Legislative Assembly
JUN 4 - 1906
VICTORIA, B. C.

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The Express

VOLUME II. NORTH VANCOUVER, B. C., FRIDAY, JUNE 1, 1906. NUMBER 15.

Church Notices.

ST. JOHN'S CHURCH, CORNER OF SEVENTH AND THIRTEENTH STREETS.

WHITSUNDAY—Holy communion (plain) 8 a.m. Holy communion (sung, with sermon) 11:30 a.m.

Evensong on Monday and Tuesday at 3 p.m.; evensong on Wednesday and on Saturday, with address at 4:30 p. m.; on Friday at 7:40 p. m.

At 8 p. m. on Wednesday, a special service of prayer for Christian unity.

At 8 p. m. on Friday, a practice for Trinity Sunday.

Every Sunday—Mattins, 11 a. m.; evensong and sermon, 7:30 p m.

Sunday school, 10 a. m.

Next Sunday, Trinity Sunday (June 10th)—HOLY COMMUNION (sung; with sermon) 11:30 a. m.

Whitsuntide brings us the Summer Ember week; and this year, as last year, a special effort is to be made by united prayer for some of our greatest needs. And perhaps one of the most obvious needs of Christendom is that we should all have a deeper sense of "the great dangers we are in by our unhappy divisions." This, then, is the special prayer that we purpose offering at our High service on Whitsunday; and it is with this intention that the special service of prayer is to be held simultaneously in both places of worship in this parish, on Wednesday evening, at 8 o'clock. It is earnestly hoped, therefore, that everyone who believes Our Lord's words about united prayer as a practical force will join his with ours, on Sunday at 11:30, or else on Wednesday at one of the meetings.

It is curious that Whitsunday should be the day on which we lay aside the white vestments and hangings which have marked the great 40 days and have helped us to "lift up our hearts" to the joy of our Risen and Ascended Lord, and that we should resume the Royal red, the Church's own color, in commemoration of her birth. The white, however, refers to the white robes of the newly-baptized, for the vigils of Easter and Whitsunday were naturally regarded as appropriate times for baptism.

It may be of interest to note that at the Wednesday service the same readings, the same psalms, the same hymns and the same lines of prayer will be used in both places.

ST. ANDREW'S PRESBYTERIAN CHURCH, SIXTH STREET.

The usual services will be conducted by the pastor on Sunday at 11 a. m. and 7:30 p. m.

The usual Sunday morning service at 11 a. m. will be conducted by Mr. Robert Duncanson, of Knox college, Toronto. Mr. Duncanson has been appointed student missionary for the north side of the inlet for this summer. The congregation will be pleased to give him a hearty welcome on Sunday morning.

In the evening at 7 p. m. the pastor will speak on "The Lord's Day—an Opportunity and a Duty."

Sunday school at 2:30 p. m.

The service at Moodyville school at 7 o'clock will be conducted by Mr. Duncanson. A full attendance is requested.

On Wednesday evening the Christian Endeavor meeting will give place to a meeting on "Church Unity." For the first time in the history of North Vancouver both the Episcopal and Presbyterian Churches will be meeting at the same hour, for the same purpose, singing the same hymns in the same spirit. It is hoped that all the Christian people in the community will attend one or other of the churches on Wednesday at 8 oclock.

Choir practice on Saturday evening at 8 o'clock. All interested in music are invited to be present.

Pastor: Rev. J. D. Gillam, M.A.

Work has been started on the proposed new hotel at the Capilano, which is to be completed by September. It will be an up-to-date hostelery in every respect.

A Notable Prize Winner.

Robert Bryce, the popular purser of the steamer Cassiar, received a wire last night at the Hotel North Vancouver from Mrs. Bryce, who is at Portland attending the dog show, informing him that his pointer, North Vancouver Queenie, had defeated everything at the Portland show, held at the exposition grounds, competing against 60 of the best pointers, from Chicago, Colorado, California, Washington and British Columbia. First, limit class; first, open class; first, winner's class; won Portland cup for best pointer in the show; won special cup for the best dog from British Columbia; and as Queenie is only a twelve-month old pup it is a great performance.

Naturally "Bob" is in good spirits, and great credit is due Mrs. Bryce. She has cared for and exhibited the great prize winner in all the shows. A rousing reception by the Vancouver Kennel Club awaits Mrs. Bryce on her arrival. THE EXPRESS joins the many friends of Mr. and Mrs. Bryce in extending to them hearty congratulations for thus honoring the Ambitious City.

Patronize Home Industry.

To The Editor of THE EXPRESS.

Sir,—North Vancouver residents have had an object lesson during the past week in the departure of the pioneer boot and shoe man, who, after giving the citizens a chance of showing their loyalty to North Vancouver by patronizing a local boot and shoe establishment, had to give up in despair, not to say disgust. We notice those who make the greatest blow about pushing the interest and advancement of the future city are amongst those who travel across the inlet to purchase what can be had as cheap and sometimes at a more reasonable figure in their own town. It would be a good "sign of the times" to see prosperous stores in the "ambitious city," and it should be the duty and pleasure of all well-wishers to patronize whenever it is possible local trade. It does not look encouraging to would-be residents or investors to see stores that have been occupied, deserted. Yours truly,

N. VANCR. LOCAL TRADER.

North Vancouver, B. C., May 31st, 1906.

Wanted—The Reason Why.

To the Editor of THE EXPRESS:

Sir,—When our troops were sent to fight in South Africa the military authorities thought it wise to clothe the men in "Khaki," being the color of the veldt, in order to render them, as nearly as possible, invisible to their enemies, and it is also to be noted that our naval authorities, in like manner and for the same reason, use as "war-paint," for their ships, a color that can hardly be detected from that of the surrounding ocean and sky above. In North Vancouver, too, our local authorities, provincial and municipal, seem to follow suit and paint their buildings *invisible-green* so that they can hardly be distinguished from the wealth of foliage by which they are surrounded, especially at this season of the year. But the question here is, why do they do so? Any sensible person would suppose they would rather do the very opposite, and try to show-off their magnificant public edifices by painting them in any other color by way of contrast. Yours truly,

BUSINESS ENQUIRER.

North Vancouver, B. C., May 31, 1906.

On Tuesday Birt Campbell, the Lonsdale avenue barber, received a consignment of four pups from his uncle in Ireland. They are from Lord Kildare's famous stock of Irish terriers, known as the Pride of Kilkenny. The pedigree dates from 'way back in the time of Robert Emmett, the patriot Among the names of the sires and dams of the notable breed are: The Emerald, Brian Borou, Prince of Galloway, Munster Queen, Donegal Boy. The famous strain referred to above is not of the historic Kilkenny feline kind.

LOCALS.

It's too bad when a doctor is busy.

Dr. Gordon has green peas ready for the pot.

Normon Duperow, Toronto, paid the town a visit on Sunday.

Miss Smart, Port Haney, visited the town on Monday.

W. A. Trott. Mount Brydges, Ont., was here this week.

John Wold, of Friday Harbor, arrived in town on Monday.

The real estate business is a mighty good one—in theory.

Axel Johnson, New Westminster, came over on Monday.

Mrs. Stewart, Hamilton, was a visitor to North Vancouver this week.

A scow-load of hay and feed arrived this week for Brackman & Ker.

About 75 men are now employed at the city waterworks at the Capilano.

Several new awnings are being put up for the summer, preparatory to the summer spell.

Geo. C. Fisher, Bellingham, was a guest at the Hotel North Vancouver yesterday.

C. C. Fisher and family, New Westminster, spent a few pleasant hours here on Monday.

The grading, on Second street, west to the Indian reserve, is being pushed with rapidity.

Geo. Allen, Vancouver's pioneer shoe man, came over today and stopped a couple of hours.

Russell Clark, C. P. R. train dispatcher, of Fourth street, has been transferred to Revelstoke.

Mr. Snider, the contractor, will have finished his work, on Firs street, in about a week or ten days

W. D. Jones, the Brockton point lighthouse keeper, spent a few happy hours in town yesterday.

The initial sidewalk levelling on First street, has just been made, in front of Lett's real estate office.

John Kerr, of the customs house, at Vancouver, and family have taken up their residence on Fourth street.

The local gun club held a shoot on Monday night, at Larson's butts. Rex Dawson made the highest score: 21 out of 30.

Mr. Haswell, one of the directors of the ferry company, will assume the management of that institution, vice Mr. Ramsay, resigned.

The clearing and grading, on Lonsdale avenue, north of Twenty first street, opposite the horticultural grounds, is nearly completed.

A successful balloon ascension took place last Sunday from First street. J. Thompson was the aeronaut, and arrived back the same day.

The marriage, at Moodyville, which took place yesterday, has not come off yet. Furthermore, it will not be solemnized, and for good reason, why.

This morning a couple of gangs of men working on the road-bed of the new tram line laid down their shovels and went on strike for a couple of hours.

H. DePencier, manager North Pacific Lumber Company, was a caller this week at THE EXPRESS. "North Vancouver can't help but grow," he said.

The earth from the excavations of the new hotel is being dumped on Second street. A culvert will be put in, at the creek, on Second street, just west of Lonsdale avenue.

The wrestling match last night in the Pavilion was a good exhibition of skill and muscle and deserved a better house. Fengler did not put in an appearance. However, W. Murdock was substituted. It took Jack Carkeek 9 minutes to get the first fall and 7 minutes the second. R. Bryce made a good referee.

We heard a few men telling fish stories today. After hearing them tell about a 13-pound brook trout and a 20-foot salt water eel, we knew that they were not reliable and went on.

Chief Joe Capilano leaves by the steamer Cassior for northern points this evening preparatory to a big celebration by the Indians upon his departure for England to see King Edward.

