

The Healthy Life

is the only one that counts. Good health is the foundation of success. Most everyone needs a little medicine from time to time. To correct digestive disorder use Beecham's Pills. Sweeten the stomach, stimulate the liver, regulate the bowels, help the kidneys and thus aid the entire system to health and harmony by taking



Sold everywhere in Canada. In boxes, 25c., 50c. Largest Sale of any Medicine in the World.



With our Bread every taste gains in sweetness. You know how it is. With some sweets you like to swallow them down quick. Others are such a treat to the palate you hate to let them go.

Good BREAD

belongs to the second class. You want to keep on chewing it because it is worth chewing.

Insist on our bread—the bread with the bread taste

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Phone 643 P. O. Box 521

M. T. LEE

Ladies' & Gentlemen's
TAILOR
Fit Guaranteed
Third Avenue, opposite P. O.
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ASHCROFT POTATOES

Special price on
Regular price \$2.75 sack.
Lay in your winter stock while they last at
\$2.50 per sack
NATIONAL GROCERY
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Shoe Repair Job

For your next
try
J. C. EMERTON
Champion Shoe Repair Shop
Emad Block, Third Avenue
"Repairs while you wait"

PEMBINA MEDIUM LUMP COAL

Delivered in bulk, \$13.00 per ton
Delivered in sacks, \$14.00 per ton
This is one of the best coals that comes from the interior. Absolutely free from dust or slack. We particularly recommend this coal where a quick hot fire is desired. It is especially suited for cooking purposes. Free from soot.

Ladysmith-Wellington Lump Coal

Delivered in bulk, \$16.50 per ton
Delivered in sacks, \$17.50 per ton
The famous Ladysmith-Wellington has been continuously on the market for over sixty years. The heating and lasting qualities of this splendid coal are unsurpassed.

Prince Rupert Coal Company

Office, Central Hotel Phone 15

FISH PRICES ON DECLINE

Government Bulletin Tells of Viewpoint of Retail Merchant and Others.

OTTAWA, Dec. 2.—Evidence of declining fish prices is noticeable in many parts of the country, says a bulletin issued by the Dominion Government. While it may be difficult to convince the consuming public of the fact, no one welcomes a drop in prices more than the retail fish merchant. While doubtless some branches of the industry are losing money, or making none, during this period of readjustment, and the fact is to be regretted, at the same time cheaper fish is bound to have a salutary effect on the trade.

The Fisheries Department, Ottawa, has established a direct connection with the retail trade and is endeavoring to study the problems of this department of the merchandizing machinery. Retailers in all quarters declare that the chief obstacle is increasing the market for fish, is the price of the commodity. There is no reason why fish should not command a reasonable price in comparison to other foods, approximately on a par in palatability and food constituents, but there is no evading the fact that people will not pay an equal price. In other words the low price of the commodity must for years to come be offered as the big inducement to purchase. Not until housewives have been thoroughly educated in the methods of cooking fish, until they have a proper appreciation of its economic and dietary advantages, can retail fish prices safely seek the level justified by a mathematical comparison of food values.

No New Theory.

This is not a new theory. It is a fact that it is quite well appreciated in all branches of fish merchandising. But when it comes to locating a reason for high-priced fish it is impossible to point one's finger in any direction and say—"There is an unduly large profit being taken here." Just at the present time there are very few branches of the fishing industry making even a fair profit. As a matter of fact the industry, like a good many others, is merely juggling along, hoping for a brighter future. High prices are a legacy of the war. In the primary fishing operations, the actual cost of fishing gear and equipment soared in some cases four hundred per cent, and fishermen must get a price for their commodity that will pay for depreciation and maintenance of high-priced equipment. They are not in a financial position to absorb in a lump the depreciated value of their equipment purchased on a high market.

Futile to Lay Blame.

It is futile to lay the blame for high fish prices in any one place. The fishermen, dealers and retailers have no monopoly on the business and any one who has the idea that undue profits are being made is quite at liberty to make a fortune. There is the broad expanse of the North Atlantic and the prolific Pacific, not to mention the 200,000 square miles of inland waters, inviting all and sundry to come and take fish. Frequently one hears the argument—"Why shouldn't fish be cheap? It cost nothing to produce." The same may be said of grain or oats. Mother earth produces the grain and oats, just as the sea gives up the fish, but it is poor consolation for John Jones, starving in Montreal, to know there is a bumper wheat crop standing on the western prairies and that fish are fairly popping

Had Bad Cough and Sore Throat

Never neglect a cough or cold however slight. If you do it can have but one result; it leaves the throat or lungs, or both, affected. A single dose of

DR. WOOD'S NORWAY PINE SYRUP

will help to stop the cough, soothe the throat, and if the cough or cold has become settled on the lungs the healing virtues of the Norway pine tree along with the soothing and expectorant properties of other excellent herbs, roots and barks promptly eradicates the bad effects, and the persistent use cannot but help to bring about relief.

