

# A COLD PREVENTIVE.

Have you ever come out of a theatre, or church or over-heated room and felt, immediately the cold night air caught your throat and breathing passages, that you were going to catch cold? That is the time to take Peps. Two or three Peps taken at once will prove an unfailing preventive. A cold developed means needless suffering and expense. Safeguard yourself by always keeping a box of Peps on hand. They are also best for coughs, sore throat and bronchitis. All dealers, 50c. box.



**A DEMONSTRATOR'S REPORT**  
One of our demonstrators working at Banff sent this item in her report: "This morning one woman told me that when the milkman came this morning she told him she had found a really good milk and would not require him any more. "This will give you an idea how Pacific Milk is taking here."

**Pacific Milk Co. Limited**  
332 Drake St., Vancouver, B. C.  
FACTORY AT LADNER, B. C.

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

**OPEN FORUM**  
will be held in the **O. B. U. Hall**  
McIntyre Building  
on **Sunday, Nov. 28th,**  
8 p.m.

Speakers from all the Political Parties will address the meeting. **ALL INVITED.**

The best way to have **Your Suit Cleaned and Pressed**  
is by our **Steam Pressing Machine**  
Method.  
It only takes 15 minutes.  
Our Price is Reasonable  
Delivery is Prompt  
Give us a trial. Phone 502

**LING TAILOR**  
821, 823 2nd Ave., Prince Rupert

**EDSON COAL CO.**  
We have secured the agency for the best Coal found in the interior and can supply any quantity.  
Prices on application to **Prince Rupert Feed Co.**  
Corner 2nd Ave. and 7th St.  
Phone 58 Green 548

**SALE OF SUITS,**  
20 per cent. discount on all Suits  
Starting **THURSDAY** Morning.  
**Miss GLEESON**  
Third Avenue Prince Rupert, B.C.

## BRINGING UP FATHER



### Sport Briefs

Morse Creek dam was filled with water to the top yesterday morning as a result of the past two or three days of heavy rain. This is very gratifying to skaters and those interested in the matter of having it ready for skating this winter. The dam is in fairly good shape now it will be seen but there still exists the fissure in the bottom which will drain it gradually. However, a good quick frost would tighten this up and would afford good skating and a short thaw would not have much effect then.

In tonight's basketball game the Elks and the Sons of Canada, who have both won their first games, will meet and this game promises to be interesting. Early speculation on the match gives these two teams the best odds for first place at the end of the season and there are some old time, seasoned players on either side. The Colts, a bright young organization with lots of pep, will take on the Sons of England. Both games will be interesting and especially the former. "Clem" is the backbone of the Elks, while the Sons of Canada have several lighter but none the less skilled players. The Tillicums and Whiz-Bang girls also ought to put up a good exhibition. The girls' game will be refereed by E. Smith, while Joe Scott will referee the Sons of Canada and Elks match and Lee Dell the Colts and Sons of England.

Eddie Miller, of Winnipeg, Canadian News Company agent on the passenger trains running out of Prince Rupert, is figuring on staging a boxing match in Prince Rupert soon in which Billy McKenzie, a Winnipeg lightweight, will be a principal. McKenzie is reported to have a lot of class and has met a lot of good boxers, including Johnny O'Leary. It is a long time since there has been a contest here and this mill ought to go down well. McKenzie hails from Nova Scotia.

American League baseball players are worth millions on paper. Fourteen alone are valued at \$561,000 as follows: Babe Ruth, \$250,000; Carl Mays, \$100,000; Aaron Ward, \$100,000; Bob Meusel, \$70,000; Bob Shawkey, \$70,000; Eddie Collins, \$75,000; Roy Schalk, \$50,000; Dick Kerr, \$15,000; Eddie Murphy, \$7,000; Johnnie Collins, \$5,000; Harry Hooper, \$35,000; Wally Schang, \$25,000; Stuffy McGinnis, \$10,000; Everett Scott, \$25,000.

All carpets and rugs will have a straight 20 per cent discount at Tite's.

**Kidney Trouble**  
is the cause of great suffering from backache, rheumatism and lumbago. You can quickly set the kidneys right by using Dr. Chase's Kidney-Liver Pills. One pill a dose. 25c. a box, all dealers.  
**Dr. Chase's Kidney-Liver Pills**

## DOUBLE CHINS, FLAT CHESTS, SLOUCHY WALK

No Need of These says Health Expert; Use Exercise instead of Cosmetics

WINNIPEG, Nov. 18.—Bony shoulders, double chins, flat chests, slouchy walking and ungraceful sitting are all unnecessary, according to Mrs. J. C. Cameron, formerly of London, England, who has recently opened a physical culture studio in Winnipeg. "All these things can be cured or prevented by scientific exercise," she says. "But when I see the scrawny necks of girls in ball-rooms, the awkward poses of half the passengers on the street cars, and the peculiar walk of many people, I realize that people in Canada have not yet learned the truth about exercise. In Germany the government has inaugurated state physical culture, to improve the future race, but we are content to let our people develop haphazard," Mrs. Cameron declared.

