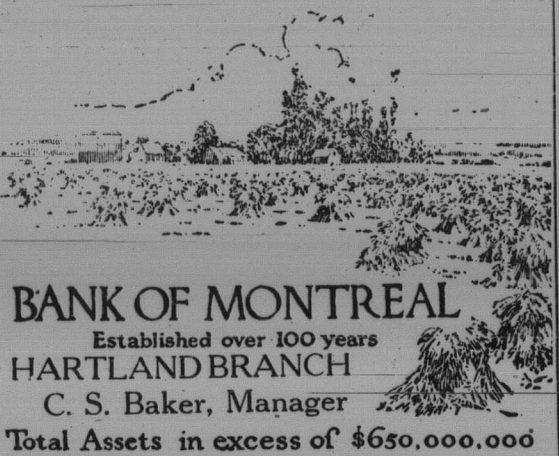


Your Account Book and Your Bank Book

If your account book shows a profit, that profit should be recorded in your bank book as entries of deposits or else it is likely to dwindle away.

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An old fisherman was once asked if there was any fish in the stream by which he was sitting. "Well," he replied grimly, "I can't really say. I've dropped them a line every day for a week, but as yet I've had no reply."

Historic Site at Friendly Cove, B.C.



The historic past of the Nootka section of the West Coast was recalled recently when Lieutenant-Governor Walter C. Nichol, of British Columbia, unveiled and dedicated a monument commemorating the explorations of these great English navigators, Captain Cook and Captain Vancouver.

The monument was built under the auspices of the Historic Sites and Monuments Board of Canada which is placing similar memorials across the Dominion on sites hallowed by interesting chapters of Canadian history.

A large party travelled on the Canadian Pacific S.S. Princess Maquinna for the ceremony and left the steamer at the cannery wharf, boarding launches for the short run to Friendly Cove. The party included Lieut.-Governor Nichol, H. J. S. Muskett, his secretary, Judge Howay and Mr. Forsyth, Dr. C. S. Newcombe, the well-known historical authority who wrote the "Circumnavigation of Vancouver Island," Prof. W. N. Sage of the University of British Columbia, Mrs. R. B. McKinnon, representing the I.O.D.E., Mrs. and Miss Howay, Thomas Deasy, late Indian agent for the Queen Charlotte agency and a pioneer of 1859, Dr. David Donald, Mrs. Cave-Browne-Cave, and Professor Macmillan Brown, chancellor of the University of New Zealand. Dr. Macmillan Brown is one of the leading ethnologists of the Pacific, and has been spending the summer on the coast investigating the Indians and their customs.

The new monument is seven feet broad by eleven feet high, with a standard size bronze tablet bearing the following inscription:

"Nootka Sound, discovered by Capt. Cook, in March, 1778. In June, 1791, Spain took possession and established a settlement. In 1792, the capture of British vessels in 1793 almost led to war, which was avoided by the Nootka Convention, 1790. Vancouver and Quadra met in August, 1792, to determine the land to be restored under the convention."

A feature of the entertainment provided those who took part in the unveiling ceremony was the Indian dancing, arranged by aborigines from the Nootka Sound, the Wiannish of the early navigators' journals.

Festive plans are afoot for an elaborate pageant to be held at Friendly Cove, Nootka Island, in four years time to celebrate the 150th anniversary of events commemorated by the unveiling of the cairn.

"Tired and Worried Nervous and Despondent"

Mrs. M. Chevalier, Belle River, Ont., writes:

"For eight years I suffered from despondency and nervousness. Sometimes I could not sleep at night for worrying and the next day I would be so tired that my work was a burden to me. I began using Dr. Chase's Nerve Food and can say I am now entirely relieved of the nervousness from which I used to suffer, and things do not worry me as they used to."



Dr. Chase's Nerve Food

60 cts. a box of 60 pills, Edmanston, Bates & Co., Ltd., Toronto

THE FORESTS AND OUTDOORS COLUMN

COSTS OF PLANTING

Q. Our County Council is planning to reforest 100 acres of waste land. Is this an expensive proposition?

A. You can get your trees free from your Provincial Government nursery. Two men will set out between one and one and a half acre of trees in a ten hour day. That means 1,500 trees to the acre. Added to this will be the cost of planting furrows five to six feet apart. You will readily see that reforesting waste land is nothing like planting an orchard. Write your Provincial Forester for further details.

NEWSPAPERS AND FORESTS
Q. Can you give me some indication of the pulpwood requirements of a group of metropolitan papers?

A. The newspapers of New York use up about 1,500 tons of newsprint daily, which means that more than 150 acres of forest land is stripped seven times a week to keep the presses running in the one metropolis.

HOW TO MAKE FORESTS PERPETUAL

Q. What is meant by "silviculture?"

A. Silviculture deals with the continuous operation of a forest for a sustained crop of wood. When Canada's forests are operated so as to produce repeated crops of timber on the same area without diminishing the "capital stock." We can boast of our forest resources being under a system of silviculture. Just now the big national job is to prevent the public from burning up the timber resources. Until fire is blocked scientific operation is not possible on a large scale.

WHY LUMBER IS NOT CHEAP
Q. With modern machinery and efficiency methods why is it that lumber maintains its high prices?

A. Because production costs, chiefly labor, refuse to tumble the raw materials, namely timber, is more inaccessible than ever. The lumber business as a whole in Eastern Canada is hardly breaking even on production costs and foreign competition is hitting harder than anticipated.

Glassville Gleanings

The farmers in this vicinity are nearly through digging potatoes. All report a good crop.

