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VOLUME IV. NORTH VANCOUVER, B. C., FRIDAY, APRIL 26, 1907. NUMBER 10

EDITORIAL.

INCORPORATION.

It will probably be on June 1st when the mayor and aldermen of the new incorporated City of North Vancouver will be elected. The citizens' incorporation committee will meet on Monday night to discuss the most desirable date for holding the election and matters connected with the issuing of letters patent. Much credit is due to Hon. Mr. Cotton, the local representative, for the satisfactory act of incorporation, which was given assent to by Lieutenant-Governor Dunsmuir yesterday.

NORTH VANCOUVER RESIDENTIAL AMENITIES.

In its political significance the city of North Vancouver is the last vantage point chosen by the Western Dominion—the field where Canada's strength is being massed and pitched—the second base of operations, from which is to be essayed the next campaign for the mercantile mastery of the Pacific and the commerce of the Asiatic world. Regarded as a place of residence the townsite rises from its embankment on the northern litoral of Burrard inlet, tier above tier, bench above bench, towards the dark mountain masses, which in imperial relief against the northern heaven dominate the southern coasts of British Columbia. From the south the nascent city shows its terraced ranges as the widespread centre of a natural amphitheatre, crowned by snow-capped heights, whose Titan shoulders, shield the port during the winter trimester from the frigid blasts of the north. The gentle spirit of the Japan current is wafted on the Chinook wind over the city's breast, perpetual currents of air, born of the tides which lave her feet, fan her streets during the heat of summer, while the eastern and western Narrows of the inlet with their channelled cutlets, intolerent of atmospheric stagnation, discharge upon the town lands alternately the air of the mountains and the breath of the Pacific. The air of the locality seems to carry nature's guarantee of health. The death rate is believed to be among the lowest in Canada. The slope from foothills to shore, which occasions the natural draining of the surface, facilitates through systematic sewerage, excellent water descends by numerous streams from the neighboring mountains, supplying the city system of North Vancouver, aud distributing its surplus benefits to the less favored municipalities on the south of Burrard inlet.

Vegetation is exceptionally early, yet the climate is mild and the temperatures are moderate.

Timber and building stone are in abundance in close proximity to the settled lands, and ground is available within the city limits in quantities suitable for the most ample residences.

From the elevations of North Vancouver the prospect is an exquisite panorama. Eastwards are the lofty crests of the ranges which form the spine of the North American continent. To the south the great seaport lives its restless activity, the City of Vancouver nestles like Stockholm on the bosom of the fiord, and a hundred and fifty miles beyond, calm, solitary and majestic is Mount Baker draped in the snow of ages. Farther westward are the suuny Gulf of Georgia, the neutral tints of Vancouver Island, and through the still transparent film of distance the beautiful Olympics with their mirage atmosphere.

Bathing, boating, sea and river fishing and shooting are easily accessible, and walks, drives and objective points for excursionists abound by shore and hill, by stream and canyon.

The natural advantages of North Vancouver are enhanced by artificial amenities. Before the crowding of buildings has handicapped the plan of public improvements, a great boulevard and park system has been inaugurated, which will make residential North Vancouver much more than a garden city. Ere yet the act of parliament, giving the city legal existence, has received the signature of the Lieutenant-Governor, recreation grounds are being cleared and speedways are under construction; choice plants, fountains, and shelters appear in public gardens; open spaces are redolent of health, and works in progress give promise of shaded boulevards, maintaining by their spacious proportions the broadminded and generous character of the new city.

Easter Vestry Meeting.

A good number of parishioners attended the annual meeting, which was presided over by the Ven. Archdeacon Pentreath. After discussing the financial statement, which showed a fair balance, the officers for the ensuing year were elected as follows: Lay delegates to the synod—Messrs. H. A. Shaw, A. H. Scriven and A. Sherwood. Church wardens—A. E. Crickmay and W. P. Peacey. Sidesmen—A. F. Beasley. A. B. Diplock, A. D. Nye, H. A. Shaw, V. Smith and A. Sherwood. Auditor—A. H. Scriven.

The matter of enlarging the church was again discussed, and the treasurer reported a good balance in hand towarda this object; the question of a new organ was also brought up, and the president of the mite society thought that they could give $50 towards a subscription for that purpose. The president also reported that the mite society had paid for the installing of the electric light in the church.

After the usual vote of thanks to the church wardens for their services during the past year, the meeting adjourned.

At the adjourned meeting of the parishioners of St. John's church, the Ven. Archdeacon Pentreath in the chair, the matter of an arrangement for services for the coming year came up for settlement. The bishop appointed Mr. Marsden last Easter for one year, with the understanding, that the matter of having a clergyman who would devote his whole time to the parish should be decided at Easter, 1907, according to the condition of the parish at that time. After a very harmonious discussion, it was unanimously agreed that the present condition and future growth of the parish required the entire services of a clergyman, and it was resolved. "That while we appreciate Mr. Marsden's services in the past, we consider the time has arrived when we should have a resident clergyman in charge, who is able to devote his whole time to the parish, and we would ask Rev. Mr. Marsden to continue in charge until arrangements can be made as to a guarantee towards the stipend."

The archdeacon stated that the parish would have to raise for stipend a minimum sum of $600, and that the grant of $300 could remain until next Easter, when it could be subject to a gradual reduction.

After a vote of thanks to the archdeacon the meeting adjourned.

When you want ice cream go to Mrs. Hogg, on the Esplanade.

Grouse Mountain in Winter Garb.

From the summit of the snowy peak of Grouse mountain, reposing in sublimity, can be seen nestled at its feet the rapidly-rising City of North Vancouver; Burrard inlet, mirror-like in its tranquility; the City of Vancouver with its glistening steeples and many streets, and over and beyond streams the mighty Fraser, wending its way into the vast body of water seen to the west. Rising far in the distance, with their snow-capped peaks radiating in the sun, and mirrored in the deep greenish waters of the straits below, the Olimpian range lends enchantment to the wonderful panorama stretching over land and water to the distant horizons on the three points of the compass.

The overworked school boy, the brain-fagged business man, or the woman wishing to cast aside the cares of the day, aud for the time-being don the robes of freedom and the shoes of flight, let them take their lunch baskets and strike out on the trail leading up Grouse mountain.

It is remarkable how few "old-timers" can boast of ever making the ascent, how very few there are living within the shadow of the peak that would give encouragement to the prospective mountain climber. Where in America today is there a city that can boast of a situation that affords to its citizens and its visitors the opportunities so rare and so accessible? Within three hours one can place himself in the midst of winter almost pernially, with its diversions and novelties.

The ascent and decent are both enjoyable and exhiliarating, the slender spruce that cluster on the mountain side forming an almost unbroken canopy the whole distance, keeping out the hot sun in summer and the cold winds in winter. Twelve hundred feet above sea level is reached as the traveller finds himself barely started, but he must needs sit down and drink in the fresh air and feast on the beautiful surroundings. Ascending again the trail becomes quite steep at times, then again it suddenly slopes off, as if nature, in her wisdom, wished to elevate the climber quickly and tirelessly. Suddenly he emerges from the forest into the broad canopy of heaven, and, as if in command, stops in wonderment, to gaze down upon nature's sumptuous spread, 4,000 feet below.

Somewhat fatigued and warm upon arrival, he suddenly turns to seek a resting place, but to his surprise he has already cooled off while "taking bearings," the weariness having taken flight also.

Owing to the extreme cold during the past winter, a greater quantity of snow now lies on the summit than ordinairly, and which affords a rare opportunity to visit winter in his stronghold. Those who are fond of snowshoeing will find an abundance of room and snow, the latter ranging in depth from two to twenty feet. From Grouse mountain to Mount Crown is a distance of approximately five miles (crow route), and as there is practically little climbing, affords one of the chief attractions.

The North Vancouver Board of Trade have made repairs to the trail, and it is now in first-class condition.

It has been suggested to the editor of this paper that the election for mayor and aldermen be held on July 1st, and be made one of the attractive features of the Dominion day celebration.

