Start the Day Right

How often have you heard a woman say: "Oh, everything has gone wrong. Somehow I did not start the day right." The teacher hears her pupils offer this as an excuse. The forewoman in the factory, the floor walker in the store, both catch it amid tears over illy performed work. And many, many a husband listens to the same plaint when he comes home at night and finds the supper half prepared, the wife in tears; and all because she started the day wrong—just how, she cannot explain.

Perhaps one difficulty lies in the fact that the average girl or woman trusts too deeply to the invigorating effect of sleep. Healthy sleep relaxes and rests and recreates—but it does not directly invigorate the system. And it will do these three things only when properly taken, with pure air circulating freely through the room, with lightweight bedding, instead of heavy feather beds and cotton-clogged comforts, so called. The single bed is in itself a remedial agent, and above all things, no young person having slept in restful, sanitary fashion, you still awaken with draggy feelings, or as one woman expressed it most tersely, as if "everything were slipping out at her finger tips and toes," find out what is the matter. If you have a heavy headache and an unpleasant taste in your mouth, be sure that your stomach is in need of attention. Drink at once a cup of boiling water in which is a teaspoonful of phosphate of soda has been dissolved, or a simple laxative like cream of tartar and salts mixed, which any druggist will compound for you in proper proportions, say ten cents worth of Rochelle salts with half their weight in cream of tartar. Keep the bowels open for nothing can so upset you for the day as the heavy feelings incident to constipation. Perhaps the headache may come from catarrhal tendency, in which case, be sure that the rising hour is the time to treat this annoying trouble.

For fifty cents or even a quarter, you can purchase a nasal douche, which sends forth a gentle spray. A solution of simple salt water, neither too cold nor too hot, or water into which has been poured one of the patented antiseptic washes, which any druggist will recommend, should be sprayed up either nostril until the passageways are clear. Next comes the body bath, and this must be chosen according to the physique and temperament of the woman. I know one girl who nearly wrecked her health taking very hot baths night and morning. She would lie in water hot enough to emit steam not because she enjoyed it, but because she was supersensitive about her complexion and some one had told her that hot baths opened the pores of the skin and cured blackheads. Hot baths are exhausting, debilitating and reducing. The thin girl should always avoid them. The girl who is going out in the cold should shun them as fruitful sources of cold. They are the privileges of the women of leisure who can lie down for an hour after taking one. The ideal bath for almost all.

If you must share the bathroom with cold faucet left open in a small stream to gradually reduce the temperature of the water so that when she steps out, it is almost cold.

If you must sbhare the bathroom with other members of your family or are boarding and you cannot take a daily bath, do not fail to buy a bath mat, a big sponge and a rough towel for use in your own room, and be sure to bathe the feet twice a day. Hot, aching feet tell on the nerve force and cause headache, irritability and a score of nervous ills.

The girl with any skin disorder must avoid the really cold bath and content herself with warm or tepid baths. Sea salt, which can be bought in small bags or wooden boxes convenient for bathroom or dressing room use, should be added to the cold bath by the girl who has that tired feeling. It is most invigorating. A few drops of toilet ammonia or a pinch of borax will be comforting in the bath of the girl who has an oily skin. Oatmeal bags, to be tossed into the water when bathing, give the skin a most delightful velvety feeling. Make cheesecloth bags four inches square, and fill them not full, but just lightly, with the following mixture: Five pounds of oatmeal, 1 pound of powdered orris root, 1 pound of almond meal and a quarter of a pound of pure castile soap scraped to a powder.

If you wake with a stinging, nervous headache that bodes ill for your day's work in schoolroom, office, or home, after your regular bath, dip a soft cloth into a basin of very hot water. Rub the forehead and temples with a rotary motion after dipping the cloth in the hot mixture, and allow it to rest behind the ears and at the base of the brain.

If your body feels particularly feverish, sponge it off with tepid water, in which you have mixed a tablespoonful of pure alcohol. These baths, which have taken long in the telling, will take but a few minutes in the making and taking. They are most important.

A common mistake made by women who use their eyes a great deal at sewing or office work is rubbing them. This should be avoided. If your eyes ache in th emorning, treat them with exquisite care. Buy, first of all, an eye-cup for a quarter. Any druggist will have this in stock. Then give the tired eyes a bath every morning. Try this stimulant:

One and three-quarter pints of distilled water; 30 centigrammes of sulphate of zinc; 1 gramme and 55 centigrammes of orris root powder.

