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THE CRESTON REVIEW

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Actively Pursuing Flats Reclamation

BONNERS FERRY, Idaho, Oct. 31—According to word received from Boise this week, W. G. Swendsen, state commisioner of reclamation, has announced that Idaho has completed the investigation of the feasibility of the drainage project in the Kootenai valley and the inference is that the state officials regard the propect most favorably.

Mr. Swendsen stated that Canada had officially asked for additional time to collect data before conferring with Idaho officials on the cost and ways and means of enlarging the outlet of Kootenai lake.

In connection with drainage plans for the Kootenai valley, A. J. Kent, federal land bank appraiser, who for many years has been an ardent worker for reclamation of the bottom lands of this county, is investigating a plan which may prove to be feasible. Mr. Kent's plan was outlined in the Libby Western News last week as follows:

Mr. Kent is very much interested in a phase of the Columbia Basin irrigation project, his interest lying in a proposed diversion of the waters of the Kootenai river and their ultimate use in the big Washington irrigation project. If this can be done, Mr. Kent and the interests associated with him would kill two birds with one stone in that they would provide a great volume of needed water for the irrigation project and at the same time, by diverting a large part of the flow of the Kootenai River during flood period, would accomplish the reclamation of the overflowed lands of the Kootenai valley lying north of Bonners Ferry in Idaho and British Columbia.

For years this reclamation of the marvelously rich overflowed lands of the lower Kootenai valley has been a cherished dream of Bonners Ferry and British Columbia boosters. Mr. Kent now believes he has a feasible way to accomplish this. He states that the men who are promoting the immense Columbia basin propect contemplated the storage of a large volume of water in Flathead lake and the ultimate delivery of it onto the project through Clarks Fork river, Pend d'Orielle lake and Pend d'Orielle river. But Montana people are objecting to the use of Flathead lake as a storage basin and, Mr. Kent states, have practically succeeded in making that feature of the project impossible. And this is where Mr. Kent's scheme comes in.

By diverting the waters of the Kootenai river he would provide a volume of water to take the place of that which was to have been stored in Flathead lake. His plan involves the diversion of the Kootenai at some point above Libby and the carrying of it either in a large pipe or canal to Bull lake into which it would be emptied and from which place it would find its way into the Clarks Fork river by way of Bull lake and Bull river. While here Mr. Kent was securing maps and other data, and is very much convinced that his plan is entirely feasible. Should Kent's dream reach the point of realization, it would mean the expenditure of a large sum of money in construction work in Lincoln county.

The Columbia basin project is the contemplated irrigation of 1,750,000 acres of land lying west and southwest of Spokane at an estimated cost of $250,000,000. The overflowed lands of the lower Kootenai for the reclamation of which Mr. Kent is working consist of about 80,000 acres lying in northern Idaho and British Columbia. Tracts of this land that have already been reclaimed produce marvelous crops.

Annual

Thanksgiving

DINNER

Under the auspices of the Ladies of the Presbyterian Church, in

Speers' Hall

on

FRIDAY, Nov. 9

SIX to EIGHT p.m.

ADULTS 50c. CHILDREN 25c

EVERYBODY WELCOME!

Lister

Harry Brown, who has been working at U.S. points all summer, has returned for a short stay at Lister.

Frank Thurkill, who has been at Kimberley for the last twelve months, was a Lister visitor on Wednesday last.

Rev. G. Knox held the usual fortnightly United Church service in the Lister schoolhouse on Sunday morning.

Deer are bothering the orchards a great deal these days, the animals being so venturesome that one of them entered the school grounds on Monday afternoon.

The few men remaining in Lister being too busy just at present to do any hunting, quite a few of the unfenced haystacks are being used as feeding grounds by the deer.

James Jory, who has been working on a forestry telephone line right of way at Moyie for the last three weeks, has returned to Lister.

Supt. John Bird is the first Lister settler to own a car, having purchased the Ford car formerly used by Capt. Rowbury from the Land Settlement Board.

W. H. Hurl was busy for a few days last week taking the three Cleveland caterpillar tractors belonging to the Land Settlement Board to Erickson for shipment to the coast. The tractors have been idle for almost two years—ever since development work ceased.

Mrs. Rowbury is spending a few days in Creston this week, the guest of Mrs. Garland.

Alice Siding

Miss Marion Collis returned a few days ago from Cranbrook where she has been an appendicitus patient at St. Eugene Hospital for the past five weeks.

Miss Ruth Compton left on Wednesday last for Winnipeg, Manitoba, where she will spend the next few weeks with relatives in that city.

Mrs. Downes of Hosmer, who is a visitor with Mrs. Alderson, is under the doctor's care at present.

Mr. and Mrs. H. E. Ostendorf left on Thursday last for a visit with relatives and friends in Saskatchewan.

The tractor working on hard surface road work went over the Alice Siding dip one day last week, but fortunately no one was hurt.

Mrs. Fred Taylor and family, who have been occupying the Jack Smith house the past few months, are leaving this week for Nelson.

R. Stewart is under Dr. Henderson's care at present, it having been found that a couple of ribs were broken in the mishap that befell him some days ago when a wagonload of hay toppled over on him.

Mrs. Stace Smith and son, Ron, left on Monday, via Spokane, to spend the winter in California. Miss Ruth will join them at Portland for the journey south.

Now that the apple and vegetable harvest is complete the attendance at Alice Siding school is almost back to normal.

High School Has Literary Society

Creston High School Literary and Debating Society was organized at an enthusiastic meeting of the students of both rooms of Creston High School on Friday afternoon, Principal Brousson acting as temporary chairman.

A council of eight named by the meeting for the purpose drafted a very businesslike constitution which, among other things, states that the society is for the purpose of conducting entertainments and debates of a high class character, to develop the powers of expression of the pupils and increase the culture of the High School.

In joining up at the nominal membership of 25 cents the pupils obligate themselves to take part in proceedings when called upon, and the officers chosen are:

Hon. President—Principal Brousson.
Hon. Vice-President—Vice-Principal Siddons.
President—Wilfred Hetherington.
Vice President—Vera Lister.
Secretary-Treasurer—Ruby Lister.
Entertainment Secretarys—Marguerite Crawford, Harold Payne.

Only the scholars and teachers are eligible for membership, and for the present the semi monthly Friday afternoon sessions will be open to members only. Debates and concerts will alternate, with the first of the series of concerts to be given November 2nd.

Local and Personal

Mr. Todd, a Fernie mason, is here this week doing the brickwork on the boilers that are being placed in the new box factory of the Canyon City Lumber Company, Limited. The cement engineroom is now completed and one of the planers is already here, but it will be at least the end of the month before the balance of the factory plant arrives.

There were sounds of revelry by night at the home of Mrs. Hopwood on hallowe'en when little Misses Hazel and Helen entertained about forty of their young friends at an oldtime hallowe'en party which featured all the games appropriate for such an occasion, including a fine spread of good things to eat, with going home time at 9 all too quickly for the juvenile merrymakers.

Art. Atkinson, who has been in charge of Creston Growers, Limited, packing shed operations at Creston, has resigned his position, and left on Tuesday for Cranbrook, where he will join Mrs. Atkinson to go south for the winter. Previous to his departure the warehouse staff presented him with a pipe.

FIVE DAYS ONLY!

D. WADDS

Photographer

at

CRESTON, Wedy, Nov. 7, to Monday, Nov. 12

Eggs are 50c. Doz.

There should be no "star boarders" in your poultry flock these times, and t he one sure way to speed up and maintain Egg production is to feed

OGILVIE'S EGG MASH

Composed of Ground Oats, Barley, Corn, Wheat Bran, Meat Meal, Ground Oil Cake, Alfalfa, Charcoal and Salt, blended in exact proportions. Strong in protein, relished by the birds and a SURE EGG PRODUCER.

Jacksons

Canyon City

The Vance boys have completed their lumbering contract at Lumberton are here for a few days deer and duck hunting before going across the line to work for the winter.

Canyon had its coldest snap to date on Monday morning when the mercury went down to 16 above zero. On some less reliable thermometers 10 is reported registeerd.

Canyon school started on the winter schedule on November 1st opening at 9.30 a.m.

With very few exceptions apple picking was completed at the end of the week, and the quantity to be stored for later selling is much larger than at first expected.

The number of men leaving Canyon to work out for the winter at Kitchener, Yahk and other points is the largest for several season's past.

Mr. and Mrs. Ted Strong of Yahk are spending a few days this month at Canyon.

Mrs. Wearmouth is a Fernie visitor this week, a son having arrived last week at the home of Mr. and Mrs. Waldie.

Mrs. Glen Messenger is away on a visit with her husband, who is in charge of an elevator near Vanguard, Sask.

A. G. Samuelson has a small crew at work on the lot Miss Muriel Knott acquired from the Land Settlement Board, making the timber into ties.

Mr. and Mrs. Neil Messenger of Saskatchewan are here for an extended visit, and are in charge of the Glen Messenger ranch whilst Mrs. Messenger is away on a visit in Saskatchewan.

Fred Browell, who left here about three months ago to work at harvesting and threshing in southern Alberta, arrived home at the end of the week in his Chevrolet car, which he had stored at Lethbridge last fall. He states that the weather was ideal for threshing and that on the whole the yields are bigger than expected.

Alfred Bond had a miraculous escape from serious injury on Wednesday morning While on his way home from Erickson in the car he met Mr. Hurl coming up the grade on the Erickson side of the bridge. Coming suddenly upon each other around a curve there was nothing for it but to collide head on or for the autoist to take a chance on not going over the quite steep grade at that point. Car went down the slide about 25 feet so suddenly that Mr. Bond was thrown out the first time over and came through unharmed but the car was rather badly wrecked.

Sirdar

The government dredge is making great headway this fine weather at dredging operations at the Landing.

Tom Kodgers was a Creston caller on Tuesday.

Operator Will Goodman spent Sunday at his home in Cranbrook, returning here on Monday.

Mrs. Loasby was a weekend visitor with Cranbrook friends, returning on Monday.

Mrs. Jones was a visitor here on Tuesday en route to Creston. The heavy frosts at other points in the Valley have also been felt at Kuskanook and it now looks as if the everbearing strawberry crop was over for this year.

B & B Foreman McCabe and crew are still busy with the installation of the new apron at Kootenay Landing with the expectation of having it in use early in December.

The hours of the yard crew have again been changed, work now starting at 23k instead of 20k as formerly. This is to make close connection winh the zinc concentrates coming west from Kimberley to the Trail smelter.

Mr. and Mrs. R. McMasters and children arrived home on Tuesday after a month's holiday spent with friends at Manitoba points.

Joe Lombardo, who has been holidaying at Creston for a few days, returned on Tuesday.

Mrs. Dennes was a between trains visitor at Creston on Saturday.

Yardmaster Loasby motored a party to Creston on Sunday night for the harvest thanksgiving service in Christ Church, Mesdames Whiteside, Martin and Jones making up the contingent.

W.I. Has Open Meeting, Nov. 5

The November session of Creston Valley Women's Institute in the Parish Hall on Monday afternoon, 5th inst., will be an open meeting to which all the ladies are invited. The routine features of Institute meetings will be very short as the gathering is to be addressed by Mrs. W. D. Todd who, during her tour of the province, is delivering a series of lectures pointing out the advantages to be derived from purchasing home products. Her appeal is based upon the principle that the first duty of every citizen is to give preference where quality and price are equal first to the products of British Columbia, second to those of Canada and third to those of the British Empire. Every year millions of dollars worth of imported goods are consumed in direct competition with the same goods produced in B.C., and this in spite of the fact that B.C. agricultural and manufactured products are laboring under adverse marketing conditions.

In presenting her arguments, Mrs. Todd does so in the form of a model meeting; first delivering an address covering the industries of British Columbia, then answering questions previously distributed in the audience, after which the meeting is thrown open for discussion on the subject matter of the address.

