

The Herald's CLASSIFIED ADS.

"They Do the Business"—Try It!

FOR SALE

FOR SALE—Boarding house 15 rooms with a number of beds. For particulars apply Peter Egger, Extension. 57-6t.

FOR SALE—A general purpose horse. Apply C. House, Chase River. 54-6t.

FOR SALE—Jersey cow, 3 years old fresh in, first calf. Apply Mrs. Zaccarelli, Wellington. 54-6t.

FOR SALE—Alvin baby buggy, in good condition. Apply 286 Herald. 54-6t.

FOR SALE—Good saddle horse. Apply 291 Herald. 52-6t.

FOR SALE—Automobile. Apply Box 284, Herald. 61-6t.

WANTED

WANTED—Strong Boy. Apply Box 287 Herald. 52-6t.

WANTED—Girl, domestic service. \$15 a month. Apply 300 Herald.

WANTED—Girl to assist in housework. Apply 301 Herald. 57-6t.

TO LET

FOR RENT—Furnished house. Apply 515 Milton Street. 55-6t.

LOST

LOST—Steering handle for Evinrude Engine. Finder please notify T. B. Booth, Herald.

FOUND

FOUND—A boy's tricycle. Owner please call on Thomas Niven, Nicol Street, south end. 1t.

FOUND—Roll band music. Owner Apply Herald.

Miscellaneous

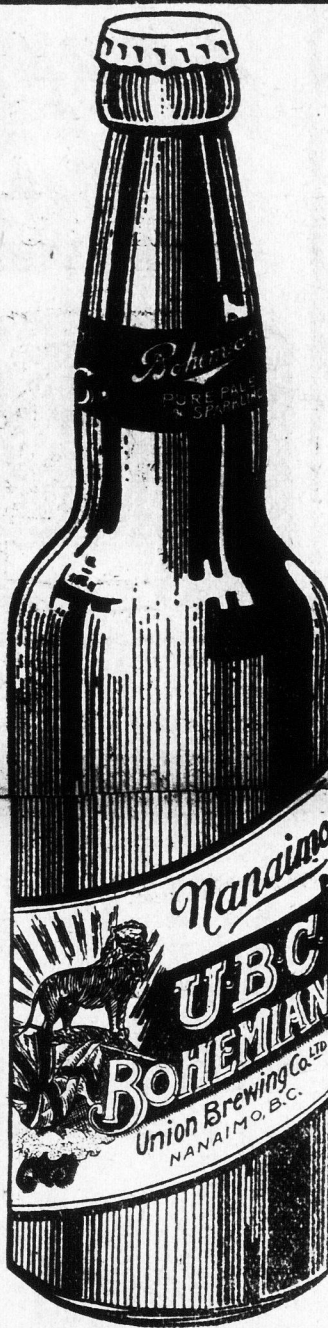
Boats for Taylor Bay leave the Nanaimo Boat House Sundays at 8:30 and 10:30 a.m. 1 and 2 p.m. Wednesdays and Saturdays 1:30 p.m. returning in the evening. Fare Adults 35c. Children 20c. 11-30t.

An intelligent person may earn \$100 weekly corresponding for news papers. \$40 to \$50 in spare time. Experience unnecessary. No canvassing, subjects suggested. Send for particulars. National Press Bureau, Room 3569, Buffalo, N.Y. 1t.

The Ideal Plumbing & Heating Co.

FOR ALL
Plumbing, Heating
OR
Sheet Metal Work

Estimates Given
Phone 164 Easton St.



FOR ALL OUTINGS AND HOLIDAYS U.B.C. Beer

Is the Prime
Favorite

It's a Beverage that not only
quenches your thirst, it tones
you up, restores your energy,
makes you—

FEEL BETTER
EAT BETTER
WORK BETTER
PLAY BETTER
SLEEP BETTER

THE BEST BEER AT ANY
TIME

Union Brewing
Company, Ltd.



—GO GREAT NORTHERN—
To the Kootenay, Eastern and Southern
Points. "Oriental Limited" to Chicago,
"Great Northern Express" to Kansas City,
"Portland Owl" to Seattle, Tacoma, Port-
land and California. Direct connections to all points
in Eastern Canada and United States. Tickets sold on
all Trans-Atlantic lines. Route your freight via Great
Northern. M. C. IRONSIDE, Agent, Front street, next
to the Old Bastion, Phones 137 and 522.

NOTICE

Notice is hereby given that at the
next regular sitting of the Board of
License Commissioners for the City of
Nanaimo, I intend to apply for a
transfer of my individual interest in
the License to sell intoxicating liquors
at the "Columbus Hotel" on
Hastings Street in the City of
Nanaimo from myself to my partner
Terrell Donato.
G. Sant.
Nanaimo, B. C., July 5, 1917.

