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A BEAUTIFUL LETTER



spiritual e m o-

from a dear occasionally, but with whom she corresponds with irregular regularity. "I can't tell you how much that friendship means to me," she said. as she laid the letter down. "More than many of the friendships with

Letter Friendships Sometimes

many a time, the people we see day orous exercise and diet. after day never get as close to us, never open their hearts and personin her letter.

gret of the fact that there are so few you move them about you move only

The Ghosts of Friendships That

flit the ghost of such friendships that be obtained by pounding the alternatemight have been, if only I had not ly tensed and relaxed abdomen with been too busy, doing the immediate the clenched fists. This exercise also thing, finding my pleasures and happiness along the line of least resistance to follow them up. How many do not perform them for more than congenial people have come into my five minutes at one time. chief claim to attention was that I to fifty times in succession.

following the course of least resist-

have been will come to you as they have to me, and haunt you, too, into making the resolve to bring them to idea in his poem,

Milady's Boudoir.

REDUCING MASSAGE.

never talk so well to us, never give movements that you can give your- to make the league of nations a fact, us as vivid a sense of their interests, self. Both are taken lying flat on the three conditions must be fulfilled. alities to us as this woman had done abdomen make the muscles as tense And as I meditated afterward over them the palms of the hands, move while people believe in the fetish of the beautiful letter friendship of the folds of fat backward and forwhich I had been given such a pret- ward. The hands should be firm and ty glimpse, I fell to thinking with re- should not be allowed to slip since if

the skin. In this fashion the abdominal muscles nearest the surface are exercised and deposits of fat over them Through my mind there seemed to are diminished. The same result may tends to reduce the size of the hips. When you first take up these exercises

again just because circumstances put position, then, without moving the the miles between us! I have always feet, turn the upper part of the body said I was too busy to write these as far as possible to the left, inhallong, intimate letters that would ing and raising your arms to a horihave been my share of the task and zontal position as you do so. As you joy of keeping such friendships alive. exhale bend the body over the left leg. Shame on me! I have not been too This is a waist reducing movement, busy to sit and talk by the hour to and at first should not be repeated to read books and magazines whose you should be able to perform it thirty the nation. This conscience develop- for your safety was always on our

At St. Thomas's.

Last night to a very large congre-The League of Nations,- When although some might think the subject an unsuitable one for preaching about, yet he felt that the subject, in because that is the easiest way to put its bearing on the "Brotherhood of it, and because I am the only person Men" was worthy of attention from from France by the Corsican one of the pulpit. Coming down to his sub- our volunteers in the person of Pte. how it is with you. Are you like me, ject, he showed that for ages a league M. Ryan. of nations under different headings, Pte. Ryan like so ance and letting worthwhile friend- has been a dream. It was so in the of our "Better than the Best" heard days of early Greece, and Demosthe- duty's call, and though being the only nes characterized it as "The Shadow support of an aged father volunteered If you are, I hope the ghosts of the of a Shade." Henry of Navarre, Wm. over two years ago and has seen worthwhile friendships that might Penn, and Kant the German philos- some of the most severe fighting of opher were other examples of such the war, but still came through dreamers and Tennyson embodied the without a wound.

Till the war drums throb no longer" However, although these dreams did School at which the enclosed address not become realities, yet they were of was read to him, and he was present value as they enshrined our ideals, ed with a purse, and gold watch and nor moreover were in accordance fob by the men of the place, as a reand moreover were in accordance You have probably heard a great with the teachings of Christ. Conducing flesh. It is the rich woman's it was not strange that people wantmethod and the lazy woman's method. ed "the federation of the world" as Battalion who was also presented To be successful, however, it should in most all wars, people had declared I could well understand it. For, be used in connection with more vig- against a repetition of such bloodshed

