

**"The Happy Way to Health"** is not through mountains of pills or rivers of dope. It is through proper selection of food, pure air and rational exercise. If you have health you can keep it by eating **Shredded Wheat**, the food that supplies all the nutritive material needed for work or play and in a digestible form. If you have lost your health you can regain it by eating **Shredded Wheat**, the food that supplies strength and builds healthy tissue without overtaxing the digestive organs. Always the same price, always the same high quality. A delicious, nourishing meal for a few cents.

Made in Canada.

**THE J. B. Hodgins, Ltd.**  
The Drug Store Where You Get What You Ask For  
Phone 250

**DOMINION THEATRE**

Petrova the famous Russian actress who is appearing today at the Dominion in her latest success "The Soul Market" is adding to her multitude of admirers in this city by her splendid work in the leading role. There is a certain quality of grace and distinction in every thing that this beautiful actress and woman does. Her every movement is graceful personified, and she secures her strongest effects with one third of the apparent effort put forth by the average artist. Her support is admirable in every respect and the settings of the play are elaborate and costly.

The L-Ko comedy on the program is more than ordinarily amusing and the Mutt and Jeff comedy cartoon is the funniest yet shown. The Pathe with its late and authentic war pictures completes a diversified and interesting programme.

**BIJOU THEATRE**

Anna Pavlova Featured at Bijou. Those who have idolized Pavlova on the stage will see a triumph on the screen, a dramatic critic of the Chicago Tribune in a recent article. Producing cost exceeding a quarter of a million dollars—huge in conception, elaborate in investiture, marvellous in artistic realism, establishing a new and higher standard for spectacular moving picture productions—the press has hailed this as a supreme achievement. The incomparable Pavlova is appearing at the Bijou today for the last time at 8:30, 6:30 and 8:30 in the "Dumb Girl of Portici." Known throughout the world as the greatest of all dancers, she proves in her film enterprise that she is also the supreme emotional pantomimist of all time.

For Monday and Tuesday the feature on the Bijou program is a very powerful Laszky production entitled "Public Opinion" starring Blanche Sweet.

**YOU CAN'T FIND ANY DANDRUFF, AND HAIR STOPS COMING OUT**

**Save Your Hair! Make It Thick, Wavy, Glossy, and Beautiful at once.**

Try as you will, after an application of Danderine, you can not find a single trace of dandruff or falling hair, and your scalp will not itch, but your hair will grow again.

after a few weeks' use, when you see new hair, fine and downy at first—yes—but really new hair—growing all over the scalp.

A little Danderine immediately doubles the beauty of your hair. No difference how dull, faded, brittle and scraggy, just moisten a cloth with Danderine and carefully draw it through your hair, taking one small strand at a time. The effect is immediate and amazing—your hair will be light, fluffy and wavy, and have an appearance of abundance; an incomparable lustre, softness and luxuriance, the beauty and stunner of true hair health.

Get a 25-cent bottle of Knowlton's Danderine from any drug store or toilet counter, and prove that your hair is as pretty and soft as any—that it has not been neglected or injured by careless treatment. A 25c bottle will double the beauty of your hair.

**AUSTRIAN PARLIAMENT**

MAY BE CONVENED  
Amsterdam, Jan. 12.—According to a Vienna dispatch to the Vossische Zeitung, of Berlin, Premier Clam Martini is preparing to convene the Austrian parliament.

**Quan Yuen**  
Ladies' and Gents' Tailors  
Good display of materials to select from. Fit Guaranteed.  
133 Bastion Street.  
P. O. Box 1061 Nanaimo

**Miss T. Rogers**  
Agent for Spirrelli Corsets  
Phone 590-R

**McAdie**  
The Undertaker  
Phone 180 Albert St.

Minard's Liniment Cures Distemper.

**Powers & Doyle Co.**

**Inventory Sale**

ITS INVENTORY TIME AGAIN. WE ARE GOING TO MAKE A SUPREME EFFORT TO CONVERT INTO MONEY—OVERCOATS, SUITS FOR MEN and BOYS, BOOTS and SHOES.

**Men's Overcoats --**

\$16.50 overcoats ..... \$11.95  
\$18.50 overcoats ..... \$14.10

\$22.00 overcoats ..... \$15.95

\$25.00 overcoats ..... \$18.95

\$27.00 overcoats ..... \$19.95

\$30.00 overcoats ..... \$22.40

**RAINCOATS --**

\$10.00 Raincoats for ..... \$7.95

\$12.00 Raincoats for ..... \$9.85

\$15.00 Raincoats for ..... \$10.95

**Boys Suits**

Two piece, Double Breasted Tweeds and Worsteds.

Sizes 27, 28, 29, 30, 31, 32, and 33.

