



Indoor Life

Spending more time indoors makes women far more subject to constipation than men.

The liver becomes sluggish and torpid, the bowels constipated and the system poisoned by impurities.

If you would get away from the myriads of ills which result from constipation, it is only necessary to use Dr. Chase's Kidney-Liver Pills.

The benefits from their use are as lasting as they are prompt and certain.

Mrs. John Barry, 18 St. Annable Street, Quebec, Que., writes:

"This is to certify that I was troubled for years with constipation and tried all kinds of medicines without relief. At last my husband suggested that I try Dr. Chase's Kidney-Liver Pills. I did so, and must say that they have given me more relief than all the medicine I have taken during the last fifteen years. I may also add that I have used Dr. Chase's Ointment for piles with excellent results."

Dr. Chase's Kidney-Liver Pills, one pill a dose, 25c a box, all dealers or Edmondson, Bates & Co., Ltd., Toronto.

DINNER GIVEN HONOR VISITOR

Staff of Anvox Polytechnic Guests of Organizer in Honor of John Kyle.

ANYOX, Feb. 22.—An enjoyable evening was spent at the Anvox Hotel on Sunday, Feb. 19, when the staff of the Granby Bay Polytechnic were the dinner guests of Organizer and Mrs. John Pinder-Moss.

Covers were laid for twenty-four and an excellent repast was spread, the caterers being the Anvox Pioneer Mess.

The guest of honor was John Kyle, organizer of technical education for British Columbia, who had been in town for several days, officially inspecting the work of the Polytechnic.

The time went rapidly and a spirit of good fellowship was evoked by all, many good stories being told across the table.

During the course of the repast, the instructors were again introduced to Mr. Kyle by the chairman, after which Harold King, chairman of the school board, made a short and interesting speech giving the history of continuation school work in Anyox since its inception, and culminating in the establishment of the present institution.

Far Sighted Policy. Robert Armour, head of the engineering department of the school, proposed the toast to the school board, in which he praised the far-sighted policy of the board in the establishment of this work in Anyox; to which Trustee J. Haslett suitably replied.

Miss Fletcher rendered a song "Until" in a rich contralto voice which was much appreciated; H. Southam ably accompanying.

Mr. Pinder-Moss proposed the toast to "Our Guest" to which Mr. Kyle replied with an excellent speech outlining the history of Technical Education in the Province up to the present time.

The singing of Auld Lang Syne and The King brought a pleasant evening to a close.

Guests Present. The guests were as follows: John Kyle, Harold King, J. Haslett, J. G. Ellis, J. E. C. Stroud, Mrs. L. M. Wier, Wade Wetmore, Mrs. M. G. Bromley, Dr. P. Whelan, J. Gill, Miss A. McMillan, L. A. Dobbin, W. Lambert, Mrs. J. Pinder-Moss, Mrs. Davis, F. Rice, Mrs. Jones, R. Armour, Mrs. M. Stewart, H. D. Southam, Miss Fletcher and Mr. Erdman.

To expect a single advertisement to pay is as foolish as to hope to grow fat from the effect of one meal.

Sir Arthur Currie Gives Wonderful Address before Pennsylvania University

PHILADELPHIA, Feb. 22.—(By Canadian Press.)—"There are problems still to be solved and in meeting them the Anglo-Saxon ideals of Washington must not be forgotten or ignored. Let me tell you in all earnestness, in the words of a Canadian statesman who himself always advocated unity and tolerance and friendship, that in the solution of these problems we have a safe guide, an unfailing light, if we always remember that faith is better than doubt and love is better than hate."

This was a potent thought in the Washington's Birthday address at the University of Pennsylvania today by General Sir Arthur Currie, principal of McGill University, Montreal, and commander of the Canadian forces in France and Belgium during the latter part of the Great War. Sir Arthur received the degree of Doctor of Laws from the seat of learning here this afternoon.

"It is indeed a privilege to speak to this assembly on a subject suggested by the life and work of the illustrious statesman whose birthday you commemorate," said Sir Arthur. "It is particularly interesting to me to speak in this city of brotherhood, hallowed as it is by the memories of the immortal men and by the glorious incidents connected inseparably with your Nation's birth. It is an honor too not unfelt to appear as a successor to the many distinguished men who have spoken on a similar occasion in this place. This honor, I assure you, I deeply appreciate on behalf of myself, my university and my country."

