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TASTE the fresh sweet flavor of pure country cream! Blending so well in savory soups, giving rich velvety body to sauces—there's nothing like St. Charles Evaporated Milk to make good meals better.

St. Charles Milk is evaporated to creamy richness. All herds are rigidly inspected—plants are spotless and shining. Sixty per cent. of the natural water is removed and nothing is added. No wonder St. Charles is the safest, finest flavored milk you can buy.

Our new cook book "The Good Provider" will give you cooking secrets any French Chef might envy. 80 pages—186 recipes—full color illustrations of tempting dishes. Just mail the coupon and it's yours.



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50 Powell Street,
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Gentlemen: Please send me free copy of "The Good Provider."

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ST. C 1

LOCAL ITEMS

Taxi 35—Ernie Large. **tt**
L.O.B.A. tea will be held Oct. 4th at home of Mrs. S. Cox, 7th Ave. W. **210**

A. J. Lancaster, provincial collector, sailed last night on the Prince Rupert for a trip to Vancouver.

Miss Bessie Edgecumbe and Miss Marie Mussallem sailed on the ss Prince Rupert last night for a trip to Vancouver.

Dr. and Mrs. Stanley Mills of Terrace arrived in the city on last night's train from the interior for a brief visit to town.

Don't forget Tennis Club dance tonight in I.O.D.E. Hall. Venetian Orchestra, entertainment, novelties and refreshments. **210**

Mrs. F. G. Dawson and sons, Fred and John, sailed last night on the Prince Rupert for Vancouver where they will holiday for the next month or so.

S. H. Batman of Anyox was a passenger aboard the Prince Rupert last evening going through to Vancouver whence he will proceed by train on a trip to Toronto.

S. M. Capon, chief weighmaster of the Board of Grain Commissioners from Fort William, Ontario, sailed by the Prince Rupert last night for Vancouver enroute East after paying a brief visit to the local elevator on official duties.

The fire department had a call at 11 o'clock last night to the Canadian National Wharf where a small blaze had been started, apparently by a lighted cigarette lodging between planks. No damage was done.

Joey Semour, Indian, charged with vagrancy, was allowed to go by Magistrate McClymont in city police court this morning on the understanding that he return to his reserve at Hazelton on today's train.

Sailing from here for Vancouver last night, C. N. R. steamer Prince Rupert had one of her largest passenger lists of the season. There were ninety passengers in addition to fifty-seven of the crew of the steamer Prince George which has been tied up at the local dry dock for the winter.

Mrs. A. E. Campbell of Smithers was a member of the nominations committee at the annual convention in Vancouver this week of the British Columbia Hospitals Association. H. W. Birch, managing secretary of the Prince Rupert General Hospital, was the local delegate to the convention.

Saskatchewan Premier Backs Up S. F. Tolmie

WINNIPEG, Sept. 9.—Unqualified approval of Premier Tolmie's proposal to establish union government in British Columbia was expressed here Thursday by Premier J. T. M. Anderson of Saskatchewan. "Such a course would be of great benefit, not only to British Columbia but to every province of the Dominion," he said, adding, "and for Canada as a whole."

AL WILSON IS KILLED

Noted American Stunt Flyer, Who Served With Canadian Air Force, Loses Life

CLEVELAND, Ohio, Sept. 9.—Al Wilson, best known of American moving picture stunt flyers, who served in France during the Great War with the Royal Canadian Air Force, was killed when a plane which he was piloting crashed at the Cleveland Air Races.

Steamship Sailings

For Vancouver—
Tuesday—ss. Catala ... 1:30 p.m.
Thurs.—ss. Prince Rupert, 10 p.m.
Friday—ss. Prin. Adelaide 10 p.m.
Ss. Cardena ... midnight
Sept. 12—ss. Princess Louise, p.m.
Sept. 21—Princess Louise, p.m.

Terrace Blackberries
Terrace Blackberries, Sweet
Cherries and Plums
Munro Bros.

Ted LePage, local manager of the Home Oil Distributors Ltd., left on this morning's train for a trip to Smithers and other interior points on company business.

Another enjoyable dance was held last night by the Canadian Labor Defence League in the League Hall on Second Avenue. Music was furnished by members of the League and refreshments were brought by the ladies.

"Listen to me on HEADACHES"

Get rid of the cause... take Fruit-a-tives

"I always felt miserable and tired as I was troubled with constant headaches for years. A lady recommended Fruit-a-tives and I gave them a trial and in less than a week was feeling like a new person."
—Mrs. A. M., Warton, Ont.



There is something to Fruit-a-tives. Created after 15 years' research by a brilliant physician, Fruit-a-tives is not to be confused with ordinary pills, oil, roughage, which act upon only one organ or possibly two. Fruit-a-tives stimulate five vital organs to function naturally and thereby assures good health. Try them. 25c and 50c.