Have your druggist compound this, pour a small quantity into your eye-cup each morning, and open and shut the eye in the solution until you feel that every portion of the eye ball has been gently bathed and refreshed. For inflamed eyes, boric acid in the proportion of ten grains to an ounce of distilled water will also prove a comfort.

Start the day with good circulation. A few simple dumb-bell exercises will accomplish this. Choose lightweight dumb-bells, say one pound each, to begin with. Stand erect, heels together, toes out at an angle of forty-five degrees, abdomen in, chest high and chin in. Place the right hand holding one dumb-bell on the top of the right shoulder, and the left hand holding the other dumb-bell under the left shoulder. Thrust the right arm up four times, counting slowly; then rest four counts with the right hand and thrust the left hand down four times. Then, through eight counts, thrust the right hand up and the left down simultaneously. Reverse the position, with the left hand above the left shoulder and the right hand below the right shoulder and repeat the exercise. To induce circulation in the legs, lay aside the dumb-bells and take the first position described above, with the hands on the hips, elbows poitedn mesiuesta dhi. hai ew bows pointed out at the side. Now throw the weight on the left foot, and, with the right describe a circle at the side, the toe pointing down. Reverse, throwing weight on right foot, and describing with left foot.

If constant sitting at work table or desk is giving you a mummy" figure, try this:

Lie face downward on the floor, with the feet and knees together, the hands side by side in front, the chin and palms down. Take a long breath while counting seven, inhaling through the nose and holding the breath while lifting the full weight of the body once on the palms of the hands and the toes. Now let the body drop lightly to the floor and exhale through the mouth while counting six. Rest in this position a moment before taking the second lift, and this time try to lift the body twice while counting seven. This will occasion some stiffness at first, but will soon "trim" the figure.

Allowing five minutes for your bath and five for exercise, you have taken little time, indeed, to start the day right and ward off many of the small ills which feminine flesh is heir to.

Gospel of Recreation

British Medical Journal.

The ancient adage that "all work and no play makes Jack a dull boy" has been universally accepted as the pithy expression of a truism concerning which there can be no serious diversity of opinion. But, like many other generalizations, this maxim is open to a varied interpretation according to the precise meaning which is attached to the premises from which it is deducted. In its literal reading it lays itself open to the reproach of being a reduction ad absurdum. All work is impossible and no play equally so; dullness, therefore, cannot be the consequence of conditions which never arise. Work and play are correlatives of human existence, and the one is as necessary to health and happiness as the other. The problem which has ever baffled philosophers and philanthropists is the relation which ought to exist between them. Work at the present day is a very different conception from work as it was understood a century ago. Then, the rest and recreation which must be the counterpoise of every form of physical or mental effort took their proper part in the daily life as a matter both of course and of custom. But now the activities of the world have become so intensified, the struggle for supremacy or ascendency both between men and nations is so keen, and the scramble for wealth and all the benefits it is supposed to confer is so absorbing, that work of one kind of another has come to enter disproportionately into the routine of social and commercial progress. Moreover, the quality of the work which twentieth-century necessities demand is entirely different from what it was in the days of our ancestors. The feverish haste which characterizes our age insists that work shall be done not only well but quickly, and this implies a concentration of energy and a persistence of effort which necessarily result in an amount of wear and tear greater than the machinery of the human frame has ever previously been exposed to.

A change has in consequence arisen in the condition and circumstances under which the rest which is needed for recuperative purposes must be obtained. A new gospel of recreation has been preached from many texts, and its latest exponent is Sir James Crichton-Browne, the president of the Sanitary Inspectors' Association. He asserts that "a nip of Blackpool, or, better still, a long pull of it, alleviated brain-fag and the ailments that resulted from over-work without any ulterior consequences of an undesirable kind." The choice of Blackpool as the particular climatic tipple recommended to the worn and weary was no doubt meant as a delicate compliment to the town in which Sir James chanced to deliver his presidential address to the association over which he reigns. The essential ingredients of his prescription are rest, fresh air, quietude, and change of environment. Theoretically we agree that, if not continued over too long a space of time, such conditions best fulfil what is most essential to the large majority of overwrought humanity for restoring to their proper balance tired muscles and fagged nerves. As sleep is nature's restorative against each day's expenditure of energy, so a temporary spell of idleness, passed amidst irreproachable hygienic surroundings, must be the ideal remedy for supplementing what ordinary sleep is unable, unaided, to overtake.

