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A Quarrel with a Proverb.

By RUTH CAMERON.



There is a proverb with which I have long had a standing quarrel.

And I renewed it mentally the other day when a woman I know held up a letter she had just received, and said distastefully:

"Will you look at that! It's from Esther and who would ever know it? She usually writes a beautiful hand and is so careful of all the little niceties of notewriting. And this isn't really well written or well phrased. I never saw such a change."

"Isn't Esther awfully busy with reconstruction work?" suggested someone.

She Does Like A Smartly Written Note.

"Yes, I suppose so," said the lady discontentedly. "It seems as if every one were in too much of a hurry, these days, to do things properly. I must say I like to get a carefully phrased, smartly written note. If a thing is worth doing at all it's worth doing well."

Now I agree thoroughly with the lady that it is a pleasure to receive a note gracefully phrased, prettily written and smartly conforming to all conventions. One feels something of the same pleasure in it that one does in seeing a well-turned-out equipage with sleek, well-groomed horses, shining harness and smart liveries.

But when she complains because a woman who is busy with important work does not find time to write as smart a note as she did in days of her leisure, there we part company.

The Price One Pays.

The price one pays for achieving certain effects such as perfect personal grooming, a house always immaculate and in absolute order, a smartly written note, is time.

Now all these things are eminently desirable if one can afford to pay for them. But some people find the price too high in view of other calls on their time income. Other people are not troubled that way. I have in mind, for instance, a woman whose excellent grooming I used to admire. She visited her sister last year and I invited the two of them to go on an outing with me. When they appear-

ed the sister seemed very tired and I asked the reason why.

"Oh, there was so much to do to get off and I had to hurry so," she said. (She had no maid and two children.)

It Takes Her Two Hours To Get Dressed.

Further conversation developed the interesting fact that it takes Lilly two hours to do her hair and get her clothes on and consequently Marian had had to do the dishes and beds and put up the lunch unaided. Naturally she did not have the air of perfect grooming that distinguished her sister. Yet she did look perfectly neat and very charming. And after that I somehow lost my admiration for Lilly's grooming.

It is not a fine thing to buy things one cannot afford to pay the money for. And to my way of thinking, it is no more admirable to buy things that one cannot afford—in the best sense of those words—to pay the time for.

Household Notes.

Hominy, like rice, should never be stirred.

Cereals can scarcely be cooked too long.

Eggs are one of the best of meat substitutes.

Baked bananas can be served with cherry sauce.

Chopped dates are a delicious addition to cereal.

Spiced pork pie should be garnished with lemon.

Lemon jelly is a good foundation for vegetable salads.

Meals should be mentally and physically nutritious.

Let all Turkish towels be rough dried to save ironing.

An expert ironer can plait a ruffle as she irons it.

Never let sun or electric light shine in the baby's eyes.

A heavy meat should never be followed by a rich dessert.

When preparing a boiled dinner, boil the beef the day before.

Tripe should always be washed very carefully before using.

Cold cream of wheat may be tried like mush if it is stiff enough.

When gliding, mix a little paste with the gilt to make it stick.

Only experienced cooks can banish the measuring implements.

A common culinary fault is lack of accuracy in measurements.

Pea coal has many advantages over larger size for the furnace.

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THE CROSS AND THE FLAG.

Not for ourselves we face the fray! The joys we die for we possess. Freedom and peace and happiness. Were ours and had been ours for years.

Yet England's grief and Belgium's tears And France's bitter weight of woe Moved us to meet their common foe.

Not for ourselves the blood we shed! Not for ourselves the strength we give.

We fight that other men may live. As we have lived in Freedom's light. Unshackled by a tyrant's might.

We die that world-wide may be known The joys that we already own.

Oh, Flag of Freedom proudly share The glory of Christ's cross to-day! True symbols of the better way! For others, have your heroes died. And by their sacrifice you claim Eternal love and lasting fame.

Household Notes.

Soda, flour, meal sugar, salt and spices should be measured after sifting.

A good plan is to have each day a pan of freshly sifted flour ready for use.

Cook meat with a view toward retaining the largest proportion of its juice.

Clothespins will not freeze to clothes if they are soaked in salt water.

All garments should be washed first on the right side, then on the wrong.

A book of tried "left-over" recipes is a handy thing to have in the kitchen.

Green vegetables keep their color better when boiled rapidly and uncovered.

To prevent food from sticking in the pan, grease it with a small piece of butter.

Raw vegetables likely to ferment in the stomach should be eaten with a condiment.

Obituary.

MRS. R. S. MUNN.

The people of Conception Bay in particular will learn with the deepest regret of the passing away of Mrs. R. S. Munn, which occurred at Montreal on Monday 27th inst, as announced by cable to her sons in St. John's.

The deceased lady was a daughter of the late Capt. Azariah Munden of Brigus, undoubtedly one of the most famous seal-killers and master-mariners Newfoundland has ever produced. Capt. Az. was the son of the equally famous Capt. William Munden, who was the first man in 1828 to build a vessel over one hundred tons to prosecute the seal-fishery, and which was called the Four Brothers. The late Robert Brown of the Commercial Bank always said, when speaking of the seal-fishery that "William Munden taught them all their business."