Hopeful Tendencies. "Celebrations, such as these, of the birthdays of our former national leaders are hopeful tendencies of the present. In the rush of modern life, with its fever and its fret, its widespread selfishness and enervating idleness, its vulgar ostentation and its fruitless chasing after shadows, it is well to hark back, if only indeed for a brief period, to those who preached a purer gospel and lived and died for the higher things of life. We are sometimes told today that the age of ideals, like the old age of chivalry is forever gone; that the present age is an age of expediency in church, in state and in society, and that on the whole we are today indifferent to ethical and moral standards. There are those of us who do not join in that despairing lamentation, and who still believe that the stars of faith are set high and eternal in the heavens, but in times of discouragement and of faltering feet even we need strength and stimulus for our belief. We find that necessary strength always in a backward glance at the ideals and sacrifices of those lives from whose effort our nations sprang."

Example Cannot Die. "For national heroes are the best possessions of a people. Their example cannot die. Their spirits are forever by our side to guide, to lead and to inspire. They were the leaders of men, these great ones," said Currie, the modelers, patterns, and in a wide sense creators, of whatsoever the general mass of men continued to do or to attain; all things that we see standing accomplished in the world are properly the outer material result, the practical realization and embodiment of thoughts that dwell in the great men sent into the world; the soul of the whole world's history, it may be justly considered, were the history of these great men, taken up in any way, are profitable company. We cannot look, however imperfectly, upon a great man without gaining something from him. He is the living light-fountain, which is good and pleasant to be near. The light which enlightens, which has enlightened the darkness of the world; and this not as a kindled lamp only, but rather as a national luminary shining by the gift of Heaven; a flowing light-fountain, as I say, of native original insight, of manhood and heroic nobleness;—in whose radiance all souls feel that it is well with them. On any terms whatsoever you will not grudge to wander in such a neighborhood for a while. It is therefore but fitting that on this, the anniversary of his birth, we should pause if only for a brief period to consider a few thoughts suggested by the ideals of one of your great national heroes, and one of the great heroes of the world,—your immortal and revered

George Washington.

Ideals of the Man.

"Strange and difficult indeed would be the task of him who would say to this audience anything distinctly new about George Washington. Even an attempt at such a task would be but folly. The details of his life, the earnestness of his struggle, the splendor of his achievements, the great powers of his constructive statesmanship are well known to you all. Even the myths connected with his career are the common knowledge of mankind. But at times in these later days, his ideals are clouded, the motives which actuated his efforts are obscured or ignored, and the true relation of his doctrines and his theories to other countries than his own is not clearly understood. It is perhaps therefore natural and wise that we should look briefly at his ideals as they have affected your country and mine, or rather those kindred countries of a common ancestry."

Desired Reform.

"George Washington represents the best type of the English country gentleman of the 18th century. What he desired most was reform rather than revolution. He would solve the problems of his beloved land by peaceful measures, but if these measures were to fail because of the obstinacy or the stupidity of his opponents, as his kindred had done over a hundred years before him, he would gladly give up the joys of home and enter the tragic tournaments of death in his desire to serve his people. If the question at issue was 'taught toward the general good, he would set honor in one eye and death in the other and—look at both indifferently.' He would pledge his person and his property to the cause of liberty. Not without anxiety and careful thought and sorrowful regrets did he take the final but inevitable step which he knew would mean the severing of the sacred tie of kindred and of nation. 'Prudence,' he well knew, 'dictated that governments long established should not be changed for light and transient causes,' he knew too 'that mankind are disposed to suffer, while evils are sufferable, rather than to right themselves by abolishing the forms to which they are accustomed.' But he likewise knew, what the world today professes, that 'when a long train of abuses and usurpations, pursuing invariably the same object, evinces a design to reduce them under absolute despotism, it is their right, it is their duty, to throw off such government, and to provide new guards for their future security.' Washington's rhetoric was never the rhetoric of a rebel; it was the calm, judicious and earnest appeal of a man with clear and far vision who represented the best and noblest spirit of his age."

