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VOLUME II. NORTH VANCOUVER, B. C., FRIDAY, AUGUST 17, 1906. NUMBER 26.

Thanks to those who so liberally voted for the $100,000 by-laws!

"The North Vancouver Board of Trade" has the right ring, and makes one realize that we are an Ambitious City. The gentlemen who enrolled their names in this organization last night have a great and glorious work to do. One thing certain, if this is to be a city, of which fact no one doubts, it must depend entirely on the united work and energies and a little self sacrifieing to upbuild the place.

Manager Sperling has become quite a North Vancouver enthusiast, and it would not be surprising to hear of him making his home here. He was as anxious as anyone to have the lights turned on as soon as they were. "I do not suppose there's a city anywhere the size of North Vancouver's population that can boast of such a growth. It certainly should be a good place for anyone to live in. It has all the modern advantages of a place ten times its numbers. I certainly have never heard of a town with about 1,500 people having a waterworks system, electric lights, power and telephones and shortly a car service.

These are great days for North Vancouver. The splendid achivements of the Ambitious City cannot be equalled in any other place of equal population on the continent. As Reeve Kealy said Wednesday night, after the electric lighting system had been opened, "these lights that glitter to-night for the first time are a prophecy of greater things that will make us more than a second to the city across the inlet." Ten years ago North Vancouver was but a huge wilderness of burned stumps and limbless trees. In this year of our grace we have a complete water service, telephones, electric lights, and a tram car service almost completed, and a railroad system to run northward in contemplation, as well as a projected bridge across the Second narrows to connect with Vancouver. With these splendid inducements North Vancouver must ultimately become a great city. It only remains for the people here to make it so.

The Electric Light.

Wednesday was a red-letter day in North Vancouver. The long-looked-for electric lights were turned on in the evening just in time for Clerk Alex. Philip to count the ballots cast for and against the by-laws for $100,000. Of course, they passed, and everything at North Vancouver at once became bustle and excitement. Word had been passed around that Lonsdale gardens were to be illuminated and of course everybody went down to the popular gardens. About 8 o'clock Geo. Dickie and his assistants turned on the lights and the band struck up a popular air to the applaudits of a multitude. President Hamersley and Directors Robertson and Haswell of the ferry company were congratulated on all sides for their thoughtfulness to celebrate the occasion.

The reeve and councillors and party on adjournment of the council went up to the sub-station, where they met General Manager Sperling, Supt. James Milne, C. Rummell, manager of the light and power, W. Woodroofe, superintendent of stations, and John Rogers, line foreman, and George Dickie, who had the honor of turning on the lights earlier in the evening. Here greetings were exchanged and a general inspection of the premises made. As they passed out the party saw beneath a lighted lantern the sign: "North Vancouver yesterday."

At a late hour all returned to the hotel where light refreshments were served. Reeve Kealy, Manager Sperling, Councillor May, P. Larson and others made excellent and appreciative speeches.

A Modern Barber Shob.

Bert Campbell, the pioneer barber, is nothing if not progressive. First he opened his shop on the Esplanade, then he removed to Lonsdale avenue, because his business demanded it. Now, he has leased the premises, just vacated by P. Burns & Company. This place has been fitted up in first-class shape, and bath rooms and a bootblack stand installed. "Bert" takes a pride in his work and always tries to please his customers. The new place will be named the Board of Trade. An old tonsorialsaw says that

'With odorous tonic thy head and hair are sleek;
And then thou kemb'st the tuggles on thy cheek:
Of thy barbers take a costly care."

By-laws Passed.

The two by-laws for raising money were voted upon and passed by large majorities. The vote polled was a small one in proportion to the number of names on the list, some 230 being recorded out of a total of 1,369 available.

The first by-law, to raise $75,000, $50,000 of which is to be devoted to improvements in the townsite and $25,000 for the rural municipality, was carried by the following vote:

For	153
Against	75
Spoiled	6
Majority for	78

The second, a by-law to raise $25,000 for city waterworks improvements, was carried by the following vote:

For	157
Against	69
Spoiled	6
Majority for	83

Miss Olga Larson is visiting friends at Victoria.

G. L. Taschereau, Toronto, Ont., was registered at the hotel this week.

Mr. Rogers, Victoria, paid the town a flying visit on Monday.

The cool weather the past few nights has driven a number of campers homewards.

A Jap was digging a post-hole on Second street yesterday, while four whites watched him.

H. G. Bissett, Vancouver, spent a few happy hours in town yesterday. "Dick" presented the silver cup for the motor boat race on July 1st.

A new daughter arrived on Sunday afternoon at the home of Mr. and Mrs. Black, corner of Chesterfield avenue and Fourteenth street. Mother and child doing well.

The two anonymous letters "ripping up" our police force has been consigned to w. p. b.

George Gonzales, of Vancouver, appeared before His Worship Reeve Kealy Tuesday morning on a charge of starting bush fires on district lot 851, Seymour Valley. Several witnesses were called on both sides. The evidence was very conflicting, it being so difficult to lay any blame therefrom that his worship reserved judgment until he had personally inspected the land.

H. D. Ells, North Vancouver's pioneer blacksmith, has disposed of his business on First street, to Wallace Bros., of Calgary. Mr. Ells will leave for Kansas, *via* San Francisco, shortly. He takes with him to his new field of operations the best wishes of a host of friends.

W. Shaw, Scotland, registered at the Hotel North Vancouver on Tuesday.

Church Notice.

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

Sunday, August 19th (tenth Sunday after Trinity)—HOLY COMMUNION (plain), 8 a. m.; morning prayer and public baptism, 11 a. m.; evening prayer and sermon, 7:30 p. m.

Monday, 20th—Evening prayer in tent, near Lonsdale gardens, 8 p. m.

Wednesday, 22nd — Evening prayer, followed by address on St. Augustine, 8 p. m.

Thursday, 23rd—Vigil.

Friday: 24th (St. Bartholomeu's day)—HOLY COMMUNION (plain), 7 a. m.; evensong, 7:40 p. m.; practice, 8 p. m.

Next Sunday—HOLY COMMUNION (plain), 8 a. m.

Every Sunday—Sunday school, 10 a. m.

REPORT OF "RITUAL COMMISSION."

A report has just been published which is of the greatest importance to Churchmen, inasmuch as it represents the unanimous judgment of representative men on some of the most burning questions of the day. The Commission was appointed as far back as April, 1904, and has sat 118 times and examined 164 witnesses. It includes the Archbishop of Canterbury, the Bishops of Oxford and Gloucester, numbers of eminent lawyers and statesmen, besides two such stalwart "Low Church" leaders as the Principal of Ridley Hall and Sir John Kennaway. It is, therefore, the more thankworthy that the report has "been unanimously agreed to, and without reservation on the part of a single commissioner."

The "Athanasian Creed,"—In the forefront of breaches of the law they place "the disregard in whole or in part of the rubric with reference to the recitation of the Athanasian Creed."

The Prayer-book disobeyed.—The commissioners classify breaches of the letter of the Prayer-book under two heads:—a) those which are, and b) those which are not significant of particular doctrine. a) The omission of the longer exhortations at Holy Communion, making a collection during morning or evening prayer, the omission of daily service as a practice, the omission of service on Ascension Day and Holy Days, &c.

Of these last two the commissioners say that in such cases "the standard of worship and of religious observance differs widely from that which the Prayer-book enjoins."

b) These are again divided under three heads according to the doctrine signified, whether it is 1) "formally defined and adopted by the Church of England," 2) "contrary to or repugnant to" her teaching, 3) contrary to her teaching.

How they should be dealt with.—1) The first kind are of small importance, unless they offend against our Church's condemnation of excess of ceremonial.

2) Of the second kind, so far as can be gathered from the "*Times*" summary, they seem to say that, though technically illegal, they should be legalized as soon as possible; seeing that the letter of the law has never been enforced in other directions where it would work injustice, and further that the decisions of the Privy Council in Church matters (on which the interpretation of the law depends) are regarded as destitute of authority by "thousands of clergy with strong lay support," and are thus practically valueless. Under this head come:—

The use of a stole, the disuse of a cope in cathedrals, the use of the full Eucharistic Vestments, the use of incense, reservation of the Blessed Sacrament for the Communion of the Sick, the use of wafer bread, the use of the sign of the Cross, the useof lighted candles at the HolyCommunion, &c.

"Reorganizing" practices—Of the third kind they have no good word to say. Such steps should be taken as would soonest tend to extirpate them entirely from among us. They include certain practices which we trust we may never see in our Church here, inasmuch as they are almost inseparable from doctrine peculiar to the "Roman" portion of the Catholic Church.

The commissioners proceed to give a summary of what they have gathered of the history and meaning of the various practices comprised under the second head, such as vestments, incense, &c. They also speak plainly of Private Confession, and of Prayers for the Departed. But these we must leave to another week.

Miss A. Bunyan, Truro, N. S., was visiting friends here this week.

Miss Hambolt will sell her household furniture on Monday, by auction, at Chas. Bates' rooms.

