

500 Yds. Chinese Brocaded Silk
15 Shades, guaranteed pure thread silk, reg. value \$1.25 yd. Special Dollar Day Price **\$1.00**
2 yds. for

1000 Yds. Pure Silk Flat Crepe
Guaranteed pure silk excellent quality, heavy weight, every piece perfect, in the following shades, eggshell, flame, beige, Spanish tile, red, mulberry, maize, green, rose, nut brown, black and white. Dollar Day Special **\$1.00** per yard

Ladies' Pure Thread Silk Hose, Sub-Standards
25 Doz., assorted shades, silk to top, French panel heel, service weight. Dollar Day Special **\$1.00**
3 pair for

Ankle Socks
Assorted shades, pure wool and silk & wool, sizes 8 to 10½, fancy and plain knit; Dollar Day **\$1.00** Special, 3 pair for

Kayser Full-Fashioned Hose
25 Doz. pure thread silk full fashioned semi-service weight, every pair perfect, all new shades, French panel heel, cradle foot, Dollar Day Special **69c** per pair

May Belle Bloomers and Vests
Genuine May Belle quality, assorted shades, bloomer and pantie style all sizes; Dollar Day **\$1.00** Special, 2 pair for
Vests to match **\$1.00**
2 for

Ladies' Rayon Silk Non-Run Bloomers
Assorted shades, extra good quality, sizes, small, medium and large, Dollar Day Special **\$1.00**
3 pair for

Girls' Pullover Sweaters
125 Novelty Pure Wool Sweaters, puff sleeves, assorted styles and colors, assorted sizes, reg. value \$1.95 to \$2.50; Dollar Day Special, each **\$1.00**

DOLLAR DAY

SATURDAY

Fraser & Payne's

Saturday Closing 8 p.m.

Just a Few of the Items Advertised For Saturday Dollar Day

Van Raalte Chiffon Hose
Made with the new Flextop and Flextoe features, full fashioned pure thread silk, French heel, MIR-O Klear, no rings, all new shades, fine gauge, dull finish, reg. \$1.50. Dollar Day, per pair **\$1.00**

Novelty Silk Bedspreads
50 Silk Spreads, assorted patterns in shades of mauve, green, blue, yellow and rose, size 80x100 inches; Dollar Day **\$2.95** Special

See Our Windows Friday All Filled With Clean New Merchandise!

Face Cloths
Turkish Face Cloths, assorted colors good size; Dollar Day **25c**
6 for

Wabasso Pillow Cases
Linen finished full size hemstitched, splendid quality Dollar Day, 3 cases for **\$1.00**

Suede Crepe Princess Slips
20 Doz., assorted shades, made up in fitting style, plain and lace trimmed; Dollar Day **\$1.00** each

Scotch Madras
Scotch Madras curtain fabric, 3½ inches wide, assorted designs Dollar Day Special **\$1.00**
4 yards for

Bungalow Nets
36 Inches wide, white or ivory shade assorted designs, good quality Dollar Day Special **\$1.00**
4½ yards for

New Tuscan
Beautiful quality, Tuscan Nets in various sizes assorted; Dollar Day, 2 yards for

Heavy Tuscan
Ivory shade, 38 inches heavy quality, plain Dollar Day Special, 3 yards for

English Shadings
Assorted designs and colors for Dollar Day, 2 yards for

TOWELS
100 Doz. Turkish Towels, mill, at just about price, in 3 groups, Dollar Day—

5 Towels for
4 Towels for
3 Towels for

GLANDS ARE DISCUSSED

O. F. Denstedt Gives Interesting Address Showing Importance of Hormones in Body

Hormones and their function in the body was the subject of a most interesting address yesterday afternoon before the Rotary Club by O. F. Denstedt of the Prince Rupert Fisheries Experimental Station. He explained that the hormones are substances produced and excreted into the blood stream by various glands which are known as ductless glands. Prominent among these are the pituitary body, the thyroid, parathyroids, adrenals, certain cells of the pancreas, and the female and male sex glands.

These glands have no direct outlets but the secretions pass through the cell walls directly into the blood stream. They are carried to other parts of the body where they assist the various organs in their normal activities.

The hormones so far isolated are crystalline materials having the appearance of ordinary compounds such as sugar or salt.

Only four of the hormones have been isolated in their pure state and only two have been synthesized or rebuilt by the chemist. The remaining sixteen or more known hormones have been obtained only mixed with other substances in extracts of the glands.

Hormones are extremely potent substances. Adrenalin, for example, is active when diluted one part in three hundred million parts of water. One of the hormones of the pituitary is more active still.

Thyroid Glands
Thyroxine from the thyroid glands is present in the body to the extent of about one-quarter of a grain. The body requires about three and a quarter grains per year to supply its requirements and this pinch of material spells all the difference between complete imbecility and normal health. Sometimes these glands become over-active or under-active, giving rise to various abnormalities. For example, an over-active pituitary in a growing child may cause him to develop into a giant or a deficient pituitary may give rise to a dwarf. These types are often seen in the side-shows of circuses. Similarly, deficiencies or excessive activity in other glands lead to abnormalities, and disturbances of health, physical and mental.

