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is an inhabitant of the Arctic Region, and it is possibly the most useful of all the animals which dwell in this part of the world. Unlike the Reindeer, SUNLIGHT SOAP is to be found in all parts of the civilised world, and its great utility is vouched for by millions of contented housewives who would not be without it.

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enjoys a well-merited reputation, it is absolutely pure, and will not harm the most delicate fabric. A piece of Sunlight Soap used in your next wash will convince you of its excellence.



Notes on the Patriotic Tour.

Pushthrough and Hermitage.

CHAPTER XIII.
At early morning our ship left Deadman's Bay and soon dropped anchor at Pushthrough. In Saturday this locality there are many strange names and each one seems to have its own peculiar history. To write of them all would require a book instead of a few hurried notes.

During our stay at Pushthrough the weather was wet, and the roads very dangerous, hence we did not delay long; but we were well received by Mr. Camp, of the Customs Department, and also by his brother who very kindly placed the use of his store at our service. Very soon the people gathered in, and a short mid-day meeting was held, and much interest manifested by all present. Like other places, Pushthrough had its misunderstandings, and while due signs of loyalty were manifested, there was at the same time a doubt in some minds as to the purpose of our tour, and the seriousness of the situation. Upon these questions the meeting gave some useful information; and wet as the day was and inconvenient as were the surroundings, there can be no doubt whatever as to the good results of our visit to Pushthrough.

Pushthrough is a very compact place, and has a very fine church, and like most of our western settlements, it possesses a large amount of personal independence: The spiritual duties of the parish are in charge of the Rev. Mr. Hall, who, since our visit, has taken unto himself a partner, and to whom we therefore extend our congratulations. Quite a lot of schooners were moored in the harbour and we saw good indications of enterprise and industry.

Leaving Pushthrough our next port of call was Hermitage, where a short meeting was held in the school room. On landing, the Rev. Mr. Courage, and also Mr. Way, gave us a hearty welcome, and did all in their power in the interest of the cause. We were pleased to notice the tidiness and comfort of the school room, and the evident independence of the people, and we were assured that our visit did much good in various ways. In looking around the harbour we found Hermitage presented many attractions, which even amid the chilliness of winter interested us, but which in the beauties of summer, must surely be magnificent to behold.

Hermitage is one of Newfoundland's natural beauty spots, and should certainly be conducive to health and long life. For many years it was the home of the late Canon Bishop, and before him the late Canon Colley, both of whom endured no little hardship in

carrying out the duties of their mission. It has also long been the home of Dr. Thompson, who like his contemporaries, the clergymen above mentioned, has faced many dangers in meeting the calls of his large practice in Fortune Bay. The principal attractions of Hermitage is the church, this building as many of our readers are already aware, was presented to the parish by Messrs. Newman & Co., London, some seventy years ago.

The building is of stone and brick, and would probably cost three hundred and fifty people, or perhaps four hundred. The foundations, window and door facings, cornices, eaves, keystones, and buttresses consist of stone. These portions literally compose the framing of the building, and are fitted in with yellow brickwork. The whole structure was prepared and fitted in London, and sent to Hermitage by one of the company's sailing ships. The walls are very thick, and durability is a feature of the building, but at the same time there seems to have been some weakness in its construction hence at present the building is in need of large repairs. This we understand was caused not by any neglect but by some delay or accident which occurred in transportation, or in the erection of the church, and which permitted of undue exposure before final completion.

In conversing with Rev. Mr. Courage, we learned from him that some immediate steps must be taken, either in the matter of extensive repairs or by the erection of a new edifice. While within the church we noticed two special features, not often seen on this side of the water, and which is only found in some of the old parish churches of England. One of these was the separation of the chancel from the body of the church, by an osken lattice-work known in ecclesiastical architecture as a "rood screen." The other feature was that of the Coat of Arms which we noticed on one of the panels of the eastern window; the heraldic emblem of which evidently belonged to the time of King James. We had read of this Coat of Arms before, and made enquiry of some of the church officials about it, but they seemed not to have noticed it, but during our visit, while in conversation with the pastor we discovered the emblem, and traced its history. Both Hermitage and its church are full of interest, some of it local and more of it Imperial. To glean all the facts which seemed to present themselves one would require to spend a few days in summer time, instead of a hurried passing visit in mid-winter.

To be continued.

Here and There.

CHARITY NIGHT.—To-night the committee in charge will meet at the C.C.C. band room, to outline a programme for Charity Night, which will be held next Monday.

Fresh Rabbits, Fresh Codfish, Fresh Cod Tongues and Halibut at BISHOP & SONS' Grocery. Phone 679.—Feb 26, 15

MONGOLIAN REACHES HALIFAX.—Mr. George Shea has received a wireless message stating that the Allan Liner Mongolian arrived at Halifax at noon yesterday, all well.