Mr. and Mrs. J. Clark, of Fourth street, left for Scotland on an extended trip on Wednesday. While away they will visit their old home and meet their daughter, the wife of the captain of the Cedarbank, who left here last fall.

A lodge of the I. O. O. F. is to be installed here shortly. Besides a number of old members seven have signified their intention of joining the proposed new lodge. There is also a movement on foot to organize an I. O. O. F., M. U., lodge.

The many friends of Robt. L. Docherty, the popular secretary of the horticultural society, will regret to learn of his severe illness. Dr. Dyer performed an operation on an abysess on the back of the neck. He is now recovering and out of danger.

Mr. Wilson, Mission City: was in town on Wednesday. He was one of the first investors and resident real estate owners in North Vancouver. After being absent for some years, in the North-west Territories, he is thinking of relocating here.

John Holleran was found dead in his shack, at Eagle Harbor, on Tuesday morning. Coroner McGuigan's jury decided that death was due to poisoning by wood alcohol. Deceased had just arrived there for the season's fishing. He was respected by all who knew him.

The Western Corporation have just completed a rustic bridge, on their own property, one of the most picturesque structures of its kind in British Columbia. The bridge spans the canyon, which is 80 feet deep, on Seventeenth street, just past the mill site. It is worth while to take a trip to the spot.

Rev. R. J. McAlpine, Mrs. McAlpine and S. McAlpine, were guests at the Hotel North Vancouver this week. Rev. Mr. McAlpine was very much interested in the town and took occassion to pay the residents and those interested in North Vancouver a very high compliment for the energy and activity they take in the new town.

Numerous instances are reported that some of our residents deliberately pass over local dealers and go to Vancouver and there purchase their supplies and materials at advanced rates. This is not working in the best interests of the town, let alone themselves, and the sooner it is stopped the better. If this sort of business continues we will have to publish a few names.

Manager Heffell, of the Bank of B. N. A., has a souvenir of the San Francisco disaster. It is a $134.30 draft, on the 'Frisco bank. It was sent from here on April 12, passed the clearing house there on the 17th, and a month later, when the great safe cooled off after the fire, was taken out and sent back. One peculiar thing was that the paper, originally green, was yellow when returned. The color of the ink was unchanged.

The following were the guests registered at the hotel this week: G. Cambie, S. Ross, E. S. Crawford, Lewis Hind and wife, Axel Johnson, John Wold, C. C. Fisher and family, F. R. Stewart, Mrs. J. A. Clark, Miss Little, Miss Center, Miss L. Center, Miss Stark, Mrs. J. Stark, Mrs. Flett, Miss Smart, Rev. R. J. McAlpine and wife, Mrs. Stewart, S. McAlpine, James Stark, C. P. McHatter, R. Stewart and family, G. O. Nesbitt, W. Nelson, G. Lund, Mrs. Burpee, Mr. and Mrs. C. E. Hall and son, Wm. Robertson, J. L. Mitchell, Wm. Wilson, J. Adams, F. Bulwer, W. A. Trott, Chas. E. Netherby, H. B. Netherby, C. L. Gordon, R. H. Hill, J. J. Hinds wife and child, H. Y. Smith, H. Kilgrew, Wm. Kihlgrew, A. A. Boak, F. C. Stain, Miss C. Smith, Mr. and Mrs. James Gordon, Miss S. Keays, A. E. Shelton, Normon Duperow, Warren Hastings, Mrs. A. J. Tolmie, Joe Clark, J. P. Anderson, J. A. Perry, J. M. Holland, W. H. Roycott and wife, A. J. Taylor, wife and child, Mr. and Mrs. W. J. Irwin, Edwin Calford and wife, Miss Moore, Miss E. Cambie, Capt. D. Cambie, D. W. Baile, W. D. Haywood, Geo. C. Fisher.

Lady.—"Ah, I see you're a connoisseur in the pie line."

Tramp.—"No; I'm a specialist in biler plate."

Mr. McDonald, Indian agent, is here investigating the matter of the Indians signing the petition for the licensing of a hotel here. It is stated that he came here on the suggestion of Rev. Mr. Gillam.

His Worship Mayor Buscombe spent a few pleasant hours with friends here yesterday. Of course, he dropped into THE EXPRESS office. "Why, George, you've got quite a place here," he said. "Even the proposed business streets are ahead of those of early Vancouver—when the sidewalks on Hastings street were built on stilts,"—which is a fact.

The citizens' incorporation committee held a very lengthy session on Wednesday evening, in the municipal hall. A report, which appears elsewhere in THE EXPRESS, was adopted, and will be laid before a ratepayers' mass meeting, on Monday evening. As may be seen, it is of the utmost importance, and every ratepayer and resident are urgently requested to be present. The members of the committee present were: Reeve Kealy, Clerk Phillip, Councillors Morden and Cornish, Messrs. Thompson, Phillippo, Woods, Mahon, Hope, Dick and Bartley.

The rumor of a month or so ago that Mr. Ramsay, manager of the ferry company, had tendered his resignation has now been confirmed. He will go into business, at an early date, at Vancouver. Though it may be to his best interests to do so, the patrons of the ferry, we feel sure, regret his severing his connection with the company. While in his capacity as manager he became more than popular with the public for he gained their confidence, and held their highest regaad and esteem for the many courtesies shown them. THE EXPRESS, with his North Vancouver friends—and they are legion—join in wishing Mr. Ramsay every success in his new field of operations.

When Words Failed.

Side by side in the moon's pale light
Two figures sat in the early night.

One was a man who was half afraid,
The other a timid, shrinking maid.

A friendly cloud came over the sky,
And the man grew bold as it caught his eye.

He reached an arm and he turned his face,
And kissed that maid in the proper place.

And all was silent except for this;
The lonely echo of that one kiss.

She may have blushed or she may have not;
She silently sat in the self-same spot.

While the man, who no syllable spoke aloud,
But waited and watched for another cloud.

The cloud soon came, and another, too,
And he did what any man would do.

And still that maiden, who scarcely stirred,
Just sat and uttered no single word.

Until he gave her one on the cheek,
He cried: "Oh, tell me, why don't you speak?"

And the maiden said, with impatient sigh:
"Not now. Let's wait till the clouds roll by!"

Garden Calendar For June.

VEGETABLES.

Asparagus cutting must now cease for the season.

Beans.—A last sowing may be made of dwarf French. A sowing may also be made of runners. Watch for black fly in broads, and pinch out the tops when the flowers begin to set.

Carrots may still be sown. To keep off the fly, water between the rows with gas liquor, 1 part to 6 parts of water. Keep the soil close.

Celery may be planted, watering and shading from sun for a few days. Spray with soaprite to keep off the leaf maggot.

Cucumbers, of the ridge type, may be planted out of doors.

Onions may be thinned if large bulbs are wanted. They should be safe from maggot by this time, but an occasional spraying with soaprite does no harm.

Peas.—If possible, main-crop vareties coming into bearing should have soakings of liquid manure. Superphosphate is soluble, and one ounce to one gallon of water makes a good solution.

Potatoes.—Continue earthing as required. Early varieties should soon be ready for digging; therefore, watch for the foliage turning color.

Tomatoes may be planted out against walls, fences or stakes. Dig the ground deeply, but do not manure it; sturdy plants one foot or one-half yard high will do well without that. Let the leading shoots go up.

Vegetable marrows may be planted either in dug pits, or mounds, or on the level if the soil is fertile. Have an old basket or box at hand to shade them from the sun until they are well established.

Winter greens should be planted out in showery weather, or be well watered in and shaded for a few days. It is desirable to get them well established before July comes. Plant Brussels sprouts, kale and broccoli 2½ feet apart; 2 feet will suffice for Savoys. The ground should be well manured.

FRUIT.

Blight may now be putting in an appearance on fruit trees. Apply the remedies given.

Grape vines must not be allowed to get very crowded. Allow just enough foliage to cover the roof and no more. Give air freely from early in the morning, and close the house about 4 p. m. to bottle up sun heat, immediately damping down. Sewage will help them.

Green gooseberries should now be abundant, and may be gathered, not only for the sake of immediate tarts, but to enable the fruit left on the bushes to swell out well.

Liquid manure may be used to great advantage on any young fruit trees that are swelling up a heavy crop of fruit.

Melons may be fertilized to ensure a good set of fruit; it is desirable to set all the fruits together, and four are usually enough for each plant. Stop the leaders when they reach the ends of the frame.

Peaches and plums on walls that are very thickly set with fruit may have it thinned with advantage.

Strawberries showing fruit must be covered with netting where birds are troublesome. Runners should be removed in the case of plants that are desired to develop strongly for another year, but may be taken early from fruiting plants if pot culture is to be practised.

FLOWERS AND ORNAMENTAL PLANTS.

Arum lilies may be planted out.

Auriculas, show and alpino, may be repotted.

Bedding plants should now be established in the garden.

Tuberous begonias may be planted out in beds in the early half of the month, if strongly started. They should be well watered in, and shaded for a few days if sunny. A partially shaded position suits them well.

Cactuses may now have more water.

Cannas may be planted in flower beds.

Carnations may be planted in beds, allowing them 1½ feet each way. The soil should be thoroughly dug before planting.

Chrysanthemums must have their final pots. If transferred early from 3- to 5-inch, and thence to 7-inch pots, they may now have 9- or 10-inch pots. If repotted from 3- to 5-inch only, 7- or 8-inch will do. Press the soil very firmly round them.

Dahlias may still be planted, and if given generous treatment will flower well. Liquid manure will help them. Keep a look-out for earwigs. The plants should have a strong stake each.

For-get-me-nots may be sown now out of doors.

Fuchsias may be topped again if they show any inclination to become straggly. They may be repotted if necessary.

Pelargoniums, gone or going out of bloom, must be kept dry in order to permit of their going to rest.

