"For Light, Flaky Biscuits use Magic Baking Powder,"

says Miss M. McFarlane, dietitian of St. Michael's Hospital, Toronto

"I RECOMMEND Magic because I know it is pure, and free from harmful ingredients."

Miss McFarlane's opinion is based on a thorough knowledge of food chemistry, and on close study of food effects upon the body. On practical cooking experience, too.

Most dietitians in public institutions, like Miss McFarlane, use Magic *exclusively*. Because it is always uniform, dependable, and gives consistently better baking results.

And Magic is the favorite of Canadian housewives. It outsells all other baking powders combined.

Try Miss McFarlane's Favorite Recipe for BISCUITS

½ teaspoon salt
2 cups pastry flour (or 1¾ cups bread flour)
¾ cup milk, or half milk and half water
4 teaspoons Magic Baking Powder
2 tablespoons shortening

Sift together flour, baking powder and salt. Cut in the chilled shortening. Now add the chilled liquid to make soft dough. Toss dough onto a floured board and do not handle more than is necessary. Roll or pat out with hands to about ½ inch thickness. Cut out with a floured biscuit cutter. Place on slightly greased pan or baking sheet and bake in hot oven at 450° F. 12 to 15 minutes.

Tested and Approved by Chatelaine Institute Chatelaine Magazine

You'll find Magic makes all your baked foods unusually light and tender . . . and gives you the same perfect results *every time*.

"Contains no alum." This statement on every tin is our guarantee that Magic Baking Powder is free from alum or any harmful ingredient.

Free Cook Book—When you bake at home, the new Magic Cook Book will give you dozens of recipes for delicious baked foods. Write to Standard Brands Ltd., Fraser Avenue and Liberty Street, Toronto, Ont.

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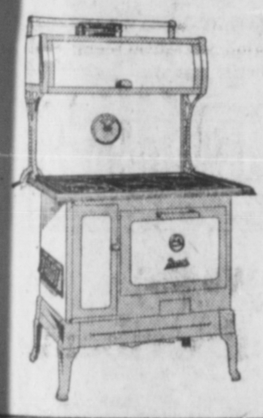
New Beach Ranges



Ultra-modern in design and finish—quick heating—economical in cost and in consumption of fuel.

Up-to-date improvements and sound "inbuilt" quality that assure added years of dependable service.

MADE BY CANADIANS—IN CANADIAN FACTORIES—

Beach Ranges on display at

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A quick drying, high-gloss durable enamel for general interior use. It is

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Keep the Home Boys Working—Insist on

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For those who wish to economize try a portion of Bulkley Valley slack with your furnace coal

CANADIAN PACIFIC

To Vancouver PRINCESS NORAH—Oct. 12, 24, Nov. 2.
To Vancouver PRINCESS ADELAIDE—Fridays, 10 p.m. via Ocean Falls and Way Ports.
To Ketchikan, Wrangell, Juneau, Skagway PRINCESS NORAH—Oct. 8, 20, 29. For information call or write—
W. L. COATES, General Agent Prince Rupert, B.C.

UNION STEAMSHIPS LIMITED

Steamers leave Prince Rupert for Vancouver:—
T.S.S. CARDENA EVERY TUESDAY, 1:30 P.M.
Via Waypoints, arriving Vancouver, Thursday a.m.
T.S.S. VENTURE 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.

LOCAL NEWS NOTES

Taxi 35—Ernie Large. tf

Marr's Messenger Service. Phone 290. tf

N.U.W.A. Important Meeting, on Wed. 19, C.L.D.L. Hall, 8 p.m.

1 ton coal, 1 big load wood $14. Albert & McCaffery. Phone 116. tf

The Young People's Lutheran League meeting has been postponed. (241)

There was no luncheon of the local Gyro Club today. The decision of the club to hold luncheons weekly instead of twice a month will come into effect next week.

Northland Navigation Co's motorship Norco arrived in port this morning from Ketchikan and, after discharging three carloads of frozen fish for transshipment East over Canadian National Railways, sailed for Seattle.