Local members of the Fraternal Order of Eagles are mourning the demise of their president, Burton S, Parsons, which occurred on Wednesday at Vancouver.

C. F. Batson, St. John's, N. B., was here this week. He is interested in the fishing business.

The fancy dress entertainment for the children was held at St. John's school on Thursday night. There was a good attendance, and a very pleasant evening's entertainment carried out. Much credit is due to Principal Marsden for the success of the occassion.

The 'Bee' Was a "Bee."

Queen's weather greeted the army of 110 men who assembled at Victoria park, on Wednesday, at 1 p. m., to clear and put into shape the athletic grounds. All the business places were closed for the occassion, and everyone was represented at the big "bee."

Chas. Anderson acted as general of the forces, and was ably assisted by his lieutenants, Messrs. Ross, Amskold, Kennedy and others.

The teams and scrapers that worked belonged to Messrs. Harry Foggs Pete Larson, J. Gibson, J. Wild, C. Lindsay, F. Keeley, West, Pary and the city.

All were in good humor, and worked with a will till twilight like Trojans, the result being a two-acre patch made fit for field sports. Birt Campbell had charge of the refreshments, and seen to it that no one grumbled about being thirsty. He said there was only one "butinski" to contend against. Nevertheless his services were much appreciated. In the evening, when the afternoon's work was over, the men gathered at the hall where a fine spread was ready waiting for them, which was prepared by Mesdames Irwin, Williams, Clark, Wheeler, Russell, Amskold and Eves. M. S. McDowell acted as chief of the staff. The supper being disposed of the floor was cleared. and a dance held, which was a record breaker so far as numbers were concerned. It broke up at midnight. The dance committee comprised T. Clark and W. Green. Much credit is due to President McKenzie, Secretary B. Campbell and the executive committee for the successful day's proceedings. Everyone tried to look his best when Photographer G. G. Nye put in his appearance on the stone pile with his camera. Those who wish pictures can procure same on application.

Anyone having shovels picks or bars will kindly leave same at the rock pile, as the athletic club is responsible for their return.

Complimentary Banquet.

A complimentary birthday dinner was tendered to Mr. E. R. Brobeck, C. E., at the Hotel North Vancouver last Saturday evening, on the anniversary of his 24th birthday. A. L. Davidson was toast master. Mr. Larson replied to Our Host. Mr. Shaw ably responded to the toast of The Ladies. J. M. Drummond spoke on Transportation affairs. Our Guest, the first engineer, was appropriately handled by Mr. Brobeck. A song was given by Mrs. Godfrey. The Learned Professions was responded to by Dr. Campbell. Our Sports was championed by Mr. Duke. Trade and Commerce was replied to by F. J. Coutts, and Leo Wilke. The King, Mr. J. J. Godfrey. Others present were the Misses and Master Larson, Mrs. Larson. H. Mitchell, Mr. Stephens, A. H. M. Clark, Mr. Jackson, Mr. Fife H. Baker, W. Wamsley and George Bartley. The table was tastefully decorated with apple blossoms.

In Victoria, Australia, the children are carried to and from school on the electric cars free of charge. Why not here?

The trail to Grouse mountain is now in first-class shape, having lately been cleared of the brush that had fallen across it. Thre new bridges were constructed over the creeks, so that now the road is easily traversed. The work was done by the tourist and settlers' committee of the board of trade.

The inland revenue officer paid local merchants a morning call today.

A ready-made store is being erected next to P. Burns' butcher shop on Lonsdale avenue.

There is a lot of nonsense in the newspapers; and we suppose we furnish our share of it.

Now is the time to spray your trees.

The trout streams hereabouts are being vigorously lashed by anglers.

The Regatta.

The North Vancouver Boating Club held its first regatta for 1907 last Saturday afternoon. The weather was fine, and the different events pulled off were well appreciated, and everything taken into consideration was well attended. There were, in the afternoon, the first international baseball game of the season, and the inter-colonial football match taking place at the time at Vancouver, but nevertheless, the warm supporters of the sporting fraternity of the Ambitious City were on hand, and all that went to make up a very successful afternoon's entertainment was successfully pulled off. Following events comprised the programme:

Club fours, junior fours, senior double sculling, club fours (finals), senior double sculling (semi-finals), Municipality vs. North Vancouver Boat Club, and senior double (final). The first heat of the club fours was won by Mr. Bunbury's crew in two minutes. Mr. Diplock's crew won the second heat in two minutes and two seconds. The above two winning crews rowed in the club four finals, the laurels going to Mr. Diplock, time two minutes and eleven seconds.

The second event, junior fours, was won by the crew of G. A. McMillan, time two minutes and twenty seconds. This was a very closely contested heat, and much interest was manifested in the work of the boys, who showed up well, considering the short time they have been in training.

The following is the result of the senior double sculling races: First heat, W. B. Bunbury and H. Woods beat Reeve Kealy and W. J. Butler, time two minutes and two and a half seconds; second heat, F. and A. B. Diplock beat W. Shaw and F. J. Coutts, time two minutes and eight seconds; third heat, J. Turnbull and J. Brown beat Dr. Campbell and Rev. R. Marsden, time two minutes and ten seconds. In the semi-finals of the senior double sculling, Bunbury and Woods beat Turnbull and Brown, thus leaving the Bunbury and Diplock crews to row in the finals, in which the former crew was victorious, time two minutes and fourteen seconds.

The Municipality crew won from the North Vancouver Boat Club crew, time two minutes and three seconds.

The official judge was Mr. A. Scatterty, the umpire, Mr. J. J. Woods, and the starter Mr. A. H. M. Clark.

The North Vancouver Boating Club owns its own boat house and boats, and has everything fitted up in ship-shape style. It is expected that throughout the summer months the club will hold a monthly regatta, the time set for the next one being May 24th.

Mr. and Mrs. W. Calderwood, of Portland, Ore., are registered at the Hotel North Vancouver, and are delighted with the town.

Only routine business was transacted at last night's meeting of the executive committee of the board of trade. Vice-president Phillippo presided, and there were about a dozen present.

DISTRICT OF NORTH VANCOUVER.

TENDERS WANTED FOR CLEARING Lots one and two, re-sub-division five, Block 19, corner Lonsdale avenue and Seventeenth street.

The lowest or any tender not necessarily accepted.

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Commencing Monday, March 18, the SS. ST. GEORGE will leave as follows:

VANCOUVER	NORTH VANCOUVER
*6.00 A. M.	*6.20 A. M.
*6.45 "	*7.20 "
8.00 "	8.30 "
9.15 "	9.40 "
10.15 "	10.40 "
11.15 "	11.40 "
12.15 P. M.	12.40 P. M.
1.15 "	1.40 "
2.15 "	2.40 "
3.15 "	3.40 "
4.15 "	5.00 "
5.15 "	5.40 "
6.15 "	6.40 "
7.15 "	7.40 "
8.15 "	8.40 "
9.15 "	9.40 "
10.15 "	10.40 "
*11.30 "	*11.45 "

* Not on Sunday.

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TENDERS WILL BE RECEIVED up to Monday, the 22rd instant, by the undersigned, for clearance of Log Jam at Mouth of Lynn Creek.
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THE EXPRESS

NORTH VANCOUVER..... B.C.

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Which Was Shot?

There was a Jere Clemens who was a United States senator and in his day enjoyed the usual senatorial fame—a fame which perishes whether it spring from four years' service or forty. After Jere Clemens' fame as a senator passed away he was still remembered for many years on account of another service which he performed. He shot old John Brown's Governor Wise in the hind leg in a duel. However, I am not very clear about this. It may be that Governor Wise shot him in the hind leg. However, I don't think it is important. I think that the only thing that is really important is that one of them got shot in the hind leg. It would have been better and nobler and more historical and satisfactory if both of them had got shot in the hind leg. But it is of no use for me to try to recollect history. I never had a historical mind. Let it go. Whichever way it happened, I am glad of it, and that is as much enthusiasm as I can get up for a person bearing my name. But I am forgetting the first Clemens, the one that stands farthest back toward the really original first Clemens, which was Adam.—From Mark Twain's Autobiography in North American Review.

