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On Overcoming Regret.

By RUTH CAMERON.



"I seldom make an important choice between two things without suffering from regret that I did not choose the other," a woman said to me the other day.

"Sometimes I find out in the end that my choice was wise, but at first I always feel sure that I have made a terrible mistake."

Regret is a disease.

No, I'll take that back, for after all regret is not always bad. Regret in the right quantity and under the right conditions is a helpful medicine. You choose selfishly, you hurt someone's feelings, you act over impulsively, and you feel regret—that is right. You suffer, and out of that suffering comes healing and growth. You will try to do better in the future. You have faced your own faults, you have understood their consequences, and you are better equipped to fight them. So far, regret is the best medicine in the world.

But beyond this lies the danger point. There are many medicines which, taken in small quantities and at the right time, will counteract bad conditions of the system; but take

them in excessive quantities and under wrong conditions, and they become dangerous drugs, poisoning and weakening, instead of healing.

So it is with regret. You choose unwisely, you see your mistake, and you are plunged into abysses of regret. Instead of accepting the lesson of your mistake, charging it up to experience and making up your mind to do better next time, you indulge in a perfect orgy of misery. "If only I had done differently" is constantly on your lips. You wish for the power to turn the calendar back with a longing that is almost physical pain. One woman told me that when she was in this state of mind the simplest objects had power to stab her heart if they had associations with the time before she made her choice. For instance, she would pick up an old newspaper to light the fire and find herself glancing at the date and thinking, "When this was published I hadn't made that terrible mistake."

Never let regret get you like that. Suppose you have made a mistake; suppose you have even done wrong. Will it do any good to let it poison your whole mental system and make you an undesirable housemate? Face the future. Put your energy into doing the best you can to-day, not blaming yourself overmuch for yesterday.

Cheer up, my friend, take a new grasp on happiness and who knows but time shall prove your mistake no mistake after all. Cheer up, it may not be true.

Ruth Cameron

5000 bushels P. E. I. OATS,

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Does your tea suit you? Has it got a back number, aged sort of smell that takes away your appetite for the other things on the table. Our Star or Homestead will give an added zest to everything else you eat, they will create an appetite, not take it away. These brands are moderately priced, and our word for it, the quality will certainly please you.

For 5 lb. Parcels 10% discount allowed.

Cranberries, 40c. gallon.
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Scotch Oatmeal—1 cwt. kegs & 7 lb. tins.
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P. E. I. Eggs.
Fresh Country Eggs.
Apples, 1's, 2's & 3's; low price by the barrel.

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Duckworth Street and Queen's Road.

Von Hindenburg Makes Big Claim.

Berlin, Nov. 20.—"The Russians have numbers on their side, but numbers alone are not the decisive factor. In the present stage of the war less than ever before we are not afraid of Russian numerical superiority. At Tannenberg the Russians outnumbered us three to one, yet the result was a notable German victory."

These are the views of General Von Hindenburg, now facing the great Russian war machine, as expressed in conversation with the Berlin correspondent of the Neue Prece Presse of Vienna.

"The Russians," said General Von Hindenburg, "are good soldiers and observe discipline, but discipline of another sort than that of the Austro-German, which is based on thinking and the execution of commands, while the Russian discipline is a mere blind, dull obedience."

"The Russians have learned much since the Japanese war, particularly in the science of entrenching, but when the ground is frozen they will no longer be able to dig themselves in. Then they will have a bad time of it. That is one of the advantages the winter campaign will bring us."

"It is a sad but good thing that war and sentimentality do not go together. The merciless conduct of war is in the end the most merciful, because war is sooner ended thereby."

"The war with Russia is now chiefly a question of whose nerve will snap first. If Austria and Germany have stronger nerves—and they have them—then they will be victorious."

Salvia Hair Tonic Makes The Hair Beautiful.

That dandruff is caused by germs is accepted by every sensible person. Dandruff is the root of all hair evils.

SALVIA will kill the dandruff germs and remove dandruff in ten days, or money back.