as instanced at the termination of There are two simple massage the Napolenoic wars. But in order floor or in bed. If you have an obese (1) Political condtion: Each nation will have to relinquish part of its sovas possible and then pressing upon ereignty to the whole nations, and To Pte. M. Ryan, 1st Royal Nfld divine right of kings this relinquishing is impossible. Before nations can come to this belief of relinquishment there must be community of ideals. However, the nations have been in tion have relinquished a little for the common good, but, he went on, there must be more than a measure of giv- your and your numerous chums sacing up, for there are people of India, Egypt and other places fighting for independence, who yet need tutorship. and there must be yielding on some one's part. But there is something beof friendship, and then passed out ficult. Assume the normal standing yound the national unit, there is the poor chum Charlie who enlisted with "Brotherhood of Men." In order to you, is not here to-night to share Give him life's drama and beguile

developments evists among the na- Huns' frightfulness. tions of Europe. Every nation must ment takes time, and at present in Europe many of the nations are alshown repeatedly by broken treaties gard we hold for you. and unkept covenants as instanced by conscience, and she has developed Caplin Bay. this by means of her great men, Langton, Wycliffe, Havelock, Roberts, Gladstone and others. Her conscience is the product of 2.000 years of evolutionary moral history, and we have

a great nation because of her moral

life, but while there are such in-

equalities between nations there can

of the Sermon on the Mount must be learnt and proclaimed, and the words of Christ listened to, and then we will get a "League of Nations," "The Fedgation, Rev. Dr. Jones preached on eration of the World," or "The Bro-

Soldier Honored.

ladies of the harbor tendered him a membrance of his home coming.

with an address and purse. Kindly publish enclosed address and reply and oblige

Caplin Bay, Feb. 21, 1919. ADDRESS.

Regiment. Dear Friend:-With feelings of sincere joy and thankfulness to God we heartily welcome you home again We feel proud of you, and this little reception, is only a slight mark the habit of yielding up part of their of the honour due you, after putting sovereignty, for by the "Balance of in two years of constant danger and Power" as styled in Europe, each na- hardship, so that we may enjoy the privileges of Justice. Freedom and Liberty, which thank God through rifices have been preserved to the

world and to us. We are glad to have you back He owns no costly limousine; again and our only sorrow, and we feel sure yours also, is that your The moving pictures on a screen, effect such each nation must give up with you our joy, but God willed part of its rights for political pro-gress. (2) Moral: There must be many others of Our, "Better than the For when his daily tasks are done the direction of the conscience. At Best" sleeps in a hero's honoured

You can be assured that though people whose chief charm was that more than five times left and right develop its conscience, for even as absent you were never forgotten, and The grease of toil is on his face; they chanced to live near to me, or respectively. By practice, however, it is good for the individual, so for we may say that a continuous prayer

> We ask you to accept this small most devoid of it. This has been present as a slight mark of the re-We again welcome you home, and

the Great War, and by the war of the hope that you may have a long and Progmatic Succession. hroughout hapy life to relate your trying exher history England has had a true periences to your admiring friends of JOSEPH SUULIVAN.

P. J. POWER.

VINCENT LEDWELL

JAS. O'TOOLE JAS. O. C. KEOUGH.

My Dear Friends:-When coming be no "League of Nations," worked here this evening I had no idea successfully. (3) Spiritual condition: of the splendid reception you have To life he would be rec This consists in all nations embracing given me, and I am much surpised to the Gospel of Jesus Christ. There receive such a grand address and

ust be some common bond to unite liberal present. the nations as a whole. We have not Believe me my friends that to-night mon bond of blood, nor the I feel more excited than I ever did common bond of interest and there at the sight of the Fritzies and on fore there can only be the common that account you must not expect quarts of water. While boiling hot, bond of religion. Christianity must much reply from me to your beautiful be the bond of union, but there must address

whatever it may be and let it re-

On hand to-day:

10 Cases Fresh Local Eggs.

Soper & Moore

e spared to come home again. I am delighted to be back among you once more to "home sweet home," and from the bottom of my heart 1 sincerely thank you all.