We have not much sympathy with the theorists who propound the expenditure of some fresh form of energy as a vicarious method of restoring other energies that are spent. It is inconceivable that waste produced by one form of work can be eliminated by the addition of waste which must result from further exertion, even if that exertion be put forth by a portion of the body which, it is assumed, is still fresh. Surely when fatigue overtakes a man, from whatever source it emanates, the interdependence of his organs and tissues makes it unlikely that only his overwrought muscles, or his tired-out nerves, as the case may be, bear the burden. The whole organism must suffer for the sins of its component parts, and any gospel of recreation, to be effective, must proclaim a doctrine of righteousness which shall purge not only one organ or tissue only, but the whole body from its physiological sins. After the primary and essential rest has performed its cleansing offices the tastes and inclinations of every individual must be a law unto himself by which the regulation of his remaining time of leisure should be guided. To most men the essence of a holiday is freedom from restraint, and the unfettered opportunity of following in one's own way the bent of one's own inclination. Museums, pictures galleries, cathedrals, and ancient abbeys have their attractions for some; the seclusion of the country and all the varied charms of nature best harmonize with the taste of others; to a few repose and variety are found in the contemplation of bustling crowds of people and busy haunts of men; and to many, sports or games afford the most agreeable preventative of ennui. To legislate on one plan for all is futile; to inculcate the paramount necessity of a proper equivalent of restful inactivity for the whole body is, we believe, the essential kernel of every scheme of successful regreation. The evidences are sufficiently clear that the present strain of life is telling adversely upon the physique of the nation, and the declining birth-rate, which Sir James Crichton-Browne so deeply deplores in the earlier part of his address, is one of the most threatening signs of national decadence. If the penalty of our higher civilization is increasing nervous instability, diminished fertility is not a surprising sequel.

Recreation is more than ever a necessity to those who carry on the work of the world; but in whatever form that recreation is sought its essential element should be rest, and for a limited period the more that rest partakes of idleness the better.

LEAVES WINNIPEG.

Winnipeg, Man., Oct. 20.—His Excellency Earl Grey left the city last evening for the east. His Excellency was accompanied by Lord Howick and his private secretary Mr. Sladen. Yesterday His Excellency visited the Provincial Agricultural college and was shown through the building and over the farm by Sir Daniel McMillan and Hon. Robert Rogers. The Earl showed a keen interest in the various departments and asked many questions concerning dairying and its future in this country. An automobile conveyed the party to and from St. Charles.

BANK OF ENGLAND JARS THE FINANCIAL WORLD

Announces a Raise to Six Per Cent in its Rate of Discount

PROTECTS ITS GOLD RESERVE

Director Sends a Reassuring Message to International Bank in New York.

NEW YORK, Oct. 19.—The Bank of England sent a sensation pulsating through the financial market of the whole world by its unexpected action today in advancing its official minimum discount rate from 5 to 6 per cent.

An international banking house this afternoon received the following telegram from a director of the Bank of England: "No financial or political trouble but it is necessary to protect our reserves in view of the heavy fresh demands and fear of further American withdrawals."

London, Oct. 19.—The Bank of England raised its rate of discount to 6 per cent. this morning. Changes in the discount rate of the bank on any day except Thursday have been few and far between, and not since Friday, November 7th, 1890, just before the Baring failure, has the rate been put up to 6 per cent. The relapse in American exchange, indicating a renewal of the demands for gold and the probability of large withdrawals of the metal for Egypt, were the main contributive causes of the action taken by the Bank of England. The sum of $5,000,000 in gold leaving the bank today is believed to be destined for Egypt, while financial circles anticipate very large purchases in behalf of the United States, irrespective of whether the rate of exchange does or does not render the transaction profitable. Reports are also current that the Imperial Bank of Germany is conducting a large bullion movement for Russian account, while Argentine is in the market as a purchaser of gold. The multiplicity of the demands for the metal, it is pointed out, emphasized the necessity of protecting the already depleted reserves of the Bank of England.