Bawden Kidd & Co.
CHARTERED ACCOUNTANTS
AUDITORS, ETC.
Central Building 7-7 Victoria
Merchants Bank Chambers, Nanaimo
Phone 563

Fresh and Tender

MEAT

ALWAYS GOOD

E. QUENNEL
& Sons

The launch, Frebetell will leave
the Reliable Boathouse for Departure
Bay and other points every Wednes-
day at 1:30 p.m., and every Sunday
at 10:30 a.m., and 1:30 p.m., re-
turning each day in the evening.
Fare for round trip, adults 25 cents,
children 15 cents. To Gabriola Is-
land and return, adults 35c., children
20 cents. 103

TRAINING IS EASY FOR TRAPSHOOTERS

In virtually every sport in the cur-
riculum columns of matter have
been written about the proper meth-
ods of "training" for the event. In
this respect the word training means
not practicing, but rather physical
conditioning.

Nothing has been said upon the
subject of "training" for trapshoot-
ers for the very good reason that no
"training" is necessary in that sport
in the general acceptance of the
term. Good shooting does not de-
pend upon finely-trained bodies,
nerves worked to a fine edge and the
perfection of wind and limb.

There is virtually no set of phys-
ical standard that covers the descrip-
tion of trapshooting champion. The
good trapshooter is the man, who after
studying the game has kept his mind
and eye in good condition, not
through any special course of phys-
ical training, but living a clean,
healthy life, the only requisites to a
clear eye, and alertness of mind.

In this respect trapshooting is a
blessed sport. This explains why it
can be followed virtually from the
cradle to the grave. It imposes no
tax upon vitality and does not place
a premium upon physical strength
or, for that matter, upon the best of
health. But it does gradually act as
a physical developer, and remedial
to the system. For who can spend
hours under the open sky, feel-
ing the sun beating down upon them,
the winds playing over them, and
not gradually be restored in mind
and body to the limit of vigor.

The trapshooting line at any tour-
nament is an interesting study. It is
composed of men of the most diverse
occupations, or callings, of absolute-
ly a variety of physical and mental
attributes yet all possess in common
steady nerves and eyes, which, after
all, are the best indications of a
sound interior, and a sound mind.

However, despite the fact that
trapshooting does not impose the
necessity of training constantly, or
so developing the physical to an in-
ordinate degree, trapshooters would
do well to observe a few simple reg-
ulations in the course of their pre-
parations for competition, which,
after all, are the secret of success in
this life.

The regulations are:
1—Practice regularly.
2—Eat in moderation of things
you like and that agree with you.
3—Keep outdoors as much as
possible, but avoid violent exercise.
4—Get eight hours sleep per day.
5—Smoke, if you want to, or drink
if you are accustomed to it, but be
moderate.
6—Don't worry.

B. C. CASUALTIES

III. H. Ashworth, Edmonds; W.
A. McArthur, Vancouver.
Wounded: A. L. Little, Vancou-
ver; A. Hodges, Lytton; S. Comoto,
Vancouver; W. McMillan, Vancou-
ver; H. Munday, Sapperton; E. Hill,
Vancouver Island; G. B. Reeser,
Vancouver; C. K. Willis, Vancouver;
A. E. Bennett, Nelson; W. M. Mc-
Lean, Kamloops; D. L. Williams,
Vancouver; W. Plumsteel, Vancouver.

VANCOUVER SOLDIER MARRIED

London, Sept. 1.—The marriage
has taken place at Folkestone of
Patrick Roberts of the Royal flying
corps, a son of Patrick Roberts of
Vancouver, B. C., to Vera Feather-
stonhaugh, daughter of John Feather-
stonhaugh of Calgary.

There's Nothing Like

Zam-Buk's soothing and healing
power. "Zam-Buk has been our
household balm for fourteen years,"
and we could not do without it,"
says Mr. George A. Kilburn of Swan
Lake, Man.

For eczema and skin troubles of
all kinds Zam-Buk has no equal;
also for old sores, ulcers, abscesses,
boils, pimples, blood-poisoning, piles,
cuts, burns, bruises and scalds.

All dealers or Zam-Buk Co., To-
ronto. 50c. box, 3 for \$1.25.

Zam-Buk

JIM CORBETT IS

ATHLETIC CHAIRMAN

Princeton, N. J., Sept. 1.—James
J. Corbett, former heavyweight
champion of the world, Tuesday re-
ceived an appointment from the
United States Government to be
chairman of the war department com-
mittee on athletics. Serving also in
the body will be Serg. Norman Selby
(Kid) McCoy; Mike Donovan phys-
ical director of the New York Ath-
letic Club; Prof. Richard Nollman,
of Amherst College, and Robert Ed-
gren, sporting editor of the New
York Evening World.