Plant houses should be syringed twice a day.

Roses must be examined frequently to see that fly does not get a foothold. Dress with manure if possible.

Sweet peas should have the flowers gathered in as they expand. If seed pods are allowed to form the plants will go out of bloom quickly.

and they resolved to act on the alternative power given them by your committee.

Owing to strong representations made to the government by the sub-committee, a bill was introduced by Hon. Mr. Cotton, as a government measure, to accelerate the incorporation of the city under the provisions of the Municipal Clauses act.

After this bill was introduced a petition was presented to the house by the B. C. Mills Timber and Trading Company, and Mr. J. Hendry, opposing it, on the ground that their property, the Moodyville mill, was included without their consent. Their opposition was vigorously prosecuted, and it appeared that in order not to jeopardise the bill before the house, this property should be left out of the city area.

The situation was very carefully considered by those in charge of the measure, with the result that the concession was agreed to, and the mill property left out. Thereafter, the bill as amended was duly passed by the house, and it is now on the statute book.

This act authorises the lieutenant-governor-in-council to incorporate the city at any time, by the issue of letters patent, and it makes sundry provisions to give effect to your resolutions, and supplements the provisions of the general municipal act.

After this act was passed your committee did not apply for the letters patent at once, the reason being that the question of taxation of railway lands in the proposed city area was not settled. This question is one of great difficulty, as the Municipal Clauses act provides that municipalities incorporated after 1895 shall not have the right to tax such propert. The question was brought up by us when the application for a special charter was withdrawn. The government was interviewed and we were led to understand by the members of the executive that the question would be satisfactorily provided for in the Municipal Clauses bill then before the house.

While negotiations were going on in reference to the last-mentioned matter, the sub-committee were surprised to learn that on 29th March last letters patent were actually issued to incorporate the city. This was done owing to a misunderstanding in the government offices; and on examination the letters patent were found to be unworkable in several particulars. Application was, therefore, made at once to have them cancelled and they were duly cancelled by the government accordingly.

The course taken by the sub-committee in all the matters was communicated to us, and their report was adopted. We have laid a memorandum before the lieutenant-governor-in-council, asking that the letters patent under the act should not be issued till such time as the same has been asked for under authority from this committee, or from a committee having authority from a regularly convened meeting of ratepayers to ask for the same.

We further resolved that we are of the opinion that incorporation of the city of North Vancouver should be deferred until the next sitting of the legislature, when legislation can be applied for to give the city right to tax railway property.

BOARD AND ROOMS

ICE CREAM PARLORS, SODA FOUNTAIN

CIGARS, TOBACCOS ETC.

PURO RESTAURANT, THE ESPLANADE.

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If you could depend on a cold passing off of its own accord it would be all very well to let it run its course.

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Did you ever wait to think of it that way?

Dr. Chase's Syrup of Linseed and Turpentine is best known on account of its extraordinary control over croup, bronchitis, whooping cough, asthma and severe chest colds.

As a means of overcoming ordinary coughs and colds, throat irritation and the many diseases of the throat, bronchial tubes and lungs it has made an enviable reputation for reliability.

Pleasant to take, thorough and far-reaching in action, and certain in its beneficial results, Dr. Chase's Syrup of Linseed and Turpentine should have a place in every house as a safeguard against consumption and other fatal lung diseases.

Mrs. R. T. Turner, Broadview, Sask., writes,—"We have seven children, and have used Dr. Chase's Syrup of Linseed and Turpentine for every one of them with good results. We get four bottles at a time and find it a good remedy to break up cold on the lungs."

Dr. Chase's Syrup of Linseed and Turpentine, 25 cents a bottle, at all dealers or Edmanson, Bates & Co., Toronto. To protect you against imitations the portrait and signature of Dr. A. W. Chase the famous receipt book author, are on every bottle.

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NORTH VANCOUVER - - - B. C.

A Weekly Newspaper. Published by THE EXPRESS PRINTING Company

Subscription - - One Dollar per Year

GEORGE BARTLEY, Managing Editor

J. BURR GIBBONS, Advertising Manager.

THE GIANTS OF OLD

ANCIENT RACES MARVELS OF PHYSICAL DEVELOPMENT.

The Semibarbarians of One Thousand Years Ago Were All Remarkably Proportioned Men—The Giants of Ancient Greece and Rome.

That the human race has degenerated in size as well as longevity is a fact well attested by various authorities. A prominent Washington physician who has made a life study of brain and cerebral developments, says that, on visiting the catacombs of Paris, what struck him most in those vast repositories of the contents of the city's ancient graveyards was the great size of the skulls in comparison with those of more modern mankind. This superiority of development in the men who lived 1,000 years or more ago the scientist attributes to the open air life then in vogue and the physical sports and exercises indulged in.

There are several races of giants mentioned in the Bible, and the Greek and Roman historians have recorded many examples which serve to show that these specimens of elongated humanity were by no means rare at one period of the world's history.

Thus it is mentioned that the Emperor Maximian was eight feet some inches high. The body of Orestes, according to the Greeks, was eleven and a half feet in height, the giant Galbora, brought from Arabia to Rome under Claudius Caesar, measured near ten feet, and the bones of Secondilla and Pusio, keepers of the gardens of Sallust, were but six inches shorter.

The probability is that outside of cultivated Greece and Rome among the semibarbarous of the greater part of present day European nations physical development reached often to more wondrous proportions.

The Chevalier Scory in his voyage to the peak of Tenerife says that they found in one of the sepulchral caverns of that mountain the head of a Guanche which had eighty teeth and that the body was not less than fifteen feet long. The giant Ferragus, slain by Orlando, nephew of Charlemagne, was eighteen feet high.

Revland, a celebrated anatomist who wrote in 1614, says that some years before that time there was to be seen in the suburbs of St. Germane the tomb of the giant Isoret, who was twenty feet high.

At Rouen in 1509, in digging in the ditches near the Dominicame, there was found a stone tomb containing a skeleton whose shin bone reached up to the girdle of the tallest man there, being about four feet long, and consequently the body must have been seventeen or eighteen feet high. Upon the tomb was a plate of copper upon which was engraved, "In this tomb lies the noble and puissant lord, the Chevalier Ruon de Vallemont, and his bones." There is, indeed, evidence in the ponderous armor and two handed swords which remain to us in museums to prove that the knight of the ages of chivlary was a heroic specimen of human architecture.

Platerius, a famous physician, declared that he saw at Lucarne the true human bones of a subject who must have been at least nineteen feet high.

Valance, in Dauphine, boasts of possessing the bones of the giant Bucast, tyrant of the Vivarais, who was slain by an arrow by the Count de Cabillon, his vassal. The Dominicans had a part of his shin bone, with the articulation of the knee, and his figure painted in fresco, with an inscription showing that this giant was twenty-two and one-half feet high and that his bones were found in 1705 near the banks of the Modeci, a little river at the foot of the mountain of Cruzol, upon which (tradition says) the giant dwelt.

On Jan. 11, 1633, some masons digging near the ruins of a castle in Dauphine, in a locality which had long been known as the Giant's field, at the depth of eighteen feet discovered a brick tomb thirty feet long, twelve feet wide and eight feet high, on which was a gray stone, with the words "Theotobochus Rex" cut thereon. When the tomb was opened they found a human skeleton, entire, twenty-five and one-half feet long, ten feet wide across the shoulders and five feet deep from the breastbone to the back. The teeth were each about the size of an ox's foot, and his shin bone measured four feet.

Near Margarino, in Sicily, in 1516, was found a giant thirty feet high. His head was the size of a hogshead, and each of his teeth weighed five ounces.

Near Palermo, in the valley of Magara, in Sicily, a skeleton of a giant thirty feet long was found in the year 1548 and another thirty-three feet high in 1550. Several of the gigantic bones of the latter subject are still preserved by private persons in Italy.

The Athenians found thirty-two famous skeletons, one thirty-four and another thirty-six feet in height.

At Totic, in Bohemia, in 758, was found a skeleton the head of which could scarcely be encompassed by the arms of two men together and whose legs, which are still preserved in the castle of the city, were twenty-six feet long.

The celebrated English scientist, Sir Hans Sloane, who treated the matter very learnedly, does not doubt the facts above narrated, but thinks the bones were those of elephants, whales or other animals. But it has been well remarked that, while elephants' bones may be shown for those of giants to superficial observers, this can never impose upon such distinguished anatomists as have testified in many cases to the mammoth bones being unmistakably human.

Be patient with every one, but above all with yourself.—Francis.

Oxygen as a Cutting Tool.

A jet of burning oxygen from a blowpipe is now successfully employed to cut sheet iron, iron tubes and small bars. The cut made is almost as sharp and thin as that made by a saw. In the earlier experiments difficulty was encountered in clearing the cut of liquid metal and in preventing the spread of the melting effect beyond the borders of the cut. In the process as now practiced two blowpipes are employed. The first has an ordinary oxyhydrogen flame, which heats the iron to redness at the place where the cut is to be made. This is followed immediately by the second jet, composed of pure oxygen, which instantly burns the metal without melting. The liquidized iron is blown swiftly from the fissure, so that there is no serious spreading of the heat to the surrounding parts.

Twenty Words.

Twenty words which were submitted to a spelling bee in Springfield, Mass., in 1846 were given to the high school classes at East Liverpool, O., by Superintendent Rayman, and it is reported that not one in the class spelled every word correctly. The words submitted were: Accidental, accessible, baptism, chirography, characteristic, deceitful, decedent, eccentric, evanescent, fierceness, feignedly, ghastliness, gnawed, heiress, hysterics, imbecility, inconceivable, inconvenience, inefficient, irresistible. Superintendent Rayman declared that the pupils of over fifty years ago were no better spellers than the school children of today.—Milwaukee Wisconsin.

