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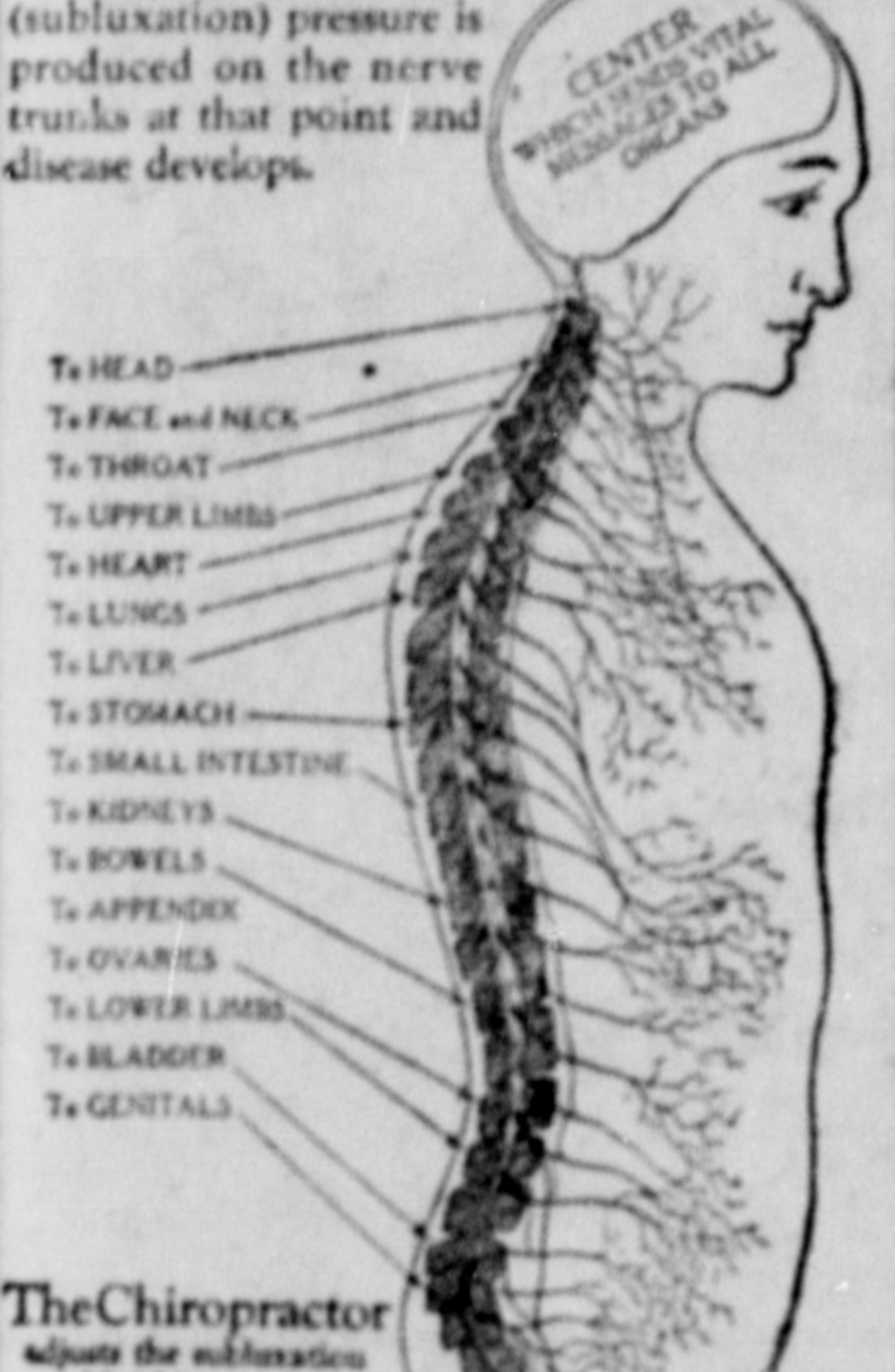


