



## The Victoria Beach News

No. 3

VICTORIA BEACH, MAN., JUNE 29, 1926

### :: Welcome to Beach and Woodland ::

**T**HIS WEEK Victoria Beach is welcoming to lake and woodland hundreds of old friends and many new faces prepared to spend the next two months in the enjoyment of this ideal summer resort.

Nature in all the glory of early summer appears to be stretching out her arms to meet the arriving host. Bright warm days, extending far into the evening, greeted them.

For the first few days, while deliveries are being made from baggage and freight car, the beautiful avenues may be clouded with dust, but when the rush is over, a quiet of surpassing charm will settle down and everyone will find the wide leafy roads inviting.

Life awakens, however, in mid-afternoon. Then from out the tree-enclosed cottages and down the shaded avenues scores are seen making for their favorite beach. There are many, but the most joyous of all is at the foot of Patricia, where the youngsters find the slides and the rock-free water meet to their liking. From the heights above one looks down on as pretty a picture as one can find in all Canada. Then it is that one feels glad there is such a season as summer and such a beach as Victoria.

Berry-picking will be on much earlier this summer than in the average season. There will be large crops, and before the end of the month favorite patches will be visited and the juicy fruit carried home. There are as many as fifteen varieties of wild fruit on the island or in close proximity. Those who care to wade across the narrow

separating Victoria Beach from Elk Island will be amply rewarded, while beyond the school-house there are many generously laden areas. The extent of the island is so great that no one need intrude on a party who has gone out before. There are scores of wild gardens awaiting the adept picker. Those who have been residents for a number of years know where to go; new-comers will enjoy the delights of discovery.

In all the turmoil at Ottawa of the past few weeks, one cannot help but extend sympathy to the Canadian National Railways. The season's appropriations have not yet been passed and the railway board, who months ago, prepared the year's estimates for the Government, where they have also been approved, are awaiting the sanction of Parliament which is a long time coming. Victoria Beach is affected by the delay. A number of improvements, which have been decided on for this resort, are held in abeyance while the parties fight for control of Parliament. If the Conservatives obtain office it will be interesting to watch how they will treat the Government line. Sometimes one thinks that it is hard to place the finger on any real friends in either party. In the meantime the rival system does not suffer from the political situation as it now exists, and goes ahead with its programme. It is to be hoped that nothing will interfere with the Victoria Beach estimates, but the season has opened and nothing has yet been done to carry on the early announcements.

Victoria Beach Club

Here are some striking facts about the Victoria Beach Club, especially interesting to prospective members.

HOW TO BECOME A MEMBER

Send in the names of your family over 16 years, City and Beach address, and cheque for amount of membership to the Secretary, Miss M. P. Pratt, 721 Brock St., Winnipeg, or Sea Fairy Inn, Fourth Ave., Victoria Beach.

CLASSES OF MEMBERSHIP

All-Family Membership—Life and Charter Membership, \$50; 1926 to 1930 and Charter, \$25; Charter Membership and Fee, 1926, \$10. (These fees carry a vote for every member of the family over 16 years, but applicant must be property owner at the Beach.)

Renter's Membership, one month, \$5; season, \$8. (This fee gives full use of the Club House, but carries no vote.)

PROPOSED PROGRAMME FOR THE SEASON

Six or seven-piece orchestra every Saturday evening, 9 o'clock to 11.45. Gramophone for week-day use.

Lectures by professors and others from the Natural History Society, a member of The Royal Life-Saving Society, and other good speakers. Dates will be set and advertised from time to time in the Club House and stores.

One Grand Masquerade, August 7. Everyone welcome. Tickets for members and non-members, each 50 cents. Proceeds going to orchestra in payment for season's work. Let us make them BIG.

Any other kind of entertainment any member likes to put on.

RULES AND REGULATIONS

New members must be accepted by 14 members of the Executive.

Members in arrears for Annual Fees for a period of one year become automatically suspended.