Mr. Albert Marsh, Lower L'Ardoise, N. S., writes—"About a year ago I contracted a cold accompanied by a very bad cough and sore throat. I sent for the doctor, but what he prescribed did me so little good I began to get discouraged. A friend came to see me and asked me if I had ever used Dr. Wood's Norway Pine Syrup. I told him I had not and sent him right away to get me a bottle. I started using it, and after a couple of days I found I was getting relief, and after taking two bottles the soreness in my throat seemed to be leaving me, so I resolved to continue its use, and after I had used five bottles my sore throat and cough were gone. I would not be without Dr. Wood's for any more."

Price, 25c and 50c a bottle; put up only by The T. Milburn Co., Limited, Toronto, Ont.

out of the water on the shores of the Maritime Provinces. Men must be paid to reap the harvest; whether it be wheat or fish, and expense must be incurred in preparing it and shipping it to market and delivering it to the consumer.

MAZZEI GETS NINE MONTHS

Lad Found Guilty of Stabbing Sentenced Yesterday Afternoon by Judge Young.

Louis Mazzei, found guilty of stabbing, was sentenced to nine months with hard labor at Okalla Prison Farm by Judge Young yesterday afternoon.

Evidence as to the good general character of the prisoner was given by D. H. E. Trehanne, C. H. Orme, Max Heilbroner, Martin O'Reilly and Chief Minty. It was also adduced in the evidence that the accused had been under the influence of liquor when the stabbing occurred.

"In view of the circumstances and conditions under which the fight arose and in view of the favorable evidence which has been given by these citizens," said Judge Young, in passing sentence, "I am making your sentence as lenient as possible. I sentence you to nine months imprisonment with hard labor at Okalla Prison Farm."

The judge expressed sympathy with the accused but pointed out that such use of a knife could, under no circumstances, be permitted.

NINE LOST LIVES IN OREGON TRAIN WRECK

THE DALLES, Ore., Dec. 2.—Three more bodies have been found in the wreckage of the Oregon and Washington Railway & Navigation Co.'s trains that crashed near Gellio. They are unidentified. The total death list is nine.

TYPHUS RAGING

No Plague in Russia and Cholera Suddenly Has Ceased Ravages.

LONDON, Dec. 2.—At a meeting a few days ago of the health committee of the League of Nations in Paris, Dr. Norman White, who has just returned from Moscow, where he has been working on the epidemic commission, made a statement with regard to the reports of outbreaks of plague in Russia.

Not only have all the reported cases of plague in European Russia been found incorrect when bacteriological investigation was made, but the outbreak of cholera, which was very severe during the summer, has suddenly and unexpectedly ceased. No adequate explanation is yet given for this.

But typhus is raging. It is believed that the number of cases of typhus during the past year is approximately twenty millions, and probably it will be still more severe during the coming winter. Smallpox also in general, and vaccination is being extensively carried out.

NOT CONSERVATIVE BUT CANDIDATE OF THE CONSERVATIVES

Out of deference to the feelings of Colonel Peck, who presents being spoken of as the Conservative candidate, it has been decided to refer to him in future as the candidate of the Conservatives. He can not possibly take any exception to that.

FREIGHT RATES TO PROVINCE DUE FOR DROP

LONDON, Dec. 2.—The London Times foresees a sharp cut in freight rates from the United Kingdom to British Columbia which should provide special opportunity for the development of British export trade toward Canada. The flat rate will be 25 shilling a ton, the cut being due to the slump in shipping, it is stated.

COLONEL PECK MADE RESERVE

Urquhart Posted as Officer Commanding First Battalion in Military Orders at Victoria.

VICTORIA, Dec. 2.—District orders just issued make Col. Urquhart commander of the First Battalion, formerly the Sixteenth Battalion, Col. C. W. Peck, V.C., officer commanding up to the present time, has been transferred to the reserve list.

HUNTERS LOST LIVES IN UNITED STATES

DETROIT, Dec. 1.—Ten hunters lost their lives in Michigan during the twenty days deer season which ended yesterday.

AUGUSTA, Maine, Dec. 2.—Thirteen hunters lost their lives in this state during the deer season which closed Thursday night.

WOULD ABOLISH THE OFFICE GOVERNOR ISLAND OF TASMANIA

LONDON, Dec. 2.—A Reuter cable from Hobart, capital of Tasmania, says the House of Assembly has passed a resolution in favor of the abolition of the office of state governor.

TWENTY KILLED.

OTTAWA, Dec. 2.—Twenty persons were killed and 144 injured in Canadian railways during the month of November.

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HOWARD DAWSON CAMERON, Applicant. Dated September 5, 1921.

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Have you the money with which to do it? Start to save while they are young—let them commence life knowing you are at the back of them.

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A new shipment of Fir Dimension and Shingles has just arrived, bought at the market's lowest prices. Ask for quotations.

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Planing Mills.
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