The Great Composers.

At what age did the great composers write their masterpieces? This question is answered in the London Musical Times. The following table gives the composer's name, his recognized masterpiece, the age at which it was composed and the composer's age at death:

Bach.....	Mass in H moll.....	48...	65
Handel.....	Messiah	56...	74
Haydn.....	Creation	65...	77
Mozart.....	Don Giovanni	31...	35
Beethoven....	C-moll Symphony..	35-38...	56
Weber.....	Freischutz	30-33...	39
Schubert.....	C-dur Symphony...	31...	31
Mendelssohn.	Elias	37...	38
Schumann....	Piano concert	31-35...	46
Wagner.....	Meistersinger	49-54...	69
Brahms.....	D Requiem	32-35...	63

This goes to show that composers between thirty and forty created the greatest masterpieces. Yet the composers above forty should not despair, seeing that Bach composed his mass in H moll at the age of forty-eight, Wagner his "Meistersinger" when fifty, Handel his "Messiah" when fifty-six and Haydn his "Creation" when sixty-five years of age.

A Turkish Joke.

A certain sultan of Turkey was very fond of gossip and sent for the banker, Abraham Beg, to learn the small talk of Pera and Stamboul. As Abraham was being conducted to the sultan's residence by the master of the horse that functionary begged him, should the sultan question him on the subject, to say that the funds were at 30, his majesty having been so informed by his ministers.

Poor Abraham consented.

He had not been long with Abdul Aziz when he was questioned as to the funds and replied as he had promised.

To the horror of the banker, the sultan expressed himself delighted and handed Abraham a large bundle of bonds to sell for him.

Abraham sold at 12 and paid Abdul Aziz 30. The sultan had originated that little "joke."

Courts of Love.

"Courts of love" were established in the middle ages, when chivalry was at its height and love the serious occupation of life among the higher class of society. The first "court of love" was established in the south of France in the twelfth century and was composed of knights, poets and ladies, and their decisions on subtle questions connected with affairs of the heart were given with great formality.

Spoiled Pleasure.

Mrs. Meyer—What's the trouble, Mrs. Schulz? You are in bad humor this morning. Mrs. Schulz—You see, my husband stayed at the club every night last week until after midnight. Last night I sat up, determined to give him a curtain lecture when he got in late, and what do you think? The fool came home at 9 o'clock!

In the Eighteenth Century.

Women needed to be admonished regarding certain details of good manners in the eighteenth century quite as much as today. At the Handel festival at Westminster abbey in 1790 a notice was posted reading, "No ladies will be admitted with hats, and they are particularly requested to come without feathers and very small hoops, if any."

Hence the Tears.

"It is strange how some people cry at weddings."

"Yes, but you've probably noticed that it's never the single people who cry."

"Well?"

"Well, it is only the married ones who realize the tragedy of it."

A Cynic.

In the "Cynic's Word Book" Ambrose Bierce, himself a cynic, gives the following definition of a cynic: "A blackguard whose faulty vision sees things as they are, not as they ought to be; hence the custom among the Scythians of plucking out a cynic's eyes to improve his vision."

The Papua Cannibals.

Dr. Rudolf Poech, of Vienna, who recently returned from a trip in the interest of science to New Guinea, in describing the Papua cannibals, said: "They are strong, well formed people, but without a spark of culture of any kind. They are head hunters, and suspicious. The decorations which they wear destroy the shape of ears, nose and mouth, and give their faces a repulsive appearance. The dance is everything with them. Every emotion has its expression in rhythmic motion. Religion, battle, victory, defeat, joy and sorrow are all shown in the dance. They are still in the stone age and in an atmosphere which is thousands of years behind ours."

BABY SLEEPS SOUNDLY.

Babies who are given an occasional dose of Baby's Own Tablets always sleep soundly at night, and it is not the drugged sleep produced by sleeping drops or "soothing" syrups either—the sleep is natural, healthy and restful, and baby wakes up in the morning bright and cheerful. The Tablets are the best medicine in the world for the cure of all the minor ailments of little ones. Mrs. L. Gagne, Edmundston, N. B., says: "My baby was cross and fretful and I hardly ever got a good night's rest until I began giving Baby's Own Tablets. These Tablets removed the cause of the trouble and now baby sleeps well at night." The Tablets are sold by druggists or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

"Do you know, I have often wondered why Mormons do not practise cremation."

"Why should they?"

"Why shouldn't they? Haven't they wives to burn?" — Baltimore American.

Minard's Liniment Co., Limited.

Some time ago I had a bad attack of Quinzy which laid me up for two weeks and cost a lot of money.

Finding the lump again forming in my throat, I bathed freely with MINARD'S LINIMENT, and saturating a cloth with the liniment left it on all night.

Next morning the swelling was gone and I attributed the warding off of an attack of Quinzy to the free use of MINARD'S LINIMENT.

G. F. WORDEN.

St. John.

"Haven't seen Brown for years. Is he doing well?"

"Immersed in business, he tells me. Literally up to his neck in it."

"What's he doing?"

"He's a teacher in a swimming bath."—Boston Transcript.

They Are a Powerful Nervine.—Dyspepsia causes derangement of the nervous system, and nervous debility once engendered is difficult to deal with. There are many testimonials as to the efficiacy of Parmelee's Vegetable Pills in treating this disorder, showing that they never fail to produce good results. By giving proper tone to the digestive organs, they restore equilibrium to the nerve centres.

Applicant—What does a marriage license cost?

Clerk—Well, really, it's hard to tell till you've tried one for fifteen or twenty years.—Philadelphia Inquirer.

Indigestion, that menace to Human Happiness, pitiless in its assaults, and no respector of persons, has met its conqueror in South American Nervine. This great stomach and nerve remedy stimulates digestion, tones the nerves, aids circulation, drives out impurities, dispels emaciation, and brings back the glow of perfect health. Cures hundreds of "chronics" that have baffled physicians.—68

The Rising Tide.

A rather stout lady was enjoying a bath at Scarborough. She kept a tight hold of the bathing machine rope and gave quite a juvenile screamlet as each wave of the incoming tide tried in vain to lift her from her feet. On the sands close by sat a countryman paying his first visit to the seaside. As the tide brought each successive wave nearer to the position he had taken up he cast an indignant glance in the lady's direction. At last an extra big one came splash, and the holiday suit was ruined. Flesh and blood could stand it no longer. Jumping up, he shouted in a voice which completely drowned a nigger minstrels' chorus: "Hi, Fatty! If tha dunnot stop thy blessed boppin tha'll be droonin' folk!"—London Mail.

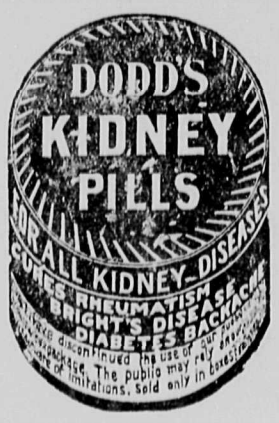
An American, Most Likely.

The "seeing London" automobile rolled out Piccadilly in the direction of Hyde Park.

"That, ladies and gents," shouted the guide as they passed an ancient edifice surrounded by a high brick wall—"that is the town house of the Duke of Dea, one of our largest landed proprietors."

The eyes of the beautiful American on the back seat were illumined with sudden interest.

"Who landed him?" she cried.



UNSIGHTLY SKIN DISEASE REMOVED

Wonderful Zam-Buk Cure in Saskatchewan.

A most interesting cure has just been effected at Invermay, Sask., by the great household balm, Zam-Buk. Mrs. J. M. McCormick says: "Seven years ago my face broke out in rough, red blotches, which burned and itched and smarted in turn almost beyond endurance. I commenced to try every known remedy I could get for face and skin troubles, but got no relief. Doctors told me there was absolutely no cure for me. Finally my husband sent for a supply of Zam-Buk. We applied a small sample to a small patch of the disease. To our delight the portion treated with Zam-Buk very quickly healed. We then obtained a proper supply and began the Zam-Buk treatment. I am now delighted to state that afer having used a few boxes, I am free from the old trouble and completely cured. I will never be without Zam-Buk in the house as long as I live, and to all who are troubled with skin disease in any form, I would say, waste no time in obtaining a supply of Zam-Buk."