As the directors of the bank separated yesterday without changing the rate of discount it is assumed that they have since received information of unexpected impending gold withdrawals from the bank's reserve which has steadily declined during the last two months, and is now in such a position that the directors considered it necessary to stop further depletion to any considerable extent. The reserve lost about $45,000,000 during the past six weeks. The Board of Trade returns show that gold shipments to the United States were nearly $60,000,000 for the first nine months of the present year. It is this steady outflow which the increased bank rate seeks to check.

ENGLAND'S FIRST PROTESTANT MINISTER.

In passing along the Strand, which great thoroughfare seems daily to grow in magnificence in connection with the completion of Kingsway, Somerset House reminds us of the builder of the palace which formerly stood on the site, and named after its builder, Edward Seymour, Duke of Somerset. He was brother of Jane Seymour, mother of Edward VI., a fair young woman whom the King may have first seen during a visit to her father's seat of Wulf Hall in Wiltshire. Those were not only stirring but dangerous times. One wife of the King, Anne Boleyn, had suffered death because the English Bluebeard wished for a change; and not long afterwards, a fourth wife, Catherine Howard, suffered a like fate after an illegal trial. Edward Seymour was one of those who rose in favor with the old King; he became a favorite at court, and was present when Henry died. One estate given him for services rendered was Chester-place, without Temple Bar, which became the site of Somerset House.

Our First Protestant Ruler.

When the child-king, Edward VI., succeeded to the crown, the country seemed to be in some measure divided against itself. There were those who desired that the Pope should retain his hold on the country; Edward Seymour was the leader of those who advanced the Protestant reformation. As protector of th realm under the young Protestant King, he was England's first Protestant ruler. As such he had no compromise to make with Rome. The infamous "Six Articles" Act, under which so many suffered death, was repealed; the faith of the Primitive church was restored; the cause of the common people was advanced in every possible way; and it was hoped to bring about the friendly union of England and Scotland by the marriage of Edward to Mary Queen of Scots. As the friend of John Calvin, Seymour looked with favor on the continental Protestant leaders.

The story of Edward Seymour's life, as well as of the palace he built in the Strand, is well told by Messrs. Needham and Webster, in a finely-illustrated volume just issued—Somerset House, Past and Present (T. Fisher Unwin). The testimony of his enemies in regard to Seymour's character has been too generally accepted. He is said to have been rapacious, and to have dBestroyed sacred buildings; but "reared in the school of Protestantism," it is said, "he was taught by the very force of habit to abolish the emblems of ritualism and Rome."

As Duke of Somerset, Edward Seymour, was greatly beloved by the people of London; but, notwithstanding this and that he was also uncle to the King, Dudley, afterwards Duke of Northumberland, was able to get up a charge against the protector, and he was beheaded on Tower Hill on a winter morning early in 1552. Foxe, the martyrologist, gives a vivid account of the scene, and shows that a thrill of horror and terror ran through the vasf multitude assembled, who behaved as if some supernatural agency was at work. The Romish party were thus instrumental in judicially murdering the chief Protestant of his day next the King; and for the time it may have seemed as though the light of the Reformation was being put ont. It was not, however. At the accession of Queen Elizabeth, November 17, 1558, bonfires blazed in London streets, church bells rang joyfully throughout the city. The Reformation had come back, and had come to stay.—G. H. P.

NOTICE

30 days after date I intend to apply to the Honorable Chief Commissioner of Lands and Works for permission to cut and carry away timber from the following described lands:

No. 1. Commencing at a stake marked C. F. Moore's southeast corner, on trail running north from the northeast corner of Lot 9, Renfrew District, and about one mile north from said corner on north boundary, thence 80 chains north, thence 80 chains west, thence 40 chains north, thence 120 chains east, thence 80 chains south to point of beginning.

No. 2. Commencing at southeast corner of claim No 1, thence 80 chains east, thence 80 chains north, thence 80 chains west, thence 80 chains south to point of beginning.

No. 3. Commencing at a post about 20 chains due north of the southeast corner of No. 2, thence 80 chains south, thence 80 chains east, thence 80 chains north, thence 80 chains west to point of beginning.