NOTICE.—There will be a Special Meeting of the Marine Engineers' Association on Monday evening, March 1st, at 8 o'clock. T. J. BUCKINGHAM, Sec'y.—Feb 27, 21

SECURED MATE'S TICKET.—Mr. Norman Noel, formerly of Hr. Grace, one time second officer on the s.s. Bruce, has recently passed an examination at North Sydney for first mate.

FRASER ENGINES.—Buy Our Fraser Engines. We are here to look after you, and give you service.

Fraser's run on Kerosene and use much less oil than other makes.

FRANKLIN'S AGENCIES, LTD. Feb 19, 15

LEAVING TO-MORROW.—The s.s. Queen Wilhelmina is expected to sail from Liverpool to-morrow for this port.

B.L.S. MEETING.—At yesterday's meeting of the B.L.S., thirty members were nominated for the L. and A. Committee for the coming year.

CURRENT EVENTS CLUB.—Mrs. Abraham gave a very interesting discourse on India, at Saturday afternoon's meeting of the Current Events Club. At the close teas were served by Mrs. D. Baird.

KYLE'S PASSENGERS.—The s.s. Kyle arrived at Port aux Basques at 9:30 a.m. yesterday, with the following first class passengers: A. L. Larkin, R. H. Spurr, R. Hocken and J. Moore. The ship sailed again for Louisbourg at 3 p.m. yesterday.

Stafford's Liniment, "made in Newfoundland," a cure for Rheumatism, Lumbago, Neuralgia and all aches and pains. Sold everywhere.—Feb 11, 15

SHIPS IN ICE.—Yesterday afternoon Cape Race reported the Furness Liner Durango in the ice off there, coming along slowly. The ship is now over eleven days from Liverpool to this port. The s.s. Adventure was reported in the same neighborhood at 3 p.m. at which hour she was 72 hours from North Sydney, bound here.

C.M.B.C.—The regular weekly session of the Cathedral Men's Bible Class was held at the Synod Hall yesterday afternoon, and was largely attended. Rev. J. Brinton presided and continued his discourse on the Bible.

A GOOD PLACE TO COME for your Groceries, Stationery, Stamps, Picture Postcards, Papers, Soft Drinks, Candy, etc., is WALKER'S Cash Grocery, 27 Charlton St. (off Springdale). Ask for your coupons and receive premiums up to Max 1st. dec 24, 3m. th. m.s.

CHURCH PARADE.—Yesterday the volunteers paraded to Divine Service as usual, the C. E. members attending St. Thomas's, where Rev. A. Clayton was the preacher; the Roman Catholics at the Cathedral, where the Archbishop elect occupied the pulpit; the Methodists at Gower St. Church where Rev. H. Royle preached; and the remainder at the Kirk, where Rev. J. S. Sutherland officiated. The men were dismissed immediately after service.

NARROW ESCAPE.—A drowning accident was averted at Job's dock on Saturday. A boy named Baxter, who had been "copying" on pans of ice, was climbing up a pile of the wharf when he missed his hold and fell in the water. He was unable to swim and was rescued by a workman of the premises after much trouble.

THE STEEL COMPANY OF CANADA, Ltd., Montreal.

Manufacture at right prices—Bolts and Nuts, Horse Shoes, Railway Spikes, Bar Iron, Barbed Wire and Staples, Mild Steel, Galvanized Telegraph Wire, Galvanized Bar Iron, Pig Iron, Lead and Waste Pipe, Iron Pipe, Fence Wire, Tacks of all kinds, Shot and Putty.

FRANKLIN'S AGENCIES, LTD. Agents. Feb 20, 15

Mr. F. J. Brady, proprietor of the Trinity Enterprise, who had been suffering since Feb. 8th from pneumonia, has, we are glad to say, recovered sufficiently to resume the publication of the Enterprise.

In Milady's Boudoir.

By GWEN SEARS.



EARLY MORNING EXERCISE.

Those of us who are not fortunate enough in life to ride horseback in the early morning hours must resort to other means of exercise, which perhaps are just as good, but not as exciting or smart.

Here are some splendid exercises, for developing a beautiful neck, for, after one is able to do it many times, it fills out the chest remarkably. Lie flat on the floor, face downward. Now raise your body by the arms and toes, not allowing any other part of the body to touch the floor. Perhaps, if you are strong, you can do this just once at first.

You will find that it does not hurt your arms at all, as you had expected, but it makes the muscles across your shoulder blades ache and throb. It particularly draws those two muscles that stretch from the shoulders across the collar bones in front and develops them to fill out the neck hollows.

You must not go about your morning exercises with drawn mouth and tightened muscles, but exert a reasonable amount of care and enjoy them as you go along. One should be relaxed when bending and twisting, so as not to injure the parts by violent wrenching.

Some women do more injury to themselves by trying to lift heavy trunks and boxes than can be undone by a lifetime of exercise.