Zam-Buk cures eczema, itch, scalp sores, ringworms, blotches on the face and body, chapped places, cold sores, piles and enlarged veins. As an embrocation it cures rheumatism and sciatica, and rubbed over the chest relieves the tightness due to severe colds.

All stores and druggists sell at 50 cents a box, or post free from the Zam-Buk Co., Toronto. 6 boxes for $2.50.

LOVE IS ENOUGH.

Love is enough. Let us not ask for gold.
Wealth breeds false aims and pride and selfishness.
In those serene arcadian days of old
Men gave no thought to princely homes or dress;
The gods who dwelt on fair Olympus' height
Lived only for dear love and love's delight.
Love is enough.

Love is enough. Why should we care for fame?
Ambition is a most unpleasant guest.
It lures us with the glory of a name
Far from the happy haunts of peace and rest.
Let us stay here in this secluded place,
Made beautiful by love's endearing grace.
Love is enough.

Love is enough. Why should we strive for power?
It brings men only envy and distrust.
The poor world's homage pleases but an hour.
And earthly honors vanish in the dust.
The proudest kings are ofttimes desolate.
Let me be loved, and let who will be great.
Love is enough.

Love is enough. Why should we ask fore more?
What greater gift have gods vouchsafed to men?
What better boon of all their precious store
Than our fond hearts, that love and love again?
Love is the only sweet that grows more sweet;
Sweet love is ours, and life is all complete.
Love is enough.
—Ella Wheeler Wilcox.

A City of the Past.

Rimini is full of associations with thrilling people of the past. It was here that Caesar crossed the Rubicon. We crossed ourselves on the very bridge his feet had touched. It was here, too, that St. Anthony came to preach and, finding no people who would give heed to him, turned in despair and preached to the fishes, who raised their heads out of the water to listen to him. There is a chapel which marks the spot where he stood by the water. In Rimini lived Paolo and Francesca, the tragedy of whose love every one knows.—Travel Magazine.

The Grand Canyon.

Vast as the bed of a vanished ocean, deep as Mount Washington rives from its apex to its base, the grandest canyon in the world lay glittering below in the sunlight like a submerged continent. At my very feet, so near that I could have leaped at once into eternity, the earth was cleft to a depth of over 6,000 feet—not by a narrow gorge, but by a gulf within whose cavernous immensity Niagara would be indiscernible and whole cities could be tossed like pebbles.—E. W. G. Wesson in The Wide World Magazine.

Like the Mythical Dragon.

In the Malay archipelago is a reptile much like the mythical dragon. It has false ribs that extend the loose skin and form its wings. There is also a frog with spreading feet that makes a *parachute which enables it to flit from* tree to tree, and a flying lemur that can spread out its whole body like an umbrella and leap and fly a hundred feet at a time, from the top of one tree to another.

Gold and Silver Gospels.

"The Gold and Silver Gospels" is the name of a very peculiar book now preserved in the Upsala library in Sweden. It is printed with metal type on *violet colored vellum, the letters being* silver and the initials gold. When it was printed, by whom or what were the methods employed are questions which have great interest for the curious, but have never been answered.

POPULAR DANCES.

The Origin Or the Significance of Their Names.

The names of popular dances have in most cases a very interesting origin or signification.

The position taken up by the dancers gave the name to the quadrille, which is literal French for "a little square," while country dance has no connection with rustic gymnastics, but is simply a corruption of the French contre danse, which has reference to the position of the couples opposite to each other during the dance.

The lancers derived its name from the fact that this variation of the quadrille was originally improvised by a company of lancers for their own amusement while seated in their saddles.

The polka is a Polish dance, and its name comes from the Bohemian word polka, meaning half, and refers to the half step which occurs in this lively measure, of which the more graceful schottish is a variation, both names, like that of the national dance of Poland—the mazourka—being native terms.

The short steps peculiar to the old time favorite, the minuet, gave the *dance its name, the Latin for "small"* being minutus.

The waltz, again, owes its name to its characteristic movement, the German waltzen, meaning to revolve, expressing the circling motion of the dancers.

The Roger de Coverley is named after its originator, while the less familiar dance known as the tarantella is so called because its vigorous movements were supposed to be a certain antidote to the poison of a noxious spider at Taranto, in Italy, where the dance is highly popular.

The evolutions of the dancer sufficiently explain the term reel. Jig is from the French gigue, and breakdown is a term from across the Atlantic and refers to the final rout before the breakup of a free and easy dancing party.—London Telegraph.

Where Brides Are Hungry.

How would a bride in this country care to fast on her wedding day until after the sacred ceremony, and this after enduring the hardships of a farewell party given the day before? Yet this is what a Russian girl is supposed to do. As the marriage, to be fashionable, should not occur until evening, it may easily be imagined in what an exhausted state she is to commence her new period of life. Besides bridesmaids, there are bridesmen, these latter being obliged to present the bridesmaids with sweetmeats. A personage follows the procession bearing an elegantly mounted picture of Christ in gold and silver, which is stationed against the altar. The bridesmaids do not all dress alike, and their number is unlimited.—London Answers.

A Different Paley.

Miss Backbay—You are familiar, in a general way, with paleontology, are you not? Mr. Carondelet—No, I don't remember that I ever happened across it. But I once read Paley on "Evidences of Christianity," or something like that, when I was a boy, and I found it awful heavy reading.

The Alternative.

Muggins—I hear you are having your daughter's voice cultivated. Buggins—Yes; I'm afraid it can't be cured, so I am doing the next best thing.

Itch, Mange, Prairie Scratches and every form of contagious Itch on human or animals cured in 30 minutes by Wolford's Sanitary Lotion.

An official denial has been issued to the story that negotiations were on foot for the sale of the islands of St. Pierre-Miquelon to Japan.

One of the greatest blessings to parents is Mother Graves' Worm Exterminator. It effectually expels worms and gives health in a marvellous manner to the little one.

In Washington, Ga., the first town in America named for the father of his country, lived Gen. Robert Toombs, one of the brilliant lights of hospitality in a country where social instinct is second to nature.

A committee once waited on Gen. Toombs to consult him about erecting a hotel in the town.

"We have no need of one," said Gen. Toombs, simply. "When respectable people come here they can stay at my house. If they are not respectable we do not want them at all."

LIVER TROUBLE FROM OVEREATING

The Kidneys and Bowels also Deranged and Cure Only Obtained by use of

DR. CHASE'S KIDNEY-LIVER PILLS.

Hurried eating and lack of proper mastication of the food are among the most common causes of indigestion, and overeating is undoubtedly the beginning of trouble with the liver and kidneys.

Kidney disease and rheumatism are not usually the first indication of a deranged system, but these troubles follow unheeded headaches, constipation and bilious attacks.

Because of that direct and combined action on the liver, kidneys and bowels, Dr. Chase's Kidney-Liver Pills are effective in whatever stage of such dreangements they may be used, except when the structure of the kidneys has been wasted away by Bright's disease.

What we would emphasize, however, is the advantage of beginning this treatment at the first indication of trouble with the liver. It is the liver which first feels the result of overeating because of its difficulty in filtering the blood. Keep the liver right by the timely use of Dr. Chase's Kidney-Liver Pills and you not only prevent headaches, biliousness and constipation, but entirely escape derangements of the kidneys, which are at once so dreadfully painful and fatal.

Mr. Henry Borgnardt, Horse Hills, Alta., writes: "I used Dr. Chase's Kidney-Liver Pills for dyspepsia and am satisfied that there is no better medicine for this ailment and liver complaint."

Mrs. E. Husband, Moore street, St. Catharines, Ont., states: "I was seriously afflicted with indigestion and stomach trouble for sixteen years. Finally I became so bad that I could scarcely eat anything without suffering terrible distress. Gradually I grew weaker and more emaciated, and though treated by three doctors and a specialist, I received no benefit.

