

## Smith's Grocery

### THE RED AND WHITE STORES

Dundarave Phone: West 469 24th and Marine Hollyburn Phone: West 46 17th and Marine

Friday and Saturday, Oct. 3 and 4

#### Telephone Service

#### Free Delivery

OXO CUBES.....	11c	Swift's PURE LARD, per lb.....	18c
Kellogg's ALL BRAN.....	19c	Regal SALT, per carton.....	10c
Swansdown CAKE FLOUR.....	38c	Hedlund's QUICK DINNER or	
CHERRY CAKE, 2 lb. cake.....	49c	MEAT BALLS, per large tin 23c	
Red & White PEACHES, per		Bread & Butter PICKLES,	
tin.....	18c	16 oz. jar.....	31c
Quaker QUICK OATS.....		CREAM OF WHEAT, per	
Chinaware.....	32c	packet.....	22c
Red & White BAKING POWDER.....	23c	BRILLO.....	12c
Red & White TEA, per lb.....	46c	Red & White MATCHES, per	
SANDWICH BISCUITS, per lb 25c		carton (3 boxes).....	29c

## Roberts' Better Meats

Prime Beef

Dairy Fed Pork

Local Lamb

New Laid Eggs

### The Store of Quality Meats

(GOVERNMENT INSPECTED ONLY)

Daily Deliveries to all Parts

Phone West 190

FOR

"Everything Good to Eat"

1580 Marine Drive

#### Co-Operation

You have a dollar. I have a dollar. We swap. Now you have my dollar—I have your dollar. We are no better off.

You have an idea. I have an idea. We swap. Now you have two ideas and I have two ideas—both are richer.

What you gave you have; what I gain you did not lose.

This is co-operation.

No, No, Maudie—John Bunyan was not a specialist on foot troubles. People in Iceland are not called Eggnoses. The Hunchback of Notre Dame was not a football player.

"Come, Louise, kiss your old uncle and I'll give you a penny!"

"Pooh! Mamma gives me more than that to take castor oil!"

Cicero the Cynic Says: "There is always a lull before the storm; it is sometimes called a honeymoon. The victrola needle is the only kind some wives know."

#### Where Are the Vitamins?

Many people spend much of their time searching for foods or medicines that contain this or that vitamin, for it is now a well-recognized fact that we need the various vitamins for perfect health.

As a matter of fact, vitamins A, B and C are all found in such common foods as string beans, beets, cabbage, carrots, lettuce, onions, peas, peppers, potatoes, spinach, tomatoes and turnips.

Why worry about vitamins? Eat vegetables and fruit. If you have an orchard and a garden of your own where these foods may be obtained absolutely fresh, you are indeed fortunate.

When I have lost my temper I have lost my reason, too.

I'm never proud of anything which angrily I do.

When I have talked in anger and my cheeks are flaming red,

I have always uttered something which I wish I hadn't said.

DEAL WITH THE LARGEST EXCLUSIVE RETAIL ORGANIZATION IN BRITISH COLUMBIA

## Specials

2 by 4 common sized, any length.....	\$9.00
Shiplap, good grade.....	\$9.00
Cedar Bevelled Siding.....	\$9.00

## Ambleside Lumber Co., Ltd.

Phone West 199

Marine Dr. at 16th

NIGHT PHONE after 5 p.m., West 241R. Ask for Gerry Dent

#### ALONE!

Of all the varied forms of gainful endeavor the minds of men incline to in this diversified British Columbia, there are surely few which hold a greater measure of independence than the life of a placer miner on a proven claim on good ground.

Excepting high water he can work the year round, his money is in the safest bank in the world, he gets his pay for every day he works, and he lives as he chooses.

Perhaps the lot of an experienced trapper in a good fur country runs it close for he also is independent in the widest sense.

And yet, for these lone men in secluded places the bright face of danger, sheer and stark with impending tragedy, is seldom absent.

A broken snowshoe, a slip on a water-logged rock, and the stage is set for a "hairbreadth 'scape in the imminent deadly breach;" if he is lucky. But sometimes he isn't.

Many years ago this scribe and one other came into B. C. through Kananaskis Pass to Fording River, thence through a high un-named pass to the Kootenay-Columbia valley, travelling on the hurricane decks of two good cayuses in slow and easy stages, we shot, hunted, fished and camped where we listed with nowhere as our objective.

High noon on a bright October day found us in a rough country some miles below the headwaters of Sheep Creek looking for a suitable campsite for the night.

Rounding the shoulder of a mountainside we descended to the stream to find a few acres of level terrain with good grazing.

Horses were off-saddled, watered, and hobbled, and a meal made. Then we began to look around this lonely silent place.

On foot we travelled up a tributary of the creek, through a ravine that was little more than a cleft in the rocks and then we stumbled almost upon it, a small cabin in a pot-hole of the hills, a natural amphitheatre with towering crags looking down upon it watching "Time Slide into Eternity."

It had been well built, but there were all the signs of abandonment about it. The stovepipe was gone, but the oiled paper window was still intact. The slab door was closed.