The committee has formed plans.
It was announced to gather together
the most famous boxers in the United
States to teach boxing tactics to
the soldiers on the ground that it
will be helpful in bayonet fighting
and other war activities.

WASHINGTON PAYS

LESS FOR PAPER

Washington, Sept. 1.—In an or-
der which newspaper publishers de-
clare will serve as an important pre-
cedent, President Wilson has fixed
a price of two and one-half cents on
newsprint paper for publishing the
Government Daily Official Bulletin.
Newspaper publishers who learned
of the order today voiced the hope
that it might open the way for cheap
er newsprint to publishers generally.



SYNOPSIS OF COAL MINING REGULATIONS

Coal mining rights of the Dominion
in Manitoba, Saskatchewan and Al-
berta, the Yukon Territory, the
North-West Territories and in a por-
tion of the Province of British Co-
lumbia, may be leased for a term of
twenty-one years renewal for a fur-
ther term of 21 years at an annual
rental of \$1 an acre. Not more than
2,500 acres will be leased to one
applicant.

Application for a lease must be
made by the applicant in person to
the Agent or Sub-Agent of the dis-
trict in which the rights applied for
are situated.

In surveyed territory the land must
be described by sections or legal sub-
divisions of section, and in unsur-
veyed territory the tract applied for
shall be staked out by the applicant
himself.

Each application must be accom-
panied by a fee of \$5 which will be
refunded if the rights applied for are
not available, but not otherwise. A
royalty shall be paid on the mer-
chantable output of the mine at the
rate of five cents per ton.

The person operating the mine
shall furnish the Agent with sworn
returns accounting for the full quan-
tity of merchantable coal mined and
pay the royalty thereon. If the coal
mining rights only, retained by
such returns should be furnished at
least once a year.

The lease will include the coal
mining rights are not being operated
Chap. 27 of 4-5 George V. assented
to 12th June, 1914.

For full information application
should be made to the Secretary of
the Department of the Interior, Ot-
tawa or to any Agent or Sub-Agent
of Dominion Lands.

W. W. CORY,
Deputy Minister of the Interior
N.B.—Unauthorized publication of
this advertisement will not be paid.

E. & N. Ry.

Victoria and points south daily at
8:30 and 14:35.
Wellington and Northfield daily at
13:45 to 19:11.

Parksville and Courtenay, Tues-
days, Thursdays and Saturdays, at
13:45.

Parksville and Port Alberni, Mon-
days, Wednesdays and Fridays at
13:45.

Trains due Nanaimo from Park-
ville and Courtenay, Mondays, Wed-
nesdays and Fridays at 14:35.

From Port Alberni and Parksville
Tuesdays, Thursdays and Saturdays
at 14:30.

E. C. FIRTH L. D. OETHAM
Agent Dist. Pass. Agt.

Minard's Liniment Cures Garget in
Cows.



The Housewife's
first order on her
grocery list is

Royal Standard Flour

WHILE SHE MIGHT possibly do
without a number of things,
she realizes that with a sack of the
famous "money-back" flour close at
hand, she's got the best part of the
equipment for a first class meal. Her
baking will be the pleasantest part of
her task. Her BREAD, BUNS and
BISCUITS will be a delight to the eye
—a lure—a temptation to the ap-
petite.

At your Dealers

Look for the "Circle V"
on every sack.

Milled in British Columbia

Vancouver Milling & Grain Co.

Vancouver, Victoria, Nanaimo, and New Westminster

You insure to be SAFE.

Then insure SAFELY in the

Nova Scotia Fire Underwriters' Agency of the HOME
INSURANCE COMPANY—The Largest Fire Insurance
Company on the Continent.

Nanaimo Agent: J. C. McGuffie, Dominion Express Office
Phones 13, and 617R

Nanaimo Foundry & Machine Shops

See us for all kinds of repairs to steam, gas, gasoline and
marine engines and general machine work.

Iron and Brass Castings of all kinds executed
with despatch.

J. and J. O. DOBESON

PHONE 7-1.

COMOX ROAD



CANADIAN NORTHERN RY.

Transcontinental

Lowest Possible Passenger Fares to Eastern Destinations

Modern Equipment, Courteous Attendants, Travel Comfort.

Consult Our Nearest Agent or Write

District Passenger Agent—605 Hastings West, Vancou-
ver. Telephone Seymour 2482

A. E. PLANTA, Agent, Nanaimo, Phone 35.

UNION STEAMSHIP COMPANY OF B. C. LTD.

NANAIMO—UNION BAY—COMOX ROUTE

T. S. S. Cowichan will sail as under:

Nanaimo to Lasqueti Island, Denman Island, Union Bay
(for Cumberland), Comox and Royston (for Courtenay).
Saturday, Midnight

Nanaimo to Vancouver, Sunday, 6 p.m.

