



One Loaf of Bread More Nourishing Than a Pound of Steak

WHAT do you think of that? Suppose you start comparing values. A loaf of bread weighing more than one pound costs you 10 cents — while a pound of steak costs you 35¢. Get the habit of our grandfathers—eat more bread and less meat. Yes, and live better and more economically.

YOU'D never think so much goodness could be put into a loaf of Shelly's 4-X Bread. But then, we don't make one loaf at a time. We make them by the thousands, and can afford to put the best that money can buy into each loaf of 4-X Bread that leaves our bakeries.

Waiting For You at the Corner Grocery

Shelly Bros. Limited

SHELLY'S 4X BREAD

REMARKABLE FEAT IN NAVAL SALVAGE

One of the finest feats of naval engineering ever accomplished, is that of raising the Italian battleship *Leonardo da Vinci*, which was blown up in the harbor of Taranto on Aug. 2, 1916. She turned turtle before she sank in forty feet of water and lay on the mud, resting upon her five turrets and superstructure, her keel showing above the surface, a serious obstruction in the harbor. Divers went down and dismantled the turrets, removed the cannon and patched the large rips torn in the hull by the explosion. Power pumps emptied the interior of the ship and compressors filled it with air. Workmen then went inside and continued the lightening. After 12 months of these labors the weight was reduced from 24,000 tons to 18,000. Eight 400-ton cylinders of air were sent down and attached to the hull; these brought it to the surface still bottom up. The strange looking vessel was towed into a drydock, where it now rests while shipbuilders are effecting all necessary repairs. These finished, it will be re-launched, upside down, into the water, deep enough to permit it to turn over.

The work was begun by Gen. Ferrati and on his death, continued by Gen. Faruffini, two of the best engineers in Europe.

There will be a meeting of the Nanaimo Auto Association in the Board of Trade rooms at 8 p.m. on Tuesday Jan. 6th, and all members are urged to attend. Business—The question of the proposed additional tax on motor cars or gasoline. To discuss the method of road repairs to be adopted at conference with the Government. We ask for your support by attending.

NOTICE

All members of G. W. V. A. are requested to attend a meeting in the Rooms on Monday evening at 7.30. Important business.
A. MURDOCH, Pres.

Health Talks.

By WILLIAM BRADY, M. B.
Noted Physician and Author

Where the Hospital-Trained Nurse Shines.

Seventy-two years ago an Austrian doctor named Semmelweis observed that women attended in a maternity hospital by physicians and medical students suffered a higher mortality from childbed fever (septic poisoning) than did women attended by uneducated midwives. He finally proved that this startling anomaly was due to the fact that physicians and students conveyed infection from the medical wards and dissecting rooms to the lying-in chamber on THEIR HANDS. Remember, this was nearly three quarters of a century ago, before the days of bacteriology. Semmelweis was set upon as a freak and a fanatic by his indignant colleagues who considered the disinfection of their hands pure nonsense. He finally went insane.

Oliver Wendell Holmes, physician, philosopher, and worst of all, POET, took up the idea and forced it upon the attention of the medical profession in America. The profession, true to form, ridiculed Holmes and the theory that childbed fever was contagious. But Holmes was a philosopher and did not go insane. Poets seldom do—they're born that way.

Today everybody that passes as reasonably intelligent knows that the safety of the mother, depends on perfect cleanliness PLUS trained aseptic intelligence on the part of physician and nurse.

What is aseptic intelligence? What is the aseptic conscience? It is a certain mastery of technique, and nowhere can the technique be mastered except in the hospital or the clinic or the bacteriological laboratory. The hospital-trained nurse understands and applies this aseptic technique; the practical nurse, no matter how cleanly in her personal conduct, does not and cannot apply surgical or obstetric asepsis. It is a simple thing, so very simple that it is hard to grasp. But it is a vital thing. Germs are the great exception to the rule that what you don't see or know need not worry you.

I am caught up on a case with a practical nurse. I call for some instruments. "Put these instruments in a basin, cover them with water, let the water boil five minutes, then bring me basin and all." "The nurse thereupon follows my order up to a certain point. When she is through cooking the instruments she picks them out neatly, wraps them in cloth and hands them to me. Are they sterile instruments? Of course

not, for the nurse touched them after they had been boiled. That is just one of the scores of seemingly trifling instances in which the untrained nurse betrays her lack of the most vital knowledge.