Children under 16 years must be accompanied by a member 16 years or older.

No smoking or dogs allowed in the building.

Members must sign guest book when taking guests to the Club House. These guests must be staying with members or at Pinchurst Inn. In the latter case member is allowed to introduce two guests daily.

Members' applications for membership must be supported by two charter members and be accepted by the Executive.

All Saints church choir visited the beach on the holiday, Thursday, and under the direction of the choirmaster, Fred M. Gee, one of the staunchest friends of the resort, were shown many of the attractive spots. They came down in a special car.

A. LARSON CONTRACTOR AND BUILDER ESTIMATES CHEERFULLY SUPPLIED LOT 11, 7th AVENUE VICTORIA BEACH

Gone—To Be Forgotten

Now that the alrmen have removed themselves from Victoria Beach there will be rejoicing in many quarters. While there was a certain novelty and attraction in their presence, there was always the danger, ever hovering, of accidents. The large storage of gasoline, the curious throngs gazing into the barracks grounds who at any time might be victims of the carelessness of a mechanic, will now be absent. The noisy ascents in the early morning hours will only be a memory, and resorters who desire to sleep will not have their slumbers disturbed. Sunday will be quieter, for the alrmen appeared to feel that the first day of the week was the proper time to test their engines, especially during Church service hours was this practice annoying.

LIFE-SAVING APPLIANCES

The Community Club will do a service if they can prevail on the right authorities to add to the life-saving apparatus maintained at the pier and the beaches. There are several suggested equipments, any one of which may serve a good purpose before the end of the summer, although Victoria Beach has been remarkably free from accidents in the past five years.

Many were disappointed there was no 1.10 through train on the holiday. The delay at Grand Beach was not und aggravating. There was a through train on the return trip.

Crescent Ice Cream Is a Health Food It Should Be A Part of Your DAILY MENU

Honorary President of The Victoria Beach Club



Mr. W. E. MACARA

Who, for the past year has been Honorary President of The Victoria Beach Club, and was re-elected at the last Annual Meeting. Mr. Macara is President of the Victoria Beach Company, and had much to do with granting as a free gift to the Club the fine site of land on which the Club House was built. He also was for many years a close personal friend of Charles W. N. Kennedy, who first located Victoria Beach and bought the land which is now enclosed within the Beach area.

The garden maintained by the Victoria Beach Company is in bloom, and the officers announce that any ladies who wish bouquets to adorn their tables at afternoon teas will be able to receive some fine clusters by applying at the office.

The committee of young men in charge of Sports Day, to be held July 31, are already at work on the programme, and with an early start it is intended to make it the best ever held, and to arrange it so there will be no lengthy delay between events.

Union Abattoir Co. ST. BONIFACE - MAN. We Supply Meats to JAMES KILPATRICK

JAMES KILPATRICK BUTCHER VICTORIA BEACH - MANITOBA QUALITY MEATS UNRIVALLED SERVICE

**THE VICTORIA BEACH NEWS**

Published at Victoria Beach every Thursday throughout the summer season, June 11 to the end of August. Devoted to the best interests of the cottagers and the merchants of Victoria Beach. Initial circulation, 5,000 copies, and distributed free. Communications and items of news to be sent to the EDITOR; all business matters to be addressed to the BUSINESS MANAGER, Victoria Beach.

**:: Health Suggestions ::**

**PROPER DIET FOR HOT SUMMER DAYS**

Generally speaking of the diet, we may mention that people as a rule eat too much. Our public school education crams into a little child a lot of information about everything, but does not give it sufficient insight into those factors which lead to the preservation of good health. It is only recently that our public school curriculum was enriched by some instruction on hygiene. How to be healthy is taught in grade six. Somewhat early, but it is quite in order. The earlier the child learns the principal rules about hygiene the better. It would be very desirable to enlarge this programme and have something about hygiene in grade eight and then in grade eleven; and it would be well to enlarge considerably upon the diet in particular. Rational diet leads to health preservation.