No. 4. Commencing at a post near the northwest corner of No. 3, thence 80 chains east, thence 80 chains north, thence 80 chains west, thence 80 chains south to point of beginning.

No. 5. Commencing at a stake 20 chains north of the southeast corner of No. 3, thence south 80 chains, thence east 80 chains, thence north 80 chains, thence west 80 chains to point of beginning.

No. 6. Commencing at northwest corner of No. 5, thence east 80 chains, thence north 80 chains, thence west 80 chains, thence south 80 chains to point of beginning.

No. 7. Commencing at northwest corner of No. 6, thence east 80 chains, thence north 80 chains, thence west 80 chains, thence south 80 chains to point of beginning.

No. 8. Commencing at southeast corner of No. 6, thence east 80 chains, thence north 80 chains, thence west 80 chains, thence south 80 chains to point of beginning.

No. 9. Commencing at the southwest corner of No. 8, thence east 80 chains, thence south 40 chains, thence west 40 chains, thence south 80 chains, thence west 40 chains, thence north 120 chains to point of commencement.

No. 10. Commencing at a stake at northeast corner of No. 1, thence north 60 chains, thence west 80 chains, thence south 80 chains, thence east 80 chains to point of beginning.

No. 11. Commencing at S. W. corner of No. 10; thence north 80 chains; thence west 80 chains; thence south 80 chains; thence east 80 chains to point of beginning.

No. 12. Commencing 40 chains south of S. W. corner of No. 11; thence west 80 chains; thence north 80 chaine; thence east 80 chains; thence south 80 chains to point of beginning

No. 13. Commencing 40 chains north of S. W. corner of No. 121; thence west 80 chains; thence south 80 chains; thence east 80 chains; thence north 80 chains to point of beginning.

No. 14. Commencing at S. W. corner of No. 13; thence 160 chains north; thence 40 chains west; thence 160 chains south; thence 40 chains east to point of beginning.

No. 15. Commencing 40 chains north of S. W. corner of No. 14; thence west 40 chains; thence north 40 chains; thence west 80 chains; thence north 40 chains; thence east 120 chains; thence south 80 chains to point of beginning.

No. 16. Commencing at N. W. corner of No. 15; thence north 40 chains; thence west 160 chains; thence south 40 chains; thence east 160 chains to point of beginning.

C. F. MOORE.

NOTICE IS HEREBY GIVEN that, 60 days after date, we intend to apply to the Hon. Chief Commissioner of Lands and Works for permission to lease for 20 years, as a fishing station, the following described lands, situated on Dean Channel, Coast District No. 3, South side, about one and one-half miles east of Indian Reserve: Commencing at a post marked K. P. C.'s N. W. Corner, thence south 20 chains, thence east 80 chains, thence north 20 chains, thence west 80 chains to point of commencement, containing 160 acres, more or less.

KILDALA PACKING CO., LTD.
D. Groves, Director.
August 17, 1906 au17

NOTICE IS HEREBY GIVEN that, 30 days after date, I intend to make application to the Honorable the Chief Commissioner of Lands and Works for a special license to cut and carry away timber from the following described lands, situated in Bear River District, Portland Canal:

Commencing at a post 40 chains West of bridge and on South bank of Bitter Creek, thence East 40 chains, thence South 80 chains, thence West 40 chains, thence North 80 chains to commencement point.

October 1, 1906.
C. BEBEAU.
C. H. Dickie, Agent.

Saanich Municipality

NOTICE is hereby given that I intend to apply to the Board of Licensing Commissioners of Saanich Municipality at its next session for a transfer to Mr. John Southwell of the license now held by me to sell spirituous or fermented liquors by retail on the premises situated on part of Section Five (5), Range Two (2), East South Saanich District, and known as The Prairie Hotel.

Dated the 12th September, 1906.
s22 ANNIE CAMP.

