"Keep Smiling"

Men, you will certainly "smile" if you buy a pair of our shoes. All styles, all sizes, welted soles, at

$7.50

These are special values, and last week our sales proved that the public know real value when they see it.

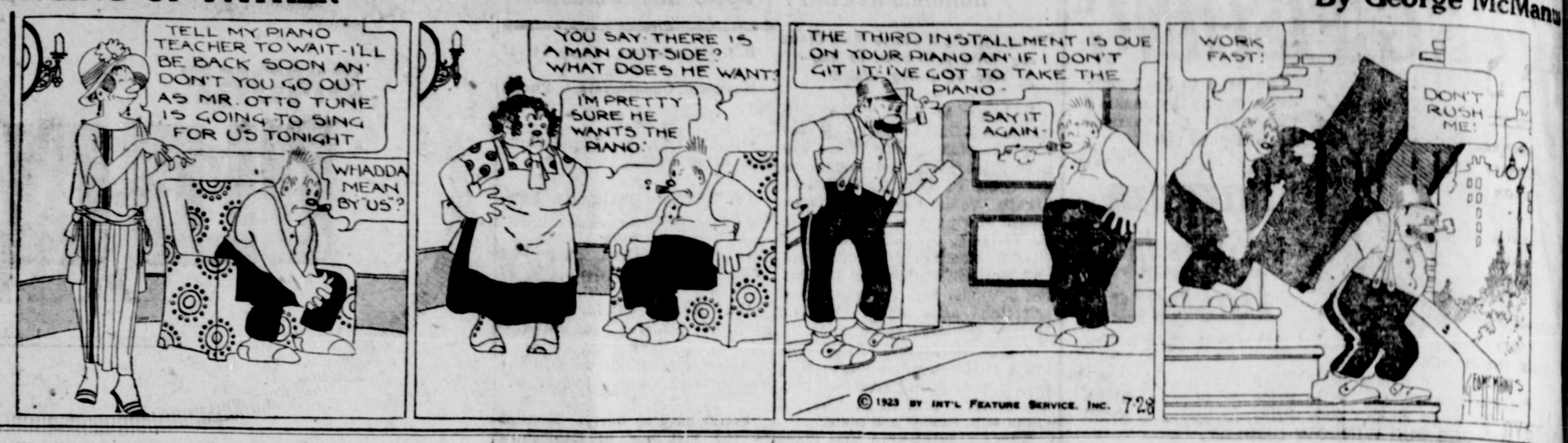
Family SHOE Store

"Shoe Outfitters to the Entire Family."

"Mail Orders Prepaid."

BRINGING UP FATHER

By George McManus



ANYOX MINERS BEAT SMELTER

Baseball League Gets Away to New Start Following Fire

ANYOX, July 28. — The Anyox Baseball League is away again. The first contest since the fire was staged between the Mine and the Smelter teams and resulted in a win for the former by a score of 4 to 2. The Mine annexed their total of runs in one inning, Fortin holding them scoreless in the other six. The Smelter got one in the fourth and one in the seventh and had several other chances to put runs over but, unluckily, fell down in the pinches. Eight hits were made during the game, three by the Mine sluggers and five by the Smelter batsmen.

For the Mine, Mealey got a single and Stewart two of the same kind. Fortin, McKeown and Sherman connected for Smelter singles, while T. Loseke found C. Ferguson's offerings for two safe ones. Fortin, pitching for the Smelter, had nine strike-outs to his credit, and pitched a fine game while C. Ferguson, in the box for the Mine, fanned six and fielded his position well, getting fine support, his team-mates playing errorless ball behind him. The Smelter also played a good game and, but for the slackness of one inning, would have undoubtedly registered a win.

Batteries—Mine: C. Ferguson and G. Greenwell. Smelter: Fortin and McKeown.

Umpires — W. Olsen and Cy. Greenwell.

Line-ups:

Mine—Mealey, ss; Greenwell, c; C. Ferguson, p; Anderson, 3b; Olsen, rf; J. Ferguson, 1b; Corkle, 2b; Stewart, cf; Halverson, lf.

Smelter—Matheson, 3b; J. McKeown, c; Sinclair, 1b; Brown, ss; Fortin, p; Dodds, lf; T. Loseke, rf; S. McKeown, 2b; Sherman, cf.