Frogs' Foam Nests.

A naturalist has just discovered in the Bugoma forest of Lake Albert, Africa, a frog's nest made of a spittle-like froth and attached to the back of some leaves overhanging a small stream. He took the precaution of photographing his find before placing it in alcohol, and as soon as this was done the mass collapsed, revealing, however, a wriggling mass of tadpoles about one-third of an inch in length. Foam nests of this kind, the scientists say, are made by certain frogs in Japan as well as by some South American species. Some fishes also make foam nests, of which the parasite fish is a conspicuous example.—Chicago News.

ORIGINAL JACK HORNER.

He Really Existed and Got a "Plum," but Was Not a Good Boy.

Jack Horner of the Christmas pie really existed, though whether he deserved the title of "good boy" is exceedingly doubtful. He was, however, a fortunate rogue.

When Henry VIII. suppressed the monasteries and drove the monks from their nests the title deeds of the Abbey of Mells were demanded by the commissioners. The abbot of Glastonbury determined that he would send them to London, and as the documents were very valuable and the road infested with thieves it was difficult to get them to the metropolis safely.

To accomplish this end he devised a very ingenious plan. He ordered a savory pie to be made, and inside he put the documents, the finest filling a pie ever had, and intrusted this dainty to a lad named Horner to carry up to London to deliver safely into the hands for whom it was intended.

But the journey was long and the day cold, and the boy was hungry, and the pie was tempting, and the chance of detection was small.

So the boy broke off a piece of the pie and beheld a parchment within. He pulled it forth, innocent enough, wondering how it could have found its way there tied up in pastry, and arrived in town.

The parcel was delivered, but the title deeds of Mells abbey were missing.

The fact was that Jack had them in his pocket. These were the juiciest plums in the pie. Great was the rage of the commissioners and heavy the vengeance they dealt out to the monks.

But Master Jack Horner kept his secret, and when peaceable times were restored he claimed the estates and received them.

MATERIALS OF THE BODY.

Elements That Go to Make Up the Ordinary Human Being.

A person weighing about 160 pounds is made up of the following elements:

	Pounds.		Pounds.
Oxygen	88.00	Carbon	44.00
Hydrogen	14.00	Calcium	3.50
Nitrogen	3.50	Phosphorus	1.60
Chlorine	1.60	Sulphur	.20
Fluorine	.20	Potassium	.16
		Sodium	.14
Gases	107.3	Magnesium	.10
		Iron	.09
		Solids	49.79

The gaseous elements exist in our body in a state of very great condensation, since under ordinary conditions of temperature and pressure eighty-eight pounds of oxygen would occupy a volume of more than 1,000 cubic feet and fourteen pounds of hydrogen one of 2,600 cubic feet. The above mentioned elements forming an infinite variety of compounds and constantly undergoing chemical transformation go to make up the human body, which is in a constant state of decay and renovation. This, however, is not apparent to the eye, and one of the great enigmas of animal life is the permanence of form maintained despite the continual change of substance. This change is so rapid that, according to the calculations of Liebig, Moleschott and other eminent physiologists, the greater part of the material of the body is renewed every twenty or thirty days and not, as generally assumed, only once in seven years.

Nervous Folks and Diet.

As a rule, salt meat is not adapted to the requirements of nervous people, as nutritious juices go into the brine to a great extent. Fish of all kinds is good for them. Raw eggs, contrary to the common opinion, are not as digestible as those that have been well cooked. Good bread, sweet butter and lean meat are the best food for the nerves. People troubled with insomnia and nervous starting from sleep and sensations of falling can often be cured by limiting themselves to a diet of milk alone for a time. An adult should take a pint at a meal and take four meals a day. People with weakened nerves require frequently a larger quantity of water than those whose nerves and brains are strong. It aids the digestion of these by making it soluble and seems to have a direct tonic effect.

Sulphur Baths For Rheumatism.

Sulphur baths are of value in rheumatism. Take one tablespoonful of burnt lime. Mix into a paste with one wineglassful of cold water, and let it remain for ten minutes. Then stir into one gallon of water. To this add one ounce of milk of sulphur. Raise to the boiling point in a suitable vessel and keep boiling for ten minutes. Now transfer to the bath, and add two gallons of hot water. Use when pleasantly warm. Keep from the face, as the particles of sulphur, etc., are intensely irritating to the eyes.

Made a Sale.

The sad faced man, with the small, square valise, inspected the woman of the house a moment and then turned away from the kitchen door.

"It ain't no use arskin' you if you've got any corns that need curin', mum," he said. "I can see as you're wearin' shoes three sizes too large."

"Come in," replied the matron.

The Case With Him.

Mrs. Henpeck—They can't punish bigamy too severely. No one should have any sympathy for the man who takes one wife too many. Mr. Henpeck—The idea, Maria! Do you think I should be sent to jail?

Fitting.

She (on the Atlantic liner)—Did you observe the great appetite of that stout man at dinner? He—Yes; he must be what they call a stowaway.

The man who stands in his own light must expect to be thrown in the shade.

ENGLAND'S LOST LAND.

The Melting Coasts Getting to Be a Serious Question.

Dr. Andrew Wilson writes: "Year by year the subject of the lost land of Britain grows in importance. If, as the geologists tell us, we lose annually a mass of land equal to Gibraltar, it may be an easy matter to calculate the period it will take well nigh to annihilate certain areas of our country. We are told that on our east coast alone there is swept away every year a land mass equal to the island of Helgoland. The rate at which erosion takes place depends on the nature of the materials on which the waves wreak their force and vengeance. When the materials consist of soft clay, gravel and chalk the rate of sea inroad is very rapid. Where we find hard rocks the rate of wear and tear is appreciably lessened. The sea, moreover, in dealing with even hard rocks has a very distinct plan of invasion. It will undermine a cliff, for example. It will use the detached bowlders as a kind of marine artillery, the waves seizing them and hurling them against the rocks. The undermined cliff topples over and falls, and the waves play around the detached mass until it worn away. Sometimes the attack assumes a different guise. The waves beat against a cliff and tunnel it through, leaving thus a natural archway such as the locality around Torquay illustrates very aptly. Then in time the top of the arch falls in, and the outer side appears as the lone sea stack or pillar. This in due season is also worn down by degrees until it appears as the tangle covered rock over which the waves are ever breaking.

"To be convinced of the immense loss of land for which the sea is responsible one has only to consult geological works and ordnance survey records. Take the case of Yorkshire, for example. Professor Phillips said that the rate at which the cliffs recede from Bridlington to Spurn, a distance of thirty-six miles, equals on an average two yards and a quarter yearly. Estimated for thirty-six miles of coast, the total amount of loss is about thirty acres. Further calculated, the loss since the Norman conquest amounts to one mile in breadth and more than two miles since York, the old Eboracum, was occupied by the Romans.

"In old Yorkshire maps there are sites of towns marked as Auburn, Hartburn and Hyde. Today these sites are represented by sand banks. Near Hornsea there was a street called Hornsea Beck, which has long ago been swallowed up. Ravenspur, or Ravensburgh, a rival as a port to Hull, was well known in 1332, for Edward Balliol and the English barons sailed from it to invade Scotland. In 1399 Henry IV. landed here to adjust matters with Richard II. Now not a trace of Ravenspur remains."

A Tristate Diamond.

Probably in no other part of the United States, except in East Liverpool, O., is there a baseball diamond from which it is possible to bat a ball into any one of three states. Such a condition actually exists at the grounds which have been leased for the Klondike club there. The diamond is laid out on a lot which is known as "State Line corner." If a batsman makes a hit over third base the ball will be sent into West Virginia. Should a foul tip result the catcher would have to chase the ball into Pennsylvania. If a straight drive or a bunt is made the ball will bowl into the state of Ohio. Taking advantage of this freak of nature, the Klondike club is going to advertise the fact that its club will play ball in three states simultaneously.

The Professional Beggar.

Owen Seaman, the new editor of London Punch, has studied all sorts of odd things. Among others he has devoted much attention to the professional beggar, for whose ingenuity he has immense admiration. He tells of a woman beggar who, with her seven-year-old girl, was admitted to the home of an English aristocrat. As the two waited in the hall the mother was heard to say, "What will you say when you come into the drawing room where the countess is?" The child, smiling, whispered in reply: "I know. I'll put on a beautiful, lost look and bu'st out: 'Oh, mother! Is this heaven?'"

One Must Be Careful In Germany.

German punishment for leze majesty falls especially heavy upon the soldier. If he says anything that can be twisted slightly in reference to a certain august and imperial personage it goes hard with him. A private was recently drummed out of the army and sentenced to seven years' imprisonment for saying to a comrade that the kaiser might have slowed down the train in which he was traveling in order to see the salute of the soldiers who were lining the route.

Perils of the Climbers.

While climbing in the New Zealand Alps a man of the name of Low slipped on a snow couloir and fell till he struck a rock, dislocating an ankle and lacerating a knee. For four days he crawled over broken ice and moraine, half the time in a severe snowstorm, and at last made a bivouac under the shelter of a rock. He lived ten days on one day's food. He was then rescued.

No More French Brier.

From Bordeaux, France, United States Consul Murphy reports that the supply of what is known as French brier root is practically exhausted. The product, which formerly came from the department of the Landes and from near the frontier in the Pyrenees, is now obtained in Scotland exclusively. The pipes are manufactured at St. Claude.

SUNLIGHT SOAP

Wash oilcloths and linoleums with warm water and Sunlight Soap, rinse clean and wipe dry. The colors will be preserved and the surface unharmed.

