

## Healthy, you're happy

THINK back over the last six months. The days that you were the happiest were days when health was at the peak. Enjoy more sunshiny days.

Poor health is so often due to common constipation. Yet this condition can be overcome by simply eating a delicious cereal.

Laboratory investigations have proved that Kellogg's ALL-BRAN provides "bulk" to exercise the intestines, and vitamin B to further assist elimination. ALL-BRAN is also twice as rich in iron as an equal weight of beef liver.

This "bulk" in ALL-BRAN is similar to that in leafy vegetables. Biological tests have demonstrated that it is mild in action.

Two tablespoonfuls of Kellogg's ALL-BRAN daily are usually sufficient. With each meal in chronic cases. If not relieved this way, consult your doctor.

Isn't this pleasant "cereal way" better than taking pills and drugs - so often harmful? Get the red-and-green package at your grocer's. Made by Kellogg in London, Ontario.

What a relief!

"KING OF PAIN"

C. N. R. Trains

Mondays, Wednesday and Fri

C.P.R. steamer Priniess Adelaide

Capt. S. K. Gray, arrived in port

the south and will sail at 10 p.m.

on her return to Vancouver and

JONES

Market

50c

35C

50c

75c

75c

75c

20c

75c

50c

\$1.00

\$1.00

Shoulder Roast of Veal-

Leg Roast of Veal-

Stewing Veal, 4 lbs.

Loin Roast of Veal-

Carrots, 4 lbs.

Roast of Beef-

T-Bone Roast-

Leg of Lamb-

Coffee, 1 lb.

4 lbs.

Prime Rib Rolled-

Shoulder of Lamb, 5 lbs

Shoulder Roast of Pork-

957 — Phone — 957

Leg Roast of Pork-

4 lbs.

5 lbs.

5 lbs.

6 lbs.

Veal Chops-

2 o'clock this afternoon from

For the East-

From the East-

waypoints.



"When you're healthy you're happy" "How you feel-and how well

you look-depends largely upon the food you eat. Be sure your diet is balanced-with sufficient 'bulk' to promote regularity."

### wenty Years Ago

In Prince Rupert

October 29, 1932 ore than two hundred person. resenting the various religious ominations of the city attendthe annual Thanksgiving banof the Ladies' Aid of First Church last evening . Charles R. Sing acted as toastand speakers included Rev. Mayor S. M. Newton, Ald. n Dybhavn, Ald. L. Bullockoster, Ald. Hamilton Douglas, S. Fisher, W. J. Raymond, D. B. vlor, H L. Murdoff and W. G. trie There was vocal solos by and Mrs. J. Ford Henderson days recitations by Mrs. J. L. Chis-

highly successful ball was held t night by the Kaien Island b. The Grand March was led by and Mrs. F. G. Dawson. Music by the Westholme Theatre e spacious ballroom was gaily

m as well as a piano selection

Prof. Paul Kauffmann.

rance is firmly determined to relop every effort toward peace as a result of cruel memories is olved to profit by her past mises.—Edouard Herriot.

Blue Ribbon Malt Extract-

Hop flavor 3-lb. tins, each Brooms—Good weight each Jap Rice—A-1 6 lbs.	95c 35c 25c
Popping Corn—For He'en, extra special 6	allow- 25c
Felix Ginger Ale— per dozen  Ready Cut Macaroni— best stock, 4 lbs.  Squirrel Brand Peanut in novelty cups per cup	1.35 25c Butter 25c

These cups can be used for various purposes. Limited quantity.

# Economy Store

18 — Phones — 360 317 and 319 Third Avenue

Hill 60 Hallowe'en Bridge an lance, Oct. 28, I.O.D.E. Hall.

hission, Gents. 50c. Ladies 25c.

Sons of Norway Bazaar, November Oddfellows' Hall.

Boxing, Empress Arena, Wednesday, Nov. 9, Bagshaw vs. Gurvich. Oddfellow's Dance November 18

..9:30 a.m.

Presbyterian Bazaar, Nov. 24.

Community

	Adam and all regular patterns kept in stock.
	Teaspoons 33.00  1/2-doz. 33.00  Large Spoons and Forks  1/2-doz. \$6.75
	Other pieces all reduced in proportion. We also have other makes at about half these prices.
- C.	TOHN BULGER
13.	Truly Dergen

Fill in your set now.

JEWELLERS THE STORE WITH THE CLOCK Mi Lady Beauty Shoppe

# Is offering a special price in

Why not look your best? We are giving free advice on feminine hygiene. Call for your booklet.

Phone -- 655

### Announcements

Moose Hallowe'en Dance, Oct. 31.

Oddfellow's Hall.

