

STORY OF WRECK OF "PRINCESS SOPHIA" (Continued from Page 1)

sturdy crew of twenty-two able seamen, was called into service and cleared from Juneau at 11.15 a.m. Your correspondent was fortunate enough to secure passage and to be in close touch with events up to the time that we sought shelter under the lee of Benjamin Island, where the light-house tender Cedar, lay at anchor in wireless communication with the Sophia. Our skipper boarded the Cedar and learned that no alarm was felt for the safety of the ship and passengers, and aside from the encouragement lent by the presence of the relief boats, nothing could be done.

Men Had No Fear But we must return to the time of our departure from Juneau. The King & Winge is known from Seattle to the Arctic as a staunch, well-manned ship. The sea has no terrors for the men of her crew. Newfoundland and Norwegian fishermen reared in the cradle of Poseidon, seasoned by years of experience on the seven seas.

The very thought that human life was at stake was evidence in the actions of the men when the ship cleared from the docks at Juneau. No commands were given by the skipper. Instinctively the men cleared ship for action, ready to risk their lives, if need be, if the perilous position of the steamer should warrant the launching of boats.

My interest centered in the fo'castle. Several hours must pass before we would reach the scene of the wreck. Calmly the men went about their various duties. In the fo'castle head a phonograph blared out the latest popular tunes. Never was I as impressed with the significance of the call to duty on land or sea as experienced in the popular tunes of the day. Here I heard tales of the sea, and thrilling adventures, not told in a boastful way, but all giving expression to a tense eagerness to test their seamanship on the storm lashed waters of Lynn Canal.

Reach Sophia At dusk we picked up Sentinel Island and an hour later were standing by to the leeward of Vanderbilt Reef. The Sophia stood on an even

keel, brightly lighted, and from all appearances not in a perilous position. Night settled, black inky darkness, white-crested seas running high and a heavy wind prevailing. A large steamship hove in sight and turned her searchlight on the Sophia. The masthead lights of four smaller crafts could be seen tossing in the angry sea.

In the pilot house of the King & Winge Capt. Jim Miller stood for hours with strained eyes waiting for the signal of distress that would put his crew into action. From his standpoint there was no element of risk in launching his dories. There would have been no hesitation on the part of the crew, a mere matter of routine of daily occurrence in following their calling. Passengers could have donned their life preservers and leaped from the stern of the Sophia without placing their lives in jeopardy, for those men of the sea could have picked them up as easily as lifting a halibut buoy.

The captain of the Sophia took the long chance. His vessel was staunch, resting easily on the reef, not leaking, tides were nearing and the storm which had prevailed for a week should have, by all odds, shown signs of abatement.

King & Winge Stood By At 8.30 the lights of the Sophia suddenly went out, but no sign was given to indicate distress. Later in the night all other boats sought shelter, while the King & Winge continued a lone vigil, deck awash, at times barely holding her own at full speed as the wind and sea increased in fury. Friday morning at dawn the situation remained unchanged. Together with the Cedar and halibut schooner Sitka, we stood by all day. At noon we circled round the Sophia to the windward, hoping to get some signal to start the work of rescue. Not a soul appeared on deck, not a toot of the whistle or anything to indicate that a call would be made on our willing crew. Toward evening the Cedar dropped anchor at the south end of Benjamin Island followed by the King & Winge. The captains in conference, decided on what course they would pursue in case of dire extremity. As darkness set in the wind freshened and swung more to the north, accompanied by a blinding snow storm.

At 6.30 the Cedar weighed anchor and as she passed the King & Winge her captain megaphoned that he would attempt to stand by the Sophia if he could get his bearings, a wireless message having reached him that the Sophia was foundering. The increasing fury of the storm compelled the Cedar to return to anchorage with the report that nothing could be done until morning.

At daybreak both vessels proceeded to the scene of the wreck, strong in the hope of finding the ill-fated steamer still resting on the reef. Steering by compass course through the blinding sleet, at times scarcely making headway against the strong heading wind, encouraged by not finding any wreckage, we came in sight of Vanderbilt Reef, eyes strained, nerves tense, hopes blasted. A single mast protruded from the storm lashed rocks where the evening before the staunch ship rested.

Health Department T. R. ALLINSON, Ex. L. R. C. P.