And the more practical the nurse, the more "experienced," the more babies she has struggled with in the course of her long career, the more risks she unconsciously subjects the young mother to.

Now a reasonably intelligent woman could learn asepsis in a month if our hospitals cared to provide for the bulk of the people who need intelligent nurses but cannot afford to employ regular graduate nurses.

QUESTIONS AND ANSWERS

No Children

I am forty-five, married five years, no children. Am I too old, in justice to child and myself? (A.B.C.)

ANSWER—No, sir, age need not be considered. You failed to attach a title to your signature, so I do not know whether you are a man or a woman, but I assume you are a man, because in a trifle more than fifty per cent of all cases of childlessness the husband is the sterile partner. If your regular physician is not equipped to investigate such problems he will refer you to one who can advise you and perhaps determine corrective measures.

Oily Skin

Can you suggest some remedy for oily skin and shiny nose? (N.C.)

ANSWER—Mop the skin night and morning with a solution of twenty grains of resorcin in an ounce of alcohol or toilet water. For the shiny red nose apply instead this lotion each night.

Sulphurated potassium, zinc sulphate—of each, one dram. Rose water—four ounces.

Polyp

What is polyp? Can it be outgrown? How should it be treated? (M.L.)

ANSWER—Polyp (polyps) is a soft grape-like growth attached by a stem, usually on a mucous membrane, the result of chronic inflammation. In the nose polyp often signifies chronic sinus infection. No disease can be outgrown. Polyp calls for surgical treatment, as a rule. Polyps are commonly found in various situations.

DOMINION THEATRE

As you doubtless are aware, Enid Bennett is one of the most charming screen stars in the country and any photoplay in which she appears, is bound to attract attention.

It affords us pleasure therefore to announce her forthcoming appearance at our theatre starting tomorrow for three days, in her latest Paramount feature, "Stepping Out." When Miss Bennett steps out and does things as she does in this picture, you are bound to be interested. Every wife who has slaved for her husband to the end that he may dress well and who has repaid her sacrifices with unkind words, will be interested in this picture. So will every woman whose home life is ideal, for it offers her a most congenial study in life contrasts.

When we assure you that "Stepping Out" is one of the best photoplays in which dainty Enid Bennett has appeared this season, we are telling you the truth. Her characterization of a suffering wife who finally declares her independence and proves her worth to a husband who was blind to her value as helpmeet and woman, is a delight.

It is perhaps unnecessary to remind you that you will be wise to come early.

We know you will want to laugh so will also offer you a Sunshine Comedy and you know what that means while the feature contains a big allowance of comedy also. And for good measure we will throw in a Town Topics and Mutt & Jeff.

LANDSLIDE WIPES OUT

JUNEAU DWELLING HOUSES

Juneau, Alaska, Jan. 3.—Crews from Juneau mines today were clearing away debris left in the wake of a landslide which yesterday crashed down from Mount Roberts here and struck several buildings, including two stores and a miner's boarding house. Andrew Wallin, miner, who lived at the boarding house, was killed. Two of his fellow boarders were reported missing and several others including Peter Kosky and his wife, who owned the house, were injured.

If you can't attend the Sprout-Shaw day classes, come to the night school. Phone 715 for information.

TREATY MAY YET BE

RATIFIED ON TUESDAY

Paris, Jan. 3.—Exchange of ratifications of the peace treaty with Germany on January 6, is still possible in the opinion of the Matin, which says the Germans will have time before that date to forward explanations demanded by the peace conference.

The "informal" call for the first meeting of the League of Nations council will be issued by Premier Clemenceau, the supreme council decided today.

LABOR CANDIDATE WINS

IN SPEN VALLEY ELECTION

London, Jan. 3.—Sir John Simon former secretary for home affairs, Liberal candidate for the House of Commons in the Spen Valley by-election, was defeated by Tom Meyers, the Labor candidate.

The returns of the election, which was held December 20, show the following results:

Meyers, 11,962; Sir John Simon 10,244; Col. Bryan Fairfax, Coalition Liberal, 8,134.

Why Pyramid?

Ask Any Druggist How Repeated Sales Have Made Pyramid the Recognized Treatment.

