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THE CUMBERLAND NEWS.

A Journal Devoted Especially, to the Interests of Comox District.

THE NEWS, SEVENTEENTH YEAR, CUMBERLAND, B. C., WEDNESDAY, MAY, 22, 1907. THE ENTERPRISE, FOURTH YEAR.

Shoes! Shoes!! Shoes!!!

Special Lines Showing at the

BIG STORE

This Week

Ladies' and Children's White Canvas Oxfords.
Children's Barefoot Sandals.
Ladies' and Gents' Tennis Shoes
Misses and Children's Gibson Ties in Black, Tans, and Reds.

The Miss Canada Shoe for Ladies Fine Footwear

Selling Agents for Slater and All America

Shoes

SIMON LEISER & CO.,
LIMITED
CUMBERLAND, B. C.

IRONITE LIQUID
HOUSE & FLOOR PAINTS

We Fully Guarantee.

We keep a full line of

ENAMELS, VARNISH STAINS and BAPLAC which makes old furniture like new.

1907

WALL PAPER

Curtain poles and window blinds to be had at the MAGNET CASH STORE

T. E. BATE, Dunsmuir Avenue, CUMBERLAND, B. C.

NOTICE

Notice is hereby given that, on Monday, May 29th, 1907, the court of Revision for the Municipality of the City of Cumberland, B.C., will be held in the Council Chambers on the above date at 7.30 p.m. Any person or persons desiring to make complaint against his or their assessment must give notice in writing to the undersigned stating the grounds of their complaints, at least ten days before the above date.

Alex. McKinnon.
C. M. C.
Cumberland, B.C. Apl. 16, '07.

NOTICE.

NOTICE IS HEREBY GIVEN that I intend to apply, at the next sitting of the Licence Board, City of Cumberland, for a wholesale licence for beer and liquors for my premises on Dunsmuir Avenue.

F. SCAVARDO.

NOTICE IS HEREBY GIVEN that, 30 days after date, we intend to apply to the Hon. Chief Commissioner of Lands and Works for a special license to cut and carry away timber from the following described land, situated on Thurston Bay, Valdez Island, and particularly described as —Commencing at S.W. corner of Timber Limit ||150; thence west following the shore line 40 chains to the S.E. corner of Timber Limit ||143; thence north 40 chains to the shore on Thurston Bay; thence easterly along shore to N.W. corner of Timber Limit ||150; thence south 80 chains to place of commencement.

RED FIR LUMBER COY., LTD.
PER J. M. LAUGH
Victoria, B.C., March 26th, 1907.
5t 8my

NOTICE

TENDERS are hereby called for the purchase of Lots 65, 67, 68, 73 and 74, in the townsite of Courtenay B. C. part of the estate of Alexander J. Mellado deceased. The lowest or any tender not necessarily accepted. Tenders subject to the approval of the Court.

"Bruno Mellado"
Administrator of the estate of
A. J. Mellado deceased.
Cumberland, B.C., April 17th 1907
14t 17ly

VICTORIA DAY CELEBRATION.

There is little doubt but Victoria Day will be celebrated, in royal good style, in this city on the 24th, An excellent programme, regulated by the amount of money collected has been prepared. There are several new features which the committee think will be interesting.

PROGRAMME.

10 50 to 11.50—Football. Rovers vs Scrubs, $22; Ref. $3
6.30 to 8.00 p.m.—Baseball, Men's, Winners get $18, 2 balls and referee $3.
9.00 a.m.—Gun Club Shoot, $25 voted to Club.
10.00—Tennis Club, $25 voted to Club.
2.30—Bowling Match, Donated keg of Porter.
1.00—Fireman's wet test, 3 teams, winner gets $10.00.
5.00—Baseball, Schoolboys Town vs Camp, $9 and a ball losers to take ball.

General Sports begin at 1.30 on Recreation Grounds;—

Boy's Race, 50 yds, 10 yr limit	1st $1.00;	2nd .50.
Girls' Race, 50 yd, 10 yr limit	1st 1.00;	2nd .50.
Boys' Race, 100 yds, 15 yr limit	1st 2.00;	2nd 1.00.
Girls' Race, 75 yds, "	1st 2.00;	2nd 1.00.
Potato Race, 16 yr limit	1st 2.00;	2nd 1.00.
W. C. Employees' Race, 100 yds	1st 5.00;	2nd 2.50.
Men's Race, ¼ mile	1st 5.00;	2nd 2.50.
Chinese Race, 100 yds	1st 4.00;	2nd 2.00.
Japanese Bicycle Race,	1st Medal;	2nd 2.50.
Ladies throwing Baseball	1st 3.00;	2nd 1.50.
Cracker Eating Contest	1st 1.50;	2nd .50.
Boys' Pillow Fight on Horse Back, 16 yr limit	1st 5.00.	2nd 2.50.
Leap Frog Race, 25 yds, 12 yr limit,	1st 3.00	2nd 1.50.
Married Ladies' Race, 50 yds	1st 3.00	2nd 1.50,

Cumberland Baseball is—A. McNeil, Catcher; J. McNeil, Pitcher; C. Grant, Capt. and 1st Base; T. Robinson, 2nd Base; O. Harrison, Short stop; J. Stant, 3rd Base; A. Bradley, Left Field; W. Walker, Centre Field; R. Garnes, Right Field; Sparemen, G. Anderson, R. Sommerville.

A meeting is called for this evening in the City Hall and all interested in the sports should be present.

The committee desire to thank all those who have assisted in contributing and collecting funds necessary for the day's sport.

A Sad Accident.

Last week little Bert Nelson aged about six or seven was wandering around Messrs Grant and Mounce's mill. He with some other boys were riding on the log carriage when young Nelson was supposed to have fallen off, and his head was jammed beneath and was killed instantly. The doctor arrived some fifteen minutes afterwards. It was not deemed necessary to hold an inquest.

On Friday the funeral took place to the city cemetery followed by a large number of friends of the family.

The pallbearers were Sydney and Thomas Boyd, Chas. Horne and Willie McLean.

The family have the sympathy of their many friends in their sorrow.

Mr. and Mrs. J. Combs will leave for Seattle shortly where they intend to reside.

Gun Club.

On Monday evening the club had a most excellent shoot—so excellent as to be called the best shoot of the season. The men all seemed to be in fine fettle and the birds were gay. The light was good and the score speaks for itself.

The score is as follows—

T. Bate, 18; F. Jaynes, 13; R. Coe, 13; F. Parks, 14; T. Horne 12; E. C. Emde, 15; W. York, 16; C. Ganner, 11; H. McPhee, 15.

The club held a meeting after the shoot to arrange for the 24th.

Passengers on last night's "City"—Mrs L. W. Nunns, Miss C. Piket, G. Fricke, W. B. Anderson, Dr Millard.

Fricke, the photographer is in town.

The infant son of Mr. and Mrs. Eurici died on Sunday last.

Fricke will be here only until May 30th.

Ambulance Class.

On Sunday of last week the amubalance class closed the winter's work by holding an examination of the work gone over under the supervision of Dr. Gillespie. The result speaks for itself and are no doubt a credit to both instructor and class alike. Following are the questions:—

1 How many ribs are there? Which are most often broken? Give the symptons of broken rib and possible dangers.

2 Trace the circulation of the blood beginning at the left side of the heart naming the structure. What is the color of blood when bleeding from (A) an artery (B) a vein (C) the lungs (D) the stomach.

3 Give the first aid treatment poisoning (A) Carbolic acid (B) Laudanum (C) Lye

4 Give the surface marks for arteries on (A) front of forearm; (B) palm of hand, [C] upper two thirds of front of thigh; [D] back of leg.

5—Name symptons of fracture of the thigh bone [femur]. If not sure whether a fracture or dislocation what would you do?

6—Give your treatment in the mine of a compound fracture of both bones of leg, one bone a little through the skin and considerable venous bleeding.

Answer any 5.

14 members were examined with the following results. 100 marks allowed for each paper.

Name	Aver.	Oral	Writ.
R. C. Wilson,	91	90	92
Joe Horbury,	85	90	80
Dave Nellist,	85	95	75
T. Haggart,	85	90	80
John Horbury,	84	90	78
Chas Parnham,	82	90	74
Dave Walker.	81	85	77
Wm. Merrifield,	80	90	70
Jas Monoks,	79	75	83
John Brown,	75	80	70
M. McBride,	74	70	78
Dave Daniels,	73	85	61
T. Banks,	66	65	67
T. Richards,	66	95	37

At the close of the examination Mr D. Nellist presented Dr. Gillespie with a silver mounted cane on behalf of the pupils.

Good Buys.

WANTED—To Buy a Cottage on the instalment plan Owner leave terms at this office.

FOR SALE—The fine residence of Mr. T. E. Bate, situated at the corner of Windermere and First Street is for sale at the low figure of $1400 For particulars Apply Cumberland News.

FOR SALE—A first-class Barber Shop. Giving up on account of going into other business. Must be sold immediately. Apply Cumberland News.

$175 buys a good lot it this city.

FOR SALE—10 acres good land in Comox Valley, suitable for chicken ranch. Beautiful stream running through property. Apply at this office.

FOR SALE 24 acres good farming land in Comox Valley. Has house, barn and orchard. Good opportunity to secure a comfortable home at reasonable price.

FOR SALE Lots on the Dunsmuir townsite.

FOR SALE—160 acres, 60 acres chopped and about 10 acres cleared. High land, and excellent pasture land. Terms can be arranged to suit.

1000 shares Richard III mining stock, 50 cents per share—apply at this office.

DARREL of THE BLESSED ISLES

By IRVING BACHELLER,

Author of "Eben Holden," "D'ri and I," Etc.

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(Continued.)

CHAPTER XV.

SIDNEY TROVE sat talking a while with Miss Letitia. Miss S'mantha, unable longer to bear the unusual strain of danger and publicity, went away to bed soon after supper. Tunk Hosely came in with a candle about 9.

"Waal, mister," said he, "you ready t' go t' bed?"

"I am," said Trove and followed him to the cold hospitality of the spare room, a place of peril, but beautifully clean. There was a neat rag carpet on the floor, immaculate tidies on the bureau and wash table and a spotless quilt of patchwork on the bed; but, like the dungeon of mediaeval times, it was a place for sighs and reflection, not for rest. Half an inch of frost on every window pane glistened in the dim light of the candle.

"As soon as they unlock my door I'll come an' let ye out in the mornin'," Tunk whispered.

"Are they going to lock me in?"

"Wouldn't wonder," said Tunk soberly. "What can ye 'spect from a couple o' dummed ol' maids like them?"

There was a note of long suffering in his half whispered tone.

"Good night, mister," said he, with a look of dejection. "Orter have a nightcap er ye'll git hoar frost on yer hair."

Trove was all a-shiver in the time it took him to undress, and his breath came out of him in spreading shafts of steam. Sheets of flannel and not less than half a dozen quilts and comfortables made a cover, under which the heat of his own blood warmed his body. He became uncomfortably aware of the presence of his head and face, however. He could hear stealthy movements beyond the door and knew they were barricading it with furniture. Long before daylight a hurried removal of the barricade awoke him. Then he heard a rap at the door and the excited voice of Tunk.

"Say, mister, come here quick!" it called.

Sidney Trove leaped out of bed and into his trousers. He hurried through the dark parlor, feeling his way around a clump of chairs and stumbling over a sofa. The two old maids were at the kitchen door, both dressed, one holding a lighted candle. Tunk Hosely stood by the door, buttoning suspenders with one hand and holding a musket in the other. They were shivering and pale. The room was now cold.

"Hear that!" Tunk whispered, turning to the teacher.

They all listened, hearing a low, weird cry outside the door.

"Soun's t' me like a raccoon," Miss S'mantha whispered thoughtfully.

"Or a lamb," said Miss Letitia.

"Er a painter," Tunk ventured, his ear turning to catch the sound.

"Let's open the door," said Sidney Trove, advancing.

"Not me," said Tunk firmly, raising his gun.

Trove had not time to act before they heard a cry for help on the doorstep. It was the voice of a young girl. He opened the door, and there stood Mary Leblanc, a scholar of Linley school and the daughter of a poor Frenchman. She came in lugging a baby wrapped in a big shawl and both crying.

