

Miss Ann Adam bakes her famous Muffins with Magic Baking Powder

"When selecting ingredients for my recipes," says Miss Ann Adam, cookery authority of the Canadian Home Journal, "I consider three points — economy, health value, and successful performance. "Magic Baking Powder meets them all. I use and approve Magic, because I know it is pure, and free from harmful ingredients, and because experience has taught me that I can count upon successful results with Magic every time."

Magic Baking Powder is used exclusively by the majority of cookery experts, dietitians, and housewives throughout Canada. In fact, Magic outsells all other baking powders combined!



Miss Ann Adam's Recipe for Bran Muffins

3/4 cup bran
1 1/2 cups flour
1/2 teas. non salt
3 teaspoons Magic Baking Powder

1/4 cup sugar
1/4 cup milk
1 egg
1/4 cup melted shortening

Mix the bran with the sifted fine dry ingredients. Make a well in the centre and pour in the milk and well-beaten egg. With the fewest possible number of strokes, blend these ingredients and stir in the shortening. Half fill greased muffin pans and bake in a hot oven, 400° F., 15 to 20 minutes. A few chopped dates, lightly coated with some of the measured flour, may be added.



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 Ave. and Liberty St., Toronto, Ont.



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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 Neah River points, Sunday, 8 p.m.
Further information regarding all sailings and tickets at PRINCE RUPERT AGENCY, Second Avenue. Phone 668.

LOCAL NEWS NOTES

Taxi 35—Ernie Large. t.
Basketball tonight, Auditorium at 7.

Something new in stylish Pplo Rain Coats. Guaranteed rain-proof, windproof, washable. Demers. 248

City accounts for two weeks ending October 21 totalling \$3,075.97 were passed for payment at last night's council meeting.

For Fall Kalsomining MURESCO is supreme. Eighteen beautiful tints to choose from. Gordon's Hardware, McBride St. Phone 311

Frank Haugh, well known Stewart prospector, arrived in the city on the Princess Norah yesterday afternoon from the Atlin district, where he has been spending the past season, and will sail tomorrow afternoon on the Prince Rupert for Stewart.

On motion of Aid. Collart, seconded by Aid. Blsek, the city council last night complied with a request from J. S. Wilson, secretary of the Canadian Legion, that the Legion be permitted to hold its annual poppy tag day on November 5 this year.

W. Hill Barrington, manager of the Barrington Transportation Co., which operates river boats on the Stikine River, and Mrs. Barrington were passengers aboard the Princess Norah yesterday afternoon bound south from Wrangell to Seattle where they will spend the winter.

In answer to a question by Aid. Casey, Mayor C. H. Orme informed the city council last night that Messrs. Gabora, Guyan and Henry Smith, the only applicants, had been appointed to share the work of cemetery caretaker, on the basis of two months time each, while W. H. Goodsell is away on a six-months' leave of absence on account of his health.

On recommendation of the finance committee, the city council last night rejected an application from G. H. Arnold, agent of the Wallace Block, for refund of water rates on some flats which have been vacant for some time because proper notice of vacancy according to the Water Bylaw had not been given. Some of the flats have been vacant for as long as eighteen months. It was pointed out by Aid. Collart, chairman of the finance committee, but no order had been made to the city to have the water turned off.

Announcements

- 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 Dance, Oct. 31.
- Sons of Norway Bazaar, November 4, Oddfellows' Hall.
- Rebekah Concert November 9, Oddfellows' Hall.
- Elks' Bridge and Whist November 23.
- 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.

Marr's Messenger Service. Phone 290.

Just arrived, lovely Parisian models, in fur felt sat \$4.75 and velvets at \$4.25. Demers. 248

Hyde Transfer—All coats are in dry shed. See adv. for prices. \$1.00 per ton lower than any other company in town. tf

A. K. Mooney, who arrived last week from Telegraph Creek, sailed yesterday afternoon on the Princess Norah for Vancouver.

Mooseheart Day program, 9 p.m. Wednesday, in the Moose Hall. All members of Chapter and Lodge cordially invited to attend.

The city council last night accepted an invitation from the Canadian Legion that the mayor and aldermen join in the Armistice Day ceremonies to be conducted on November 11. No details of the day's program were given.