Mr. and Mrs. James Milne, Misses Jessie and Jennie Milne and H. R. Milne, all of Toronto, was registered at the Hotel North Vancouver on Monday.

Mrs. Newman and children, Kamloops, who have been guests at the Hotel North Vancouver for some time, leaves for home tomorrow.

Robert H. Bryce, who has been confined to his rooms at Hotel North Vancouver for the past few days, is around again.

E. Kingsford Smith, Brisbane, Australia, was here this week. The Land of the Southern Cross, he says, is on the eve of prosperous times, the price of wool having almost doubled.

Mrs. Rine D. Meeke, a noted traveler, will entertain the congregation of St. Andrew's and their friends, on Friday evening, August 24th. She is a well-known elocutionist and ventriloquist of rare ability. Admission: Adults, 25 cents; children, 15 cents.

Miss R. Costello, of Mount Vernon, is visiting her uncle, W. A. Dawson, of Fourth street.

It must be tough to hate a man everybody else likes.

When a Protestant and a Catholic fall in love, the Protestant always gives in.

The people are so capable these days that they not only attend to their own business, but have spare time for touching up their neighbors.'

A North Vancouver woman has quit smiling, because she has new false teeth.

Humphrey Williams will erect a residence on Fifteenth street, west of Delbruck avenue. It will cost about $1,500.

We have noticed that when a day is very dull, and we approach a man with the question, "Anything new?" he replies, "Not a d—— thing."

There is a boy in North Vancouver who can argue with the school teacher and win every time.

Yesterday we heard of a man who had Bright's disease for 25 years. Today we heard of one who had it for ten years.

"Jack" Wilber must have a cracking good watch. He says that it has not been cleaned in fourteen years, and that it still keeps good time.

It is interesting when father tells the children of what a rake he used to be, but mother's past isn't so interesting because she doesn't dare to tell anything she ever did that was any worse than whispering in school.

Mr. Smith, foreman for Bayne's & Horrie, will put up a fine house at the corner of Fifteenth street and Bewicke avenue. Work has been started.

A copy of the initial number of the *Pythian Shield*, the official organ of the Grand Domain of British Columbia, has arrived at this office. It is a five-column four-page weekly, published Saturdays at 115 Eighth avenue east, Vancouver. The letter press is all that could be desired and typographically is a clean sheet. It aims to be the medium of communication between the various lodges of the Knights of Pythias. C. E. Smitheringale is the editor and publisher, and should receive the loyal support of every member of the order.

MUNICIPAL COUNCIL.

At the regular meeting of the North Vancouver Council Wednesday evening, the general tax rate for the municipality for the year was struck at ten mills on the dollar. This is lower than last year, when the general rate was thirteen mills. The reduction is attributed to the rapid influx of settlers and the consequent expansion of revenue. It was also decided to call for tenders for a twelve-foot sidewalk on the east side of Lonsdale avenue from the ferry wharf as far as Third street.

Those present were Reeve Kealy and Councillors May, Allan and Cornish.

Communications were read and dealt with as follows:

From the directors of the North Vancouver Ferry & Power Company, inviting the council to attend the opening of the lights at Lonsdale gardens that night. Accepted with thanks.

From J. W. Horne et al., and a number of ratepayers on Lonsdale avenue, a petition was received for the construction of a twelve-foot sidewalk on the east side of Lonsdale avenue from the ferry wharf to Fifth street. The petitioners stated that some of them were ready to build stores if a sidewalk were laid.

The reeve said he thought the east side as far as the municipal hall should have been built long ago.

Councillor Cornish did not think it necessary to build as far as Fifth street.

The matter was left with the board of works to call for tenders for a twelve-foot sidewalk as far as Third street. Tenders to be in by August 29th.

From the B. C. Electric Railway Company, asking that two hydrants be placed near the sub-station and car barn in case of fire. Referred to the water committee with power to act.

From W. B. Peacey, secretary of the school board, asking for $25 for incidental expenses of the board. Granted.

From seven residents of blocks 43 and 25, district lot 547 and 271, asking for the installation of the city waterworks system. Referred.

From the North Vancouver Horticultural Association, asking for the laying of a water pipe so that the exhibition might be assured of a plentiful supply of water on the show day. Referred to the water committee with power to act.

From R. L. Docherty, secretary of the horticultural association, asking for a contribution of $100 for the annual exhibition. Granted.

From the North Vancouver Land & Improvement Company in reference to the proposed Ottawa gardens, The company sent a blue print of the proposed gardens and pointed out that they had already spent $673 in taking out stones, rough-grading, ploughing and clearing the land. They had also several hundred yards of stones extracted from the land which they offered to sell to the municipality at the rate of 45 cents per cubic yard. Referred to the board of works.

The North Vancouver Land & Improvement company also wrote in reference to their scheme for boulevarding Queensberry avenue, and planning out district lot 550. They proposed to lay it out with 66-foot streets, with one 346-foot boulevard from Keith road to Nineteenth street, and a park of ten and a half acres between Thirteenth and Fifteenth streets. They stated their willingness to give these to the municipality conditional on the council guaranteeing $8,000 of their bonds and securing electrical car service for the district lot mentioned. This was referred to the board of works with the other communication.

Clerk Philip then announced that the money by-laws had been voted on that day and passed. The by-laws were reconsidered and approved by the counsil.

The council then took up the question of striking the tax rate for the year. In view of the expansion of the revenue it was considered that a lower rate could be struck than formerly. The following rates were decided upon: General rate, 10 mills; consolidated loan rate, 3½ mills; water loan rate (townsite only), 2½ mills; school rate, ½ a mill; making a total of 16½ mills. A rebate of one-sixth will be taken from this amount on all taxes paid before October 31st.

Tenders for the Lynn Valley road were passed in committee after the regular council meeting and were referred to the council to report.

It was decided to hold a special meeting of the council at 8 o'clock on next Monday evening for the purpose of finally passing the revenue by-law and considering other matters of importance.

The council then adjourned.

Board of Trade.

There was a large and representative meeting in the municipal hall last night for the purpose of forming a local board of trade.

Reeve Kealy occupied the chair and Geo. Bartley acted as secretary.

The report of the committee on constitution and by-laws was taken up and considered *seriatim*. It provides that ten committees be elected, namely: Reception and entertainment, publicity and information, commerce and industries, membership and grievances, tourist and settlers, parks and boulevards, legislation and administration, finance, transportation, agriculture and mining.

The regular meeting of members shall be held on the third Tuesday of each month, and a meeting of the executive on the first Tuesday in each month. The annual fee is to be $5.

Since the constitution provided for an election of officers at an annual general meeting to be held on the firsr Monday in October of each year, it was found necessary to make an exception for the present year that officers might be elected as soon as possible, and the board got under way.

When the constitution had been adopted Geo. A. McBain moved a vote of thanks to the committee on constitution and by-laws.

The motion was seconded by Harry C. Wright and carried unanimously.

The roll was then produced and the following signed their names as charter members of the North Vancouver Board of Trade: A. E. Kealy, D. G. Dick, W. J. Dick, J. B. Williams, Alex. Philip A. St. G. Hamersley, W. B. Campbell, J. R. J. Murray, B. J. Cornish, H. R. Heffell, J. J. Woods, A. Billings, A. F. Beasley, Geo. Lill, P. Larson, P. A. Allen, S. D. Schultz, Henry A. Shaw, W. Nicholson-Lailey, Geo. A. McBain, A. G. Smith, J. C. Williams, Harry C. Wright, J. Walden. W. J. Irwin, Alex. Smith, D. H. Whitlow, Geo. Bartley, Geo. J. Phillippo, J. A. McMillan.

After a lengthy discussion as to the advisability of electing officers the following resolution, proposed by Mr. Hamersley, seconded by Mr. Schultz, was carried unanimously:

"That this meeting adjourn for fourteen days for election of officers.

"That nominations for officers be sent in, proposed and seconded, to the secretary within ten days from date—he to have a list of all nominees in his office for inspection by the members.

"That nomination be open to time of election.

"That the present committee continue to act to the adjourned meeting to obtain as many charter members as possible."

The committee on constitution and by-laws comprised the following: Messrs. W. J. Irwin (chairman), G. J. Phillippo, S. D. Schultz, A. St. G. Hamersley, D. G. Dick, Alex. Philip, J. R. J. Murray, Arthur G. Smith.

These are the gentlemen who have worked so energetically on the constitution and to whom is now entrusted the work of enlarging the list of charter members of the first board of trade to be organized north of Burrard inlet in the Province of British Columbia.

Mrs. J. McDonald, of Nelson, was here on Monday.

THE EXPRESS

NORTH VANCOUVER - - - B. C.

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GEORGE BARTLEY,
Managing Editor

DRINK WHEN YOU EAT

TAKE AS MUCH WATER AS YOU WANT WITH YOUR MEALS.

It Is Excellent For the Digestion, It Is Claimed, as Neither Gastric Juice Nor Pepsin Work Properly Unless Largely Diluted With Water.