SONS OF CANADA DEFEATED GIL'S

Tobacconists Lose Another Senior League Baseball Game—6 to 4

The Sons of Canada again defeated Gil's last night in the Senior League baseball game to the tune of 6 runs to 4 before a good crowd of spectators. The game was snappy throughout and is rated by ardent followers of the game to have been the best senior fixture of the season to date.

The Sons made two runs in the first innings, two in the second, and one run in the fourth and fifth each. Gil's made three runs in the second innings and one run in the fourth.

Art Easson went into the box for Gil's, this being his first appearance on the mound, and pitched good ball throughout his tenure of the office. He was relieved in the fifth innings by T. Clark. D. Lidstone pitched his usual brand of good ball for the Sons. Art Easson also had the distinction of making a home run on his first time up to bat.

Gil's ran into hard luck in both the fourth and fifth innings when, with two men down a grounder was fielded perfectly by H. Frizzell, on third base, but unfortunately he overthrew both times to first base letting two runs in.

The teams were—

Gil's—W. Mitchell, cf; T. Clark, 2b; S. Bazett-Jones, 1b; A. Easson, p; H. Frizzell, 1f; G. Mitchell, ss; W. Hamilton, c; W. Lambie, 3b; W. Montgomery, rf.

Sons of Canada—J. Farquhar, ss; A. Mitchell, rf; V. Menzies, 1b; H. Astoria, c; Roy Gilmour, 3b; A. Roy, 2b; O. P. Smith, cf; E. Clapp, lf; D. Lidstone, p.

The score by innings:

	1	2	3	4	5	6	7	
Gil's	0	3	0	1	0	0	0	—4
S. O. C.	2	2	0	1	1	0	0	—6

P. LaPorte acted as umpire.

SPORTS FOR EXHIBITION

Paid Manager Will be Employed; Outside Teams to be Brought In

A meeting was held last night in the Exhibition offices between the sports committee of the Fair Board and members of the various sport organizations in the city for the purpose of arranging the sports schedule at the forthcoming exhibition. The sports committee of the Fair Board present comprised Ben Self, R. E. Benson, Joe Greer and Frank Dibb. Representatives of the city sports organizations present included Geo. Johnson, Geo. Hill, Frank Vickers, Harry Breen, Harry Love, Bert Morgan, Sydney Bazett-Jones, P. LaPorte, and Harvey Fraser.

It was decided to appoint a paid sports manager to make provision for and handle all games during the exhibition week. It was considered that this action would tend towards closer co-operation and would further the smooth working of the sports program. The appointment of a sports manager will be made at the next regular meeting of the Exhibition Board, the expense to be borne by the Exhibition Association.

It was also decided to endeavor to make arrangements for outside football and baseball teams to come to the city during the Exhibition week to play selected local teams. It was considered that both a football and baseball team could be induced to come down from Anyox and baseball teams from Ocean Falls and Smithers. Definite arrangements will be made for the obtaining of outside teams at the next meeting of the board.

Sport Chat

Baseball, the American national pastime, which was expected to replace cock-fighting in the Phillipine Islands, is dying out there and the Department of Public Instruction, by its lack of interest, is blamed for the failure of the game. The Manilla League is said to be the only baseball organization in the Islands in a flourishing condition today. Filipinos players, despite this, are as keen as they ever were in regard to the game. Several have developed into crack moundsmen, backstops, in and outfielders and, while their hitting is weak compared with American big league standards, they are fast developing their stick work.

One of the strongest aggregations to leave the Province of Manitoba in the quest of cricket honors will depart from Winnipeg on August 2, for Victoria, B.C., where they will compete in the Western Canada Cricket tournament, August 6 to 11. Fifteen players will represent Manitoba, fourteen from the three Winnipeg divisions and one from Brandon—H. Napper, the only representative of points outside of Winnipeg. The choice of captain, as is usual, will be left to the players. T. A. Falstead and S. P. Meston, two of the keenest followers of the game in Manitoba, are prominently mentioned for the captaincy. The province of Saskatchewan and Alberta are also sending strong teams to compete against the pick of the Coast cities. Three games will be played at Victoria and three at Vancouver, the first at Victoria on August 6.

BEECHAM'S PILLS
Safest and best family medicine

MRS. H. W. MITCHELL IS SAVED FROM THE SURGEON'S KNIFE

MRS. H. W. MITCHELL

The following letter tells its own story of how Jo-To prevented a serious operation.

JO-TO COMPANY,

Dear Sirs,—A few weeks ago you sent a sample of your wonderful preparation, Jo-To, to Joe Woods for trial, and I have taken it and found it a great benefit to me.