P. A. Miquelon of Calgary, grand organizer of the Benevolent and Protective Order of Elks for Canada, will arrive here on Saturday of this week to direct a special membership campaign for the local lodge. Mr. Miquelon will be in the city for three weeks.

DON'T PUT UP WITH an UGLY SKIN

Fruit-a-tives give new beauty

"I was run down and listless. I felt irritable all the time. My face was a sight, due to pimples and rash. I was ashamed to meet people. 'Fruit-a-tives' proved just what I needed. In less than two months my skin cleared up, I got rid of severe constipation and felt full of pep."

Fruit-a-tives . . . all drug stores

Mrs. C. A. Kirkendall and two children sailed this afternoon on the Cardena for Seattle where they plan on taking up future residence. Accompanying them south is Mrs. Kirkendall's sister, Mrs. Russell Monette, who has been visiting here for some time.

Announcements

Royal Purple Bridge Oct. 18. Boston Hall, 35c.

Catholic Bazaar, October 19, 20.

Elks' Dance, October 21.

Hill 60 Hallowe'en Bridge and dance, Oct. 28, I.O.D.E. Hall.

Eagles' Dance, October 28. Admission, Gents. 50c. Ladies 25c.

Moose Hallowe'en October 31.

Rebekah Concert November 9, Oddfellow's Hall.

Presbyterian Bazaar, Nov. 24.

SOUTH

Winter Sailings

From Prince Rupert for Ocean Falls, Powell River and Vancouver, Thursdays, 10.00 p.m.

QUEEN CHARLOTTE ISLANDS

From Prince Rupert for Vancouver, calling at Queen Charlotte Island Ports. Fortnightly service. Particulars on request.

TRAIN SERVICE

Passenger trains leave Prince Rupert Mondays, Wednesdays, Fridays at 9.30 a.m. for Edmonton, Winnipeg and points East.

Passports arranged for Old Country sailings.

For information call or write local agent, or
H. McEWEN, D.F. & P.A.
Prince Rupert, B.C.

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CANADIAN NATIONAL

DON'T FORGET

The 25 Garage

For Efficient, Reasonable and Fast Service

A. M. Honeywell, Phone 25

Basketball opens tonight, four snappy games, Auditorium at 7.

Elks opening dance Friday, October 21. 241

Tonight's train, due from the East at 8 p.m. was reported this morning to be on time.

Postponed annual general meeting, Prince Rupert Football Association, City Hall, Wednesday, 8 p.m. 242

A charge of obtaining board and lodgings by false pretences against Pete Menuluk was dismissed in city police court yesterday afternoon by Magistrate McClymnt.

Harry Edenshaw, Henry White and Rufus White, Indians, for drunkenness, were each fined $10, with option of seven days' imprisonment, by Magistrate McClymont in city police court yesterday afternoon.

Last call, big supper Catholic Bazaar, Catholic school hall Wednesday and Thursday from 5.30 only 35c. Ticket on grand raffle entitles holder to dance Thursday evening, Balagno's orchestra. Bazaar opens Wednesday afternoon. 241

Delayed by having had to load a large parcel of canned salmon at Wales Island cannery, Union steamer Cardena, Capt. A. E. Dickson, returned to port at 12:30 noon today from Anyox, Stewart and other northern points and sailed at 1:30 this afternoon for Vancouver and waypoints.

John Dybhavn is Shrine Speaker

Queen Charlotte Islands Subject of Interesting Talk Last Night In Masonic Temple

Taking the Queen Charlotte Islands as his subject, John Dybhavn was an interesting speaker before the Prince Rupert Shrine Club at its regular monthly meeting last evening in the Masonic Temple.

The club decided to hold a dance on November 19. It will be a Cinderella affair.

There was a good attendance of members at the meeting over which Peter Lorenzen, vice-president, presided in the absence of T. H. Johnson, president.

