

SUNSET COAST

THE WESTERN PEOPLE ARE DOING.

of the Great West Told in a Few Pointed Paragraphs.

at Port Hawley destroyed an armful of lumber.

Ivan Kinlock, well known in the community, is among those killed in accident.

Power Grant, professional of Nelson, B.C., has joined the Abbotsford Creamery has been for a term of 3 years to a firm.

the Rev. G. H. Andrews, will go overseas as chaplain.

Geo. Buchanan, barrister, son of C. Buchanan, Hawley, was acting president of an association in British Columbia.

twelve employees of the Canada Power Co. at Stavac, black for higher pay, mostly railroad were arrested by detectives

in colored club, in Vancouver, among his hon-hoicks, de-

signing 3000 cheques, \$100,000, South Westminster, to make a tour of all towns of the Province in

W. Green was "killed" and Taylor wounded when their motorcycle at Vancouver, Indiana, is making a long trip to Peterborough, was twice in

public advice among Dudley Journals of Van-

Is. It is believed to be a question of four trees in the shade under Government in order to keep the post out.

Lat. Earle, well known in Victoria, has been arrested while flying.

of Mr. Harry Walker, who appears in the case, believed to have died.

The jaguar was a good and safe Harbor for a number of years.

was imported of the Canadian Customs, and the port of Vancouver, has been put up for a

VALUABLE BRIDGE

destroyed by end of

the year.

of the Canadian government in this season, completing the circuit of the world.

The Smith store, located in the city, and thus bringing about a defeat, while others think that the Salient will be successful.

the two sides passed above the border into neutral

MOUSE AS ENGINEER.

big spiral groove round inner surface of deep hole.

A field mouse which had fallen into a hole dug by a telegraph pole, went up and down several times, trying to escape, says Stewart. The mouse round the bottom, trying to find some place where he could not climb up, went down to business and systematical groove, round surface of the hole, ascending night and day, until he could rest. The telegraph line had noticed his condition to know how supplied the little mouse.

At the end of two weeks, he had crawled up the wall, struck a rock, and nearly a day and a half, but without success. With his patience he reversed the direction of his deposit, and after four weeks, he was well and probably sped away to his nest.

His escape was not observed.

Persistent Flatterer.

Mother—What don't you yawn when he stays alone? He'll take him and he told me he'd had him.

If tea or coffee interferes with comfort or success, as it does for many users, try a shift to Postum.

"There's a Reason"

Canadian Postum Cereal Co. Ltd., Windsor, Ont.

VARYING VIEWS OF WESTERN FRONT

OPINIONS OF CIVILIANS AND MILITARY MEN.

WHY DODD'S KIDNEY PILLS ARE SO POPULAR

The German Armies Will be Caught Like Rats in a Trap.

According to John Balderson a well known newspaper correspondent in London, there are four million men in the military in the western front. One of the facts is that the Germans are in retreat, but they are still fighting. They are almost at a standstill, and the British are advancing. The Germans are almost at a standstill, and the British are advancing.

For Dodd's Kidney Pills as a tonic and family medicine are without an equal. When you feel worn, tired and run down, the chances are ten to one that your kidneys are at fault.

When the kidneys become clogged or out of order, the circulation becomes sluggish, the impurities are not strained out of the blood and the result is weariness and lack of energy all over the body.

This condition is not only disagreeable but dangerous as well. The impurities in the blood are the seeds of disease. If they are not removed Rheumatism, Lumbago, Gravel, Drop-sy, Diabetes, or Bright's Disease may result.

Guard against these diseases and get back your accustomed energy by using Dodd's Kidney Pills.

THE MONTENEGRIN "KAPA".

National Headress for Prince and Peasant.

The round cap, or kapa, that the Montenegrin soldiers wear is a history of their country in miniature. The people of Montenegro writes a correspondent of Pearson's Weekly, have a saying that "kapa talks" and they are not far wrong.

It is the national headress for war, and it is the same for prince and peasant. In color it is a vivid crimson, but it has a deep black border, which leaves only a small crown of the foundation color visible.

The black border is a sign of mourning for the terrible Battle of Kosovo, when the old Serbian empire, of which Montenegro was a part, was overthrown by the Turks, and the Serbian army was annihilated.

The red crown signifies "field of blood" of the same great fight. When Constantine falls, and their hereditary enemies are finally driven out of Europe, then, and not until then, will the Montenegrins remove the black border and wear the kapa all red.

On the red crown, in one corner, are five semi-circles in gold. These have a double significance. They have elapsed since Kosovo was fought, and secondly, the five colors that the Montenegrins see in the rainbow, the sign of hope that one day the glories of the old empire of the Czar Lazar will be restored.