How much water should we drink and when should we drink it are questions so simple that at first sight their discussion seems superfluous. One would naturally answer, "Drink all the water you wish when you are thirsty," but authorities say, "Drink more than you wish when you are not thirsty," for they recommend that a gallon or so be drunk between meals, which is more water than we need and the very time the system least demands it. Usually we experience thirst during or directly after eating.

Inasmuch as 87 per cent of the whole body is water, which is, of course, being used up every moment, there is no question that we should drink of this element copiously, but it is a serious question whether we should refrain from water at meals—the time we particularly desire it.

There is a class of persons, ever growing more numerous, that believes that whatever is is wrong. For the natural and simple they would substitute the artificial and complicated. To drink water while or directly after eating is a natural instinct. Give a dog his dinner, putting a bowl of water near it, and observe that he will first eat all he can and then immediately drink. Wild animals look for a stream *after feeding. Cage birds will stop* pecking at seed to peck at water. Children have a perpetual thirst, and I have seen babies that, unlike young Oliver, have refused to eat more when denied water after every few mouthfuls.

It is especially important that babies be given what water they wish and at the time they wish it, which is usually at table.

The thinner food is the more easily and thoroughly is it digested; in fact, it cannot be digested until it has been *made liquid by the gastric and intesti*nal juices. Indigestion is caused often by food that has not been sufficiently moistened by the digestive secretions.

There are sound physiological reasons for our craving water with meals. Water is the solvent that constitutes *95 per cent of the gastric juice. Now,* when one eats a hearty meal and does not drink, the amount of water in the stomach is not sufficient thoroughly to moisten the great quantity of food, and this makes digestion difficult. On the other hand, when enough water is ingested with the food the latter is well moistened and broken up, the digestible particles being then readily acted on by the gastric juice and afterward absorbed. Again, when the partially digested food (chyme) passes into the intestines it is most important that it be very moist, particularly as water is constantly absorbed from the chyle in the large intestine. Bad cases of constipation are caused by dry chyle remaining in the intestines, where it sets up an inflammation that sometimes proves fatal, dry faeces, of course, resisting peristaltic action. The excrement of persons suffering from constipation is always dry and hard and is a potent cause of appendicitis.

The idea that water drinking at meals *unduly dilutes the gastric juice* is nonsensical, water being not so palatable that one is apt to drink more than his digestive functions require. As a matter of fact water generally facilitates the digestion of albuminous substances. In this connection Dr. A. *Jacobi in his work on "Infant Diet,"* page 67, says:

"In experiments upon digestion of albumen with gastric juice obtained from the stomach of animals it was noticed that after a certain time the process began to slacken, but was renewed *merely by the addition of water.* The gastric juice became saturated with the substance it had dissolved and ceased to act upon what remained until it had been diluted. In the living stomach this dilution is of even greater importance, for it permits of the im*mediate absorption of the substances* soluble in water and which do not require the specific action of the gastric juice." Neither the gastric juice nor pepsin has any true digestive action unless they be largely diluted with water.

It goes without saying that it is not the food that is ingested, but that which is digested, that does good, and this principle holds good with water, which is practically a food. Now, when one resists the perfectly natural desire to drink while eating he may be not thirsty several hours afterward, but he is advised nevertheless to force himself to drink at that time. But if he drinks then, the water, having no food to mix with it, will go through him, as it were—*that is, it will do no* good.

The importance of water to the human economy may be inferred from the various purposes it subserves. First, it softens and dissolves solid foods, thus facilitating their mastica*tion and digestion; second,* it maintains a due bulk of blood and the structures of the body; third, it keeps substances in solution or suspension while moving in the body; fourth, it supplies elements in the body's chemical changes; fifth, it makes easy the *elimination of waste material;* sixth, it discharges superfluous heat by transpiration through the skin and by emission through other outlets, and, seventh, it supplies in a convenient form heat to or abstracts heat from the body. Some of these functions are performed by water in its liquid state and others in a state of vapor.

Have you indigestion? Try water instead of drugs with your food.—G. Elliot Flint in New York World.

THICK, SWOLLEN GLANDS

that make a horse Wheeze, have Thick Wind, or Choke-down, can be removed with

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Silver Bathtubs.

At the czar's palace of Tsarskoe-Selo the nurseries provided for the care of children consist of eleven rooms. One feature is described by Miss Egar, the children's governess, as follows: "In the bathroom is a stationary bath of solid silver, used for the bigger children. *There is a small silver bath for* the use of whatever baby reigns. Each child's name is engraved upon it, so it forms a historical record. It was apparently bought for Nicholas I. and bears his name and those of his family. We also find the names of Alexander *II.* and of Marie, afterward Duchess of Edinburgh. The last name added was that of Alexis, the little baby who was born in August, 1904."

The Drama In Iceland.

In its march to the pole the drama *has reached Iceland. It is a recent* graft upon the intellectual life of the island, according to the London Globe. The first theater was founded so recently as 1897, and there is only one in the island—at Reikjavik—but it has taken firm root. The dramatic season *opens in October and closes at the end* of April, when the good folk go fishing, and the theater is open about three evenings a week. Bjornson and Ibsen are mostly drawn upon, but during the last season one or two native poets have recited their own compositions, *which promise well.* The municipality and the diet each subsidize the theater to the extent of 500 crowns.

THE FATAL SPANISH OPAL.

One Jewel Princess Ena Did Not Get as a Present.

In reading over the list of the young king of Spain's handsome gifts of jewels to his bride, Princess Ena of Battenberg, *said to exceed* $1,000,000 in value, it will be noticed that among all the precious stones—diamonds, pearls, brilliants, saphhires, etc.—no mention is made of an opal. The opal has always been considered an unlucky stone, and many instances have been given of the ill luck attending its acceptance, but the noted Spanish opal has brought so many terrible catastrophes in its wake that it is dreaded by the Spaniards above all symbols of ill luck.

This opal was originally possessed by Alfonso XII. of Spain, and was highly valued by the king. Accordingly, on his wedding day he presented it, among other gifts, to his bride, who was Mercedes, the daughter of the *Duke of Montpensier. She died, how*ever, shortly afterward, and the king, not liking to see any of her jewels to remind him of his loss, gave it among others to his sister, Maria del Pilar, just before the funeral of his wife. The king's sister died a few days after re*ceiving the opal, and the king then* gave it to his sister-in-law, the Princess Christina, the youngest daughter of the Duke of Montpensier, and, to the horror of all, she also died before three months had passed.

The king was so horror stricken and *grieved at these strange occurrences* that he resolved not to give it to any one else, but to wear it himself. He also died soon afterward. The queen regent, broken hearted and afraid of the fatal stone, resolved that no other human being should be influenced by *its ill luck, and, obtaining a solid gold* chain, she fastened the opal ring to it and hung it around the neck of the Virgin of Almudena of Madrid. Since that time none of the royalties can be persuaded to accept the opal, and naturally the people, always superstitious, *have been afraid even to look at* one.—New York Times.

Postmen Collect Debts.

A debt collecting agency which is run as a part of the regular public postal system is the newest "improvement" *of the postoffices of Austria.* Despite the novelty of the enterprise, the plan has worked admirably, so that many thousands are collected annually by the postmen throughout the Austrian empire. The system is very simple. Suppose a tradesman in Vienna *has an account due from a customer* in, say, such a distant town as Budapest, which he wishes to collect. Distance does not matter in the least. He merely sends the bill to the postoffice in the capital, whence it is at once transmitted to the postoffice at Buda*pest. There the postman presents it* to the debtor, collects the cash and remits it to the Vienna postoffice, whence it is delivered to the tradesman by postman. In the event of payment being refused, which, of course, sometimes happens, the creditor is *promptly apprised of the fact,* and valuable time is thus frequently saved.—Chicago Journal.

CALAIS TO DOVER TUNNEL.

Old Project Revived Through English and French Raprochement.

Now that England and France are getting together the old project of a *tunnel under the English channel from* Calais to Dover is being talked about. Thirty years ago a French company began to bore at each end, but England got scared and stopped the work. She feared that the tunnel would invite attack by an army of invasion. This phase of the question of tunneling the channel was introduced recently by Lord Fitzmaurice when welcoming the members of the French academy on their visit to London. He declared humorously, as reported in The Westminster *Gazette:*

"I have no right to reveal the secret mind of the Government even if I knew it, but there is one great obstacle in the way of the realization of that project. Every nation has its phantom, and England's is a military one. Formerly it was feared that a French army might *creep into England through the hole of* a channel tunnel; then it was a German army that was feared; then a Russian. But to-day it is the Chinese army. We have been assured in the newspapers—*and the newspapers never lie*—that a Mongol army, after crossing Asia, burning St. Petersburg, destroying Berlin and the University of Paris, would occupy the pier head at Calais and, entering the tunnel, emerge at Dover. But those who have conjured up this dreadful picture forget the French army *which in the vast plains between Tours* and Poitiers would defeat this army and deliver us from a Tartar invasion."