Mr. and Mrs. T. G. Armstrong of St. John who have been spending a few days with their aunt, Mrs. Jas. Brown, have returned home.

Olys Brown who is employed with Ansley Lockhart, spent the week-end at his home here.

William Lindsay spent Sunday at his home here.

Miss Jessie Anderson, teacher at Bannock spent the week-end with Miss Florence McBrine.

James Brown is recovering from his recent illness.

Miss Nellie Anderson has returned to Woodstock.

Mrs. Mary McIntosh and Eddy Speakman spent Sunday at Brown's. Jack Allan spent Sunday at James Brown's.

Peter Haynes who has been visiting his daughter, Mrs. Howard Hartley, Bangor, Me., returned on Thursday.

Rev. Mr. Choppen of Florenceville held service at East Glassville on last Tuesday night.

Malcolm Brown has his threshing done and reports a good crop, sowing 55 bushels and getting 700. He had 3/4 of an acre in particular which he got 55 bushels of a turn out. Beat it if you can.

HEBER CONNELL IS DEAD IN WOODSTOCK

Woodstock, Oct. 7.—The death of Heber Connell occurred at his home here early this morning. Mr. Connell was in his usual health yesterday, but death came suddenly. He was 65 years old, and was the son of the late George Connell, who was the representative from Carleton county to the Federal House in 1878. He leaves his wife, formerly Miss Abbie Moxen; one son, Kinsman, and one daughter, Winnifred; two brothers, Charles of Digby and J. Arch, Connell of Woodstock; three sisters, Mrs. Kinsman of Truro, Mrs. George Fisher of Chatham, and Mrs. Jack Benson of Montreal. Mr. Connell belonged to one of the oldest and best known families of Woodstock and has always resided here.

AFTER 70 YEARS

A tourist who recently drove in an automobile from Salem, Ore., to New York City crossed the continent once before. Seventy years ago, as a four year-old girl, she went west with her family in a covered wagon. The two journeys present a striking contrast which the old lady has enjoyed thoroughly.

She remembers some of the terror and hardships of that earlier trip, for they were sufficiently stirring to impress a child of four. The blow-outs, punctures and hoof-and-mouth disease quarantines of her later trip would



be regarded by most tourists as troublesome enough, but they were trifles compared with the things the earlier caravans had to endure.

On the recent motor trip the old lady and her daughter drove the thousands of miles alone. There were no Indians to be feared and no dangerous stream-crossings to make. Good highways, service stations where the car could be looked after, hotels where comforts of every sort could be had have replaced the forts and encampments and long stretches of imperfect trail of former years.

The modern tourist, however, has to heed traffic rules and endure billboards, both of which the pioneers escaped.

REX BEACH, NOTED WRITER, IN ST. JOHN

The fame of the hunting to be secured in New Brunswick has attracted another famous citizen of the United States to this province in the person of Rex Beach, the author, whose books are noted the world over, who arrived in St. John Tuesday from New York. He is there on the invitation of W. G. McIntyre and he will spend a week at the latter's camp at Upper Loch Lomond.

The well-known writer arrived with all his shooting paraphernalia; but he expressed his regret that he was unable to bring a few of his own English setters for the hunting. He has more than a dozen pure-bred dogs at his home on the Hudson about 20 miles from New York. He declared that he was only after birds this trip and added that he would rather shoot birds than big game.

This is his first trip to this part of the province, although he said that he hunted big game once near Plaster Rock. He has often visited Quebec, being there on two occasions this summer. He added that he had a camp in Quebec, which he owned. Shooting, fishing and golf, he declared, were his chief diversions.

Mr. Beach said that he was at present engaged in writing a new novel.

FULL OF ACHES AND PAINS

Toronto Mother Found Relief by Taking Lydia E. Pinkham's Vegetable Compound

Toronto, Ontario.—"I have found Lydia E. Pinkham's Vegetable Compound a splendid medicine to take before and after confinement. A small book was put in my door one day advertising Lydia E. Pinkham's medicines, and as I did not feel at all well at the time I went and got a bottle of Vegetable Compound right away. I soon began to notice a difference in my general health. I was full of aches and pains at the time and thought I had every complaint going, but I can truthfully say your medicine certainly did me good. I can and will speak highly of it, and I know it will do other women good who are sick and ailing if they will only give it a fair trial. Lydia E. Pinkham's Liver Pills are splendid for constipation. You are welcome to use my letter if you think it will help any one."—Mrs. HARRY WATSON, 543 Quebec Street, Toronto, Ontario.

The expectant mother is wise if she considers carefully this statement of Mrs. Watson. It is but one of a great many, all telling the same story—beneficial results.

Lydia E. Pinkham's Vegetable Compound is especially adapted for use during this period. The experience of other women who have found this medicine a blessing is proof of its great merit. Why not try it now yourself?

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In addition to several stories for moving pictures, Rudolph Valentino, he said, had been starred in one of his recent scenarios, and the picture was just completed. It was called "A Sainted Devil," Mr. Beach said, but added, with a smile, that he had had nothing to do with the naming of it.

PRINCE OF WALES WILL VISIT BOSTON

The Prince of Wales will visit Boston early in the week of Oct. 19.

From there he will proceed to the North Shore, where he will be entertained for several days by Boston and North Shore society.

The change in the prince's plans so as to include Boston in his American visit was announced recently at the British embassy in Washington. It is thought probable that the prince's temporary home during his stay will be the summer place occupied by Sir Esme Howard, the British ambassador, in Manchester-by-the-Sea.



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