"Oh, Miss Tower," said she, "pa has come out o' the woods drunk an' has threatened to kill the baby! Ma wants to know if you'll keep it here tonight."

The two old maids wrung their hands with astonishment and only said "y!"

"Of course we'll keep it," said Trove as he took the baby.

"I must hurry back," said the girl, now turning with a look of relief.

Tunk shied off and began to build a fire. Miss S'mantha sat down weeping, the girl ran away in the darkness, and Trove put the baby in Miss Letitia's arms.

"I'll run over to Leblanc's cabin," said he, getting his cap and coat. "They're having trouble over there."

He left them and hurried off on his way to the little cabin.

Loud cries of the baby rang in that abode of silence. It began to kick and squirm with determined energy. Poor Miss Letitia had the very look of panic in her face. She clung to the fierce little creature, not knowing what to do. Miss S'mantha lay back in a fit of hysterics. Tunk advanced bravely, with brows knit, and stood looking down at the baby.

"Lord, this is awful!" said he. Then a thought struck him. "I'll git some milk," he shouted, running into the buttery.

The baby thrust the cup away, and it fell noisily, the milk streaming over a new rag carpet.

"It's sick. I'm sure it's sick," said Miss Letitia, her voice trembling. "S'mantha, can't you do something?"

Miss S'mantha calmed herself a little and drew near.

"Jes' like a wil'cat," said Tunk thoughtfully. "Powerful, too," he added, with an effort to control one of the kicking legs.

"What shall we do?" asked Miss Letitia.

"My sister had a baby once," said Tunk, approaching it doubtfully, but with a studious look.

He made a few passes with his hand in front of the baby's face. Then he gave it a little poke in the ribs tentatively. The effect was like adding insult to injury.

"If 'twas mine," said Tunk, "which I'm glad it ain't, I'd rub a little o' that hoss liniment on his stummick."

The two old maids took the baby into their bedroom. It was an hour later when Trove came back. Tunk sat alone by the kitchen fire. There was yet a loud wail in the bedroom.

"What's the news?" said Tunk, who met him at the door.

"Drunk, that's all," said Trove. "I took this bottle, slung shot and bar of iron away from him. The woman thought I had better bring them with me and put them out of his way."

He laid them on the floor in a corner.

"I got him into bed," he continued, "and then hid the ax and came away. I guess they're all right now. When I left he had begun to snore."

"Waal, we ain't all right," said Tunk, pointing to the room. "If you can

There stood Mary Leblanc.

conquer that thing you'll do well. Poor Miss Teeshy!" he added, shaking his head.

"What's the matter with her?" Trove inquired.

"Kicked in the stummick till she dunno where she is," said Tunk gloomily.

He pulled off his boots.

"If she don't go lame t'morrer I'll miss my guess," he added. "She looks a good deal like Deacon Haskins after he had milked the brindle cow."

He leaned back, one foot upon the stove hearth. Shrill cries rang in the old house.

"'Druther 'twould hev been a painter," said Tunk, sighing.

"Why so?"

"More used to 'em," said Tunk sadly.

They listened a while longer without speaking.

"Ye can't drive it, ner coax it, ner scare it away, ner do nuthin' to it," said Tunk presently.

He rose and picked up the things Trove had brought with him. "I'll take these to the barn," said he. "They'd have a fit if they was t' see 'em. What be they?"

"I do not know what they are," said Trove.

"Waal!" said Tunk. "They're queer folks, them Frenchmen. This looks like an iron bar broke in two in the middle."

He got his lantern, picked up the bottle, the slung shot and the iron and went away to the barn.

Trove went to the bedroom door and rapped and was admitted. He went to work with the baby, and soon, to his joy, it lay asleep on the bed. Then he left the room on tiptoe and a bit weary.

"A very full day," he said to himself—"teacher, counselor, martyr, constable, nurse! I wonder what next?"

And as he went to his room he heard Miss S'mantha say to her sister, "I'm thankful it's not a boy anyway."

CHAPTER XVI.

ALL were in their seats, and the teacher had called a class. Carlt Homer came in.

"You're ten minutes late," said the teacher.

"I have fifteen cows to milk," the boy answered.

"Where do you live?"

"'Bout a mile from here on the Beach plains."

"What time do you begin milking?"

"'Bout 7 o'clock."

"I'll go tomorrow morning and help you," said the teacher. "We must be on time. That's a necessary law of the school."

At a quarter before 7 in the morning Sidney Trove presented himself at the Homers'. He had come to help with the milking, but found there were only five cows to milk.

"Too bad your father lost so many cows—all in a day," said he. "It's a great pity. Did you lose anything?"

"No, sir."

"Have you felt to see?"

The boy put his hand in his pocket.

"Not there—it's an inside pocket; way inside o' you. It's where you keep your honor and pride."

"Waal," said the boy, his tears starting, "I'm 'fraid I have."

"Enough said. Good morning," the teacher answered as he went away.

One morning a few days later the teacher opened his school with more remarks.

"The other day," said he, "I spoke of a thing it was very necessary for us to learn. What was it?"

"To obey," said a youngster.

"Obey what?" the teacher inquired.

"Law," somebody ventured.

"Correct. We're studying law, every one of us, the laws of grammar, of arithmetic, of reading, and so on. We are learning to obey them. Now I am going to ask you what is the greatest law in the world?"

There was a moment of silence. Then the teacher wrote these words in large letters on the blackboard, "Thou shalt not lie."

"There is the law of laws," said the teacher solemnly. "Better never have been born than not learn to obey it. If you always tell the truth you needn't worry about any other law. Words are like money—some are genuine, some are counterfeit. If a man had a bag of counterfeit money and kept passing it, in a little while nobody would take his money. I knew a man who said he killed four bears at one shot. There's some that see too much when they're looking over their own gunbarrels. Don't be one of that kind. Don't ever kill too many bears at a shot."

After that in the Linley district a man who lied was said to be killing too many bears at a shot.

Good thoughts spread with slow but sure contagion. There were some who understood the teacher. His words went home and far with them, even to their graves, and how much farther who can say? They went over the hills, indeed, to other neighborhoods, and here they are, still traveling, and going now, it may be, to the remotest corners of the earth. The big boys talked about this matter of lying and declared the teacher was right.

"There's Tunk Hosely," said Sam Price. "Nobody'd take his word fur nuthin'."

"'Less he was t' say he was a fool out an' out," another boy suggested.

"Dunno as I'd believe him then," said Sam, "fer I'd begin t' think he knew suthin'."

A little girl came in crying one day.

"What is the trouble?" said the teacher tenderly, as he leaned over and put his arm around her.

"My father is sick," said the child, sobbing.

"Very sick?" the teacher inquired.

For a moment she could not answer, but stood shaken with sobs.

"The doctor says he can't live," said she brokenly.

A solemn stillness fell in the little schoolroom. The teacher lifted the child and held her close to his broad breast a moment.

"Be brave, little girl," said he, patting her head gently. "Doctors don't always know. He may be better tomorrow."

He took the child to her seat and sat beside her and whispered a moment, his mouth close to her ear. And what he said none knew save the girl herself, who ceased to cry in a moment, but never ceased to remember it.

(To Be Continued.)

Putting Out Fires.

In some of the cities of Europe the cost of putting out a fire is made a charge upon the property of the person for whose benefit the fire department is called out.

Ancient Tombstones.

The custom of inscribing upon tombstones was in vogue among the Greeks and Romans. The Greeks only did this, however, in the case of their illustrious men, but when a Roman died he was duly buried near a highway, and on his tombstone was carved a suitable inscription, which in the majority of cases began with "Sta, viator" (stop, traveler).

The Town of Brock.

The neatest town in the world is Brock, in Holland. So tidy are the inhabitants that they will not allow horses in the street. It contains a population of 2,700, and the chief industry is the making of Edam cheese.

The Most Desolate Spot.

Perhaps the most desolate spot on earth is a tiny storm swept islet in Bering sea nearly midway between Alaska and Siberia. Nearly fifty miles from the nearest land, King's island is a barren rock, so steep that no beach landing can be found. Here on the southern side, perched like nests above the roaring surf and secured to the rocks by walrus thongs, are the skin dwellings of the walrus hunters. Here the sun is never shining, the sea never smooth. Cold, chilly fogs enshroud the place in summer, while the frequent and furious gales that sweep through Bering strait at all seasons render the narrow summit uninhabitable. Ice locked during nine months of the year, the natives depend entirely upon the seal, walrus and whale as a means of existence. During the brief summer a stray whaler may visit the island for a couple of hours, but this is the sole communication with the outer world. The King's islanders are closely allied to the Alaskan Eskimos. They are a fine, hardy race, inured to daily dangers and privations, and are reckoned the best and bravest sailors in Bering sea. Their boats of walrus hide will carry from twenty to thirty persons in a mountainous sea.

Strange Fuels.

"I have eaten mutton cooked on a fire of broken mummy," said the sailor. "It was in Egypt, and the mummy was stolen out of a tomb. Them natives is always stealin' mummies. They sell them in pieces to tourists, and what pieces they can't dispose of otherwise they throw into the bin for fuel. Mummy burns like tinder, but it's a ghastly fuel. It is as ghastly a fuel as the shoe lasts what they burn in the shoemakin' town of Lynn, where the old fashioned and discarded lasts glowin' in the grates look to you like amputated human Trilbies. I been in tannery towns where the fuel is leather chips. This fuel smells and smokes. It clinkers, too, formin' itself into big, solid chunks what have to be broke up with the poker every little while. In British Columbia, where fish is as plentiful as air, they burn dried fish when there's no wood handy. The oil in the fish causes them to burn well, but the smell of this fish fuel ain't to no white man's taste."

Pawnshop Art Sales.

"One of the most indefatigable painters in Philadelphia has almost exclusively a pawnshop trade," said a pawnbroker the other day while discussing the many tricks of his business. "He has been working this market," he continued, "for almost four years. I believe I was his first customer. He was reduced to the point where his only capital was a lot of pictures that he could not sell. In his extremity he came to me. I advanced him a little money on several pictures, which I was lucky enough to sell. The funny part of it was that the man himself couldn't sell a picture to save his soul. He finally realized that he was deficient in business ideas and confined himself strictly to painting pictures, while I attended to the sales. At last he got other customers in my line, and today he actually makes a living from the pawnshop trade."—Philadelphia Record.

What Ailed the Speech.

At the close of one of the sessions in the trial of Warren Hastings when most of those engaged had gathered in the anteroom Dr. Parr stalked up and down the room in his pedantic, pompous way, growling out praises of the speeches of Fox and Sheridan, but saying not a word about Burke's. Burke, sensitive at this omission and anxious for some commendation from the great authority, could at last contain himself no longer and burst out:

"Doctor, didn't you like my speech?"

"No, Edmund," replied Dr. Parr, calmly eying his excited questioner. "Your speech was oppressed with metaphor, dislocated by parenthesis and debilitated by amplification!"

His Shaky Seat.

A small Canadian ventured into the room while his eldest sister was entertaining a masculine caller.

"Mr. Harris," the youth finally interrupted, "I wish you would take me with you some day."

"Take you with me!" echoed the caller. "Where do you want to go, Bobbie?"

"I heard Mr. Grant, next door, say you were on the water wagon and he guessed you'd soon fall off. I'd love to help you drive."—Canadian Courier.

Eloquent Silence.

There are silences of all sorts, as there is speech of all sorts. There are silences that set one's teeth on edge—it is always a relief to break them—and there are silences that are gentler, kinder, sweeter, more loving, more eloquent than any words and which it it always a wrench to interrupt.—Marion Crawford.

Rare Gems.

The rarest and costliest gems, though not always esteemed the most beautiful, are pigeon's blood rubies, fire opals and diamonds that are pure, but shed a distinct glow of blue or pink.

BOBBY ON THE HUMAN BODY

A Juvenile Essay Containing Some Hitherto Unpublished Information.