What is a rational diet? This question cannot be answered with precision. Whatever is food for one may be poison for the other.

Physiology tells us that an individual must eat a certain amount of fats, proteins and carbohydrates. It also indicates the optimum amounts of each of those substances per unit of weight of a person. If an average individual could maintain a proper balance between those ingredients he would strive on a considerably less amount of food than he consumes at present. MILK is an article of diet which is as perfect as one can find in this regard.

It has a proper percentage of fats, proteins, and carbohydrates, and it furnishes a considerable number of heat-units. It is to be remarked, however, that in order to do well on a milk diet it is necessary to take a rather larger quantity of milk than that corresponding to the required amount of heat-units, because milk taken alone is not so well assimilated owing to the fact that the flow of saliva

and digestive fluids is not greatly stimulated by it. Authorities therefore recommend that when taking milk it should be kept in the mouth a little while before swallowing it, and rolled about as much as possible so that the saliva will be secreted and make the milk more digestible. Some bread taken with milk, or even some cheese, contribute greatly to the better utilization of food-products contained in milk. The digestibility and assimilation of milk depend to a certain extent whether it is taken raw or cooked. Dr. Jensen showed that a pint of raw milk remained three and a-half hours in the stomach; skimmed milk the same length of time. Sour milk remained only three hours in the stomach. Cooked milk remained four hours. Sour milk and buttermilk are easiest digested, and they are more nutrient than sweet milk. Eat sour milk and drink buttermilk. Fats in diet are to be reduced during the hot weather. A large portion of fats rejected is utilized to produce heat. During cold weather the human system needs more heat. Not so in warm weather. Therefore, it is advisable to reduce the amount of fats in the summer diet.

A certain amount of proteins is necessary for the maintenance of the human body in good shape. Meat and eggs are rich in proteins. A moderate amount of these foods must be consumed, but considerably less will suffice in summer than in winter.

Vegetables, particularly the green vegetables, are highly recommended. They form the bulk of human food. Though their nutritive value is not high, yet they contain mineral salts, enzymes, and vitamins, which are necessary accessories in human economy. Therefore it is desirable that the consumption of greens be increased during warm weather at the expense of heavier articles of diet such as meat, fats, beans and potatoes. Fruit in moderate quantities is desirable at all times, particularly the variety of it. Cooked or raw, but preferably raw, "an apple a day keeps the doctor away."

**DR. F. SEDZIAK**  
General Practice, Gynecology and Obstetrics  
ARTHUR ROAD - VICTORIA BEACH  
Between FOURTH and FIFTH AVENUES  
City Address:  
358 PRITCHARD AVE. PHONE: J-1903

**ANDERSON TRANSFER**  
WOOD - ICE  
VICTORIA BEACH - MANTOBA

**G. B. BARAGER**  
GENERAL STORE  
Across the track from the Station.  
Whether you come for the day or the season we invite you to "hit our store and feed at home. Meet your friends here, have your luncheon, and make use of us and our store."  
We have a complete range of Campers' needs at best possible prices.  
VICTORIA BEACH - MANTOBA

**:: Rare Pleasures at Victoria Beach ::**

The Free Press published the following striking and beautiful tribute to Victoria Beach a few days ago, sent by one of its correspondents, who speaks from the heart when he penned the following under the caption, "Communing with Nature at a Manitoba Lakeside":

"You start off bravely from the cottage with a pail to fetch some water, when down from the tree-top floats a raucous note. You set down the pail and reply, then whistle other notes which are faithfully imitated, and lo! you have entered into a very pleasant conversation, or duet, with our Canadian muskling bird. How excited he becomes, hopping, hopping down from branch to branch, till you can almost reach him with an outstretched hand.

"You are awakened from the delights of this fascinating hour by the practical demand of the cook, and scurry off.

