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This is an excellent section and was one of the first to be staked in the Valley.

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Comfortable 4-roomed Cottage in sec. 5, 00.
and Cabin in section 1, \$10.00.

FOR SALE

Block 6, sec. 4, \$1400, half cash.
1 and 12, block 28, section 8, half cash.
1 and 22, block 24, section 8, \$500 half cash.

NADEN COMPANY

Limited,
Ave., Prince Rupert, B.C.

THE COSY CORNER

DEVOTED PRINCIPALLY TO THE INTERESTS OF WOMEN

This is a little section of the paper, which from day to day will be devoted to subjects of special interest to women. Any and all of the ladies of Prince Rupert are invited to contribute to its columns, and to take part in its discussions. Suggestions and criticisms are invited by the editor. The hope is expressed that "The Cosy Corner" will fill a social need.

GRACEFUL SUMMER HAT



The smart chapeau shown in the sketch is of navy blue straw, trimmed with a shaded blue and white feather, and is designed to be worn with a toilet of navy blue voile veiled with ruby red chiffon, edged with gold and blue fringe.

NEED NOT GROW OLD

Not Only is It Unnecessary but Also Unfashionable

"Careful studies and measurements have shown that our time of actual maturity and arrest of growth in physical character, such as height, weight and chest girth, is much later than formerly supposed. Instead of reaching, as was at one time confidently stated, our full height at 18, our full strength at 23, and our full chest girth at 25, as a matter of fact we continue to increase slowly, it is true, in all these respects, until 35, 38 and even 40 years of age.

"By living a healthful, active, happy life and keeping up all our interests, we can grow and develop and adjust ourselves and feel that we are growing until we are one day suddenly dead, without ever realizing in any distressing or painful way that we are growing old at all.

"Already old age has gone out of fashion. The civilized, educated man or woman of seventy is younger than the savage of forty or the peasant of fifty. What with steady spread of regular vacations and country or suburban homes and walking clubs and golf and gardens and automobiles and travel of all sorts, those who would have been considered old once are now only seventy or seventy-five years young.

"Not only is there no definite period in adult life or later life when these so-called senile changes begin, but there is no period at which they become accelerated or start to progress at a more rapid rate than before. In fact, the extraordinary paradox exists, that what we term old age is the time of life in which we are growing old least rapidly. The only thing that makes it appear otherwise is that we have been steadily growing old all our lives long and the thousand imperceptible accumulations have mounted to a

pitch which we can recognize."—Hampton's.

HAREM SKIRT CAUSES DEATH

Lover Shoots Woman Dead for Wearing It on the Street

A trouser skirt caused a terrible tragedy at Bucharest the other day.

A pretty young girl named Vassilix Monroi appeared in the street wearing the much-decried garment. It was her first venture and she did it in a spirit of defiance after a heated discussion on the subject with Ignal Jovanescu, her fiancé.

Unfortunately for the girl, she met the young man, and when he beheld her he was so overcome with rage and indignation that he shot her through the head.

The murderer, who was arrested, declared that he did not regret his deed, as he could never have married a woman who deliberately opposed him, while, on the other hand, to live without his sweetheart was impossible. He hopes to be sentenced to death.

Ladies' and Children's WHITEWEAR

Special lines just received

NEW DRESSES FOR PARTIES

Everything for Ladies & Children

"The Ladies' Store"

MRS. S. FRIZZELL
Sixth Street Phone Black 184

Oatmeal Gems

Soak over night 1 cup oatmeal in a cup of cold water. In the morning, sift together 1 cup flour, 2 teaspoons baking powder, and a very scant teaspoon salt. Add this to the soaked oatmeal and mix thoroughly. Add 1-2 cup sweet milk. Drop the batter by spoonfuls on buttered gem-pans, and bake 15 minutes in a quick oven.

Delmonico Pudding

Boil together for 2 minutes 1 quart milk, 2 tablespoons corn-

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Fresh Strawberries
..and Other Fruits..
..Fresh Vegetables..
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starch, 5 tablespoons sugar, and 2 well-beaten eggs. When cool, add a pinch of salt and 1 cup shredded coconut. Pour into a pudding dish, and bake in the oven to a delicate brown color. Eat cold with cream.

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PRINCE RUPERT, B. C.

F. W. HART

UNDERTAKER & EMBALMER

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ITEMS OF SPORT

The destruction of the Hamilton Jockey Club's fine grand stand by fire will not interfere with the club's August meeting scheduled for August 12 to 19. None of the other buildings were damaged and a temporary stand will be ready by the appointed time. This will be replaced for next season by a larger and finer structure than the old one.

Although the Gittins bills, designed to make less stringent the anti-race track gambling laws, are pending in the Legislature, hundreds of telegrams have been received by Governor Dix during the last few days urging him to approve the measure. The bills are in a position in the Senate where they can be taken up for consideration at any time.

The troubles which have been going on in the Royals management came to a climax when, after the team's defeat a crowd of about three hundred fans followed the Montreal manager off the field, making a hostile demonstration with hoots and yells, but doing no actual violence. McCafferty's management has been much criticized almost since the opening of the season, and the criticisms have grown as the season advanced. In fact, so severe were the newspaper remarks that recently President Lichtenstein wrote the official scorer, who is a baseball reporter, demanding that he either cease criticizing or resign as scorer. By the next day the scorer's resignation was in Lichtenstein's hands, while all passed over to members of the newspaper's staff were turned in with an intimation that nothing of that sort could be regarded as a bribe to cover up deficient work by the management.

Of the performance of all athletes at the Winnipeg Scottish Sports that of John McEachern of the Y. M. C. A. stood out above all others. He was a competitor only in the field events, and won throwing the hammer, putting the shot and throwing the weight. In throwing the weight he established a new mark for Manitoba, when he threw the missile 33 feet 1 inch, beating the previous best of Duncan Gillis made in the Canadian champion-ship in Winnipeg two years ago. He won the individual championship, taking the Hotelkeepers' championship cup.

The swimming championships of the British Empire were decided at the Crystal Palace, in connection with the Festival of Empire sports. As was the case with the track athletics, the competition was open to the selected representatives of the United Kingdom, Australasia, South Africa and Canada. Only two swimming events were on the program, 100 yards and one mile. In the short race the Canadian representative, Gordon Johnstone of Ottawa, was third. The mile race was won by Canada, George Hodgson of Montreal, covering the distance in 25 minutes 27 3-5 seconds.

For row boats and launches telephone 320 green. Davis' Boat House.

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and for: Queen Charlotte Island points, Saturdays 1 p.m.

Railway Service to Copper River Mixed trains from Prince Rupert Wednesdays and Saturdays, 1 p.m., returning Thursdays and Sundays 5.20 p.m.

The Grand Trunk Railway System connecting with trains from the Pacific coast operates a frequent and convenient service of luxurious trains over its double track route between Chicago, Toronto, Montreal, Quebec, Halifax, Portland, Boston, New York and Philadelphia. Atlantic Steamship bookings arranged via all lines. Full information and tickets obtained from the office of

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J. G. McNab General Agent

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