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Eagle Brand in your cooking and baking makes every dish a "favorite" dish. There's a distinctive relish, a rich pleasing flavor in cakes or cookies, puddings or pies made with Eagle Brand. And there's high food value too. For a can of Eagle Brand is equal in units of food value to a pound and a quarter of beefsteak or a pound and a half of pork.

For this reason you can economize by using Eagle Brand in preparing menus for your table from feather-light muffins to delicious desserts. A little of it used in your recipes makes your cooking more nutritious and lessens the amount of other food needed to supply the body.

Write for book of "Borden's Recipes"—we will mail it to you free.

In feeding baby use Eagle Brand—it has been the standard infant food for 63 years.

THE BORDEN COMPANY LIMITED, MONTREAL



Local and Personal

Ask for Atkins' Sausage.

Lieut.-Col. C. W. Peck was registered at the Empress Hotel, Victoria, on Sunday last.

W. E. Meloche, of the Algumican Mining Co. at Stewart, was an arrival on the Prince George this morning.

Sons of Canada meeting tonight in the new quarters in the Westenhaver Block, Second Avenue. Important business.

W. P. Hinton, vice-president of the G. T. P., has been visiting in Edmonton at the Macdonald Hotel but has returned east.

Mrs. H. O. Crewe is commencing a children's dancing class in the De Luxe Hall on Saturday at 2:30 p. m. Phone Green 288. 41

Lum Sine, Chinese, charged with selling drugs, was further remanded by Magistrate McMorris in the police court this morning.

Dr. A. D. B. Tremayne, of the Marine Department at Ottawa, is here at present making his annual inspection at the Digby Island station.

George Clothier, district mining engineer, left for Alice Arm on the Prince George last night. He will complete his annual inspection of properties in that section.

Mrs. Director has returned from Chicago and Eastern cities where she has taken several months' course in the latest methods in corsetry. For appointment phone Blue 92. 42

Charles Monroe, formerly of this city and now engaged in prospecting at Alice Arm, is in the city and leaves tonight for Vancouver where he will spend the winter.

Ted Taylor returned yesterday from the south en route to Alice Arm where he is mechanical superintendent on the Dolly Varden Railway. He has been in Vancouver for some months.

W. R. Tonkin, of the Fish Creek Mining Co., Hyder, is in town on his way from Seattle to the northern mining grounds. Mr. Tonkin speaks very favorably of mining prospects on the Alaskan side of the Salmon River.

J. W. Bowerman, formerly of the Digby Island wireless station, arrived in town yesterday on the Prince George from Seattle and last night sailed by the Albert to Buckley Bay where he will take a position in the station at that point.

W. A. Meloche, of the Algumican Mining Co., arrived in the city yesterday from San Francisco en route north to Stewart where his company is interested in several properties. Mr. Meloche also has mining interests in the vicinity of Juneau and Treadwell.

BIRTH.

A daughter was born to Mr. and Mrs. J. Moore, Sixth Avenue, Seal Cove, this morning at the General Hospital.

S. Taramura, Japanese, was fined \$100.50 in the police court this morning for having liquor unlawfully in his possession.

G. E. Irwin and L. S. Whittaker of Stewart are registered at the Hotel Prince Rupert.

Action of Herbs on the System

No sufferer can afford to overlook the wonderful medicinal powers of herbs. They were the first remedy used by man and today herbalists have brought their formulas up to a wonderful standard. Years ago a great herbalist combined in one preparation the essential juices of herbs such as gave relief to many organic complaints. After doing marvelous work as a private prescription he placed it on the market under the name of Wonder Health Restorer.

This remedy is now on sale in Prince Rupert and its record is wonderful. For diseases such as Rheumatism, Asthma, Stomach trouble, Kidney complaint, Nervous disorders, Skin Diseases, Piles, etc., it has been used with success by thousands. Ask your druggist for "The Road to Health" and read what these people say.

Wonder Health Restorer acts on the blood, freeing it from all impurities, it acts on the entire system, keeping every organ open to throw off waste matter. The specific hermal properties are carried to every affected organ by the blood and quickly correct improper action. No person need be afraid to take it as it contains nothing but herbs—no alcohol and not a trace of any drug.

Wonder Health Restorer is sold in Prince Rupert by the Prince Rupert Drug Co. from whom all information concerning the remedy and its wonderful work may be obtained.