In addition to the address there will be musical numbers and refreshments will be served at the close. The meeting will be educational as well as entertaining and it is hoped a turnout that will tax the seating capacity of the hall will be in evidence.

Now Is the Time to Fix Up!

This time of year most everyone has some repair work to be done on their buildings.

We have got just the Lumber that you need to repair your buildings or to build new ones.

Also we have several buildingings for sale and Cull Lumber at the right price.

Canyon City Lumber Company, Ltd.

RED ROSE
TEA "is good tea"
From the best tea gardens in
INDIA and CEYLON

Bovril makes you feel ten years younger

World Insurance Against War

Nearly five years have passed since the signing of the Armistice put an end to actual hostilities in the Great War, to be followed the following year by the Peace Treaty and the creation of the League of Nations with its covenant designed to bring about the peaceable settlement of future disputes between nations. Yet the Allied armies are still in occupation of German soil and within the year the French and Belgian forces have penetrated further into Germany in an effort to compel recognition and payment of reparations.

Feeling between France and Germany is today possibly even more bitter than it was on the day the bugles sounded "cease fire." France, still fearing future German aggression, is determined to further cripple her traditional enemy and thereby provide an adequate safeguard against any recurrence of the horrors and devastation through which she passed between August, 1914, and November, 1918. Germany continues sullen and refuses to pay, insisting upon financial inability to do so.

Russia remains a menace to the peace of the world, distrusted by all nations and distrustful of all. Turkey defeated in the war, emerges triumphant from the peace conferences because of jealousies and conflicting interests among the nations allied in the war. Suspicions are rife among all the Balkan states, each one more or less fearful of the other, each seemingly awaiting an opportunity to wrest from the other territory which they covet or claim rightfully belongs to them.

The United States, whose representatives palyed a foremost part in bringing the League of Nations into existence and in framing its covenant, refuses to have anything to do with it and stands aloof in so-called splendid isolation from the entanglements which they fear would result from participation in the task of endeavoring to bring order out of the chaos in Europe. Meanwhile, economic ruin stares country after country in the face, national currencies have lost their value, world trade is handicapped, resulting in millions of unemployed in Great Britain, the sanest of all the Big Powers of the world.

And now because the Italian members of a commission engaged in fixing an Albanian boundary line are assassinated, it is alleged by Greeks, the Italian Government serves an ultimatum on Greece, even before it is established that Greeks were responsible for the outrage, which is reminiscent of Austria's ultimatum to Serbia which precipitated the Great War, and because Greece does not immediately comply with all the terms of the Italian demands, Italy proceeds to bombard a Greek island and take possession of it, and, although a member of the League of Nations, practically repudiates her signature to the covenant and declares she will withdraw from the League if it seeks to interfere in the dispute which has arisen with Greece.

Of what value is Italy, or any country, as a member of the League if it remains free to make war on another member? And yet the League of Nations offers the only hope to the world that, just as soon as it feels strong enough to do so, some nation will not again plunge the world into the horrors of another Great War, and one which in its magnitude and slaughter would far surpass the one through which mankind has so recently emerged and which all but destroyed civilization itself.

Canadians sometimes ask themselves why they should be taxed to maintain the League of Nations, and why prominent British and Canadian statesmen should busy themselves travelling over the world lecturing on behalf of the League and encouraging the formation of branches of the League of Nations Society. But surely if one only stops to think a moment it will be realized that the League, imperfect though it may be, offers the only insurance against war and if there is any insurance worth while it is protection against war.

Italy's attitude only serves to emphasize the importance of organizing public opinion the world over in support of the League. Public opinion makes and unmakes Governments, even where autocracies seem all powerful, and if the masses of the people in all countries, who are the chief sufferers in war, stand solidly back of the League, Governments will fall in line, with the result that the peace-loving League will become all powerful, and nations will be quick to comply with its requests and abide by its impartial decisions.

Even with the League war is possible; without the League war would be not only probable, but almost a certainty in view of the present unsettled state of the world.

Has Many Honors

From 1911 to 1922 Saskatchewan farmers have won 229 prizes for their grain, grasses and vegetables at international shows held in Canada and the United States. Of these a total of 81 were either sweepstakes or first prizes. The exhibition of wheat has been a prominent feature at all the shows where it has been shown.

Loan Scheme For Cattle Feeding

A loan scheme for cattle feeding among the farmers that will enable the farmers to feed and hold cattle to meet market requirements, has been announced by the Manitoba Cattle Loan Company. It is hoped the result will show a considerable increase in livestock in the province, with better return for the farmer.

British Laws

Taft Pays a Tribute to the British Legal Principle

The close ties uniting American and Canadian legal systems, the bench and the bar, were emphasized at the final banquet of the American Bar Association at the St. Paul Auditorium, where Chief Justice Taft, the Earl of Birkenhead, J. Hamilton Lewis and others spoke informally. The chief just felicitated the association members on the planned visit to London next year.

"No worthy member of the American bar can visit London and the ancient inns and law courts and witness the administration of justice there, without feeling a deep gratitude to that country and nation from whom we derive our principles," said the chief justice.

"You will come back proud of the derivation of your law, and anxious to perpetuate and render stronger the bond we should feel for our old home of the law."

Bilious Headaches
Cold Night Sweats
You Quickly Subdue These Ailments By Using
DR. HAMILTON'S PILLS
By Regulating the System, They Bring Good Health
Of course the bowels are ordered and relaxed by Dr. Hamilton's Pills, the kidneys receive new tone, the blood is renovated, and the result is a renewal of good health.
No need for delay. The sooner you use Dr. Hamilton's Pills the sooner you'll feel the brisk, keen satisfaction of a healthy, well-regulated system. Sold in yellow boxes, 25c.

Loaded Cattle in Record Time

What is claimed to be a world's record for loading cattle aboard a steamer was established at Quebec when 282 head of cattle were loaded aboard the Canadian Government Merchant Marine steamer, Canadian Victor, in 25 minutes.

The cattle walked up the gangway at the rate of over ten a minute, not a hitch marring the proceedings.

A FINE COMPLEXION
Can be Had Through Keeping the Blood Rich and Pure
A girl's complexion is something more than a matter of concern to her vanity. It is an indication of the state of her health. Pallor in a growing girl means a thinning of the blood. Eruptions mean impurities in the blood. Mothers should be watchful of their daughters complexions and see to it that these signs are corrected—not covered up.
When a girl in her teens becomes pale and sallow, especially if, at the same time, she shows an inclination to tire easily, a listlessness and inattention to her work or studies, she needs Dr. Williams' Pink Pills, a tonic which directly and specifically corrects the condition from which she is suffering. A chemical analysis of the blood of such a girl would show it to be deficient in just the elements that Dr. Williams' Pink Pills can supply, but the physical signs are plain. The girl with a bad complexion, or who suffers from occasional headaches, who is easily tired and breathless after slight exertion, should begin taking Dr. Williams' Pink Pills at once. A good appetite, sparkling eyes and rosy cheeks follow the fair use of this medicine.
You can get Dr. Williams' Pink Pills through any dealer in medicine or by mail at 50 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

When a small boy refuses a second piece of pie it's a sign that there is something wrong with him—or the pie.

Minard's Liniment for Corns

When a young man is sowing his wild oats he always wishes that something would happen that would destroy the crop.

Railroad Man Gives Out Surprising Facts

"If any in my family were sick with stomach trouble or run-down condition, I would rather have one bottle of Tanlac than all the other medicines put together," is the positive statement of F. A. Barrowcliff, 8 Locomotive St., Hamilton, Ont., well-known yardman for the Grand Trunk Railroad.

"My wife's health was restored by the Tanlac treatment in such short order it was astonishing, for she suffered so terribly with nervousness, headaches, sleeplessness and loss of appetite that I thought she would break down completely. She went meal after meal without eating, and was so fearfully weak the care of our five children and the housework was more than she could do.

"After her first few doses of Tanlac my wife was like an entirely different person, and hasn't had a sick spell since she quit taking the medicine six months ago. Tanlac has certainly been a blessing in our house, and we are glad to recommend it."

Tanlac is for sale by all good druggists. Accept no substitute. Over 37-million bottles sold.

Tanlac Vegetable Pills are Nature's own remedy for constipation. For sale everywhere.

Heavy Demand For Binder Twine

Quantity Used in Saskatchewan Heaviest in History of the Province

With the sole exception of 1915 the sales of binder twine in Saskatchewan are the heaviest in the history of the province and far ahead of last year, according to dealers. One firm sold six million pounds. This firm estimated total consumption for the province this season at between 50,000,000 to 60,000,000 pounds. The price was down half a cent a pound from last year's figures, and the reduction over the past three years is seven cents a pound. The present average price is 13½ cents.

Implement dealers also reported a heavier demand for binders than was noted in 1922, one of the best years in the history of the trade.

Miller's Worm Powders prove their value. They do not cause any violent disturbances in the stomach, any pain or griping, but do their work quietly and painlessly, so that the destruction of the worms is imperceptible. Yet they are thorough, and from the first dose there is improvement in the condition of the sufferer and a cessation of manifestations of internal trouble.

Mine Production in B.C.

According to the prediction of the Hon. Wm. Sloan, Minister of Mines, the year 1923 will probably set a new high record in production for B.C. In 1922 the total output was $35,158,843, making an increase of 25 per cent. over the previous year. The rate of production, which was reached during the closing quarter of last year, has been continued so far this year. The total for the current year should run well over $40,000,000, and may possibly near the $50,000,000 mark.

Nights of Agony come in the train of asthma. The victim cannot lie down, and sleep is driven from his brain. What grateful relief is the immediate effect of Dr. J. D. Kellogg's Asthma Remedy. It banishes the frightful conditions, clears the passages, and enables the afflicted one to again sleep as soundly and restfully as a child. Insist on the genuine at your nearby druggist.

Interest Shown In Oil Fields

Recent developments of the oil fields of Southern Alberta have created great interest, and drilling now under way, it is hoped, will show definite results. Construction has started on the plant of the Standard Refining Company, which is expected to be completed by the end of this year, or early next spring.

Why suffer from corns when they can be painlessly rooted out by using Holloway's Corn Remover.

Air Force to Use Radio

Equipment Is to Be Installed for Vancouver Unit

Radio will be installed this winter to increase efficiency of the Vancouver unit, Royal Canadian Air Force, in the flying season of 1924. Major W. A. Steel, Ottawa, of the Royal Canadian Corps of Signals, who has gone to Dawson City to set up radio communication between the mining camps of the Yukon, announces wireless equipment will be installed at the Jericho Beach station and in the flying boats, which will enable the pilot of each seaplane to be in constant touch by speech with his base station.

This will be of great service to the Forest Patrol Branch of the Air Force in locating forest fires in unfrequented districts.

Minard's Liniment for Headache

Has Altered Fashions

Bulgarian Women Shortened Dresses When Premier Died

The death of Stambuliski, former premier of Bulgaria, seems to have had more than a political effect in his country. No sooner was it confirmed, says a Sofia news message, than the women in the cities began to order and make new dresses, and to buy new shoes with high heels.

This is all due to the fact that Stambuliski had ordered that women's dresses should be worn long, and even described the exact length. He also ordered that all shoes should have flat heels, and the police were instructed to enforce these regulations.

Now the demand for dresses and high heeled shoes in Sofia is so great that the shops cannot meet it.

Agricultural Workers

Fully one-half of the workers of the world are now engaged in agriculture, Department of Agriculture experts say. In India 72 per cent. of the workers are in agricultural pursuits—71,000,000 males and 34,000,000 females.

Pain In the Muscles, Stiffness In Joints,
Quickly Subdued By Nerviline
Those who have tested out numerous liniments will agree that where something is needed to dislodge a deep-seated, more or less chronic condition there is nothing to compare with Nerviline. It's because Nerviline penetrates so deeply, because it has about five times the strength of the ordinary oily preparation, it has come to be known as King over all Pain. For Rheumatic conditions, muscular and joint stiffness, Nerviline works wonders. A trial proves this. Get a 35-cent bottle from your dealer to-day.

