## Mountain-Climbing on Vancouver Island



things. Among the chief of these is its climate, among the more utilitarian its strawberries; and among the tourist attractions its marvellous scenery, and magnificent drives, its many fascinating trips both by boat and by rail. But, while tens of thousands of visitors holiday in the Island every summer, very few of them are aware of the fact that within less than a day's journey of Victoria there are mountain peaks covered with perpetual snow, and massive glaciers, which defy the warmest of the summer sunshine, where those who enjoy that most exhilarating sport, mountain-climbing, may put all of their skill to the test.

The most popular mountain from an Alpinist's point of view is Arrowsmith. It is about six thousand feet high, and to reach it one travels by one of the most magnificence of scene that called forth exclamations of magnificent scenic railways on the continent. There is a delight. diversity of country all along the hundred miles from Victoria to Parkesville. Parkesville is on the east coast of the Island, and Victoria, situated at the extreme tunnel into it, for although our packer had gone ahead south of the Island is the starting point for the journey. One of the first summits to be crossed is that of the splen- But we finally dug our way in, cleared the snow from the did Malahat, about fifteen hundred feet above the sea. Here, from the "Lookout," one looks down on a wonderful panerama of green-embowered hills, narrow winding sat down to eat with ravenous appetites. waterways, the wide stretch of the sea itself and the Olymptic mountains on the Mainland in their dazzling dress of ice and snow. After crossing the Malahat there are miles along the shores of the salt water, quick passages through picturesque villages and towns, journeyings among sweet-scented woods which are always gay with flowers.

At Parkesville the road divides one branch swinging toward the west. And there begins the first trek in the journey which leads to the everlasting hills. As one nears Cameron Lake, whether one travels by rail or highway, one sees the beginning of the vast forest of Douglas fir, than which there is no finer stretch of timber | for.

ascent of Mount Arrowsmith.

their new dresses of fresh, young green.

the trail fairly steep. With only occasional stops for sea, but the distance made it almost as vague as a half-breath, we pushed on for five hours before we made the forgotten dream. Hut, a distance of about 3000 feet up. It was rather It is a journey that one can easily make within the early in the year for mountaineering and the trail had day, providing there is no miscalculation, and it is a most

Just before the ends.

The Hut was practically buried, for the snow lay deep on the upper reaches. It took us an hour or more to with the blankets, he could not accomplish much alone. windows, made a fire, and before very long the aroma of boiling coffee and fried ham filled the little cabin, and we

The sleep that comes to one on these high, snowy altitudes, far above the slightest sound of life, is deep, dreamless and infinitely refreshing. We awoke at eight the next morning, full of eagerness to continue the climb. which from there on is a real test of strength and endur-

The final five hundred feet were very steep, and no: without danger for the unwary. We had a few tumbles, and slides, which only added to the enjoyment, and when we had pursued our journey to the end our satisfaction was very great. For it was an objective worth striving

The view was grand beyond conception, snow-peak Just across the lake from the Chalet one begins the all about is, dazzlingly splendid in the sunshine, clouds of mist lifting from the valleys, and rolling away to give The particular day when we made the journey was a glimpse of lakes blue as periwinkle, of bare cliff-sides in early June. It was sweet and cool near the water, the coloured with the tints of the rainbow, and bright, green bracken thrusting up branchy and tall, maiden-hair valleys, and forests of sturdy little jack-pine, while now ferns just unfolding, all of the trees and shrubs wearing and then when the clouds would roll up and melt into the blue of the sky, we could glimpse a farther view, and We started at noon, and from the very outset, found we said it was the sea and the mountains beyond the

not been cleared since the winter storms, which made joyfully exhilarating climb, while the picture which the our going rather more difficult than it would otherwise summit discloses must always stand out conspicuously have been. But every step of the way displayed some in the gallery of one's memories.

### Glenroadin.

(Our own correspondent.) Mr. and Mrs. John Vaughan, Sr., and Mr. and Mrs. John, Jr., of Mea-

ford, were visiting friends in this neighborhood last week Mr. and Mrs. Nicholas Melosh and

Mr. and Mrs. James Banks of Pro-

his home in the West.