Another wonderful exercise for women who lead sedentary lives is the following: Stand with heels together, toes out and body erect. Raise the arms until the sides of the thumbs touch each other at arm's length above the head, the palms toward the front. Now advance the left foot until the heel is slightly in advance of the toe of the right foot. Then, turning the body at the waist, throw the arms out and down until the finger tips touch the floor at your right side. Do not bend the left leg, although the right will involuntarily bend a trifle. Practice this ten times, then change the feet and advance the right foot, rotate the body, and bend at the waist only until the finger tips touch the floor at the left.

Curliana.

NFLD. DEFEAT MONTREAL.

On Saturday Mr. A. H. Salter, Secretary-Treasurer of the St. John's Curling Club was wired by Mr. W. R. Warren, at Montreal, as follows: "Newfoundland beat picked team of some of the finest curlers in Canada, to-day, fourteen to four. Match played in the Thistle Club in presence of Chief Justice Archibald and other prominent people with many lady spectators. Newfoundland team was: Milroy, Dr. Forbes, W. R. Warren, and H. D. Reid (skip). Congratulations to skip Reid and his associates. The match was played on Saturday last.

Obituary.

MR. JAMES F. WILLS.

It is with the deepest regret that we have to record the death of Mr. James F. Wills, who was called to the Great Beyond yesterday morning at 10 o'clock. Deceased who has been an invalid, entered the hospital a couple of weeks ago to undergo an operation which proved unsuccessful and from which he never rallied. He was the son of the late John Wills, and was born in this city 63 years ago. He leaves to mourn five brothers John, Charles, George (abroad), and Richard and Frank, of this city, and four sisters, Mrs. Croft, Mrs. Mrs. A. K. Lamden of this city, to whom general sympathy will be expressed. The funeral will take place from the residence of his brother, City Terrace, to-morrow at half-past two, when all that is mortal of James Wills will be laid to rest in the family plot in the C. E. Cemetery, there to await the resurrection morn.—Com.

HOUSEHOLD NOTES.

Rhubarb shortcake will make a fine dessert for the early spring.

Excellent pantry cloths for glass-ware and china are made from cheese-cloth hemmed.

When a worn place or hole appears in the matting, it can be darned with strands of raffia.

A dash of scalloped potatoes is much more savory if a sweet green pepper is boiled and chopped fine and put in.

Howard's Linalool Cures Diphtheria.

All that is necessary for Devotional needs can be had here.

LENTEN REQUIREMENTS AT KNOWLING'S Stationery Department.

The Quality is High and The Prices are Low.

Methodist Hymn Books, 24c. to \$1.35
Prayer & Hymn Books, A. & M. 12c. to \$1.75
Common Prayer and Church Hymns 22c. to \$1.50
Bibles 15c. to \$3.60
Key of Heaven 25c. to \$2.50
Pocket Prayer 27c. to 50c.
Path to Paradise 4c.
Imitation of Christ 55c. & 40c.

A Good Selection of Devotional Reading for All Classes.

Golden Treasury 35c. to 90c.
R. C. Testaments 35c. to 65c.
Rosaries 3c. to \$1.40 set
Scapulars 2c. to 9c. set
Statues 8c. to 20c.
Holy Water Fonts 15c. to 17c.
Glass Crucifix Holders, 20c., 25c.
Rev. Dr. Butler's Catechisms, 3c.

Everything of the Very Latest.

G. Knowling.

Mail Orders Receive Prompt Attention.

East, West and Central Stores.

NEW SHIPMENT of BABY CARRIAGES 1915 PATTERNS.

These Carriages have just arrived and include the very latest in style and workmanship. Come early and make your choice.

Folding Go Carts,
Folding Runabouts,
Pullman Runabouts,
English Carriages.



All well finished and upholstered in various colors. Also in stock: Wheels, from 10 to 16 in. diameter.

Ayre & Sons, Ltd
HARDWARE DEPARTMENT.

TIME FLIES AND SO WILL THE

FLANNELETTES

that we are offering this week in

Pink, White, Cream, Sky, and Cardinal, at

12 cents per yd.

You are not limited to quantity. Buy as much as you want of each shade. Good Value for 15 cents.

MOTHERS! Can you afford to let this chance slip by?

S. MILLEY.

Great POOR

will be a great Crowded even- at 5c. EACH. do, we now offer ly 18c. Not off Collars; 5c. Sport ladies' tailor. Saxe and Brown, exclusive. 5.00 al we offer an ex- 2.90

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LETTE at 10c. and as the result e lot at, 10c. or two before all

R YARD. ke Blouses from Dur. 17c. ink and V. Rose

mbroidery to be A. Corsets, doz- es' and Women's Towels in great

or 59c. 20c. he lowest prices. s to the poor.

INE, TREET'S.

akes a delicious, flavor- will soften either shoe ing.

Texaco Kerosene

Still lead in quality and satisfaction. In eight hooped, non-leakable barrels. No dearer than the ordinary kinds. GEO. M. BARR, Agent