"After a time a pain began in my right side, which medical men said was liver trouble. I never got relief until I began the use of Dr. Chase's Kidney-Liver Pills, and they helped me at once. By using about a dozen boxes I was entirely cured. I owe my cure entirely to this treatment, and make this statement with the hope that some poor sufferer may benefit by my experience."

Dr. Chase's Kidney-Liver Pills, one pill a dose, 25 cents a box, at all dealers or Edmanson, Bates & Co., Toronto.

A New Drink.

Miss Agnes Slack, secretary of the International W. C. T. U., told on the Merion, as she was about to sail for Liverpool, a temperance story:

"A little boy, one evening at dinner, gazed at his father's face a long while, and then said:

"'Papa, what makes your nose so dreadful red?'

"'The east wind, of course,' the father answered with gruff haste. 'Pass that jug of beer and don't talk so much.'

"Then, from the other end of the table, the boy's mother said sweetly:

"'Yes, Tommy, pass your father the east wind, and be careful not to spill any on the table cloth.'"—Buffalo Enquirer.

A Cry for Help.—A pain in the back is a cry of the *kidneys for help. South* American Kidney Cure is the only cure that hasn't a failure written against it in cases of Bright's disease, diabetes, inflammation of the bladder, gravel and other kidney ailments. Don't neglect the apparently insignificant "signs." This powerful liquid specific prevents and cures.—70

The Liverpool schooner Pengwern, laden with saltpetre from Taltal, Chili, went ashore near the mouth of the Elbe. The tug Vulkan went to her assistance and passed close by her. The crew were drowned.

A Cure for Rheumatism.—The intrusion of uric acid into the blood vessels is a fruitful cause of rheumatic pains. This irregularity is owing to a deranged and unhealthy condition of the liver. Anyone subject to this painful affection will find a remedy in Parmelee's Vegetable Pills. Their action upon the kidneys is pronounced and most beneficial, *and by restoring healthy action*, they correct impurities in the blood.

"Expert legal testimony," says a well known member of the New York bar, "can easily be made a two-edged weapon in court.

"A clever and capable mining engineer was obliged to take the stand as an expert in a suit in Nevada a couple of years ago. The case involved large issues.

"The examination was conducted by a young and smart attorney, who patronized the expert with all the authority of half a dozen years of practice.

"One of his questions related to the form in which the ore was found, a form generally known as "kidney lumps.'

"'Now, sir,' said the attorney, 'how large are these lumps? You say that they are oblong in shape. Are they as long as my head?'

"'Yes,' replied the expert, 'but not nearly so thick.'"—Harper's Weekly.

Once Only.

"We don't lynch a man often, anyhow," remarked the visitor from Iowa.

"Neither do we," volunteered the man with the Southern accent; "never, in fact, but once."—Philadelphia Public Ledger.

Minard's Liniment Cures Distemper.

The latest advice from Yasnaia Poliana, province of Tula, say that Count Tolstoi is steadily improving.

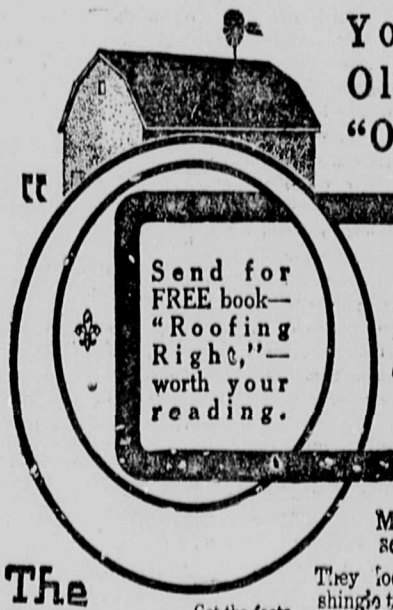
WIRED GLASS WINDOWS
HOLLOW SHEET METAL SASH & FRAME
METALLIC ROOFING Co
LIMITED
TORONTO & WINNIPEG

DEHORNING STOPS LOSS.
Cattle with horns are dangerous and a constant menace to persons and other cattle. Dehorn them quickly and with slight pain with a
KEYSTONE DEHORNER
All over in 2 minutes. Not a harsh method. Leaves a clear, clean cut. Cows give more milk; steers make better beef. Send for free booklet.
R. W. McKenna, Picton, Ontario, Can.

Grip
When you have pains in the head, back, legs and muscles generally, strength all gone soreness and fullness in head, watery eyes and a general feeling of lassitude—that's it—the "Grip." The sure remedy is
JOHNSON'S ANODYNE LINIMENT
For Internal and External use. Taken on a little sugar it cures grip, coughs, colds, cramps, colic. Applied to cuts, burns, bruises, it gives quick relief. Established 1810. 25 & 50c. At druggists.
I. S. JOHNSON & CO., Boston, Mass.

You cannot possibly have a better Cocoa than
EPPS'S
A delicious drink and a sustaining food. Fragrant, nutritious and economical. This excellent Cocoa maintains the system in robust health, and enables it to resist winter's extreme cold.
COCOA
Sold by Grocers and Storekeepers in ½-lb. and ¼-lb Tins.

Your Grandsons Will Be Old Men Before This "Oshawa" Roof Wears Out



Roof your buildings with "Oshawa" Galvanized Steel Shingles this year, and that will be a GOOD roof in 2007. We will give you a written guarantee, backed by $250,000, that such a roof, properly put on, will need no repairs and no painting for at least twenty-five years.

"OSHAWA" Galvanized STEEL SHINGLES make roofs water-tight, wind-proof, weather-proof, rust-proof, fire-proof for a century,—our plain guarantee keeps it so for 25 years without a cent of cost to the man who buys it.

Made in ONE QUALITY ONLY,—of 28-guage, semi-hardened STEEL double-galvanized

They lock on all FOUR sides—the ONLY METAL shingle that need NO CLEATS. Easy to put on—a hammer and a snips (tinners' shears) are tools enough. Cost LESS and last longer than any other roof. Tell us the *surface area of any roof on your place* and we will tell you exactly what it will cost to roof it right.

The Pedlar People of Oshawa

Get the facts before you roof a thing.

Montreal 321-3 Craig St. W. | Toronto 1 Colborne St. | Ottawa 423 Sussex St. | London 69 Dundas St. | Winnipeg 76 Lombard St. | Vancouver 615 Pender St. W.

EVER HAVE HEARTBURN?

OR ACID RIFTINGS OF FOOD?

Bileans End These Symptoms.

How? Because when food returns with that sour taste, when you have "heartburn," wind after food, or any of these unpleasant "feelings of fullness," it is because your digestive system has given way for the time. The "food tax" upon its energies has been too heavy. Bileans just enter the stomach, and, dissolving there, they liberate certain herbal essences which at once correct the gastric glands. These essences also pass into the blood and are carried to the liver. There they operate on the bile-secreting cells, and are carried to the delicate vessels of the intestines. All along, these herbal essences act beneficially, so that digestive disorders are corrected, the bowels are gently opened—not violently purged—the acid and fermenting substances are removed from the body, the blood is cleared of poisons and a feeling of lightness and restored vigor, with a return of healthy appetite and freedom from all digestive troubles, is the result. Bileans also cure constipation, debility, female ailments, piles, headache, and all liver, kidney and stomach disorders. Of all stores and druggists at 50 cents a box, or post free from the Bilean Co., Toronto, for price. 6 boxes sent for $2.50.

Ludwig Tessnow, the child murderer, who has been on trial at Griefswald, has been sentenced to death, having been convicted on two separate counts. The verdict condemns him to be beheaded twice.

If you are a sufferer from colds get a bottle of Bickle's Anti-Consumptive Syrup and test its qualities. It will be found that no praise bestowed on it is too high. It does all that is claimed of it, and does it thoroughly. Do not take any substitute for Bickle's Syrup, because it is the best, having stood the test of years. All the best dealers sell it.

The horticultural society of Toronto has decided to offer prizes for the best kept lawn and for flowers raised from seed supplied by the society.

Minard's Liniment Cures Colds, etc.

While a big auction sale was in progress in Regina the auctioneer suddenly ceased selling, and turned the sale room into a church and the sale room into a prayer meeting.

