



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

Rupert Bakery
617 Third Avenue
Green 241 P. O. Box 521

CARLTON

Restaurant and Tea Room

Third Avenue
(New Martin Block)
Afternoon Teas
Short Orders a Specialty
LUNCH COUNTER IN CONNECTION

Home-made Bread, Cakes, Pastries, Jelly Rolls, Etc.
Cooked Meats—Ham, Tongue, Beef, Mutton, Etc.
Melton Mowbray Pork Pies made to order.

Leave your orders for Home-made English Christmas Puddings, Cakes, Mince Meat, Etc.

BOARD BY DAY OR WEEK
The Home of Home Cooking
MRS. R. H. SWEETON
Phone 343

M. T. LEE

Ladies' & Gentlemen's TAILOR

Fit Guaranteed
Third Avenue, opposite P. O.
Phone Red 136

Special price on
ASHCROFT POTATOES
Regular price \$2.75 sack. Lay in your winter stock while they last at

\$2.50 per sack
NATIONAL GROCERY
Phone 524

For your next
Shoe Repair Job
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

COMPLETE LIST LOCAL OFFICERS

Appointments Published in District Orders of Brigadier-General Ross.

The complete list of officers for the reorganized North British Columbia Regiment is published in the district orders issued by Brig. General J. M. Ross, C.M.G., D.S.O., G.O.C. Military District Number II. It will be noticed that henceforth it is Colonel McMullin and not Major. Also it will be Major MacGregor instead of Captain MacGregor. The appointments are:

Lieut.-col. and to command the regiment, Lieut.-Col. J. H. McMullin.

Provisional major, Lieut. G. E. Gibson, Canadian Militia.

Major—Lieut. and Brevet Captain J. MacGregor, V.C., M.C., D.C.M., Canadian Militia.

Provisional major—Lieut. J. W. E. Nicholls.

Major—Lieut. and Brevet Captain R. L. Gale, M.C., Canadian Militia.

Captain—Percy Maurice Miller.

Provisional captains—Charles Bernard Formby, Lieut. H. Ward, Canadian Militia.

Captain—Lieut. G. L. Murray, Canadian Militia.

Lieutenants—Lieut. G. P. Tinker, D.C.M., Canadian Militia; Charles Vernon Eviatt, Arthur Leonard Eviatt.

Provisional lieutenants—Norman Herbert Kilpatrick, John McKay Moore, Robert Watts Cameron.

Paymaster—Captain J. A. Kirkpatrick, Canadian Militia.

The appointments are with effect from 15th July, 1921. The North British Columbia Regiment comprises the 30th and 102nd Battalions, C. E. F., and was formerly the 68th Regiment (Earl Grey's Own Rifles).

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Was Troubled With Her Stomach For Five Years

Mrs. Samuel Ward, Millersdale, Sask., writes: "I feel that I must write to you before another day passes. I am so happy and so grateful to your splendid medicine, Burdock Blood Bitters, for after an illness of five years I am better."

"I had stomach trouble so bad, I could not bear the smell or taste of food of any kind, and just so thin and weak I could not work. I had four doctors attend me, but they did me no good. I was in no pain, but felt so ill, at times, I thought I would die. In fact, all my friends were sure I could not live much longer."

"This time last year I saw where a man was relieved of stomach trouble by Burdock Blood Bitters, so my husband got me two bottles, but I had no faith in it after all the different medicines I had taken, however he insisted, and after the first two days I must say I began to feel better, and after the first bottle I felt so much better I went out a little every day, but could not go alone I was so weak, but I soon got so I could walk and eat, and have got quite stout."

"I am nearly seventy years of age and I feel better than I have for years, and I can do all my household work."

"You may make use of this letter if you wish, as it may be the means of making others as well and as happy as I am."

"B. H. B. is manufactured only by The T. Milburn Co., Limited, Toronto, Ont."

proposal made by the Government, and endorsed by a majority of the electors, that liquor was to be kept under Government control and sold only in sealed packages."

Gambling.

In considering race track gambling it was decided that some protest should be made against this and all kindred evils. And as the deliverance of the meeting on this matter the following resolution was passed:

"Whereas the Finance Minister of B.C., in his budget speech on November 11, indicated his intention of introducing a bill, during the present session of the Legislature, whereby a tax may be levied upon the profits of race track bets, in order to provide a revenue to the Province of \$250,000, and whereas in order to secure this proposed amount it would require approximately seven million dollars of British Columbia money to be wagered on race track gambling the large percentage of such money going out of the province, and into the hands of gambling speculators, and whereas, not even the prize money remains in our province, since more than ninety per cent of the horses running on the Vancouver and Victoria tracks last season came from the United States, and whereas practically all lines of business are adversely affected by the immoral means of finance, and whereas the moral life of the individual, of the home, and of the community is seriously damaged by race track gambling, and whereas we are hoping that this evil will soon be discontinued in our Province, and bearing in mind the proposal of the Finance Minister would seem to make the Government a partner in what we regard as an immoral traffic and not by any means a matter of clean and honorable sport, and believing that the action proposed would tend to encourage and perpetuate this evil rather than to eliminate it."