Had Aversion to Red Hair

Among all races, the ancient Egyptians probably had the strongest aversion to red-haired people. According to early authorities, they were in the habit of annually performing the ceremony of burning alive an unfortunate individual whose only crime was the color of his hair.

MRS. DAVIS NERVOUS WRECK
Tells Women How She Was Restored to Perfect Health by Lydia E. Pinkham's Vegetable Compound
Winnipeg, Man.—"I cannot speak too highly of what Lydia E. Pinkham's Vegetable Compound has done for me. I was a nervous wreck and I just had to force myself to do my work. Even the sound of my own children playing made me feel as if I must scream if they did not get away from me. I could not even speak right to my husband. The doctor said he could do nothing for me. My husband's mother advised me to take the Vegetable Compound and I started it at once. I was able to do my work once more and it was a pleasure, not a burden. Now I have a fine bouncing baby and am able to nurse her and enjoy doing my work. I cannot help recommending such a medicine, and any one seeing me before I took it, and seeing me now, can see what it does for me. I am only too pleased for you to use my testimonial."—Mrs. Emily Davis, 721 McGee Street, Winnipeg, Man.

Lydia E. Pinkham's Private Text-Book upon "Ailments Peculiar to Women" will be sent you free upon request. Write to the Lydia E. Pinkham Medicine Co., Cobourg, Ont. This book contains valuable information. G

Canada's Standard Smoke
BRIER
TRADE MARK
REGISTERED
75

Food Value Of Vegetables Lies Largely From The Fact That They Contain Vitamines

(By L. F. Burrows, Secretary, Canadian Horticultural Council)

Comparatively recent is the addition of the word "Vitamin" to our vocabulary, and even though the use of the word is now common, its meaning is not yet understood. Physicians have long recognized the value of vegetables in the daily diet and we are now told that this value lies largely in the fact that they contain vitamins, and that vitamins are necessary to life. Some vegetables contain greater quantities and of different kinds than others. Three distinct kinds of vitamins have been named "A," "B" and "C."

Vitamin "A" is a mysterious element in food, without which children cannot grow, but which grown folks also need. Shortage of vitamin "A" leads to disease of the eye, skin and kidneys; and may cause bad teeth, diarrhoea, pellagra and other ailments. As a rule, seeds of all kinds are rather deficient in vitamin "A," although green peas contain appreciable amounts. Leafy plants, on the other hand, are valuable foods in this regards. Spinach and chard are probably the richest of the common leafy foods in this element; lettuce ranks next, with cabbage holding third place.

The roots and tubers vary, sweet potatoes and carrots ranking first, while white or Irish potatoes contain but a small amount, and it is doubtful if beets, rutabagas and parsnips contain appreciable amounts. Tomatoes, however, are very rich in vitamin "A" and Hubbard squash is also a valuable source. Little work has been done on the fruits but there is evidence that apples, bananas and oranges contain small amounts of this vitamin.

Vitamin "B" is guardian of good digestion and proper functioning of the liver and other glands. This vitamin is found in the germ and branny portion of cereals. In the milling of wheat, however, this vitamin is so completely removed that the best grades of flour are entirely lacking. This does not mean that we should condemn the white breads, starchy foods, white rice, etc.; it merely means that we must choose our foods intelligently and eat more vegetables.

Potatoes, sweet and white, contain appreciable amounts of vitamin "B," although the turnip and onion are more valuable in this regard. The beetroot contains a fair amount although its leaves appear to be much richer. This vitamin is also found in the tomato, cabbage, spinach, lettuce, parsley and the lowly dandelion, the tomato being especially valuable.

While many fruits have not been studied, it is probably safe to state that most fruit juices contain appreciable amounts of vitamin "B." It is likewise probably true that nuts are valuable sources of this vitamin, inasmuch as all nuts that have been studied contain appreciable amounts.

Vitamin "C" prevents disease and promotes the general health. Lack of it gives the skin a bad color and makes the heart weak. It has long been known that lemons, limes, oranges and fresh fruits were curative in scurvy. It has only been in recent years that we have understood that this curative effect was due to vitamin "C." While oranges have been used for a number of years in the treatment of infantile scurvy, it is only recently that it has become the common practice to supply orange juice to infants as part of the regular feeding practice. More recently it has been discovered that tomato juice is practically equal to the juice of the orange in this regard, and many physicians in the poorer districts of the large cities are prescribing strained tomato juice in place of orange juice. The juice of canned tomatoes seems to be very satisfactory for this purpose, indicating that the canning process is not particularly destructive as far as vitamin "C" is concerned. Berries are known to have scurvy-curing properties, although little investigational work has been done.

The Swedish turnip or rutabaga is very valuable as a source of vitamin "C" and the same is true of the carrot. Young carrots are apparently more valuable than old carrots and this appears to be true for many vegetables. As a rule, it is probably safe to state that the vitamin content of vegetables is highest at the time that the vegetable is most prized from the standpoint of tenderness and taste. Potatoes, onions and parsnips are also considered valuable antiscorbutic foods. Rhubarb, lettuce and cauliflower must also be included in the list, while lovers of cabbage salad and "slaw" will be glad to know that raw cabbage is one of the best sources of vitamin "C" that we have. Tomatoes have the three kinds of vitamines necessary to human health. Most vegetables have one or two but seldom all three.

It is probably best to eat our fruits and vegetables in the fresh form when it is possible to do so. There is little, however, to be feared from the usual methods of canning and cooking. If we eat a sufficient amount of vegetables and fruits throughout the year, it will not matter if a small percentage of the vitamins are destroyed in the cooking process. As a rule, long continued heating or cooking is considered undesirable, and air should be excluded as far as possible.

It is not necessary that we be vegetarians. We should be reasonable and sensible and not faddists. Every diet, especially that of growing children, should contain milk, butter, eggs, fresh vegetables and fresh fruits if we expect to obtain the best results.

Various fruit and vegetable canning recipe books have been issued from time to time, but the best that has recently come to my attention is that issued by the Fruit Branch of the Dominion Deparment of Agriculture. These booklets contain recipes which have been thoroughly tested, are practical and economical. They may be had free upon application to the Fruit Commissioner, Department of Agriculture, Ottawa.

Children Cry For "Castoria"

Especially Prepared for Infants and Children of All Ages

Mother! Fletcher's Castoria has been in use for over 30 years to relieve babies and children of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and, by regulating the Stomach and Bowels, aids the assimilation of Food; giving natural sleep without opiates.

The genuine bears signature of

Chas. H. Fletcher.

British Market Cattle Requirements

Shipping Chilled Meat Not as Profitable as Livestock Shipments

An experiment in shipping chilled meat to Britain, conducted by the Federal Department of Agriculture, has led to the conclusion that, all things considered, it is more profitable to ship store cattle or fat cattle for immediate slaughter than to kill in Canada and ship the meat chilled. Evidence seems to show that the most remunerative method is to ship such cattle as fit requirements for sale as short-keep or long-keep stores; although well-finished cattle, uniform as to size, weight and finish, will meet a good demand if shipped for immediate slaughter. Smooth-polled, well-bred steers weighing from a thousand to twelve hundred and fifty pounds, live weight, best fill the requirements for stores.

Demand For Canadian Flour

Flour mills at Medicine Hat report continued activity in the foreign market for Canadian flour. The Lake of the Woods Milling Company have received an order for 43 tons of flour for China, while the Hedley Shaw mill has received an order for 25 tons from the same source. The Maple Leaf Milling Company have booked space for 1,050 tons for export to China during August, September, October and November.

Try This: It May Work

Teacher.—"What is the best conductor of electricity?"

Student.—"Why—er."

Teacher.—"Correct."

WESTERN EDITORS

A. Z. Jessup, Editor and Proprietor of The News, Nanton, Alta.

Cheese and Butter Scoring Contest

Results of Contest Held this Year Are Announced

In the Educational Cheese and Butter Scoring Contests—conducted by the Dominion Dairy and Cold Storage Branch on the same lines as in the past three years—in May, June and July, Nova Scotia stood at the head for flavor of butter with an average score of 42.16, and Saskatchewan in workmanship with a score of 55. flat. Saskatchewan was second in flavor with an average score of 42.15. Manitoba was third, Alberta fourth, Ontario fifth, Quebec sixth, New Brunswick seventh, British Columbia eighth, and Prince Edward Island ninth. In workmanship, after Saskatchewan, the order was: Quebec, Nova Scotia, Manitoba, Alberta, British Columbia, New Brunswick, Prince Edward Island, the last mentioned having an average score of 54.20, and Ontario at the foot with 52.66. In cheese the standing for flavor was in the following order: Ontario, Prince Edward Island, Quebec, New Brunswick, Alberta. In workmanship the order was: New Brunswick, Ontario, Quebec, Prince Edward Island and Alberta.

An Early Fall?

Weather Experts Are Again Speculating On Effect of Icebergs

Existence of abnormal ice fields in the North Atlantic and in Hudson Bay has been verified by the U.S. Hydrographic and Geodetic Survey Offices. In the early season icebergs were sighted farther south than ever before, and ships were warned to alter their courses. The failure of the sun to melt the usual amount of ice and thus compel recession of the Arctic refrigeration to the usual distance north, is ascribed the late spring and the heavy snows which swept across New England and northward late last winter and early in the spring. The sun is already more than half way back from its annual northern trip, with the result that the unusual accumulations of snow and ice have not been melted. This accumulated cold of the Arctic has a good start on its yearly journey southward, a fact that presages an early fall, according to some weather experts.

To Encourage Immigration

Would Have the Advantages of Canada Heralded Abroad

Stressing the need of immigration to Canada at the present time, A. B. Lawson, of Winnipeg, in his presidential address delivered in Montreal, before the 17th annual convention of the Life Underwriters' Association of Canada, declared that it is now time for the advantages of Canada to be loudly heralded in those countries whence desirable immigrants may be attracted. He expressed gratification at the soundness of Canadian insurance institutions as compared with "financial misfortunes befalling other corporations," and pointed out that the aggregate insurance risk borne for Canadians today exceeded $3,500,000,000.

The One Exception

"Is this an exclusive hotel?"

"The last word in exclusiveness. However, I believe it's permissible to address the head clerk without the formality of an introduction."—Birmingham Age-Herald.

About 10,000 varieties of fish are known.

Early Exploration Work Of Sir Alexander Mackenzie In The Canadian Northwest

The life of Sir Alexander Mackenzie is a splendid example of dogged perseverance in the face of great difficulties, and as such is an incentive to young men of today to stick to their tasks until they win out. He started his career as a clerk in a counting house in Montreal. Sent out into the wilderness by the North West Fur Co. to trade with the Indians he displayed great courage and resource in battling with rivals. His reward was to be banished to Fort Chipewyan on Lake Athabasca. This was enough to discourage an ordinary man but Mackenzie emerged from the polar wilderness bearing a name that ranks with Cartier, La Salle and other intrepid pioneers.

Away at his lonely post he dreamed of discovering a North West Passage, between the Atlantic and the Pacific. Flowing northwards he saw a mighty river, with a large tributary entering it from the far mountains of the west. To explore these rivers became his dominating ambition. Assuming all risks and costs of the expedition himself, he set out in June, 1789, on a voyage down the Athabasca River. Through fog, rain and wind the canoes were headed north for nine days until Slave Lake was reached. Here a camp of Dog Rib Indians were found, who sought to discourage Mackenzie's men from proceeding further by dolefully prophesying that they would die of old age before they reached the ocean, that impassable falls were ahead and that montrous tribes lived on the banks who would seek to kill them. Mackenzie's Indian guide refused to go on, so he was bodily put into a canoe and forced ahead at the end of a paddle. One night, however, he gave his watchers the slip. Mackenzie was forced to stop at an encampemnt of strange Indians and, failing to persuade any to act as guide, he seized one savage and hoisted him into a big canoe, making signs that he was to point the way.