IV. Effects of Condiments The question of condiments must be looked at. There is no doubt but that they are a cause of disease indirectly. Salt, spices, pepper, mustard, pickles, chutneys, etc., cause us to eat more than we otherwise should; they stimulate the stomach to secrete an increased amount of gastric juice for a time, (as salt does saliva), then their action fails and they leave the stomach in a weak condition. They also increase thirst, this causes us to drink an increased amount of fluid. Digestion is delayed until the fluid is

absorbed in the first place; next, the kidneys and skin are taxed unnecessarily, to get rid of the superabundant fluid. We can thus easily see how a slight infraction of a law leads to the breakage of others, and so much damage is done and health wasted. Eating is an undoubted pleasure, and the fine sense of the palate ought to be gratified to a certain extent; but plain food with hunger gives most pleasure, and when the food is eaten in moderation, no harm is done. By this means we can enjoy our Epicurean feasts daily, and yet do ourselves no harm.

Right or Wrong Drinkin The question of drinks need lines; I speak now of non-al fluids. These should be taken ingly, and it is recommended t at a special time, and not c drink at the same meal. Fluid digestion. If few spices or ments are taken, and the food ple, we shall require very litt as most of our made dishes a posed largely of water.

Hot Drinks Hot drinks are a mistake; t stroy the teeth, weaken the st and by opening the pores of w we are made liable to colds, et drinks may also be harmful; coffee are very pleasant bev but should be indulged in wi tion, as they induce what are as nervous diseases. Of a drinks I will speak further on (To be continued)

United Brotherhood of Carpenters Shipyard Laborers and Riggers SHIPWRIGHTS UNION No. 1598 Will meet at Labor Hall Monday evening, Nov. 25, at 7.30. MILLMENS UNION No. 2004 Will meet at Labor Hall Wednesday evening Nov. 27, at 7.30. SHIPWRIGHTS UNION No. 1848 Will meet at Labor Hall, Monday evening, Nov. 25, at 7.30. SHIPYARD LABORERS, RIGGERS AND FASTENERS UNION, I.L.A., No. 38, A6 Will meet at Labor Hall Tuesday evening, Nov. 26, at 8 o'clock. Members and Applicants for Membership Please Attend. Executive Committee Meets Monday, Nov. 25, at 8 p.m.

Steam and Operating Engineers NOTICE The Regular Meeting of No. 446 will be held in K. of P. Hall on Tuesday November 26th at 8 p.m. H. HUBY, Sec'y.

RETAIL CLERKS! Prepare to Regain Your Saturday Holiday Still time for Property Owners to Register Th Votes--Get Busy Amongst Your Friends AGITATE, EDUCATE, ORGANIZE, JOIN THE UNION! Do your Bit, and the Saturday Holiday will b yours again.

THOUSANDS VISIT OUR Great Sale of Men's Wear

We have decided to quit the Men's Furnishing Business. Every article in the Store goes on Sale. Many lines will be sold wholesale. Owing to the great advances in all lines of Men's Wear, we are in a position to talk to the big buyer as well as the little fellow. Our Stock is very large and nearly all lines complete. This Sale has not been premeditated. The lines that go on Sale are our regular lines that have built up our business reputation in Victoria. No trash! Just the best that money can buy. This Store will be conducted as an exclusive Clothing Store after January 1st, 1919!

COLLARS WILL BE SOLD AT HALF DOZ. \$1.25, ONE DOZ. \$2.50 60 Different Styles of Arrow Collars. It is needless to say we have always carried the largest stock of Collars in B. C. If we were not quitting business we could not cut the price. Half doz., \$1.25. One doz. \$2.50 \$2.00 SHIRTS CLEARING AT \$1.15 It is needless to say that there is no such a thing as Cheap Shirts. The lines we offer are our best \$1.75 and \$2.00 lines. Come early Saturday. Values to \$3.00, at \$1.15 \$3.00 MEN'S SHIRTS AT \$1.95 75 Dozen Men's Shirts, in stripes and fancy patterns, hand-finished. All this season's stock. Values to \$3.00. Sale Price \$1.95 \$4.50 SHIRTS OF BEST QUALITY CLEARING AT \$2.95 Here's a chance to buy some of the best values in French and English Percalés. Sizes ranging from 14 to 17. Regular prices up to \$4.50. Going-Out-of-Business Price \$2.95 \$6.00 AND \$8.00 SHIRTS CLEARING AT \$4.00 About five dozen of Sill and Silk and Linen Shirts, in beautiful designs, in this lot. You have a chance at our best values. Take your choice up to \$8.00 for \$4.00 BLACK LISLE HOSE, REGULARLY SOLD AT 60c, SALE PRICE 35c 3 PAIRS FOR \$1.00 45 Dozen Men's Black Lisle Hose, full fashioned. Sizes 9 1/2 to 11. Fine even weave. Regular price, \$3.00. Sale Price \$1.00