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To APPENDIX
To OVARIES
To LOWER LIMBS
To BLADDER
To GENITALS

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SOME ADVICE ON INFLUENZA

DR. DAMRAU SAYS IF ONE HAS A COLD, BED IS A SAFE PLACE TO STAY

Now that the epidemic of influenza is general and may be expected to pay a visit to Prince Rupert before long, the advice of Dr. Frederic Damrau who writes in Popular Science Monthly and urges that anybody who has got a cold should stay in bed may be acceptable. Here is Dr. Damrau's advice:

"Because it keeps so many persons out of work a certain number of days each year and because hardly anyone escapes it entirely, the common cold probably causes more loss in dollars and cents than any other disease. For these reasons, if for no other, it is demanding the attention of physicians as never before. They are learning its causes.

Dr. D. F. Smiley, of Ithaca, made a statistical study among 2,485 Cornell students to test some of the popular beliefs about the causes of colds. He found that students who protected themselves from drafts caught as many colds as those who slept by an open window. Those who were careful to wear rubbers or goloshes during wet wintry weather did not escape any more than did their more stoical fellows. The much vaunted cold bath in the morning proved only of slight value in preventing colds.

The probability is that exposure to cold, dampness and drafts does play a role in the onset of a cold, but only a subsidiary one. Cold and wet applied to the body has been shown, diminish the amount of blood supplied to the nose. And a diminished blood supply means less resistance to microbes. Thus whatever part exposure plays in causing coryza partakes of the nature of preparing the nose for the invasion of the germs.

GOOD OLD REMEDIES

Hot drinks and hot mustard foot baths are familiar old-fashioned remedies for colds, and undoubtedly their popularity is deserved. Sweating is a time-honored remedy, and is quite effectively induced, also, by hot lemon-are and scorching hot baths. To these

"GOVERNMENT LIQUOR ACT."

NOTICE OF APPLICATION FOR BEER LICENCE

NOTICE IS HEREBY GIVEN that, on the 10th day of February next, the undersigned intends to apply to the Liquor Control Board for a licence in respect of premises being part of the building known as Seal Cove Hotel, situated at the City of Prince Rupert, in the Province of British Columbia, upon the lands described as all that portion of Waterfront Block "I," Bay of Prince Rupert, City of Prince Rupert, Province of British Columbia, Map 523, Prince Rupert Land Registration District, and being more particularly described as follows:

"Commencing at a point which lies in a straight line of bearing north 69 deg. 28' 8" east a distance of 767.20 feet from the centre of circle as shown on said Plan 923, Section 7, thence south 6 deg. 35' 25" east a distance of 60 feet to a point, thence north 83 deg. 24' 35" east a distance of 100 feet to a point, thence north 6 deg. 35' 25" west a distance of 90 feet to a point, thence south 83 deg. 24' 35" west a distance of 100 feet to the point of commencement."

for the sale of beer by the glass or by the open bottle for consumption on the premises.

DATED this 12th day of January, 1927.

H. A. DODD, Applicant.

"GOVERNMENT LIQUOR ACT."

NOTICE OF APPLICATION FOR BEER LICENCE

NOTICE IS HEREBY GIVEN that on the 1st day of February next the undersigned intends to apply to the Liquor Control Board for a licence in respect of premises being part of the building known as Central Hotel, situated at the corner of First and Seventh Streets, in the City of Prince Rupert, Province of British Columbia, upon the lands described as Lots Eleven (11) and Twelve (12), Thirteen (13) and Fourteen (14), in Block Ten (10), Section One (1), City of Prince Rupert, Province of British Columbia, according to a registered map or plan deposited in the Land Registry Office at the City of Prince Rupert aforesaid, and numbered 923, for the sale of beer by the glass or by the open bottle for consumption on the premises.

DATED at Prince Rupert, B.C., this 3rd day of January, 1927.

CORA E. BLACK, Applicant.

