

A WORTH WHILE HOLIDAY



(1) View Near Lake Louise.
 (2) An Interesting Bit of Rock-Work.
 (3) Panoramic View of Lake Louise and a Chateau.
 (4) Lake Ossa and Mt. Hungabee.

“All aboard!” and we disengaged our hands to swing on to the moving steps and waved hats and handkerchiefs to our friends as our west-bound train slowly pulled out of the station at Calgary that wide-awake, progressive, western city which pulsates with the life of representatives from almost all nations of the globe.

We were a happy party of holiday-makers with two fine Canadian women months ahead of us which we had decided to spend at the most interesting points along that great line of the Canadian Pacific Railway which lies between Calgary and Victoria.

As the train sped along following the river valley of the Bow we could see the undulating prairie well occupied with prosperous ranchers until the town of Cochrane was reached, which is the beginning of the real foothills and pressed on to the most interesting gateway of the Rockies, Banff.

Even since the Canadian Pacific Railway rails were laid in the early eighties, Banff has been the rendezvous for people from almost every corner of the civilized globe. Here a tourist may meet an Australian politician, an English lord, an American magnate or a Prussian Prince. The National Park, of which Banff is the hub, is the largest in the world and of part of the Canadian Rockies ex-

hibits a greater variety of wonderful and sublime scenery and, because of the many good roads and bridle paths, nowhere are features of special interest so accessible. The magnificent Banff Springs Hotel belonging to the Canadian Pacific Railway Company is situated about a mile south of the Station on an eminence between the Spray river and the beautiful Bow river falls. This hotel has every luxury and convenience and is most favorably placed for health, picturesque views and as a centre for the many sports indulged in—canoeing, boating, mountaineering, driving, riding and golfing. Some of the most conspicuous of our party started from the town one night at midnight, and by the time they had reached the top of the mountain, they were a “night of it”.

From here they saw the sun leap out from behind the mountain, the dark peaks to the west and east, and the snow-capped peaks of the Rockies. The valley below was a “night of it”.

For the lover of nature in her primeval fastnesses and for the mountaineer, the Canadian Rockies, Selkirk and Cascade ranges are realms of untold delight in which may take place most wonderful and unique experiences. To climb the last ledge and come out upon the very peak of things ten thousand feet in the air;

to see a wilderness of snow-capped peaks around you; myriads of lakes ranging in color from the deepest blue to palest green beneath you; to scramble down rocky gorges; to glide down glaciers; to be cheered into camp as the first party returning; and, last, to be welcomed as an active member of the Canadian Alpine Club is surely an experience worth having!

Upon reaching the Lake Louise Chateau, a distance of two and a half miles from the C.P.R. station, one almost thinks that some good fairy has transported him to fairyland. Through the windows can be seen as in a framed picture, an immense crescent-shaped river of ice called Victoria Glacier, in front of which is the shining blue water of Lake Louise and, immediately in the foreground, the beautiful grounds of the Chateau.

From here there is a bridle path to Mirror Lake and a still further ascent to Lake Louise. From these lakes one gets the electric thrill in the mountains. Between Lake Louise and Field, one sees a wonderful bit of mountain engineering. The track follows the flare eight in a tunnel and reduces the grade from 4.5 to 2.2, with an approximate cost of work of \$1,500,000.

There were innumerable interesting spots as we went along, but we could not tarry at all of them. At Vale we had the privilege of seeing Ned Stroud, the only one living of the first twenty white men other than Hudson's Bay factors, who

crossed the mountains fifty-five years ago—the rest having been killed shortly afterwards by Indians.

For many miles after passing the great divide, the Canadian Pacific Railway follows the river valley of the Columbia, which at first remains one of the small, rollicking boys happy with his hoop, as he dashes down the village street; then of the stalwart man whose strength conquers all difficulties, and as the river widens and flows along in all its majesty, of the stately old man, satisfied that he has worked out life's problems well. This river and its immediate environment abound in scenic splendor. The snow-crowned and majestic of the Rockies and Cascade ranges with their rivulets and glaciers, lakes as clear as crystal and swift-flowing mountain streams abounding in gamey trout and other fish, the dense forests and fastnesses wherein roam the larger game, all fascinate and invite the sportsman and mountain lover and are within easy reach of a metropolitan city. Along its banks can be seen magnificent waterfalls, cliffs, which tower from dizzy heights and are clad with verdure from base to summit; deep and shady canyons and gorges. Here it is smooth and unruffled with no perceptible motion. A little further along and it is still waging conflict to the barriers to the uninterrupted flow. It rushes to the partly submerged rocks to be dashed away in foam. It is ceaseless in its attack, unrelenting in its endeavors and irresistible to the last.

Seventy miles east from Vancouver, on the main line of the Canadian Pacific Railway, and picturesquely situated at the foot of the beautiful Harrison Lake, a delightful drive of four or five miles from the station of Agassiz, are the famous Harrison Hot Springs. Since the “early days” of British Columbia, this resort has been the mecca for both health and pleasure seekers—the efficacy of the waters proving a boon to many who are troubled with rheumatism. There are many beautiful walks overhung with great cedar and fir trees and bordered with ferns and flowers; mountains whose rugged paths invite the amateur mountain climber, good fishing and hunting in season, and boating unsurpassed anywhere. E. S.