It will stop itching scalp, falling hair, and make the hair thick and abundant. It prevents hair from turning gray; adds life and lustre.

SALVIA is a hair dressing that has become the favorite with women of taste and culture, who know the social value of beautiful hair. Only 50c. at leading druggists.

Fights of a Reporter.

(Montreal Daily News.)

Mr. Justice Riddell at Ottawa has condemned as contrary to law an order of the mayor excluding from the offices in the city hall the reporter of one of the local newspapers. The mayor's order had for its purpose the prevention of the offending journal from using a ready means of obtaining information about the city's affairs. It was a foolish order, and it was rightly nullified. The rights of a newspaper to obtain and disseminate information about the actions of governing bodies, parliamentary, judicial and municipal have been maintained by the strongest men in the highest courts of the British empire. Lord Haldane, when Lord Chancellor, in the case of Marla Scott, heard by the House of Lords, laid it down that even the courts must be public and that any one had a right to listen, record and publish a fair account of their proceedings; and the judgment stands.

In a case before the judicial committee of the privy council Lord Shaw put it that the freedom of the journalist is an ordinary part of the freedom of the subject, adding that to whatever lengths the subject may go, so also may go the journalist, the range of whose criticism, comments or assertions is as wide as that of any other subject. In both cases noted, the right to record or comment upon the proceedings of a court was concerned. A city council, however, is not more sacred than a court, and the publicity and freedom of comment that is right and wholesome in the case of a court is surely right and wholesome in the case of a municipal body. Neither a mayor nor any one else may well have the power to separate one individual from the community, and because he is a newspaper representative, say that he will be deprived of certain rights that pertain to him in his quality of a subject. It is a good thing when an attempt of the kind is fought and stopped.

Safety Giant Junior Razor, 50 cents with four blades—extra blades 3 for 10 cents. Made in the U. S. and a great favorite for its simplicity and cheapness. CHESLEY WOODS, Sole Agent, 140 Water Street—app30.ft.

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General Bazaine.

By GEORGE FITCH.

Author of "At Good Old St. John's."

When the French rushed blithely to war against the Germans in 1870 General Bazaine was one of the most popular military commanders.

He had a unique career. He had fought in Algeria, the Crimea and Italy and had conquered Mexico at the head of a French army. He wore the cross of the Legion of Honor for bravery and was reputed to enjoy standing on the field of battle amid a rain of bullets and reading the day's reports in an indifferent manner.

The Franco-Prussian war had not proceeded beyond the first few blunders when General Bazaine was made Commander of the Army of the Rhine. It was his duty to crush the advancing enemy and to proceed to Paris by the nearest route, sending back cathedrals, deeds to provinces and other spoils as he captured them. He prepared for this advance by taking up a very strong position and awaiting the German army.

In due time the Prussians arrived and they also took up a strong position. It was on the necks of the French. Part of his army was very badly whipped but General Bazaine never flinched. He went to the rescue by taking up another strong position. Day after day he advanced carefully backward, taking up each time a position more overwhelmingly strong than the last one. At last he arrived at Metz, into which he retired with his army of 150,000 men and took the strongest position ever held by a French army. It was a great military triumph and on the strength of it the brave general recommended himself as dictator of France.

The Prussians surrounded Metz in a methodical manner, but they had great respect for General Bazaine's strong position. They did not attack him. They sat about and played pin-ochle, occasionally firing a cartridge of shrapnel into the town. At the end of a month General Bazaine's army was dining on horse meat, and in another month he had surrendered.

After this General Bazaine's reputation went gradually under a cloud. It was held that if he had spent less time hunting strong positions with the passionate eagerness of a man retiring from a grizzly bear, France never would have been humbled, and in 1873 he was tried for treason. He was sentenced to be shot, but was imprisoned instead and was allowed to escape to Spain, where he lived until 1888 and wrote several books, which contributed materially to the gaiety of French politics.

Have You an Itchy Spot?