Yet the military danger is taken seriously by some, and Sir W. Holland, M. P., who hopes that Parliament will sanction the tunnel scheme, proposes to get round the objection by making the tube neutral like the Suez and Panama canals. But there might be foes of England just across the channel who would not stop for a trifle like neutrality if they wanted to make the *lords and dignitaries of St. James ko*tow on the spot. The first Napoleon would have gone through the hole in spite of all Christendom had there been one about the year 1805. And it wouldn't rest with the Mongols or even the Turks to furnish some bold Ghengis Khan or Alaric to raise the cry "On to London" if the subway lay open. It is more than likely the English of these times will see the continent overrun by vast Socialist armies who will care nothing for treaty obligations, *and they'll have allies in Eng*land to beckon them on and help them on if the taking of London seems worth while.

Mistress of the Alhambra.

Queen Victoria of Spain will be the gracious mistress of a number of most beautiful homes and palaces, says The Westminster Gazette. The Royal Palace at Madrid is by common consent one of the most handsome and one of the largest Royal domiciles in Europe. *It was built by Philip V., who was anx*ious to imitate the magnificence of his grandfather, Louis XIV.'s, sumptuous abode at Versailles. Its splendid rooms are crowded with art treasures of all descriptions. About thirty miles from the capital there is the Escurial, known as "The Gridiron," another home of fine rooms, and filled with artistic objects of value.

The palace of Aranjuez is a large but somewhat uninteresting-looking building. Then there is the Miramir Palace *at San Sebastian; also El Pardo.* But the royal palaces of most interest are the beautiful old Moorish palaces of the Alhambra and the Alcazar at Seville. Both are miracles of architecture, and the Alcazar is described by those who have seen it as one of the most lovely sights of Spain. "It is a marvellous maze of rooms, brilliant with color, and of courtyards where the delicate tracery appears like lace," wrote a visitor to this superb building.

About Printer's Devils.

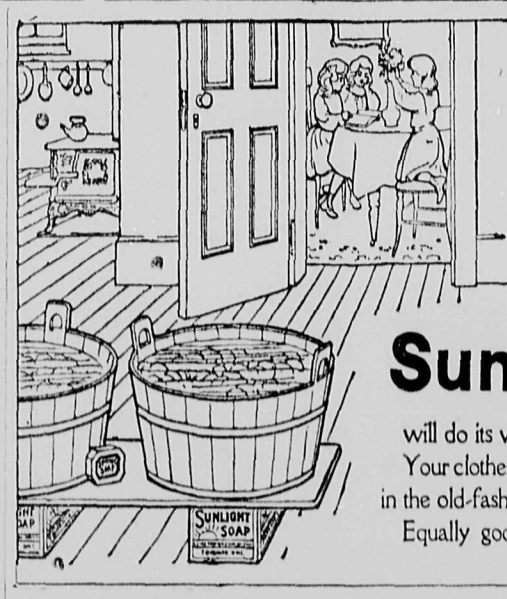
The barrister's "devil," with whose title the Attorney-General of England, as the guest of the North-eastern Circuit, made merry, got it, presumably *from that other humble functionary,* the "printer's devil." But why was the printer's errand boy so-called? According to Moxen, writing at the end of the seventeenth century, becaus: "these Boys in a Printing House commonly black and Dawb themselves; whence the Workmen do Jocosely call *them Devils; and sometimes Spirits,* and sometimes Flies." It is related, however, that Aldo Manuzio, the great Venetian printer of the fifteenth century, had a black slave boy, who was popularly supposed to come from below. Accordingly he published a notice:—"I, Aldo Manuzio, printer of the Doge, have this day made public exposure of the printer's devil. All who think he is not flesh and blood may come and pinch him."

The Mosaic Law and Marriage.

More than two centuries ago a tailor living in Currie was admonished by the kirk to stop courting his first wife's half brother's daughter. Instead of *yielding obedience he fled to England* with the woman and there married her, according to The Dundee Advertiser. A jury unanimously found him guilty, and the court ordered him to be beheaded. The reporter suggests that on the death of a wife her sister is no longer within the degree forbidden by the Mosaic *law, nor is his brother's wife on the* death of that brother. In fact, to marry a brother's widow was an express injunction of that law, and if the surviving brother declined the match the widow was entitled by that elegant and dignified system of jurisprudence to—spit in his face.

An Embarrassing Joke.

When Lord Eldon was appointed deputy professor of law at Oxford university he was made the victim of an *embarrassing practical joke,* of which he gives the following account in his journal: "Immediately after I was married I was appointed deputy professor of law at Oxford, and the law professor sent me the first lecture, which I had to read immediately to the students and which I began without knowing a single word that was in it. It was upon the statute of young men running away with maidens. Fancy me reading with about 150 boys and young men all giggling at the professor!" The *secret of the situation, of course,* lay in the fact that Lord Eldon had just returned from his own elopement.



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

To appreciate the simplicity and ease of washing with Sunlight Soap in the Sunlight way you should follow directions.

After rubbing on the soap, roll up each piece, immerse in the water, and go away.

Sunlight Soap

will do its work in thirty to sixty minutes.
Your clothes will be cleaner and whiter than if washed in the old-fashioned way with boiler and hard rubbing.
Equally good with hard or soft water.

Lever Brothers Limited, Toronto 153

A SETTLEMENT LIBRARY.

What Some of the Cards of the Children Contained.

The door of the Settlement library opened and in rushed the children, all ages and sizes, from the kindergarten to the highest grade of three of the *large public schools.*

The librarian examined the cards which had been filled out at home with the signature of the child and that of the father.

"Alfretta, you have forgotten to put down what your father does," said Miss Jones as she took the card from a little colored girl.

"My name is Miss Alfretta," replied the child, "and my father is a traveling man."

"He's not, Miss Jones," interrupted Tom Brown. "He's just a common *porter on the train.*"

"Well," said Miss Alfretta, "doesn't he travel, and if he travels isn't he a traveling man, I'd like to know?"

"John, you have not told what your father does." Miss Jones turned to the child next in line.

"*I don't want to tell, and he said I* wasn't to tell, neither," replied John, looking half scared.

"But I must know what your father does before you can take any books."

"Well,"—poor little John caught his breath—"I do so want to take books, *but if he knows I told he'll lick me.* I'll just whisper it to you, and no one else need hear." So he went close to Miss Jones and, putting his arm around her neck, whispered, "He's the bearded lady at the dime museum."

"Next!" Miss Jones wrote something *hurriedly on the card.*

"I want to explain about mine." A little girl stepped forward eagerly. "I wrote my own name myself, but my father, being dead, was unable to write his, so I wrote it for him, but my mother wrote hers herself."

"*Annie, you haven't told us what* your father does."

"Please, he works hard. He says he does," said Annie.

"Well, what does he work hard at?"

"He works at being an invalid."

"My father is a miller," said the next.

"*My mother is a housekeeper.*"

"My father is a carpenter."

"Mine is a peddler, for he peddles."

"I don't know what to do about my card," said Julia Trusky, pushing her way toward the desk. "You see, it's this way. My mother has divorced my *father, and I don't know if I ought to* send the card to him or wait until next week, for then I am to have a new father."—Lippincott's Magazine.

Chopping Him Off.

Mr. Coopah (passionately)—Miss *Smoot, when I am in yo' hilarious vi*cinity I feels so influential and delusive dat I can't explain de altitude of muh cohesiveness! Miss Smoot—Gladys—I—I—

Miss Smoot (coldly)—Dat's all right, Mistah Coopah! O' cou'se I likes a gen*'leman to be cawdial and all dat,* but don't jump up in muh lap, sah; dess please don't jump up in muh lap.—Woman's Home Companion.

Relieved.

"You seem to be in a particularly *happy frame of mind this morning,* Mr. Wadsworth."

"I am. For several months past I have had a suspicion that my private secretary and my stenographer were in love with each other."

"And have you found that you were *mistaken?*"

"Yes. He came to me last night and asked for my daughter."—Judge.

The Jealous Wife.

"I don't see why she isn't happy with him. He's certainly very atten*tive to her.*"

"That's just it. She argues that he couldn't be so attentive to her if he hadn't had a lot of experience with some one else."—Catholic Standard and Times.

Unexpected Death.

Mrs. Murphy—Oi hear your son Denny died very suddenly, Mrs. Flynn. Was his dith unexpictid?

Mrs. Flynn—It was, Mrs. Murphy. We expictid a pardon from th' guv'nor to th' very lasht minute.—New York Press.

A Modest Philanthropist.

Booker T. Washington tells of a Wall street philanthropist whose bene*factions are so carefully hidden that* no one outside of a very small circle suspects him. This is said to be the unknown who sent $25,000 to Mayor McClellan of New York for the San Francisco relief fund. Mr. Washington says this man's wealth will be a *great surprise when his death reveals* it, his possessions being vastly larger than they are generally supposed to be.

LOWER NEW YORK'S ROAR.

To Be Silenced by the Use of Wooden Pavements.

Work has been completed at the lower end of Broadway for the removing of the former Belgian block pavement and the substitution of the new wood *block surface, which is laid from the* Battery to Vesey street.