MINERAL ACT

CERTIFICATE OF IMPROVEMENTS NOTICE

Juanita, Anyox, Granby, Alamo, Rodeo, Pinto, Wann Fractional No. 2, and Monte Fractional Mineral Claims, situated in the Atlin Mining Division of Cassiar District. Where located:—On Wann River, Taku Arm of Taku Lake.

TAKE NOTICE that I, Charles V. Bob, Free Miner's Certificate No. 89768, intend, sixty days from the date hereof, to apply to the Mining Recorder for a Certificate of Improvements, for the purpose of obtaining a Crown Grant of the above claim.

And further take notice that action under section 86, must be commenced before the issue of such Certificate of Improvements.

Dated this 1st day of January, A.D. 1927.

H. McN. FRASER, Agent.

NAVIGABLE WATERS PROTECTION ACT

R.S.C. CHAPTER 115

Edward Lipsett, Limited, of the City of Vancouver, hereby gives notice that he has under Section 7 of the said Act deposited with the Minister of Public Works at Ottawa and in the office of the District Registrar of the Land Registry District of Prince Rupert, a description of the site and the plans and the map of the said site and plans for approval of the said site and plans and for leave to construct the said wharf.



SORE CHAPPED HANDS & ARMS

Rub a little Zam-Buk over your hands and arms to check and heal all roughness and chafing. It's wonderful.

Zam-Buk contains valuable herbal extracts which lubricate the tissues, soothe pain, allay inflammation and grow new healthy skin. Cold-sores, 'chaps', frost bite, chafing and similar troubles are quickly ended by Zam-Buk.

It provides the handiest and safest antiseptic dressing for all injuries and skin troubles.

COLDS—For cold in the head, smear a little Zam-Buk over the palms of the hands, and inhale. For colds in chest or back, rub briskly with slightly-warmed Zam-Buk night and morning.

Zam-Buk

SOOTHES PAIN PREVENTS BLOOD-POISON.

Box size: 1 for \$1.25. Of all druggists.

esteemed treatments we may add steam, medicated with turpentine or compound tincture of benzoin, inhaled through the nose and brought directly to the seat of the disturbance.

The proper thing to do for a cold of any degree of severity may be expressed pithily in three sentences: Stay home. Stay in bed. Send for the doctor. The person who obeys these instructions will not be guilty of spreading his microbes all over his fellow men and will, at the same time be doing his best to avert serious complications in his own case.

VERY CONTAGIOUS

While almost anyone nowadays admits that a cold may be contracted by kissing, surprisingly few realize they are in danger when somebody close to them sneezes without using his handkerchief. But it has been proved that droplets containing microbes may be projected across a room twenty feet wide during the course of ordinary conversation. How far, then, can those same droplets travel when propelled by the high-powered artillery of a lusty sneeze? I recall vividly one such sneeze indulged in by a guest at a social gathering attended by about twenty people. Within the next few days at least half of those present, including a number who were in an adjoining room at the time, were suffering from colds.

WATER NOTICE

DIVERSION AND USE

TAKE NOTICE that James Field, whose address is 213-2nd Ave., Prince Rupert, B.C., will apply for a licence to take and use 1 cubic foot per second of water out of unnamed creek, which flows easterly and drains into Crescent Inlet, Moresby Island, Q.C.I., about one mile from the head of the Inlet on the north shore. The water will be diverted from the stream at a point about 1,000 feet from the mouth and will be used for domestic and cannery purposes upon the 40 acres of land described as unsurveyed land, for which application is made about 15 chains southwesterly from the mouth of the stream.

This notice was posted on the ground on the 29th day of November, 1926. A copy of this notice and an application pursuant thereto and to the "Water Act," will be filed in the office of the Water Recorder at Prince Rupert, B.C. Objections to the application may be filed with the said Water Recorder or with the Comptroller of Water Rights, Parliament Buildings, Victoria, B.C., within thirty days after the first appearance of this notice in a local newspaper. The date of the first publication is December 20, 1926.

JAMES FIELD, Applicant.

LAND ACT

NOTICE OF INTENTION TO APPLY TO PURCHASE LAND

In Prince Rupert Land Recording District of Prince Rupert, and situate on the north shore of the South Arm of Tasoo Harbor, Moresby Island, Queen Charlotte Islands, Province of British Columbia.

