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Women who wish to stimulate the growth of their hair should use Van Ess Liquid Scalp Massage. A glorious head of strong vigorous hair surely follows its consistent use, and consistent use is easy because Van Ess comes fitted with a patent rubber applicator that feeds the medication directly to the roots of the hair. And the flexible nipples of the applicator bring a healthy circulation of blood to feed the hair roots. Buy your Van Ess on 90-day treatment plan. Money back if it fails.

ORMES LIMITED, Prince Rupert, B.C.

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DAILY EDITION

Monday, July 6, 1925.

Basilica Linea Abdominalis.

One of the trends of modern times is the desire of men and women to retain their youthfulness. Everyone has heard often enough about women painting and powdering and using clay and massage and employing beauty specialists. Most women take some steps to correct the irregularities brought about by the ravages of age and unwise methods of life. Fat women reduce and thin women try to get fat.

Of late, however, men have been less insistent about caring for their figures. Douglas Fairbanks, the eminent movie actor, has at his home a gymnasium which he calls "Basilica Linea Abdominalis" or the temple dedicated to the reducing of the waist line.

Men today do not like to have an extended waist line. Some of them are severely afflicted by hereditary tendency. Their fathers and mothers had extended waist lines and as soon as they settled down to business or professional life the waist showed signs of increasing until it became most difficult to keep it down and in many cases hope of improvement was given up. Others made determined efforts and by means of much dieting and strenuous exercise succeeded in lessening the weight and measurement very considerably. With some people fear of fatness is a continuous nightmare. It comes in spite of them.

To correct the waist line we would suggest that the young man start early and see that there is no leup through life. Abdominal exercises are a great help and reasonable diet also is an aid. Athletic sports and games are useful but they should be played instead of being watched. To watch a game does not help to keep a person fit.

Sports Are Better Than Exercises.

Sports are always better for keeping a person in condition than exercises designed for that purpose. Play any of the games and the mind as well as the body is refreshed by the entire change from the ordinary occupations of life. The person who can play well with moderation is one who will live long, other things being equal. A great many may not care for football, baseball, tennis or swimming, though it is difficult to understand how a real man can go through life without being fascinated by one of these sports. Just an outing at the beach or a fishing trip gives plenty of vigorous exercise and keeps the person from becoming stale.

Not Let Recreation Take Place Of Work.

There are a few immoderate persons who allow their recreation to interfere with their work. Recreation fills their life instead of filling their holidays. A person's work should fill the life and be the main consideration all the time. Once the recreational activities are introduced into the business house, the shop or the factory, the work suffers. Each has its place but sports and games and other recreations must always be kept subordinate. The wise employer does not allow any encroachment on his time by employees who become enthused with outside activities.

Some Never Succeed; They Live For Recreation.

Some people never succeed in their business or profession. They allow outside activities to dominate their lives. With them recreation is a profession and work is simply a side line. They should be professional sportsmen but the probability is that if they were, they would make work a recreation.

We are attracted by the new and when a person takes up a new sport or revives an old one and becomes enthused over it, there is a great tendency to give up everything else for it and to forget the main object of life. This has to be guarded against.

EXCURSION TO KETCHIKAN WAS MUCH ENJOYED

Local People Helped Alaskans Celebrate Their National Holiday.

The C.P.R. S.S. Princess Royal arrived back yesterday morning about 9.30 with over two hundred tired excursionists. Everybody reported a very fine time experienced in Ketchikan, and a very fine celebration was put on by the citizens in honor of their natal day. Part of the program consisted of a parade in which the local pipe band participated, to the very great amusement and interest of the people generally. The parade was featured by several floats in which various organizations and lodges took part, and there were many floats of an original and beautiful character. The first prize went to Eagle's Lodge, while the Boy Scouts were accorded second place.

The afternoon was spent with games, both Anxox and Rupert, losing to the Ketchikan players, and in the evening, after the regular show, the Elks from Rupert put on a midnight frolic in the Coliseum. The program did not get under way until 11.30 and as the boat was billed to sail at 12.30, the program had to be cut short in order to be sure of arriving back in Rupert on time. As the Ketchikan time is one hour behind that in Prince Rupert, this meant that the boat was really sailing an hour and a half later than it was intended. Nevertheless there are many who were very disappointed that it was not possible to stop over for thirty minutes more to complete the concert.

RUBY MAE BACK FROM SEATTLE

Local Party Makes Round Trip To Puget Sound; Arriving Home Saturday.