The human body was first supposed to be made up of 208 bones, but later discoveries have developed the fact that it contains 208 bones and an appendix. An appendix is something which is added on, like a postscript on a woman's letter, and means about as much. Its principal use is to afford a revenue for doctors and surgery specialists. Operations on the human system are the correct thing in polite society. Pa says there is one woman in our town who has nothing left in her but her palate and her tongue, she has been operated on so much. Last Sunday our Sunday school text was, "Praise the Lord, oh, my soul, and all that is within me." I said to pa, "Mrs. So-and-so wouldn't be very strong on that, would she?" And he laughed and said no.

A railroad brakeman is in a class by himself. He doesn't have anywheres near 208 bones in his body. I know a brakeman, chairman of a grievance committee of ten, and when he goes to count the members of the committee on his fingers he can never get a quorum because he hasn't enough fingers left.

It says in my physiology that in the human frame is a network of nerves, a sort of system of fine wires which carry messages to and from the brain. For instance, if you put your finger on a hot stove the nerves of the arm carry a message to your brain that your finger is getting burned, and your brain flashes back instructions to take your finger off the stove. The other night I had my fingers in a can of jam in the pantry when by eardrum sent a message to my brain that ma was coming. My brain answered back to take my fingers out, but the message was delayed in transmission, and I didn't move quick enough. Ma caught me. For a few minutes the wires running up my spine to my brain were crowded with good government messages as to what was going on on the firing line. Now when I go to sit down my brain advises my arms to put a pillow on the chair.—Bobby in Judge.

On the Job.

When the thermometer dropped below zero Mrs. Rodgers was much disturbed by the thought that Huldah, the new kitchen maid, slept in an unheated room.

"Huldah," she said, remembering the good old custom of her girlhood, "it's going to be pretty cold tonight. I think you had better take a flatiron to bed with you."

"Yes, ma'am," assented Huldah without enthusiasm.

Mrs. Rogers, happy in the belief that her maid was comfortable, slept soundly. In the morning she visited the kitchen.

"Well, Huldah, how did you get along with the flatiron?"

Huldah breathed a deep sigh of recollection.

"Well, ma'am, I got it most warm before morning."—Everybody's.

Wise Youth.

"Yes," sighed the unfavored suitor, "Evangeline's father told me never to call there again. I tell you I am feeling pretty blue."

"Well," said his chum, "before I would feel that way I should call in spite of the old gentleman."

"Oh, no. I would rather feel blue than to run the chance of feeling black and blue."—Chicago News.

Simply Manipulated.

"He has invented a skidless autowheel."

"That ought to bring him a fortune."

"Yes."

"How does the thing work?"

"It's very simple. All you have to do to prevent the wheels from skidding is to keep the auto in the garage when the pavements are wet."—Cleveland Plain Dealer.

Process of Elimination.

"What became of the four act play you were writing last summer?" they asked her at the high tea.

"I took it to a playwright," she replied, "who kept it four months, then gave it back to me, saying it was no earthly good as a four act play, but would make a very strong one act curtain raiser.

"I made a one act play of it and took it to a manager. I suppose he will give it back to me in another four months and tell me to cut it out altogether."—New York Press.

Effects of Color.

The study of color will be one of the sciences of the future. Experts say that every known shade has its effect on health and character, and the most valuable are the primary hues—red, blue and yellow.

Vinegar on Meats.

Vinegar is seldom used on meats, and yet it might be very wisely, for it has the properties of softening and even dissolving the muscular fiber. Take, for instance, meat that is very tough. Lay it in a deep dish, cover it with diluted vinegar, allow it to stand overnight, and the next morning it will be found as tender as possible.

The Crystal Palace Show

At the forty eighth Great National Bird Show, held this year at the Crystal Palace, in London, 2,200 birds transformed that place into a perfect hall of song. Twelve hundred and fifty canaries were exhibited, two-thirds of that number being orange colored. The president of the show, by way of accounting for the majority of orange-colored canaries, said:

"They are becoming more and more popular. The method of turning a canary's feathers orange is very simple. With its food is mixed a small quantity of cayenne pepper, and in a few weeks or months the feathers change color. If pepper is given to the bird when it is young a more vivid color will be obtained. The beautiful orange tint of the singing bird's plumage is affected by unnatural diet."—New York Tribune.

Rheumatism—What's the Cause?—Where's the Cure?—The active irritating cause of this most painful of diseases is poisonous uric acid in the blood. South American Rheumatic Cure neutralizes the acid poison. Relieves in six hours and cures in one to three days.—90

At school Wilhelm had great difficulty with his arithmetic problems, and his teacher tried in vain to make him understand. Finally, to bring the matter home, he said:

"If I should go into your father's shop and say I wanted two pounds of meat, and he only had a pound and a half, what would he do?"

The boy thought profoundly for a moment and then said:

"He would make up the weight with his thumb!"—Muskete.

BABY'S SMILE.

Baby's smile indicates that he is well and happy. It is only the sick child who is cross and restless. And the mother can depend upon it that when her baby cries he is not crying simply to be ugly—that is not his nature—he is crying because he is in pain—most probably his little stomach is out of order. The mother will find Baby's Own Tablets a never failing cure for all the minor ailments of little ones. In the homes where the Tablets are used there are no cross, crying babies — nothing but bright, happy and playful babies—the kind that are a joy to the home. Mrs. Joseph Legree, Caraquet, N. B., says: "At the time I sent for Baby's Own Tablets my little one was weak and failing. He would cry night and day, and I did not seem able to get anything to help him. After giving him the Tablets there was a great change and he has since thrived finely." The Tablets are sold by druggists or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

In a recent action the plaintiff had stated that his financial position was always satisfactory. In cross-examination he was asked if he had ever been bankrupt.

"No," was the answer.

The next question was, "Now, be careful; did you ever stop payment?"

"Yes," was the reply.

"Ah!" exclaimed the counsel, "I thought we should get at it at last. When did that happen?"

"After I had paid all I owed," was the answer.

If a cough makes your nights sleepless and weary, it will worry you a good deal, and with good cause. To dispel the worry and give yourself rest try Bickle's Anti-Consumptive Syrup. It exerts a soothing influence on the air passages and allays the irritation that leads to inflammation. It will subdue the most stubborn cough or cold, and eventually eradicate it from the system, as a trial of it will prove to you.

A criminal whose day of execution had arrived was asked by the jailer if he had any last favor to request.

"I have, sir," said the condemned man, "and it is a very slight favor indeed."

"Well, if it is really a slight favor I can grant it. What is it?"

"I want a few peaches to eat."

"Peaches!" exclaimed the jailer; "why, they won't be ripe for several months yet."

"Well," said the condemned man, "that doesn't matter—I'll wait."

Alcohol not needed

Ayer's Sarsaparilla is not a strong drink. As now made, there is not a drop of alcohol in it. It is a non-alcoholic tonic and alterative. Ask your own doctor about your taking this medicine for thin, impure blood. Follow his advice every time. He knows.

Ayer's

We publish our formulas. We banish alcohol from our medicines. We urge you to consult your doctor

Ask your doctor, "What is the first great rule of health?" Nine doctors out of ten will quickly reply, "Keep the bowels regular." Then ask him another question, "What do you think of Ayer's Pills for constipation?"

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

Does fit
Doesn't
shrink

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

WARRANTED HIGH GRADE PENMAN'S Pen Angle UNSHRINKABLE Trade Mark

202

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

Nast's Cartoons.

Among those people who attended the sale of the Thomas Nast cartoons recently, was a man who had called on the cartoonist years ago at his home in Morristown for the purpose of seeing and talking to the artist, for whom he had a great admiration. In the course of the pleasant interview visitor expressed a desire to buy a rough sketch of a cartoon showing Boulanger receiving the result of the French elections, in which the general had been defeated. Nast said he thought too much of it to part with the sketch. When lot No. 135 was put up, it was recognized as the coveted cartoon, and the man who could not buy it a few years ago at any price bid 2 and secured the picture.—New York Tribune.

"I'd Rather be Dead than suffer again the tortures of insomnia, palpitation and nervous twitching of my muscles induced by simple neglect of a little indigestion." These are the forceful and warning words of a lady who proclaims that her cure by South American Nervine when everything else had failed was a modern miracle. A few doses gives relief.—92

In After Years.

Smith—When Green was courting that young widow a couple of years ago he declared he couldn't live without her. Jones—And did he marry her? Smith—Yes. And now he is trying to get a divorce on the grounds that it's impossible to live with her.—Exchange.

DEAFNESS CANNOT BE CURED

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

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

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

Sold by Druggists, 75c.

Take Hall's Family Pills for constipation.

Tallest Lighthouse.

The tallest lighthouse on British coasts is the Skerryvore, off Argyllshire. It is 140 feet high. It contains 4,308 tons of masonry and cost £90,268.

It Retains Old and Makes New Friends.—Time was when Dr. Thomas' Eclectric Oil had but a small field of distribution, but now its territory is widespread. Those who first recognized its curative qualities still value it as a specific, and while it retains its old friends it is ever making new. It is certain that whoever once uses it will not be without it.

Soon Be a Halfback.

Sweet Singer—The star boarder has not paid a cent in the last three months.

Comedian Boarder—H'm! He ought to join a football team.

Sweet Singer—A football team?

Comedian Boarder—Sure! Isn't he a quarterback?—Chicago News.

Minard's Liniment Cures Garget in Cows.

The Berry He Was.

When Bishop Berry of the Methodist Episcopal church was a young preacher he once gave a lecture in a rural community. Wishing to be witty, he announced to his audience that he was a berry and called upon them to state what kind of berry. Nearly every berry known in the vicinity was guessed, and the speaker refused to share the qualities of any of those named. At last an old lady who was not sympathetic with the seeming levity of the lecturer, arose and exclaimed in a squeaky voice: "I know what kind of a berry you are. You are a gooseberry and a very green one at that. Go on with the lecture." And the lecturer did quickly.—Christian Work.

Animal Shells.

It is a curious fact that the shells of certain animals, such as cephalopods, brachipods and some bivalves, are commonly marked by retrogressive changes as age advances. "The old man returns to second childhood in mind and body," states a well known scientist at Washington, "and the shell of the cephalopod has in old age, however distinct and highly ornamental the adult, very close resemblance to its own young."

The Earnest Recruit.

A lieutenant was examining a recruit as to his manœuvres in case of war. "What would you do if you met an enemy on the field of battle?" asked the examiner.

"Shoot him dead, sir."

"Right. And what if you met a whole battalion of the enemy?"

"Shoot them dead, sir."

"Nonsense!" You couldn't do it. You should fall back and give warning. What would you do if you met a cow belonging to the enemy?"

Shoot it dead, sir."

"Wrong."

"Fall back and give warning, sir."

"Wrong again. You should catch hold of it by the horns and lead it into camp.

What would you do if you met me on the field?"

"Shoot you dead, sir."

"Rubbish! I'm not an enemy. I wear the same uniform as you do."

"Fall back and give warning. sir."

"Wrong, stupid! I'm not a battalion of the enemy."

"Then, sir. I would take you by the horns and lead you into camp."—Lustige Blaetter.

Spring Blood Troubles

BILEANS CLEAR THE SKIN OF PIMPLES

Humors and impurities in the blood force their way to the surface in the springtime and cause eruptions and unsightly sores. Nature has provided a remedy in Bileans, which are pleasant to take, not unpleasant in operation, and are purely vegetable in composition. Women with skin blotches and eruptions should prove how speedily Bileans remove them. One or two Bileans taken just before retiring for the night—that is all! Morning sickness, debility, indigestion, biliousness, heartburn, headache constipation, piles and female ailments all disappear before a short course of Bileans. All druggists and stores at 50 cents a box, or from Bilean Co., Toronto, for price. 6 boxes sent for $2.50. Send 1c. stamp for free sample.

The Motor Craze.

"Don't you sometimes envy these very wealthy people their enjoyments?"

"No," answered Miss Cayenne. "I never cared for the smell of gasoline."—Washington Star.

Minard's Liniment Cures Distemper.

The Action of Water Upon Rocks.

Sediments, or stratified rocks, are invariably those which have been laid down under water. They are always recognizable as such because divided into those layers which the action of the water always produces.