TAKE NOTICE that James Field, of Prince Rupert, B.C., occupation Marine Broker, intends to apply for permission to purchase the following described lands:

Commencing at a post planted on the north shore of South Arm of Tasoo Harbor, Moresby Island, Queen Charlotte Islands, in the Province of British Columbia, about 5 chains from the end of the Government trail; thence 10 chains northeasterly; thence 10 chains southwesterly; thence 10 chains southeasterly; and containing twenty (20) acres, more or less.

JAMES FIELD, Applicant.

Dated November 29, 1926.

IN PROBATE

IN THE SUPREME COURT OF BRITISH COLUMBIA

In the Matter of the Administration Act; and In the Matter of the Estate of Alberta Daniels, Deceased, Intestate.

TAKE NOTICE that by order of His Honor, Judge Robertson, the 15th day of December, A.D. 1926, I was appointed Administrator of the estate of Alberta Daniels, deceased, and all parties having claims against the said estate are hereby required to furnish same, properly verified to me on or before the 16th day of January, A.D. 1927, and all parties indebted to the estate are required to pay the amount of their indebtedness to me forthwith.

NORMAN A. WATT, Official Administrator.

Prince Rupert, B.C.

Dated the 16th day of December, A.D. 1926.

ONLY THREE 1926 MAYORS WON CONTESTS

MANY CHIEF MAGISTRATES IN PROVINCE WERE RE-ELECTED BY ACCLAMATIONS BUT MOST OF THOSE OPPOSED WERE BEATEN

In sixteen of the twenty-four cities in the province which held civic elections last week, the mayors were elected by acclamation. They were Mayor L. A. Hanna of Alberni, Mayor J. Z. Parks of Armstrong, Mayor J. H. Ashwell of Chilliwack, Charles Hawkins of Enderby, Mayor J. S. Irvine of Fernie, Mayor W. H. Burgess of Kaslo, Mayor Percy Boyd of Merritt, Mayor G. H. Morden of North Vancouver, Mayor Arthur Galer of Port Coquitlam, Mayor S. M. Newton of Prince Rupert, Mayor H. F. McKinnon of Revelstoke, Mayor W. Newman of Salmon Arm, Mayor Peter Swan of Slokan City, Mayor Herbert Clark of Trail and Mayor L. L. Stewart of Vernon.

While the mayors in these various cities were having easy re-election, five 1926 mayors of the other eight cities were turned out of office in the persons of Mayor Victor B. Harrison of Nanaimo who was beaten by Ex-Mayor F. A. Bushby; Mayor T. S. Annandale of New Westminster who was beaten by Ex-Mayor Gray; Mayor F. D. Taylor of Prince George who was beaten by Ald. A. D. Paterson, and Mayor A. W. Smith of Rossland who was beaten by W. A. Turner.

The only mayors in the province who retained their seats in contest were Mayor T. M. Roberts of Cranbrook; Mayor J. A. MacDonald of Nelson and Mayor W. H. Mills of Port Moody.

In nine cities—Alberni, Armstrong, Kaslo, Kelowna, Merritt, Port Coquitlam, Revelstoke, Slokan City and Vernon—entire slates of mayor, aldermen, school trustees and police commissioners were returned by acclamation.

MOOSEHEART LADIES INSTALLED OFFICERS

Pleasant Social Hours Followed Lodge Meeting Last Night—Cards and Dancing

Installation of officers of the ladies of the Mooseheart Legion took place at a largely attended meeting in the Moose Hall last night. Mrs. J. Gawthorn, past senior regent, was in charge of the installation into office of the following ladies:

Senior Regent—Mrs. F. M. Crosby. Junior Regent—Mrs. J. Field. Chaplain—Mrs. Jack Ratchford. Recorder—Mrs. Thor Johnson. Treasurer—Mrs. P. Wingham. Guide—Mrs. Lund. Assistant Guide—Mrs. P. J. Ryan. Sentinel—Mrs. Bartlett. Argus—Mrs. Ole Baggan. Pianist—Mrs. L. R. Parry.