The increasing popularity of this pavement is due largely to the fact that it is noiseless under traffic. In this respect it outdoes asphalt, which has been considered for many years ideal *for use around hospitals and schools* and other places where a quiet pavement was essential. In the case of the wood block pavement the noise of horses' hoofs, which make considerable clatter on asphalt, is almost done away with and the soft, hollow thuds which *are all that can be heard on the wood* are rather pleasant to the ear than otherwise.

In making use of this pavement under conditions of heavy traffic such as exist on Broadway New York is following in the footsteps of the European capitals, which have resorted to this expedient to a great extent during the last twenty years. All the principal avenues and boulevards of Paris, without exception, are paved with wood. The same is true, to a slightly less extent, in London, and in hundreds *of smaller cities wood pavement is* also a favorite.

Not only Broadway, but practically the entire lower end of Manhattan Island, will eventually be paved with wood blocks. The blocks are treated throughout to the heart with a mixture *of creosote and rosin.*

The grain of the wood affords an excellent foothold for horses under every other condition, and it has been found by trucking companies that drivers of *heavy loads prefer the wood paved* streets to those paved with stone or asphalt, as furnishing easier traction.

Another advantage of the wood pavement which will be appreciated in the windy canyons of the office building district is the fact that, unlike asphalt, *this pavement does not breed dust.*

When the work now under contemplation in lower New York is completed this city will become one of the best paved municipalities in the world.—New York Mail.

His Record.

"Do you believe a man can love more than one?"

"I know it. Why, between Friday night and Monday morning I have *loved a whole summer resort.*"—New York Life.

Hard to Touch.

"When a man is distant he's not *easily touched,*" *remarked the observer* of events and things. "Come to think of it, he's not easily 'touched' when he's close, either."—Yonkers Statesman.

Not Quite Clear.

She—While in the country last sum*mer I learned to milk a cow, just for* amusement, you know.

He—For the cow's amusement or for your own?—Chicago News.

A Wise Man.

Hewitt—How did you come to marry *your typewriter?*

Jewett—Well, you see, I got a good wife and got rid of a poor stenographer.

Selling a Glacier.

The great glacier on Mont Blanc is being used for other purposes than furnishing an occupation to guides and an attraction for tourists. An ice trust has gone into the business on an extensive scale of quarrying the clear, hard ice at an altitude of 4,000 feet. The ice is blown out in great *blocks by means of dynamite,* after which it is sawed into regular sizes and sent down the mountain sides on a narrow gauge railway. Down in the valley it is loaded into freight cars and distributed through southern France. A warm winter has no terrors for the *Mont Blanc iceman;* he invests no money in icehouses, and the supply is inexhaustible.

The Dreadnought.

It is said that that wonderful fighting machine, the British battleship Dreadnought, will carry fuel, both coal and oil, sufficient to take her from England to Quebec and back without filling bunkers or tanks. Inasmuch as there will be no water tight doors below the armored deck, there will be an arrangement of "lifts," by which officers and men may be conveyed over the impassable bulkheads. The ship is roughly described as consisting of five circular forts set in the hull, or, rather, with the hull built around them, each fort being heavily armored to its base and surmounted by a revolving turret mounting two twelve-inch guns.

Cancer.

Melancholy as it truly is, the real origin of cancer is as yet unknown. No parasite has been discovered to explain its invasion, and no treatment short of the earliest possible use of the knife has given any hope. Even with *the best surgical skill the growth is* very apt to recur, and in the great majority of patients afflicted with the disease it proves fatal within three to five years. The one promising feature for treatment is that the ailment is at first always local and should thus be *amenable to early and thorough eradi*cation.—New York Herald.

Treasure Island.

Treasure island is still a mystery. The steam yacht Rose Marine, which left England in October, 1903, to search for the treasure which, tradition says, pirates concealed on Cocos island, in the Pacific, has returned to Southampton. Captain Mathews, the skipper, is reticent as to the results of the voyage *and only says that his belief in the* project has been strengthened. The work of searching the island is very difficult.

A Mayor For the Babies.

James Broadbent, mayor of Hud*dersfield, England, is making the prop*er care of babies a leading feature of his administration. He issues instructions as to their food and says a baby should be weighed every fortnight to keep "tab" on its nutrition. A baby weighing machine is kept at the mayoralty office for the purpose.

There are a number of varietities of corns. Holloway's Corn cure will remove any of them. Call on your druggist and get a bottle at once.

Buckle's Literary Monument.

Buckle devoted nearly twenty years to the collection of materials for his "History of Civilization." He wrote only a portion of the introduction, which remains a great monument to his literary and philosophical teachings. If the work had been finished on the *same scale as begun,* 100 volumes would not have sufficed.

Four Leaved Clover.

In some parts of Ireland the presen*tation of a four leaf clover by a young* man to a young woman is considered equivalent to "popping the question."

Known to Thousands.—Parmelee's *Vegetable Pills regulate the action of* the secretions, purify the blood and keep the stomach and bowels free from deleterious matter. Taken according to direction they will overcome dyspepsia, eradicate biliousness, and leave the digestive organs healthy and strong to perform their functions. Their merits are well known to thousands who know by experience how beneficial they are in giving tone to the system.

Maize.

Maize is Indian corn. Crushed maize is known in Ireland as "stirabout," in Italy as "polenta" and in America as "hominy." It is less stimulating than wheat. Corn flour is a preparation of maize. Crushed maize boiled with milk, sweetened with sugar and dashed with cream is one of the most fattening foods.

The Digit.

The digit, a Hebrew measure of length, was a little over nine-tenths of *an inch. It was taken from the second* joint of the right forefinger.

A Sound Stomach Means a Clear Head.—The high pressure of a nerv*ous life which business men of the* present day are constrained to live make draughts upon their vitality highly detrimental to their health. It is only by the most careful treatment that they are able to keep themselves alert and active in their various callings, many of them know the value of Parmelee's Vegetable Pills in regulating the stomach and consequently keeping the head clear.

Our First Bricks.

The first bricks made on North American soil were manufactured by the colonists of Virginia in 1612. They were used in building the church at Jamestown and the residences of the governor and the more important citizens. A portion of Jamestown church is still standing, and the bricks of which it was built are in good preser*vation and appear to have been very* well made.

Spoons.

Spoons are of nearly the same size all over the civilized world, and four tablespoonfuls make what in medical *parlance is denominated a wineglass*ful.

Active Liver, Good Digestion

And There is no More Prompt and Certain Means of Keeping the Liver Right Than

DR. CHASE'S KIDNEY-LIVER PILLS.

In calling your attention to Dr. Chase's Kidney-Liver Pills it is only necessary to point to their success in the past, for they are known in nearly every home.

By means of their direct and specific action on the liver—causing a healthful flow of bile—they regulate and enliven the action of the bowels and ensure good digestion in the intestines. At the same time they stimulate the kidneys in their work of filtering poisons from the blood.

This cleansing process set in action by Dr. Chase's Kidney-Liver Pills means a thorough cure for biliousness, intestinal indigestion, torpid liver, kidney derangements and constipation.

It means a restoration of health, strength and comfort where there has been pain, weakness and suffering. It means a removal of the conditions which lead to backache, rheumatism, lumbago, Bright's Disease, appendicitis and diabetes.

Miss Julie Langlois, Manor, Sask., writes:—"For a long time I suffered from liver complaint and biliousness and could find nothing to help me until I used Dr. Chase's Kidney-Liver Pills. I have recommended these pills to many of my friends and they have all been satisfied with the results. You can use this letter for the benefit of women who are suffering as I did."

Mr. Wm. Cook, Moosomin, Sask., writes:—"I have been taking Dr. Chase's Kidney-Liver Pills and must say they have done me a lot of good. I have been a great sufferer from diabetes and I can say to all who are afflicted with this disease that Dr. Chase's Kidney-Liver Pills will do them good. I cannot say that I am entirely cured but I have been greatly benefited by this medicine."

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

TRUTH IN PARENTHESES.

I really take it very kind,
This visit, Mrs. Skinner,
I have not seen you such an age—
(The wretch has come to dinner!)
Your daughters too. What loves of girls!
What heads for painters' easels!
Come here and kiss the infant, dears—
(And give it perhaps the measles!)

Your charming boys I see are home
From Rev. Mr. Russell's.
'Twas very kind to bring them both—
(What boots for my new Brussels!)
What! Little Clara left at home?
Well, now, I call that shabby!
I should have loved to kiss her so—
(A flabby, dabby babby!)

And Mr. S., I hope he's well!
But, though he lives so handy,
He never once drops in to sup—
(The better for our brandy!)
Come; take a seat. I long to hear
About Matilda's marriage,
You've come, of course, to spend the day—
(Thank heaven, I hear the carriage!)

What, must go? Next time I hope
You'll give me longer measure—
Nay; I shall see you down the stairs—
(With most uncommon pleasure!)
Goodby! Goodby! Remember, all,
Next time you'll take your dinners—
(Now, David, mind, I'm not at home
In future to the Skinners.)

An Old Bible.

One of the oldest Bibles in Connecticut is in possession of Thomas P. Aitkin of Manchester. It has been in the Aitkin family for centuries and according to the title page it "was imprinted by the deputie of Christopher Barker, printer to the quenes most excellent majestie, 1599. Englished by L. Tomeon."