"Therefore, be it resolved, that we respectfully ask our Government not to introduce any such bill as is proposed."

SWANSON BAY OPENS SOON

Sixty People Came North to That Point on Prince Rupert Yesterday.

SWANSON BAY, Nov. 24.—About sixty people that came north on the Prince Rupert, left the boat here in readiness for the reopening of the pulp plant and shingle and saw mill. At least one hundred more are expected to arrive here within the next week and about twenty were here before the new arrivals came.

It is expected to recommence work about December 1 and A. G. Bennett, who is in charge here now, is rapidly getting things in shape.

A. E. McMaster, who was formerly of Prince Rupert and is well known everywhere along the coast, has gone to Powell River as resident manager.

Hand loggers are busy along the coast in this neighborhood and the company is buying all the lumber they can get out.

METHODISTS OPPOSED BEER AND GAMBLING

VICTORIA, Nov. 24.—At the Methodist District meeting here the Methodists of the city went on record against beer privileges being granted to clubs, hotels or bars and also against recognition of race track gambling.

The following resolution was passed:

"That we are opposed to any amendment of the Government Liquor Act that shall allow for beer to be sold by the glass, as being a direct violation of the

principles of the Methodist Church."

MANSON SPEAKS AT VICTORIA

Addresses Meeting in Support of Liberal Candidate in Capital.

Both A. M. Manson and William Marchant spoke at a public meeting in Victoria in support of the candidature of William Ivel.

"During the many years I have known Mr. Ivel I have learned to look upon him as a man fully capable of being entrusted with the direction of public affairs," said Mr. Speaker Manson, who severely criticized the federal government for applying the closure.

"An overdose of the tariff was what Meighen proposed, but it will prove the death of the government instead of the patient," said Mr. Manson.

The terrific railway deficits, estimated at over a hundred million for 1921, and the squandering of huge sums of the people's money on railways was mentioned next.

Make Canadians Blush.

"A story that would make Canadians blush," was the characterization given by Mr. Manson to the history of the Prince Rupert drydock, which he explained was only put into operation for shipbuilding after an American, Hon. William C. Redfield, secretary of commerce, had remarked that it was a disgrace that such a splendidly equipped plant should be lying idle.

All pleas that it should be used during the war to help furnish the Allies with much-needed tonnage were ignored by the Ottawa authorities, said the speaker.

"The Meighen Government will not be tried on the merits of the tariff, but on its record during the past few years," declared Mr. Manson.

Mismanagement.

The speaker said that it was impossible to expect the National Railways to pay when the administration continued its policy of using them to hand out favors to friends and allowed the Canadian Pacific Railway to get away with all the business, doing nothing to see that the National lines were assured freight that rightfully belonged to it.

"The appointment of irresponsible public officials had brought Canada to the verge of ruin," said Mr. Manson.

"What Canada needs today is men with vision and ability to govern honestly and well," said Mr. Manson.

"This is a time when every true patriot should do his or her best to return every Liberal," said William Marchant.

"The question of tariff is not of moderate tariff but of moderate tariff. The Liberals have never advocated free trade, despite the Meighen misrepresentations to this effect. The farmers who once upheld the principle of high tariff now favor a reduction of the tariff to the lowest reasonable point."

"Following the scheme of interchanging industrial trains between Canada and France to promote trade, Mr. Meighen proposes to annul the effect by applying a prohibitive tariff," Mr. Marchant proceeded.

"The Liberals are no flag-wavers. This is a Conservative resort to get support, yet they have done absolutely nothing to protect the interests of the citizens of Canada."

"If it costs just as much to manufacture in the United States as it does in Canada, why should we fear competition with a reduced tariff?" asked the speaker.

Competition in Coal.

"We sell coal in the hottest competition with the United States."

"The Canadian manufacturers should be taught a lesson. When we listened for the news of war in the darkest days, the manufacturers combined with the profiteers and filled their pockets with gold."

"When men are prostituting their patriotism, is it not time for the people to say: 'Get you out!'"

"There is no reason why Canadian industry and Canadian energy and enterprise cannot compete with the world," he proceeded.

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80 chains, thence north 80 chains, thence east 80 chains, thence south 80 chains to point of commencement, containing 640 acres, more or less.

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

PRINCE RUPERT LAND DISTRICT—DISTRICT OF COAST RANGE 5.

Take notice that I, H. D. Cameron, of Vancouver, occupation miner, intend to apply for a license to prospect for petroleum and natural gas on the following described lands: Commencing at a post planted at the S.W. corner of Lot 1308, thence east 80 chains, thence north 80 chains, thence west 80 chains, thence south 80 chains to point of commencement, containing 640 acres, more or less.

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