"You know, the human body is after all only a machine," Mrs. Cameron pointed out. "When one part of the machine becomes rusty or worn out, all the rest of the mechanism is affected. Our bodies are a mass of muscles, but only some of these are exercised by our daily work. The others become flabby and weak and a lowering of efficiency results. Few people realize, either, how many of their ills are caused by incorrect sitting and standing postures. The positions in which most of us do our work are such that our organs cannot function properly. We suffer from indigestion or headaches or other ailments and never think of blaming the unnatural way in which we hold ourselves.

"The beautifying effects of scientific exercise have the widest appeal to most. I do wish girls would realize that instead of spending large sums of money on cosmetics to improve their appearance, they might better spend a little time on exercises calculated to improve their general health. When the body is in perfect condition the face shows the effect, the eyes are bright, every sense alert. Complexion ills are never cured by covering them up. Then, too, many otherwise attractive girls spoil their appearance by an ungraceful carriage, and this could be overcome if they knew how. Busy housewives also think that they get enough exercise doing their daily work, but their faces grow wrinkled, and superfluous flesh accumulates just the same. They should remember that too much exercise of some muscles does not make up for no exercise to others.

"The good effects of proper breathing have been known for years. What is not so generally known is that proper breathing can do much to relieve asthma and lessen the tendency to consumption. Remedial exercises can also be taken to cure or prevent indigestion, nervousness, weak ankles, adenoids, enlarged tonsils and many other ailments not generally considered amenable to this treatment. However, I may change my minds when I demonstrate my gospel of exercise," Mrs. Cameron concluded.

Do not forget to look into the Liberal committee rooms, Patullo Block. They are open all the time and there is somebody there all the time. Most of the friends call in the evening.

See Tite's windows for specials during the Xmas trade.

## Daily News Classified Ads.

2 CENTS PER WORD IN ADVANCE. No Advertisement Taken for Less than 50c

**WANTED. MEN WANTED.**  
LEARN AUTO AND TRACTOR BUSINESS.

The coming year will be the biggest in the auto industry. Everywhere there will be a demand for trained men. OUR SCHOOLS SUCCESSFULLY Teach by practical experience every phase of the Automobile Tractor, Stationary and Marine Engine, Tire Vulcanizing and Repairing, Welding and Brazing, every branch of Battery and Electric work. ONLY FEW WEEKS REQUIRED—OUR GRADUATES GIVEN PREFERENCE

everywhere; UNLIMITED OPPORTUNITIES. LEADING AUTOMOBILE ASSOCIATIONS endorse our school. The thoroughness of our methods and the completeness of our equipment.

THE BIGGEST AUTOMOBILE CONCERNS send their mechanics to our school for special electrical training. These automobile concerns are constantly calling on us for graduates, because they know the types of men we turn out.

DAY AND EVENING CLASSES NOW RUNNING. Call or write TODAY for FREE illustrated catalogue, which tells the complete story. ENROLL NOW and save money.

Join the LARGEST AND BEST-EQUIPPED motor training school in Canada. The school that has been selected by the Dominion Government for the training of S. C. R. men.

HEMPHILL'S AUTO AND TRACTOR SCHOOLS VANCOUVER SCHOOL  
Corner Granville and Fifteenth Avenue West.  
Take Shaughnessy Heights Car at Postoffice.

VICTORIA SCHOOL  
Corner Blanchard and Fisgard Streets.  
Free transfers to our Fifteen Branches in Canada and U.S.A. Board and room at lowest rates. BRANCH OFFICE 23 Hastings Street East, Opposite B. C. Electric.

WANTED TO RENT—Furnished flat or small house. Apply American Consulate.

WANTED—Waitress at the Royal Cafe. Phone 524.

**FOR SALE**  
PURCHASER WILL SAVE \$5.00.00—One 20 h. p. heavy duty N. & S. engine price \$2,200.00. The price of this engine has gone up \$500.00 since we bought this from the factory. We have also on hand 4 h. p. N. & S. engines, price for same complete, \$290. Prince Rupert Cigar Store. Phone Blue 94.

SECOND-HAND FURNITURE sold on commission. Anything you want to sell send to P. Le Claire, Lynch's old store, corner First, Second and Third Avenues.—Phone Green 544.