After the lodge meeting, the ladies were joined by their husbands and friends and a pleasant social evening ensued. Refreshments were served under the direction of Mrs. Jack Ratchford and the winners at thirteen whist tables were Mrs. Sam Haugen and L. R. Parry. The evening wound up with a couple of hours of dancing, music being furnished by Mrs. J. Gawthorn.

DOMINION'S TRADE HAS NOW INCREASED


Canada's trade will total nearly two and a half billion dollars in the year just closed. Based on the figures available for 1926, the trade of the Dominion can be estimated at \$2,324,015,408 for 1926. This is an increase of nearly \$220,000,000 over 1925 and an increase of about \$440,000,000 over 1924. These figures were made public by the Dominion Bureau of Statistics.

There is an increase in both exports and imports. In the twelve months ending November 30, Canada exported domestic goods to the value of \$1,305,715,729, an increase of about \$85,000,000 over the previous year and an increase of about \$250,000,000 over 1924. A small quantity of foreign goods also was exported.

During the past year, the Dominion imported about a billion dollars' worth of goods, an increase of about \$190,000,000 over 1924.

Canadians bought more goods in the United States than they sold in that country. Imports from the United Kingdom, Canadians brought in goods to value of \$104,000,000 and exported to the Old Country, \$86,000,000.

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Information is the only basis for intelligent purchasing. And the right way to get the greatest amount of necessary information is to read the advertisements.

Advertisements tell you what is new and good in merchandise. They reveal improvements and inventions to make your home life easier, more comfortable and more convenient. They give you information about a thousand and one things that are useful.

Every manager of a household—every member of the household who shares the responsibility for the family's welfare—should make a habit of reading the ads.

Read the advertisements in order to buy wisely

LAND ACT

NOTICE OF INTENTION TO APPLY TO LEASE LAND

In Prince Rupert Land Recording District of Prince Rupert, and situate on the north shore of Crescent Inlet, Moresby Island, Queen Charlotte Islands, in the Province of British Columbia, and being about one and a half miles from the head of the Inlet.

TAKE NOTICE that James Field, of Prince Rupert, B.C., occupation Marine Broker, intends to apply for a lease of the following described lands:—Commencing at a post planted on the north shore of Crescent Inlet, about one and a half miles from the head of the Inlet; thence northwesterly 20 chains; thence southwesterly 20 chains; thence southeasterly 20 chains; thence northeasterly 20 chains, and containing forty (40) acres, more or less.

JAMES FIELD, Applicant.

Dated November 27, 1926.

LAND ACT

NOTICE OF INTENTION TO APPLY TO LEASE LAND

In Oona River Land Recording District of Prince Rupert, B.C., and situate on an island in Oona River approximately opposite Block One and Two of Lot 2199, R. 5, Coast District (mostly tide flat surrounding small island).

TAKE NOTICE that John Bergman, of Oona River, B.C., occupation fisherman, intends to apply for a lease of the following described lands:

Commencing at a post planted 300 feet north of northwest corner post of lot 2199; thence 1,000 feet southerly; thence 200 feet westerly; thence 1,000 feet northwesterly; thence 100 feet to post planted, and containing ten acres, more or less.

JOHN BERGMAN, Applicant.

Dated October 30, 1926.

RALPH LEPINE HEADS SHRINERS

ELECTED PRESIDENT OF LOCAL CLUB AT REGULAR MONTHLY MEETING LAST NIGHT—BALL IS POSTPONED

The Prince Rupert Shrine Club at its regular meeting in the Commodore Cafe last night elected officers for the year 1927 as follows:

President—R. V. G. Lepine. Vice-president—W. H. Tobey. Secretary—Alonso Haines. Treasurer—Olof Hanson. Directors—S. E. Parker, John Dybbavn and R. A. Creech.

The first annual Shrine ball, to have been held this month, has been postponed until spring.

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