"Alas! an exquisite Clintonia proudly but shyly, raises its head to greet you from a shelter of bracken, and you stray from one dainty bloom to the other, dreaming and wondering whether the star-like lily blooms or the polished leaves are the more perfect.

"Yes, you do take the path of water home at last, but first you must take a peep at the beautiful vista toward the sea.

"Motor horns and smells do not desecrate the paradise;

the only mechanical intrusion if it could be called such, being the hydroplanes—those gigantic birds which emulate so closely the graceful seagull.

"Imagine a walk along a winding, winding path, birch and spruce and balsam spreading protecting branches high overhead, till you come out to an entirely different formation, and find yourself in a grove of diminutive trees—the dainty, graceful, much maligned Jack pine. To us, each was a picture which at a short distance looked like a Christmas tree, with the stage all set for Santa, the new growth looking like so many candles. Truly, even the oldest among us become children amid such surroundings.

"Have you ever known the rare pleasure of seeing the beautiful pink orchid growing in its native home? You pick a few—very few just to take to show to the poor stay-at-homes. There are vandals who heard the tinkle with arms loaded with beautiful blooms, roots and all.

"We are fortunate in having a Dominion government proclamation, making Victoria Beach a bird and flower sanctuary, and with the aid of the Natural History society hope to educate ourselves and others to love and protect the trees and birds and flowers.

"If we had a sultan, I think it would be, 'Yes, we want no motor roads!'"

**EXCURSIONS**

TICKETS ON SALE DAILY TO SEPTEMBER 30th FINAL RETURN LIMIT, OCTOBER 31st, 1926

<p><b>PACIFIC COAST</b></p> <p><b>\$75.60</b> RETURN FROM WINNIPEG</p> <p>To VANCOUVER, VICTORIA</p> <p>Small additional charge via Prince Rupert, to cover meals and berth on steamer.</p> <p>Proportionately Low Fares to Points in Washington, Oregon, and California.</p> <p>CHOICE OF ROUTES STOP-OVERS</p> <p>EXTEND YOUR TRIP TO <b>ALASKA</b></p> <p><b>\$90</b> For a 10-day trip Vancouver to Skagway and return. Meals and berth included.</p>	<p><b>EAST</b></p> <p><b>\$71.65</b> TORONTO HAMILTON LONDON SARNIA WINDSOR</p> <p>Return All-Rail</p> <p>Low Fares to Other Points</p>
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**CANADIAN NATIONAL RAILWAYS**

Use CANADIAN NATIONAL Express Money Orders, Foreign Cheques, etc. Also for Your Next Shipment

Personal Movements

Judge Carbet Locke, Morden, Man. will be a summer cottager this season.

Fred M. Gee is renting his cottage during July and will not be down until the month of August with his family.

Mrs. F. C. N. Kennard and daughter, Miss Daris, spent the last week of June at their cottage on Sunset Boulevard.

Dr. Neal John MacLean, former president, and Dr. Ross Mitchell, the first vice-president of the club, spent the last of June in Victoria, B.C. attending the medical convention.

Among the prominent visitors the Victoria Beach club expects to entertain this summer are Sir Henry Thornton, Mayor Ralph Webb, Winnipeg, John Drucken, premier of Manitoba.

W. G. Holdson has taken a cottage on Bird Avenue.

E. Cameron, of Newwood, has taken a cottage on Bird Avenue from August 1.

Mrs. Mary Smith, Winnipeg Avenue, has Mrs. Tagg's cottage on 4th Avenue for a month, beginning July 17.

Jack Hodges, McMillan Avenue, has taken A. J. Taylor's cottage on 4th Avenue.

Mrs. J. R. W. Nickelton, St. Mary's Road, has taken the McKay cottage on 7th Avenue.

Mr. and Mrs. E. M. Lecky, Wellington Crescent, have taken H. Powers' cottage from July 15.