When a Horse Gets Hurt
USE
Fellows' Leeming's Essence

But don't wait until an animal is injured. GET IT NOW—and you have the remedy that CURES all lameness in horses.

If your dealer does not handle it, send 50c. to

National Drug & Chemical Co., Limited, MONTREAL. 13

BROOKS' NEW CURE FOR RUPTURE

Brooks' Appliance, New discovery. Wonderful. No obnoxious springs or pads. Automatic Air Cushions. Binds and draws the broken parts together as you would a broken limb. No salves. No lymphol. No lies. Durable, cheap. Pat. Sept. 10, '01. SENT ON TRIAL. CATALOGUE FREE. C. E. BROOKS, 2010 Brooks' Bldg., MARSHALL, MICH.

EASTER LILY FOR EASTER SUNDAY

Send 10 Cents

Will send you 1 Easter Lily Bulb, 1 Tuberose, 1 Gladiolus, 1 Cinnamon vine, 1 Oxalis also 100 different kinds of fresh, finest grown seeds, including Pansies, Petunias, Phlox, Asters, Stocks, Sweet Peas, Cosmos, Balsams, Nasturtiums, Morning Glories, Verbenas, Portulacas. This fine collection of seeds and Bulbs for 10c. in Silver or 2c. stamps.

American Nursery
Malden, Mass.

A Refreshing Stimulant

That is Perfectly Harmless Because it is Free From Adulteration.

"SALADA"

GREEN TEA

A Perfect Luxury for Japan Tea Drinkers

Lead Packets Only, 40c, 50c, and 60c Per Lb. At All Grocers.

The Right Word

Editor—I notice that you say that the women at the ball tonight were "elegantly gowned." Do you think "elegantly gowned." Do you think

Reporter—Well, you couldn't call them dressed.—Somerville Journal.

Minard's Liniment Cures Diphtheria.

Seiber—Speaking of costly menus, what is the highest price you ever had to pay for a partridge?

Wright—Twenty-five dollars. I had shot it out of season.

When all other corn preparations fail, try Holloway's Corn Cure. No pain whatever and no inconvenience in using it.

Dobbins—I don't know what's the matter with my furnace; it doesn't heat the house at all."

Seiber—Does it draw all right?

Dobbins—I should say it does. It draws about nine-tenths of my salary every week.—Seattle Post-Intelligencer.

A Freshman.

A freshman who had entered one of the large universities and was not much accustomed to the ways either of institutions of learning or of cities was returning late one evening from a lecture. When near his lodgings he was halted by two masked men, who "held him up" in true metropolitan style. One of the men leveled the conventional revolver at the young man, while the other relieved him of his watch, pocketbook and other valuables. He made no mention of the matter to anybody at the time, but a few days later he reported it to the president of the university.

"It wasn't a great deal," he said, "but it was more than I like to lose, and I think it's an outrage to treat a boy that way."

"Why didn't you tell me of this sooner?" asked the president.

"I supposed they would bring the things back to me next morning," he answered. "It was a couple of sophomores hazing me, wasn't it?"

Exercise Without Effort.

Miss Gaysett—Do you golf, Mr. Slopechin? Mr. Slopechin—Quite a good deal, y'know. I have me man go round the course f'me twice a week.—Puck.

FIRE PROOF
ROOFING
WRITE FOR PRICES
METALLIC ROOFING Co. LIMITED
WINNIPEG

LAME

or Sore Muscles due to Colds, Strains or Rheumatism will have the inflammation that causes the lameness quickly removed by first bathing with hot water, then rubbing on briskly

Johnson's Anodyne Liniment

Its wonderful power to destroy pain has made it famous since 1810.

25c., three times as much 50c. All dealers.

I. S. JOHNSON & CO., Boston, Mass.

A Precaution

Watchman (discovering a burglar in the act of opening a bank safe)—Hold on! What are you doing there?

Burglar—Don't make such a row, old man. I want to see if my deposit is all right. Nobody can trust his bankers nowadays.—Tit-Bits.

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

Elder McNabb—I'm not denying that the Duke of Argyle is a great man and a learned man, but what I contend is this—he's not a popular man. He's not a man that has many friends.

Andra Fergusson—Weel, ye see, the Duke is in a verra deeficult position—his pride o' birth prevents him associatin' with men o' his ain intelleck, an' his pride o' intelleck prevents him associatin' with men o' his ain birth.—Weekly Telegraph.

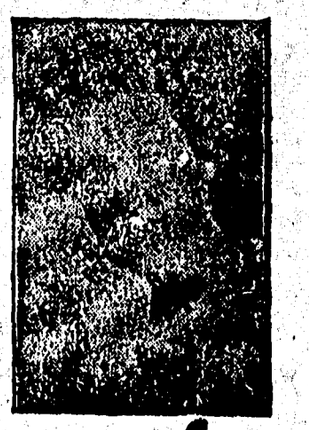
SCORED ANOTHER WONDERFUL VICTORY

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

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

I have to thank Psychine for my present health. Two years ago I was going into a decline. I could hardly drag myself across the floor. I could not sweep the carpet. If I went for a drive I had to lie down when I came back. If I went for a mile on two on my wheel I was too weak to lift it through the gateway, and last time I came in from having a spin I dropped utterly helpless from fatigue. My father would give me no peace until I procured Psychine, knowing it was excellent for decline or weakness. I must say the results are wonderful, and people remarked my improvement. Instead of a little, pale, hollow cheeked, listless, melancholy girl, I am to-day full of life, ready for a sleigh-ride, a skating match, or an evening party with anyone, and a few months ago I could not struggle to church, 10 roads from my home. I have never had the slightest cause to fear any return of the disease.

ELLA MURIEL WOOD,
Brownsville, Ont.



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

PSYCHINE

(PRONOUNCED SI-KEEN)

for sale at all druggists at 50c. and $1.00 per bottle, or at Dr. T. A. Slocum, Limited, Laboratory, 179 King St. West, Toronto.

Dr. Root's Kidney Pills are a sure and permanent cure for Rheumatism, Bright's Disease, Pain in the Back and all forms of Kidney Trouble. 25c per box, at all dealers.

'STAR'

Livery Stable

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Proprietors.

TEAMSTERS, and DRAYMEN
SINGLE and DOUBLE RIGS
For HIRE. ALL ORDERS
PROMPTLY ATTENDED TO.

3rd St. Cumberland

THE CUMBERLAND NEWS
Issued Every Wednesday.
J. A. BATES,
Editor and Proprietor.

The columns of THE NEWS are open to all who wish to express therein views o matters of public interest.

While we do not hold ourselves responsible for the utterances of correspondents, we reserve the right of declining to insert communications unnecessarily personal.

WEDNESDAY, MAY, 22, 1907.

We are glad that "A Country Trip" as published in last issue has been appreciated in some quarters. Now it is the intention to say more about this beautiful valley of Comox, and we will be glad to have any information that any of our readers think would be of advantage to us in doing so. Our readers can do much to help us out in this matter, with mutual benefit to every resident.

When the Enterprise and the News were amalgamated it was decided that the policy of the new paper would be—not a political policy but a policy that would make known to outsiders what a wonderful district this is, and in order to do this we must have the co-operation of all residents. The writer has been privileged to live in many parts of the province that are called rich, fertile and prosperous but none of them are superior to Comox valley.

The great scarcity of labor in British Columbia is felt no place in the province more than it is in the rich and fertile valley of Comox. Many of the farmers in this district have to delay improvements this year for lack of hired help. From inquiry we find that the wages paid by farmers of the valley is from $3.00 a day upwards. It has also been suggested to us by several land owners that there is a good opening for men who would work out by the day and live in their own homes. If we are correctly informed, and we think we are, there is employment and a good living for a large number of men who would be content to reside in either of the villages of Courtenay and Comox and hire out with the farmers. Of course these men would need to have some knowledge of farm life to be successful; but there are many in eastern Canada and United States who would think $3.00 per day a very substantial wage.

Time is not far distant when day laborers in British Columbia will be more plentiful than it is today, and we can all hasten the time, as it will mean greater prosperity to all of us. Write about the existing conditions to some friend or friends whom you believe would be interested.

ADVERTISE IN THE NEWS

To Cure a Cold in One Day
Cures Grip in Two Days.
Take Laxative Bromo Quinine Tablets.
Seven Million boxes sold in past 12 months.
This signature, E. W. Grove on every box. 25c.

Union : Hotel

SAMUEL C DAVIS, PROPRIET.

English 4 x BURTON always on tap also, the famous MILWAUKEE BEERS—Anheuser, Bohemian, Schlitz, &c. "OLD GREY BEARD" SCOTCH WHISKY, Best Wines and Liquors of all kinds.

The Boarding and Lodging Department, under the immediate superintendence of Mas Davis, will be found First-class in every respect.

RATES, ... $1 00 per day upwards.

DOMINION HOTEL.

Victoria, B. C.

The Rates are Lower than other First-Class Hotels, with Accommodation Superior to Many.

☞ ROOMS WITH OR WITHOUT BATH.

Amrican Plan $1.50 to $2.50 PER DAY.

Europan Plan ROOMS ONLY .50 to $1.50 PER DAY.

FREE BUS.

STEPHEN JONES

The Right Price
FURNITURE STORE

As the result of a recent judicious purchase a new lot of furniture arrived this week. We sell at prices to suit all pockets.

REPAIRING A SPECIALTY,

J. H. COLLINS, Cumberand.

In Use Daily

A New Dainty-
Rosette Wafers

If you can imagine a zephyr mixed with dew and a little powdered sugar, and fried on a sunbeam—you may get some idea of how a Rosette Wafer looks and tastes. You can make forty Rosettes in twenty minutes at a cost of ten cents. We'll sell you a full set of Rosette Irons, neatly boxed, for..... 60c

Illustrated Rosette Recipe Book FREE on request.

In Thousands of ..Homes.. will be pleased to deliver set to any address for.. 60c.

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Sole Agents, Johnston Street
VICTORIA, B. C.

GRANITE and MARBLE WORKS

Granite and Marble Monuments, etc., at the lowest prices consistent with first class stock and workmanship. Write for catalogue.

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148 Yates Street, Victoria, B. C.

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Livery Stable, Telegraph Office and Barber Shop Convenient to Hotel.

Everything up to Date.

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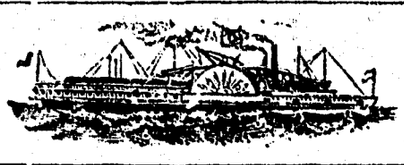

s. s. "City of Nanaimo."

VICTORIA—COMOX ROUTE

Sails from Victoria Tuesday, 7 a.m., for Nanaimo, calling at North Saanich Cowichan Bay Maple Bay, Crofton, Kuper and Thetis Islands when freight or passengers offer.

Leaves Nanaimo Tuesday, 5 p.m., for Union Bay and Comox.

Leaves Comox Wednesday, 8 a.m., for Union Bay and Nanaimo.

Leaves Nanaimo Thursday, 7 a.m., for Comox and way ports.

Leaves Comox Friday, 7 a.m., for Nanaimo and way ports.

Sails from Nanaimo Friday, 2 p.m., for Victoria, calling at Kuper and Thetis Islands, Crofton, Maple Bay, Cowichan Bay and North Saanich when freight and passengers offer

North Saanich when tide and weather conditions permit.

VANCOUVER - NANAIMO - LADYSMITH ROUTE

S. S. "JOAN."

Sails from Vancouver for Nanaimo daily, except Sundays, at 1.30 p.m.

Sails from Nanaimo for Vancouver daily, except Sundays, at 7 a.m.