NOTICE

NOTICE is hereby given that 30 days after date, we intend to apply to the Hon. the Chief Commissioner of Lands and Works for a special license to cut and carry away timber from the following described lands, in the Renfrew district of Vancouver Island:

1. Commencing from a stake planted at the N. W. corner of Section 79; thence N. to the N. E. corner of Section 78; thence W. 20 chains along North Boundary of Section 78; thence N. 40 chains; thence E. 116 chains; thence South 20 chains more or less to the N. W. corner of Section 84; thence continuing South 24 chains more or less to the North Boundary of Section 91; thence West along North Boundary of Section 91 to the N. W. corner of Section 91; thence South to the North Boundary of Section 79; thence West to the N. W. corner of Section 79, being the point of commencement.

2. Commencing at a stake planted at the N. W. corner of application No. 1., being 20 chains West and 40 chains North of N. E. corner of Section 78; thence 80 chains North; thence 80 chains East; thence 80 chains South; thence 80 chains West to point of commencement.

Victoria, B. C.,
Oct.2., 1906.
WILL G. DE ROUSIE.
O9. ALEXANDER LIPSKY.

NOTICE IS HEREBY GIVEN that, thirty days after date, I intend to apply to the Chief Commissioner of Lands and Works for a special license to cut and carry away timber from the following described lands, situated at the head of Tahsis Canal, Nootka Sound: Commencing at a post planted on the beach at the head of Tahsis Canal, thence west Forty (40) chains; thence north One Hundred Twenty (120) chains; thence east Forty (40) chains; thence south One Hundred Twenty (120) chains, along the beach to the place of commencement, containing Four Hundred and Eighty (480) acres, more or less.

WM. POOLE.
Nootka, B. C.
September 14, 1906. s26

LAND PURCHASE NOTICE

Notice is hereby given that sixty days after date I intend to apply to the Honorable Chief Comissioner of lands and works for permission to purchase the following described land situate in Range five Coast district, B.C. Comencing at a post planted at the northeast corner of lot 364 running west 40 chains, thence north 160 chains, thence east 40 chains, thence south 160 chains to point of commencement, containing 640 acres more or less. Located September 2nd, 1906.

C. PORTER.
By J. Dean, Agent.
Dated, Essington, Sept. 17th, 1906.

NOTICE

NOTICE is hereby given that we intend to apply to the Chief Commissioner of Lands and Works, 60 days from date, for permission to purchase the following described land for cannery and fishing purposes:

Beginning at a post marked "B. W. L., N.W. Cor.," situate at the S. W. corner of Pre-emption No. 75, in Sec. 29, Township 30, Rupert District, thence East 20 chains, thence South 80 chains, thence West to the shore, following the shore line North and East to the point of commencement, being 160 acres, more or less.

Dated this 8th day of September, 1906.
B. W. LEESON.
o2 R. E. MONTGOMERY.

MINERAL ACT (Form F.)

Certificate of Improvements.

NOTICE.

Lion Fraction, Orwell, Rock Bluff and Lawarance Mineral Claims, situated in the Victoria Mining Division of Somenos District. Where located: All on Mount Sicker, Vancouver Island, the Lion Fraction East of the Lawarance, Orwell West of and adjoining the Rock Bluff, Rock Bluff South West of Lion Fraction, Lawarance West of and adjoining Lion Fraction.

TAKE NOTICE that I, James L. Hird, Free Miner's Certificate No. B 7088, intend sixty days from date hereof, to apply to the Mining Recorder for Certificates of Improvements, for the purpose of obtaining Crown Grants of the above claims.

And further take notice that action, under Section 37, must be commenced before the issuance of such a Certificate of Improvements.

Dated this 11th day of October, 1906.
JAMES L. HIRD.

NOTICE IS HEREBY GIVEN that, 60 days after date, we intend to apply to the Hon. Chief Commissioner of Lands and Works for permission to lease for 20 years, as a fishing station, the following described lands, situated on Dean Channel, Coast District No. 3, North side, about one and one-half miles east of Indian Reserve: Commencing at a post marked K. P. C.'s N. E. Corner, thence north 20 chains, thence west 80 chains, thence south 20 chains, thence following shore line to point of commencement, containing 160 acres, more or less.

KILDALA PACKING CO., LTD.
D. Groves, Director.
August 17, 1906. au17

NOTICE IS HEREBY GIVEN that, 30 days after date, I intend to make application to the Hon. the Chief Commissioner of Lands and Works for special license to cut and carry away timber from the following described lands, situated on Cortes Island, Sayward District, near Von Donop Creek: Commencing at a stake near South end of Lake, marked "W., S.W. C.," thence East 40 chains, thence North 80 chains, thence West 40 chains, thence North 120 chains, thence West to shore, thence along shore 120 chains, thence South to place of commencement; containing 640 acres, more or less.