Miss Marion Boyd is home for her vacation.

Miss Lolita Malcolm and friends of Harriston, picnicked at Hayward's Falls one day last week and called on her grandmother, Mrs. Banks.

The men at Glenroadin sawmill are having a holiday, as the big wheel is broken.

A boob is one who hopes to find in the magazine something as satisfyingly naughty as the picture on the cover.

# Maltana

The New Whole Wheat Bread

> 10c A LOAF

Made in Durham

E. A. Rowe **Baker & Confectioner** 

#### WHY AUTOS ARE FEW (Hamilton Spectator.)

Mrs. Kenny visited friends in Owen tions noted in the latter country:

in England have also to pay any, dealt with.

LITTLE JIMMY

where from 50 to 60 cents a gallon for their gasoline, and the automo-From Sir Basil Thompson, former bile is therefore beyond the means head official of Scotland Yard, who of a poor man. The police in large paid a visit to the United States re- cities are quite oldurate about cently, the following statement was parking and owners who ride to made in regard to automobiles in their offices in automobiles have to comparison with congested condi- take a chauffeur with them to take the car back."

"In England the number is drasti- Such regulations enacted here cally regulated by an annual tax of would be considered arbitrary in the ton visited his mother over the \$5.00 per horsepower, which am- extreme, and, taken in connection ounts in the case of a Ford car to with other forms of taxation exist-Mr. J. Scott, who has been work- \$110 a year-nearly one-third the ing there, is convincing proof that ing for Mr. M. Kenny, returned to value of the car. Automobile owners Canadians are comparatively lightly

### No Longer Bedridden

London Woman Recovers from Protracted and Painful Rheumatic Attack-Gives All the Credit to Dreco the Famous Health Builder.

The plight of Mrs. Minnie E. Hetherington of 322 Eleanor Street, London, Ont., is best described in her own brief words, "I couldn't even turn over in bed, much less walk." So severe was the pain she suffered that two weeks before Christmas she took to her bed and there remained helpless, until the splendid healing properties of Dreco came to her aid. Many people, men and women, are martyrs to this painful ailmentrheumatism-usually caused by improper functioning of the kidneys and other digestive organs and it is to help just such people as these that Mrs. Hetherington makes her statement.

Says Mrs. Hetherington: "Just before Christmas I caught a terrible cold that settled in my kidneys. My hands, feet and limbs became very sore and began to swell with rheumatism until, suffering agonies of pain, I took to my bed. The pain and stiffness was so severe that I couldn't even turn over. I was very nervous and couldn't sleep and had no appetite. Constipation also added to my sufferings and all the medicines I tried gave no relief.

"My daughter, however, heard of the wonderful help other people were getting from Dreco and brought a bottle home for me. That was only a week and a half ago. Now I am able to walk, a thing I haven't done for two months. I am feeling like a new woman. My bowels are regular, I sleep soundly and have a good appetite. The pains in my limbs have almost gone as has the swelling. unhesitatingly recommend Dreco to anyone suffering as I did."

Dreco has been the source of relief for thousands of similar sufferers. It is prepared from Nature's own herbs, roots, bark and leaves and acts in a natural way. By its toning and regulating properties it speedily disperses the noxious gases and poisonous acids that cause biliousness, rheumatism and other distressing ailments, building the whole system up to a fine, healthy vigor. No one need suffer the awful pangs of rheumatism when Dreco will give them such remarkable relief.

Dreco is pleasant to take and contains no mercury, potash or habitforming drugs.

Dreco is being specially introduced in Durham by McFadden's Drug Store, and is sold by a good druggist everywhere.

We shall all have to enter the nonstop mosquito-swatting contest.

#### Durham High School

The School is thoroughly equipped to take up the following courses:

(1) Junior Matriculation.(2) Entrance to Normal School. Each member of the Staff is a University Graduate and experienced Teacher.