TEMPERANCE PLEBISCITE ACT Proclamation of Returning Officer

PROVINCE OF BRITISH COLUMBIA
In the Prince Rupert Electoral District
TO WIT:

PUBLIC NOTICE is hereby given to the Electors of the Electoral District aforesaid, that I have received His Majesty's Writ to me directed, and bearing date the Twentieth day of September, 1920, commanding me to cause the following question, namely:—

WHICH DO YOU PREFER?

- (1.) The present "Prohibition Act"?
- (2.) An Act to provide for Government Control and Sale in Sealed Packages of Spirituous and Malt Liquors?

to be submitted according to law to the Electors qualified to vote for the election of a member of the Legislative assembly for the Electoral District aforesaid; and, further, that in obedience to the said Writ a poll shall be opened at eight o'clock in the forenoon and shall be closed at seven o'clock in the afternoon on Wednesday, the Twentieth day of October, 1920, for taking and receiving the votes of the said Electors in each polling division of the Electoral District aforesaid at the respective places following:—

POLLING DIVISIONS.

Atnarko	Haysport	Margaret Bay	Sand Spit
Banks Island	Hole-in-the-Wall	Masset	Sewell
Bella Bella	Hydah	Namu	Seymour Inlet
Bella Coola	Inverness	North Island	Skidegate
Buckley Bay	Jedway	Ocean Falls	Smith Island
Buteville	Kimsquit	Oceanic	Spiller River
Cedarvale	Kitimat	Oeanda	Surf Inlet
Claxton	Kitsumgallum	Pacific	Swanson Bay
Copper Bay	Kitsumgallum Lake	Pacofi	Terrace
Copper City	Kitwanga	Port Clements	Tiell
Dundas Island	Kwinitsa	Port Essington	Tow Hill
Firvale	Lakelse Lake	Port Simpson	Usk
Georgetown	Lawn Hill	Prince Rupert	Wadham's Cannery
Hagensborg	Little Canyon	Queen Charlotte City	Welcome Harbour
Hartley Bay	Lokeport	Refuge Bay	Woden River
	Lorne Creek	Remo	

Of which all persons are hereby required to take notice and to govern themselves accordingly.

GIVEN under my hand at Prince Rupert, B.C., this Twenty-eighth day of September, 1920.

EDWARD H. MORTIMER, Returning Officer.

INFORMATION WANTED

Will the lady who drew a cheque on a local bank in favor of a lady friend, somewhere between August 1 and August 13, 1919, for \$2.04 or \$4.54, and which was endorsed by her, as well as by myself, please return same to me immediately and receive reward. M. T. Lee, Tailor, 3rd Avenue, next Empire office. 42



PROVINCE OF BRITISH COLUMBIA.
DEPARTMENT OF LANDS.
FOREST BRANCH.

EXAMINATIONS FOR THE POSITION OF ASSISTANT FOREST RANGER.

Object. These examinations are for the purpose of filling present vacancies and to enable candidates to qualify for future vacancies and increase of staff.

Assistant Forest Rangers. Assistant Forest Rangers are employed during the fire season (May to September inclusive) of each year and this period is extended where possible by working on improvements such as trails, etc. Re-appointment is made each year as long as satisfactory service is given. Promotion to the permanent staff is made by merit and examination as occasion offers. The salary is \$110.00 per month the first year and \$120.00 per month the next year. Travelling expenses are also paid.

Qualifications for Candidates. Candidates must be British subjects resident in British Columbia for at least one year, of good character, good physical condition and with woods experience. They should have experience in fire fighting, possess the ability to organize work and handle men; and have knowledge of the Forest Act.

The examinations are partly written, partly oral and are designed to test the candidates' ability along the above lines. All statements made by applicants as to experience, education and fitness are subject to verification by the examining board.

Preference is given to returned soldiers with the necessary qualifications.

THE EXAMINATIONS. The examinations will be held at the places and on the dates named below. Each intending candidate should apply to the District Forester for his district for application forms and for information regarding the hour of the examination and the building in which it will be held. Application forms should be filled out and mailed back to the District Forester in time to reach him before the date of the examination.

Place. Date. Hazelton. Friday, November 5th. Prince Rupert. Monday, November 8th. Apply to the District Forester at Prince Rupert, B. C.

G. B. NADEN, Deputy Minister of Lands.

B & K Chicken Chop

MR. POULTRYMAN! Increased egg production means money saved. B & K CHICKEN CHOP is a balanced ration mixed according to formula which was prepared by an expert poultryman. The analysis of B & K Chicken Chop is registered with the government and is also printed on each sack. Always in stock:—Alfalfa Meal, Beesfcraps, Clam and Oyster Shell, Coarse Ground Bone, Charcoal, in fact everything for the chickens.

