

FROM SUNSET COAST

WHAT THE WESTERN PEOPLE ARE DOING.

Progress of the Great West Told in a Few Pointed Paragraphs.

The Norwegian steamer Thordis has arrived at Vancouver on her maiden trip, bringing a cargo of tea and rubber from Colombia.

Major MacBeth of Vancouver has given permission for a day for his wife sufferers in Russia, Europe and Palestine.

The total catch of whales up to Sept. 1 at the Canadian station on the Pacific coast is as follows: Sechart, 94; Kyuquot, 170; and Rose Harbor, 95; a total of 359.

Lieut. R. E. Scott, of Victoria, has been awarded the Military Cross. Lieut. McCall, a younger brother, won the nobel, won the Military Medal. Ned Bartill, an artificer of Vancouver, who has been wounded while overseas, has just seen home a watercolor of Sir Herbert Tree, painted in memory.

In the mining camp of Stewart and surrounding mining camps, the miners have refused to be docked a day's pay a month by the companies for the cost of living.

According to information from the sources of supply there will be a shortage of the cans of plate-in-bottle Canada dry beer and there is great likelihood of a shortage next

Mrs. Fyrie, of Vancouver, whose husband and four sons were all killed during the first year of the war, has a prominent place in the efforts to help to bring justice of the soldiers.

Lieut. C. F. Balderston, recently reported as a died of wounds according to the news from Victoria. He was severely wounded following the outbreak of the First World War.

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Practical and Becoming



STRONG PEOPLE NEEDED

The need for people to be healthy is urgent. Those whom illness has put outside the ranks of robust men and women feel their position keenly. They are handicapped in every walk of life and weak men and nerve-worn women need more earnestly than ever to put their health right and become active and strong. Many who became "patching" months ago are as ill now as on the day they began vainly, tinkering with common drugs. Every ailing man and woman should remember that the ills of debility, nerve exhaustion, indigestion, sleeplessness, neuralgia, and depression come from a faulty blood supply. Worry, over-work or other causes have impoverished the blood and left the life-streams impure. The nerves thereby are starving and the whole system is languishing for new blood. In this condition many thousands have health back strong nerves and new health and strength through the new rich blood Dr. Williams' Pink Pills actually makes. In a weak or bloodless condition it is not only a waste of time and money, but also a further menace to your health to tinker with common drugs. Follow the example of so many thousands by giving Dr. Williams' Pink Pill a fair trial, and they will transform you into healthy, active men and women.

You can get these pills through any dealer in medicine, or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

ALGOMA AND AN AUTHOR.

It is noticeable that the present time gas shells are largely employed. They have almost wholly superseded the gas-emission method. A big projectile carrying a quantity of bromine or chlorine (compressed to a liquid) is sure to arrive at or near its intended destination. It bursts; the liquid instantly volatilizes, and the resulting poison-gas spreads far and wide.

More spectacularly horrible is the flame-projector, which is operated by two men. One carries the machine (a combined reservoir and gas-generator), and the other manipulates a hose-pipe that discharges a stream of fire.

The flame "carries" thirty yards. It will instantly destroy a man that far away, literally burning his flesh from off his bones. But if the distance be thirty-one yards, and the man is provided with a bomb or two, he has the flame-projector stopped every time.

WOULD NOT BE WITHOUT BABY'S OWN TABLETS

Mrs. A. C. Smith, Goodwood, Ont., writes: "I have used Baby's Own Tablets for the past two years, and have found them the best medicine a mother can give her little ones and I would not be without them." The Tablets never fail to banish the simple ailments of childhood. They regulate the bowels; sweeten the stomach, and make the cross, sickly baby bright, healthy and happy. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

SUBMARINE RESCUE.

One of the most dramatic and thrilling of the episodes of this war was the escape of a boatload of British seamen from a German cruiser in the naval battle off Helgoland. The British steamship Defender, having sunk a German craft, lowered a whaler to pick up the swimming survivors.

"In those days to watch the German cruiser came up and chased the Defender, which this had to abandon its small craft.

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sad plight. Without food or water, in an open boat, twenty-five miles from land and that land a hostile one, with nothing but fog and foes surrounding them, they hardly knew which way to turn. Suddenly there was a swirl alongside, and up popped the British submarine E-4, which opened its conning tower, took the occupants of the whaler on board, closed the opening, submerged, and sped homeward, 250 miles away.

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