For further information apply Johnston Wharf,

Phone 1-6. (Subject to change without further notice.)

McAdie

The Undertaker

Phone 180 Albert St

Notice is hereby given that no one
will be allowed on the Caledonia
grounds without a written permit
from the owners. Any one found on
the grounds will be prosecuted for
trespassing.

BY ORDER OF THE OWNERS, T.

This is to certify that I have used
MINARD'S LINIMENT in my fam-
ily for years, and consider it the
best liniment on the market. I have
found it excellent for horse flesh.
(Signed) W. S. PINFO.

"Woodlands," Middleton, N.S.

EXEMPTS PROFITS UNDER \$1,000

Melbourne, Sept. 1, via Reuters
Ottawa agency) The Commonwealth
government has agreed to exempt
profits under \$1,000 from the war
profits tax. The house of repre-
sentatives has rejected the proposal
to exempt the profits of wool buy-
ers.

PIANOFORTE

J. Leslie Reynolds

Musical Director of Dominion
Theatre.
Pupils Thoroughly Taught
TERMS—ERATE—
725 Comox Road
Box 449. Phone 602t

LOYAL ORDER OF MOOSE

Nanaimo Lodge No. 1053 meets on
the first and third Tuesday of every
month, at 7:30 o'clock, in the Odd-
fellows' Hall.
Lodge Physician T. J. McPhee.
EUGENE HEINEL, Sec.

THE UNION HOTEL

Is the hotel to stay at in
— CUMBERLAND —
Comfortable Rooms, First Class
Dining Room & Excellent Service.

JENKIN'S

Undertaking Parlors

3 and 5 Bastion Street

Telephone — 1-2-4

The CHEVROLET

Series Four-Ninety A

Yacht Line Body Demountable Rims One Man Top

NEW FEATURES

One-Man Top.
Sloping Windshield.
Yacht Line Body, Extremely grace-
ful.

Five Demountable Rims.
Body Painted in Chevrolet Green.
Nicely Striped.

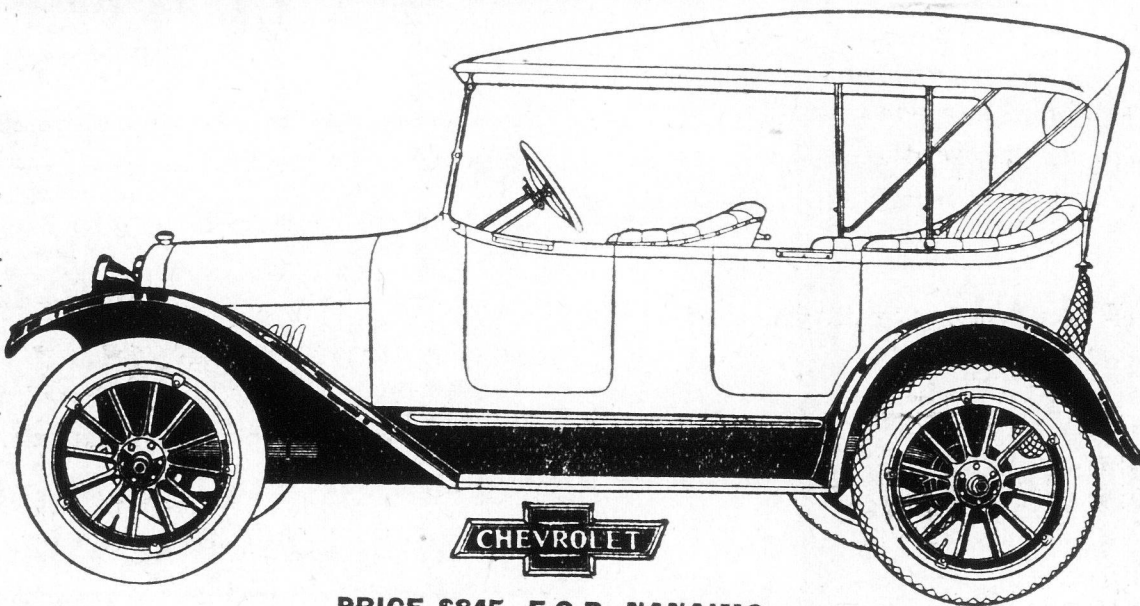
Tire and Demountable Rim Car-
rier, designed with tail lamp and il-
lense bracket attachment.

New Design Front and Rear Fen-
der Skirts. Robe rail & Foot rail.

Tonneau Floor laid with Pile Car-
pet. Pockets in all doors.

Hand Pads to protect finish on
doors.

Radiator Splash Guard gives front
of car a conventional appearance.



PRICE \$845, F.O.B. NANAIMO.

TOM WEEKS, Local Agent