On the bank of the stream a rocker, two gold pans, a shovel, the remains of a pack-saddle, and a broken box.

The door was pushed open with a pole, but there wasn't any need for caution here. We went inside.

He had been sleeping on a bunk, covered with an ancient pair of four point H. B. blankets that parted as we drew them off, a gaunt desiccated husk of a man who had come to the end of his earthly trail three or four years before.

There was little evidence of food in the cabin of his passing and of identity not a trace, though we searched the place for hours.

The sheet-iron stove was empty and there was not a stick of fuel near to tell a tale to a woodsman. No one will ever know his name or the manner of his dying.

Quietly we went out, pulled the slab door shut, and left him sleeping.

P. H.

Old Lady (to druggist): "I want a bottle of canine pills."

Druggist: "What's the matter with the dog?"

Lady: "I'll have you understand my husband is a perfect gentleman!"

The druggist, in profound silence, put up some quinin pills.

## JEFFERIES' SUPERIOR MEATS

Government Inspected Only

LAMB, BEEF, PORK, VEAL, Etc.

COOKED MEATS OF ALL KINDS, DELICATESSEN

(All kept in refrigerator during hot weather)

{Two Stores for your service}

HOLLYBURN STORE

West 3

AMBLESIDE STORE

WEST 303

## West Vancouver Lumber Co.

15th and Marine LIMITED Phone West 115

W. J. Turnbull, Manager, Residence Phone: West 368L

SERVICE

Everything for the Building.

## LUMBER

SASH DOORS ROOFING BUILDING PAPER

Lamato — Gyproc — Plaster Board

Beaver Board — Shingles

#### PROGRAM OF FIRST RECITAL

Of the West Vancouver Musicians' Club  
in the New Legion Memorial Hall Tonight at 8:30 o'Clock

#### McINTYRE QUARTETTE

- (a)—INDIAN LAMENT..... Drorak  
(b)—SPANISH DANCE..... Sarasate  
(c)—PRELUDE & CALL (from Mary Rose)..... O'Neill

#### W. A. KNIGHT (Tenor)

- (a)—SILENT NOON..... Vaughn Williams  
(b)—WHERE'ER YOU WALK..... Handel  
(c)—MY LOVELY CELIA..... Monro  
(d)—O MISTRESS MINE..... Roger Quilter

#### HILDA WILSON (Pianist)

- SONATA (Opus 13)..... Beethoven

#### MRS. F. X. HODGSON (Contralto)

- (a)—AH! MON FILS (French)..... Le Prophete Meyerbeer  
(b)—WEIGENLIET (German)..... Brahms  
(c)—AH RENDIMI QUEL COR (Mitrane) (Italian)..... Rossi  
(d)—THE EAGLE..... Arensky

#### LESLIE BROOKS (Violin)

- (a)—FEUILLET D'ALBUM (Opus 28)..... Ten Hare  
(b)—LANDLER..... Mozart

#### A. J. ADDY (Baritone)

- (a)—ON THE DAY THAT DEATH WILL KNOCK AT  
THY DOOR..... John Alden  
(b)—THE SLEEP THAT FLITS ON BABY'S EYES..... Carpenter  
(c)—TWILIGHT FANCIES..... Frederick Delius  
(d)—THE WANDERER..... Schubert

#### At the Piano

Mrs. J. E. Durbin Mrs. Knight Hodge

NOTE:—The artists will appreciate generous applause but it is requested that there be no encores.

## THE SKY HAWK AT THE HOLLYBURN

"The Sky Hawk" is at the Hollyburn Theatre Thursday, Friday and Saturday, October 2nd, 3rd and 4th. It is taken from a story by Lewellyn Hughes entitled "That Chap Called Bardell," featuring John Garrick, Helen Chandler, Gilbert Emery, Daphne Pollard and many other favorites. The punch of the story is a Zeppelin raid on London during the Great War. Many of the scenes are actual movie-tone views of London, some taken from the air. Those who read "Photoplay," will perhaps remember that this play received special mention. It was listed as one of the six best pictures of the month.

Flapper (at baseball game): "And what are those men away out there for?"  
Date: "They're fielders. They catch flies."  
"I wish you'd quit being so sarcastic when I ask a civil question."

#### Experienced

He (as they drive along a lonely road): "You look lovelier to me every minute. Do you know what that's a sign of?"  
She: "Sure, you're about to run out of gas."

#### Ain't It th' Deuce?

The shipwrecked tourist had had terrible experiences on South Sea Islands, so on this occasion, he did not relish his fate. Faint with fatigue, he dragged himself toward the distant voices. At last he caught a glimpse of the party—they were sitting in a circle on the sand and holding objects, unrecognizable at the distance, close to their noses.

"This is some hand!" snorted one. "Aw, rats!" came the raucous voice of another, "I only pulled a couple o' bones from that pot."

"Wot yuh griping' for?" grated a third. "Yuh don't expect more'n a pair o' bones from a pair o' queens, do yuh?"

The tourist rolled over on the sand, and just before he breathed his last he gasped:

"Cannibals again!"