



Good health depends mostly upon the food we eat. We can't be healthy if we take alum or other poison daily in our food.

Dr. Price's Baking Powder is absolutely free from alum. It is made from pure cream of tartar and adds to the healthfulness of the food.

NICOLA ROAD WILL OPEN NEXT FALL

Delay in Work Owing to Lack of Construction Material

In all probability the C. P. R. branch line between Spences Bridge and Nicola lake will not open for traffic before the fall, and it may be that passengers and freight trains will not be running over the road till December 1st.

MR. CAMBIE RETURNED

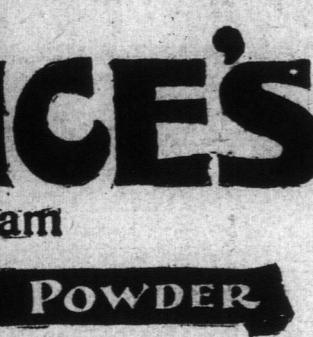
Construction on the Nicola branch of the C. P. R. has now advanced so far that construction trains are running over starting five out of the road.

NEW FERRY BARGE

The keel was laid by the Victoria Machinery Depot, on a lot excavated for the purpose of adjoining the company's marine ways for the new ferry barge to be built for the C. P. R. service between Ladysmith and Vancouver.

The Office Man Has Indigestion

Too much sitting at the desk in a stuffy office, too much eating of meat and highly seasoned, artificial foods; too little healthful outdoor exercises; these are the undoing of the man or woman of sedentary habits.



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EVERY INDICATION OF SUCCESSFUL CELEBRATION

Local Interest in Affair is Keen and Fine Programmes Arranged.

The general impression is that the exceptionally bright Victoria Day will eclipse any held in this city during the last few years. It is true that many years ago the celebrations were considered the best and most enjoyable that could be arranged, and in late years the enthusiasm has been somewhat lacking.

THE ARCTIC EXPLORERS. Captain Mikkelsen Seeking Further Aid for His Enterprise.

Schooner Duchess of Bedford, the former sealing schooner, which is to carry Capt. Ednar Mikkelsen and his associate scientists to the Arctic in search of a continent in the Beaufort sea, is at Turner, Beeton & Co.'s wharf taking on supplies for the trip.

CALGARY STOCK SALE. Good Prices Realized for Prize Animals at Annual Show.

Calgary, Alta., May 9.—The sale held in connection with annual exhibition of the Alberta cattle breeders association was concluded this afternoon.

FRAMA FOR MOSQUITO NET. Can Be Readily Adjusted Above the Bed.

Those persons who live in a climate infested with mosquitoes will appreciate the usefulness of the mosquito net frame illustrated below. It is so simple in construction that it could be built with little effort.

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TRAP MEN BUSY. Pile Driver Loses Big Hammer—Trap for Clover Point.

The trap men are busy these days preparing the traps in the vicinity of Victoria for operation in readiness for the coming fishing season.

MEANINGFUL SHIPMENT. Huge Log Raft is Derailed Off the Pacific Coast.

A Eureka despatch says a log raft containing 6,000,000 feet of lumber is adrift, a menace to the shipping of the coast.

MYSTERIOUS DEATH. Autopsy Locates Bullet That Killed Long Island Railway Manager.

New York, May 9.—Following the funeral of Charles L. Spier, the traction manager who was found dead at his home on Staten Island Monday morning following an alarm of burglar, a second autopsy was held and one bullet extracted.

THE TURBINE. How the Inventor Secured Hearing for His Invention.

The inventor of the turbine engine, which with the steam turbine is fittingly known as the 'turbine,' is Hon. Charles Parsons.

MURDEROUS THIEF SHOT. Assaulted and Robbed Victim and Killed by an Eye-Witness.

Chicago, May 9.—Thomas Darrach, a structural iron worker, was shot and killed last night for the alleged stealing of a watch from a man on the street.

CANADA GENERAL ELECTRIC. Peterborough, Ont., May 9.—The Canadian General Electric company want a fixed assessment from the city.

Peterborough, Ont., May 9.—The Canadian General Electric company want a fixed assessment from the city. They promise to erect additional buildings, at a cost of between \$300,000 and \$400,000, which will practically double the number of men at present employed.

Spencer's Western Canadian Store

A BARE FLOOR CAN BE HEALTHY, But It Looks As Cosy As A Bare Dinner Table.

Rugs. The Spencer store offers you many different kinds of inexpensive rugs to choose from.

Boys' Shirt Waists. Boys' Shirt Waists are in great demand this season.

Parasols. China Silk Parasols, with bamboo handles, in white, brown, mauve and blue.

Fancy Belts. New Embroidery Belts, embroidery in white, light blue, brown, navy and black.

Large Delivery of Canadian Homespun. Light, medium and dark grey, navy blue, 54 inches wide; \$1.25 yard.

Hammocks. Hammocks of all sorts, \$3.00, \$4.40, \$5.25, \$6.85, \$8.75, \$4.50, \$6.50.

Two Civic Bodies Fail to Agree on a Method of Procedure.

The regular meeting of the board of school trustees was held last evening for the transaction of the business that has accumulated during the month.

ALBERTA HOUSE COMPLETES LABORS OF ITS FIRST SESSION.

Edmonton, May 9.—The legislature was formally prorogued this afternoon. The order passed to discontinue the session after a very busy sitting.

LOOK FOR SPRING HUMORS. They Crop Out Constantly, Showing the System Needs Purifying.

Since time immemorial it has been customary to take 'spring medicine,' and why? All winter your clothes have been heavy, you may not have bathed freely, and you've eaten a lot of strong heavy food.

A Special Building Being Erected at the Outer Wharf.

In connection with the building that is going up at the outer wharf it is learned that the same is being erected for the purpose of a new industry which is about to be inaugurated by the firm of Englebo Wiers of Seattle.

THE MEADOW LARK. If the farmers know the amount and character of the food eaten by the meadow lark, they would be slow to complain about the little sprouting grain that these birds may pull out of the earth.

CELEBRITY CRIMINAL AT LARGE. Convict Who Cut His Way Out of Inmate Ward Not Yet Captured.

Kingston, May 9.—Charles Brown, alias Charles Brown, who escaped from the penitentiary inmate ward yesterday, is still undetected.

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ARRIVAL OF THE LATEST EMPRESS

The C. P. R. Atlantic Line Port After a Record Passage.

A priced liner which sailed from the Pacific Railway steamship service arrived at point at 12:25 today, and after the splendid time of five days and 17 minutes, which includes reference in time from Moville and places the "Empress" among the list of vessels which the record breaking business Canadian service. The Moville record was held by the Empress in 1904, when she sailed from the vessel made on her maiden voyage.

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