Anglican Church Bazaar, Novem-Tuesdays, Thursdays and Satur-

8 p.m. ber 23.

# Specials

	3 lbs. for	ATC
	Stoned Wheat Thins—	14c
١	per pkg	T. E.A.
	Malkin's Best Clams—	14c
	per 1-1b. tin	
١	Ensign Peas—No. 4	23c
	2 Uns for	
	2. & G. Soap—	25c
	o pars for	
١	Empress Peach and Pir	
	Marmalade	63c
1	per 4-lb. tin	100
1	Clark's Soup—Mixed	25c
	3 tins for	
	Elk Brooms—5 String	34c
	each	
1	THE THE TRANSPORTED TO SEE	
	Malkin's	Best
	THE PERSON OF TH	The same of the sa



RAISINS Seedless

Dutch Maid Salad Dressing 43C large size, 23-oz. each California Black Figs-2 lbs. for Life Buoy Soap— 3 bars for Jiff Soap Suds-Gold Coin, 100-lb sack \$1.50

Fancy Hyslop Crab Apple— 25C PHONE 55 Cauliflowers—Large size 20c

#### LOCAL NEWS NOTES til Basketball tonight Anditorium, 7.

visit to his native home in Gothen-

Charles, J. McDonald, who was

arrested yesterday by C. N. R. Con-

stable David Geddes in the railway

yards, appeared before Magistrate

McClymont in city police court this

morning on a charge of trespass-

ing on Canadian National Railways

property and was remanded for

Miss Jessie McLenaghan, director

of home economics for the Depart-

ment of Education, Victoria, arrived

burg, Sweden.

eight days.

per carton

JAP RICE-

3 pkgs.

Fancy

PEAS-Royal City

Sieve No. 3, per tin

No. 21/2 tins, 2 tins

5 lbs. Onions, 5 lbs.

Parsnips, all for

per 35-lb. box

per 30-lb. box

McINTOSH REDS

KELLOGG'S CORN FLAK

TOMATOES—Malkin's Best 250

SPECIAL

10 lbs. Turnips, 5 lbs. Carrots,

JONATHON APPLES-Unwrapped,

SWIFT'S SOAP DEAL

1 pkg. Quick Arrow Chips-

1 54-inch Crepe Table Cloth—

2 tins Classic Cleanser—

4 bars Classic Soap-

BUTTER-Sunnybrook

BUTTER-Crestwood

per 1-lb. pkg.

per 3-lb. tin

CRISCO-

15 lbs

Brand, per 3-lb. brick

Bran, per 3-lb. brick

PUMPKIN-Royal City

Brand, per No. 2 tin

HONEY GRAHAM WAFER

quality blend, per lb.

Taxi 35-Ermie Large.

Twenty per cent. discount sal . Marr's Messenger Service: Phone of afternoon and evening dresses 290. Large selection. Demers.

on the installment plan. We use velvets at \$4.25. Demers. genuine supplies. Nelson's Beauty

dry shed. See adv. for prices. \$1.00 sion free. per ton lower than any other company in town.

Mrs. Frank Ward of Massett, who lints to choose from. Gordon's has been visiting in the city for Hardware, McBride St. Phone 311. the past month with her son-inlaw and daughter, Mr. and Mrs. George Hill jr., will sail by the Anton Calvin Johansen left on Prince John tonight on her return this afternoon's train for Montreal to her home at Massett.

#### IT'S LIVER THAT MAKES YOU FEEL SO WRETCHED

Wake up your Liver Bile -No Calomel necessary

bowels, every day. Without that bile newing gum, or roughage? They don't wake ed Carter's Little Liver Pills. Purely

Mrs. E. G. Osborne and two in the city on the Princess Adelaide daughters, Misses Aileen and Mil- this afternoon from Ocean Falls in licent Osborne, who have been on the course of her semi-annual trip a three months' visit to England, north on official duties. During her are now visiting at Woodcock in the stay here, Miss McLenaghan will be interior and are expected to return the guest of her sister, Mrs. T. Mcto the city about the end of next Clymont.

Another enjoyable dance was hela by the Canadian Defence League in the hall on Second Avenue last night, there being a good sized crowd in attendance. Music was furnished by members of the League and refreshments were brought by the ladies.