After a delightful two week's gasboat trip down the coast, which took them as far south as Seattle and Bellingham, Charlie Gurrie and Sydney Hunter returned to port on the former's power boat Ruby Mae on Saturday evening, making the run from Vancouver under pleasant weather conditions in around 72 hours, actual running time.

Going down the coast, stops were made at Butedale, Bella Bella, Hardy Bay, Namu and Powell River, the Ruby Mae picking up a disabled American schooner bound for Siberia off Namu and towing her in. Arriving at Vancouver the mariners proceeded to Blaine, Washington, taking the motor bus from there to Bellingham, Everett and Seattle, at which points stop-overs were made.

Returning from Vancouver the weather was ideal, although the Ruby Mae got a little shaking up in Queen Charlotte Sound, China Hat was reached on Thursday night in time for the boys to attend a religious native service conducted by Dr. Spencer and Capt. W. Oliver, missionary.

The run in on Saturday was made from Lowe Inlet, the last stopping place on the trip.

ANNUAL DANCE WAS GIVEN AT BUTEDALE

Cannery Enlarged and Two New Boats Added to Fleet.

BUTEDALE, July 6.—The opening of the fishing season was celebrated by the annual dance given here by the Canadian Fishing Company, which was attended by two hundred people. It was held in the can loft here and a most enjoyable time was spent. Among the visitors were guests from several of the adjoining canneries and camps.

A. E. Coffey and his son, who have been painting the town of Butedale red for the past two months, left Saturday for Wales Island with three paint pumps, gas engine and other paraphernalia for his work, including a paint gun. Butedale is now all red except the customs house, which is green.

The Butedale cannery has been enlarged this summer and new machinery installed and it is

looked on as one of the best canneries in B. C.

Two new boats of the seine boat type, built in Vancouver for the Canadian Fishing Company, arrived here during the week and will operate out of here. They are each of 31 tons register with full diesel engines. They are the Skedams, Capt. R. Cadwallader, and the Katsun, Capt. Taylor.

The Man in the Moon SAYS—

JAKE says he has no kick coming, but he'll have on going if he isn't careful.

GOODBYE Ketchikan, We wish you well; We invaded your city, In a crowd pell mell; And now we are home, It feels like heaven.

A CORRESPONDENT from "the outside" wants to know if the street cars here give transfers. They do. They transfer your money into their pockets.

I THANK the powers that I'm alive, And that I still can borrow five; And spend it all in any dive, Around Prince Rupert.

I thank my wife the following morn, When back to her I come for-orn; Of all my boasted joy I'm shorn, In Prince Rupert.

THERE'S one thing about those boys, they have the experience while we retain the cash.

AN optimist is a man who starts playing poker with two dollars.

THE modern actress has little to conceal.

RUNNING after a woman is a comparatively easy process. Backing away, Jake says, is the difficulty.

JAKE does not like some of the roads here. He says he was riding in a taxi the other night and his young lady friend was bounced right out of his arms.

IT is said that the manufacturers are turning to free trade. Of the 135 diversions granted by the Senate this year, the mfrs. secured 62.

THE orchestra often takes the rest out of restaurant and puts the din into dinner.

THERE are several people I'd like to kill were it not for the close season on crabs.

NOW I have it. Let us get up a "better weather week."

A HISTORY of the rise and fall of mah jong should prove an interesting best seller.

A YOUNG lady of my acquaintance said she never heard such awful words before. How she knew they were bad is what puzzles me.

ANYBODY can make laws. That is child's work. Dodging them is the difficult matter.

THE other day at Santa Barbara some of the B.C. bootleg liquor went off with a bang and a lot of hotels and buildings are now in ruins. There was some kick somewhere.

JAKE says the stuff with the kick in it is the stuff they send away.

Ten Years Ago in Prince Rupert

Judge Young returned yesterday from Atlin, where he has been holding court. Mrs. Young and Miss Margaret Young returned from the south yesterday morning.

Major McMullin has received definite instructions in respect to the despatch of the next contingent from here. They will leave on the G.T.P. boat on Thursday next, July 8. There are about 175 to be taken from here.