The thyroid, probably the best known of the glands, produces the hormone thyroxin which controls the rate at which foods are burned in the body. Excessive activity causes certain forms of goitre. Under-activity, on the other hand, slows down body processes and, if extreme in growing children, may result in complete arrest of physical and mental development. Often idiocy and deaf-mutism are traced to this cause.

The parathyroid secretes a hormone that regulates the amount of calcium present in the blood. Over-activity of this gland stimulates certain bone cells to remove calcium and phosphorus from the bone with the result that the bones become very thin and fragile.

Insulin Important
Certain cells of the pancreas

'SPORT'

BALL RACE REGIMENT IS WINNER

Chicago Cubs Win Over St. Louis Cardinals and Reduce Margin of New York Giants

CLEVELAND, Aug. 3: (CP)—Detroit Tigers and New York Yankees continued their battle for the American League supremacy with no change in the situation as a result of yesterday's play, the former retaining their one game margin by blanking the Indians here while the Yankees were defeating the Boston Red Sox at the Yankee Stadium in New York.

In the National League, the New York Giants, being shut out by the Braves at Boston, had their margin of supremacy reduced to two and a half games over the Chicago Cubs who were winning over the third place St. Louis Cardinals at Wrigley Field. The Dodgers won a close decision over the Phillies at Brooklyn and displaced them in sixth position.

Yesterday's Big League scores:

American League
Detroit 3, Cleveland 0.
Boston 4, New York 12.
Chicago 8, St. Louis 9.
Philadelphia-Washington, postponed on account of threatening weather.

National League
New York 0, Boston 8.
Philadelphia 7, Brooklyn 8.
St. Louis 2, Chicago 6.
Pittsburg 13, Cincinnati 3.

manufacture insulin, which hormone regulates the amount of sugar in the blood and the storage in the muscle of any surplus of sugar. A deficiency of insulin disturbs this process or storage and produces a condition known as diabetes. In this disease carbohydrates such as sugar and starch cannot be utilized by the body in the normal manner, consequently, the body has to draw on its supply of fat for its energy. The fats are not completely burned and because of this certain toxic substances are formed which, if excessive, leads to unconsciousness or coma. The administration of insulin restores the normal utilization of the carbohydrates and fats.

The adrenals and the sex glands, like the others, play important roles in bodily development and activities. All the endocrine or ductless glands are interdependent, injury to one causing a disturbance in the others. They have been popularly termed "the endocrine concert," with the pituitary body as concert master.

This gland secretes several hormones which have specific actions on the other glands, and keep them working in proper balance.

C. N. TRAINS
For the East—
Mondays, Tuesdays, Wednesdays and Fridays 6 p.m.
From the East—
Mondays and Saturdays 2:15 p.m.
Tuesdays and Thursdays, 10:20 p.m.

SPORT CHAT

Detroit Tigers defeated the Indians in a heavy hitting game at Cleveland Wednesday to resume the leadership of the American League with a margin of one full game over the New York Yankees who were losing at the Yankee Stadium to the Boston Red Sox. The Washington Senators advanced from sixth to fifth place by winning over the Athletics at Philadelphia while the St. Louis Browns were dropping a double-header at home to the Chicago White Sox.

In the National League, the New York Giants won both ends of a double-header from the Braves at Boston and increased their margin of leadership to three and a half games over the Cubs who were blanked by the St. Louis Cardinals at Chicago.

Rather than see his old friend and "side-kick" go to a questionable "boneyard" Tommy Weston,

well-known British jockey, bought in the 10-year-old race horse Cap-a-Pie and turned him over to a veterinary surgeon for painless destruction. Cap-a-Pie was once in the Stanley House stable, when he won a great Ebor Handicap for Lord Derby and was the first winner in England trained by Frank Butters. The jockey started the bidding at \$25. It went on to \$125 at which Cap-a-Pie was knocked down to him. Weston had a great affection for the horse which he had ridden to victory several times in the animal's best days.

For the first time in six years an English horse race was declared void for lack of runners, at the Folkestone races. The event was the Maidstone Plate. Twenty-one owners had paid \$10 each to enter; yet none of them was able to bring a horse to the post for a stake of \$500. When Walter Nightingall, an Epsom trainer heard in the morning there was a possibility of the race being void, he telephoned orders to his stable to send Tillicum immediately in a horse-box. Unfortunately for his enterprise, the horse broke down and Tillicum could not get to the track in time.