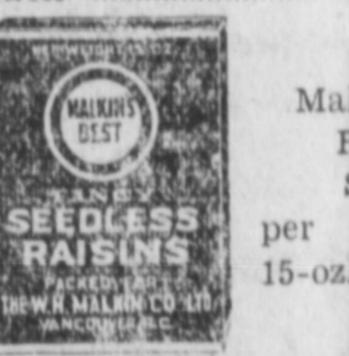
W. J. Rooney, superintendent of For Friday and Saturday Alberta and British Columbia with SUNLIGHT SOAPheadquarters in Edmonton, left on this afternoon's train for the Al- OUR OWN TEA-A High berta Capital after a trip to the oast on inspection duties, Mr. Roo- RED ARROW SODASney visited, among other points, Vancouver and Prince Rupert.

Cash and Carry

# Friday & Saturday

Evaported Prunes-40-50

3 lbs. for	240
Stoned Wheat Thins—	14c
per pkg	110
Malkin's Best Clams—	14c
per 1-lb. tin	
Ensign Peas—No. 4	23c
2 tins for	200
2. & G. Soap—	25c
6 bars for	
Empress Peach and	Pineapple
Marmalade	63c
per 4-lb. tin	OOC
Clark's Soup-Mixed	25c
3 tins for	200
Elk Brooms-5 String	34c
each	DIC
PRODUCTION OF STANSON	
Malkin Malkin	n's Best



AYLMER RED PLUMSper No. 2 tin YLMER RED CHERRIES per No. 2 tin HEINZ CATSUPper Ige, bot. EGGS-Fresh Firsts per doz. TERRACE POTATOES-

22c 17c

## Canadian Girls In Training at

TERRACE, Oct. 28:-The Angli-Just arrived, lovely Parisian can unit of the Canadian Girls in A "Ringlette" Permanent Wave models, in fur felt at \$4.75 and Training here has been organized 250 with Mrs. A. Attree as leader. Offi-

250 Hygga bazaar and dance, Met- President, Miss Velma Greig. Treasurer, Miss Barbara Sherropole Hall, Friday, Oct. 28, at 8

Hyde Transfer—All coals are in o'clock. Sale of fancywork. Admis- wood. Secretary, Miss Joyce Cole.

> For Fall Kalsomining MURESCO Charles J. McDonald, who was supreme. Eighteen beautiful arrested yesterday by C.N.R. Constabel David Geddes in the railway tf yards, appeare before Magistrate | T McClymont in city police court this morning on a charge of trespassing on Canadian National Railways where he will embark November 4 property and was remanded for aboard the steamer Letitia for a eight days.



for BOYS & GIRLS Start Right Now

to save Aylmer Labels They're Valuable!



Operated by Canadian Canners (Western) Ltd.

19c

32c

19c

25c

55c

\$1.75

Unwrapped,

\$1.45

\$1.35

84c

11c

21c

10c

19c

22c

35c

25c

PHONE 56

"THE BEST FOR LESS"

# Good Cheer!

Open Grate Heaters Full view of the fire. Don't

Hardware, now. Ladies

be sorry you bought some

other, see them at Kaien

Ceiling Cloth Dryers, ideal for winter drying, complete with hooks-

Galvanized Coal Hod and Shovel-

\$1.00 Bean Crocks-60c and 75c

Heavy Cast Iron Fry Pans 75c and 85c

### Woodsmen

Here's a good buy, 6-lb. single face sledge hammer. just right for driving wedges. Very special at-

Simond's Bucking Saws-5-foot, 51-foot, 6-foot \$7.00; \$8.00; \$9.00 Swedish Buck Saws-

Others at-

Single Bitted Axes-\$1.00; \$1.50; \$2.75 Flashlight Batteries-2 for 25c

Oh. Kids! A real Football—

And Fast Running Ball Bearing Roller Skates at-Pocket Knives-

15c to 75e

For Quality and Value Shop KAIEN HARDWARE Most Everybody Does

## Jasper Hard Coal

EGG—Per Ton ......\$11.50 MINEHEAD LUMP—Per Ton .... 12.50 JASPER LUMP—Per Ton ...... 12.50 Dry Cedar and Jackpine For Sale

ALL COALS ARE IN A DRYSHED

# HYDE TRANSFER—PHONE 580

### Prince Rupert AND SHIPYARD

Operating three Dry Docks Total capacity 20,000 tons

Shipbuilders and Ship Repairers for Steel and Wood Vessels Iron and Brass Casting

Electric and Acetylene Welding 50-ton Derrick for Beavy Lifts

Sawmill and Mining Machinery Repaired and Overhauled

### Good Clothes Do Make You Great

Order Your Next New Suit From

> LING The Tailor

Second Ave.-Opp. Post Office Phone - 649

WIDE RANGE OF FINE QUALITY WOOLLENS TO CHOOSE FROM

We use best trimmings; high class workmanship; perfect fit guaranteed.

CANADIAN PACIFIC

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 --Phone 568, PRINCE RUPERT AGENCY: Second Avenue.