SAVE THE CHILDREN

Mothers who keep a box of Baby's Own Tablets in the house may feel that the lives of their little ones are reasonably safe during the hot weather. Stomach troubles, cholera infantum and diarrhoea carry off thousands of little ones every summer, in most cases because the mother does not have a safe medicine at hand to give promptly. Baby's Own Tablets cure these troubles, or if given occasionally to the well child will prevent their coming on. The Tablets are guaranteed by a government analyst to be absolutely harmless even to the newborn babe. They are especially good in summer because they regulate the bowels and keep the stomach sweet and pure. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams Medicine Co., Brockville, Ont.

Has Arrived in France

A letter from Lieut. D. J. Murphy, formerly traffic manager of the Dominion Atlantic railway, announces his arrival “somewhere in France.”

The French Successes

Paris, September 5—The capture of Soyecourt and Chilly by the French yesterday makes a total of 29 villages taken since the start of the offensive on the Somme front. The positions wrested from the Germans yesterday were powerfully organized.

At Barleux, one of the strongest positions on this front repeated direct attacks were unsuccessful and the French finally resorted to a turning movement, attacking to the south-west. The Germans counter-attacked no less than six times yesterday in a desperate effort to regain lost ground.

Hats Off To Heroes

St. John Telegraph:—The boys who are coming back from the war these days, to recover from wounds or to take new commands are finding their home friends warm in admiration and appreciation of their spirit. Hats off to them! They are men indeed.

Military Census of Canada

A late military census shows 4,968 officers and 120,689 men training in Canada for overseas service. Since this census was compiled several units have left for England. Approximately there are 125,000 men ready to follow their comrades to the front. The details of the census show the troops to be distributed as follows:—

TRAINING CAMPS			
	Officers	Men	Total
Borden	1,245	30,453	31,698
Hughes	935	26,639	27,574
Vancouver	713	14,339	15,052
Sarcee	428	9,692	10,120
ALDERSHOT	186	5,779	5,965
Vernon	168	4,669	4,837
Barrie	146	3,596	3,742
Petawawa	126	3,566	3,692
London	125	3,225	3,350
Sydney	50	1,009	1,059
Niagara	65	1,532	1,597

MILITARY DISTRICTS			
	Officers	Men	Total
No. 2—Toronto	306	5,525	5,831
No. 6—Halifax	195	4,479	4,674
No. 3—Kingston	153	2,625	2,778
No. 10—Winnipeg	89	1,667	1,756
No. 4—Montreal	55	661	716
No. 11—Victoria	13	384	397
No. 1—London	29	203	232
No. 13—Calgary	2	25	27
No. 5—Quebec	0	0	0

IMPORTANT NOTICE

On account of many of our customers being careless in paying or renewing their note when due we desire to give notice that hereafter if any of our customers let their note go to dishonor we will not help them to renew same. We are always willing to help our customers with their note, provided they will look after it when due. But hereafter in no case will it be renewed if it is allowed to become dishonored, but will instruct the Bank to pass it over for collection.

C. O. COOK & SON.
 Waterville, June 25, 1916.

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Pure Bred Percheron

Stallion IMMERSIF

Will make following route fortnightly:

Tuesday Morning, June 13th., will leave owners stable, Canard, for Grand Pre, stopping overnight at Roy Woodman's; home next morning.

Thursday 15th., to Medford and Perea, returning home at night.

Tuesday, 20th., leave home for Berwick via Billtown stopping at Everett Woodman's at noon; at W. L. Jackson's, Berwick, over night.

Wednesday, 21st., From Berwick to Kentville by Post Road to John Tobin's at noon. Home at night.

This repeated every fortnight until August 6th.

S. R. JACKSON, owner.
 of CHESTER BENNETT, Groom.

NOTICE

For the rest of the season I am putting on cushion and hard rubber tires at rock bottom prices. Before buying elsewhere call and get my prices, they will surprise you.

Also Painting, repairing bike wagon wheels, also Iron and Wood Work and Trimmings of all kinds.

Shop in old Canning Factory opposite Hotel Aberdeen.

W. H. HARVEY,
 REPAIR SHOP, Kentville.

1916 Martin 1916

Clothing Cleaned and Pressed

Mens 3 piece Suit C & P.....75c
 Mens 2 piece Suit C & P.....50c
 Ladies Skirts Cleaned and Pressed.....25c
 Ladies Jackets Cleaned and pressed.....25

Repairing a Specialty
 No waiting
 All work promptly done

R. P. MARTIN
 Opposite J. D. Clark's Drug Store
 Open Evening
 Webster St., KENTVILLE N. S.

Lawn Mowers

Sharpened, Repaired
 Adjusted
 Satisfaction Guaranteed

Illsley & Harvey
 Co., Ltd.

Machine Dept.
 FOR SALE
 The house and lot now occupied by Leonard Houghton at Halls Harbor.
 Kentville, N. S., April 25, 1916.
 W. E. BOSCOE.