Furthermore, the different insignia of army rank are worn on the rim of the kapa, from the crossed swords of the officer to the simple staves of the corporal. Also, the Montenegrin soldier wears his medals, if he has any, on the front of his cap, instead of on his tunic, as the soldiers of all other nations do.

No wonder the people of the Land of the Black Mountain say that "kapa talks".

It is dangerous to ring a bell during a thunder-storm.

Concentrated Satisfaction

A great many former users of tea and coffee have learned that there is a pure food beverage made from wheat, which has delightful flavor.

It never exacts of its users the tribute of sleeplessness, heart-flutter, headache and other ills often caused by the drug, caffeine, in tea and coffee.

Instant Postum

has a delicious, snappy flavor and is absolutely free from caffeine or any harmful ingredient. Instant Postum is in condensed, soluble form, and wonderfully convenient for the home—for the picnic—for travel—everywhere.

If tea or coffee interferes with comfort or success, as it does for many users, try a shift to Postum.

"There's a Reason"

Canadian Postum Cereal Co. Ltd., Windsor, Ont.

Have Been Tried and Found Good

OPINIONS OF CIVILIANS AND MILITARY MEN.

WHY DODD'S KIDNEY PILLS ARE SO POPULAR

They Are Invaluable As a Tonic and Family Medicine As Well As a Preventive and Cure for the More Serious Kidney Diseases.

Chelmsford, Ont., June 5th, (Special) "We have found Dodd's Kidney Pills extremely good. We are in good health thanks to Dodd's Kidney Pills."

These are the words of Miss Delia Charlton, a well known resident here. Others tell the same story. They have tried Dodd's Kidney Pills and found them good.

For Dodd's Kidney Pills as a tonic and family medicine are without an equal. When you feel worn, tired and run down, the chances are ten to one that your kidneys are at fault.

When the kidneys become clogged or out of order, the circulation becomes sluggish, the impurities are not strained out of the blood and the result is weariness and lack of energy all over the body.

This condition is not only disagreeable but dangerous as well. The impurities in the blood are the seeds of disease. If they are not removed

Rheumatism, Lumbago, Gravel, Drop-sy, Diabetes, or Bright's Disease may result.

THE TROUBLE DUE TO NERVES STARVED FOR LACK OF GOOD BLOOD.

An eminent medical writer has said that "neuralgia is the cry of starved nerves for better blood." The one great symptom of this trouble is pain, fierce, stabbing pain, that almost drives the sufferer frantic. The one cause is poor blood; the only cure is to enrich the blood. Heat applied to the inflamed nerves will give relief, but does not cure. Dr. Williams' Pink Pills furnish the blood all the needed elements, and the blood conveys them to the nerves. The only way of getting food or medicine to the nerves is through the blood, and the only way to enrich the blood is through a fair use of Dr. Williams' Pink Pills. In this way neuralgia, sciatica and other nerve disorders are promptly cured, and the whole system benefited and strengthened. Mrs. Gleason, R.R. No. 1, Uxbridge, Ont., who was a great sufferer from neuralgia, says: "I suffered intensely from neuralgia for four years. My blood was thin and I was completely run down. At different times I consulted three doctors, but their treatment did not more than give me temporary relief. Then I tried different medicines, but the result was the same—they seemed no good in my case. I was growing steadily worse, and finally could not do a bit of work. The last doctor I consulted could do nothing for me but give me morphine tablets to ease the pain, and by this time I had resigned myself to a life of pain. Then one of Dr. Williams' almanacs came to our house and I read of similar cases cured through the use of Pink Pills. I got three boxes and before they were all gone the pain began to decrease and I began to have a better appetite. By the time I had taken six boxes I was again a well woman, and my neighbors could hardly realize that such a change could be made in so short a time. Later, I was bothered with eczema and Dr. Williams' Pink Pills cured me. I have found these pills worth their weight in gold and I cheerfully recommend them to all who are, of course, incapable of marking out such a track for themselves; for forest skiing requires skill of a wholly different order from that necessary in the open. The paths are often hard and very bumpy, speed is quickly gathered, and great command over the ski is necessary to keep the balance and take the sharp turns between the trees. Few more exhilarating sights can be imagined than a troop of Norwegian soldiers slitting through the forest in Indian file, hard on each other's heels, all going full speed, prodding with their sticks to increase the pace leaven down the hills, never faltering at the bumps, and swinging round the bends without a check.