TIME TABLE EFFECTIVE
Monday, October 1st, 1906

NORTH BOUND—Read Down

Passenger Trains

Stations.	Daily No. 1	Sunday Wed. Sat. No. 3
Victoria,	De. 9.00	De. 16 00
Russels,	9.04	16.04
Shawnigan,	10.17	17.15
"	10.22	17.18
Cobble Hill,	10.40	17.30
Cowichan,	10.48	17.41
Koksilah,	10.53	17.47
Duncan's,	11.00	17.58
Somenos,	11.07	18.10
Westholme,	11.18	18.22
Chemainus,	11 32	18 35
Ladysmith,	11.57	18.55
South Wellington,	12.18	19.10
Nanaimo,	12.35	19.30
Wellington,	Ar 12.53	Ar 19 45

SOUTH BOUND—Read Up

	No. 2	No. 4
Victoria,	Ar. 12.06	19.55
Russels,	12 02	19.51
Shawnigan,	10 51	18.35
"	10.48	18.30
Cobble Hill,	10.40	18.22
Cowichan,	10.15	18.08
Koksilah,	10.06	18.03
Duncan's,	10 02	17.58
Somenos,	9.47	17.43
Westholme,	9.37	17.32
Chemainus,	9.25	17.22
Ladysmith,	De. 9.00	De. 16 58
"	Ar. 8.50	Ar. 16 48
South Wellington,	8.28	16.27
Nanaimo,	8.15	16 15
Wellington,	De. 8.00	De. 16 00

Thousand Mile and Commutation Tickets on sale, good over rail and steamer lines, at two and one-half cents per mile.

Special trains and steamers for Excursions, and reduced rates for parties may be arranged for on application to the Dist. Pass. Agent at Victoria.

The Company reserves the right to change without previous notice, steamers sailing dates and hours of sailing.

Excursion Tickets on Sale from and to all Stations, good for going journey Saturday and Sunday, returning not later than Monday.

J. W. TROUP, Gen. Sup. B.C. Coast Ser.
G. L. COURTNEY, Dist. Frt. & Pass. Ag.

Morrochi Bros,
BAKERS

BREAD, Cakes and Pies delivered daily to any part of City.

FULL STOCK . Groceries

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Cumberland Hotel

COR. DUNSMUIR AVENUE AND SECOND STREET, CUMBERLAND B C.

MRS. J. H. PIKET, Proprietress.

When in Cumberland be sure and stay at the Cumberland Hotel, First-Class Accomodation for transient and permanent boarders.

Sample Rooms and Public Hall Run in Connection with Hotel

Rates from $1.00 to $2.00 per day

Wood's Phosphodine,
The Great English Remedy. Tones and invigorates the whole nervous system, makes new Blood in old Veins. Cures Nervous Debility, Mental and Brain Worry, Despondency, Sexual Weakness, Emissions, Spermatorrhœa, and Effects of Abuse or Excesses. Price $1 per box, six for $5. One will please, six will cure. Sold by all druggists or mailed in plain pkg. on receipt of price. New pamphlet mailed free. The Wood Medicine Co. (Formerly Windsor) Toronto, Ont.

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This paper AND A NEW Subscription to

	Regular price for both.	Our Price
Daily Witness,	$4.50	$3.00
Weekly Witness,	2.50	2.00
World Wide,	3.00	2.25
Northern Messenger	1.90	1.75

Our calculations are based strictly on ne cash in advance. Samples of these paper may be seen at our office.

Choice Thoroughbred, Single-comb, brown Leghorn eggs for sale, $1.00 per sitting. Apply Mrs. Roe, Union Bay.

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HIGH GRADE

CREAM TARTAR

ABSOLUTELY PURE.

SOLD IN PACKAGES AND CANS.

Same Price as the cheap adulterated kinds.

E. W. GILLETT COMPANY LIMITED TORONTO, ONT.

NOTICE.

Riding on locomotives and railway cars of the Union Colliery Company by any person or persons—except rain crew—is strictly prohibited. Employees are subject to dismissal for allowing same

By order

FRANCIS D LUTTE
Manager.

When in Cumberland

STAY AT THE.....

VENDOME.

ALL CONVENIENCES FOR GUESTS

THE BAR IS SUPPLIED WITH

Best Liquors and Cigars

C. GANNER

JAPANESE

RICE

at a Low Price.

Wholesale and Retail.

Sweet and Clean quality

50 lbs..... $2.65

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No. 5 Japtown,....Cumberland B.

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JOHN McLEODS

FOR FIRST-CLASS

CANDY, FRUITS,

CIGARS & TOBACCOS.

60 YEARS' EXPERIENCE

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Ladies' Tailor-Made Costumes, Men's and Boys' Suits, etc. etc. Prices Reasonable.

CUMBERLAND, B. C.

FOR SALE—A farm of 160 acres, also house and barn, situated near Comox valley. Beautiful location, convenient to the salt water. For particulars apply at this office

SEEDS, TREES, PLANTS.

FOR THE

FARM, GARDEN, LAWN or CONSERVATORY

NO seedless plums, NO pitless apples, NO cobless corn—just old reliable varieties at reasonable prices

Fertilizers Bee Supplies
Spraying Materials Spray Pumps Cut Flowers
Etc., Etc.

Oldest established nursery on the Mainland of B. C. Catalog Free

M. J. HENRY

Greenhouses and P. O. Address—3010 Westminster Road.

BRANCH NURSERIES—South Vancouver

P.S.—If your local merchants do not handle my seeds, send direct. We prepay 50 packets assorted varieties of GARDEN SEEDS in ordinary 5c papers (tested stock) to your nearest post office for $1—20 packets for 50c., trial collection

Livery AND Teaming

I am prepared to furnish Stylish Rigs and do Teaming at reasonable rates.

D. KILPATRICK
CUMBERLAND

BYRON CRAWFORD

COURTENAY, B.C.,

BREEDER of Holstein Cattle, Chester White Pigs, Barred Plymouth Rocks, &c

IMPROVED STOCK

AT FARMERS PRICES.

When in Courtenay Stay At

The Courtenay Hotel

Every convenience for guests.

The Central Hotel for Sportsmen

None but the Best of Wines and Liquors at the Bar.

RATES REASONABLE

John Johnston, Prop.

CANADA'S GREATEST NURSERIES

WANT
A LOCAL SALESMAN
FOR
CUMBERLAND

to sell High Class Nursery stock in Fruits and Ornamentals Largest list of new specialties ever offered. Start now at best selling season. Licensed by B.C. Government to sell in the Province of British Columbia. Big inducements, Liberal Pay, Handsome Free Outfit, Territory Reserved, write for terms and Catalogue, and send 25c for our aluminum pocket microscope [Magnifies 4½ times] and 30c for our handy saw, just the thing for trimming trees [cuts iron as well as wood.]

Stone & Wellington,

Fonthill Nurseries,

[Over 800 acres]

TORONTO - - ONTARIO

His Shaky Seat.

A small Canadian ventured into the room while his eldest sister was entertaining a masculine caller.

"Mr. Harris," the youth finally interrupted, "I wish you would take me with you some day."

"Take you with me!" echoed the caller. "Where do you want to go, Bobbie?"

"I heard Mr. Grant, next door, say you were on the water wagon and he guessed you'd soon fall off. I'd love to help you drive."—Canadian Courier.

Eloquent Silence.

There are silences of all sorts, as there is speech of all sorts. There are silences that set one's teeth on edge—it is always a relief to break them—and there are silences that are gentler, kinder, sweeter, more loving, more eloquent than any words and which it it always a wrench to interrupt.—Marion Crawford.

Not to Be Fooled.

"He wanted me to order a basket of champagne," declared indignant Mr. Nuritch.

"Well?"

"I may be ignorant, but I know that champagne comes in bottles."—Washington Herald.

The Bride's Way.

Friend—Is the bride you're working for getting to be a good housekeeper? Cook—No; she hasn't learned to keep out of the kitchen yet.—Detroit Free Press.

The Secret of Human Society.

It is only because each man is so different from his fellows that we are able to endure one apother's company. —Florida Times-Union.

The Judge Sinned Too.

Wirt Gerrare, in his volume on "Greater Russia," says that in the czar's country one may not call another a fool. There is a Scriptural injunction against that, and it is consequently a legal offense too. Not long ago a "rube" player called his partner a fool for needlessly trumping their trick. The offended man brought his accuser before the court. The culprit pleaded provocation and, knowing that the judge was a passionate follower of the national game, explained the matter in detail. The judge became interested and got excited as the particulars of the play were given. "I took the trick with my queen, and, instead of throwing away, my partner played the king!" shouted the accuser. "The fool!" said the judge. Then he hastily dismissed the case.

The Berry He Was.

When Bishop Berry of the Methodist Episcopal church was a young preacher he once gave a lecture in a rural community. Wishing to be witty, he announced to his audience that he was a berry and called upon them to state what kind of berry. Nearly every berry known in the vicinity was guessed, and the speaker refused to share the qualities of any of those named. At last an old lady who was not sympathetic with the seeming levity of the lecturer, arose and exclaimed in a squeaky voice: "I know what kind of a berry you are. You are a gooseberry and a very green one at that. Go on with the lecture." And the lecturer did quickly.—Christian Work.

BEER BEER

The drink of strong men and healthy women

UNION BREWERY BEER

Is The Best

Bottled or in Barrels.

The UNION BREWING Co., Nanaimo B.C.

OPPORTUNITY

Knocks on every man's door once

On some men's it hammers till it breaks down the door and then it gets in and wakens him up and afterwards works for him as a night watchman. On other men's doors it knocks and runs away, and on the doors of some men it knocks and when they come out it hits them over the head with an axe. Every man has an opportunity. Yours may soon be here.

Just now is the opportunity to invest in real estate in the town of Cumberland and in Comox valley, before the boom comes. Now is the opportunity to sell at a good figure, your surplus land. Bear in mind that a bunch of CASH in hand is better than a bunch of surplus land.

COLLEGIATE SCHOOL FOR BOYS

Laurels. Belcher Street

Victoria B. C.

Patron and Visitor,
THE LORD BISHOP OF COLUMBIA.

Head Master
J. W. LAING, ESQ., M. A., OXFORD.

Assisted by three Graduates of the Recognized Universities of Great Britain and Canada.

Moderate terms for boarders.

Property consists of five acres with spacious school buildings, extensive recreation grounds, gymnasium. Cadet corps organized.

APPLY TO HEAD MASTER.

C. H TARBELL

HIGH GRADE STOVES

And all KITCHEN UTENSILS

Sportsmens Goods

and

General Hardware

SPORT and Adventure Ashore and Afloat with ROD AND GUN

If you like to read of the experiences of anglers, shooters and campers or yachtings or if you are interested in country life, ask your newsdealer for Forest and Stream, or write for free specimen copy, or send twenty-five cents for four weeks' trial trip. Forest and Stream is a large illustrated weekly journal, which contains the following departments:

Game Bag and Gun. Natural History.
Sea and River Fishing. Yachting.
The Sportsman Tourist. Canoeing.
Rifle and Trap. Kennel.

We send free our catalogue of the best books on outdoor life and recreation.

FOREST AND STREAM PUB. CO.
346 Broadway, New York City.

Cook's Cotton Root Compound.

The great Uterine Tonic, and only safe effectual Monthly Regulator on which women can depend. Sold in three degrees of strength—No. 1, $1; No. 2, 10 degrees stronger, $3; No. 3, for special cases, $5 per box. Sold by all druggists, or sent prepaid on receipt of price. Free pamphlet. Address: The COOK MEDICINE CO., TORONTO, ONT. (formerly Windsor)

WATSON'S

King of Scotch Whiskies.

The HUDSONS' BAY CO Sole Agents for B C

Your Doctor

Can cure your Cough or Cold, no question about that, but—why go to all the trouble and inconvenience of looking him up, and then of having his prescription filled, when you can step into any drug store in Canada and obtain a bottle of SHILOH'S CURE for a quarter.

Why pay two to five dollars when a twenty-five cent bottle of SHILOH will cure you as quickly?

Why not do as hundreds of thousands of Canadians have done for the past thirty-four years: let SHILOH be your doctor whenever a Cough or Cold appears.

SHILOH will cure you, and all druggists back up this statement with a positive guarantee.

The next time you have a Cough or Cold cure it with

SHILOH

605

Obeyed Orders.

"Why do you hate him so?"

"He and I were lovers once, and we quarreled."

"Was that all?"

"No. He came to me, and we both acknowledged that we were partly wrong. Then we agreed to forgive and forget."

"Yes?"

"He has forgotten."—Chicago Record-Herald.