Baseball Standings

National League			
New York	63	37	630
Chicago	60	39	606
St. Louis	56	42	571
Boston	50	51	496
Pittsburg	46	49	484
Brooklyn	42	55	433
Philadelphia	42	57	424
Cincinnati	34	63	351

American League			
Detroit	62	37	626
New York	60	37	619
Cleveland	54	44	551
Boston	53	48	525
Washington	45	53	459
St. Louis	42	50	456
Philadelphia	38	56	404
Chicago	36	65	356

SOFTBALL

Aug. 3—Elks vs. Moose.
Aug. 6—Elks vs. C. N. R. A.
Aug. 8—Junior Elks vs. Grotto.
Aug. 10—C. N. R. A. vs. Moose.
Aug. 13—Grotto vs. Elks.
Aug. 15—Moose vs. Junior Elks.
Aug. 17—Grotto vs. C. N. R. A.
Aug. 22—Grotto vs. Moose.
Aug. 24—Junior Elks vs. C. N. R. A.
Aug. 27—Moose vs. Elks.

FOOTBALL

August 7—Merchants vs. Legion.
August 9—Legion vs. Regiment.
On August 14 and 16 selection games will be played in preparation for the game against the Navy for the Hanson Cup during the time the H. M. S. Danae is in port.

BOWLING SCHEDULE

First Half
Aug. 3—No. 1 vs. No. 4; No. 7 vs. No. 9.

Second Half
Aug. 6—No. 2 vs. No. 1; No. 4 vs. No. 3.
Aug. 8—No. 6 vs. No. 5; No. 8 vs. No. 7.
Aug. 10—No. 9 vs. No. 8; No. 3 vs. No. 1.
Aug. 13—No. 4 vs. No. 2; No. 7 vs. No. 5.
Aug. 15—No. 8 vs. No. 6; No. 9 vs. No. 1.
Aug. 17—No. 3 vs. No. 2; No. 5 vs. No. 4.
Aug. 20—No. 7 vs. No. 6; No. 8 vs. No. 1.
Aug. 22—No. 9 vs. No. 2; No. 5 vs. No. 3.
Aug. 24—No. 6 vs. No. 4; No. 7 vs. No. 1.
Aug. 27—No. 8 vs. No. 2; No. 9 vs. No. 5.
Aug. 29—No. 6 vs. No. 3; No. 7 vs. No. 4.
Aug. 31—No. 5 vs. No. 1; No. 8 vs. No. 3.
Sept. 3—No. 6 vs. No. 2; No. 9 vs. No. 4.
Sept. 5—No. 7 vs. No. 3; No. 8 vs. No. 5.
Sept. 7—No. 6 vs. No. 1; No. 5 vs. No. 2.
Sept. 10—No. 9 vs. No. 3; No. 8 vs. No. 4.
Sept. 12—No. 7 vs. No. 2; No. 9 vs. No. 6.
Sept. 14—No. 4 vs. No. 1; No. 9 vs. No. 2.

SILVER AND COPPER ON NEW YORK MART

NEW YORK, Aug. 3: (CP)—Bar silver was quoted at 46½¢ on the local metal market yesterday, stiffening to 46¾¢ today.

Keep on the SUNNY SIDE

HAVEN'T you noticed that your happiest hours occur on days when you feel your best?

Have more of these happy days. You and all your family. Guard health while you have it. Keep on the sunny side of life.

The greatest enemy of health is common constipation. It may cause loss of appetite and energy. Certainly it kills enthusiasm! Yet it can be banished by eating a delicious cereal.

Laboratory tests show Kellogg's ALL-BRAN supplies "bulk" and vitamin B to relieve common constipation. Also iron for the blood.

The "bulk" in ALL-BRAN is much like that in leafy vegetables. How much pleasanter to eat this delicious ready-to-eat cereal than to take potent medicines. Two table-spoonfuls daily are usually sufficient. Chronic cases, with each meal. If not relieved this way, see your doctor. Made by Kellogg in London, Ont.

Insist on "GRANT'S BEST PROCURABLE"—The For Sale at Vendors or direct from "Mail Order Dept." Control Board, 647 Beatty Street, Vancouver, B.C.

GRANT'S BEST PROCURABLE SCOTCH WHISKY

-AGED OF RARE MELLOWNESS

Bottled and guaranteed by William Grant & Sons Limited, Distillers and Whisky & Glasgow, Scotland.

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THE DUNE

For a Real Vacation Visit

And Enjoy Fishing - Tennis - Bath

All the Comforts of Home — Meals to Taste
Appetite — Special Catering to Children —
Drink Whenever You Wish

Make a Foursome at Tennis and Take Advantage
Special Rates For Parties of Four or More

Write or Wire For Reservations

MADAME RAJAUT,
Sail on Prince Charles for Port Clements

KITCHEN SPECIALS

Copper Pot Cleaning Balls, a real special at each
Banana & Pineapple Upside Down Cake Tins with
Non-Scald Aluminium Tea Kettles, fill through the
Steel Dutch Ovens with removable handle for use in
small roaster, each
4 Cup Earthenware Tea Pots, only, each

GORDON'S HARDWARE

NOW OPEN

Palm Coffee Shop

Pleasant surroundings and Service with a Smile
Call and see us
Across from the Power Co., Third Avenue

Van's

Opposite
Quality
4 for
At All
Labelled
For Your
Phone