Nearly all infants are more or less subject to diarrhoea and such complaints while teething and as this period of their lives is the most critical, mothers should not be without a bottle of Dr. J.D.Kellogg's Dysentery Cordial. This medicine is a specific for such complaints and is highly spoken of by those who have used it. The proprietors claim it will cure any case of cholera or summer complaint.

Badly Smitten.

"I wish there were ten days in the week," sighed Gladys.

"Why?" asked Grace.

"Jack could call oftener then."

Solitude is as needful to the imagination as society is wholesome for the character.—Lowell.

Minard's Liniment Cures Garget in Cows.

A gentleman visiting some relatives in Scotland was persuaded to try a game of golf. At first stroke he aimed a terrific blow at the ball, scattering the turf to right and left, and looked around for the result.

"What have I hit," he asked.

Scotland, sir," gruffly answered the caddie.—Tit-bits.

Is It Your Own Hair?

Do you pin your hat to your own hair? Can't do it? Haven't enough hair? It must be you do not know Ayer's Hair Vigor! Here's an introduction! May the acquaintance result in a heavy growth of rich, thick, glossy hair! And we know you'll never be gray.

"I think that Ayer's Hair Vigor is the most wonderful hair grower that was ever made. I have used it for some time and I can truthfully say that I am greatly pleased with it. I cheerfully recommend it as a splendid preparation."—MISS V. BROCK, Wayland, Mich.

Made by J. C. Ayer Co., Lowell, Mass.
Also manufacturers of
Ayer's SARSAPARILLA. PILLS. CHERRY PECTORAL.

Importance of Hobbies.

For the well being and stable balance of every mind it is normally necessary that every man should have some pursuit which shall be unconnected with his business, which he must pursue with absolute seriousness. The hobby may be a game, it may be a collection of some sort (even stamps) or it may be some artistic achievement, and whether a man scarcely attains mediocrity even in it matters not at all, provided he pursues it with the fixed idea that nothing else in the world matters.—London Queen.

Minard's Liniment Cures Diphtheria.

The Crown of Chosroes.

The crown of Chosroes, the king of Persia, was hidden in an Arabian fortress and remained concealed for nearly 1,000 years.

Game of Dice.

In the game of dice, as played by the Greeks, names of their divinities were given to the various "throws," the most fortunate, that of the highest number, being called Venus or Aphrodite.

The Water Lily.

Several specimens of water lilies have the very curious peculiarity of blooming all day and at evening closing their blossoms, and by retracting the stem, drawing the flower entirely under water. There is no more singular fact in the history of flowers than this oddity of the water lily.

I bought a horse with a supposedly incurable ringbone for $30. Cured him with $1.00 worth of MINARD'S LINIMENT and sold him for $85.00. Profit on liniment, $54.00.

MOISE DEROSCE.
Hotel Keeper, St. Phillippe, Que.

Ranter—I thought this paper was friendly to me.

Editor—So it is. What is the matter now?

"I made a speech at the banquet last night, and you didn't print a line of it."

"Well? What further proof do you want of our friendship?"—Answers.

A Good Medicine requires little advertising. Dr. Thomas' Eclectric Oil gained the good name it now enjoys, not through elaborate advertising, but on its great merits as a remedy for bodily pains and ailments of the respiratory organs. It has carried its fame wherever it has gone, and it is prized at the antipodes as well as at home. Dose small, effect sure.

Mrs. Winks—This article in the Household Magazine on keeping house on $3,500 a year is interesting, but there is one important lack.

Mrs. Binks—What is that?

Mrs. Winks—It doesn't tell you how to get the $3,500 a year.—Somerville Journal.

Oddest Monument in the World.

Perhaps one of the very oddest monuments is the tablet in a Berkshire church in memory of a soldier who had his left leg taken off "by the above ball," the actual cannon ball being inserted at the top.

Mexican Police.

The Mexican police attend closely to their duties and are very polite. At night each policeman carries a lantern, and this lantern is set out on the sidewalk opposite wherever he may be; so it is possible to look down a street and see a whole row of these twinkling lanterns.

Leighton's Peerage.

Frederic Leighton's peerage was the shortest lived in the history of England. He died on the day following that upon which the patent of nobility was issued, and as he left no heir the title died with him.

The Avenger.

Alfonso I. of Castile was surnamed the Avenger. He was never known to forget or forgive an injury.

Venezuela.

The summer season in Venezuela lasts from November to April. The winter season lasts from April to November. The climate of the temperate part of the country is the finest in South America, the most equable and the most salubrious outside of Peru. The women of Venezuela are of the Spanish type and are celebrated for their beauty. The language of the country is Spanish.

First Mogul Emperor.

Kublai Khan, the first mogul emperor of China, was called the Murderer, from the tragedies in his own family.

The Fly's Mouth.

The fly's eating apparatus is really a sucker of very large proportions when compared with the size of the animal. If the mouth of a man were of the same proportionate size as that of the fly, his head would have to be enlarged about two feet on each side to accommodate his lips and teeth.

SHATTERED NERVES.

Made Strong and Steady by Dr. Williams' Pink Pills.

When your nerves are out of order your whole health is on the verge of a breakdown. Sudden sounds startle you; your muscles twitch and your hands tremble; your self-control is shattered; your will-power gone. Your head aches; your feet are often cold and your face flushed. Your heart jumps and thumps at the least excitement; you are restless at night and tired when you wake. Your temper is irritable and you feel utterly down-hearted. And the whole trouble is because your blood is too thin and watery to keep the nerves strong. There is only one way to have strong, healthy nerves—feed them with the rich red blood that only Dr. Williams' Pink Pills can make—and do make. Mr. Fred Forth, 17 Sullivan street, Toronto, says:—"I was a complete wreck with nervous prostration, but Dr. Williams' Pink Pills have made a new man of me. I had been nervous for years; the least noise would startle me, and the least exertion would leave me utterly prostrated. I lost in weight, and physically I was almost a wreck. I had not taken the pills long when I found they were helping me; my appetite improved, my nerves began to grow steady, and day by day I gained until I was again a well man. My weight increased twenty-five pounds while I was using the pills. To any who suffer as I did, I can say that if Dr. Williams' Pink Pills are given a fair trial, a cure will be sure to follow."

Dr. Williams' Pink Pills restored Mr. Forth, simply because they made the rich, pure blood which properly nourishes the nerves and keeps them strong. They will cure all the diseases due to bad blood and shattered nerves, such as anaemia, indigestion, headaches and backaches, rheumatism, lumbago, St. Vitus dance, paralysis, general weakness and the secret ailments of growing girls and women. But you must always insist on getting the genuine pills with the full name Dr. Williams' Pink Pills for Pale People on the wrapper around each box. Sold by medicine dealers or sent direct by mail at 50 cents a box or three boxes for $2.50 by writing the Dr. Williams' Medicine Co., Brockville, Ontario.

Witch Hazel.

The witch hazel in all parts of Great Britain is considered as a magic plant. In many local traditions it is alluded to as playing a part in charms and incantations.

Spiderwort.

The Virginia spiderwort is apparently unable to endure a high temperature. During the day it is wilted and dejected. As the evening comes on it revives, all its leaves assume a lively appearance, and the plant appears to flourish and enjoy its life until the morning light again returns.

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

Egyptian Cloth.

The cloth of the old Egyptians was so good that, although it has been used for thousands of years as wrappings of the mummies, the Arabs of today can wear it. It is all of linen, the ancient Egyptians considering wool unclean.

The Snow King.

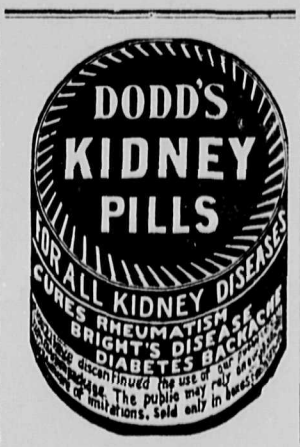
Gustavus Adolphus was the snow king, from the fact that his dominions were termed the Snow Kingdom.

Crowns and Heraldry.

In heraldry nine different varieties of the crown are recognized as insignia of rank—the oriental, the triumphal or imperial, the diadem, the obsidional crown, the civic, the crown vallery, the mural crown, the naval and the crown celestial.

British Standard Measures.

The standard measures of Great Britain are preserved in the archives of parliament.



THE RESTLESS MORO.

He Is Never Happy Unless on a Marauding Expedition.

The Moro is brave to fearlessness, a born pirate and essentially a first class fighting man. He is never happy unless on a marauding expedition and stealing from his neighbors, friends and foes alike. The chief who is the most successful thief is the most respected and the most powerful among chiefs.