Read Island, B. C., September 24, 1906.
s29 E. W. WYLIE.

That, 60 days after date, I intend to make application to the Hon. Chief Commissioner of Lands and Works for permission to purchase the following described land situate on the Northern bank of the Naas River: Commencing at a post standing on the S. E. corner of the Red Cliff Indian Reserve, thence East 40 chains, thence North 20 chains, thence West 40 chains, thence South 20 chains, to point of commencement; containing 110 acres, more or less.

Dated September 24, 1906.
s27 HERBERT T. COLLISON.

NOTICE RE APPLICATION TO PURCHASE

NOTICE is hereby given that, sixty days after date, we intend to apply to the Hon. Commissioner of Lands and Works for permission to purchase the following described land, situate in Range 5, Coast District, B. C.: Commencing at a Post on the South bank of the Skeena River, about 23 miles from Port Essington, running East 20 chains, thence North 20 chains, thence West to the South bank of the Skeena River, thence following the said bank Southerly to point of commencement; containing 40 acres, more or less. Located September 16, 1906.

Dated at Essington, September 17, 1906
o4 W. J. O'NEIL & J. DEAN.

STOVES and HEATERS

As the Winter Season is coming on rapidly a heater will soon be necessary. We have them in all sizes and prices. Also the largest stock of Stoves and Ranges in the province. . . . .

Catalogue Sent for the Asking

Albion Stove Works
LIMITED.
Victoria, B.C.

Warm Underwear

Some men want all-wool or nothing; other men wouldn't wear wool if they got it for nothing. So here are kinds to suit all tastes and purses, from the man who wants luxurious underwear at $8 a suit or more, up to the careful buyer who wants good serviceable underwear at a couple of dollars a suit or less. Indeed, we have rattling good underwear at $1.50 a suit. We invite you to come and look.

W. & J. WILSON
CLOTHIERS, HATTERS and HABERDASHERS
83 Government Street, VICTORIA, B. C.

NOTICE IS HEREBY GIVEN that, 60 days after date, I intend to apply to the Hon. Chief Commissioner of Lands and Works for permission to purchase the following described lands, situated on Union Island, Kyuquot Sound, Vancouver Island, about one mile S.E. of Chatchannel Point: Commencing at a post marked "J. McM., S.W. Corner," thence West 20 chains, thence North 20 chains, thence East 20 chains to shore line, thence following shore line to point of commencement; containing 40 acres, more or less.

o3 JOHN MACMILLAN.

NOTICE IS HEREBY GIVEN that, 30 days after date, I intend to make application to the Hon. Chief Commissioner of Lands and Works for a license to cut and carry away timber from the following described lands, situated on West side of Redonda Island, Northwest District: Commencing at a stake on North side of Teakean Arm, thence running in a Northerly direction 160 chains, thence 40 chains to shore of Lewis Channel, thence along shore to place of commencement.

Read Island, B. C., August 28, 1906.
s2 E. W. WYLIE.

NOTICE IS HEREBY GIVEN that, 30 days after date, I intend to apply to the Hon. Chief Commissioner of Lands and Works for a special license to cut and carry away timber from the following land: Commencing at a post on the bank of Skeena river, on the northern boundary line of the Kitsilas Indian reserve, thence east 40 chains, thence north 160 chains, thence west 40 chains, thence south 160 chains to the point of commencement; containing 640 acres, more or less.

Victoria, September 12, 1906.
s14 JOSEPH HUNTER.

NOTICE IS HEREBY GIVEN that, 60 days after date, we intend to apply to the Honorable Chief Commissioner of Lands and Works for permission to lease for 20 years, as a fishing station, the following described lands, situated on Dean Channel, Coast District No. 3, West side, about ten miles south of Indian Reserve: Commencing at a post marked K. P. C.'s S.W. Corner, thence west 10 chains, thence north 80 chains, thence east to shore line, thence following shore line to point of commencement, containing 80 acres, more or less.