FOR SALE—Laying hens from \$2.00 each. Also pullets from \$2.50 each, and boiling fowl. Apply after five o'clock, F Shaw corner McBride St. and Eighth Avenue. 73

FOR SALE—Newly furnished house close in. Rents \$20. Price for quick sale, \$1,175. Apply owner—P. O. box 387. 74

**FOR SALE**—Or will trade for approved close-in Prince Rupert real estate.—The fast run-about launch "Echo" either with or without engine. One first-class marine engine. One first-class large row boat with 2 1/2 h.p. Caille Perfection Inboard engine. M. M. Stephens, Phone 222.

**FOR SALE OR LEASE**—Job printing business and plant. For particulars apply Daily News office.

**FOR SALE**—Furniture of five-roomed suite almost new. Phone Blue 504.

**VEGETABLES.**  
BUY ASHcroft POTATOES for your winter supply from National Grocery, Fulton Street.

**FOR RENT**  
FOR RENT—Front bedroom for one or two gentlemen. Phone Black 217. 272-3-5

**SHORTHAND — TYPEWRITING**  
Evening Classes Monday, Wednesday, Friday, 7:30 to 9:30, No. 10 Smith Block, phone Blue 295

**MUSIC.**  
H. C. BAILEY—Teacher of Music—Piano, Organ, Theory of Music—By appointment, phone Black 213—215 4th Ave. E.

**ACCOUNTANTS**  
EXPERIENCED ACCOUNTANT would take charge of set of books, whole or part time. W. E. Williscroft, Phone Black 259.

**LODGE MEETINGS**  
LODGE 1051 LOYAL ORDER OF Moose meets every Thursday evening at the De Luxe Hall.

**FOUND**  
FOUND—at Carnival, child's slicker cape. Apply Daily News office.

**FARMS FOR SALE**  
C. P. R. FARM LANDS—The rich prairies of Alberta, Saskatchewan and Manitoba are especially suited for mixed farming. Land that will produce big crops of grain and fodder, and well adapted for dairying or livestock raising can still be had at prices averaging about \$18.00 an acre, with twenty years to pay if you wish. No further payment on the principal until the end of the fourth year; then sixteen annual payments. Interest 6 per cent. Write to H. G. Loughran, Land Agent, C. P. R. Station, Vancouver.

**Market Prices**  
Meats.  
Sirloin steak, per lb. 45c  
Beef pot roast, lb. 25c to 28c  
Beef, chuck roast, lb. 30c  
Beef, rib roast, lb. 35c and 38c  
Beef, boiling, lb. 18c to 22c  
Hamburger, per lb. 25c  
Stewing beef, per lb. 20c and 25c  
Corned beef, per lb. 22c  
Lamb, leg, per lb. 50c  
Lamb, loin, 50c  
Mutton, stewing 25c  
Mutton, shoulder, lb. 26c to 28c  
Leg of mutton, lb. 45c  
Loin of mutton 45c  
Veal shoulder roast, per lb. 32c  
Leg of veal 30c and 40c

Plain sausages, per lb. 25c  
Tomato sausage 45c  
Pork, leg 50c  
Pork chops, per lb. 60c  
Pork, shoulder, 35c  
Bacon, sliced, per lb. 75c  
Ham, sliced, 65c  
Ham, smoked, 60c  
Salt backs 45c  
Chicken, per lb. 65c  
Fowl, per lb. 50c  
Pickled pork, per lb. 45c  
Cooked ham, sliced, per lb. 85c  
Spare ribs, per lb. 30c  
Roast ham, per lb. 85c  
Bologna, per lb. 30c  
Jellied tongue 50c to 60c  
Broilers 60c  
Calves liver, lb. 40c  
Cooked beef tongue, lb. 85c

**Dairy Produce.**  
Butter, per lb. 65c  
Butter (cooking) per lb. 60c  
Cheese, per lb. 45c  
Limberger cheese, per lb. 60c  
Eggs (case) 80c  
Eggs, fresh (case) \$1.10  
Margarine 50c  
Comb honey 50c  
Sugar, per lb. 21c  
Bread, per loaf, 15c  
Flour (hard white) 50-lb. sk \$4.00  
Milk, per case, \$6.50 to \$8.50

**Fish.**  
Cod, 2 lbs. 35c  
Cod fillets, smoked, 20c  
Fresh black cod per lb. 15c  
Finnan haddock 25c  
Halibut, per lb. 25c  
Herring, kippered, per lb. 25c  
Salt herring, each, 10c  
Flounder Fillets, lb. 20c  
Salt Acadia Cod, 2-lb. boxes 65c  
Klato, per lb. 10c  
Brills 3 for 25c  
Salt codlachs, lb. 10c  
Spring salmon, per lb. 30c  
White salmon 20c