E. S. Longley, Aubrey Street, has taken H. McLeod's cottage on 2nd Avenue.

J. Wood has taken a cottage on Sixth Avenue.

Mrs. A. L. Wondalke, Spence Street, has taken a cottage on Fourth Avenue.

R. Hulley, Alfred Avenue, has taken the Earl cottage on 4th Avenue, from July 17.

John T. Smith, Rosedale Avenue, has rented A. Duncan's cottage for the first two weeks of July.

Miss Alice Wilson and Miss Flora Armstrong, members of the Winnipeg teaching staff, with two other lady teachers, have rented the Fox cottage for July.

Mrs. Edith Sandison, Bowman Avenue, has taken a cottage on Eighth Avenue for July.

Mrs. J. B. Glover, Strathmore Apartments, has taken a camp site for the summer.

J. Anderson, Beaverbrooke Street, has rented Gus Gubard's cottage on 3rd Avenue for July.

W. K. Greig, McMillan Avenue, has rented a cottage on 2nd Avenue for the summer.

W. Murray, Jessie Avenue, has taken the Perkins cottage, to the middle of July.

M. C. Bridgman has taken Reekie cottage for July.

Victoria Beach seems to absorb its residents and their visitors in a mysterious manner. One watches the station platform and wonders where all the people are to be accommodated. Day there is no overcrowding, and into the many lawns and avenues of green the long lines and the groups wend their way to enjoy the fascinating loveliness of shaded and cool retreats.

Thom's Bakery advertisement with text: CHARLES THOM, a Scotchman's son, opened a bakery and makes it run. The people are squealing but they are willing to pay since every loaf is good. Hunt, Hunt! Hunt, Hunt! And so is his pastry. Hunt, Hunt!

J. H. FALLS advertisement with text: GROCERIES, CONFECTIONERY AND GENERAL MERCHANDISE. VICTORIA BEACH - MANITOBA

J. J. H. McLEAN & CO. advertisement with text: THE HOME OF THE HEINTZMAN & CO. PIANO AND VICTOR ORTHOPHONIC

Rev. and Mrs. J. S. Watson and family, have taken a cottage for July.

Mrs. Lionel E. Wood, Campbell Street, has taken the Mathews cottage on 4th Avenue from July 16.

Mrs. Flora Armstrong, 214 Yale Avenue, has taken a cottage for the summer.

Among visitors for a part of the summer will be Mrs. Lambert, Oxford Street; Mrs. Grant, of the General Hospital; and Mrs. Atkinson.

A. E. Burns, Harvard Avenue, has taken a cottage on 3rd Avenue for July.

Mrs. W. G. Stewart, Jessie Avenue, has taken a cottage on 4th Avenue.

W. H. R. Savage, manager of the Bank of Commerce, Holland, Man. has taken a cottage for July.

T. P. Cooper, Roseberry Street, St. James, is one of the camp site tenants.

Miss McElheran has rented her cottage on 3rd Avenue to J. J. Harrison of Jessie Avenue.

M. G. Thomson, Itzig Street, has taken a cottage on 4th Street.

Miss T. Dickson, Mancton Street, has taken a cottage on 4th Avenue for July.

W. M. Hannalyne has taken a cottage on 3rd Avenue starting July 16th.

Mrs. L. Little, Palmerston Avenue, has taken Mrs. C. W. N. Kennedy's cottage, Sunset Boulevard, for July.

C. J. G. Johnston, Westminster Avenue has taken Balsam cottage, 5th Avenue, for July.

H. Simpson, Mortimer Place, has taken the McAllister cottage on 2nd Avenue for July.

A. S. Metcalfe, Westminster Avenue, has taken Oak Bend cottage, corner 5th and Arthur, for July.

E. A. Ward has taken a cottage on 2nd Avenue for July.

E. J. Thomas has taken a cottage on 2nd Avenue.

Mack cottage on 7th Street, has been rented to W. J. W. Murray, Lipton Street, the first two weeks of August.