The Moro trades with his neighbors on market days in the various coins of the realm and foreign moneys. At other times he is a free ocean rover, extending his trading voyages as far north as the islands of Negros and Panay, south to the Celebes and Borneo and westerly to the Palawan. He is the most successful of smugglers, and a little act of piracy when chance offers goes without mention. The Moro is the most perfect of aquatic beings, the most skillful small boat sailor or large "prau" navigator extant. He can no more drown than can a fish. There is no record of a drowned Moro. He can dive to the bottom of the sea at depths of from twenty-five to a hundred feet for the valuable mother-of-pearl shell, and his life is largely lived at sea from infancy. Along the coast many of the Moro villages are built over the water.—Colonel Owen J. Sweet, U. S. A., in Harper's Weekly.

Mozart's Work.

Mozart lived thirty-seven years. His first mass was composed when he was less than ten years of age, and the enormous quantity of his compositions was the work of the succeeding twenty-seven years. Mozart wrote forty-one symphonies, fifteen masses, over thirty operas and dramatic compositions, forty-one sonatas, together with an immense number of vocal and concerted pieces in almost every line of art.

AFTER TEN YEARS.

Mr. G. L. Stephenson, of Peterborough says: "For over ten years I suffered constantly with Piles, first Itching, then Bleeding; pain almost unbearable; life a burden. Tried everything in vain till I used Dr. Leonhardt's Hem-Roid.

"I had taken but a few doses when I began to notice an improvement. Now I am completely cured."

A $1.000 guarantee with every box of Hem-Roid. $1. All dealers, or the Wilson-Fyle Co., Limited, Niagara Falls, Ont. 18

Pins.

The first statutory mention of pins is to be found in an English law passed in the year 1483. The first patent pin machine was one of American make—Wright's machine of 1824.

Ancient Grecian Acoustics.

The ancient Greeks, to secure resonance without the use of woodwork, placed under the seats of their theaters earthen pots with the mouth turned toward the stage, the vibrating mass of air in these serving to re-enforce the sound.

Minard's Liniment Cures Colds, etc.

Dried Locusts.

In all the cities of Arabia, even at the present day, dried locusts, strung on threads as dried apples used formerly to be treated in this country, are exposed for sale as an article of food.

Nero's Crowns.

When Nero made his artistic tour as a musician and actor through the cities of Greece, more than 400 crowns were bestowed upon him, and when he returned to Rome he decreed himself a triumph and entered the city with these crowns borne in solemn procession.

Do not delay in getting relief for the little folks. Mother Graves' Worm Exterminator is a pleasant and sure cure. If you love your child why do you let it suffer when a remedy is so near at hand?

Morning Rainbows.

A rainbow in the morning foretells rainy weather during the day.

The Hessian Fly.

The wheat fly feeds upon the flower of the wheat, while the hessian fly lays its eggs on the stem. The former thus renders the flower abortive, while the injury done by the latter affects the whole plant.

Roman Naval Crowns.

The Roman naval crown was given to the admiral triumphant at sea. It was of gold, and its decorations were the prows of ships.

Minard's Liniment Cures Distemper.

A Wasp's Nest.

One kind of wasp found in Brazil and Guiana makes its nest of a brilliant white pasteboard, suspending it from the highest branches of the trees so as to escape the attention of the monkeys, which in those regions have a troublesome habit of investigating everything, even a hornet's nest.

Shortening the Visit.

"It is a great comfort to have a child about the house," said the man of domestic tastes.

"Yes," answered the unfeeling wretch, "when company comes that you don't care for you can make the child recite."

Her Possessions.

"I have two lovely little puppies," said Mrs. Tawkley.

"I have met your husband," replied the man. "Who is the other one?"—Judge.

Gain not base gains; base gains are the same as losses.—Hesiod.

"SALADA"

CEYLON GREEN TEA

is preferred by former Japan Tea drinkers because of its greater purity.

Lead Packets Only, 40c, 50c, and 60c per lb. At all grocers.
Highest Award St. Louis 1904.

Delicate Children

The children cannot possibly have good health unless the bowels are in proper condition. A sluggish liver gives a coated tongue, bad breath, constipated bowels. Correct all these by giving small doses of Ayer's Pills. Genuine liver pills, gently laxative, all vegetable, sugar-coated.

We have no secrets! We publish the formulas of all our medicines.

J. C. Ayer Co., Lowell, Mass.

The Irish Bull in Journalism.

Of a well-known reporter of a past generation many curiosities of style are still repeated with zest by Dublin journalists. It was this man who explained, describing a case of drowning off Dalkey:—"The body was washed ashore by a receding wave." Of a fugitive from justice he wrote:—"The burglar was surrounded on all sides by the police. Escape was impossible. Suddenly he made his way down a cul-de-sac and disappeared through a side street." The most popular story of this impressionist writer, however, relates to Mr. Gladstone. On the Grand Old Man's one and only visit to Dublin he was interviewed by the eccentric press man. Mr. Gladstone, at the conclusion of a somewhat amusing array of questions, very courteously expressed his pleasure at meeting the interviewer. The latter, in a high state of delight, said with enthusiasm. "The pleasure is mutual, Mr. Gladstone. But it is all on my side."—London Tribune.

THE BEST INDIA INK.

It Is Redolent of Musk, Bright With Gold and Very Costly.

"This india ink," said the clever Chinese art student, "has no more right to be called Indian than your American redskins have to that name, for india ink all comes from China, and India never produced a stick of it.

"Anhui, my own province, is the one where india ink is made. The best of the ink is kept at home for the use of the royal scribes and the official litterati. It is only the lower grade that is exported. This lower grade sells at wholesale in Anhui for $1,500 a ton.

"The very best grade of india ink, the kind rich with gold, is worth $75,000 a ton.

"The constituents of india ink are colza oil, pork fat, lampblack, glue, musk, gold leaf and the oil of a poisonous tree, the heng, which grows only in the Yangtse valley.

"After the admixture of the oils the lampblack, the fat and the glue, the resultant paste is beaten for many hours with steel hammers upon wooden anvils, and during that long beating certain quantities of musk and of gold leaf are added, the musk to give the ink perfume, the gold to give it luster.

"Afterward the ink is dried for three weeks in molds. The stocks are then decorated, the most artistic scribes gilding them with very beautiful Chinese characters.

"There is no ink worthy to be mentioned in the same breath with ours, an ink redolent of musk and bright with gold."—Exchange.

Tree Snakes of Borneo.

The flying frogs of the Malays appear to be mythical, but the tree snakes of Borneo are credited with taking flying leaps from the boughs of trees to the ground. It is found that scales on the lower part of the body may be drawn inward so that the whole lower surface becomes concave. The resistance to the air is thus greatly increased and experiments indicate that the snakes do not fall in writhing coils, but are let down gently in a direct line by the parachute-like action of their peculiar bodies.

The Cravat.

The cravat was once the name of a great military nation, the Croats, or Cravates, of the Balkans. It was their fashion to wrap large shawls or pieces of cloth around their necks and shoulders. About the middle of the reign of Louis XIV. he uniformed several regiments in the Croat fashion, with huge shawls about their necks. The fashion took, and the shawl diminished in size to the slight strip of cloth we still have with us.

Hearsay Evidence.

"See here, Jokely, I'm surprised to find you writing such bitter, cynical things about married life."

"Well—er—Benedict, you see, the fact is—er"—

"Oh, don't apologize. It isn't that. What surprises me is how, not being married, you know all these things."

Friends.

"If a man is friendless it is his own fault."

"That's right. Why, there are fine fellows standing on every corner who would gladly borrow money from him."

Social Dictionary.

"Society" is now a combination of men and women who overdress themselves at the expense of their tradesmen that they may overeat themselves at the expense of their friends.—Life.

It is wise to save the first dollar that one makes in business, but wiser to save the last.

Cracker Charm

There is all the difference in the world between eating biscuits and biscuit eating. One may eat a biscuit and not taste it, but when you think of biscuit eating you think instantly of

Mooney's Perfection Cream Sodas

Crisp, delicious and tasty. Absolutely and distinctly superior to any other make. Say "Mooney's" to your grocer.

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.

"A dislike," said the gentle philosopher, "should not lead us to any active demonstration. We should merely seek to avoid its object."

"Maybe my boy Josh has more sense than I gave him credit for," replied Farmer Corntossel. "That's exactly the way he feels about work of all kinds."—Washington Star.

Pansies.

Pansies, ever since Shakespeare's time and perhaps for ages before, have been symbolic of thoughts or remembrance. Two or three poets, 100 years earlier than Shakespeare, mention the flower as having this symbolism.

Rockers.

As far back as the seventh century the venerable Bede wrote: "The women now are so luxurious that they do have chairs with wooden circles on the legs and which sway back and forth in such sort that it maketh one sick to behold them."

A Monster Emperor.

Maximin, the Roman emperor, was over eight feet high and could wear his wife's bracelet as a thumb ring. Once, when serving as a barbarian soldier in the Roman army, he, on a wager, killed an ox with his fist and ate one of the hind quarters for a single meal.

DEAFNESS CANNOT BE CURED.

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed inflammation can be taken out and the hearing, and when it is entirely closed, Deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by Catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars free.

F. J. CHENEY & CO., Toledo, O.

Sold by Druggists, 75c.

Take Hall's Family Pills for constipation.