A SPRING NEED

Weak, Tired and Depressed People Need a Tonic to Put the Blood Right.

Spring blood is bad blood. Indoor life during the winter months is responsible for weak, watery, impure blood. You need a tonic to build up the blood in spring just as much as the trees need new sap to give them vitality for the summer. In the spring bad blood shows itself in many ways. In some it breeds pimples and eruptions. In others it may be through occasional headaches, a variable appetite, perhaps twinges of neuralgia or rheumatism, or a lazy feeling in the morning and a desire to avoid exertion. For these spring ailments it is a tonic you need, and the greatest blood-making, health-giving tonic in all the world is Dr. Williams' Pink Pills. Every dose helps to make new, rich, red, health-giving blood, which reaches every nerve and every organ in the body, bringing health, strength and energy to weak, despondent, ailing men and women. Here is proof. Mrs. Geo. Merritt, Sandy Cove, N.S., says: "I was weak, feeling miserable and terribly run down. The doctor whom I consulted said the trobule was anaemia, but he did not help me. A friend advised me to take Dr. Williams' Pink Pills and it is simply impossible for me to over-estimate the good they have done me. I shall always recommend them to ailing friends."

But if you want new health you must get the genuine Dr. Williams' Pink Pills for Pale People, manufactured in Canada at Brockville, Ont. Other so-called pink pills are fraudulent imitations. The genuine Dr. Williams' Pink Pills are sold by all reputable medicine dealers or sent by mail at 50 cents a box or six boxes for $2.50 by writing The Dr. Williams Medicine Co., Brockville, Ont.

"I wisht," said Hungry Hank, wistfully, "dat I wuz one of dese here Fillipeener fellers dat likes dog fer dinner."

"Wot fer?" inquired Fatigued Philip.

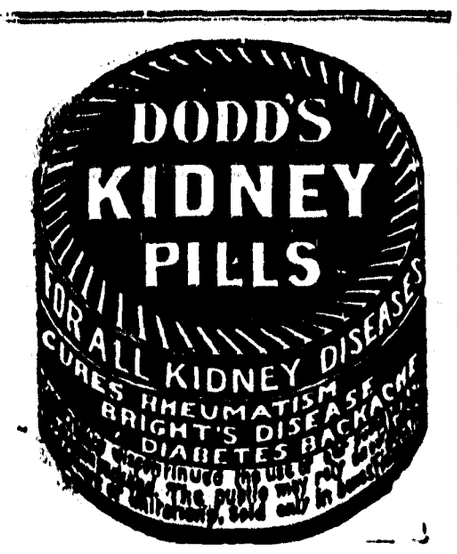
"Jes' thing o' havin' a good dinner sicked onter yer every day—comin' right over de fence at yer!"—Cleveland Leader.

To Those of Sedentary Occupation.—Men who follow sedentary occupations, which deprive them of fresh air and exercise, are more prone to disorders of the liver and kidneys than those who lead active, outdoor lives. The former will find in Parmelee's Vegetable Pills a restorative without question the most efficacious on the market. They are easily procurable, easily taken, act expeditiously, and they are surprisingly cheap considering their excellence.

"My son," said the millionaire, "is a prolific inventor."

"Indeed!" rejoined the one man audience. "What has happened?"

"About 3,000 reasons why I should give him money," replied the father.



The Easter Designrr

April was chosen for the Easter number of the Easter Designer because costumes appropriate for Easter are more suitable for April than for March. And the designs of the new spring dresses are very attractive. The grace and practicability of The Designer models are winning many new friends among well-dressed women because of the ease of making and correctness in the fit.

The fiction in the April number is of more than ordinary interest. The continued story begun in the March number, "Economy Farm," by Miles Bradford, author of "Carlotta and I," has the second instalment in the April number. There is also an interesting article on "My Three Easters in the Far East," by Alexander Hume Ford, a man who has covered the world in travel and has had many interesting experiences. An Easter play for little folks will prove to be another possibility for home entertainment. And besides those there are many more articles of use and interest among the regular departments of The Designer which Designer readers know and look for from month to month.

MOTHER'S GRATITUDE TO ZAM-BUK

IT CURED HER BOY OF PAINFUL SORES.

Nothing is more unpleasant to the eye and more painful to the sufferer than boils and ulcers. At this period of the year many adults suffer acutely from these painful outbreaks. When boils, ulcers, etc. occur on children it is pitiful to see the little ones suffer.

Mrs. E. Holmes, of 30 Guise St., Hamilton, is grateful for what Zam-Buk did for her little boy when in this pitiful plight. She says: "He suffered from Spring eruptions and then boils broke out on his neck. I tried blood purifying remedies, but nothing seemed to do him the desired good. The boils got worse and I could not send him to school. We tried a sample of Zam-Buk and it did him a little good, so I bought a 50 cent box. The result was really amazing. Inside a week's time the boils had begun to dry up, and in a very short time indeed every one of them was healed."

—Zam-Buk is a sure cure also for eczema, scalp sores, ringworm, poisoned wounds, chronic ulcers, chapped hands, cuts, cold sores, cracks, festering sores, eruptions and pustules due to blood poison, etc. It stops bleeding and cures piles, fistula, etc. Is antiseptic; an excellent "first aid." Every home and farmstead should have its box of Zam-Buk. All druggists and stores at 50c a box, or from Zam-Buk Co., Toronto, for price. 6 boxes for $2.50. Send 1c stamp for trial box

A New Danger

A Philadelphia physician warns the public against sitting with one leg crossed over the other.

"This apparently harmless habit," he says, "is likely to cause sciatica, lameness, chronic numbness, ascending paralysis, cramps, varicose veins and their evils, including appendicitis. The reason is simple. The back of the knee, as well as the front of the elbow and wrist, the groin and the armpit, contains nerves and blood vessels which are less protected than those in other parts of the body. The space behind the knee contains two large nerves, a large artery and numerous veins and glands. It is the pressure on these nerves and vessels which is apt to give rise to the various troubles against which I give warning."

Tested by Time.—In his justly-celebrated Pills Dr. Parmelee has given to the world one of the most unique medicines offered to the public in late years. Prepared to meet the want for a pill which could be taken without nausea, and that would purge without pain, it has met all requirements in that direction, and it is in general use not only because of these two qualities, but because it is known to possess alterative and curative powers which place it in the front rank of medicines.

Marlborough's Fortune.

Marlborough was, according to his contemporaries, the handsomest man of his day in Europe as well as the most fortunate general who ever commanded an army. Creasy says of him, "He never fought a battle which he did not win and never besieged a city which he did not take."

Wedding Rings.

Wedding rings were first used by Christians about the year 800, but the ancient Egyptians and Romans used them. The fashion of the plain gold wedding ring is Saxon.

Jap Oddities In Eating.

The Japanese preserve their potatoes in sugar, pickle their plums and salt cherry blossoms to infuse as tea. They eat candy and other sweets at the same time with their soups, fish and vegetables. The more noise they make in the chewing of food the greater is the compliment to the host.

India's Pearl Fisheries.

India's pearl fisheries have been famous from the remotest time. In the Persian gulf the industry has existed from the days of the Macedonians.

Curiosities of Coffee.

Coffee, as experts are aware, has a very extraordinary property. It is one of the most absorbent matters in existence. Coffee beans placed in a damp room swell and absorb moisture till they early double their weight. Here is the chance of the dishonest grocer. Not content with the amount of profit made upon coffee, he places pails of water in a room with piles of uncovered coffee beans, and by swelling the coffee adds something like 50 per cent. to his profits. The flavor is ruined, but that does not matter to him. So absorbent is coffee, not only of moisture, but of gases and flavors, that shippers of Brazilian coffee always stipulate that the sacks of fresh Rio beans shall never be carried on a steamer which has raw hides as any part of her cargo. These will taint the coffee more surely than anything else and render it unfit for use. The useful side of this quality of coffee is that in a sickroom a handful or two of fresh roasted and ground beans acts as an excellent purifier and deodorizer.

At the Military Camp

Pat—"Who goes there?"

"Officer of the day."

Pat—"Thin phwat the divil are you doing out here at night?"—Ally Sloper.

Artificial Flowers.

There are 430 manufactories of artificial flowers, leaves, plants and fruits in the district of Dresden. The largest manufactories employ from 250 to 1,000 persons, and the total number of persons engaged in the trade is estimated at 10,000, the larger proportion being women and girls.

Marion Bridge, C.B., May 30, '02.

I have handled MINARD'S LINIMENT during the past year. It is always the first Liniment asked for here, and unquestionably the best seller of all the different kinds of Liniment I handle.

NEIL FERGUSON.

The Sacredness of Prayer Rugs.

Verses from the Koran and other passages considered sacred are generally stamped on the fabrics used as prayer rugs by the Mohammedans, and it is criminal in oriental law to export such pieces. This is doubtless because use by the occidentals means the treading of the sacred words under infidel feet.

Salt For Cattle.

The only way in which salt should be given to cattle is in lumps, big enough for them to lick handily, with no danger of their swallowing them.

Sudden Deaths on the Increase.—People apparently well and happy today, to-morrow are stricken down, and in niety-nine cases out of every hundred the heart is the cause. The king of heart remedies, Dr. Agnew's Cure for the Heart, is within the reach of all. It relieves in 30 minutes, and cures most chronic cases.—91

The Comedie Francaise.

It is said that the Comedie Francaise is the only theater in the world that pensions its actors and actresses. After twenty years' service at this famous institution the faithful players are entitled to $1,000 a year—a provision exceedingly wise and undoubtedly equitable.

Armenian Women.

Armenian women envelop themselves in great sheets of cotton cloth when they go abroad. The sheets are to veil them.

A Surprise in Biscuits

Every box of Mooney's Perfection Cream Sodas you open—you will find a new delight in these dainty biscuits.

When you want to surprise yourself, give your appetite a treat with

Mooney's Perfection Cream Sodas

W. N. U. No. 629

HAD A NASTY BRONCHIAL COUGH

As an After Effect of Pneumonia—Nothing Proved Effective Until We Used

Dr. Chase's Syrup of Linseed and Turpentine

Many a mother can say, as does Mrs. Harker in the following letter, that Dr. Chase's Syrup of Linseed and Turpentine has proved a friend to her in time of colds with the little ones.

Mrs. Walter Harker, Sydenham, Frontenac country, Ont., writes:

"Dr. Chase's Syrup of Linseed and Turpentine has proven a friend to me in times of colds with my little ones. I have tried many others, but have found none just as good. My little boy, about a year old, had pneumonia, and was left with a nasty bronchial cough, but Dr. Chase's Syrup of Linseed and Turpentine is helping him wonderfully, and I am sure it will cure him.

"We have also used Dr. Chase's Kidney-Liver Pills with splendid results, and have great faith in all of Dr. Chase's medicines."

It may not have occurred to you that both bronchitis and asthma are diseases of the nerves of the bronchial tubes and lungs, and that this is why severe attacks of coughing are brought on whenever these nerves are irritated by changing temperature, the breathing of dust or emotional excitement.

It is by its remarkable facility for soothing the nerves and sheathing the delicate coating that Dr. Chase's Syrup of Linseed and Turpentine has proven so thoroughly effective as a cure for bronchitis and asthma. Its power in these diseases is unquestionable.

Relief from coughing comes almost immediately and by persistent use cure is gradually and certainly brought about.

When the system is greatly run down it is advisable also to use Dr. Chase's Nerve Food in order to assist in restoring vigor to the wasted nerves.

Dr. Chase's Syrup of Linseed and Turpentine, 25 cents a bottle, family size 60 cents, at all dealers or Edmanson, Bates & Co., Toronto. The portrait and signature of Dr. A. W. Chase, the famous receipt book author, are on every box.

He—So they got married and went off in their new motor car.

She—And where did they spend their honeymoon?

He—In the hospital.—Tatler.

Kidney Search Lights. — Have you backache? Do you feel drowsy? Do your limbs feel heavy? Have you pains in the loins? Have you dizziness? Have you a tired dragging feeling in the regions of the kidneys? Any and all of these indicate kidney troubles. South American Kidney Cure is a liquid kidney specific and works wonderful cures in most complicated cases.—94

After all, the farm will always be the fountain source of wealth.