Somewhere on your body? If so, attend to it at once. In Eczema and Itchy spots, whether dry and scurfy, or moist and inclined to "weep," are generally eczematous delays are foolish, allowing the disease to spread and affect more of the good skin. Your best chance for a cure is to use Zylex, which will give almost instant relief, and if used in the earlier stages of the trouble will almost certainly bring a cure, and in any event will greatly ameliorate the trouble. Ask your druggist about it. Price 50c. a box. Zylex Soap, 50c. a cake.

HYLIX, London.

The Khaki Pageant

WAR SPIRIT IN THE LORD MAYOR'S SHOW — ENTHUSIASTIC CROWDS — NEWFOUNDLANDERS THERE.

(From The Times, London, Nov. 10.)

There has never been a Lord Mayor's Show quite like that of yesterday in the long history of that popular institution. Certainly never in our time have such enormous crowds assembled along the familiar route to watch the annual spectacle. The Show, too, has not for many years been so perfectly attuned to the prevailing temper of the people.

It was primarily a naval and military pageant. London loves a martial spectacle, and those who have pleaded that there should be more rather than less display of this kind in wartime were abundantly justified yesterday. The town had had to wait for more than three months for an opportunity of cheering the brave troops who have shouldered the national responsibility. Yesterday, the people saw them in stately procession—Canadians, Newfoundlanders, New Zealanders, London Scottish, H. A. C. and the rest. It was a brave sight.

Millions of Londoners, non-combatants in person, had been waiting for weeks to give voice to their fervent gratitude to the men who have gone to the front and to those who are going. Here at last was the opportunity, and the enthusiasm was wonderful. The cheers were not of the arrogant or boastful kind. They came straight from the heart, full of gratitude and pride. The crowds were fine. There was none of the horseplay which in past times was associated with the civic pageant.

The spirit was totally different from that of other years. There was an earnest ring in the enthusiasm of the spectators which convinced one that here was a recruiting agency of the first order. There cannot fail to be a big rise in the recruiting figures for London in the next few days, when the lessons of the show have sunk into the minds of those to whom its appeal was directed.

Apart from the civic officers and dignitaries in their carriages, there was nothing in the procession which did not concentrate the thoughts of the spectators on war and the need for men. There were quite 3,000 troops in the procession, and every phase of military activity was illustrated in turn. Chief interest naturally centred in the detachments from the contingents provided by the Overseas Dominions. Canada was represented by mounted troops as well as by infantry, New Zealand and Newfoundland by infantry alone. All were in khaki, and they set the tone for the "Khaki Show." The appearance of the Canadians—big, bronzed men—was hardly distinguishable from that of British regiments in the field. The New Zealanders imparted some variety to the strong Colonial type with their picturesque slouch hats, and the Newfoundlanders—strong, well-set-up men of the open-air life—were distinguished again from their brothers-in-arms by their blue puttees. All swung along in magnificent style, and they won the hearts of the crowds at every point in the long march. The Dominions were further represented at the beginning and end of the procession by detachments of King Edward's Horse.

Next in popularity to the Colonial contingents were the London Scottish, represented by their 2nd battalion, fine, upstanding lads in whom Londoners take a rightful pride. Then there were the Honourable Artillery Company, and detachments of other distinctively London regiments of infantry, artillery, and yeomanry, the City of London School Officers Training Corps, and a picturesque contingent from the British Red Cross Society. Three thousand men of the finest and strongest types enrolled from far distant parts of the world in a common cause—it was a splendid spectacle, very moving, deeply impressive. Last of all came the founder of the pageant, the new Lord Mayor, Sir Charles Johnson, to be heartily acclaimed for an admirable design, perfectly carried out.

