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Fresh Raspberries market price.
Hothouse Tomatos, lb. 30c
Head Lettuce, 2 for .. 25c
Yakima Rutabagoes, 5 lb. for 25c
New Carrots, 4 lb. for .. 25c
New Bunch Beets 5c
Large Cauliflower, 35c and 40c.
Bartlett Pears, market price.
California Gravenstein Apples, market price.
Casaba Melons, market price
Ice Cream Melons, market price.
Bing Cherries, per lb. .. 30c
Cantelopes ... 15c and 20c
Also Plums, Peaches Strawberries, Loganberries, Bananas, Cabbage, New Potatos, Green Onions, Florida Grape Fruit, etc.

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NOTICE TO CONTRACTORS.

ANYOX GOVERNMENT BUILDINGS.

SEALED TENDERS, superscribed "Tender for Anyox Government Buildings," will be received by the Honourable the Minister of Public Works up to 12 o'clock noon of Tuesday, the 17th day of July, 1923, for the erection and completion of Government Offices at Anyox, in the Atlin Electoral District, B.C.

Plans, Specification, Contract and Forms of Tender may be seen on and after the 18th day of June, 1923, and further information obtained at the Department of Public Works, Parliament Buildings and at the following offices:—Government Agent, Court House, Vancouver, and Government Agent, Court House, Prince Rupert.

Copies of plans, specifications, etc., can be obtained from the Department on payment of a deposit of Ten Dollars ($10.00), which will be refunded on their return in good condition.

The lowest or any tender not necessarily accepted.

P. PHILIP,
Public Works Engineer
Department of Public Works,
Victoria, B.C., June 14th, 1923.

TIMBER SALE X 5294.

Sealed Tenders will be received by the Minister of Lands, at Victoria, not later than noon on the 19th day of July, 1923, for the purchase of Licence X 5294, to cut 800,000 feet of Spruce, on an unnamed island in the Skeena River, 30 chains northwest of Alder Creek, Range 5, Coast District.

Two (2) years will be allowed for removal of timber.

Further particulars of the Chief Forester, Victoria, B.C., or District Forester, Prince Rupert, B.C.

TIMBER SALE X5146.

Sealed Tenders will be received by the Minister of Lands, at Victoria, not later than noon on the 19th day of July, 1923, for the purchase of Licence X 5146, to cut 40,000 Jackpine Ties, from an area situated about 4 miles from Palling Station, C.N.R., Range 5, Coast Land District.

Three (3) years will be allowed for removal of timber.

Further particulars of the Chief Forester, Victoria, B.C., or District Forester, Prince Rupert, B.C.

TIMBER SALE X 5040.

Sealed Tenders will be received by the Minister of Lands, at Victoria, not later than noon on the 19th day of July, 1923, for the purchase of Licence X 5040, to cut 239,999 feet of Spruce, 184,000 F.B.M. Cedar, 29,000 F.B.M. Hemlock, 15,900 lineal feet of Poles and Piling, and 120 Ties, situate on an area north of I. R. No. 4, at Van Orsdal, Skeena River, Range 5, Coast Land District.

One (1) year will be allowed for removal of timber.

Further particulars of the Chief Forester, Victoria, B.C., or District Forester, Prince Rupert, B.C.

NOTICE.

Take Notice that one month after publication of this notice, Pacific Cartage Limited proposes to apply to the Registrar of Joint Stock Companies, at Victoria, for leave to change its name to "S. E. PARKER LIMITED."

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Per Williams, Manson & Gonzales,
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FASCISTI BRINGS RAILWAYS TO TIME

Trains Now Run Punctually in Italy and Telegraphic Service Speeded Up

ROME, July 14.—The spirit of discipline which the Mussolini government brought in with it is no more concretely illustrated than on the railroads and in the telegraph service of Italy. Italian trains are now run on time—one can even set ones watch by them—and the time of transmission on internal and foreign telegrams has been reduced to one-fourth of what it was before the advent of Italy's young dictator to power.

The Italian crack trains on the main trunk lines cover their distances with minute precision and according to schedule. The Rome-Milan expresses leave and arrive on the second. The Rome-Naples trains are equally on schedule, while the service between Genoa and Trieste, through Milan and Venice, also records the same punctuality.

Special policemen do service on all the lines, and are present on trains to prevent theft or disorder.

QUEEN CHARLOTTE LAND DISTRICT.

Application to Lease Foreshore Lands.

In Queen Charlotte Land District, Recording District of Prince Rupert, and situate at the mouth of Slatechuck Creek, Kagan Bay, Skidegate Inlet, Graham Island, B.C.

Take Notice that W. G. McMorris, of Vancouver, B.C. occupation miner, intends to apply for permission to lease the following described foreshore lands: Commencing at a post planted at high tide mark on the west bank of Slatechuck Creek, about 1,500 feet west of of the southeast corner post of Lot 1; thence 10 chains southeasterly; thence 40 chains northeasterly; thence 10 chains northwesterly; thence following high water mark to point of commencement, and containing 40 acres more or less.

WILLIAM GEORGE McMORRIS.
Dated May 26, 1923.