Minard's Liniment Cures Colds, Etc.

Merchant (to applicant who has called in response to an advertisement for a business partner)—Now, let us get to business at once. To begin with, what I want to assist me in this enterprise is a man of brains.

Applicant (with alarming frankness)—Oh, you needn't have told me that; I could see it for myself.—Tit-Bits.

"Oh! I'm so glad you called, Mr. Guscher," said Miss Kitnisch. "I've just baked a cake for Tommy's birthday. Won't you have a piece of it?"

"Er—really," replied Mr. Guscher, "I'm afraid Tommy might object."

"Naw!" grunted the younger brother. "You ain't no friend of mine. "I don't care w'at happens to yer."—Philadelphia Press.

These two desirable qualifications, pleasant to the taste and at the same time effectual, are to be found in Mother Graves' Worm Exterminator. Children like it.

In a hotel near the top of the Rigi the following card is posted:

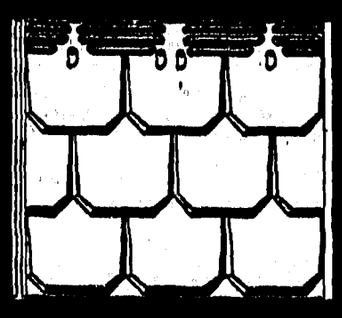
"Misters and venerable voyagers are advertised that when the sun him rise a horn will be blowed."

That announcement sufficiently prepares the visitor for the following entry in the wine list:

"In this hotel the wines leave the traveller nothing to hope for."—Temperance Caterer.

THE METALLIC ROOFING COMPANY LIMITED

"EASTLAKE"



STEEL SHINGLES

TORONTO.

FOR THE ROOF

There's Truest Economy in choosing

"EASTLAKE" METALLIC SHINGLES

They last indefinitely.

Are fire, lightning, rust and leak-proof.

Fit together perfectly by means of their special patented side lock, can't possibly work apart.

And are more quickly and easily laid than any other shingle on the market.

Galvanized "Eastlakes" are heavily coated on BOTH sides with all the galvanizing material that will adhere to them.

Painted "Eastlakes" are thoroughly covered on both sides with reliable paint.

"Eastlakes" have been tested by years of service in all climates, everywhere giving thorough, lasting satisfaction.

Write and let us give you further information.

IN COLD WEATHER

START YOUR MORNING MEAL WITH

SHREDDED WHEAT

Instead of mushy, uncooked Porridge try Shredded Whole Wheat Biscuit, served steaming hot. More easily digested. Gives greater nourishment. Less trouble to prepare.

BISCUIT for Breakfast and Triscuit for Luncheon ensures health and comfort.

All Grocers—13c a carton, or 2 for 25c.

AVOIDING ILLS THAT FOLLOW A SITTING POSITION

Have Pencils and Penholders of Varying Widths

An Unobtrusive Stretch at an Open Window

When the Pen Cramps Your Hand

So many girls who are employed during the day find their skin growing sallow and subject to pimples, and their shoulders contracting so that a depression of the chest becomes noticeable, while, from constant sitting at work, the hips broaden and one shoulder becomes higher than the other.

None of these ills is brought about in a short while, and the girl who notices the first signs of any or all of them would do well to follow a few simple rules which take less time than thought for their performance, and which, like the proverbial ounce of protection, are far better than the pound of cure.

If the position is one in which you sit all day long at a desk, walk, if possible, to and from—at least to—the office each day. If you live too far away from your work to walk the whole distance, ride part of the way, but walk as far as you can without exhausting yourself, starting with a few squares at first, and increasing gradually until you get in at least a mile a day.

Walking to the office is preferable to walking home from it, because after a day's work you are likely to be too tired to get the full benefit of the walk, which should be taken at a rather stiff pace, the pace set one that you can keep up easily all the way, walking with your shoulders well set, your body perfectly poised, the movement of your legs a clean swing from the hips without the ridiculous swaying of the hips at every step that one sees so much in city streets.

Try in the intervals between your work to make them real breathing spells by straightening up—standing at the window, if possible, or, at least, sitting erect in your chair, your shoulders well back and your head up.

Then take two or three deep breaths, counting mentally twenty—or, if you can, thirty—slowly during the operation; and, if you can do it unobtrusively, bring your clenched fists slowly up to your shoulders, straining both the muscles which accomplish it and those which resist it as much as possible. Do this two or three times and you will find you take up your work again with renewed vigor.

If you are near a window look up every now and then and rest your eyes by looking at a far point.

For enlarged hips follow the exercises printed every now and then in the letter columns.

If one shoulder begins to be higher than the other, try this exercise night and morning; but don't do it more than once each time until you are well hardened to it, and even then not more than three times:

Stand with both feet firmly set upon the floor and your arms hanging limply at your sides, and take a deep full breath. Then bring your shoulders forward as far as possible, raising them gradually, then as gradually pressing them back, then down, until they have described a circular motion.

Try this exercise standing near a chair or the bed, as it may make you dizzy enough to want to sit down quickly to save yourself a fall.

Besides correcting the tendency toward crooked shoulders, this exercise is one of the best known for developing a well-shaped neck and the upper part of the arms, and for correcting the depression of the chest.

If your hand cramps easily, have pencils and penholders of varying sizes and lengths on your desk; the relief to the tired muscles of gripping something larger or smaller than you have been using is marvelous.

A simple exercise when the cramp persists in returning to your hand, spreading even up into your arm, consists in clenching your fingers hard and then opening out hand and fingers in a single sudden movement.

Above all, be careful of your diet, especially now that summer's heat makes the work of the digestive organs harder. Drink plenty of water, and if it agrees with you, eat plenty of fruit, and all the lettuce and other vegetables you want, touching meat and desserts and sweets of every sort sparingly.

In particular, eat light, nourishing luncheons—it's hard to work well, and bad for you at that, after a heavy meal.

But, above all, get some exercise—that is the main thing—in whatever form that is pleasantest or most convenient for you, only get it in regularly.

EASILY MADE, BUT PRETTY TIES

They're the hardest things to get hold of, and the daintiest—those little white ties with embroidered ends that set off a stiff collar so well. They're expensive little things, too, for nearly all of them come from Paris, done in her best style.

But when they are so easy to make there's no reason why the girl who can handle a needle shouldn't have a goodly supply at no cost, unless she counts time and effort.

As to material, a bit of linen or of pique—probably you've plenty of strips left from shirt waists—or those queer stuffs that look like the tiniest of honeycombing. A skein of soft embroidery cotton is enough to make several.

Trace the pattern on at each end of your strip, measuring to be sure you've the exact length, but without cutting the tie out. It will be easier to embroider in the piece, and probably would stretch out of shape during the work, if cut out.

Stitch the design around on the machine, just inside the outlines, so that, after it has been embroidered and laundered, the edges won't have that distressing trick of fraying out.

Buttonhole the edges, setting the stitches as close as possible, and buttonhole around each eyelet. Pad between eyelets and edge and embroider heavily an "over and over" stitch. The stem and eyelets are done in solid embroidery.

When each end is embroidered, cut out the tie, shaping it like the usual butterfly tie, and roll fine little hems, stitching them carefully by hand.

The same design could be applied to sheer handkerchief linen or batistes, the space between the buttonholings filled in in seed stitch.

Design for an embroidered tie

SOME HEALTHFUL METHODS OF REDUCING FLESH

By Dr. Emma E. Walker

Copyright, 1905, by A. S. Barnes & Co.

Many authorities advise the drinking of hot water half an hour before meals, upon arising in the morning and before going to bed at night. Cold water, however, offers a far greater stimulus to the bowels, and this is a most important point in reducing flesh. The bowels must be kept in perfect condition. They must carry off the waste matter of the system so that the organs will not become clogged.

Although I do not wish to suggest any medicinal treatment, I am a firm believer in the efficacy of a good dose of castor oil at least once a month. It cleanses the intestines and carries off all waste matter. But you may say: "My bowels move regularly every day—why should I take castor oil?"

I have seen so many cases of just this kind which were in crying need of a dose of the oil that I can have little confidence in your good opinion of your bowels. Many a time have I seen cases of headache that had lasted off and on for several weeks entirely disappear after this simple dose.

If you dislike to take it, then have it fixed up at the druggist's, either with lemon juice or sarsaparilla—you will scarcely notice it—or you may take it in capsules.

Especially for the fat girl is some daily vigorous exercise necessary which will cause perspiration. Walking, horseback riding, bag punching, tether tennis, fencing, all of these are excellent.

A great secret of reducing flesh is "to keep moving." Don't stop often to rest yourself, but keep on going, and you will soon persuade the scales to tip at a more respectable figure than they have been doing of late.

Exercise has two effects upon the system; it increases the process of assimilation; it accelerates the process of dissimilation.

In other words, if the stout girl exercises vigorously, her excess of fat is oxidized or burned up and she becomes thinner.

She loses the superfluous fat that was a drawback to her body, while the thin girl, by exercise, puts herself into a condition of becoming better and more easily nourished. She assimilates her food and consequently becomes plumper, a condition which she so greatly desires.

To reduce the abdomen:

Lie flat on your back and slowly raise both legs to perpendicular position; then lower them slowly to the floor. This will make your abdomen small and firm. Do not repeat this exercise many times in succession, as too many repetitions might strain the back.

Alternate it with the following, which is also strengthening to the muscles of the abdomen: Lie flat, and, keeping the heels on the floor, rise to a sitting position, with the arms crossed over the chest, or, if this is too difficult, begin by tossing the arms forward to give the body an impetus. When it becomes easily performed in both of these arm positions, increase its pull by clasping the hands at the back of the neck, thus coming to a sitting position. This sitting position should always be erect.

Another is to be taken in standing position. Clasp the hands over the abdomen; contract the muscles of the abdomen suddenly, taking care not to lift the chest appreciably; let go as suddenly; repeat six times, and rest by taking three deep breaths.

Another and similar exercise is to clasp hands in the same position; contract the muscles of the abdomen and bend at the hips six times, keeping the muscles well contracted throughout the bending. Rest by taking three deep breaths between each exercise.

To reduce the hips—Bring the knee up to the chest, remaining as nearly erect as possible. Practice in alternate motion.

Another—Place hands on the hips; shoulders well back. The leg is raised, with knee flexed. Then, after a high, quick, side kick, bring the foot back again to the floor. This is to be repeated several times.

Hip circling can be done with good results in the way of decreasing size if the principle of resistance is employed. Take standing position, hands on hips; rotate the hips, bending the knees and keeping the chest and shoulders immovable. Contract all of the muscles used in this exercise and resist.

Sidewise stretch—Holding the body straight, support its weight by resting one hand on the floor with arm extended, the other point of support being the foot corresponding with the supporting hand. The other hand rests easily on the corresponding hip, while the other foot lies against the one on the floor.

In other words, the body extended is supported by two points, the upper hand on the corresponding hip. In this position the body should be slowly raised and lowered several times; then the position should be reversed. The movement is felt strongly at the under hip. The muscles on the side and back are also exercised. This is quite a severe exercise, and will have to be worked up to gradually.

MRS. SYMES' BEAUTY RECIPES

Ruddy Nose

Would you kindly answer the following: I am 21 years old and am troubled with a red nose, and very often with pimples. My skin seems to be clear. It is only on my nose that the pimples come, and they make my nose so red that I am ashamed to go out. Would you be kind enough to give me some advice? ELLA.

So many internal difficulties may cause this disfigurement that it is first necessary to find the origin. Poor circulation, digestive trouble, acidity of the stomach, tight clothes, etc.—all these will inflame the nose. Heat and cold have an immediate effect, both reddening, so that a person with a red nose should use only tepid water on the face, taking care that no hot water or cold fluid touches it. The lotion for pimples, for which I am giving you formula, will be beneficial.

Fossati Cream for Pimples.

Lanolin, 5 drams; sweet almond oil, 5 grams; sulphur precipitate, 5 grams; oxide of zinc, 2½ grams; extract of violet 10 drops. Apply a very little of the cream to each pimple.