For forty days they thus pushed on northward and Mackenzie's companions feared that they would be trapped in the icy wilderness if they did not soon return. He asked them to go on for another seven days.

Next day they came upon a deserted Eskimo village and their spirits rose, for they thought that they were now near the sea. Carried on by the swift current at a rate of several miles a day they soon reached the mouth of the mighty river. Here, to their great delight, they saw a school of whales spouting. They knew then that their journey was at an end—they had reached the sea. Erecting a post on shore, Mackenzie engraved the date on it—July 14, 1789, with the names of all the party.

It had taken them six weeks to reach the Arctic. It took them eight to return for they had to battle against the current all the way. In many places they had to track the canoes by a tow line, this work being greatly impeded by the beaver meadows along the shore in which the men sank waist deep. They reached Fort Chipewyan on Sept. 12, after a hundred and two days' absence.

Mackenzie had proved that there was no North West Passage, and he had also discovered the great river which bears his name.

His next endeavor was to explore the Peace River, and in May, 1793, he set out in a birch canoe thirty feet long, with Alexander Mackay as first assistant, six Canadian voyageurs and two Indian hunters.

The Peace River was a raging torrent, flooded by the spring thaw, and the crew had hard work in beating upstream. For a week they struggled on and then the mountains were reached. The difficulties of travel increased for the river rushed between precipices in a sheet of tossing foam. By means of an eighty-foot tow line they pulled the canoe through the rapids, jumping from rock to rock or cutting a foothold with axes in the face of the precipice.

The men rebelled at this kind of work and openly asserted that they wanted to go back. Mackenzie paid no heed to their murmurings but went ahead to view the gorge while they were partaking of food. The prospect was not bright. As far as he could see stretched a succession of cataracts fifty feet wide walled in by great precipices. No canoe could possibly go up such a river. He sent Mackay ahead to see how far the rapids extended and found that a portage of nine miles across the mountains was needed.

The canoe was pulled up the precipice by dint of herculean labors and the nine miles was painfully got over. When they launched the canoe on the river again they saw another range of mountains ahead of them. All that kept the men from turning back was the thought of that awful nine-mile portage.

Thus far there had been no sign of Indians, but as they proceeded upstream a number of savages suddenly appeared brandishing spears.

The men were panic-stricken but Mackenzie stepped boldly ashore and offered the Indians presents. They became friendly and told him that he was nearing a portage across the Divide. Next day he came to the end of Peace River and discovered the source of the Frazer. He was the first white man to cross the Divide in the north.

Embarking on the Frazer, Mackenzie followed the river southward for a week. Meeting with more Indians he learned that there was a short way overland to the salt water. The canoe was left on the river bank and the journey overland commenced. The going was hard over slippery rocks and was much obstructed by fallen trees. On the first day they only made twelve miles. Two weeks later they came across totem poles of cedar and Mackenzie surmised that they were those of the coast tribes. Their feet were cut and swollen, their boots worn out and their clothing torn to shreds and they were glad to embark on a stream in a native canoe. Past many Indian camps they went until at last they reached the blue sea—the sea that so many explorers had tried to reach but failed.

The Shoemaker's Last

The word "last" as used in the shoemaker's trade has nothing to do with "last" in the sense of latest, but is derived from an old Saxon root, a "last" meaning a footprint, or shape of a foot. Though the word dropped out of general speech centuries ago, it has, by some freak of language, been retained as a technical word meaning the foot shape on which the shoemaker builds up his boot.

In the Stable

Minard's is the best remedy for Cuts, Sprains, Swellings, Colic, Distemper, Coughs.

MINARD'S "KING OF PAIN" LINIMENT

Mix Mustard this way

Mix Keen's Mustard with water to the consistency of a thick paste. Add water until the desired thickness is obtained. If a milder flavor is desired mix with milk. Mix mustard freshly for every meal.

but it must be Keen's 231

THE CRESTON REVIEW

Issued every Friday at Creston, B.C. Subscription: $2.50 a year in advance. $3.00 to U.S. points.

C. F. HAYES, Editor and Owner.

CRESTON, B.C., FRIDAY, NOV. 2

Make a Day of It

A timely suggestion has been made the Review in connection with the exercises of Sunday, November 11th. The plan outlined us is that of making the day one of community effort, paying a well deserved tribute of respect to those who fell, as well as those who fought, in the great war by assembling unitedly for the memorial service Armistice Day morning at the monument, and in the evening assembling in the same united fashion for a service of thanksgiving in the Grand Theatre to render thanks to an all wise providence for mercies bestowed during the year.

As our correspondent points out, if it is fitting that we should as a community pay tribute to those who have made the world safe for democracy, surely it is just as incumbent upon us to render humble and hearty thanks to Him who has made living comfortable in the democracy that has been so heroically preserved.

And certainly if there was ever a year when everything was well planned for such get-togethers it is this one—with Sunday immediately preceding Thanksgiving Day, and 1923 having favored the Valley with a season's operations that have been reasonably profitable and in every other direction equally satisfactory.

The double effort has another commendable feature in that should the weather be unfavorable for the exercises of the morning, at least the address intended for the morning could be delivered at the night meeting.

By utilizing the combined vocal talent of all three churches a real musical service can be provided, and after defraying any expense a good way to spend the collection would be in the erection of some sort of a railing around the monument so that flowers could be placed on it with some reasonable expectation of them not furnishing provender for roaming horses and cattle.

Or probably the memorial committee could make use of it in liquidating a small debt that remains with the erection of the granite shaft.

The Review is pleased to pass along this good looking suggestion. If it is well to submerge sectarian Sabbath procedure in order to have a morning combined memorial service, on such a day as November 11th surely it should not be impossible to give sectarianism a rest for the full day, and unite again in the evening to express our thanks to the giver of all good and perfect gifts for a year of health, happiness and no small measure of prosperity—as prosperity is experienced these times in orchard countries. What is your pleasure, gentlemen.

Canyon Roads

In many quarters surprise is expressed at the action of the Canyon local of the United Farmers, at their meeting on October 20th, in deciding to ask the public works department to put down the prospective hard surface road to the canyon rather than by way of the high level bridge en route to Erickson.

The argument in favor of the selected route appears to be that in the not distant future packing sheds will have to be erected at Canyon siding and that it would be well to have the good travelling in that direction.

With this line of reasoning exception can be honestly taken on the score that fruit hauling is a matter of not more than three months in the year, whereas the route by the new bridge is one that is used twelve months by practically all the residents of Canyon and Lister, as well as the westbound tourists.

Too, if the road selected should happen to be chosen a few hundred dollars will have to be spent putting the hill road and the several bridges on it in shape for hard surface highway purposes. In fact many hundreds of dollars would be more correct as the present cork screw route will have to have a lot of attention and most likely the longer bridges entirely rebuilt.

At this distance a reasonable solution of the Canyon's hard surface road problem would be to build from a point near the Wearmouth ranch through to the Wesling place, and from the Browell corner to the high level bridge.

Something drastic will have to be done to eliminate the heavy going in the vicinity of the Hickey hill and hard surfacing is the real cure.

Now that fruit hauling is likely to be the only heavy traffic on the hill down to the siding a hundred dollars a year should be ample to keep it in shape for the local traffic as well as the sight seeing autoists. With such a splendid investment in the high level structure it is not reasonable to expect the canyon bridge to be kept in a permanent state of repair.

However, there are always two sides to a question, and we hope those who favor the canyon route—and whose sincerity in the matter is unquestioned—will favor with a statement of case at an early date. Creston Board of Trade has been doing what it can to assure a continuance of hard surfacing work again this season, and for their benefit, as well as others also interested, it is well that all features of the undertaking should be outlined.

The Change at Lister

In these days of demands for economy the withdrawal of Capt. Rowbury as superintendent at Lister will not come as a surprise. With the exception of the sawmill and a very limited amount of equipment there is nothing very much at the area that requires the full-time attention of any official, and in the selection of John Bird the Land Settlement Board has been particularly fortunate in securing a competent and obliging part time employee to exercise what supervision is necessary.

Taken all round Capt. Rowbury deserves a whole lot of credit for his handling of Lister settlement affairs. Being human it was natural he should make some mistakes; no one except the Almighty could have done otherwise in handling the hundreds of exacting situations that have confronted the superintendent since his coming in January, 1920, but now that the time of his departure has come it can be fairly said that he looked carefully after the interests of the board throughout, and very seldom to the detriment of the best interests of the area as a whole.

The removal of the superintendent revives the talk of Lister's future. The leaders of both opposition parties have been quite frank in stating what they will be quite willing, if returned to power, to give it away and be rid of it, but with at least half a million invested the government cannot very well adopt any such unbusinesslike policy—nor can the businessmen of Creston take kindly to any such move; that is not the kind of administrative effort that is likely to make Creston Valley rank high in the estimation of land buyers.

The Land Settlement Board isn't the first to have to make the best of a seemingly bad investment in this province, and the Review looks forward with confidence to those in authority very shortly inaugurating a plan of development that will not only save the day in connection with the places that have already been made ready for occupation but will also make attractive for reasonably speedy settlement the balance of the tract.

If there is one point in the whole of British Columbia where such a thing is possible surely it is Creston Valley, and now there is considerable talk of immigration to B.C. some attention surely is coming to the quite widely advertised Camp Lister area

CHANGE? Yes, your Underwear

for HEAVIER and WARMER

Before you do, come and see what we are offering in quality goods for MEN, WOMEN and CHILDREN.

MEN

STANFIELD'S heavy weight in ribbed Shirts and Drawers, also Combinations.

PENMAN'S fleece lined in Shirts, Drawers and Combinations.

KING ARTHUR Brand in ribbed or flat knit all wool goods English made.

LADIES

WATSON'S make in spring needle weave in a great variety of prices and and every one good value.

GIRLS

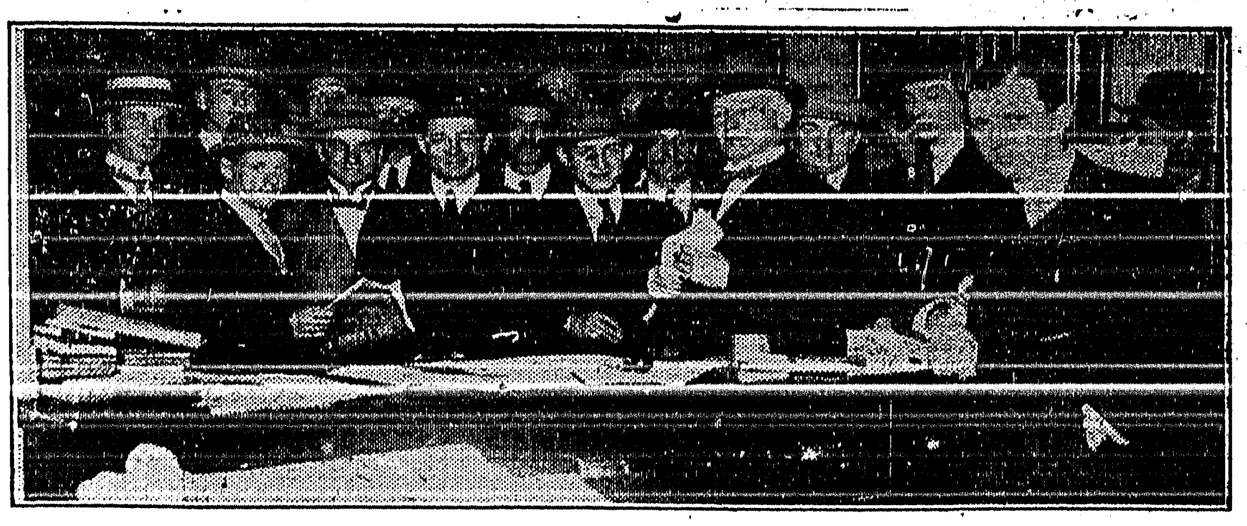
We also feature Watson's in all sizes—Shirts, Drawers and Combinations.