The Great Jenner.

An Englishman had occasion to go often to an eminent physician and said to Jeames, "You will be tired of opening the door for me." "Not at all, sir," was the gracious reply; "you are but a hunit in the hocean."

Another Jeames was accustomed to say during his master's occasional absences: "You had better try hopposite. There's a very respectable man hopposite as we often sends to when Sir William is habsent. His name is Jenner."—London Mail.

How Long the Bills Last.

A dollar bill has an average life of about fifteen months. Two dollar bills, not being quite so actively used, last on the average more than sixteen months. A five dollar bill lives on an average two years before it is worn out and the government is called upon to replace it. Ten dollar bills last about three years and twenty dollar bills more than four years.—Youth's Companion.

No Bargains.

"Eternal vigilance," shouted the orator, "is the price of liberty!"

The women electors exchanged glances.

"That is the same price as last year," they remarked and shrugged their shoulders.

There were no bargains to be had, and they lost interest in the proceedings.

The School.

"How do you get those clinging ways?" asked the country cousin.

"Hanging from street car straps," answered the city girl.—Washington Herald.

Men have a touchstone whereby to try gold, but gold is the touchstone whereby to try men.—Fuller.

Coughs of Children

Especially night coughs. Nature needs a little help to quiet the irritation, control the inflammation, check the progress of the disease. Our advice is—give the children Ayer's Cherry Pectoral. Ask your doctor if this is his advice also. He knows best. Do as he says.

Ayer's — We publish our formulas. We banish alcohol from our medicines. We urge you to consult your doctor

If you think constipation is of trifling consequence, just ask your doctor. He will disabuse you of that notion in short order. "*Correct it, at once!*" he will say. Then ask him about Ayer's Pills. A mild liver pill, all vegetable.

Made by the J. C. Ayer Co., Lowell, Mass.

Ideas of Humor.

It is alleged that an Englishman once told of a great joke he played on a friend. He was coming along the street with some companions and he discovered his friend's house on fire, with his friend in the third story window shouting for help. "Jump!" he cried. "Jump! We'll 'old a blanket for you." "What was the joke?" the hearer asked. "Why," the Englishman replied, "we 'ad no blanket at all."

John G. Saxe, the poet, and Oliver Wendell Holmes were talking about brain fever, when Mr. Saxe remarked: "I once had a severe attack of brain fever myself." "How could you have brain fever?" asked Dr. Holmes, smiling. "It is only strong brains that have brain fever." "How did you find that out?" asked Saxe.

In London a woman said one day to Whistler: "Do you think, Mr. Whistler: that genius is hereditary?" "I can't tell you, madam," Whistler replied. "Heaven has granted me no offspring."

The railway commission have agreed to the appointment of a commission to draw up a standard code of operating rules for all roads.

Minard's Liniment Cures Garget In Cows.

"Yes, Tommy," related Uncle Bob, who had just returned from a mountain tour, "the Matterhorn is indeed a wonderful sight."

"How big is it, Uncle Bob?" asked Tommy, in wonder.

"Oh, it is higher than the tallest building you ever saw."

"Gracious! How do they ever blow such a horn as that?"—Chicago News.

DEADLY LA GRIPPE

Canada Again Being Ravished By An Epidemic of This Disease.

Winter after winter Canada is swept from ocean to ocean by an epidemic of la grippe, or influenza. It is one of the deadliest troubles known to our climate. It starts with a sneeze — and ends with a complication. It lays the strong man on his back; it tortures him with fever and chills; headaches and backaches. It leaves the sufferer an easy prey to pneumonia, bronchitis, consumption and other deadly diseases. You can avoid la grippe by fortifying your system with Dr. Williams' Pink Pills. You can cure its disastrous after effects with this same medicine. These pills protect you; they cure you; they upbuild you; they banish all evil after effects. Dr. Williams' Pink Pills ward off all winter ailments. They cure all blood and nerve disorders. They are the greatest blood-builder and nerve tonic science has yet discovered. Ask your neighbors, no matter where you live, and you will learn of someone who has been cured by Dr. Williams' Pink Pills after other medicines have failed. It is on the unbiased evidence of your neighbors that we ask you to give these pills a fair trial if you are sick or ailing. Mrs. Emma Doucet, St. Eulalie, Que., says: "Words can hardly express my gratitude for what Dr. Williams' Pink Pills have done for me. I had an attack of la grippe which left me a sufferer from headaches and pain in the stomach. I used several medicines but found nothing to help me until I took Dr. Williams' Pink Pills. When I began them I was weak and very much run down. The pills have not only fully restored my health, but I gained in flesh while taking them. I recommend them to all sufferers."

A band of terrorists recently shot and killed Victor Gruen, the chief of the secret police of Moscow, as he was driving in a cab.

The sacred grotto at Bethlehem has been the scene of a conflict between Franciscan, Armenian and Greek monks.

Help the Overworked Heart. — Is the great engine which pumps life through your system hard pressed, overtaxed, groaning under its load because disease has clogged it? Dr. Agnew's Cure for the Heart is nature's lubricator and cleanser, and daily demonstrates to heart sufferers that it is the safest, surest, and most speedy remedy that medical science knows.—67

Unique among cemeteries is that of L'Ouedel-Kebir, Algiers, in many of the graves of which are dozens of medicine bottles. The natives of the territory bury with the deceased the bottles which held the medicines used in the last illness.

Transparent Paper.

To make paper transparent saturate it with castor oil and then dry it.

Proper Breathing.

According to a lecturer on health, people that breathe through the mouth, habitually neglecting the nose, the proper channel for the air supply, "have short upper lips, flat cheeks, irregular and decayed teeth, pigeon chests, pointed chins and pointed or upturned noses"—a dreadful list of dire penalties, in truth, fearful enough to convert us all in a moment, yet greatly exaggerated, of course. However, as we have heard many times, usually never heeding as we pass by, *it is decidedly injurious to breathe* through the mouth. Moreover, if we stop to consider a bit, we shall be able to see for ourselves several common sense reasons that ought to make us supply our lungs with air through the nose. Taken in by way of the mouth, the air reaches the lungs by a much shorter route and without the beneficial warming and cleansing process so well afforded by the longer nasal passage. In winter especially should we take care to breathe only through the nose, thus lessening greatly our chances of taking deep seated colds. It is merely a matter of habit and simply a question of trying after all.

HAS EYES LIKE OWL.

Daylight Is As Darkness to This Canadian Woodsman.

Because he has eyes like an owl and is unable to see during the day, Jacques Lombard, of the Lake St. John district, Quebec, is compelled to do all his hunting and trapping at night. He is the wonder of all the men in that district and many doubted the story until a fur trader named Jepson, who was never known to tell an untruth, went to see the man with the "night eyes."

As Lombard has never visited a physician, the cause of his affection is not known, but it is believed to be due to an ultra-sensitive retina. Whatever may be the reason, it is certain that he cannot stand ordinary light, while at night he is able to see well. The extent of his vision may be judged from the fact that he shoots accurately at two hundred yards and can find a pin dropped among leaves when the night is so black that an ordinary man would be forced to grope his way through the forest. The darker it becomes the better is the trapper's vision, moonlight nights being less suited to his work. When light is entirely absent the pupils enlarge so as to seemingly cover the entire iris, while at noon on a bright day the pupils are the size of pin points.

Shortly before Jepson visited the trapper Lombard was forced by circumstances to subject his eyes to a strong light, and the lids were greatly inflamed. But this condition disappeared after he had remained in a dark room twenty-four hours. To him the room was light until a lamp was introduced when, as he expressed it, darkness radiated from the lamp. This explanation brought out the fact that the flash from a rifle appeared to him to be a black streak, momentarily clouding the atmosphere. To his eyes a searchlight would darken all objects touched by its powerful rays, and the letters of an electric sign would spell in black.