COTTON CASHMERE HOSE CLEARING AT 25c 10 Dozen Cotton Cashmere Hose—size 10, 10 1/2, 11. Regular price, 35c. Sale Price, while they last, 25c OUR BEST \$1.00 BLACK CASHMERE HOSE ON SALE AT 75c 75 Dozen Men's Fine Black Cashmere Hose, in all sizes. This is our best \$1.00 line. Clearing Sale \$75c NECKWEAR VALUES UP TO \$1.75 ON SALE AT \$1.25 25 Dozen Men's Silk Neckwear, made of fine Swiss Silks, all hand-finished. Values to \$1.75. On Sale at \$1.25 PAJAMAS AND NIGHTSHIRTS GO ON SALE AT \$1.65 Odd Lines of Pajamas and Nightshirts, in broken lines, plain and fancy stripes. Regular values, \$2.00, \$2.50, and a few at \$5.00 and \$5.50. While they last, Sale Price \$1.65 Startling Prices in Men's Clothing Department 30 MEN'S SUITS, WORTH \$25.00, ON SALE AT \$19.25 30 Men's Suits, in two and three-button styles, also pinchbacks and belters, made of good wearing cloths, with neat patterns. Values up to \$25.00. On Sale at \$19.25 28 MEN'S SUITS, VALUES TO \$40.00, ON SALE AT \$32.50 28 Men's Suits, made of fine imported cloths,—the latest patterns cut right up to the minute.

\$32.50 AND \$35.00 SUITS GO ON SALE AT \$25.00 50 Men's Suits, made of imported cloths, neat patterns and assorted weights. Values to \$35.00. Sale Price \$25.00 WINTER OVERCOATS ON SALE \$19.95 Here's your chance to buy one of our up-to-date Overcoats, in Winter weights. All styles. Values to \$27.50. On Sale \$19.95 \$35.00 AND \$40.00 OVERCOATS GO ON SALE AT \$29.50 We are showing a fine range of Overcoats at \$35.00 and \$40. These are made of our choicest cloths,—in select styles. You can have your choice of this lot at \$29.50 \$35.00 CHESTERFIELD OVERCOATS ON SALE AT \$26.50 40 Only Men's Chesterfield Overcoats, made with fly-front, of fine Cheviot Cloths, in colors of dark and medium greys. This is our leader at \$35.00. Clearing Sale \$26.50 MEN'S SILK HOSE IN STAPLE SHADES REGULAR \$1.00 VALUES, 75c 50 Dozen Fine Silk Hose, in colors of black, navy, grey, white and tan. This is our best Silk Hose. Regular \$1.00. Clearing Sale \$75c 75c BLACK CASHMERE HOSE ON SALE AT 50c 100 Dozen Men's Black Cashmere Hose. Imported stock. Fine even thread. Regular price, 75c

HEAVY WOOL HOSE, \$1.00 VALUES ON SALE 75c 60 Dozen Men's Heavy Wool Ribbed Hose, in heather, khaki and black, excellent qualities. Bought to retail at \$1.00 and \$1.25. Sale Price, 75c STANFIELD'S \$7.50 UNDERWEAR ON SALE AT \$2.75 A GARMENT \$5.50 A SUIT Here is Stanfield's Lified Underwear. This line is sold from Coast to Coast at \$7.50 a Suit. We are quitting the Men's Furnishing Business, so here's your chance—275 Garments. Per Suit \$5.50 \$6.00 TIGER BRAND UNDERWEAR ON SALE AT \$4.50 SUIT We are showing a complete range of Tiger Brand Elastic Rib Underwear, combinations and two-piece. Regular price, \$6.00. Sale Price \$4.50 \$4.00 TIGER BRAND UNDERWEAR WILL SELL AT \$1.65 25 Dozen Ribbed Underwear, Nicely finished. Good weight. Regular prices, \$2.00 and \$2.25. Sale Price \$1.65 \$2.00 UNDERWEAR WILL GO ON SALE AT \$1.25 A Complete Range of Imperial Underwear, in sizes from 34 to 46. Regularly sold at \$1.75 and \$2.00. Sale Price \$1.25 NEW CHRISTMAS NECKWEAR WORTH 75c ON SALE AT 50c 50 Dozen New Neckwear, in all the latest silks—flowing ends and Derby styles. Regular price, 75c. Sale Price \$50c \$1.00 NECKWEAR ON SALE AT 65c 40 Dozen Beautiful Neckwear,—all new lines bought for the holiday trade. Values to \$3.00. Sale Price \$1.00