The St. Andrew's Society will hold a church parade to the Presbyterian Church Sunday evening. Rev. H. R. Grant will

Here's a real shortcake

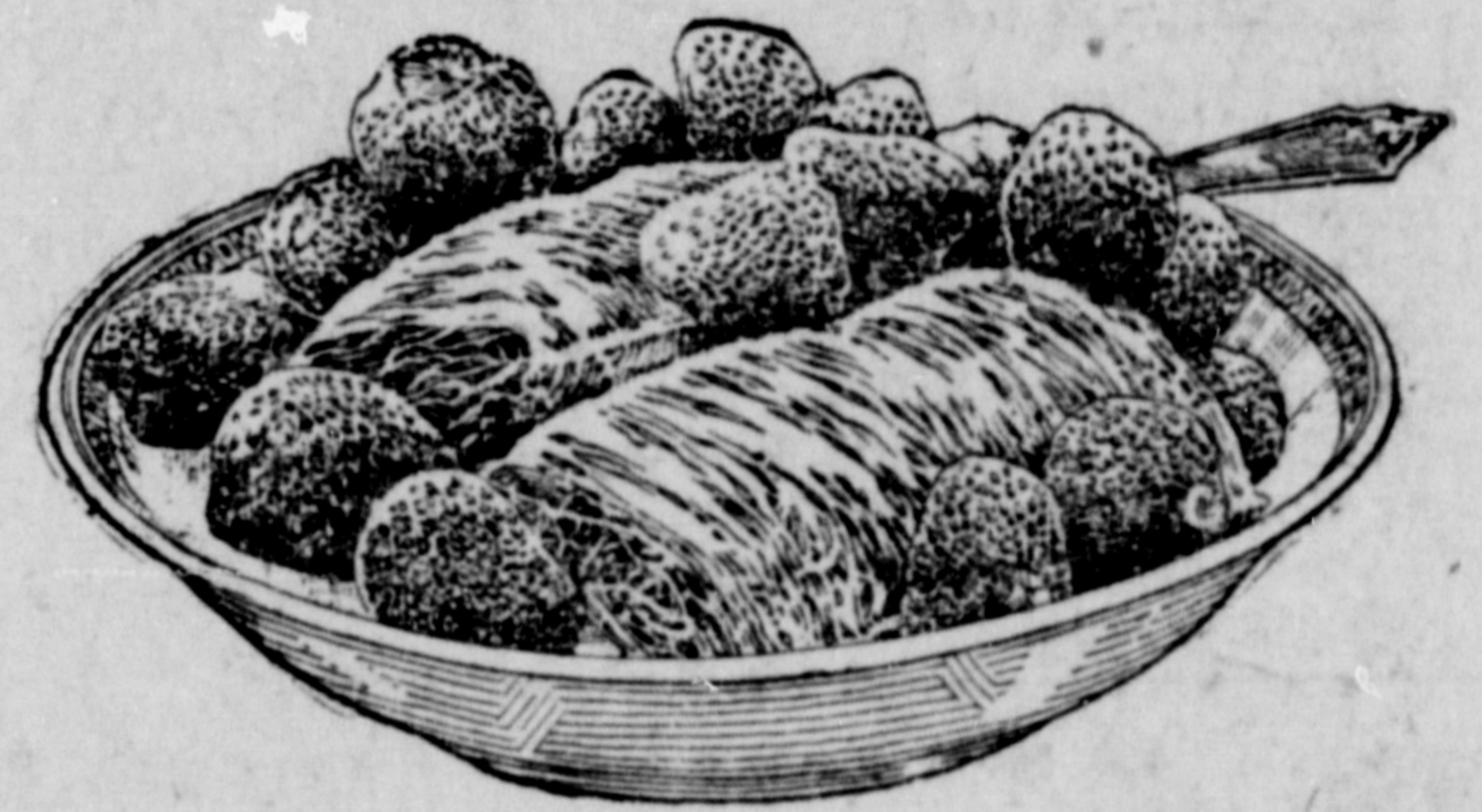
Here's a shortcake more delicious, more nourishing and more easily digested than the ordinary shortcake that is made of soggy white flour dough. Dip the strawberries over

Shredded Wheat

then serve with sugar and cream.

A treat for the warm, sultry days—cool and refreshing. Contains all the iron you need, all the vitamins

you need, all the bran you need. A wholesome, nourishing dish for breakfast, for lunch, for dinner.



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ORMES LIMITED

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The Rexall Store 3rd Ave. and 6th St.
Phone 82 and 200

WHEN TEACHER "Kept you in"---

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And isn't it the same when washing keeps you in the house now that spring is here?

Our Family Washing Service will do your washing thoroughly and iron all your flat work, with complete satisfaction.

Let our representative explain to you this De Luxe Laundry Service for people who are only satisfied with the best.

CANADIAN Steam LAUNDRY

Phone 8

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