BOYS we recommend our VELVA TEX fleeced. We carry them in Combination style and odd garments, also All Wool Combinations, at low prices.

CRESTON MERCANTILE COMPANY
LIMITED

BUTTER WRAPS in any quantity at THE REVIEW

THIS photograph shows the presidential party of the Canadian Pacific Railway taken on board the Princess Louise before they sailed for Skagway, while on their tour of inspection over the company's lines. In the back row from left to right, are Mr. F W Molson, Mr. J. K L. Ross, Sir Herbert Holt and Mr W N. Tilley, K.C. In the front row, left to right, are Vice President D. C. Coleman, Sir Augustus Nanton, President E. W Beatty and Captain J. W. Troup.



EAGER TO COME TO CANADA

This photograph was taken at the European head office of the Canadian Pacific Railway in London, England, and shows a number of men who were induced by the special harvesters rate to make further enquiries with regard to the scheme and conditions to be expected here after the harvest. Nearly five thousand men, the finest to come within the Canadian immigrant class in years, were recruited by the Canadian Pacific, and lack of steamship accommodation necessitated the closing of the doors against almost as many more.

CHRISTMAS and NEW YEARS
in the
Old Country

SPECIAL TRAIN from WINNIPEG
DECEMBER 11, 1923

Direct to the Ship's Side, for Sailing of the

S.S. MONTCALM, December 14
from WEST ST. JOHN, N.B.

Through Tourist Sleeping Cars

from EDMONTON, SASKATOON, CALGARY, MOOSE JAW, REGINA and WINNIPEG, will be operated for the following sailings from West St. John, N.B.:

S.S. Montclare	S.S. Melitia	S.S. Montcalm	S.S. Marloch
To LIVERPOOL	To Southampton	To LIVERPOOL	To GLASGOW
SAILING Dec. 7	SAILING Dec. 13	SAILING Dec. 14	SAILING Dec. 15

For Reservation on Train and Steamship ask any Agent.

WHEN YOU TRAVEL **CANADIAN PACIFIC** *Use One Service throughout.*

For
Pianoforte, Organ and Singing Lessons
Apply
ARTHUR COLLIS, Creston
P.O. Box 76

CRESTON
PUBLIC LIBRARY
BARTON AVENUE
OPEN—Saturdays 3 to 5 p.m.
Membership: $2 Year. 3 Months, 60c.

SYNOPSIS OF LAND ACT AMENDMENTS

PRE-EMPTIONS

Vacant, unreserved, surveyed Crown lands may be pre-empted by British subjects over 18 years of age, and by aliens on declaring intention to become British subjects, conditional upon residence, occupation, and improvement for agricultural purposes.

Full information concerning regulations regarding pre-emptions is given in Bulletin No. 1, Land Series, "How to Pre-empt Land," copies of which can be obtained free of charge by addressing the Department of Lands, Victoria, B.C., or to any Government Agent.

Records will be granted covering only land suitable for agricultural purposes, and which is not timberland, i.e., carrying over 5,000 board feet per acre west of the Coast Range and 8,000 feet per acre east of that Range.

Applications for pre-emptions are to be addressed to the Land Commissioner of the Land Recording Division, in which the land applied for is situated, and are made on printed forms, copies of which can be obtained from the Land Commissioner.

Pre-emptions must be occupied for five years and improvements made to value of $10 per acre, including clearing and cultivating at least five acres, before a Crown Grant can be received.

For more detailed information see the Bulletin "How to Pre-empt Land."

PURCHASE

Applications are received for purchase of vacant and unreserved Crown lands, not being timberland, for agricultural purposes; minimum price of first-class (arable) land is $5 per acre, and second-class (grazing) land $2.50 per acre. Further information regarding purchase or lease of Crown lands is given in Bulletin No. 10, Land Series, "Purchase and Lease of Crown Lands."

Mill, factory, or industrial sites on timber land, not exceeding 40 acres, may be purchased or leased, the conditions including payment of stumpage.

HOMESITE LEASES

Unsurveyed areas, not exceeding 20 acres, may be leased as homesites, conditional upon a dwelling being erected in the first year, title being obtainable after residence and improvement conditions are fulfilled and land has been surveyed.

LEASES

For grazing and industrial purposes areas not exceeding 640 acres may be leased by one person or a company.

GRAZING

Under the Grazing Act the Province is divided into grazing districts and the range administered under a Grazing Commissioner. Annual grazing permits are issued based on numbers ranged, priority being given to established owners. Stock-owners may form associations for range management. Free, or partially free, permits are available for settlers, campers and travellers, up to ten head.

Shoe and Harness Repairing

New Stock of Harness

Second Hand Store in connection

A. Mirabelli
Shoe and Harness Repairing

Sealed Tenders addressed to the undersigned and endorsed "Tender for Wharf at Arrow Park, B.C.," will be received at this office until 12 o'clock noon, Friday, November 9, 1923, for the reconstruction of a pile bent and timber decking wharf and of fending boom, at Arrow Park, on the West side of the Columbia River Narrows, between the Upper and the Lower Arrow Lakes, Kootenay District, B.C.

Plans and forms of contract may be seen and specification and forms of tender obtained at this Department, at the office of the District Engineer, K.W.C. Building, Nelson, B.C., and at the Post Office, Arrow Park, B.C.

Tenders will not be considered unless made on printed forms supplied by the Department and in accordance with conditions contained therein.

Each tender must be accompanied by an accepted cheque on a chartered bank payable to the order of the Minister of Public Works, equal to 10 p.c. of the amount of the tender. War Loan Bonds of the Dominion will also be accepted as security, or War Bonds and cheques if required to make up an odd amount.

NOTE—Blue prints can be obtained at this Department by depositing an accepted bank cheque for the sum of $10.00, payable to the order of the Minister of Public Works, which will be returned if the intending bidder submit a regular bid.

By order,
R. C. DESROCHERS,
Secretary.

Department of Public Works,
Ottawa, October 13, 1923.

Is there any Meat in the House?

This is the first question that presents itself to the housewife if an unexpected visitor drops in for a meal. But why worry?

Shamrock Brand Hams and Bacon
Finest Quality Cooked Ham
Lunch Meat
Bologna, &c.

are always to be had here. In meats nothing quite equals 'Shamrock' products.

P. BURNS & CO., Ltd.

NEWS OF KOOTENAYS

The new Anglican church at Invermere has been dedicated. It is not yet completed but is safe for use in the warm weather.

Grand Forks has a cribbage club in which six of the organizations in the town have teams entered. The membership fee is 50 cents.

Bill Higgins, a Vernon grower, has just shown the News two Wolf River apples one of which 15¾ and the other 13¾ inches in circumference.

An Eastern Star chapter has just been established at Penticton, and the Herald tells us that this lady Masonic lodge has now a membership of 70.

Kettle Valley is the suggested name for the new provincial constituency to be created by amalgamating the Greenwood and Grand Forks ridings.

Commercial Club officials complain of the untidy condition of some Bonners Ferry streets, due to weeds being allowed to grow up and go to seed.

Up till the middle of October 126 cars of apples had been shipped by the Associated from Penticton, and of these 81 cars had been sent out of Canada.

The miners pay roll at Rossland for the first half of October was the biggest for at least three years. Almost 200 men are now employed at mine work there.

Owners of dead horses in the Nakusp area can dispose of some of them at the fox farm near that town. Ancient horseflesh is one of the items on all well regulated fox farm menus.

Trail has a ministerial association but as the number of sky pilots in the town is limited the preachers at Rossland are being asked to also join up and help make the sessions worth while.

The Herald estimates the fruit crop sold out of Penticton through the Associated Growers up to October 20th to be worth $237,000, with $67,000 worth more in the warehouse awaiting shipment.

Four provincial horticulturists made an inspection of the Grand Forks district last month and according to the Gazette discovered that fruit pests are making quite serious headway in some of the orchards.

In the Greenwood district a campaign is on to collect $350 to erect a soldiers' memorial which will take the design of a pyramid of rocks with a bronze plate set thereon showing the names of the fallen.

The express charges on the eleven pairs of foxes shipped from Prince Edward Island to Nakusp was nearly $700, and the News tells us the wire netting wherewith to build the enclosures took another $1000.

Nakusp has a dream that a creamery can be successfully operated on the milk product of 200 cows, and as there are now about 175 in that district the town has visions of a new industry in the shape of a butter factory.

W. Warren, a P.E. Islander who came to Cranbrook for his health last year, likes the place so well that he proposes to remain and go into fox farming near that town—with the assistance of some local capital.

At Penticton the co-operative selling agency required $135,000 advance from the bank to operate on. To date $96,000 of this has been repaid but until the balance is wiped off no money is available to pay growers.

Greenwood is having its annual skating rink worry. Last year only 20 adults and 60 children bought season tickets and the skating palace went behind $200, which had to be made up at entertainments of various sorts.

One of the foxes at the farm at Nakusp died a few days ago and on examination it was found the animal died from eating a lead pencil which some onlooker had poked into the cages while the animals were in transit west.

FOR SALE BY TENDER

Estate of FREDERICK MILL, Deceased

Tenders will be received by the undersigned, solicitor for the Official Administrator administering the estate of the late Frederick Mill, deceased, up to November 10th, 1923, for the purchase of the land described as Lots 5A and 7A in Block E, Town of Creston Map 360, and the buildings thereon. Highest or any tender not necessarily accepted. C. B. GARLAND, Solicitor, Creston, B.C.

The B.C. Spruce Company sawmill at Lumberton made a showing of 183,000 feet a few days last month for a ten hour shift. This is 2000 feet better than any previous showing.

MRS. J. A. P. CROMPTON
1st Class Honors I.S.M.
PIANO LESSONS
Advanced Pupils only

J. A. P. CROMPTON
Singing Lessons. Piano Tuning.

Windermere potato growers are going after the prizes at the spud fairs at Spokane and Victoria this month.

Loyal Orange Lodge, No. 2095

Meets THIRD THURSDAY of each month at Mercantile Hall. Visiting brethren cordially invited.

ERIC OLSON, W.M.

PLAY SAFE

Every time you use a spurious or imitation part on your Ford car you increase the element of danger.

Genuine Ford parts are made to meet specific tests of stress and strain which manufacturers of imitation parts know nothing about.

Then, too, when your Ford needs overhauling or adjustments it pays to patronize the specialist—he has the equipment and the skilled mechanics.

STAPLES & PIERSON

Banking By Mail

It is a simple matter to do your banking by mail. Just enclose your money in a registered envelope and send it to any branch of this Bank. We will credit your account with the sum and forward an acknowledgment by return mail.

IMPERIAL BANK OF CANADA
CRESTON BRANCH.
C. W. ALLAN, Manager.

VICTORY LOAN COUPONS

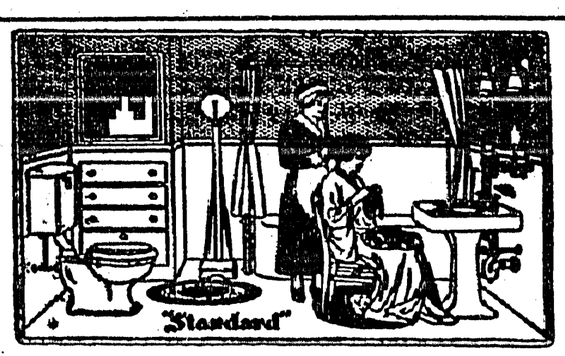
We will cash your Victory Loan Coupons or place them to your credit in our Savings Bank where they will draw interest at 3% per annum.

THE CANADIAN BANK OF COMMERCE

PAID-UP CAPITAL - - $15,000,000
RESERVE FUND - - $15,000,000

CRESTON BRANCH, C. G. Bennett, Manager.

Hot Air Steam and Hot Water Heating



Sheet Metal Work. A good stock of Pipe and Pipe Fittings on hand.