SEND FOR FREE TRIAL. Mailed free in plain wrapper. It gives you relief. Get a 60-cent box.



You Have No Idea How Wonderful Pyramid is Until You Try It. of Pyramid Pile Treatment of any druggist. Be relieved of itching, protruding piles, hemorrhoids and such rectal troubles. A single box has often been sufficient in one night. Send coupon for free trial. Take no substitute.

FREE SAMPLE COUPON
PYRAMID DRUG COMPANY,
385 Pyramid Bldg., Marshall, Mich.
Kindly send me a Free sample of Pyramid Pile Treatment, in plain wrapper.
Name.....
Street.....
City.....State.....

CONSIGNEES SATURDAY

J. Kasho, Malkin & Pearson, E. E. Black, Dr. Dier, P. Maffeo, Jepson Bros., C. A. Bate, Kong Wo Yuen, Free Press, Malpass & Wilson, J. S. Knarston, Plummer & Plummer, R. A. Thorpe, Whitty Bros., J. H. Malpass, A. C. Wilson, Foundation Co., A. J. Thompson, A. Gusola, C. Piper, Nanaimo M. & P. Co., Superior Lbr. Co., C. W. Hughes, Nanoose-Wellington Coal Co., Straits Lbr. Co., F. W. Woolworth, S. Tanaka, F. Botley, C. F. Bryant, P. Burns.

BELLE ISLE INHABITANTS

HAVE BEEN RESCUED

Quebec, Jan. 3.—The Newfoundland land steamer Seal has rescued the marooned lighthouse keepers, their families and the wireless operators at Belle Isle, according to a telegram received here last night from a Low-er Gulf Village which reported the receipt of the following message: "All hands successfully taken off Belle Isle and now safe on board the steamer Seal, bound for Newfoundland."

Nanaimo Foundry & Machine Shop

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 72

Comox Road

PROTECT HOME INDUSTRIES.

Cascade Beer

"THE BEER WITHOUT A PEER."

A refreshing light beer with all the pure, wholesome nourishment that brewing science can put into beer and with such a tempting aroma and delicious flavor.

Cascade Beer

is unsurpassed by any beer made anywhere on the American Continent.

Alexandra Stout

If you appreciate a glass of the Best Stout brewed try a bottle.

Silver Top Soda Water

All flavors—only one quality—THE BEST.

UNION BREWING CO., LTD.

NANAIMO, B. C.

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DAILY TRAINS

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EDMONTON — SASKATOON

and Eastern Destinations.

Through Tickets to Winnipeg, Toronto, Ottawa, Montreal, Halifax and intermediate points.

NINE MONTHS TOURS — Modern Equipment — Stopovers LEAVE VANCOUVER, 9.00 a. m.

For Further Information Apply New Canadian National Station
A. E. PLANTA, Agent



Gaiety, Charm and Refinement radiate through the atmosphere of this Restaurant. Here the diner finds neither the chill of formality nor vulgar boisterousness. Here you eat and chat in a quiet, home-like place where the food, the cooking, and the service are unquestioned.

NANAIMO CAFE

E. TEMBEY, Prop

IT IS A NATIONAL DUTY THAT ALL SHOULD

SAVE!

Decide how much you can afford to put by every day. Having determined the amount you can save, resolve that that amount shall be taken first from your pay and deposited.

OPEN AN ACCOUNT NEXT PAY DAY IN

THE ROYAL BANK OF CANADA

Judging the Mileage by the leather in the heel.

NO matter how stylish a boot may appear, the final test in these days of high prices and substitutes is: "How long will it wear?" The life of the heel, for instance, depends upon whether it is solid leather "in the true sense of the word," or not.

To the right of this advertisement, we illustrate the layers of selected leather that are built into the solid, sturdy heel of the LECKIE DRESS BOOT. Likewise, the composition heel of the boot sold on appearances only, and therefore unable to withstand equal wear.

Thus, the LECKIE DRESS BOOT, built throughout on the same principle, gives "more miles per dollar" and offers the greatest combination of endurance, together with comfort, style and economy. Why not choose a boot by its reputation for wear? Ask to see the LECKIE DRESS BOOT.

J. LECKIE CO. Limited. Vancouver, B. C.

The Leckie BOOT

The Solid Leather HEEL

The One Layer Composition HEEL