Intending pupils should prepare to enter at beginning of term.

Information as to Courses may be obtained from the Principal.

The School has a creditable record in the past which it hopes to maintain in the future. Durham is an attractive and heal-

thy town and good accommodation can be obtained at reasonable rates. C. H. DANARD, B. A., Principal. C. L. GRANT, Chairman.

Another good way to cure sleeping disease is to monkey with stocks.

It doesn't cost so much to start in business now. Ten dollars will buy a fairly good sucker list.

The cost of living doesn't seem to have very much effect on its popu-

Woman's intuition is a very good thing but it doesn't show up very well when the bride uses it in making biscuits.



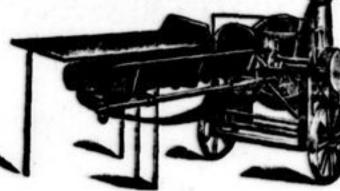
## It's Important to Cut Silage at the Right Time

If silage is cut too green—or after the frost has taken hold of it-it won't make nearly as good or profitable feeding as if cut at just the right time.

That's where one of my "Toronto" Ensilage Cutters proves its worth. Makes you independent of a hired outfit-enables you to cut at the right time.

Enables you to refill after shrinkage, too-a feature which helps pay for the Cutter in a short while. And it will cut your straw in the winter.

A small gasoline engine will operate this efficient Cutter. Let me demonstrate its quality features to you or ask me for free literature.



JOHN SHUTZ, DURHAM, ONT.



CHILDREN are unconscious dieticians, the way they love Bread-and-milk.

In this way they can teach a lesson to many grown-ups.

Pure Bread, of course.

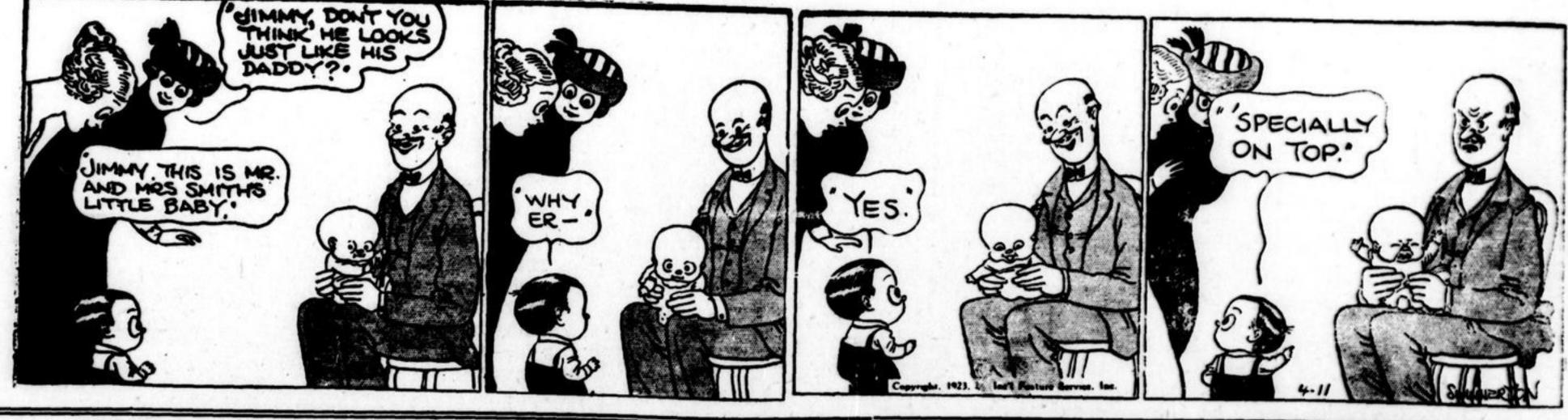
### Henderson's Bread

Our Home Loaf keeps the kiddies well and husky. It is so good, pure and nourishing.

## Henderson's Bakery

Makers of GOOD BREAD

By Swinnerton



JERRY ON THE JOB