Bonds of Friendship. "Let us determine how best we can draw together in bonds of peace, friendship and prosperity the three great branches of the British family," said our Canadian Joseph Howe sixty years ago. "In the presence of this great theme," he said, "all petty interests should stand rebuked—we are not dealing with the concerns of a city, a province or a state, but with the future of our race in all time to come. Why should not these three great branches of the family flourish under different systems of government, if may be, but forming one grand whole, proud of a common origin and of their advanced civilization? The clover lifts its trefol leaves to the evening dew, yet they draw their nourishment from a single

stem. Thus distinct, and yet united, let us live and flourish. Why should we not? For nearly two thousand years we were one family. Our fathers fought side by side at Hastings and heard the curfew toll. They fought in the same ranks for the sepulchre of our Savior—in the earlier and later civil wars. We can wear our white and red roses without a blush, and glory in the principles these conflicts established. Our common ancestors won the Great Charter and the Bill of Rights—established Free Parliaments, the Habeas Corpus and Trial by Jury. Our jurisprudence comes down from Coke and Mansfield to Marshall and Story, rich in knowledge and experience which no man can divide. From Chaucer to Shakespeare our literature is a common inheritance; Tennyson and Longfellow write in one language which is enriched by the genius on either side of the Atlantic. In the great navigators from Colter to Hudson, and in all the moving accident by flood and field we have a common interest."

EMPLOYMENT AGENT GOING TO VICTORIA

J. M. Campbell Will Attend Conference of Employment Service of Canada.

James M. Campbell, provincial government employment agent here, will sail tomorrow night for Victoria to attend a conference of the western officials of the employment service of Canada. The convention will take place on March 1 and 2 in the parliament buildings at Victoria and there will be present the employment agents from all the important centres in British Columbia, as well as delegates from the provinces of Alberta, Saskatchewan and Manitoba. Matters affecting employment generally will be taken up at the conference. During Mr. Campbell's absence, H. F. Wearmouth will be in charge of the local office.

Speaking of conditions in the city, Mr. Campbell stated that he had 250 unemployed men registered at his office. Of this number 475 are being employed on city relief work, showing that the municipality, with the co-operation of the federal and provincial governments, is taking an active part in the alleviation of unemployment conditions. Work is being carried out in various parts of the city. There is no new or outside employment in sight yet.

OCEAN FALLS IS VERY BUSY PLACE

Much Freight Is Being Handled Into and Out of Paper Port Down the Coast.

The Grand Trunk Pacific steamer Prince Rupert, Captain Morehouse, is not due to arrive until 3 o'clock this afternoon. The recent delays in the passages north have been caused on account of the heavy amount of cargo that is being handled for Ocean Falls, where operations are going on full blast in the paper mill. The Prince John, which sailed south on Monday, spent 14 hours at the paper town loading paper, which took up all her available space. Canadian Government Merchant Marine vessels are also making regular calls for cargoes consigned abroad.

Head and Nostrils Clogged Up.

Could Hardly Breathe

When you become all choked up and stuffed up with a cold your head becomes thick, the nostrils become so clogged up you can hardly breathe, a feeling of weight or oppression in the chest and the cough rages and tears your lungs and bronchial tubes.

This is the time to take

DR. WOOD'S
NORWAY PINE SYRUP

before things get to be too serious. There is no remedy so equal for clearing up the cold, making the breathing easy, loosening the phlegm and soothing and healing the lungs and bronchial tubes.

Mrs. Edward Kincaid, 60 Bryden St., St. John, N. B., writes:—"I wish to express my hearty thanks to your valuable remedy Dr. Wood's Norway Pine Syrup and what good it did me. Last Fall I contracted a severe cold, the like I never had, my head and nostrils were so clogged up I could get no vent, and could scarcely get my breath. I tried remedy after remedy until at last I thought I would try 'Dr. Wood's.' After the first dose I felt relief, and by the time the bottle was finished I was all better. I will always keep it in the house."

Price, 35c and 60c a bottle; put up only by The T. Milburn Co., Limited, Toronto, Ont.

MACDONALD'S Cut Brier

MORE TOBACCO FOR THE MONEY

Packages 15¢
½ lb Tins 85¢

The Tobacco with a heart

RETAIL MERCHANTS AND SUNDAY CLOSING

Matter Being Taken Up at Victoria Since Pronouncement by Mayor.