A recommendation from the finance committee that an application from Mrs. Fanny Leaper to purchase tax sale certificate rights in lots 3 and 4, block 30, section 6, at the upset price of \$223.39 be accepted was adopted by the city council at its meeting last night.

Garnet C. Watt, well known Yukon insurance man and brother of Government Agent Norman A. Watt of this city, arrived in town from the north on the Princess Norah yesterday afternoon and, after a visit here, will proceed to Victoria where he will spend the winter.

Norman L. Freeman, local representative of the International Fisheries Commission, gave an interesting vocational talk at the regular weekly luncheon of the Prince Rupert Gyro Club in the Boston Cafe today. President William Cruickshank was in the chair and there was a good attendance of members.

There were 125 passengers on board the steamer Princess Norah which called in port yesterday afternoon southbound from Skagway to Vancouver. This list included a large number of members of crews of Yukon River boats going south for the winter now that navigation has closed on the Yukon. Nineteen passengers disembarked from the vessel here while two went south aboard her from this port.

Ald. Casey asked the utilities committee at last night's meeting of the city council on whose authority a street light on Ninth Avenue West near Thompson Street had been recently removed from its former location near a group of houses to a less advantageous point where there were no dwellings. Ald. Macdonald, chairman of the utilities committee in reply, stated that the committee had already taken the matter up with the manager of the Northern B.C. Power Co. and it was expected it would be possible to make a report to the council at its next meeting.

CAPITOL MEAT MARKET

Fifth Avenue Phone 555

Wednesday and Thursday Morning SPECIALS

- Pot Roast of Beef—per lb. 10c
- Rib Roast of Beef—per lb. 15c
- Rib Boiling Beef—per lb. 8c
- Round Steak—per lb. 15c
- Sirloin Steak—2 lbs. 35c
- Shoulders of Lamb—per lb. 15c
- Legs of Lamb—per lb. 22c
- Lamb Stew—per lb. 10c
- Loin Pork Chops—per lb. 15c
- Side Pork—3 lbs. 25c

In These Trying Times Maintain Your Health

Take regularly

SCOTT'S EMULSION

of Norwegian Cod Liver Oil

To Build Resistance Easy to Digest

Harold McEwen, C.N.R. divisional freight and passenger agent, returned to the city on the Northland this morning from a brief trip to Ketchikan on official business.

Union steamer Cardena, Capt. A. E. Dickson, returned to port at 10 o'clock this morning from Anyox. Stewart and other northern points and sailed at 1:30 this afternoon for Vancouver and waypoints.

Provincial Constable Wm. Harrison, who escorted a liquor shipment across Alaskan territory for delivery to Atlin, returned to the city from the north on the Princess Norah yesterday afternoon.

Mr. and Mrs. Arthur R. Hunter returned to the city on the Princess Norah yesterday afternoon from Stikine where Mr. Hunter has been stationed during the past summer as Canadian Customs officer.

Thorwald S. Pedersen of Juneau arrived in the city from the Alaska capital on the Northland this morning and will proceed by train tomorrow morning to Halifax where he will embark November 14 aboard the steamer United States for his native home at Esbjerg, Denmark.

E. G. Newham, for the past several years Dominion constable at Kincolth, was a passenger aboard the Cardena today, accompanied by Mrs. Newham, bound for Alert Bay where he will assume his new duties as Indian Agent, having recently received appointment to that position.

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

FOR RENT

FOR RENT—Modern flat, Rand Block. Apply Max Heilbronner. tf

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

STORE for Rent, Third Avenue, adjoining Wrathall's, low rental. McClymont. tf

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

FULLY Modern House, close in, with furnace, breakfast nook and fixtures. Rent reasonable. Phone Red 720. tf

WANTED

WANTED—Smart young lady with some experience in store. Apply Box 154 Daily News. 248

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

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Three Year Graduate Chiropractor
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LOST

LOST—White kitten. Joan Watt. Phone 146. (248)

FOUND

FOUND—Between Lucy Island and South Dundas, new rowboat, 9 feet long, green outside, grey inside. Apply J. Furunes, P.O. Box 239. (251)

PIANO TUNING

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

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