Fruit-a-tives
MAKE AND KEEP YOU WELL

John Willman, well known Usk mining man, arrived in the city on last night's train from the interior and sailed on the Prince Rupert for a business trip to Vancouver.

W. W. C. O'Neill, vice-principal of Borden Street School, sailed on the Prince Rupert last night for Victoria, being called south on account of the serious illness of one of his parents.

William F. Joy of Los Angeles, who has been visiting here for the past few weeks with his parents, Mr. and Mrs. J. Joy, sr., sailed by the Prince Rupert last night on his return south.

Gardeners this morning were bemoaning the destruction caused last night to the plants in their flower beds. Some of the sweet peas and dahlias and gladiolas had weathered previous blows but most of them suffered badly by the gale that struck the city during the night.

Aged Indian Chief Of Kitwanga Dead

Simmendecks, Who Passed Away at Age of Over Ninety Years, Led Tribe in Battle

Head Chief Simmendecks of Kitwanga Indian village in the interior died at his native village on Saturday last at the age of over ninety years. He was one of the old original chiefs who led his tribe in battle against the invading Nishga Indians. His totem pole stands near the Canadian National Railways station at Kitwanga.

The funeral took place at Kitwanga on Tuesday afternoon.

If you have any leftover floral wall paper you will find it makes a most attractive lining for the bureau drawers in the bedroom. The furniture may be lined with the same pattern paper as on the wall.

Announcements

Rupert Tennis Club Dance September 9, I.O.D.E. Hall.
Dance Sept. 16 and 30, Oddfellows' New Hall.
Benefit football dance, September 23, Moose Hall.
United Church Annual Supper Oct. 10.
Catholic Bazaar, October 19, 20.

Man in the Moon

Now that the Kidd Report has been discussed and Premier Tolmie has decided to pin his political faith to it, we all know where we are.

Jake says he knows where Tolmie will be pretty soon and that's in the soup.

Man gets but little here below
Upon this busy earth
And if the honest truth were known
He gets 'bout all he's worth.

With provincial elections, civic elections, P.G.E. sale schemes and such like, there promises to be plenty to talk about before the winter is over.

We have not noticed that any of the local Churches have been praying for rain this year.

Those gardens that escaped the summer gales of last week seem to have fallen victims to the fall blustering that have been roaring around this week.

Jake is one of those men who sees a meaning in everything. He says bad weather this year indicates some coming catastrophe and he has had his eye on the Tolmie Government to bear him out.

Bless the little motor cycle
How I love the roar
Of the gentle little creature
Singing past my door.

How I love to sit and dream
In Rupert's sunshine nap
And to waken with a scream
at "Bing Bang! Spit, spat, blap"

Within the past few days numbers of small migratory birds have been seen in the city bound south. This is a sure sign of the change in seasons.

One secret of getting ahead

You need good health to succeed. Many a man has seen his chances go because he was too sick to keep pace with competition. Often his poor health was due to constipation. This ailment frequently causes headaches, loss of energy, sleeplessness. It takes the "punch" out of your day's work.

Try eating Kellogg's ALL-BRAIN. Science shows this delicious cereal supplies "bulk" to exercise the intestines, and Vitamin B to tone the intestinal tract. Also iron for the blood.

The "bulk" in ALL-BRAIN is much like that of lettuce. How much safer than using pills and drugs—so often habit-forming.

Two tablespoonfuls daily will correct most types of constipation. If your intestinal trouble is not relieved this way, see your doctor.

In the red-and-green package. At all grocers. Made by Kellogg in London, Ontario.

HELPS KEEP YOU FIT

Miss D. Hogan
TEACHER OF MUSIC
Phone—Black 232

KLIM
COUPON
Canadian Milk Products Limited,
115 George St., Toronto
Please send me free booklet "Camp Cooking."
Name _____
Address _____

THRIFT VALUES

For Friday & Saturday

- QUAKER OATS—Quick Cooking, per large pkg. **20c**
- THRIFT TEA—Specially Blended, per lb. **31c**
- CORNED BEEF—1-lb. tins, 2 for **25c**
- READY CUT MACARONI—5-lb. boxes, each **33c**
- CANNED SALMON—First Quality Sockeye, 1/2's **16c**
- First Quality Pink, 1/2's 2 tins **13c**
- PORK & BEANS—Clark's No. 2 tins, 2 tins **15c**

CLOCK SPECIAL

- 10 to 11 A.M. Each Day
- DRIED PRUNES—Size 40-50, per lb. **7c**
- SUNKIST ORANGES—each **1c**
- FELS NAPHA SOAP—4 bars **27c**
- VICTORY BLEND COFFEE, per lb. **21c**