H. G. Hurbutt and family will occupy the Sattle cottage on 6th Avenue, the last two weeks of July.

A. Thompson and family, Hustlight Street, have taken a cottage on 4th Avenue for the season.

G. P. Morse and family have taken the W. Birt cottage for July.

C. C. Fraser, Maplewood Avenue, has taken the Green cottage for July.

J. S. Henderson, Palmerston Avenue, has taken a cottage on 2nd Avenue for July.

Miss A. B. Stewart, St. Elmo Apartments, has taken the Perkins cottage from July 17.

Mrs. R. Smyth has taken a cottage on 3rd Avenue for two weeks in August.

Dr. and Mrs. Lehmann and family are occupying the cottage of Mrs. George Elliott on Sunset Boulevard. Mrs. Elliott has removed to Cleveland to be near her son, George, who is completing his course in engineering in that city.

The Company has been able to secure a barber for the summer and he will occupy the old office convenient to the store.

CHURCH SERVICE advertisement with text: Opening Sunday, July 4, at 11 a. m. in the Club House. A prominent clergyman will be in charge, and singing will be led by the Club Orchestra.

FRANK'S CAFE advertisement with text: To enjoy Best Special Dishes, cooked by Experienced Chefs, PATRONISE FRANK'S CAFE DONALD STREET Opp. CAPITOL THEATRE Open All Night

Pelissiers Ltd. advertisement with text: "Golden Glow" Ale and "Capital" Beer can be obtained from Freres Pelissier. Drink a few bottles or drink a whole lot. You will be as healthy as Freres Pelissier. OSBORNE AND MURPHY WINDYBUSH PHONE: F-1111

### Around The Beach

The tennis court at the golf course has been refitted with new tapes and nets and the clay almost levelled to perfection. This year the Victoria Beach Company has taken over the work of keeping the courts in shape, and invites lovers of the racquet to patronize them. So far there has been little use made of the courts.

The golf course is being well patronized, and there is every indication that it will be the favorite spot of the Beach outside of the bathing beaches. Last season 2,000 per ones went over the greens; the number will probably be double that number this season judging by the many who arrived the past week with clubs and sticks.

Anyone having a cottage for rent or for sale should patronize the Victoria Beach News. It circulates among a very wide community in the city and province, over 5,000 copies of the News two issues having been well distributed by agents. Rates are reasonable and the returns sure. Orders left at the stores or the Victoria Beach office will be attended to promptly.

The members of the Natural History Society were again down July 1, and spent a busy and profitable day surveying the trees, flowers, insects and birds. Many new specimens were discovered at this sanctuary.

The first Church service will be held July 4, starting at 11 a.m. Music will be a special feature.

Fishing off the new pier is a popular sport, and throughout June some big catches were reported. It took two young ladies all their strength to land one large pike up to the top of the dock, only to find that with a last wiggle the "monster" had set himself free. There are plenty more in the lake and the ladies hope for better luck next time.

The bath-house, on a new site and entirely refitted with bathing suits and towels, was ready for July 1. The picnic grounds are also in condition to receive private parties, although there is no accommodation for large public gatherings.

## VICTORIA BEACH

### Essentially a Family Summer Resort



While Victoria Beach has grown rapidly during the past five years there is no danger of over-crowding. Wide streets, spacious parks, and generous-sized lots assure privacy to cottage owners.

The Company still owns lots in all sections of the old townsite, for sale at original prices. Another year, however, will see most of these in private hands, and, if available, the price will be advanced.

For particulars of lots for sale or cottages to rent, apply to Owners.

### The Victoria Beach Company, Ltd.

317 PORTAGE AVENUE - TELEPHONE: A-1029

Office at The Beach - R. F. DOWNIE, Sales Manager

Bring Your Golf Clubs and Tennis Racquets With You

Printed by ALBION PRESS, 843 Main Street.