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PRINCE RUPERT Central Labor Council, O. B. U.

Affiliated Units and Dates of MEETINGS

Building Trades Unit, First and Third Mondays, 8 p. m.

Central Labor Council, Every Tuesday, 8 p. m.

Women's Auxiliary, First Wednesdays, Dance & Social at 9 p. m.; Third Wednesdays, Business Meeting at 8 p. m.

Fishermen, Every Thursday, 8 p. m.

Metal Trades, First and Third Fridays.

Fishpackers, First Saturday

OPEN FORUM (commencing Sept.) Second and Fourth Sundays, 8.30 p. m.

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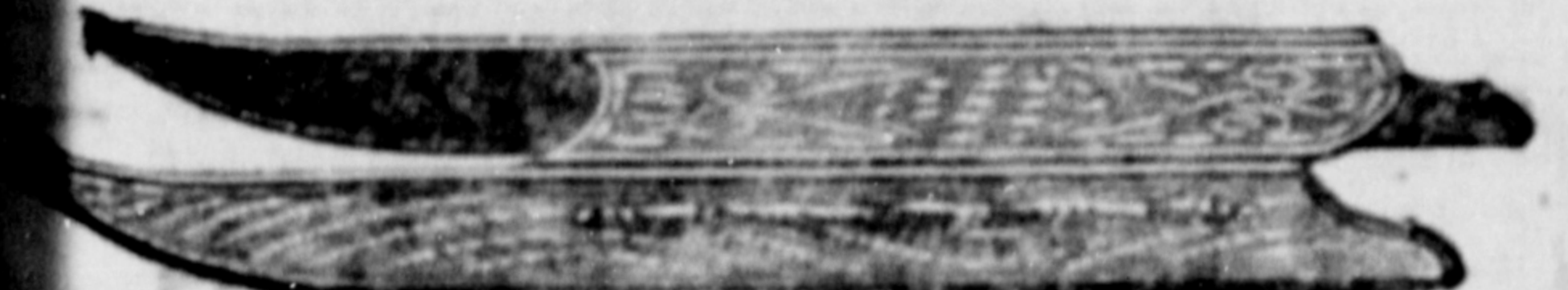
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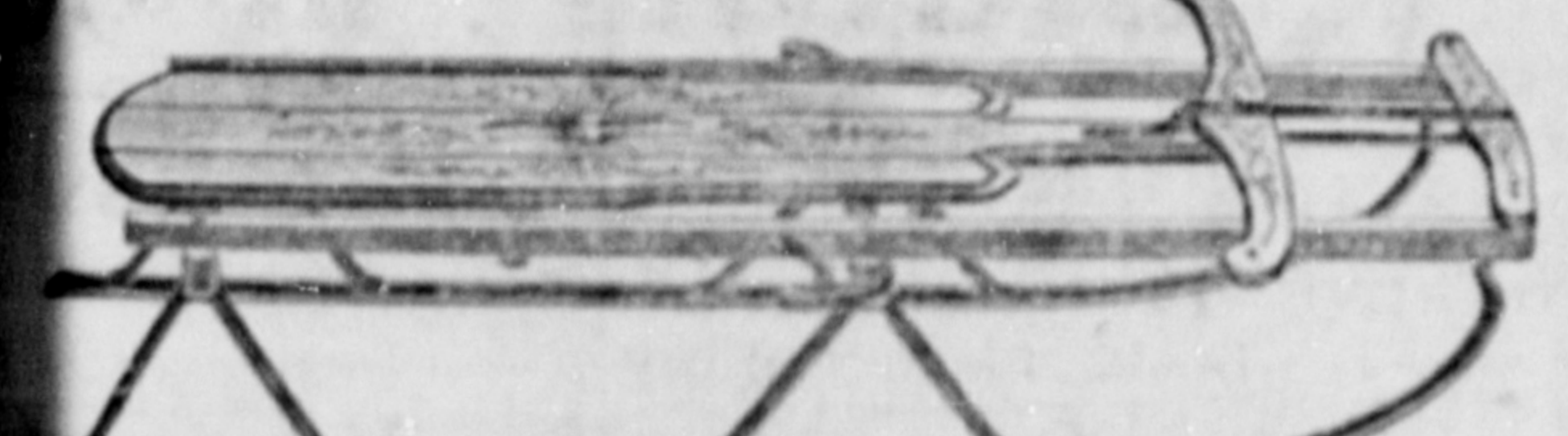
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