The trapper's visual affliction has rather aided than interfered with his work, as most of the animals whose pelts he seeks are nocturnal rangers and he can observe their habits with his own eyes. He has a cabin at the outlet of a small lake, which forms the source of the River Croche, lying due west of Dablon. Here Lombard *sleeps during the day, and commences* his duties at night. His traps are strung for three miles along the lake and in the forests adjacent to it, and the rounds of them are made while other trappers are asleep.

While Lombard's life has been particularly free from woodland mishaps, he has had some exciting experiences with wild animals, and on several occasions has been slightly wounded. His hurts have never been serious, and his physical health has been almost perfect. His one ailment has been chills and fever, which come when the heavy dews appear in the spring and summer.

The trapper never lacks for meat, for he is able to take sleeping birds without effort. When it comes to capturing partridges it isn't even necessary to use a gun. They can be knocked on the head with a stick. In fishing he isn't so successful, as trout seldom bite at night, and even on cloudy days the light is too strong for him. Deer are nocturnal, as are moose, but Lombard says they are easily shot at night, as it is then they come to water to drink and feed on lily pads. In the daytime they hide and take their rest.

Jepson's story differs from former reports in that the trapper has possessed "night eyes" since birth. Formerly it was understood that Lombard had been partly blinded by the explosion of a pan of gunpowder and that thereafter he was sensitive to light. However this may be, it is true that the trapper's sight is better now than it was ten years ago. He is about forty years old, and is thoroughly contented with his lot. Apparently he has no inclination to have his eyes treated, although he has been told that he might be helped.

Some Modern Follies.

"Simplicity," said Dr. Farrow of New York at a recent Methodist meeting in Toronto presided over by Speaker St. John, "is closely related to the mind, the body, the spirit. It touches the individual, the home and society.

"No man can make the best or the most of life without simplicity—simple needs, simple pleasures, simple faith. Those who have lived the simplest lives have developed the highest types of character," and pictures of the late Queen Victoria, of John Bright, William E. Gladstone, Abraham Lincoln, Benjamin Franklin, and John Wesley were shown to eulogistic accompaniment. He added, in part:

"We perhaps have more knowledge than our forefathers, but are we as strong, as healthy, as good, and as spiritual as they were?"

"A strong, sound body, a clear, active mind, can only be obtained by following certain prescribed rules.

"If one gets away from nature's simple problem, the greater the penalty he has to pay for it.

"In gratifying our ambitions for the luxuries of life we have deprived ourselves of some of its greatest pleasures.

"Many a young man, upon coming to the city, forgets the simplicity of the old home. With his first cigarette and glass of beef all memory of the little church passes from him. Conscience often calls him to consider. The Church door is as open here as it is in the village, and friends there are who will prove as dear. There are many temptations, but the simple life is as potent and as possible here as in the country.

"Simplicity is no man's prerogative. No one individual can purchase it, *the ruler cannot command it, nor the* strong man acquire it by force."

English Society.

Cockney is rapidly becoming the current dictum of the best English society. A well brought up young lady was recently heard to call across the table at a shooting lunch to a man with Wellingtonian nose and dome-like forehead, "Now, then, bird faice, pass the rabbit food."—Vanity Fair.

Does fit Doesn't shrink

Pen-Angle Underwear has the soft warm feel the skin enjoys. Doesn't itch. Made for men, women and little folks, in a variety of styles, fabrics and prices.

Pen Angle — Warranted High Grade — Penmans — Unshrinkable — Trade Mark

202

We authorize every dealer in Pen-Angle Underwear to replace, at our cost, any garment faulty in material or making

Finger Nails.

The growth of the average finger nail is computed to be one-thirty-second of an inch a week or a little more than an inch and a half a year. The finger nails, Popular Science Siftings states, are said to grow faster in the summer than in the winter. The nail on the middle finger grows faster than any of the other nails, and that on the thumb grows slowest. It is also said that the nails on the right hand grow faster than those on the left hand. According to the rate of growth stated, the average time taken for each finger nail to grow its full length is about four and a half months, and at this rate a man seventy years old would have renewed his nails one hundred and eighty-six times. Taking the length of each *nail on each finger, and on* all his fingers and thumbs an aggregate length of seventy-seven and a half feet.

Externally or Internally, it is Good.—When applied externally by brisk rubbing, Dr. Thomas' Eclectric Oil opens the pores and penetrates the tissue as few liniments do, touching the seat of the trouble and immediately affording relief. Administered internally, it will still the irritation in the throat which induces coughing and will cure affections of the bronchial tubes and respiratory organs. Try it and be convinced.

Some of the settlers of the Pelly district, about fifty miles northwest of Swan River, Manitoba, have installed their own telephone system, using barb wire fences for the purpose.

Hon. C. S. Rolls says the small motor car has a great future in Canada. He was impressed by the loyalty which *prejudices Canadians in* favor of British cars.

South American Rheumatic Cure Cures Rheumatism.—It is safe, harmless and acts quick—gives almost instant relief and an absolute cure in from one to three days—works wonders in most acute forms of rheumatism. One man's testimony: "I spent 6 weeks in bed before commencing its use—4 bottles cured me."—66

Getting Square.

Little Pet (before retiring)—Mamma, may I pray for rain?

Mamma—Y-e-s, if you want to; but why?

Little Pet—Susie Stuckupp didn't invite me to her picnic to-morrow.—Illustrated Bits.

The honorary secretaries of the King Edward's hospital fund for London have received the sum of £20,179 from the executors of the late Alfred Beit, being the amount of a legacy £20,000 (free of duty) bequeathed by the deceased to the fund, plus interest.

HOW'S THIS?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure. F. J. CHENEY & CO., Toledo, O.

We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm.

WALDING, KINNAN & MARVIN, Wholesale Druggists, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75c. per bottle. Sold by all Druggists.

Take Hall's Family Pills for constipation.

In a London government board report it is calculated that the men whose applications were entertained represented 1.6 per cent. of the working population.

Daniel Osiris, the philanthropist, who presented Malmaison to the French nation, is dead. M. Osiris bequeathed $5,000,000 to the Pasteur institute.

Only those who have had experience can tell the torture corns cause. Pain with your boots on, pain with them off—pain night and day; but relief is sure to those who use Holloway's Corn Cure.

Extremis.

Green—What do you mean by saying John Brown is a distant relative of yours? I though he was your brother.

Brown—Well, there are twelve children in our family. He's the oldest and I'm the youngest. — Chicago News.

Mushroom Culture.

Mushrooms grow in many strange places. One curious field for their growth has been selected in France. The St. Denis railway tunnel is no longer used for the purpose for which it was originally intended. The ground therein has been cut up into ridges divided from each other by means of furrows, upon which whole battalions of mushrooms are now flourishing. In Scotland a company is now growing mushrooms in a tunnel 3,000 feet long. It was originally built by the North British railway, and is sixty feet below the streets of Edinburgh.

THE AGED LOVERS.

He has not won the world's applause,
She knows he never can;
His step is slower than it was,
But he's an honest man.
She wears the bloom of youth no more.
Yet side by side they fare,
Poor, bent old husband and gray wife,
Along the humble walks of life,
And still are lovers there.

WHERE THE SNOW IS DEEP.

How Nature Lover Finds Some Interesting Records Therein.

The drifting snow that eddies about the low branched cedars, clears away from the naked trunks, and climbs into inconvenient waves where unsuspected hollows lie in wait, reveals the strenuous life of the little inhabitants of the lingering woods, writes S. T. Woods in The Globe. The long, easy, eccentric leap of the cottontail shows from point to point where his bunched feet sink in the soft snow, and contrasting in sprightly irregularity with the straight trail of the dignified cat in search of a venturesome field mouse or a flock of hurrying snowbirds. There is always something fascinating about a new track in the snow. It is a piece of evidence that no casuistry can obscure and no array of facts and circumstances can contradict. It tells that somewhere at one end of the interrupted and winding line is an animal, and at the other is the hole from which it emerged. The uncertainty of whence and whither adds the charm of speculation, and perhaps of the kinship of all the blind wanderers who leave the uncertain marks of their varied pilgrimages. A new track tells that an animal has recently passed, and shows whether he was quiet and leisurely or driven by alarm. It is easy to picture the marking of the trail in the dark, drizzly night, or on the crisp snow under the clear stars, or perhaps in the open day, when caution points to the shelter of the drooping branches and gathered shrubbery.