The late Mrs. Munn had two sisters, Mrs. Stewart Munn of Montreal, who still survives, and Miss Julia Munden who predeceased her about twenty years ago. The Munden family of Brigus, as they were amongst the most famous, enterprising and successful. They must have resided in Brigus from a very early date as I had the privilege of seeing the old family Bible some years ago over one hundred and twenty years old, and printed on the cover in gilt letters were the words, "William Munden of Brig House," (pronounced Brig'ouse), which goes to show the name Brigus of to-day is a corruption of the word Brig House, a town in Lancashire, England, and thus is the origin of a name accounted for.

The Munden family possessed several splendid vessels, amongst them the Four Brothers, Alert, Three Sisters, (called after the daughters of Capt. Azariah) Atlanta and several others.

Several of the Munden ladies married into the Munn family. Old Mr. John Munn, founder of the great firm of Puxton & Munn, afterwards John Munn & Co., was married to a sister of Capt. Azariah and daughter of the famous Capt. William. A sister of Mrs. R. S. Munn married Mr. Stewart Munn of the firm of Stewart Munn & Sons, brother of Mr. Robert, who is still living in Montreal.

The deceased lady was born and reared in Brigus, and after her marriage she resided at the beautiful cottage known as Brachod, Hr. Graco, where the poor and needy always found assistance in their troubles. Mrs. Munn was a woman of sterling character, devoted to her family and a friend and neighbor to be valued for real worth, and her death even at the ripe age of 79 years, will leave a vacant place that none can fill.

During her illness she was a constant example to those around her of resignation and patient faith in the designs of Divine Providence, in that she always displayed a beautiful submission to, and a cheerful compliance with the trials so inevitably characteristic of a somewhat prolonged and painful illness.

Nearly all her children visited her during her illness, and had the great consolation of bidding her farewell until such time as they all meet in the Great Beyond. She has 6 sons and 5 daughters to mourn the loss of a loved and devoted mother. The remains will be conveyed to Newfoundland, accompanied by her son, R. Munn, and will arrive during the early part of next week, when interment will take place in the Presbyterian Cemetery, Harbor Grace, the day following the arrival of her body, and all that is mortal of this truly good lady, fond mother, faithful friend and charitable citizen will be placed at rest beside the remains of her husband, to await the Resurrection when all shall be summoned to enjoy the

blessings of life eternal, as the reward of a truly good and charitable life whilst upon earth. To the children, grandchildren many relatives and hosts of friends in Scotland, England, Canada and elsewhere the Telegram offers its sincere sympathy in their bereavement.

H. F. SHORTIS.

WILHELMINA'S GUEST.



Oh, Wilhelmina, may I not congratulate you on your guest? His merry ways will hit the spot, and give your humdrum life new zest. There's something doing all the time when Little Willie is on deck, some fascinating curves in crime, a few stunts in arson, death and wreck. He's come to eat your Holland prunes, with you he'll rest and break his fast, and I would always count the spoons when he has finished his repast. The kaiser at your door has knocked, you've let him in without his crown; now see the henhouse safely locked, and all your portables nailed down. Oh, Wilhelmina, may I not suggest a safe deposit vault, for all the goods you prize a lot, for everything except the salt? Your visitor's a charming skate, when he has will and wish to please, but while he strives to fascinate hang firmly to your cupboard keys. No doubt 'twill grieve your gentle heart to see him with his crownless brow, but you should bid your tears depart until you have secured the cow. His hair is white, his cheek is pale, he bears the marks of misery; but while you listen to his tale, just chain your palace to a tree. He'll doubtless talk of Me und Gott until your woman's heart is sore; but, Wilhelmina, may I not suggest a strong new cellar door?

Milady's Boudoir.

BACK TO THE CITY AND WORK.

When summer is over the girl who had had her fill of outdoor pleasures turns her thoughts in other directions.

Many women return from a strenuous outdoor vacation to inert idleness; or perhaps on the other hand, they return from a vacation of idleness to one of accumulated work and worry.

These sudden changes either way will add nothing to beauty. The one who immediately gives up regular exercise for long dawdling hours will surely become sallow and heavy of physiognomy.

The girl who has been idle, the woman who has been resting and who comes home to strap on burdens which for the first week or two seem staggering, will appear pale, and hollow-eyed. How much better would it be if both of these classes might use a little common sense and avoid extremes in either case.

The judicious mixture of work and rest, together with complexion care will best add to the benefit received during the vacation time and none of its good would be lost.

Where it is possible the little by little return to the usual routine is excellent. The daily cool sponge or shower bath, the out-of-door walk every day, the eight hours sleep a night in an airy bedroom, these will help mightily in the effort toward a good complexion, then the local work where the skin of the face is rejuvenated, cared for and revived, will be found to be helpful and beneficial.

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