He toils from dawn to dusk each

His dreary thoughts to visions fair. Than many a lonely millionaire: Glad children, that he cannot check, present a grave inequality of moral grave in France, a martyr to the On eager feet to greet him run,
And throw their arms about his

> His garments are not spick and Yet there is something in his pace

> Which marks the true and sturdy 6 Removed from mansions great and

Yet there are love and laughter sweet, And roses and a climbing vine, And children who, beneath the grime Of toil, see what the thoughtless

They run to him and madly climb His stalwart frame, his checks to

He envies men their mansions fine And thinks they harbor richer joys Than laughter and the climbing vine, And little girls and little boys. But many a rich man travels by, Who sees his welcome glad at eve, And mutters "Homeward bound, am I But no such greeting I'll receive." Though fame and fortune went to

wreck, Had he z trusting little child To throw glad arms about his neck! also be a standard of ethics, and, fur- I can only say I did my plain duty main an hour. Then wash the floor ther a spiritual dynamic. The lessons and it was God'e holy will I was to with hot water and soap powder.

Citron and Lemon Peels

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GRANULAR One Pound Equal in Volume "ONE DOZEN EGGS." Put up in 4 lb. Boxes,

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2 lb. slabs.

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Fidelity, Cedar Rapids,

BOILED HAM

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and Hams by Machine.

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and buy

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ANTONIO MICHAEL

essages

0 A. M.

LONDON, Feb. 22. is regretful over the to the pride of Liver-

E FOR BOLSHEVIKS.

MELBOURNE, Feb. 23. ter's Ottawa Agency).o prevent the landing of and other undesirables. Jovernment has dismissred shipbuilding employ oo Island owing to the

WIRE TROUBLE. puble between Halifax and

ney is responsible for the to-day's messages. Memoriam.

T. M. McNEIL. brings forth sad memorie was just a year ago that ed Florizel met her doom of so many preciou more expressive than

od, has gone from us, and vn to us and the exer in death when it comes who are full of years and he autumn leaf, but when off a promising life, when is struck as the leaves are ing out, and only a glimpse auty of the flower is manifest ud, there is an element of that grips the heart. Such passing of our late dear that awful morning just a As one who knew him inm both business and sots of view, for over a quarcentury, this is but a very oor) appreciation of his beory. To-day whilst visitt where his mortal re-brought me back to the

of kind acts it was the writlege to know, which had have their time to fall, wers to wither at the north ind's breath; tars to set,—but all

to thoughts of the many

N. B. S. sland Welcomes Soldiers.

concluded their visit to Bell Sergt. T. R. Ricketts, V.C., pt. L. C. Murphy, Sergt. J. , and Ptes Sears and Maher, yesterday afternoon, having the tickle on the ice. Leavcity on Wednesday forenoon, encing with Portugal Cove, enthusiastic welcome ut the visit. Upon reaching nd, a great parade took place, urned soldiers, C.L.B., C.C.C., and citizens attending in umbers, and Thursday evening LOA. Hall, Wabana, the Paation presented the hero address and purse of gold. speeches were made by Capt. Thy and Mr. C. F. Taylor, the urphy and Mr. C. F. Taylor, the ng filled to overflowing, every-resent shaking hands with the lidier. The party was then to the Star of the Sea Hall at out, whence Magistrate Power anneals. lor J. M. Green, K. of C. sses of welcome, After-party was dined at the coms. The C. of E. Acadisited on Friday and in the visitors enjoyed a soci L.O.A. Hall, supper being ance Cove, several citizens rling Club also honored the invitations which were ac At the latter place a game ice, members of the party par is. By the courtesy of the

ed yesterday morning Cove was reached by cross floes, and the city at 3 p.m. te Edward O'Brien, of Fer tho died at the General Hos

Saturday, were sent to hi sterday for interment. De as about 70 years of age, an

DROMEDARY DATES in Packages. JAPAN RICE. The exportation of Rice has been prohibited by Japan, and it is quite possible that no further supplies will be available from above source during 1919. We can quote Polished Japan Rice by the sack of 100 lbs. at 10%c. B. HIGH GRADE POLISHED RICE, Le.: angeon Beans, 12c. D. ack Eye Beans, 10c. D. a Beans, 17c. D.

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