I have been troubled with my stomach for years and have never found anything that gave me such relief as Jo-To. I have been examined by stomach specialists and they have pronounced my trouble cancer of the stomach and have advised an operation at once, but since I have been taking this wonderful remedy I have had no trouble at all, no pains and no gas, and I have been able to eat more than I have for years with perfect satisfaction, so I can't say too much for Jo-To. I hope everyone who is troubled with stomach trouble will give it a trial, for I am sure if it will help me it will everyone who tries it.

Respectfully yours for Jo-To,

MRS. H. W. MITCHELL.

Jo-To quickly and harmlessly relieves all stomach distress and suffering such as gas, acid, sour stomach (heartburn), bloating, and all after eating distress. Guaranteed absolutely harmless. Sold at all drug stores.

SPORT STANDINGS

Senior Baseball

	W.	L.	Pct.
Sons of Canada	6	1	857
Gils	3	4	429
Grotto	0	4	000

Intermediate Baseball

Colts	5	0	1000
White Sox	0	2	000
High School	0	2	000

Junior Baseball

Falcons	6	3	667
Boy Scouts	4	4	500
White Sox	3	6	333

Stuart Shield Football

	W.	D.	L.	Pts.
S. of E.	2	0	0	4
S. of C.	1	0	1	2
Grotto	0	0	2	0

Gilhuly Cup Football

Grotto	1	0	0	2
S. of E.	0	1	0	1
S. of C.	0	1	1	1

Mrs. B. M. Hoops and family of Telkwa were passengers from the steamer Prince Rupert to the train yesterday afternoon. They were returning to their home in the interior after having been on a holiday trip to Vancouver.

SLIM PEOPLE LIVE LONGEST

Better to be Underweight Than Overweight After Age of Thirty

NEW YORK, July 28.—Thirty is the magical age in the health development of the ordinary person's life. At thirty he is supposed more nearly to approach the normal. Under thirty he may well weigh a number of pounds above the average called for in the standard height, weight and age tables, but after thirty the longest life span prevails among those whose weights are uniformly below the average, according to figures compiled by the Metropolitan Life Insurance Company, of this city, and given out by the American Child Health Association.

The association asks everyone to keep track of his or her weight and to remedy any excess by diet and right living.

In a statement accompanying the figures Dr. Louis T. Dublin, of the insurance company, who compiled them, says:

Light Weight Advantage

"After thirty, people who weigh less than the average have a better chance for long life, the records of the insurance companies show. After this age it is a decided advantage to be slight and a serious handicap to gain materially in weight provided, of course, that the light weight is not the result of a sudden loss in weight which may be the result of organic disease."

"But the weight tables posted on public scales," he continues, "should not be taken too literally. Young persons may well weigh a number of pounds above the average called for by the tables. An excess of ten pounds is associated with the most favorable conditions among people between twenty and twenty-five years old.

Model Bill-of-Fare

"The public should realize these facts and accommodate their habits of diet and exercise to them. In America we eat too much and too well. The oriental coolie and the European peasant do an enormous amount of physical work on a meagre diet. No one advocates a return to primitive conditions or to lower standards of living, but it would be well for us to keep in mind the exact requirements of the adult body. We should recognize that when we have grown up we no longer need food for growth, but that for the replacement of burned up tissues we need only about 2,500 calories a day. This is equivalent to two very light meals and one hearty meal a day. Let me illustrate with a menu for an entire day for an active adult which will contain the required 2,500 calories. For breakfast he may have a small average serving of cooked fruit or an apple or an orange, a serving of cereal, a slice of bread or one muffin or roll with butter, a cup of coffee with sugar and cream. This will contain about 600 calories. The luncheon should consist of a salad, bread and butter, a choice of coffee, tea, or cocoa, with sugar and cream and a dessert. This will account for 650 calories. The important meal of the day, or dinner may consist of a soup, an average serving of meat, potato, two green vegetables, bread and butter and a dessert. If average portions are served, a total of about 1,200 calories will be included. This would make the total for the day approximately 2,500 calories.

"If more people checked their diet to the reasonable limits of their body requirements, there would be a great improvement in the general health of the nation."