The course of the fifty-kilometre race, which takes place annually before the great jumping competition at Holmenkollen, is laid right through the great forest of Nordmarken, and is covered by many of the competitors in about four hours and a quarter—not bad going for thirty-one miles in hill, down slope, and cross-lakes; with the finish no lower than the start. The track to be followed is marked by little red streamers hung to the trees at intervals. It is said by officials of the ski club, who delight in choosing the most difficult way they can find, and the actual tracks of whose skis constitute the course.

Last year I spent a night in a hut in the forest and went out in the morning to see the runners pass. They had been going about six miles when they passed me, and I chose a nice, thick place on a good slope to see them go by. As they must go in single file, they are started at two-minute intervals, and a competitor who is caught up with must give his pursuer room to pass him. There were thirty or forty starters, all very young men, and they went through the thicket at full speed. I had the ill-natured satisfaction of seeing two fall who failed to clear a particularly malicious bush with the tips of their skis; they pitched on their heads, but they were up again in a trice. Several

Japan War Minister

Japan War Minister

ARE CLEAN NO STICKINESS

ALL DEALERS
G.C. Briggs & Sons
HAMILTON

5¢

of them avoided that particular bush with a side jump taken at the last moment, which served further to increase their pace. They were all going with an easy swing, which carried them with hardly an effort over the ground.

CAT WARNED LOST CRUISER.

When Arrethusa Last Left Port Its Pet Refused to Go Aboard.

Seamen may be a superstitious lot, but with them they are. They want to know the reason for things, in witness whereof it is the following story of the ill-fated Arrethusa, British battle cruiser, hero of a number of thrilling sea fights at the beginning of the war. It was sunk by a mine off the east coast of England last February. A writer in the London Dispatch tells the story:

"Talking to a member of the crew of the late H.M.S. Arrethusa, I was interested to learn from him the story of the ship's pet, a cat.

"It is a curious fact that when the Arrethusa was taking in oil fuel before leaving port on its last journey the mace jumped from the cruiser to the oil craft, and refused despite all entreaties and caresses, to return to the doomed vessel. The cat had never done this before, and the crew regarded its defection as an ill omen."

Get a bottle, the neck of which is smaller than the egg, some vinegar and a bottle. Take an unhooked egg and let it stand for 15 or 20 minutes. At this time you will notice that the shell of the egg has become so soft that you can make a deep dent in it without

making a hole.

Get a bottle, the neck of which is smaller than the egg, and the fingers draw out the shell until you can insert it into the neck of the bottle. After you have the egg inside pour cold water into the bottle and the egg will resume its original shape.

If the vinegar in which the egg is softened is not strong enough add about two tablespoonsfuls of acetie acid to a cupful of vinegar. Usually, however, ordinary vinegar contains sufficient strength.

Get a bottle, the neck of which is

softer

than

the

egg.

Facing the Enemy.

Reporting Officer—Ever served a

short sentence?

Applicant—No, sir; but I don't mind

a short sentence if you think it necessary!

Thompson—See that portrait of

Johnson.

Johnson—Yes, it is

suspecting that it might be asking you

to lend him a dollar?

Keep Minard's Liniment in the house.

As Unfortunate Case.

Can't you find any work at all?

Plenty, sir; but everybody wants a recommendation from my last employer.

Well, can't you get one?

No, sir; he's been dead twenty-eight years.

One Reason.

Do you know why money is scarce, brothers?" The soap-boiler demanded, and a fair-sized portion of the backbone of the waited in leisure patience answered.

A tired-looking woman had paused for a moment on the edge of the crowd. She spoke shortly:

"It's because so many of you

spend your time telling each other what's new!"

Rocking-horses are made entirely by hand.

PILE.

You will find relief in Zam-Buk.

It eases the burning, stinging, palpitation, etc.

perseverance, with Zam-Buk means cure.

See that batch.

It looks to collar button.

DEAFNESS IS MISERY.

The correct nautical description of the Sunbeam is: "A three-masted topsail schooner, fitted with auxiliary power"—that is to say, she is equipped with both sails and engines.

Over 2,000 women and girls work

in Birmingham munition factory.

Ask for Minard's and take no other.

Higher Standards.

The demonstration farms which the Canadian Pacific has set up, both east and west, have been employed with signal success in one special direction—the setting up of higher standards. Through precedent and example, the company has brought about a most flattering change in values. In other words, the example and encouragement of the railway company, through these farms and by other means, have caused those who have food products to sell to give closer attention to quality than was their former habit. The company insists upon the first-rate quality of food products on the cars, and has taught the farmers, both east