E. W. RYCKMAN,--Creston

Transfer, Livery and Feed Stables

Sleighs and Cutters. Team Sleighs
Single and Double Harness and Supplies
Several Sets of Second-Hand Harness

Coal and Wood For Sale.

H. S. McCREATH
Phone 56 Sirdar Ave. Creston

NOSE COLDS QUICKLY STOPPED

A neglected cold is the open gateway to Consumption.

To quickly stop a cold, the best way is to clear the air passages of the nose and throat; free them of germs, and let the healing vapor of CATARRHOZONE do the rest.

One breath of CATARRHOZONE brings instant relief. Your suffering stops. Hoarseness is relieved, throat and nose are cleared, inflamed bronchial tubes are healed, all danger of Catarrh is prevented.

Carry CATARRHOZONE Inhaler in your purse, in your vest pocket, and use it when the first shiver or sneeze comes. Complete outfit, One Dollar, small size 50c. At all druggists. Refuse a substitute. By mail from The Catarrhozone Co., Montreal.

OPENING DOORS

— BY —

ELINOR MARSDEN ELIOT

Author of "My Canada," and Other Stories

Published by Special Arrangement with the Author

(Continued)

Outside of office hours I lived much as I had lived in my Collegiate days. Some of the girls I knew were teaching, two were training as nurses, a few more were in college. We played tennis and had picnics in the summer; skated, went for long walks or snowshoe tramps, and met at each other's houses in the winter. Of course we were not always just girls alone. But "the boys" were mostly ardent students or young fellows just beginning a business career, and their pleasures were naturally as simple—and economical—as our own. There were one or two semi-engagements in our circle, and the usual youthful tragedies and comedies, but as I look back it seems to me that until war broke out we were nothing more or less than happy, irresponsible children. Of course we had our ambitions, and some of us have realized them. But far more than do the boys and girls who are growing up now, we seemed to feel that life was long and that the period of youth and learning need not be hurried.

Mother loved young people, especially young men, and she was the ideal chaperone. Nothing pleased her more than to think that I was popular socially, and I believe that at the bottom of her heart her greatest wish was to see me married. She feared for me the fascination of the commercial environment and what she called, "the subtle danger of financial independence." Perhaps she had reason for her fears: Margaret was in the ascendant at that time, and Mother knew me too well to believe that I would ever be satisfied with half a life. She had been married when she was only twenty. "And I have never regretted it," she would tell me." All my troubles and worries have been small compared with the happiness that you and your father brought me. It is all very fine to be independent when you are young, Margaret-Anne, but a 'lone woman' is the loneliest thing in creation, don't make any mistake about that."

CHAPTER TWO

It was rather a joke on Mother that when my first "prospect" appeared on the scene she was, in spite of her theories, not at all pleased, and I am afraid I paid for back for many a well-meant lecture. Whenever one of "the boys" showed signs of having acquired a temporary preference for her Margaret-Anne she would immediately adopt him, if he were the adoptable kind, and I used to tell her that the boys came to our house more to be mothered by her than because of me. They were dear boys, dearer now when so many of them lie in France, but I could not see myself taking any of them seriously. I liked to skate with them, to dance with them, to preach to them when I thought they needed it and, if necessary, to put any "outside" girl in her place. But that was all. Compared with the men I met during office hours they were painfully immature, they lacked the glamor and the assurance of success.

But to get back to the "prospect," as I called him, to Mother's unconceded horror. He was Benjamin Franklin Jones, Maudie Jones' uncle, the man who had so bewildered me when first I went to work. Mother and I had known him for years, for he lived with the Elbert Jones', but never intimately. He was always very nice to Maudie and me in a helpless sort of way—the kind of man who asks about your dolls when you are fifteen, and who does not know when to begin bringing chocolates by the box instead of in a bag. Maudie told me once that he had been engaged years before to a girl who died of consumption, and that he had never looked at anyone else. I was living in the Middle Ages of Romance at the time and for about a week I made up stories about him. But except for the fact that he was prematurely grey he was not the stuff of which heroes are made. He was, well, not exactly fat, but undeniably well padded. His eyes were admittedly kind, but they were not thrilling. And he invariably wore what I have since learned to call a "fat man's collar," while his taste in ties was atrocious.

When I went into the office I discovered that "B.F.," as he was called there, had another side. (I seem to have omitted to explain that I worked for a large and very solid Mortgage Company.) He was at the head of the Insurance Department, and was a veritable card-index of all that had gone on in the office for twenty years. He was, perhaps, not conspicuous for executive ability, but such was his grasp of details that in his department the routine work was carried on with the precision of a well-oiled machine. And woe betide anyone whose ignorance or carelessness interfered with his schedule. In his own way he was indispensable, and he was one of the best-paid men in the service of the Company—generous too, he was, in a thoughtful, sensible way, not with the fine recklessness of youth.

B.F. and I had very little to do with each other in the office, and one thing I liked about him was that he was always careful to treat me exactly as he treated the other girls. I doubt if two people in the place knew that we were old friends. Outside of the office he was as he had always been, until some three years after it had occurred he half apologized for the time he had "called me down." The next morning he was as calmly impersonal as ever. But when a few Sundays later he walked home from church with Mother and me, and almost asked for an invitation to come in for a chat, I concluded that he had discovered Mother.

Maudie was delighted, and we almost quarrelled because I could not see that it would be a perfectly delightful thing for her uncle to marry my mother.

"He is good enough for anyone!" Maudie declared loyally. "He isn't really old, and you know that he is just as kind as he can be."

I suppose I was unnecessarily dense, but there was some excuse for me. When B.F. came to the house he always talked to Mother more than to me, and he never asked me to go out with him alone. When we went to the theatre or to a concert Mother was always included in the invitation. And often I would come home in the evening, after having been out with one of the girls, to find him playing whist with Mother and the Robertsons, or prosing comfortably over a cup of tea—he did not take coffee at night because it kept him awake.

Mother, naturally, was more worldly-wise than I. But as I avoided speaking of him to her, I had no means of discovering this; while she misunderstood my silence, and feared that I was losing my head, if not my heart. It was the first shadow that had come between us, the first matter that we had not discussed fully and freely, and I know it was a relief to us both when, after six months of this sort of thing, B.F. changed his tactics and gave us to understand that he was prepared to bestow on me his heart, hand and bank account.

I shall, however, always believe that it was really Mother whose companionship he desired. He liked to see me playing around, no doubt, and I suppose it flattered him to be seen in public with a girl young enough to be his daughter—though he was really the least conceited of men—but he must have known that we had nothing in common, and that a girl could never really fall in love with a man who had glued on her dolls' wigs and helped her with her lessons.

I remember being very much puzzled, at the time, by the remark of an amateur palmist who said that I was rather precocious mentally but of slow development otherwise. I know now what she meant. B.F. was alternately a joke and a nuisance. A joke when I could hold him over Mother's head and quote her advice to me on the subject of early marriages; a nuisance when I helplessly allowed him to monopolize me, while the boys glowered in the dim distance and only occasionally came close enough to let drop some youthful sarcastic saying about "Old chaps with money who could give a girl a good time." I did not want his good times, nor his candies, nor his improving books, but I couldn't very well ask the boys to take me to the rink or to a picture show, could I? And until B.F. asked me to marry him I could scarcely refuse his attentions without an awfully good excuse. In one way he used me very much as he had always done, and I thought it would have looked very silly to let him know that I noticed anything new.

I know I was a blinking idiot in those days. The palmist was right, even yet I cannot convince me that B.F. cared for me in the same way that Murray does. I think it was just what in women we call the maternal instinct, running wild—or rather, forced into the conventional course by a man to whom a fyle out of place was the keenest of torture.

He took my refusal very nicely, hoped it would make no difference in our long friendship, and that Mother and I would always feel free to call on him at any time when a man could be of use to us. Rather surprisingly, he gave me to understand that he would not take my refusal as final. But he would not expect me to let him know if I changed my mind. That was too much to ask of any girl with fine feelings—he really had some awfully nice old-fashioned chivalrous ideals. So if I did not mind he would just ask me occasionally if I still looked upon him in the same way.

It was after this that Mother began to feel sorry for B.F., and I had to be very severe with her. Once Mother's sympathy was roused she was absolutely irresponsible—almost to the point, I used to tell her, of giving away her last crust or her only daughter. But by this time she was quite sure of me, so I suppose she felt that she could afford to be generous.

The next year was a very quiet but very happy one. B.F. practically disposed of, I slipped back into my old circle. And, such is the inconsistency of human nature, I discovered that I was looked up to as one of wide experience. Even the boys who had glowered seemed to treat me with greater respect than had been their custom. We were very young. And Mother and I had never before been so close to each other. I thought at the time that when she made the most of every hour we were together, and talked to me as if I were her equal rather than her child, it was because she had feared that she might lose me. I believe now that she knew what was coming.

It was in the fall of 1913 that I met Murray Aylwin. He had been sent from Head Office to take charge of our newly-formed Savings Bank Department, and when I came back from my holidays he had been in the office for ten days, quite long enough to create a commotion in the susceptible hearts of the two junior stenographers.

(To be continued)

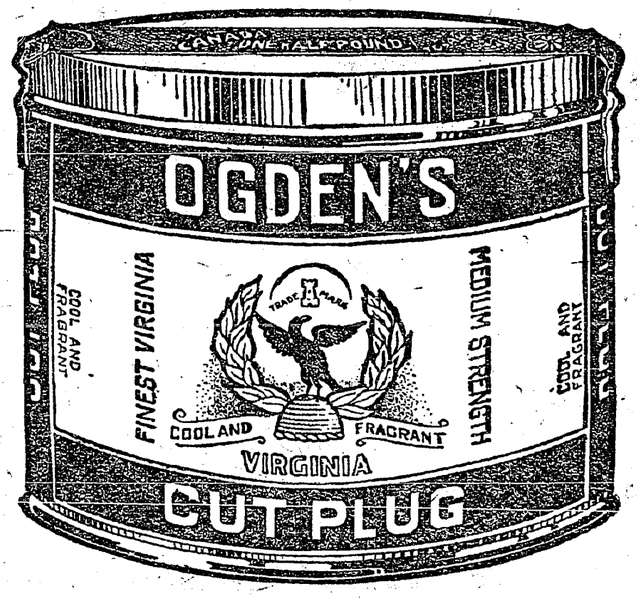
Fill your pipe with —

Ogden's CUT PLUG

"It Satisfies"

15¢ per packet

80¢ a ½ lb. tin



If you roll your own ask for OGDEN'S FINE CUT (green label)

Back to the Producer

"You guaranteed these eggs," she said to the grocer. "Here are two that are distinctly bad."

"I'm sorry," said the grocer. "I'll return them to the hen who laid them and see what she intends to do about it."—Detroit Free Press.

MURINE Keeps EYES Clear, Bright and Beautiful

Write Murine Co., Chicago, for Eye Care Book

ASPIRIN

UNLESS you see the name "Bayer" on tablets, you are not getting Aspirin at all

BAYER

Accept only an "unbroken package" of "Bayer Tablets of Aspirin," which contains directions and dose worked out by physicians during 22 years and proved safe by millions for

Colds	Headache	Rheumatism
Toothache	Neuralgia	Neuritis
Earache	Lumbago	Pain, Pain

Handy "Bayer" boxes of 12 tablets—Also bottles of 24 and 100—Druggists.

Aspirin is the trade mark (registered in Canada) of Bayer Manufacture of Monoaceticacidester of Salicylicacid. While it is well known that Aspirin means Bayer manufacture, to assist the public against imitations, the tablets of Bayer Company will be stamped with their general trade mark, the "Bayer Cross."

"I Had Bilious Attacks and Stomach Weakness"

Mrs. Wm. Robinson, Yonker, Sask., writes:

"I suffered from stomach and liver trouble, and used to have bilious attacks so bad that I could do nothing for weeks at a time. My stomach would be so weak that not even a drink of water would stay on it. On my sister's advice, I began to use Dr. Chase's Kidney-Liver Pills, and must say that they have made me feel like a new woman."