THE NEW FRENCH REMEDY, THERAPION NO. 1 CURE FOR Eczema, Itchy Spots, Ringworm, etc. THERAPION NO. 2 CURE FOR Ringworm, Itchy Spots, etc. THERAPION NO. 3 CURE FOR Ringworm, Itchy Spots, etc. THERAPION NO. 4 CURE FOR Ringworm, Itchy Spots, etc. THERAPION NO. 5 CURE FOR Ringworm, Itchy Spots, etc. THERAPION NO. 6 CURE FOR Ringworm, Itchy Spots, etc. THERAPION NO. 7 CURE FOR Ringworm, Itchy Spots, etc. THERAPION NO. 8 CURE FOR Ringworm, Itchy Spots, etc. THERAPION NO. 9 CURE FOR Ringworm, Itchy Spots, etc. THERAPION NO. 10 CURE FOR Ringworm, Itchy Spots, etc.

Grove Hill Bulletin This Week!

CUT FLOWERS: Chrysanthemums, \$1 and \$2 a dozen. IN POTS: Primulas, 60c. each. Bouquets, Wreaths, Crosses, etc., at shortest notice.

Terms: Cash with order. Phone 247.

J. McNEIL,
Waterford Bridge Road.



1st Nfld. Regiment CALL FOR RECRUITS.

Your King and Country Need You!

Will You Answer Your Country's Call?

At this very moment the Empire is engaged in the greatest War in the history of the world.

In this crisis your Country calls on her young men to rally round Her Flag and enlist in the ranks of Her Army.

If every patriotic young man answers Her Call, Great Britain and the Empire will emerge stronger and more united than ever. Newfoundland has already equipped and sent to the front her First Contingent, 540 strong. But we must not stop at this. Further drafts are urgently needed to reinforce our numbers on the battle line, and must be sent forward at the earliest possible moment.

Suitable recruits between the ages of 19 and 36 will be accepted and trained in drill and shooting so as to fit them for military service. They will then be formed into regular Companies of the Regiment, and will be given the option of volunteering for service abroad, if required, on the same terms and conditions as the men of the First Contingent. Pay will commence when the men are actually enrolled for service abroad.

Recruiting Offices will be opened in St. John's, and at the offices of the different Magistrates, and at other suitable places in the Colony, (as to Recruiting in cases of doubt write to the Recruiting Officer, St. John's). Where not less than fifty men offer for enlistment at any recruiting centre a drill instructor will, if possible, be sent to the District to train them. Men of the Ancient and Loyal Colony, Show Your Loyalty NOW.

1st Nfld. Regiment! Their Xmas Dinner.

We have just received word from our London connections that should the friends of any of our Volunteers on Salisbury Plain wish to send them Christmas Hampers they will undertake to supply Hampers containing such things as Turkey, Ham, Sausages, Pudding, Mince-meat, Fruit and Confectionery at the following prices, according to what Hampers contain:—

\$5.50, \$11.00, \$16.50.

A list of the goods that can be supplied may be seen at our office or will be mailed to anyone interested on application.

All orders to ensure delivery by Xmas must be in by December 10th.

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Ham Butt Pork, Fat Back, Heavy Mess, Jowls, Spare Ribs, Boneless Beef, Plate Beef & Beef Cuttings, Molasses, Sugar, and the best value in Teas.

See our Flour at \$6.20 bri. J. J. ST. JOHN, 136 & 138 Duckworth Street.



BEFORE A FIRE you may not think much about the necessity of insurance, but

AFTER A FIRE has destroyed your home and its contents you will realize what it would mean if you could have the money handed to you to rebuild and reimburse you for the loss.

That's what we do for you when you are insured in our reliable companies. Take out a policy with us to-day.

PERCIE JOHNSON,
Insurance Agent.

The Rhodes' Scholarship, 1915.

The Qualifying Examination for the Rhodes' Scholarship of 1915 will be held on March 1st and 2nd next. The examination will, this year, be conducted by the Oxford Local Examinations Board and the syllabus of work will be that for Senior Candidates.

Copies of the syllabus can be seen at any time at the office of the Council of Higher Education, Colonial Building, St. John's.

Those who wish to qualify as candidates for the Scholarship must send in their names to the undersigned not later than the last day of December next, and candidates must state in their applications whether they wish to be examined in Geometry or Algebra.

A. WILSON,
Secretary C. H. E.

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