Daily Special

BUY CANADIAN PRODUCTS

Nabob Grapefruit Marmalade qt. jar **39c**
Clark's Pork & Beans—With Tomato Sauce, 3's 2 tins **35c**
Make Your Own Drink With Munro's Gold Medal Malt Extract—2½'s 2 tins for **$1.25**
Hops—¼'s 3 pkgs. **25c**
Demarara Sugar—3½ lbs. **25c**

MUSSALLEM'S Economy Store

Where dollars have more cents
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317 and 319 Third Avenue

Prince Rupert DRY DOCK AND SHIPYARD

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

Stubborn Colds are Dangerous

Take **SCOTT'S EMULSION** of Norwegian Cod Liver Oil

To Build Resistance Easy to Digest

Charles Graham, inspector of mines, returned to the city on the Cardena today from a trip to Anyox on official duties.

Miss Kate Hall of Hyder, daughter of the well known banker, was a passenger aboard the Cardena today going through on a vacation trip to Vancouver and Seattle.

George Windsor, manager of the Canadian Fishing Co.'s cannery at Wales Island, and Mrs. Windsor were passengers aboard the Cardena today going through to Vancouver where they will spend the winter.

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With largest and best and cheapest selection of—Latest Styles in

Novelty Fur Coats

Do not miss this opportunity

The Old Reliable

GOLDBLOOM

Hotel Arrivals

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Hotel Central Ltd.

Covenient to business district, homelike, beautiful harbor views.

Rates reasonable. Spacious sample rooms.

FIRST CLASS CAFE
Open at All Hours

Special monthly rate for Rooms and Meals

Hotel Central Ltd.
First Avenue & Seventh Street

Classified Ads

FOR SALE

FOR SALE—Mink, Quebec, Labrador, young or adult. $20 per pair. F. Hoppe, Lochdale, B.C. tf.

FOR SALE—Air circulating heater, cost about $40. Will take $18. Phone evenings, Blue 807.

FOR RENT

FIVE-ROOM furnished modern house. Two unfurnished. Phone Green 698. tf

FOR RENT—Furnished room, heated. With harbor view. Close in. Phone Blue 187. 243

MODERN House Dunsmuir Street available for rent November 1st—Official Administrator. tf

FOR RENT — Modern house, full basement, hot-air furnace. Close in. Ready for occupancy November 1. Phone Red 720. tf

HELP WANTED

WANTED— Efficient housekeeper and cook. Apply Mrs. Heilbroner, Third Ave. tf

PIANO TUNING

PIANOS Tuned $3.00. Walker's Music Store. tf

VIOLIN

MISS NELLIE LAWRENCE will resume violin lessons October 1st. Phone 177. tf

DANCING

TAP DANCING taught by Miss Eleanor Tite. Phone 20. tf

MANURE FOR SALE
$1.50 Big Load
DOMINION DAIRY
Phone—Red 608

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OFFICE SUPPLIES
Rose, Cowan & Latta
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CHIROPRACTIC

W. C. Aspinall
Three Year Graduate Chiropractic
Modern Ray Treatments Given
Phone for Appointment
Green 241 and 549
Open Evenings. 6 Exchange Blk.

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Fresh from Buikley Valley Farms

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Cameron's Transfer— Cordwood, Firewood, Furnacewood, Kindling, Poles, Piling.

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List your goods with us—Prince Rupert's leading Auctioneer.
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Packing — Crating — Wrapping and General Furniture Repairs
List your goods with me
GEO. J. DAWES—Phone Black 120

WHY LOOK AT SHABBY & DIRTY WALLS?
We paperhang a room for $5.00 and up, Calsomine, $2.50 and up. Call, Red 802.
J. P. MOLLER

Miss D. Hogan
TEACHER OF MUSIC
Phone—Black 232

Support Farmers of Central B. C.

The farmers and gardeners of Central British Columbia are making an effort to supply the Prince Rupert market with vegetables, fruit, potatoes, poultry and eggs and other products of the district.

Prince Rupert people are asked to encourage this movement by asking for Central British Columbia products whenever practicable. Co-operation in this matter encourages merchants who buy from farmers and if the farmers are prosperous it will be an encouragement for others to take up land and thus add to the buying power of the whole northern and central part of the province.

Householders can help by keeping this in mind

and asking merchants for Central B. C. products whenever possible.