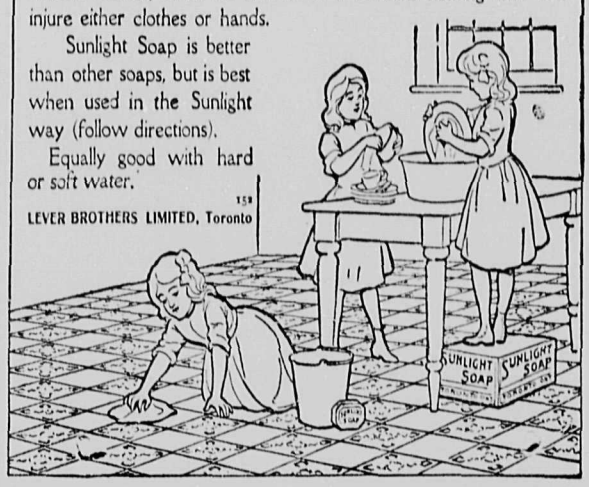
Common soaps fade the colors and injure the surface. Sunlight Soap cleans, freshens and preserves oilcloths and linoleums.

Sunlight Soap washes clothes white without injury to the most delicate fabrics, or to the hands, for it contains nothing that can injure either clothes or hands.

Sunlight Soap is better than other soaps, but is best when used in the Sunlight way (follow directions).

Equally good with hard or soft water.

LEVER BROTHERS LIMITED, Toronto



THE SLIME ON FISHES.

Common to All Species and Essential to Their Existence.

A fish just taken from the water, if handled, is found to be slippery and coated with slime. All fishes, the meanest and the noblest, killifish and shark, shad, salmon and trout, wear this slime. They could not exist without it.

The slime is secreted usually in a continuous series of ducts, with numerous openings arranged in a line extending along the side of the fish. Some fishes have one line on a side, some have five or six. The lines may be plainly visible, and in some cases appear to be a marking on the fish. More often they are not observable at all. Some fishes store this secretion in pores distributed over the whole surface of the body, the larger number, however, in pores in lateral lines. There are also pores for the secretion of mucus, or slime, in the fish's head.

The slime is exuded through the divisions between the scales to the outer part of the body, over which it spreads, forming a sort of outer skin or covering, transparent and having elasticity and tenacity and often considerable body. It would not be remarkable for a fair sized fish, say a fish of two pounds weight, to have a coating of slime a thirty-second of an inch in thickness. Fishes vary greatly in the amount of slime which they secrete. The eel will suggest itself as one that is very slimy.

The fish's slimy coating reduces its friction when in motion and helps to increase its speed. It aids in protecting the scales from injury, being of sufficient substance to serve in some measure as a cushion. The slimy covering makes the fish hard to hold and so enables it the more readily to escape from its enemies. It is sometimes repugnant to other fishes, which are repelled by its odor. It is the slime from the fishes handled that makes the angler "smell fishy," as the expression goes.

A most important function of the fish's slimy coating is to protect it from the attacks of fungus, a form of plant life found in all waters, salt and fresh, including the purest. The slime covers the entire exterior surface of the fish, including the fins. Fungus does not attach to the slime, but if the fish were to be injured so that there was upon it some spot uncovered by the slime upon that spot some minute fragment of fungus, so small as to be scarcely more than visible, would be likely to lodge. Once lodged the fungus is reproduced very fast.

Fish sometimes recover from attacks of fungus, but much more often they do not. The fungus displaces the skin, inflammation is set up, and the place attacked becomes practically a sore. With its continued growth the fungus may cover the side of the fish and extend over the gills and finally kill it.

Wheat In China.

Chinese writers claim that the cultivation of wheat was introduced into the Celestial empire by the Emperor Shinnung 2,700 years before Christ.

The Average Baby's Size.

An average child measures about nineteen and a half inches at birth if a boy and half an inch less if a girl. A child increases more rapidly in length during the first week than at any subsequent period, and should gain an inch during the first month of its life.

Flour.

The finest flour is not the most nutritious, for, while it contains the most starch, the albuminoids and other nutritious elements are almost lacking.

The Printers' Bible.

The "Printers' Bible" is so called because it contains a curious typographical error in the one hundred and sixty-first verse of the One Hundred and Nineteenth Psalm, which is made to read, "Printers have persecuted me without a cause," instead of "princes."

For the Canary.

If you want your pet canary to sing his best and look his prettiest, feed him occasionally with hard boiled eggs chopped fine and mixed with cracker crumbs. Do not give him more than a thimbleful of the mixture at a time.

routine Bicycle News.

A travelling salesman in the employ of a large bicycle manufacturer in Philadelphia was obliged to go on a business trip into the West about the time an interesting domestic event was expected. The salesman desired his sister to wire him results, according to a formula something like this:—If a boy, "Man's safety arrived;" if a girl, "Lady's safety arrived."

To the astonishment and chagrin of the father-elect he had been gone but a few days when he received the telegram containing but one word, "Tandem."—Lippincott's.

DELICATE BABIES.

Every delicate baby starts life with a serious handicap. Even a trivial illness is apt to end fatally, and the mother is kept in a state of constant dread. Baby's Own Tablets have done more than any other medicine to make weak sickly children well and strong. They give the mother a feeling of security, as through their use she sees her delicate child developing healthily. Mrs. S. M. LaBlanc, Eastern Harbor, N. S., says,—"Up to the age of fifteen months my baby was weak and sickly and at that age could not walk. It was then that I began using Baby's Own Tablets, and the change they wrought in her condition was surprising. She began to get strong at once and has ever since been a perfectly well child." Every mother who values the health of her little one should keep a box of Baby's Own Tablets in the house. Sold by all medicine dealers, or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

"That's no lie," remarked the man "What's no lie?" queried the other "This paragraph to the effect that 'wise men are more often wrong than fools are right,'" answered the other.—Chicago News.

Minard's Liniment used by physicians

On a window of a London dentist's appears the announcement, "Teeth extracted with great pains." He offers a novelty. Most dentists' advertisements are less truthful.—New York Tribune.

It Has Many Offices.—Before the German soldier starts on a long march he rubs his feet with tallow, for his first care is to keep his feet in good condition. If he knew that Dr. Thomas' Eclectric Oil would be of much better service he would throw away his tallow and pack a few bottles of Oil in his knapsack. There is nothing like it.

An Editor's reply—Why didn't you retaliate whei that fellow struck you "I didn't know him, and it is our rule not to pay any attention to anonymous letters."—The Bohemian.

HIS WIFE'S LUNGS BOTH AFFECTED

But the Great Consumptive Preventative brought Health and Happiness to his Home

"Our doctor said there was no cure for my wife as both her lungs were affected," says Mr. L. H. Walter, of Pearl Street, Brockville, Ont. "It was a sad disappointment to us both, just starting out in life, only married a short time. But before she had finished the first bottle of Psychine the pain in her lungs quickly went away, and after taking six bottles Mrs. Walter was a new creature and perfectly well again."

That is just one of the many families into which Psychine has brought hope, health and happiness. It is a living proof that Psychine cures Consumption. But don't wait for Consumption. Cure your LaGrippe, your Cough, your Bronchitis, your Catarrh, or your Pneumonia with the remedy that never fails—

PSYCHINE

(Pronounced Si-keen)

50c. Per Bottle

Larger sizes $1 and $2—all druggists.

DR. T. A. SLOCUM, Limited, Toronto.

A WELL-KNOWN BANDA MAN SPEAKS

A Well-Known J. P. is Cured of Kidney Trouble of Long Standing by Dodd's Kidney Pills.

Banda, Ont., May 21—(Special.)—There is no one more widely known and highly respected in this section of the country than Wm. Bell, Esq., J. P., and the statement he makes below concerning his cure by Dodd's Kidney Pills bears weight and carries conviction with it.

"For more than a year I was a sufferer from kidney trouble," Mr. Bel says. "Always in pain and at times the agony would become unendurable and I was practically unable to attend to any of my duties. I doctored with several local physicians and tried every means to get cured, but without success. At last I was induced to give Dodd's Kidney Pills a trial. I have the greatest pleasure in stating that they drove away the pains entirely and restored me to my old time health and strength. I am sure I owe this entirely to Dodd's Kidney Pills."

Some Hope.

Two reports come from Europe which afford some hope for victims of cancer. Dr. Jacobs, of Brussels, is said to have proved that the deadly disease is of bacterial origin and he claims to have discovered the laws governing the effective use of a cancer serum derived from the microbe itself. The principle would be like that of vaccination in smallpox. In a series of experiments conducted at Edinburgh University, under the auspices of the Carnegie trust for higher education in Scotland, the evidence seems to indicate that cancer may be successfully treated by inoculation with a trysin solution. However, since the experiments were with mice, not men, no definite conclusion can be based on the tests made.—Los Angeles Express.

A Successful Medicine.—Everyone wishes to be successful in any undertaking in which he may engage. It is therefore, extremely gratifying to the proprietors of Parmelee's Vegetable Pills to know that their efforts to compound a medicine which would prove a blessing to mankind have been successful beyond their expectations. The endorsation of these Pills by the public is a guarantee that a pill has been produced which will fulfil everything claimed for it.

A Swede and an Irishman were out walking together when a storm came up. The rain fell violently. They took refuge under a tree.

The tree for about fifteen minutes made a good refuge. Then it began to leak. The cold rain drops began to fall down the Irishman's neck and he began to complain.

"Oh, never mind," said the Swede, "there are plenty of trees. As soon as this one is wet through we'll go under another.'"

RHEUMATISM AND PARALYSIS.

Their Complete Home Cure, Post Free to Readers of This Paper for Limited Period Only.

A handsome illustrated treatise, giving full description of Rheumatism and Paralysis, with instructions for a complete home cure, describing the most successful treatment in the world, recommended by the Ministry and endorsed by medical men. This highly instructive book was written by W. H. Veno, a gentleman who has made a special study of these diseases. The preface is by a graduate of the University of Wurtzburg. Send postal to-day and you will receive the book free by return.—Address, The Veno Drug Company, 24 King Street West, Toronto.