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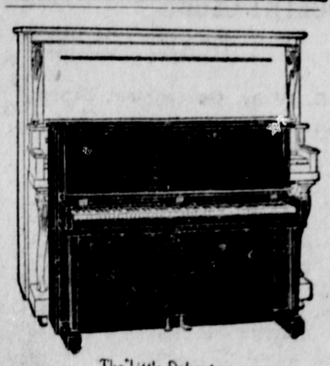
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MARRY YOUNG AND LIVE A CENTURY IS ADVICE GIVEN BOYS

President of Life Insurance Co. Gives Result of Statistical Research to Scouts

CHICAGO, July 14. — One who desires to live 100 years should marry early, refrain from indoor dancing, should not be a college athlete and be neither rich nor poor, according to an address made here by Albert M. Johnson, president of the National Life Insurance Company, before several hundred boy scouts. Mr. Johnson said these maxims were reached by his company following statistical computation of results from a survey on longevity under modern conditions.

The long list of "don'ts" which Mr. Johnson said the survey suggested in order to attain this age contained a few "do's," chief among them was "religion in a true way." Mild exercise daily and a "straight neck" in walking, were others.

"Our statistics show, when compiled and averaged, that to reach five score years one should marry early, be neither rich nor poor, should not be a professional or college athlete or an actor, should refrain from indoor dancing and never drink intoxicating liquors," Mr. Johnson said. "Husbands, we find, live longer than bachelors because of their more regular habits. Stage people are handicapped by long and hard hours. Heart strain is too common in the athlete.

Moderate Incomes

"Persons earning between $2,000 and $6,000 a year live longer. This probably is due to the fact that moderate incomes do not give a person enough for dissipation but are adequate for comfort and sensible living.

"Be religious in a true way. Religious people are happier as a rule and going to church tends to make them regular in their habits. Do not drink liquor and do not smoke, if you must, until you are beyond 21 years of age. One of the most emphatic results of our survey was the evidence that the practices cannot be indulged in temperately by enough people to give you much of a chance to win.

"Stretch your neck up. Short-necked people are better subjects of apoplexy. Stretching your neck gives the blood vessels there less chance to clog. Take mild exercises daily, regularly, and not intermittently or savagely."

OFFICERS AND MEN OF PRINCE RUPERT SHIP DANCE HOSTS

The officers and men of C. G. M. M. steamer Canadian Scottish celebrated their first return to the ship's home port at a dance given by them to their local friends in the Elks' Home last night. Owing to the affair being called with such short notice there was not as large a turnout as might otherwise have been the case but the 80 or so persons who were present spent a very jolly evening. The affair opened at 9.45 and broke up about 2.15. Mr. Green was master of ceremonies and Art Easson's orchestra provided the music. Refreshments were served.

Joshua Brown and Willie Jackson, the Kitkatla natives who were admitted to the hospital last Thursday following the explosion on their gasoline boat Kyoquot, are still in a critical condition. There has been little change since they arrived at the hospital.

George R. Naden, deputy minister of lands, has gone to Ottawa to meet the delegates to the Imperial Forestry Conference and with the aid of the chief forester to escort them to British Columbia where they will view logging and milling operations in the south.

WIRELESS REPORT

8 a.m.

BULL HARBOR. — Overcast, fresh northwest wind; barometer 30.10; temperature 56; sea moderate; 8 p.m. spoke steamer Jefferson 308 miles north of Seattle northbound.

DEAD TREE POINT. — Cloudy, calm barometer, 30.22; temperature, 57; sea smooth.

DIGBY ISLAND. — Overcast, fresh southwest wind; barometer 30.14; temperature, 54; light swell; 8 p.m. spoke tug Cape Scott one mile north of Captain's Cove bound for Swanson Bay; 8 p.m. spoke steamer Alaska 67 miles from Ketchikan bound from Wrangall to Ketchikan; 8:15 p.m. spoke steamer El Cedro at Buckley Bay loading; 8:30 p.m. spoke steamer Venture northbound for Naas; 10 p.m. steamer Prince Rupert northbound for Stewart; 8 p.m. spoke steamer Queen loading at Ketchikan southbound; 8 p.m. steamer Admiral Rogers 10 miles from Ketchikan southbound.

Noon

BULL HARBOR.—Clear, fresh northwest wind; barometer, 30.09; temperature, 62; sea moderate; 10:45 a.m. spoke steamer Prince John in Hecate Straits southbound.

DEAD TREE POINT. — Clear, light north wind; barometer, 30.24; temperature, 63; sea smooth.

DIGBY ISLAND. — Overcast, light southeast wind; barometer, 30.13; temperature, 63; sea smooth; 11 a.m. spoke steamer Venture due Prince Rupert noon southbound.

TIMBER SALE X 5267.

There will be offered for Sale at Public Auction, at noon on the 21st day of July, 1923, in the office of the District Forester, Court House, Prince Rupert, the Licence X 5267, to cut 750,000 feet B.M. of Spruce, Balsam, Hemlock, and Cedar, and also 750,000 feet B.M. of Felled and Bucked Spruce, Balsam, Hemlock and Cedar, on an area situated on Deer and Bear Lakes, Princess Royal Island, Range 4, Coast Land District.

Two (2) years will be allowed for removal of timber.

Further particulars of the Chief Forester, Victoria, B.C., or District Forester, Prince Rupert, B.C.

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Annual Service Appeal

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