PRINCE RUPERT TIDES

Saturday, July 28			
High	4:08 a.m.	21.2 ft.	
	13:59 p.m.	19.6 "	
Low	7:49 a.m.	1.1 "	
	19:55 p.m.	5.5 "	
Sunday, July 29.			
High	1:49 a.m.	21.0 ft.	
	14:38 p.m.	19.8 "	
Low	8:23 a.m.	1.3 "	
	20:38 p.m.	5.5 "	
Monday, July 30.			
High	2:29 a.m.	20.5 ft.	
	15:16 p.m.	19.7 "	
Low	9.00 a.m.	2.0 "	
	21:20 p.m.	5.7 "	
Tuesday, July 31			
High	3:10 a.m.	19.7 ft.	
	15:55 p.m.	19.3 "	
Low	9:36 a.m.	3.0 "	
	22.1 p.m.	6.1 "	

Daily News Classified Ads.

2 CENTS PER WORD IN ADVANCE. No Advertisement Taken for Less than 50c

WANTED

WANTED.—Men and women to learn barbering. Paid while learning and tools free. Write for catalogue. Moler Barber College, Vancouver, B.C.

WANTED.—Good general servant. Apply Mrs. F. G. Dawson, 333 Fifth Avenue East. 179

WANTED.—Go-cart in good condition. Phone Red 336. 177

FOR SALE

FOR SALE.—Gasboat "Princess Pat." 65 feet; 65 H.P. Frisco Standard engine. Freight and passenger boat; fully equipped; built 1920. Excellent tow boat. Will sell at bargain if taken at once. Arrange for terms. W. C. Waters, Wrangell, Alaska.

BARGAIN for Cash if sold immediately, Lot 46, map 967, Terrace. Apply Box 122, Daily News Office.

ROOMS

ST. ELMO HOTEL. Hot and cold water in every room. Steam heated. Rates reasonable. Phone Green 510. 836 Second Avenue West.

BOARD

BOARD. — The Inlander, 830 Second Avenue. Phone 137. tf

ROOM AND BOARD

PALMER HOUSE.—406 Seventh Avenue West. Phone Red 449. Furnished suites.

FOR RENT

TO RENT — Furnished rooms, with hot and cold water, by day or week. Moderate rates. Norfolk Rooms, Phone Black 329. tf

STEAM Heated Flat for rent. Besner apartments. M. M. Stephens.

FOR RENT—Housekeeping rooms 410 Sixth Avenue East. Phone Blue 217. tf

MODERN four room flat for rent. Westenhaver Bros. tf

TO RENT.—Two roomed flat in Wallace Block. Apply store.

MISCELLANEOUS.

ACCOMMODATION for Campers. —Stoves and cots provided. Lanfear & French, Hill Farm, Terrace, B.C.

EXPERIENCED MANICURIST and Shampooing. Residential work a specialty. Phone Blue 471. Mrs. Coleman.

NOTICE

Advertisers are reminded that copy for advertisements should be in the Daily News office before 4 p.m. today to ensure insertion in tomorrow's issue. * tf

LOST

LOST.—Bunch of keys in or near the Post Office. Finder please return to Daily News Office.

TAXI

Taxi 67 Phone.
(Call George or Gust)
Ross Brothers.
Five-passenger Touring Car
Prompt Day and Night Service.
Stand: Boston Grill Third Avenue

AUCTION SALES.

Conducted in your home or at our rooms. Goods also sold on commission.
H. H. HEMMINGS, Auctioneer, Third Avenue
(Der.ny Allen's Old Store)
Phone Black 136 and Green 471.

CHIROPRACTOR

R. D. TASSIE, D.C.
Chiropractor
3rd Avenue, Prince Rupert, B.C.
Hours: 10 to 12; 2 to 4; 7 to 8.
Phone Blue 625.
Residence, Green 136.

HOLIDAY RESORTS

MASSETT.
QUEEN'S HOTEL
The Ideal Holiday Resort.
For terms apply proprietress: Mrs. J. C. S. Dunn.

MAIL SCHEDULE

For the East—
Mondays, Wednesdays and Fridays, closes at 5.30 p.m.

From the East—
Mondays, Thursdays and Saturdays, 4:30 p.m.

From Vancouver—
Sundays ..... P. M.
Mondays ..... 3 P.M.
Wednesdays ..... 3 P.M.
Fridays ..... A.M.
Fridays ..... 3 P.M.
C.P.R. July 2, 6, 13, 16, 20 and 23.

To Vancouver—
Mondays ..... 10 P.M.
Tuesdays, Mail closes at 4 P.M.
Thursdays ..... 10 P.M.
Saturdays ..... A.M.
Saturdays ..... 10 P.M.
C.P.R. July 7, 11, 18, 21, 25 and 28.