**Vegetables**  
Onions, dry, per lb. 5c  
Beets, per lb. 5c  
Carrots, per lb. 6c  
Turnips, per lb. 6c  
Cabbage 10c  
Cauliflower 25c to 60c  
Head lettuce 10c to 25c  
New Potatoes, per sack \$3.50  
Sweet potatoes 3 lbs. for 25c  
Rhubarb 3 lbs. for 25c  
Green onions, per bunch 5c  
Cucumbers, each, 15c  
Radishes, per bunch, 5c  
Parsley, per bunch, 10c  
Egg plant, per lb. 40c  
Celery, per lb. 20c and 25c

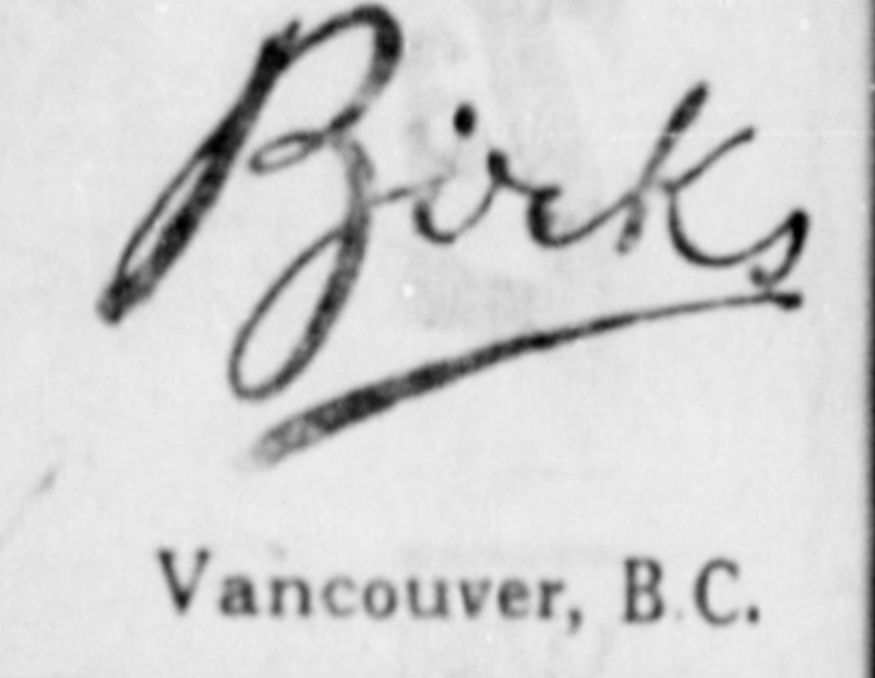
**Fruit.**  
Bananas 75c  
Grapefruit (California) 3 for 25c  
Lemons 40c  
Dates (drom) 35c  
Valencia oranges, per doz., 60c to 85c  
Raisins, per lb. 35c  
Currants, per lb. 35c  
Peel, per lb. 60c  
Mixed nuts, per lb. 35c  
Table Figs, per pkg. 15c  
Mince Meat 20c  
Tomatoes 25c  
Cantaloupes, each, 20c to 35c  
Watermelon, per lb. 7c

**TOM LEE CO.**  
840 Second Avenue, West.  
**VEGETABLES**  
Wholesale and Retail  
General Contractors and Labor Exchange.  
Prince Rupert, B. C.  
Phone 547—P. O. Box 725

**A. G. GRAY**  
Teacher of Piano  
Studio 137 Second Avenue  
PHONE Blue 421 or 444

## A Knowledge That Lasts

In giving a boy's diamond—brilliant, and perfectly—there is of course a great deal of wisdom in the choice of the stone. It is a fact that only diamonds are the most valuable gemstones acknowledged everywhere.



Vancouver, B. C.

## STORK'S SELL STOVES

Gurneys commenced making stoves in 1843. Still in the same line of business 1928. Hundreds in use in Prince Rupert.

ON SALE AT **Fred Stork's Hardware**  
SECOND AVENUE  
Phone Black 114

## RAW SKINS



Made up into RUGS, LADIES' SCARVES, ETC.  
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EUROPEAN PLAN \$1.50 per day and up.  
FIRST-CLASS CAFE A La Carte.

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**DRY KINDLING WOOD**  
in Stove Lengths  
Phone your order in early.  
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Phone 93. S. E. Parker, Manager