Might as Well Sleep.

A juryman went to sleep the other day during the closing speech of one of the counsel in the case in an English court. The judge had him awakened and strongly rebuked him. "My lord," said the juror, "I was under the impression that I was sworn to give a verdict according to the evidence, not according to the speeches.

Sunlight Soap is better than other soaps, but is best when used in the Sunlight way. Buy Sunlight Soap and follow directions.

Twain Admires Hill.

Mark Twain has immense admiration for James J. Hill, the railroad magnate. Said the humorist recently: "There are two men of real genius in this country. They began life on the decks of the Mississippi steamboats. One of them is J. J. Hill. Let some future historian of the highest capacity name the other." As everybody knows, Mark began his own career as a Mississippi pilot.

Have You a Friend?

Then tell him about Ayer's Cherry Pectoral. Tell him how it cured your hard cough. Tell him why you always keep it in the house. Tell him to ask his doctor about it. Doctors use a great deal of it for throat and lung troubles.

"I had a terrible cold and cough and was threatened with pneumonia. I tried Ayer's Cherry Pectoral and it gave me quick and perfect relief. It is certainly a most wonderful cough medicine."—JENA E. WHITMAN, Sioux Falls, S. Dak.

Made by J. C. Ayer Co., Lowell, Mass. Also manufacturers of

Ayer's SARSAPARILLA. PILLS. HAIR VIGOR.

One of Ayer's Pills at bedtime will hasten recovery. Gently laxative.

THE FISH FAST.

I think of the fish I must eat in Lent,
Of flounders and salmon and sole,
And I wonder if I shall be content
With a diet like this as a whole.

I haven't a doubt that haddock and shad
And turbot and whiting and trout
When eaten occasionally aren't so bad,
While oysters are tasty with stout.

A bloater is good for a morning bite
Or a little flaked cod with rice,
A lobster's the thing for a dev'lish night,
A herring for luncheon is nice.

And there's a reward for eating this food,
So the penance won't be in vain.
It's universally said to be good
For greatly increasing the brain.

To nurture the matter that's known as gray
Shall be my earnest endeavor,
So that when we arrive at Easter day,
Why, shan't I be awfully clever?

—La Touche Hancock in New York Press.

Sped the Parting.

Eva—I hear that they eloped at midnight by a dark moon.

Edna—Yes, and her father detected the elopement and ran after them with a whip.

Eva—Gracious! And did he catch them?

Edna—Oh, he wasn't trying to catch them. He was merely trying to speed the horse.—Judge.

NERVOUS CHILDREN.

St. Vitus Dance, Neuralgia and Headaches Common Among School Children.

St. Vitus dance is a disease that is becoming more and more frequent among school childr n. Young people tire the nerves with study and the nerves cry out. Sometimes the trouble takes the form of neuralgia, headache, nervous exhaustion, weakness of the limbs and muscles, and what we call "being run down." In other cases St. Vitus dance is the result, and the sufferer frequently loses all control of the limbs, which keep up a constant jerking and twitching. There is only one way to cure this trouble—through he blood which feeds and strengthens the nerves. And Dr. Williams' Pink Pills are the only medicine that can make the new rich, red blood that feeds the nerves and strengthens every part of the body. The case of Flossie Doan, of Crowland, Ont., proves the value of Dr. Williams' Pink Pills. Mrs. Doan says: "A couple of years ago my daughter Flossie was dangerously afflicted with St. Vitus dance. She became so nervous that after a time we could not let her see even her friends. She could not pick up a dish, lace her shoes, or make any movement to help herself. She had grown thin and very pale, and as she had been treated by several doctors, without benefit, I feared she would not recover. A friend advised me to give her Dr. Williams' Pink Pills, and after she had used a couple of boxes I could see that they were helping her. We gave her nine boxes in all, and by that time she was perfectly well, and every symptom of the trouble had passed away and she is now a strong, well developed girl."

If your growing children are weak or nervous, if they are pale and thin lack appetite or complain of headache or backache give them D . Williams' Pink Pills and see how spe dily the rich, red blood these pills make will transform them into bright, active, robust boys and girls. You can get these pills from any medicine dealer or by mail at 50 cents a box or six boxes for $2.50 by writing The Dr. Williams' Medicine Co., Brockville, Ont.

Mr. Schwartz had just taken possession of the little book shop which he had purchased with the idea that there would be an ideal occupation for him, permitting him to sit around and smoke his long pipe all the time. His first patron—or would-be patron—on the first morning of his advent as a book dealer was a young woman who wanted to get a book dealing with arctic romance.

"Good morning" she said, "have you got 'Frozen Dog Tales'?"

"Vat! Lady, diss is not a Chinese restaurant."

"But you don't understand me. I mean——"

"I never heard of frozen dog tails yet. Mappe dey are someding dose Fillingpeeno beeles eats. But nod here lady, nod here. Diss is a book store."

"Well, probably you do not quite understand me. I wanted to get some book that had stories of the north in it. Perhaps you have 'Pardners'?"

"No, ma'am. Dare iss nobody in dis store but myself. Schmut vanted to take half, but I wouldn't let him in on it, unt——"

But the young woman was hurrying out.—Cleveland Leader.

A Carefully Prepared Pill.—Much time and attention were expended in the experimenting with the ingredients that enter into the composition of Parmelee's Vegetable Pills before they were brought to the state in which they were first offered to the public. Whatever other pills may be, Parmelee's Vegetable Pills are the result of much expert study, and all persons suffering from dyspepsia or disordered liver and kidneys may confidently accept them as being what they are represented o be.

The Author of "Waverley."

There is still at least one man living of those who knew Sir Walter Scott in spite of the fact that the novelist died in 1832. This is George Croal of Edinburgh. Mr. Croal is the only living person who can boast that he was present at the celebrated dinner in 1827 in the assembly rooms of Edinburgh when Sir Walter declared for the first time that he was the author of the "Waverley" novels. This dinner was held in the last week of February seventy-nine years ago. "I can," says Mr. Croal, "remember Scott's words exactly, as they were uttered as he responded to the toast of his health, and ran as follows: 'I am the sole and undivided author of "Waverley."' The crowd of diners received the statement with the greatest enthusiasm, rising en masse, and I thought the roof would come off, they cheered so."

OGILVIE'S ROYAL HOUSEHOLD

When you plan your meals you never think of bread, yet you always have it, and if it is left off the table it is the first thing that is missed.

You *can* live without bread, but you can live without any other food with less hardship—think along these lines and the absolute necessity of bread comes home to you.

And because it is a necessity, its quality should be the best—quality in bread depends largely upon the flour.

Royal Household Flour

has convinced the women of Canada that it is the best for pastry as well as for bread.

Try Ogilvie's Royal Household. Your grocer recommends it, because it gives such good results.

Ogilvie Flour Mills Co., Ltd.
Montreal.

"Ogilvie's Book for a Cook," contains 150 pages of excellent recipes, some never published before. Your grocer can tell you how to get it FREE. 154

A European Deer Story.

Stories of deer with rain barrels or water pails on their heads are common enough among Maine and Adirondack guides, but it is left for Europe to come to the fore with a variant. Some huntsmen near Innsbruck came upon a stag with a ladder on its antlers. In spite of this handicap, it made off at great speed on seeing the men, leaping hedges and dashing through the undergrowth as if quite unimpeded. Its mad career was stopped, however, when the ends of the ladder caught between two trees. Its struggles were so frantic at the approach of the huntsman's dog that it broke off part of its antlers, and thus freed, made good as escape. The ladder proved to belong to a farmer, who had left it standing against one of his haystacks. While stealing the hay, the stag had evidently upset the ladder, which had thus become fixed on its horns. Which goes to prove that honesty is the best policy—even for stags.—Springfield Republican.

Keep Minard's Liniment in the House

Gladstone's Grandson Rises.

William Glynne Charles Gladstone, grandson of the great commoner and heir to the Hawarden estate, has been elected secretary of the Oxford Union Society, a position which his illustrious grandfather occupied 76 years ago. Young Mr. Galdstone comes of age in two or three months, and will then enter into possession of Hawarden estate, which has been managed during his minority by his uncles, Herbert and Henry Gladstone.

Have you tried Holloway's Corn Cure? It has no equal for removing these troublesome excresences as many have testified who have tried it.

Why He Resigned.

The French Baron Rothschild once had in his service a valet named Alphonse, first class, but an acknowledged "red." This valet obtained permission once a week to attend the meetings of his Socialist lodge. Suddenly the baron noticed that Alphonse no longer desired this off night and, inquiring into the cause, was informed that the valet's late Socialist colleagues had worked out a calculation that if all the wealth of France were divided equally per capita each individual would be the possessor of 2,000 francs. "Monsieur," said Alphonse, with dignity, "I resigned. I have 5,000 francs!" —Argonaut.

Ivan the Terrible.

Ivan II. of Russia was known as the Terrible from the barbarous character of the warfare he made upon the surrounding nations and the severity with which he dealt with rebellious subjects.

Salt.

Salt was first boiled in this country at Syracuse, N. Y., in 1787.

The "Bay Psalms Book."

The first book printed in the limits of the United States was the "Bay Psalms Book," which was issued in Cambridge, Mass., in 1640. Specimens of this publication are extremely rare and command very high prices.

The power of fortune is confessed only by the miserable, for the happy impute all their success to prudence and merit.—Swift.

Ask for Minard's and take no other.

Cold Water For Sprained Wrist.

A simple and efficacious remedy for a sprained wrist is to let water run upon it every morning for some minutes, holding the wrist as low beneath the mouth of the tap as possible, so that the water may have a good fall. After this has been done bandage it tightly, letting the bandage remain until the next ablution. The sprain will be reduced in a few days.