To Remove Pittings

Will you kindly give me formula for the removal of small-pox pittings and directions for same? I am 22 years old. Thanking you in advance, I remain an ADMIRER.

I am afraid treatment by a skin specialist would be the only way of removing the scars and pittings. However, you can, no doubt, improve the appearance of your face by personal effort. Massage every night with the witch hazel cream and use salve for scars, for which I am giving you formula.

Witch Hazel Cold Cream.

One ounce each of white wax and spermaceti; ¼ pint of oil of almonds. Melt, pour into a mortar which has been heated by being immersed some time in boiling water. Very gradually add 3 ounces of rosewater and 1 ounce of witch hazel, and assiduously stir the mixture until an emulsion is formed, and afterward until the mixture is nearly cold. This cream is particularly useful to heal sore or stretched skin.

Scars.

Lanolin, 2 drams; ointment of bijiodide of mercury, 1 dram. Rub in well once a day.

To Restore Gray Hair

I used the henna according to your direction, and it made no impression. My hair is gray. Will you please tell me if there is anything like alcohol to be put in it to keep it? I have been informed that it does not seem to make it work. I have been using a tint for five years, but it is too much trouble, and think it is injurious. I would like something harmless and easy to apply to give my hair a light brown shade. Mrs. L. A. F.

Henna is not a dye for gray hair. It is a stain to produce an auburn or reddish tint in the hair. I advise you to try the Physician's Remedy for restoring gray hair to its natural color, formula for which I am giving you.

To Restore the Natural Color of a Hair.

(A physician's prescription.)

Sugar of lead, ½ ounce; lac sulphur, ½ ounce; essence of bergamot, ½ ounce; alcohol

The Use of Ribbons in Fancy-Work

Ribbons are becoming quite important materials in the fancy-work world; every kind and for every sort of use, from the narrow shaded ribbons used to embroider with to those exquisite warp-printed ones, wide enough to make up into the prettiest of bags, for fancy work, or for those pretty little traveling cases which hold a small host of the little everyday mending helps in so satisfactory a way.

Ribbon, too, serves even for the handles of some of the newest opera bags—the bag itself made of flowered ribbon; the handle of a single shade, usually the deepest in the flower. When it is used, the bow is made on one side (as shown in the illustration), and is almost a rosette, so many loops and ends are there in its make-up. Often, too, there is a knot tied in the middle of each loop, which makes the bow a little more durable.

Another bag has a silver rim, which outlines the stiffened base. It is made of ribbon, too, with a silvery thread through it, which chimes in with the tone of the silver rim. The same effect is got, in a much less expensive way, by using a narrow silver braid instead of the ribbons for drawstrings. But a braid that is very soft and pliable must be got, or it will cut the silk of the bag hopelessly.

One version of ribbon workbags is made of four stripes, each slashed across in a blunt point, and the whole bag, points and all, lined with plain colored ribbon in some delicate shade that tones in. Ribbon of the same color as the lining makes the drawing strings.

Of ribbon used to do actual embroidery with there is apparently no end. Exquisite roses stand out from soft silk surfaces; great bunches of double violets look as though laid on some pretty box or sofa pillow they are worked upon; and tiny forget-me-nots, flung in quaintly shaped baskets, which are embroidered with gold-colored threads, are wonderfully reminiscent of Marie Antoinette and the work she loved about her.

Whole screens are made, decorated with three or four kinds of work, with ribbons used to give it a realistic touch.

Of course, all this use of ribbons has brought out wonderful kinds—some with almost invisible cords on their edges, which serve to gather the ribbon up into wee ruffles. Among the wider ribbons are some which have wonderful effects, got by a curious shifting of the weave, resulting in dots and figures, which appear and disappear as though by magic when the light strikes them in different ways.

Mr J. Nelson and three children came up from Ladysmith on Thursday He intends to remove the family to Ladysmith shortly.

The panther must be an innocent creature. A few days ago an old panther and two cubs walked into Mr Mat Piercy's stable and appeared quite at home. Report has it that all three were shot.

The delegates, Mr and Mrs J. Thomson, Mr and Mrs R. Hornal, and Mrs A. Walker, to the Pythian Sisters and K. of P. convention held in Nelson, returned last Thursday.

We learn that Mr Smith of the firm of Rutherford, LeMessurier and Smith, Real Estate Dealers in Vancouver, will in company with Mr T. F. Dobson, late of Courtenay, Comox, pay us a visit in the near future and will show a fine selection of lots, in Mt. Pleasant, Hastings townsite, and the East End. All desirious of investing in Vancouver Real Estate should be prepared to meet these gentlemen when they call which will be about May 31st.

Mr John Marcechi is one of those who have faith in the future prosperity of the city. A couple of weeks ago he decided that his premises were not large enough to accommodate him so he let the contract to Mr Neil McLeod for a new building 30 x 40 and two stories high which is being erected where a smaller one stood. It adds much to the present appearance of second street. Next.

The many little friends of May Richards will be pleased to see her able to be around again after her long illness.

STRAYED

One red pig and one black and red pig strayed to my premises on or about May 11th. Owner can have same by paying all expenses. If not claimed will be sold.

T. C. Woods.

This advertisement appears only once.

Secure a photograph from Fricke.

Offer No 1—

To all subscribers of the Enterprise who are two years or more in arrears, and who will pay all arrearage, AT THIS OFFICE, on or before June 1st, 1907, we will mail the CUMBERLAND NEWS nine months Free.

Offer No 2—

To all subscribers of the Enterprise who are one year in arrears, and who will pay all arrearage, AT THIS OFFICE, on or before June 1st 1907, we will mail the NEWS for four months free.

Offer No 3

To all new subscribers who will pay us 75 cents on or before June 1st 1907, we will mail the NEWS to December 31st 1907.

Paid up subscribers to the Enterprise will receive the NEWS for the remainder of their year.

The NEWS is the best advertising medium for Comox District. Established 1892.

Support the homepaper; its prosperity means your pleasure, and the editor's profit.

All Enterprise subscriptions to be paid to J. A. Bates, editor and proprietor of Cumberland News.

Major William Elton, in command of the Welsh Regiment of the British army, stationed at Cardiff, Wales, spent a few days in Cumberland last week, the guest of Rev. Mr and Mrs. Christmas.

He is on his furlough, during which time he has travelled over eighteen thousand miles since last February last.

Major Elton came by way of the Isthmus of Panama and the West Indies, and enjoys the distinction of having been arrested at La Union, San Salvador, as a spy. He was taken before the commandante for an explanation. He told who and what he was and his mission in that country. The explanation was considered sufficient, and Major Elton was assured of a welcome to La Union and was given every freedom. He was allowed to photograph the barricades and visit hospitals and other points

The major has been in the British army for a number of years, and with his regiment went through the Boer War. He is a graduate of Cambridge.

NOTICE.

To Builders, Ranchers, Carpenters and the public in general A great opportunity for those in need of Hardware.

We have decided to close out our shelf and heavy hardware to make room for other lines and are prepared to give the public great reductions to effect this purpose.

Avail yourself of this chance before it is too late.

The Big Store.
Simon Leiser & Co. Ltd.
Cumberland.
2t 22M

NOTICE.

NOTICE IS HEREBY GIVEN that at a special meeting of the Licence Commissioners to be held at Courtenay, B. C. the date of which will be published 14 days before the said meeting, I intend to apply for a transfer of the liquor licence I now hold to sell liquors by retail at the Riverside Hotel situated on Lots 55 and 58 town of Courtenay, to Otto H. Fechner.

Dated this 18th day of May. 1907
MICHAEL PEREZ.
3t 15M

IN THE MATTER of Chapter 115 of the Revised Statutes of Canada 1906.

AND IN THE MATTER of the Improvement of Campbell River, Vancouver Island.

TAKE NOTICE that the International Timber Company has on this day in pursuance of Section 7 of the Navigable Waters Protection Act, chapter 115 of the Revised Statutes of Canada 1906, filed a plan and description of the proposed site with the Minister of Public Works at Ottawa, and a description thereof in the office of the Registrar of Titles for the District in which such work is proposed to be constructed.

AND TAKE NOTICE that on Friday the 17th day of May, 1907 application will be made to the Governor General in Council for approval thereof.

Dated this 10th day of April, 1907.

BODWELL & LAWSON,
Solicitors for the International Timber Company.
6t 22may

CAMPBELL'S

TURNOVERS, TARTS,
CHEESE CAKES,
FRUIT SQUARES
25cts..... pr doz.
CREAM PUFFS,... 30c doz.

MEAT PIES
Every Saturday
3 for 25c

BAKERY

P. PHILLIPS HARRISON
Barrister and Solicitor
and
Notary Public
Conveyancing
Cumberland B. C.

Lamb
Lamb
Lamb

Until further notice we quote beef by the quarter as follows

FORE QUARTER - - - 9cts
HIND QUARTER - - - 10cts

J. McPHEE & SONS
DUNSMUIR AVE. CUMBERLAND.

NOTICE

Having disposed of my Hotel business, the Riverside, in Courtenay, all persons owing me must pay their accounts on or before June 1st or same will be placed in the hands a solicitor for collection.

M. PEREZ.
3t 29m.

Mr R. W. Ward has recovered and will soon be at work again if all goes well

REAL ESTATE

Mr P. Phillipps Harrison has formed a business connections with Mr J. A. Bates Editor and Proprietor of the "Cumberland News" for the purpose of selling and otherwise dealing dealing in Real estate. Timber Limits, Coal Lands, Farms etc.

Properties listed with them will be advertised for sale in the principal cities and towns in British Columbia also in Winnipeg, Toronto and London, Ont. For full particulars apply to either of the aforesaid parties

Our jobbing department is first-class, but no person outside of the proprietor is authorised to do business for us.

NOTICE IS HEREBY GIVEN, that at the next sitting of the License Commissioners of the Town of Cumberland I intend to apply for a transfer of the license I now hold to sell liquors by retail at the Waverley Hotel situate on lot Two (2) Block Three (3) Town of Cumberland to Richard Coe the Elder,

Dated 17th day of April 1907.
SAM SHORE

SUNSHINE FURNACE

NO BENDING DOUBLE AND POKING AROUND THE ASH-PIT WITH A SHOVEL TO GET THE ASHES OUT OF THE SUNSHINE.

The Sunshine is furnished with a good, big ash-pan.

All you have to do is to grasp two strong, firmly attached, always-cool, bale handles and the large, roomy ash-pan easily comes out.

A minute or two is all it takes to perform the operation.

All the ashes are in the pan, too.

Because they are guided into it by means of ash-chutes attached immediately below the fire-pot.

Sunshine is the simplest, easiest-managed, cleanest kind of a furnace. You don't have to wear overalls and a smock when attending to the Sunshine.

If your local dealer does not handle the "Sunshine" write direct to us for FREE BOOKLET.

McClary's
LONDON, TORONTO, MONTREAL, WINNIPEG, VANCOUVER, ST. JOHN. N.B.

C. H. TARBELL. Sole Agent.

THE ROYAL BANK OF CANADA.

CAPITAL, $3,000,000 ASSETS, $45,400,000
RESERVE, $4,390,000 DEPOSITS, $32,400,000

The Manager of the Royal Bank of Canada will be pleased to serve those who believe in

Saving Money

and placing it where it will earn Interest.
Interest Added Four Times a Year in Savings Bank.

A. B. NETHERBY, MANAGER.

Shirts? Shirts? Shirts?

Do you require one for Victoria Day? We have the largest stock this side of Nanaimo.

Give Us a Call.

J McPhee & Sons

K.AIDA Merchant TAILOR

LADIES' TAILOR-MADE COSTUMES A SPECIALTY
SUITS MADE TO ORDER AND IN ANY STYLE YOU WISH.
PERFECT FIT GUARANTEED.
Prices From $20 to $40.

CUMBERLAND, - - B. C.

Comox Co-Operative Society.
BUTCHER SHOP
Dealers in all kinds of Meat.
A fresh stock of Vegetables in season.
F. AITKEN, Manager

If your watch does not give satisfaction bring it to--
P. STODDART, the Jeweler,
More watches are ruined by unskilled workmen than years of wear