2.50 to 14.00

G. KNOWLING, Limited

Oct 29, Nov 2, 5.

Household Notes.

Apricot meringue pie is delicious. Serve suitably with black bean soup. Jellyed veal makes a tempting salad. Beet juice gives a delicate pink color. Pears and pineapples are good in conserve. Always serve cheese with the apple pie. Grated cheese is delicious on potato soup. Wild grape jelly is served with roast duck. Whipped cream is nice served on orange soup. Melted cheese is excellent on baked pears. Serve hot chocolate sauce with frozen custard. A little ginger adds to the flavor of pumpkin pie. Potatoes and cucumbers are often braised together. Fig pudding is delightful with currant jelly sauce. Cook dried apricots with a small piece of lemon rind. Raisins are a wholesome addition to whole wheat bread. Serve timbales of sweetbread with green mayonnaise. Save all chicken fat, try it out, strain and use in cooking. Substitute borax for bluing and the clothes will be whiter. Creamed chicken is good served in scooped-out crusty rolls. Stewed chicken and onions are good served with egg sauce. There is more heat in hickory wood than in any other kind. Tomato omelet may be accompanied with shredded lettuce. If it is necessary to keep beef for a time, immerse it in sour milk. If chicken is cooked at too high temperature it is generally tough. Before making pastry, chill the rolling pin by placing on ice for an hour. Cold string beans served with French dressing make a tempting salad. Green peppers are sometimes stuffed with rice and forcemeat and baked. With raw oysters serve brown bread and butter triangular sandwiches. Pimentoes put through a sieve are good in the sauce of stewed chicken.

Have Your Enlargements MADE NOW.

Our method of Enlarging is guaranteed to bring out all the fine detail, the soft cloud effects, the high lights and shadows of landscape prints, however small.

We make a special study of Portrait Enlargements, and assure you the best possible results. Bring your prints for Enlargement to us, our promptness and reasonable fees will delight you.

TOOTON'S,
The Kodak Store, Water Street.
PHONE 131.