Teacher—And how many people did Samson kill with the jawbone of an ass?

Boy—A thousand, sir.

Teacher—Right. And what were the people called that he killed?

Boy—O,——! Have I got to tell you all their names, sir?—Bystander.

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.

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

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.

SMOKE THE
TERMINUS CIGAR
CLEAR HAVANA FILLED

"The Express," $1 a Year

$150 REWARD

Fifty dollars reward will be paid by the undersigned for the recovery of each or any of the bodies of Mrs. R. H. Bryce, Percy Chick or Roy Benwell, who were lost in the wreck of SS. Chehalis.

R. H. BRYCE.
J. O. BENWELL.

Western Corporation, Ltd.

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

412 Hastings Street West, Vancouver, B. C.

Electric Light

The Poles for the distribution of Electric House-Lighting are now arriving at our Poleyard. Prospective customers are respectfully requested to file their applications for Electric Light as soon as possible, so that the construction of these lines may be taken in hand at once.

British Columbia Electric Railway Co., Ltd.

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.

M. J. HENRY'S
NURSERIES AND SEEDHOUSE.

Large stock of HOME-GROWN Fruit and Ornamental Trees now matured for the fall trade.
No expense, loss or delay of fumigation or inspection.
Headquarters for Pacific Coast-grown Garden, Field, and Flower Seeds in season.
BEE SUPPLIES, Spray Pumps, Whale Oil Soap, Greenhouse Plants, Cut Flowers, Bulbs for Fall planting.
We do business on our own grounds—no rent to pay and are prepared to meet all competition.
Let me price your list before placing your order.
Catalogue free.
M. J. HENRY,
3010 Westminster Road, Vancouver, B.C

PIONEER PHOTOGRAPHER
Up-to-date Photography.
Large Assortment of Souvenir Postcards to choose from.
G. G. NYE, PROPRIETOR
Cor. Sixth St. and Chesterfield Ave.
OPEN SUNDAYS.

LOCALS.

A new baby has arrived at the residence of Mr. Iverson.

Miss Clapp, teacher of the second division, North Vancouver school, and her mother have taken up their residence here.

The new house on Sixth street, belonging to W. Welband, has been completed.

Bruno Diorado, owner of lots on Fifteenth street, close to Bewicke avenue, will erect a house shortly.

Mrs. A. R. Steacy has returned from a trip to Eastern Canada. The weather was so hot that she was delighted to arrive back in North Vancouver.

Reverend J. D. Gillam, M. A., and Mrs. Gillam and Mrs. Gill have gone to Kamloops, where they will spend a few weeks with friends.

The reporter of The Express has been informed by Mr. James McNair that he contemplates building a fine residence on Sixth street shortly. Also Mr. Irwin, of Irwin & Billings, will build one close by, providing the council opens up the street.

J. J. Langstaff, of this place, has assumed the managing editorship of the Ashcroft *Journal*.

Miss Eva Ray, teacher of the Port Hammond school, was a guest of Mrs. Steacy this week. She returned home yesterday.

The schools will reopen on Monday, August 27th. Mr. Price will be the new principal. He comes highly recommended, and the school board must be congratulated in making the appointment.

Mrs. R. Burns, corner of Lonsdale avenue and Seventh street, who has been ill for some time, we are now pleased to announce her convalescent.

Local eggs, new laid, are firm at 40 cents a dozen. Local creamery butter advanced five cents on Wednesday morning, now selling at 35 cents a pound.

Miss Carss, who taught school at Moodyville for the past year, has resigned her position to go into the normal school at Fairview. Miss Calbick will assume charge on the opening day.

A. R. Steacy says that if the individual who steals hay from his barn every night will leave his name and address he (Steacy) will deliver a bale, free of charge, at his house.

George Nye's celebrated souvenir post cards can now be purchased at either McMillans' grocery or Shaw's dry goods store.

Miss Tilley McLarity, of Hotel North Vancouver, will leave for Kamloops tomorrow on a visit to Mrs. Newman.

There is a woman in this town who allows her baby to cry itself to sleep to the annoyance of her neighbors.

The following are a few of the nick-names campers know their food by: Condensed milk, "canned cow"; sugar, "sand"; butter, "grease"; pie, "boiler plate"; beans, "stand-by"; canned beef, "*jungle*"; eggs, "case'n'"; bacon, "squeal"; breakfast food, "mattress stuffing"; water, "manufacturer of rust"; coffee, "ever-ready"; liquor, "our absent friend"; soup, "look out for snags."

ARTHUR G. SMITH
Barrister, Solicitor, Notary, Etc.
Thomson Block, North Vancouver, B. C.

Geo. E. McCrossan, M. A., L. L. B.; S. D. Schultz, B. A.; A. W. Harper, B. A.
McCROSSAN, SCHULTZ & HARPER
Barristers, Solicitors, Notaries, Etc.
Offices—B. N. A. Building, Vancouver, and Junction Block, North Vancouver.

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

MRS. H. A. SHAW
PIONEER DRY GOODS STORE.
Same prices, and in some cases cheaper than city.

Elliott & Baglow
PHOTOGRAPHERS
Our work is first-class and gives the best satisfaction. Plates and films developed, also copying and enlarging done. Special attention given to parties, residences, etc.
Top Floor, Junction Block,
Corner Lonsdale Avenue and the Esplanade, North Vancouver.

"The Guardian"
Vancouver's Monday Morning Paper
Bright and newsy. Giving Foreign and Local news, etc., etc.
$1 per year. Guardian Pub. Co.
Flack Block, Vancouver.

District of North Vancouver.

LICENSE NOTICE.

THE PUBLIC IS HEREBY REQUESTED to take notice that the undersigned will petition the License Commissioners, of the District of North Vancouver, at their next sitting, the 12th day of September, 1906, for an hotel license for the sale of spirituous liquors, on my premises, situate and being within the said district of North Vancouver, known as the Eagle Hotel, Lot number 41, South side of the Esplanade.

William P. Hogg.

North Vancouver, B. C., August 8, 1906.

District of North Vancouver.

THE COUNCIL invites tenders for the following work:

1. To lay 12-foot sidewalk, along east side of Lonsdale avenue, from wharf to north side of Third street.
2. To clear the land and cut ditches for extensions of water works distribution system.

All conform to specifications to be had at the municipal hall.

Sealed tenders, suitably marked, with deposits, must be in at the municipal hall, not later than 7:30 p. m. on the 29th day of August, 1906.

Alex. Philip,
C.M.C.

SNAP
..A Lot For Sale..
on Fourth Street, between Chesterfield and Mahon Avenues; 50 feet frontage; all cleared and fenced; good location; $600 cash. Apply, L. WILKES, Hotel North Vancouver.

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

BOARD AND ROOMS
ICE CREAM PARLORS, SODA FOUNTAIN
CIGARS, TOBACCOS, ETC.
PURO RESTAURANT, THE ESPLANADE.

DISTRICT LOT 273
I HAVE A LARGE LIST OF LOTS IN ALL PARTS OF DISTRICT LOT 273 AT RIGHT PRICES
HERE IS A SPECIAL SNAP IN 274: LOT 21, BLOCK 152 FOR $1,050.00
S. GINTZBURGER,
The North Vancouver Specialist
161 Cordova Street.

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.

NORTH VANCOUVER Horticultural Asso'n

The Annual Exhibition

WILL BE HELD ON

LABOR DAY, MONDAY, SEPTEMBER 3, 1906

IN NORTH VANCOUVER, B. C.

Large List of Prizes

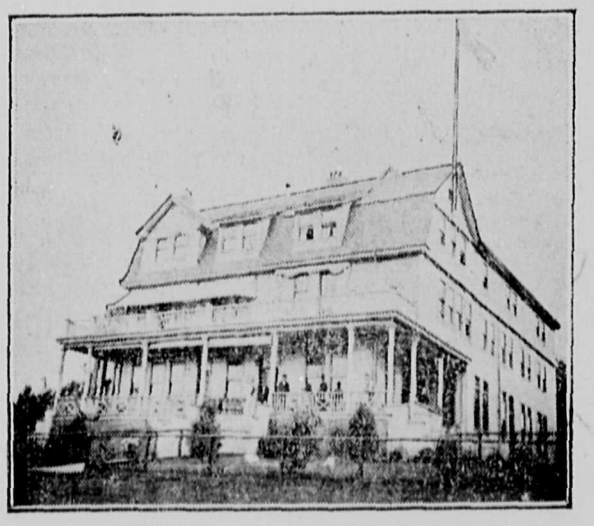
Intending Exhibitors will be provided with Prize Lists on application to the Secretary.

The street car system will be opened at the same time and will carry passengers up to the grounds, on Lonsdale avenue, near Twenty-first street, free of charge.

Everybody welcome.

R. L. DOCHERTY, Secretary.

HOTEL NORTH VANCOUVER



P. Larson, Prop.

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. :: ::

BISCUITS BISCUITS
The World-renowned Biscuits made by Carr & Co., Carlisle, only 25c. per Pound.
J. A. McMILLAN, the Esplanade