The squirrels have grown active since the snow covered up their stores of winter food, and are freely opening tunnels and excavations. For the little field mice, who work under cover and make only an occasional waddling and short excursion on the yielding surface, the snow is a piece of good fortune, for it leaves them free to feast on the soft bark of all the banked-up trees and shrubs. But squirrels find the snow a serious inconvenience. They dig down to their stores of pine cones and bring them to the surface, scattering the gummy scales about on the clean snow while eating the diminutive seeds. Stores of beechnuts are less common, but a few have been preserved. The smooth depth does not conceal their location, for the empty shells on the surface tell of a feast on this rare delicacy. Acorns, too, are brought to the surface. The many evidences of such activity suggest a season of scarcity, for there are already many heavy drafts on the food preserved for the winter. The little fellows have not yet been driven by necessity to turn to the bitter cones of the hemlock. There is still a suppy of more agreeable food under the snow. The early inroads on this store suggest a hard winter; but it would be presumptuous to pity the sprightly little climbers, whose every move and attitude seems inspired by the joy of abundant life.

Migration of Women.

Men and youths are not the only ones to migrate from the older countries to the new. Says The St. John Sun: "A considerable migration of girls from the Maritime Provinces to the United States goes on constantly. It does not attract as much attention as the emigration of young men. At the present time the larger number of the latter who leave their homes move to the Canadian Northwest. But young women go in considerable numbers to the New England or Middle States. They seek various forms of employment. The most popular form is that of hospital work. . . The migration is not confined to the Provinces. Apparently those who go from these Provinces displace others from the Eastern States. The Kennebec Journal a few days ago noted the fact that 60 girls belonging originally to Maine left Boston in one company for Pasadena, California, where they take winter employment in the hotels. . . . . If the young men leave in numbers it is but natural that women will not remain where their probabilities of obtaining husbands are consequently reduced."

Sleep Sickness Germ Isolated.

A discovery of great importance has been made by Dr. A. Watson, Dominion *bacteriologist, at the quarantine* station at Lethbridge, Alberta, no less than the isolation of the germ known as the trypensesomes, which causes "sleeping sickness," one of the scourges of Africa. Dr. Watson imparted to some of his friends the interesting *information.*

The dread germ was obtained from the blood of a cottontail rabbit, which the scientist captured for purposes of experimentation, and which had the disease of which the rabbits have been dying in great numbers *throughout the country this winter.*

Every seventh year a scourge sweeps the rabbits almost out of existence. During the succeeding seven years the virus gradually accumulates in the rabbits, till another scourge again decimates them. This happened this year.

Modern Egypt.

A progressive Arab of Cairo is sinking wells and installing irrigation pumps at the foot of the pyramid of Cheops and the sphinx after gazing *thousands of years on sand wastes* soon will be looking out on green fields. This is one of the many demonstrations of the change from the old to the new Egypt.

Dear Mother

Your little ones are a constant care in Fall and Winter weather. They will catch cold. Do you know about Shiloh's Consumption Cure, the Lung Tonic, and what it has done for so many? It is said to be the only reliable remedy for all diseases of the air passages in children. It is absolutely harmless and pleasant to take. It is guaranteed to cure or your money is returned. The price is 25c. per bottle, and all dealers in medicine sell 3x4

SHILOH

This remedy should be in every household.

Necessary.

"*What do you consider most important* to a person who wants to be quick at repartee?" asked the intellectually ambitious girl.

"Friends who are slow to anger," answered Miss Cayenne—Washington Star.

Minard's Liniment Cures Diphtheria.

It is reported that the British company owning the White Pass and Kuion railway, has sold out to the Guggenheims New York.

SCORED ANOTHER WONDERFUL VICTORY

One More Added to the Long List of Cures Effected by Psychine.

This young lady, who lives in Brownsville, near Woodstock, Ont., tells her own story in a few effective words of how she obtained deliverance from the terrible grip of weakness and disease.

I have to thank Psychine for my present health. Two years ago I was going into a decline. I could hardly drag myself across the floor. I could not sweep the carpet.

If I went for a drive I had to lie down when I came back. If I went for a mile on two on my wheel I was so weak to lift it through the gateway, and last time I came in from having a spin I dropped utterly helpless from fatigue. My father would give me no peace until I procured Psychine, knowing it was excellent for decline or weakness. I must say the results are wonderful, and people remarked any improvement. Instead of a little, pale, hollow checked, listless, melancholy girl, I am to-day full of life, ready for a sleigh-ride, a skating match, or an evening party with anyone, and a few months ago I could not struggle to church, 40 roads from my home. I have never had the slightest cause to fear any return of the disease.

ELLA MURIEL WOOD.
Brownsville, Ont.

Thousands of women are using PSYCHINE, because they know from experience that in it they have a safe friend and deliverer. Psychine is a wonderful tonic, purifying the blood, driving out disease germs, gives a ravenous appetite, aids digestion and assimilation of food, and is a positive and absolute cure for disease of throat, chest, lungs, stomach and other organs. It quickly builds up the entire system, making sick people well and weak people strong.

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Restores the little organs to perfect health. Gives sound sleep, without resort to opium or other injurious drugs. 44 At druggists, 25c. 6 bottles $1.25. National Drug & Chemical Co. Ltd., Montreal

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LOCALS

J. W. Grier has purchased the *Greenwood Ledge* from Col. T. Lowery. The paper is a good one, and fills the requirements of that locality. Grier is an experienced man in his business, and is the right man in the right place.

The Misses M. Cunningham, Symil Ely, and Drainy, New Westminster, were visiting friends here this week.

Come and spend a pleasant evening in St. Andrew's Presbyterian Church. Lime light views Hawaiian Islands, and music by Rev. and Mrs. Banton, Monday, April 29th, at 8 p. m. Admission, 25 cents. Under auspices of the ladies' aid.

R. D. Hendry, of New Westminster, was a guest at Hotel North Vancouver this week. Real estate is brisk in the Royal City, he says.

The old Lynn ranch, near the bridge, east of Moodyville, which contains 160 acres, is being cleared and will be sold in town lots in the near future.

S. L. Whiting, Port Huron, Mich., paid the town a flying visit on Monday. He complimented North Vancouver on its push and enterprise.

The fly season is here.

Chas. Glass, Butte, Mont., came over on Monday, and was registered at Hotel North Vancouver.

Mr. and Mrs. J. J. Miller and daughter left here on Monday on an extended tour in the East. Before returning they will go to Guelph, Toronto, Montreal, New York and other cities. They will be away for a year, it having been 32 years since Mr. Miller came westward. Recently he sold his fine residence, on Fifth street, to Mrs. Batchelor.

During the last month there were 73 logging engines taken northward along the Coast, which fact shows, in a measure, how the timber business is increasing.

Several gardens in the municipality are now coming up.

Subscribe for THE EXPRESS.

The committee on incorporation of the City of North Vancouver will meet here on Monday next, the 29th instant, at 8:30 p. m., to receive report regarding amending act obtained, and to give instructions regarding issue of letters patent to complete incorporation. A full attendance is very desirable.

J. B. Sargent, New Westminster came in on Tuesday, and was a guest at Hotel North Vancouver. He is warm in his praises of the Ambitious City.

Sculler Ill.

J. N. J. Brown, a well-known sculler, who is one of the best amateur oarsmen that Western Canada has produced, and a member of the North Vancouver Rowing Club, is at present in the city and suffering from a severe cold. He had been up the West Coast on a trip, where he contracted a cold which settled in the left lung, and he has come here and placed himself under the care of Dr. Frank Hall. Brown shipped some ten years ago into the interior of the province the first and only single scull that has ever been sent north of Vancouver. The boat was built by Watson & Sons, of New York.

Brown has covered the mile with turn in out-riggered skiffs in seven minutes. He entered for the trophy presented by the Mayor of New Westminster, for the amateur championship of the province, and was much disappointed when the race was cancelled for the lack of competitors.—*Victoria Times.*

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