KILDALA PACKING CO., LTD.
D. Groves, Director.
August 17, 1906. au17

NOTICE IS HEREBY GIVEN that, 30 days after date, I intend to apply to the Hon. Chief Commissioner of Lands and Works for permission to purchase the following described lands, situated on North side of Swamp Point Creek, marked "J. S. Harkley, S. E Corner," thence 80 chains North, thence 40 chains West to the beach, thence in a Southeasterly direction along the beach to place of commencement; containing 160 acres, more or less.

Located this 3rd day of September, 1906,
by J. S. HARKLEY.
s22 R. O. Jennings, Agent.

NOTICE IS HEREBY GIVEN that, 60 days after date, I intend to apply to the Honorable Chief Commissioner of Lands and Works for permission to lease 160 acres of land for agricultural purposes, described as follows:

Commencing at a post adjoining my pre-emption on N. W. corner, running North 40 chains, thence East 40 chains, thence South 40 chains, thence West 40 chains, containing 160 acres, situated on North shore of Francis Lake, in Coast District.

J. W. HENKEL,
Francois Lake.
e18

NOTICE IS HEREBY GIVEN that, sixty days after date, I intend to apply to the Chief Commissioner of Lands and Works for a lease of the foreshore opposite lot 158, Renfrew District.

Vancouver, B. C., September 1, 1906.
s2 THOMAS HORNE.

NOTICE is hereby given that sixty (60) days after date I intend to apply to the Hon. Chief Commissioner of Lands and Works for a lease of land for Mill-site: Beginning at a stake marked "D Drysdale's northwest corner," planted on Rocky Point at head of Fortuna Bay, West Arm of Cumshewa Inlet; thence south 40 chains; thence east 40 chains; thence north 40 chains; thence west 40 chains to point of beginning, containing 160 acres, more or les.

D. DRYSDALE.
By C. T. Moore, Agent.
Dated September 28th, 1906.

NOTICE is hereby given that sixty (60) days after date I intend to apply to the Hon. Chief Commissioner of Lands and Works for a lease of the foreshore for booming purposes: Beginning at a stake marked "D. Drysdale's northeast corner," planted on north side of West Arm of Cumshewa Inlet; thence west 40 chains; thence south 40 chains; thence east 20 chains; thence south 40 chains; thence east 20 chains; thence north 80 chains to point of beginning.

D. DRYSDALE,
By C. T. Moore, Agent.
Dated September 28th, 1906.

NOTICE IS HEREBY GIVEN that, in accordance with the Land Act, I intend to apply to the Chief Commissioner of Lands and Works for permission to purchase one hundred and sixty acres of unsurveyed land on the Bulkley river about four miles from South Bulkley telegraph office, Coast District, described as follows:

Starting at Initial post N. W. Corner, thence South 40 chains, thence East 40 chains, thence North 40 chains, thence West 40 chains to point of commencement.

July 19, 1906.
J. C. BOYD,
Locator.
s2 W. H. Boyd, Agent.

NOTICE RE APPLICATION TO PURCHASE

NOTICE is hereby given that, sixty days after date, I intend to apply to the Hon. Chief Commissioner of Lands & Works for permission to purchase the following described land, situate in Range 5, Coast District, B. C.: Commencing at a Post on the North bank of the Skeena River, at or near a point known as Kitsap, running North 80 chains, thence East 80 chains, thence South 80 chains, thence West 80 chains to point of commencement; containing 640 acres, more or less. Located September 5, 1906.

Dated at Essington, September 17, 1906.
E. D. ORDE.
o4 By J. Dean, Agent.

NOTICE is hereby given that, 60 days after date, I intend to apply to the Chief Commissioner of Lands and Works at Victoria, B. C., for permission to purchase the following described land, situated on Portland Canal, in the Skeena district:

Commencing at a post planted on the beach about one-quarter of a mile below the mouth of Swamp Point Creek, marked "J. S. Harkley, S. E Corner," thence 80 chains North, thence 40 chains West to the beach, thence in a Southeasterly direction along the beach to place of commencement; containing 160 acres, more or less.

Located this 3rd day of September, 1906,
by J. S. HARKLEY.
s22 R. O. Jennings, Agent.

Lever's Y-Z (Wise Head) Disinfectant Soap Powder is better than other powders, as it is both soap and disinfectant. 34