VICTORIA, Feb. 22.—The Retail Merchants' Association are interesting themselves in the matter of the enforcement of the Sunday closing proposals, and are taking a census of the forces here with a view to finding out just how many stores and employees of stores will be affected by such a strict enforcement of the Lord's Day Act in Victoria. The bureau of statistics of the association is preparing a statement of the number of owners and tenants of stores who are open on Sundays and the number of employees and what their hours per week are.

It is pointed out by the officials of the association that the stores which are open on Sunday are not all run by Orientals, but a large proportion of them are run by white men. Most of these stores are small retailers and do not employ any hired help whatever.

Working Hours. The officials of the Retail Merchants' Association state that the average hours per week which shop assistants have to work in this city do not exceed forty-eight, and that in every case where work is done on Sunday these employees are given a day off in the middle of the week. They are in agreement with the city officials in the matter of giving one day's rest a week to all employees, but consider there is no violation of this rule in Victoria at present.

So far it has been ascertained that seventy per cent of the stores which would be affected by the enforcement of the Lord's Day Act in this city are owned and operated by small dealers who have no employees. These stores find Sunday one of their best business days, and depend largely on the business done on that day to provide their rent and enable them to stay in business during the rest of the week.

Fear Loss. It is argued also that the success of these storekeepers largely contributes to the finances of the city by enabling the landlords to pay their taxes. There is fear that serious loss will accrue to these small dealers if a strict enforcement of the provisions of the Lord's Day Act takes place.

Prosperous advertising means regular continuous advertising.

Gives Cakes Better Flavor.

**MADAME FAHEY WAS
ACCLAIMED IN TORONTO**

Toronto Globe Speaks Most Highly of Her Grand Opera Singing.

The success of Mme. Lugrin-Fahey, formerly of Victoria, in grand opera is commented upon in recent press criticisms of the production of Verdi's "Aida" by the Toronto Operatic Chorus, an aggregation of more than 100 voices.

The Toronto Globe says: "The principal honors of the evening were won by Mme. Lugrin-Fahey as Aida. She had the advantage of the title role, but her success was achieved by the distinction of her voice and interpretation. Her singing of her

We have on hand a very limited supply of

Edson Coal

which we are offering at the following prices

MINE RUN, in bulk per ton, delivered.....\$10.75

SCREENED LUMP, sacked per ton, delivered.....\$13.50

First Come, First Served

ALBERT & McCAFFERY, LTD.

Phones 116 and 564

New Work or Repairs

We make or repair everything in the Sheet Metal line. Nothing too small or too large.

Rowe's Sheet Metal Works

Phone 340

LAUNDRIES AND CHEMICALS

The telephone tinkled the other day, and a feminine voice said, "I have been reading your advertisement lately, but don't the laundries use chemicals in their washing?"

Yes, we do use chemicals; so does your baker, and so does every housewife when she makes those delicious hot biscuits you enjoy so much.

We shall have more to say on chemicals later; meanwhile, don't you think this is an almost ideal treatment for your flannel and woollen garments?

First Bath—Use abundance of warm water 100 degs. Fahr.; add neutral soap solution to make a good suds; run 15.

Second Bath—Fill machine with water same temperature as first bath (100 degs. Fahr.), run three minutes. Extract in spinning basket five minutes and finish drying at moderate temperature. No wringing, no rubbing, no extremes of temperature, hence no broken buttons or shrinking of your garments.

This service is at your disposal.

CANADIAN STEAM LAUNDRY

Phone 8. (adv.)

IN PROBATE.

IN THE SUPREME COURT OF BRITISH COLUMBIA.

In the matter of THE ADMINISTRATION ACT and in the matter of the ESTATE of NICHOLAS MADSEN, deceased.

TAKE NOTICE that in order of His Honor F. McE. Young, made the 14th day of February, A.D. 1922, I was appointed Administrator to the Estate of Nicholas Madsen, deceased, and all parties having claims against the said estate are hereby required to furnish same, properly verified, to me, on or before the 15th day of March, A.D. 1922, and all parties indebted to the estate are required to pay the amount of their indebtedness to me forthwith.

JOHN H. McNULLIN,
Official Administrator.
DATED this 15th day of February, 1922.

Pacific Milk Co. Limited
Factories at Abbotsford and Ladner, B. C. Limited
328 DRAKE STREET
VANCOUVER