Could Stand Another.

A commercial traveler tells the following of a little social gathering in eastern Ontario:

"Dinner was a little late. A guest asked the hostess to play something. Seating herself at the piano, the good woman executed a Chopin nocturne with precision. She finished, and there was still an interval of waiting to be bridged. In the grim silence she turned to an old gentleman on her right and said, 'Would you like a sonata before dinner?' He gave a start of surprise and pleasure. 'Why, yes, thanks!' he said. 'I had a couple on my way here, but I think I could stand another.'"

A FAMOUS SONG WRITER.

Foster Was Called the Edgar Allan Poe of Music.

Stephen Collins Foster, the most popular of American song writers and composers, has been called the Edgar Allan Poe of music. Like Poe, he was a genius. He came of Virginia parentage, received a good education and died in New York Jan. 13, 1864, in the height of his fame, a penniless wanderer. He was born in Pittsburg July 4, 1826.

He learned easily, and after receiving private lessons in music and drawing taught himself to play on the flageolet, guitar and banjo. He also devoted several years to the voice and piano. Then he turned his attention to composing songs and dialect ballads and dialect songs. At the age of seventeen, while employed in Louisville, Ky., he published the serenade "Open Thy Lattice, Love," which was instantly successful. Then followed "Uncle Ned," "O Susannah," which were sung by a minstrel troupe, and Stephen Foster became famous far and wide."

Marrying, in 1844, Jennie McDowell, he came to New York, where in rapid succession he supplied his publishers with songs which became famous—"Old Kentucky Home," "Massa's In De Cold, Cold Ground," "Old Dog Tray," "Willie, We Have Missed You" and "Sweet Ellen Bayne." But the song that is best known in many lands is "The Suwanee River," for which Christie's minstrels gave him at the beginning $50. In addition he received royalties on its sale of over half a million copies and the honor of knowing that eminent singers like Jenny Lind sang it to applauding thousands.

His last song, a negro melody, "Old Black Joe," is still a favorite. A fourth of his 150 songs were in negro dialect, among which were "Nellie Bly," "Nell Was a Lady" and "Nancy Tile."

Silk Insects.

Silk is produced by more than 200 insects, though very few of these are of any practical value to mankind.

Winding "Big Ben."

To wind "Big Ben," the clock in the tower of the house of parliament, Westminster, England, two men are engaged for four hours during three afternoons of each week, the chime bell occupying five hours, the hour bell seven.

Minard's Liniment lumberman's friend

M. Albert Dessler, a French artist and several friends narrowly escaped death while automobiling in Northern Italy.

The efficacy of Bickle's Anti-Consumptive Syrup in curing coughs and colds and arresting inflammation of the lungs, can be established by hundreds of testimonials from all sorts and conditions of men. It is a standard remedy in these ailments and all affections of the throat and lungs. It is highly recommended by medicine vendors, because they know and appreciate its value as a curative.

The revolutionary court of justice has officially announced that Father Gapon has been executed for treason.

$100 REWARD $100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly on the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

Address: F. J. CHENEY & Co., Toledo, O.
Sold by druggists 75c.
Take Hall's Family Pills for constipation.

The residence of Prince Von Wrede in Berlin has been searched by the police for stolen silverware.

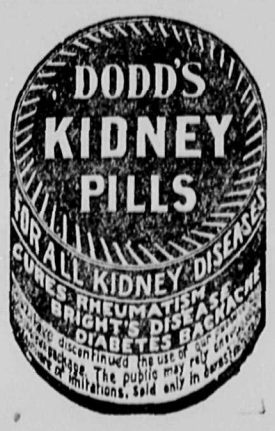
Minard's Liniment Co., Limited.
Yarmouth, N. S.

Gentlemen:—In January last, Francis Leclare, one of the men employed by me, working in the lumber woods, had a tree fall on him crushing him fearfully. He was, when found, placed on a sled and taken home, where grave fears were entertained for his recovery, his hips being badly bruised and his body turned black from his ribs to his feet. We used MINARD'S LINIMENT on him freely to deaden the pain and with the use of three bottles he was completely cured and able to return to his work.

SAUVEUR DUVAL.
Elgin Road, L'Islet Co., Que.

Photography by Telegraph.

Much interest has been manifested in a lecture given by Dr. Korn in Vienna, on the new method of photography from a long distance. Recent experiments have shown that a cabinet size portrait now requires from 20 minutes to 30 minutes for transmission over hundreds of miles. It it is not likely that the invention will often be used for personal photographs, but it is equally applicable to the production of signatures, documents, sketches, etc. The system which is now available for public use, is expected to be of considerable service to the press and for the ends of justice.



BECAUSE
Of its Absolute Purity and Delicious Flavor
"SALADA"
CEYLON GREEN TEA
IS RAPIDLY TAKING THE PLACE OF JAPAN.
Lead Packets Only, 40c, 50c, and 60c per lb. At all grocers.
Highest Award St. Louis 1904.

Beecham's Pills

When lack of appetite is caused by overeating, take Beecham's Pills to relieve the feeling of heaviness. When a sick stomach takes away all desire for food, use Beecham's Pills. They invariably tone the digestion and

Create Good Appetite

Sold Everywhere. In boxes 25 cents.

When Remitting by Post, use
Dominion Express Money Orders
and Foreign Cheques
The Best and Cheapest
System of Sending Money to any Place in the World.
Absolutely Safe
Purchaser is given a receipt, and if order or cheque is LOST or DESTROYED, the amount will be promptly REFUNDED. No red tape. For full information and rates call on Local agents.

Wilson's FLY PADS
ONE PACKET HAS ACTUALLY KILLED
A BUSHEL OF FLIES
Sold by all Druggists and General Stores and by mail.
TEN CENTS PER PACKET FROM
ARCHDALE WILSON,
HAMILTON, ONT.

Heard In a Hospital.

Patient (to pretty nurse)—Will you be my wife when I recover?

Pretty Nurse—Certainly.

Patient—Then you love me?

Pretty Nurse—Oh, no. That's merely a part of the treatment. I must keep my patients cheerful. I promised this morning to run away with a married man who had lost both his legs.—Manila American.

Good News.

"Hurrah!" exclaimed Mr. Phamley. "I see they've passed a law which requires all wires to be put under ground."

"Well," replied his wife, "why should that make you so jubilant?"

"Why shouldn't it? That includes Mary Ellen's piano. There are wires in that."—Catholic Standard and Times.

A Round Robin.

Johnson—Did you regain your health completely on your tropical tour?

Tomson—Yes; completely.

Johnson—What was the nature of your illness?

Tomson—Why, I reduced myself to a nervous wreck making money enough to take the trip.—Detroit Free Press.

The New Moon.

The new moon coming between 2 and 4 p. m. means changeable weather in summer and in winter fair and pleasant weather.

Gothic Headgear.

In mediaeval times, when the Gothic style of architecture prevailed, women wore what might aptly be called Gothic headgear. The tall cones, some of them measuring fully four feet in height, with veils depending, were in the same lines as the castles and tombs of the day.

A LABEL Like This

Attached to any Garment is a Guarantee of
GOOD MATERIAL
GOOD WORKMANSHIP
and Good Wearing Qualities
When Buying OVERALLS, PANTS, VESTS, SMOCKS, or WORKINGMEN'S SHIRTS
See that each article bears a label like above
Insist on Getting
"King of the Road" Brand
And Take no Other
EVERY GARMENT GUARANTEED

ASTONISHED THE DOCTOR

Physician said She Might Drop Dead at any time.

Mrs. Robt. Eaton

"The Doctor told me I had heart disease and was liable to drop on the street at any time," says Mrs. Robert Eaton, of Dufferin, Ont.

"I was afraid to draw my breath, it pained me so. I was nervous, short of breath, had dizziness, loss of appetite, smothering and sinking spells, and I could not sleep.

"Sometimes I would have to lie down to keep from falling. My hands and feet would seem to go to sleep and a sort of numbness would come all over me.

"I began using Dr. Leonhardt's Anti-Pill. From the start I improved. I feel much stronger, look better, and altogether Anti-Pill has made a new woman of me.

"I am entirely cured."

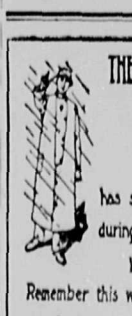
All dealers or the Wilson-Fyle Co., Limited, Niagara Falls, Ont. 604

A "Dye" Soap!

MAYPOLE is a cake of soap that dyes to any desired color or shade. Pam ous the world over for brilliant, fast, clean, economical, easy, safe dyeing at home. As superior to the old fashioned "powder" dyes as gold is to brass.

Maypole Soap

10c for Colors—15c for Black. All dealers or F. I. BENEDICT & CO., Montreal.



THE SIGN OF THE FISH

TOWER'S FISH BRAND

has stood for the BEST during seventy years of increasing sales.

Remember this when you want water proof oiled coats, suits, hats, or horse goods for all kinds of wet work.

WE GUARANTEE EVERY GARMENT.

TOWER CANADIAN CO. Limited TORONTO, CAN.

North Vancouver Real Estate

We have enquiries for good Business and Residential property. List yours with us. We do the business. Consult us before buying.

A. Smith & Co'y

Junction Block
North Vancouver.

LOT 273

Have You Seen This Beautiful Land?

If Not, You Should and Buy.

Price of Lots,

$200.00

and Upwards.

EASY TERMS

YORKSHIRE GUARANTEE & SECURITIES CORPORATION, LIMITED

R. Kerr Hougate, Manager

401 Granville Street, Vancouver, B. C.

$50 REWARD

Will be paid for the detection and conviction of parties who are drstroying my advertising signs in North Vancouver.