- IVORY SOAP—per large bar **8c**
- STARCH—White Gloss or Corn, per pkg. **10c**
- ROYAL CITY SOUPS—Tomato, per tin **8c**
- Pea or Vegetable per tin **9c**
- RECLEANED CURRANTS—per lb. **14c**
- AYLMER TOMATOES—Choice, No. 2 tins, per tin **10c**
- AYLMER PEAS—Choice Sieve 4, per tin **11c**
- JAMIESON'S EXTRACTS—Lemon or Vanilla 4-oz. bot. **15c**
- 2-oz. bot. **27c**
- SLICED BACON—per 1/2-lb. pkg. **9c**
- BREAKFAST COCOA—per lb. **14c**

Malt Combination Special
1 tin Munro Malt, 2 1/2 lbs.—
1 lb. Bottle Caps—
1 pkg. Hops—
All for **79c**

- ASSORTED SANDWICH BISCUITS Fresh Stock per lb. **26c**
- COOKING APPLES—5 lbs. **23c**
- SPAGHETTI—No. 1 tins; Catelli's with Cheese & Tomato Sauce, per tin **9c**
- HEINZ CATSUP—per 1/2-lb. bottle **22c**
- EUREKA BLEACH—per bot. **12c**

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"CARRY AND SAVE"
Mail Orders Have Our Prompt Attention

BULKLEY VALLEY COAL

IS A HIGH CARBON, NON-COKING, BITUMINOUS COAL
That can be used to economical advantage in all styles of fire boxes, in your kitchen range try the nut-egg size and simply shake the bottom grate when a hot fire is desired. For heaters use single screened lump. In furnaces use single screened lump with a generous portion of fined added to hold a slow fire or banking over night. You will use no other fuel after becoming accustomed to—

BULKLEY VALLEY COAL

OLD COUNTRY Bookings

AS an added attraction to your Old Country trip, Canadian National this year offers exceptionally low fares both on trains and steamers. De luxe equipment. Liberal stopovers. Extended return limit. Every detail of your trip... tickets, passports, baggage insurance, travellers' cheques, hotel accommodation, will be attended to by Canadian National.

Full details from Local Agent, or H. McEwen, D.F. and P.A. Prince Rupert, B.C.

CANADIAN NATIONAL

UNION STEAMSHIPS LIMITED
Steamers leave Prince Rupert for Vancouver—
P.S.S. CATALA EVERY TUESDAY 1:30 P.M.
Via Westport, arriving Vancouver, Thursday a.m.
T.S.S. CARDENA EVERY FRIDAY MIDNIGHT.
Arriving Vancouver Sunday midnight, approx.
Weekly sailings to Port Simpson, Alice Arm, Anyox, Stewart and Naas River points Sunday, 8 p.m.
Further information regarding all sailings and tickets at PRINCE RUPERT AGENCY: Second Avenue. Phone 568.

CANADIAN PACIFIC
To Vancouver PRINCESS LOUISE—Sept. 12, 21, Oct. 3.
To Vancouver PRINCESS ADELAIDE—Fridays, 10 p.m. via Ocean Falls and Way Ports.
To Ketchikan, Wrangell, Juneau and Skagway—Sept. 8, 17 and 29.
For information call or write W. L. COATES, General Agent Prince Rupert, B.C.

Because it doesn't pay to advertise poor products, it does pay to buy those advertised.

CONTEST WINNERS

Miss Cathie Beale and Tom Barton
Adjudged Best Fox Trotters at Capitol Last Night

Miss Cathie Beale and Thomas Barton were winners of the final in the fox trot dancing competition last night at the Capitol Theatre. Decision was judged by applause of the audience, the judges being Mayor C. H. Orme and Mrs. D. C. Stuart, regent of Municipal Chapter, Imperial Order, Daughters of the Empire. Four couples took part in the final.

Bad Constipation And Sick Headaches Ended By Vegetable Pills

Formerly a wreck from Constipation, Sick Headaches and Indigestion, Mr. V. H. writes: "It was a red-letter day for me when a friend recommended Carter's Little Liver Pills. Results have been marvelous." Because they are PURELY VEGETABLE, a gentle, effective tonic to both liver and bowels, Dr. Carter's Little Liver Pills are without equal for correcting Acidity, Biliousness, Poor Complexion and Indigestion. 25c. & 75c. red pkgs. Ask for Carter's by NAME.

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Operating three Dry Docks
Total capacity 20,000 tons
Shipbuilders and Ship Repairers for Steel and Wood Vessels
Sawmill and Mining Machinery Repaired and Overhauled
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50-ton Derrick for Heavy Lifts