To Anyox, Alice Arm—
Wednesdays ..... 9 P.M.

From Anyox, Alice Arm
Thursdays ..... 8 p.m.

To Stewart and Premier—
Fridays ..... 9 P.M.

From Stewart and Premier—
Saturdays ..... 8 P.M.

To Alaska Points—
July 2, 6, 13, 16, 20 and 23.

From Alaska Points—
July 7, 11, 18, 21, 25 and 28.

To Queen Charlotte Island Points
July 11 and 25. ..... 5.30 P.M.

From Queen Charlotte Points
July 9 and 23 ..... A.M.

To Naas River Points—
Thursdays ..... 10 P.M.

From Naas River Points—
Saturdays ..... A.M.

To Port Simpson, Alice Arm Anyox and Arrandale.
Sundays ..... 9 P.M.

From Port Simpson, Alice Arm Anyox and Arrandale—
Tuesdays ..... A.M.

QUEEN CHARLOTTE LAND DISTRICT.

Application to Purchase Land

In Queen Charlotte Land District, Recording District of Prince Rupert, and situate in Kitkatla Bay, Skidegate Inlet, and known as Burnt Island, lying to the southwest of Lina Island.

Take Notice that W. G. McMorris, of Vancouver, B.C., occupation miner, intends to apply for permission to purchase the following described lands: Commencing at a post planted at the northeasterly corner of Burnt Island, thence following shore line of said island to point of commencement, containing 20 (twenty) acres more or less.

WILLIAM GEORGE McMORRIS
Dated May 25, 1923.

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, Kitkatla 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 15 feet west of of the southeast corner post of Lot 4; thence 20 chains southeasterly; thence 20 chains northeasterly; thence 20 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.

LAND ACT.

Notice of Intention to Apply to Purchase Land.

In Skeena Land District, Recording District of Prince Rupert, B.C., and situate at the north end of Kitsumgallum Lake, B.C.

Take Notice, that I, Oscar Olander, of Rosswood, B.C., Farmer, intend to apply for permission to purchase the following described lands: Commencing at a post planted 20 chains west of the northeast corner of Lot 5118, Range 5, Coast District; thence south 20 chains; thence west to the east bank of Cedar River; thence north following river to south line of Lot 1043; thence east to point of commencement, and containing 20 acres, more or less.

OSCAR OLANDER, Applicant.
Dated May 12th, 1923.

LAND ACT.

Notice of Intention to Apply to Purchase Land.

In Skeena Land District, Recording District of Prince Rupert, B.C., and situate at the north end of Kitsumgallum Lake.

Take Notice, that I, Alfred Egan, of Rosswood, B.C., Farmer, intend to apply for permission to purchase the following described lands: Commencing at a post planted at northwest corner of Lot 5118; thence west 20 chains; thence south about 10 chains to Kitsumgallum Lake; thence following the lake southeasterly to the southwest corner of Lot 5118; thence north 40 chains to point of commencement, and containing about 45 acres more or less.

ALFRED EGAN,
Per L. H. Kenney.
Dated May 16th, 1923.

NOTICE

NOTICE IS HEREBY GIVEN that application will be made by the City of Prince Rupert to the Legislative Assembly of the Province of British Columbia, at its next session, for an Act to be entitled "Prince Rupert Local Improvement Validation, 1923," authorizing the validating of Bylaw No. 403, being a Bylaw to provide for borrowing One Hundred and Fifty-five Thousand ($155,000.00) Dollars, upon debentures ,to pay for the construction of a local improvement, namely, the surfacing of certain roadways with broken stone and the finishing and binding of same, the use of water and asphalt, and amendments passed thereto, and fixing assessments thereunder, and permitting and authorizing the City to assess and collect such assessments for the cost of the work provided for under said Bylaw, and validating and defining the areas set out in such Bylaw, and confirming a special assessment roll confirmed by the Court of Revision pursuant to the Municipal Local Improvement Act and all assessment notices sent thereunder and validating bylaws passed pursuant to the Municipal Local Improvement Act for borrowing money from the Bank for the cost of carrying out the Bylaws pending its completion and for such alterations in the dates upon which the payment of principal and interest on the debentures authorized to be issued under said bylaw are to be made payable as may be deemed expedient.

Dated at the City of Prince Rupert, this 14th Day of July, 1923.

E. F. JONES,
Solicitor for the Applicants, the Municipality of the City of Prince Rupert.