DR. CHASE'S KIDNEY-LIVER PILLS

One pill a dose, 25 Cents a box, all dealers, or Edmanson, Bates & Co., Ltd., Toronto.

MAGIC BAKING POWDER

Magic Baking Powder is scientifically made and has never failed to give the maximum leavening efficiency. Because of this and the uniformly satisfactory results obtained by its use we recommend it as Canada's perfect baking powder.

PRODUCT OF CANADA

WORLD HAPPENINGS BRIEFLY TOLD

One of the most important gypsum beds in the world has been discovered by an Ontario prospector.

A grant of $36,000 to the Salvation Army in aid of its Canadian emigrant work in Great Britain has been authorized.

At the end of June expediture in connection with the British Empire Exhibition amounted to over $6,000,000.

What is claimed to be a world's record for loading cattle aboard a steamer was established when 282 head of cattle were loaded aboard the Canadian Victor in 25 minutes.

Dancing at sea to wireless music broadcast from London is being enjoyed daily by passengers cruising from Brighton to Isle of Wight in the pleasure steamer Queen of the South.

The transference of the British admiralty staff from Dover to other dockyards, which is proceeding apace, marks the end of Dover as a naval base.

Participation of the United States in the permanent Court of International Justice at The Hague was endorsed by the American Bar Association at the closing of its annual convention at Minneapolis.

NORMAN E. TRIMPER

THIS MAN TELLS YOU HOW TO KEEP FIT!

Bear River, N. S.—"My back was so bad I could hardly work. I was always tired out and had no ambition; was nervous and dizzy, and everything seemed to worry me. I also had terrible pains in my right side. I felt badly for about eighteen months, and could not do my work as it should have been done. I tried several doctors, and also bought about $25.00 worth of put up medicines, but I found no relief until I took Doctor Pierce's Golden Medical Discovery and Doctor Pierce's Anuric (anti-uric-acid) Tablets. I have taken two bottles of the Discovery, and four of the Anuric Tablets, and can say that I feel as well as I have felt for the last ten years. I advise any sufferer to give Dr. Pierce's remedies a fair trial. I cannot recommend them too highly for what they have done for me and shall be pleased to answer any one who cares to write me."—Norman E. Trimper, R. R. 1.

Obtain these famous medicines now at your nearest drug store, in tablets or liquid, or send 10 cents to Dr. Pierce's Laboratory in Bridgeburg, Ont., for a trial package of any of his remedies. Write Doctor Pierce, President Invalids Hotel in Buffalo, N. Y., if you desire free medical advice.

Cow-Testing Progress

Five Provinces Show Considerable Increase in Number of Herds Tested

There were 502 cow-testing centres, 2,685 dairy herds under test, and 26,203 tests conducted this year, mainly under the supervision of Dominion dairy officials, up to the end of June last. Five of the provinces show a considerable increase in the number of herds tested. Saskatchewan shows the largest percentage of increase, with New Brunswick next in line and Alberta a close third. The increase in Saskatchewan is largely due to the efficient work of provincial officials. In British Columbia, with five organized co-operative associations, approximately two thousand cows are tested each month.

Creamery Butter Production

Production Last Year Excellent that of Any Previous Year

The total quantity of creamery butter made in Canada in 1922 was 147,752,774 pounds valued at $51,530,780, an increase in quantity over the previous year of 19,008,164 pounds, or 14 per cent., and in value of $3,395,543, or 7 per cent. The production of creamery butter last year excelled that of any previous year.

The total quantity of cheese made in Canada last year was 136,579,473 pounds valued at $22,067,106, compared with 162,117,494 pounds valued at $28,710,030 in the previous year.

A GOOD MEDICINE FOR THE BABY

Nothing can equal Baby's Own Tablets as a medicine for little ones. They are a laxative, mild but thorough in action, and never fail to relieve constipation, colic, colds and simple fevers. Once a mother has used them she will use nothing else. Concerning them Mrs. Saluste Pelletier, St. Damas des Aulaines, Que., writes:—"I always keep a box of Baby's Own Tablets in the house. They are the best medicine I know of for little ones and I would not be without them." The Tablets are sold by medicine dealers or by mail at 25c a box from The Dr. Williams' Medicine Co., Brockville, Ont.

A Foul

Teacher (in dramatics).—"Imagine midnight, silent as the grave. Two burglars force open a library window and commences to crack the safe. The clock strikes one—"

Voice in rear.—"Which one?"

Internally and Externally it is Good.—The crowning property of Dr. Thomas' Eclectric Oil is that it can be used internally for many complaints as well as externally. For sore throat, croup, whooping cough, pains in the chest, colic and many kindred ailments it has qualities that are unsurpassed. A bottle of it costs little and there is no loss in always having it at hand.

Britain Orders Latest Tanks

Self-Contained Fighting Unit Also Draws Artillery Into Action

British gun manufacturers have produced a new war weapon, says The Daily News. It takes the form of a tractor tank and is capable of drawing artillery into action in addition to being a self-contained fighting unit.

The tank is mounted with guns, has a turret and a special compartment in which it carries field artillery. Its range is twice that of the earlier tanks used in the war.

The British Government has planned an initial order for 23 of the new machines to cost $40,000 each.

Nearly all children are subject to worms, and many are born with them. Spare them suffering by using Mother Graves' Worm Exterminator, an excellent remedy.

Electrical Apparatus Imported From States

Country Supplies Bulk of Material Used by Canada

Canada buys electrical apparatus almost entirely in the United States, according to a return giving the imports of articles of this nature in July, published by the Dominion Bureau of Statistics.

The total imports of electrical apparatus in that month were valued at $1,212,115, and of this a value of $1,079,896 came from the United States. The United Kingdom sent $92,000 worth, while Japan, with a value of about $9,000, came third.

Minard's Liniment Relieves Colds

CUTICURA HEALS LARGE PIMPLES

On Face, Itched and Burned. Caused Loss of Sleep.

"I was troubled awfully with pimples on my face. Little white spots formed at first which later broke out in large, red pimples that festered and scaled over. They itched and burned causing loss of sleep, and my face was disfigured.

"Other remedies were used without success. A friend recommended Cuticura Soap and Ointment so I purchased some, and after using them about a week I got relief. I continued using them and in a month was completely healed." (Signed) Miss Lilian Warner, Williamsburg, Ontario.

Daily use of Cuticura Soap, Ointment and Talcum helps to prevent skin troubles.

Sample Each Free by Mail. Address: "Lymans, Limited, 344 St. Paul St., W., Montreal." Sold everywhere. Soap 25c. Ointment 25 and 50c. Talcum 25c. Cuticura Soap shaves without mug.

Reasons For Queer Habits

Japanese Have Logical Explanation For Doing Things Backwards

"When I first went to Japan," a long-time American resident of that country is reported in the "Type Metal Magazine" as saying, "they seemed to do everything the wrong way. They sawed wood by drawing the saw toward them. They backed their horses into the stalls. When our clocks are striking one, theirs would strike 11. Their blacksmiths worked sitting down and when they wanted to rest they stood up. But gradually I learned that there was a logical reason for each of these seemingly queer habits.

"Pulling the saw prevented buckling. "When are you in a hurry—when you put your horse in the stall or when you take him out?' was the answer of the man who was questioned about the horse. As to the clock, it seems that the Japanese prefer to know how many hours are left in the day rather than how many have passed. And the blacksmith who sits down works with his feet as well as his hands—literally, he has four hands, and he rests all these when he gets up."

DIARRHOEA and VOMITING Doubled Up With Pains

If you are suddenly attacked with diarrhoea, dysentery, colic, cramps or pains in the stomach or any looseness of the bowels do not waste valuable time but at once procure a bottle of Dr. Fowler's Extract of Wild Strawberry and see how quickly it will relieve you.

Mrs. Ernest Morris, 3 Webb St., London, Ont., writes:—"I take great pleasure in recommending Dr. Fowler's Extract of Wild Strawberry for what it has done for me.

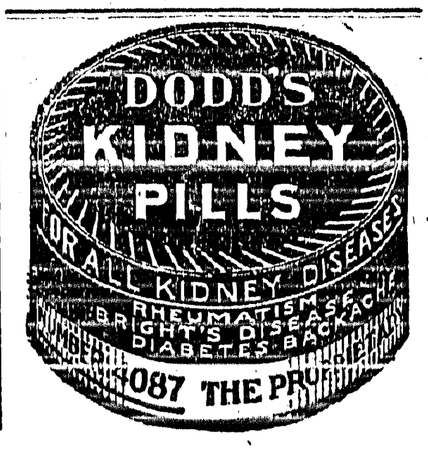
Some time ago I took an awful violent headache, then started to vomit and felt so sick I could hardly stand it all day; towards evening intense pains came in my bowels and I was just doubled up the pains were so bad; the perspiration stood out like beads on my forehead; then the diarrhoea started and I really thought I was going to die.

My husband went to the drug store and got a bottle of Dr. Fowler's Extract of Wild Strawberry; he gave me four doses, at intervals, and by noon next day the diarrhoea had stopped and the pain was all gone too.

Now I will never be without 'Dr. Fowler's' in the house."

Price 50c a bottle; put up only by The T. Milburn Co., Limited, Toronto, Ont.

To be absolutely safe in the summer one has to stay off the street, out of the water, out of autos, trains and interurbans. How glorious our civilization is!—Ann Arbor Times-News.



Demand For Paper On Ocean Liners

Management Has Found It Necessary To Instal Faster Presses

Because, according to the management, "the demand has been larger than could have been predicted," new and faster printing presses will shortly be installed on the Cunard liners to print the Daily Mail Atlantic Edition. This paper is set in type, edited and published each day that the liners are at sea. The ships publishing the Daily Mail Atlantic Edition are the Berengaria, Aquitania, Mauretania, Carmania, Franconia, Tyrrhenia, Laconia, Caronia, Samaria and Scythia.

Installation of linotype machines on the first three ships listed above is the latest forward step in this new branch of journalism. Twice a day by arrangement with the Radio Communication Company, important news events are wirelessed to the ships on the Atlantic. The subscription price is one shilling and threepence for the voyage. Single copies are sold at threepence.

Manslaughter In 2nd Degree

Using a razor—bad stuff—but many people do it for their corns. The only remedy that is painless and sure is Putnam's Corn Extractor, which does remove warts and corns, cleans them right off. Refuse a substitute for "Putnam's," 25c everywhere.

Canada Foremost Wheat Grower

A cablegram received at Ottawa from the International Institute of Agriculture at Rome summarizing the world's wheat conditions places Canada in the foremost position as a source of supply for the world's wheat markets. The prospective shipments from principal wheat exporting countries are placed as follows: Canada, 290 million bushels; United States, 180 millions; Argentina, 120 millions; Australia, 40 millions; India, 30 millions; Russia, 20 millions; Balkans, 10 millions.

A Power of its Own.—Dr. Thomas' Eclectric Oil has a subtle power of its own. All who have used it know this and keep it by them as the most valuable liniment available. Its uses are innumerable and for many years it has been prized as the leading liniment for man and beast.

Beauties of Canada

New Posters Depicting Scenes of Great Beauty Issued by C. N. Railways

Combining the best work of artists and printers and setting forth the beauties of Canada in a manner which appeals instantly to the eye, a new series of posters is being issued by the Canadian National Railways and are now being placed on display in the offices of the system and elsewhere in the Dominion and in other countries. The grandeur of the Rockies, typified by Mount Robson, the highest peak in the Canadian Rockies, is depicted in an artistic design on one of the posters, while another shows a magnificent view of Mount Edith Cavell and Lac Beauvert, all of which are on the lines of the National system.

The glint of sun upon placid waters, with motor boats and other craft in the foreground and Minaki Inn in the background, carries to intending tourists a message of the beauties of that section of Ontario which lies just 114 miles east of Winnipeg.