S. GINTZBURGER,
The North Vancouver Specialist
161 Cordova Street.

Western Corporation, Ltd.

Having in operation a sawmill in North Vancouver we are prepared to deliver all kinda of LUMBER AND BUILDING MATERIAL at Vancouver City Prices. Call and see for yourselves.

412 Hastings Street West, Vancouver, B. C.

B&K

Rolled Oats
Flour
Hay and Feed
Seeds

ALL ORDERS DELIVERED

The Brackman-Ker Milling Co.
Limited.

Harry Mitchell, local manager, Lonsdale Avenue.

Fine, healthy Tomato and Cauliflower Plants, grown from Sutton's Seeds, always on hand.

LOWNEY'S CHOCOLATES

Sweet and Delicious. Try Them and Be Convinced.
ALL PRICES. At . . . . .

McDOWELL'S DRUG STORE.
NORTH VANCOUVER, B. C.

RAINIER BEER

Is a glorious beverage—quenching and satisfying. Remember there's no other "just as good"—insist on getting Rainier.

PACIFIC BOTTLING WORKS
Vancouver, B. C.

STANLEY PARK
Ale and Stout
In Bottles, Kegs and Jars.
The Royal Brewing Co., Ltd.
TEL. 361

District of North Vancouver

TOWNSITE OF CAPILANO.

NOTICE IS HEREBY GIVEN THAT it is my intention to apply to the Board of License Commissioners of the District of North Vancouver, at their meeting, in June next, for an hotel license for the premises, located on lot No. 12, a subdivision of district lot 673, in the registered townsite of Capilano. DICKSON W. KELLS.

District of North Vancouver

LICENSE NOTICE.

TAKE NOTICE THAT I INTEND TO apply for a retail liquor license for an hotel premises, which I propose to erect upon lots numbers thirty-two (32) and thirty-three (33), in block number one hundred and forty-one (141), district lot two hundred and seventy-four (274), on Second street, North Vancouver, British Columbia, to the Board of License Commissioners, for the Municipality of North Vancouver, at its next regular sittings, to be held on the second Wednesday in June, 1906.

Dated this 9th day of May, A. D., 1906.

LORENZA REDE, Victoria, B. C.

Per Bird, Brydone Jack & McCrossan, his solicitors, 324 Hastings street, Vancouver, B. C.

NOTICE

To Property Owners

NORTH VANCOUVER OWNERS WISHING TO DISPOSE OF LOTS, BLOCKS OR ACREAGE ARE REQUESTED TO PLACE SAME WITH

Irwin & Billings

Corner Lonsdale and 5th St., North Vancouver

SMOKE THE TERMINUS CIGAR
CLEAR HAVANA FILLED

District of North Vancouver.

A PUBLIC MEETING OF RATEPAYERS will be held in the Municipal Hall, North Vancouver, on Monday, June the 4th, next, at 8:30 p. m., to receive the report of the City Incorporation Committee. By order of the Committee. ALEX FRIPP, C. M. C.

North Vancouver, May 18, 1906.

PART IV.

"WATER CLAUSES CONSOLIDATION ACT, 1897."

1. This is to certify that the Vancouver Power Company, Limited (hereinafter called the "Power Company"), specially incorporated pursuant to Part IV. of the "Water Clauses Consolidation Act, 1897," on the 25th day of January, 1898, for the purpose of exercising the rights, powers, privileges and priorities in and by part IV. of the said Act created, granted and conferred, has, in addition to its undertaking, approved of by the Lieutenant-Governor in Council, by Certificate of Approval, dated the 14th day of February, 1902, submitted its further undertaking to the Lieutenant-Governor in Council for approval, and that the said further undertaking, as shown by the documents and plans filed, has been approved, and that the same is as follows:—

The construction, equipment, operation and maintenance of an electric street railway or tramway within the City of North Vancouver and the District Municipality of North Vancouver, and District Lots 272 and 273, New Westminster District, for the conveyance of passengers and freight; the erection, construction, operation and maintenance within the said City of North Vancouver, District Municipality of North Vancouver and District Lots of electric works, power houses, generating plant and such other appliances and conveniences as are necessary to supply the said City of North Vancouver, District Municipality of North Vancouver, and District Lots with public and private lighting and heating, and power for manufacturing and industrial purposes; and, in connection therewith, the construction of a transmission line from the Power Company's present transmission line where it now crosses Boundary Road in Hastings Townsite by the most feasible route to and through the said City of North Vancouver, District Municipality of North Vancouver and District Lots. Together with all such rights, powers and privileges as may be necessary to effectually carry out the terms and conditions of three several agreements made by the Corporation of the District of North Vancouver with the Vancouver Power Company, Limited, which said agreements were ratified and confirmed by the "North Vancouver City Incorporation Act, 1906."

The waters at present recorded by the Power Company from Lake Coquitlam and from Lake Buntzen will be utilised to generate the power required to operate the said further undertaking of the Power Company, and it is proposed to transmit such power through a transmission line from the Power Company's present transmission line where it now crosses Boundary Road in Hastings Townsite, and thence by the most feasible route to and through the said City of North Vancouver, District Municipality of North Vancouver and District Lots.

2. And this is further to certify that the first part or portion of the said undertaking and works to be constructed will be about five miles of street railway or tramway, commencing at the foot of Lonsdale avenue, in the said City of North Vancouver, and continuing along said avenue till Twenty-first Street, with such branch lines therefrom as shown on plan filed by the Power Company; the construction of the sub-station and transmission line to and through the said City of North Vancouver, District Municipality of North Vancouver and District Lots.

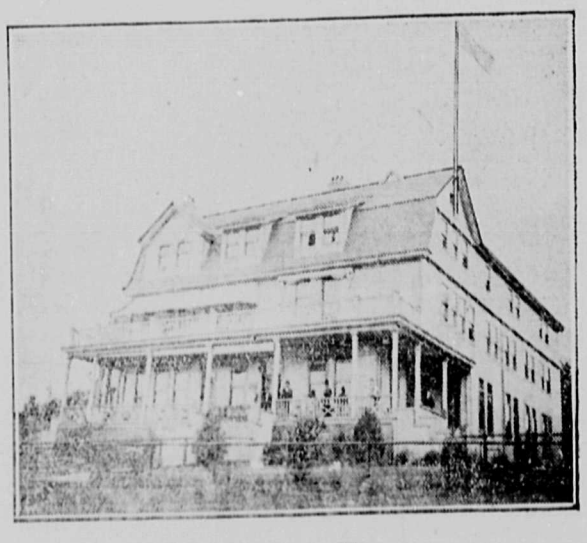
3. And this is to further certify that the Power Company shall have duly subscribed before it commences the construction of the said further undertaking and works, or exercises any of the powers in that behalf conferred by the "Water Clauses Consolidation Act, 1897," Part IV., one thousand (1,000) shares of one dollar ($1.00) each. The further amount of capital required to fully complete the first part of the said further undertaking and works is to be immediately provided by the loan of one hundred and ninety-nine thousand dollars ($199,000.00), to be made by the British Columbia Electric Railway Company, Limited, to be secured by mortgage bonds of the Power Company in sterling or decimal currency carrying interest, or by such other form of security as may be agreed upon between the Companies.

4. And this is further to certify that the time within which the said further capital to be subscribed, namely, one thousand dollars ($1,000), in addition to capital already subscribed, is to be subscribed, is fixed at one month from the date hereof, and the time in which the first part of the said further undertaking and works, as set forth in paragraph 2 hereof, is to be commenced shall be before the expiration of one month from the date hereof at least; and the date at which it shall be in operation is fixed at twelve months from the date hereof; and the date at which the remainder of any portion of the said further undertaking and works hereby approved may be constructed and be put in operation is fixed at the time or times, or, within the time or times fixed for the continuance of the three said several agreements as therein set forth, which said agreements were ratified and confirmed by the "North Vancouver City Incorporation Act, 1906."

Dated this 18th day of May, 1906.

A. CAMPBELL REDDIE,
Deputy Clerk of the Executive Council.

HOTEL NORTH VANCOUVER



P. Larson, Prop.

ELECTRIC LIGHT

All owners of buildings desiring to have their premises connected with our Electric Light and Electric Power System in North Vancouver should look into the question now, so as to avoid any delay owing to the rush when the system is reaey for operation.

VANCOUVER POWER COMPANY, Ltd.

A. M. BEATTIE Notary Public, General Auctionee
167 Cordova Sreet, Vancouver, B. C

He sells at rooms or private house or buys outright all classes of household goods or bankrupt stocks for cash.

REAL ESTATE

He has some of the finest business and waterfront property in North Vancouver. See him at once if you think of picking up property in this section. Be wise, BUY NOW, and you will make money. :: ::

BANK OF BRITISH NORTH AMERICA

CAPITAL, $4,866,666. RESERVE, $2,043,997
Head Office in Canada, Montreal.
H. STIKEMAN, General Manager; J. ELMSLY, Supt. of Branches

Branches in British Columbia—Ashcroft, Greenwood, Hedley, Kaslo, Rossland, Trail (Sub Branch), Vancouver, Victoria, Duncans, and Dawson, Y.T.

Savings Department—Deposits received from $1 upwards.

Office, Cor. Lonsdale Ave. and Esplanade, North Vancouver, B. C.

MRS. H. A. SHAW
PIONEER DRY GOODS STORE.

Same prices, and in some cases cheaper than city.

H. A. SHAW
Real Estate and Insurance

You will find it greatly to your advantage to see me before closing any deal.

LONSDALE AVE. N. VANCOUVER

BISCUITS BISCUITS

The World-renowned Biscuits made by Carr & Co., Carlisle, only 25c. per Pound.

J. A. McMILLAN, the Esplanade