\$5.50 Suits for ..... \$3.85

\$6.50 Suits for ..... \$4.85

\$7.00 Suits for ..... \$4.95

\$8.50 Suits for ..... \$5.85

**BOYS' SUITS, OVERCOATS, SWEATERS, RAINCOATS**

**MEN'S NEW SHIRTS**

\$1.25, \$1.50, \$1.75

**DR. JAEGER'S PURE WOOL SHIRTS**

**JAEGER PURE WOOL SWEATER COATS**

**JAEGER PURE WOOL SOCKS AND GLOVES**

**Hats:--**

**NEW HATS PER EXPRESS**

Christy's ..... \$2.50, \$3.00, \$3.50, and \$4.00

Mallory's ..... \$3.50 and \$4.00

Stetson's ..... \$5.00 and \$4.50

Walton's ..... \$2.50, \$3.00 and \$3.50

Tweed Hats ..... \$2.00, \$2.50 and \$3

New Caps, just in ..... 75c, \$1.00 and \$1.50

**Underwear**

Mens' Underwear, pure wool. Penman's and Stanfields

\$1.00, \$1.25, \$1.50 and \$1.75 per garment and up to \$2.00, \$2.25, \$2.50 and \$3.00

**COMBINATIONS** Watson's, Turnbull's, Jaeger's and

Wolsey's \$2.00, \$2.50, \$3.00, \$4.00, \$5.00, \$7.00 to \$8.00.

**Boots & Shoes**

**MEN'S BOOTS AND SHOES**

Regal, Derby, McCready, Amherst and Leckie

Prices \$3.50, \$3.75, \$4.00, \$4.50, \$5.00 \$5.50 and \$6 \$6.50 and \$7.00

**High Top Boots, Double Soles \$4.50, \$5.00, \$5.50, \$6.00 \$6.50 and \$7.00 to \$9.50**

**Mining Boots, Nailed: \$2.95, \$3.00, \$3.50, \$4.00, \$4.50, \$5.00 and \$5.50**

**Boys Boots.....\$2.75, \$3, \$3.50, \$4, and \$4.50**

**RUBBERS GUM BOOTS OVERSHOES**

Suits to Measure—Overcoats to Order—1000 Samples to Select From.

**Powers & Doyle Co.**

**REGAL SHOES**

Phone 25 Boys' Suits

Notice is hereby given that no one will be allowed on the Caledonian grounds without a written permit from the owners. Any one found on the grounds will be prosecuted for trespassing.  
BY ORDER OF THE OWNERS, W

**Fresh and Tender MEAT**  
ALWAYS GOOD  
**E. QUENNEL & Sons**  
TRY A HERALD WANT AD—THEY GET RESULTS

**E. & N. Ry.**  
TIME TABLE NOW IN EFFECT  
Trains Will Leave Nanaimo As Follows:  
Victoria and points south daily at 8:30 and 14:55.  
Wellington and Northfield daily at 12:45 to 19:11.  
Parksville and Courtenay, Tuesdays, Thursdays and Saturdays, at 12:45.  
Parksville and Port Alberni, Mondays, Wednesdays and Fridays at 12:45.  
Trains due Nanaimo from Parksville and Courtenay, Mondays, Wednesdays and Fridays at 14:35.  
From Port Alberni and Parksville Tuesdays, Thursdays and Saturdays at 14:30.

**E. C. FIRTH L. D. CHETHAM**  
Agent Dist. Pass. Agt.

**The Ideal Plumbing & Heating Co.**  
FOR ALL  
**Plumbing, Heating**  
Sheet Metal Work  
Estimates Given  
Phone 184 Bastion St.

Minard's Liniment Co., Limited.  
Gentlemen—Theodore Dorias, a customer of mine, was completely cured of rheumatism after five years of suffering, by the judicious use of MINARD'S LINIMENT.  
The above facts can be verified by writing to him, to the Parish Priest or any of his neighbors.  
A. COTH, Merchant.  
St. Isidore, Que., May 12, '08.

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With the result of the Majority contest there will be no quarrel. While refraining from taking any active part in the contest it was always our opinion that Mr. Jno. Shaw was ill advised in coming out. He had held the office, and come a long way from making good. Alderman McKensie by his service on the Council and by his steady record had certainly

against the increase in prices, on the necessities of life. The ground of the protest was that the increases were unwarranted, and manufacturers were using the country's extremity to force up prices. What had the city done to this pipe to increase its price by fifty per cent? City merchants are selling goods today, as they have done all through the war, on their inflated prices. Where they had contracts they have sold, not on current market prices, but on the price at which they bought. If there is anything in these principles of fair trading, and if the city is to make its protest against war profiteering effective, then assuredly it did not make a bad bargain in this pipe deal.

**THREE TRAINMEN KILLED**

Kansas City, Jan. 12.—Three trainmen were killed by the explosion of the boiler of a freight train on the St. Louis & San Francisco railroad near Grandview, Mo., today.

**Announcement**

1917 ADVERTISING RATES

Wanted, For Rent, Lost and Found

Advs. 1 c per word per issue or 4 cents a word per week. 25c m.

Reading Advertisements 3c a line.

Notices of Meetings, Political Meetings, Legal Notices, Political or Municipal Election Cards and Addresses, 10c a line for 1st insertion and 5c a line for each subsequent insertion. 8 lines to the inch.

Birth and Marriage Notices 50c.

Death and Funeral Notices, \$1 for 1st insertion and 50c for each subsequent insertion.

Local Reading Advs. 10c a line each issue.

Transient Display Advs. 25c an inch.

Front Page Display, Double Rates.

Steady Commercial Advertising Rates on Application.

Subscription Rates

One Year, by Mail ..... \$3.00

Six Months, by Mail ..... \$1.50

City Rates

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