The Great Lakes and Port Arthur are depicted in a poster showing the lake and rail route offered to tourists travelling between Eastern and Western Canada, a deck scene on the S.S. Noronic being the medium through which the poster tells its story of a pleasant journey which may be enjoyed as one sails down their inland seas.

In his poster design of the Lower St. Lawrence, the artist has triumphed and the printer has added the touch of his own art to the result. An aged inhabitant with his ox-cart full of fragrant new hay has ascended a steep hill at the foot of which nestles a quaint old village which in Canada could be found only in Lower Quebec.

Protecting Elk Herds

The elk herds on Vancouver Island, north of Cowichan Lake, are to have a reservation of forty square miles, and the British Columbia Game Board is now engaged in making necessary improvements so that real protection may be afforded this rare species of big game. There are said to be about 300 head of elk in the immediate vicinity of North Cowichan Lake.

Minard's Liniment for Sprains

2 IN 1 BROWN Shoe Polish

Also for Black, White, Tan and Ox-blood Shoes

For Value

After Every Meal

A universal custom that benefits everybody.

Aids digestion, cleanses the teeth, soothes the throat.

WRIGLEY'S

a good thing to remember

Sealed in its Purity Package

THE FLAVOR LASTS

A Butterfly Farm

Would Raise Insects in California for Color and Decorations

An application for permission to establish a butterfly farm on public domain in the Angels Forest reserve has been made to Supervisor R. H. Charlton, Los Angeles, Cal., by John Hewlett, of Redlands, California.

Hewlett stated that if permission were granted to him to use forty acres for that purpose, he would plant the entire tract in flowers he believes butterflies like particularly, and would raise the insects for color and decorations.

"Golf," declares a physician, "is an aid to business." Of course it is; the office always runs more smoothly when the boss takes an afternoon off. —Chicago Evening Post.

PILES Do not suffer another day with Itching, Bleeding, or Protruding Piles. No surgical operation required. Dr. Chase's Ointment will relieve you at once and afford lasting benefit. 60c. a box; all dealers, or Edmanson, Bates & Co., Limited, Toronto. Sample Box free if you mention this paper and enclose 2c. stamp to pay postage.

MONEY ORDERS

The safe way to send money by mail is by Dominion Express Money Order.

Puny?

If your baby is not gaining, he needs this nourishing, digestible *milk*.

Borden's EAGLE BRAND CONDENSED MILK

FREE BABY BOOKS

Write to The Borden Co. Limited, Montreal, for two Baby Welfare Books.

A TREATISE on the Horse—FREE!

This book is one of the best ever written for the horseman and the farmer. In plain, everyday, understandable English it deals with every ailment that horse-flesh is heir to, and tells how to treat them. It also deals with common sense shoeing, breeding and feeding. The book is worth many dollars to the owner of horses, but all you have to do is to ask your druggist for it. It is absolutely free. Here is one opinion:

SOUTH BREWER, N. S., Jan. 19, 1922.

"Please send me by mail your GREAT book showing positions and actions of sick horses. Have been using your Kendall's Spavin Treatment for years and think it is a great treatment."

PERLY CORKUM.

If your druggist has not a copy of the book left write us direct:

Dr. B. J. KENDALL CO., Enosburg Falls, Vt., U. S. A.

FOR SALE—Knitting machine in good working order, can be seen at Review Office.

FOR SALE—Black mare, about 1600 lbs., good worker, fine animal; price $100. C. Blair, Creston.

SATURDAY and MONDAY SPECIAL

Beware of Little Expenses

Beware of even little expenses—a small leak will sink a great ship. Haphazard buying of the necessities of life is a source of much wastefulness of hard-earned dollars. By way of demonstrating the truth of our claim we ask you to compare our prices with those obtaining at other stores, particularly for week-end shopping. Here are our specials for Saturday and Monday, and they very correctly reflect values obtainable here every day—

SUNMAID Seedless
RAISINS
20c. lb.

GINGER SNAPS
20c. lb.

"Our Own" Brand
COCOA, 20c. 1-lb. pkg.

MAWSON
Better Service **BROTHERS** Lower Prices

CRESTON BAKERY and TEA ROOM

New Shipment of Moir's and Neilson's CHOCOLATES

BOXES
BULK
BARS

A. B. NORRIS

Local and Personal

Mrs. Cannaday, the tailor, has hats for sale.

FOR SALE—Guitar, in splendid shape. P. R. Truscott.

FOR RENT—Five room house. Apply Mrs. T. M. Edmondson.

Charles Moore was a business visitor at Kaslo, Sandon and other Slocan points last week.

Dr. Lillie, dentist, will be in Creston from November 1st to 12th, on a professional visit.

POULTRY FOR SALE—Ten White Leghorns, laying, 75 cents apiece. A. Wickholm, Canyon.

Mrs. Rumsey and children of Cranbrook were here for the weekend, guests of Mrs. M. Young.

FOR SALE—Extra fine young Mammoth Bronze Turkey toms, $4 each. A. H. Piggott, Wynndel.

H. S. McCreath left on Tuesday on his annual combined business and pleasure trip to Cranbrook.

Col Harrington of Edgewood is a visitor here this week with Rev. H. Varley at Christ Church rectory.

PIGS FOR SALE—Six weeks old. $5 each; Yorkshire White dam, Duroc Jersey sire. P. W. Foot, Creston.

HORSE FOR SALE—Work horse, weighs 1500 lbs, coming four years old. A. Wickholm. (Canyon), Erickson P.O.

Citizens are asked to remember the Armistice sale of poppies under G.W.V.A. auspices on Saturday, November 10th.

WANTED—Good milch cow, to freshen within a week or so. State price and particulars. Jas. Whitehead, Moyie.

CAR FOR SALE—Four cylinder McLaughlin, good running order, 4 new tires, 2 extra, quick sale $300. Noble, Cranbrook.

Commencing Tuesday, November 6th, the public library will be open both Tuesday and Saturday afternoons from 3 to 5 o'clock.

A literary and debating society has just been organized at the high school, and will have fortnightly afternoon sessions commencing today.

FOR SALE—Slip scraper, 4 camp beds with mattresses, box stove, McClary Heater, and 60 gallon feed cooker. Enquire Review Office.

At least $3500 of nee capital was at the disposal of the local residents who happen to own Victory Bonds, the November interest instalment being due yesterday.

The fellow who stayed with poultry this spring is now coming in to his own. Strictly fresh eggs are retailing at 50 cents a dozen and are quite scarce at that.

Up till Wednesday apple shipments from all points in Creston Valley totalled 180 carloads. More loose apples have been shipped this year than ever before.

The Junior Guild of Christ Church had a very successful sale of work and candy and afternoon tea at the Parish Hall on Saturday, the gross intake amounting to $26.

W. O. Davis, the Kitchener trapper who appeared before Judge Forin at Nelson on Thursday last on a charge of shooting with intent, was let off on suspended sentence.

D. Wadds, the well-known photographer, announces that he will make a professional visit to Creston in the near future, exact date to be announced in a few days.

All the ladies are reminded that the November session of Creston Valley Women's Institute is an open one, and will be held on Monday afternoon at 3 o'clock in the Parish Hall.

CANARIES—Beautiful Roller singers in full song, $5 each. Also old birds, $1 each. Apply MRS. A. TEUVE, Fruitvale, B.C.

The ladies of the Presbyterian Church remind of their annual thanksgiving dinner in Speers' Hall, Friday, November 9th, from 6 to 8 p.m. Adults 50 cents, children 25 cents.

Old probs. still continues to dispense a fine sample of sunny October weather, with the mornings decidedly chilly, Monday's showing of 15 above zero being the coolest of the season.

Lidgate Bros. are busy this week transferring their garage equipment at the old stand at the C.P.R. crossing to the Embree garage, which the firm has leased, getting possession yesterday.

During the absence of Mrs. Lister at Victoria, Miss Agnes Hobden is presiding at the piano at the Grand theatre, her selections on Saturday night being generous and creditably rendered.

Commencing the first Sunday in November the Sunday school in connection with Christ Church will meet at 3 in the afternoon, in place of the 10.30 a.m. sessions that have prevailed in the past.

Attention is directed to the advertisement on page five offering for sale the residential property of the late Frederick Mill. Bids must be in the hands of C. B. Garland not later than Saturday, Nov. 10.

The harvest thanksgiving service at Christ Church on Sunday evening attracted a large turnout, and the collection, which was given to Japanese relief amounted to $30. Certainly Review editorials get results.

Jim Johnston's portable sawmill at Arrow Creek commenced cutting this week, and will specialize on ties. There appears to be enough timber in sight for at least two winter's work with the mill equal to 18,000 feet a day.

The sale is reported this week of the former Reid cottage on Victoria Avenue, next the Methodist Church, the buyer being Mr. McKay, the blacksmith who is in charge of the Brown shop. Possession was taken at the first of the week.

C. W. Robinson of Nelson, the fishery inspector, was successful on his visit last week in getting about 500 of the small bass from the back bend of the Kootenay for transfer to a lake near Crawford Bay, leaving for that point on Friday.

Goat Mountain Waterworks Company have just completed the installation of an additional reservoir on the hill on the P. G. Ebbutt property and which will give residents in that section a water supply equal to that in other parts of the town.

Interested shippers are reminded that a heated car for small lot freight shipments will be spotted at Creston on Monday, November 5th, and as there is nothing definite as to when the next such car will be available shippers will do well to govern themselves accordingly.

Until warmer weather the 8 o'clock services, that have been features of second and third Sunday worship, at Christ Church, are withdrawn.

Miss Evelyn Bevan returned on Friday from Trail, in which town she spent a couple of days last week as delegate from the local Presbyterian Sunday school at the West Kootenay Sunday school conference. Rev. A. B. S. Stanley, now Baptist pastor at Trail and a few years ago editor of the Review, was elected secretary of the conference.

At the time of going to press there are no reports of serious damage being done anywhere as a result of hallowe'en operations on Wednesday night. From general appearances it was the quietest hallowe'en here in years.

Anglican Church Services

SUNDAY, NOVEMBER 4

CRESTON 7.30 p.m. — SIRDAR 8 and 10.30 a.m.

It's a load off Your Mind

to have the children well and happy. To keep them that way you need to watch for the first symptoms of colds, constipation, or a run-down condition. Then come to

Our Drug Store

for some reliable proprietary medicine or some simple household corrective that you need to keep on hand. We are headquarters for Pure Drugs.

BEATTIE-OATWAY, Ltd.

It's the steady pull of all together that

WINS

We are advancing the

PRICE ON McINTOSH APPLES

GROWERS! Your loyalty to your Company will get you the best prices possible for your crop, and

REMEMBER

a little consideration from you will do a lot to help your local if they are congested and cannot handle your fruit as expeditiously as you would like.

It isn't in holding a good hand but in playing a poor hand well that wins! Get behind your Company and help it win.

Associated Growers of British Columbia, Ltd.

WE HAVE MOVED!

On and after NOVEMBER 3rd, our business will be conducted in the premises formerly occupied by Wm. B. Embree.

LIDGATE BROS. GARAGE

AGENTS

CHEVROLET MOTOR CARS AND TRUCKS — FAIRBANKS-MORSE LIGHTING PLANTS & GAS ENGINES

This Cooler Weather Demands
WARMER BEDDING

And at no time in the store's history have we been so well prepared to supply your every requirement with dependable goods economically priced. We are particularly proud of our

FLANNELETTE BLANKETS: Grey and White

11/4 at $3.50 and 12/4 at $4.50

HUDSON BAY WOOL BLANKETS—COLORED

FLANNELETTE SHEETING—72-inch—$1.75 yard

—you can have one or one hundred yards.

White Wool Blankets, pure wool, 5 and 7-lb. weights

In Warmer Clothing our store is full of the things you need.

Dry Goods Groceries **S. A. SPEERS** Furniture Hardware