

Our Mothers Knew

The makers tell you why our Mothers used Sunlight Soap. It is the best because it is made from the pure oil of the Coconut and Palm.

Coconut Oil gives you that soft easy lather that saves your energy and saves your clothes.

The Palm Oil makes Sunlight firm and hard so that it is the most economical Soap in the world to use.

Sunlight is the purest laundry soap in Canada.

"Our Mothers Knew"

LEVER BROTHERS LIMITED
Toronto



S97

Change of Water Change of Diet Change of Climate Cause Diarrhoea

Mr. Fred Palmer, 217 Dalhousie St., Brantford, Ont., writes:—"When I first went out to the North West the water played havoc with my bowels, and being in a remote spot I could not get anything to give me relief for any length of time.

I wrote and told my wife about the time I was having and she sent me a bottle of Dr. Fowler's Extract of Wild Strawberry, and I cannot speak too highly of it for what it did for me.

Whenever the children have any bowel trouble from eating fruit or drinking strange water, which they have done for the past five years, living in the country, the only remedy we use is "Dr. Fowler's", and nobody should be without it as it cannot be beat for instant relief.

Dr. Fowler's Extract of Wild Strawberry has been on the market for the past 78 years, you don't experiment with new and untried remedies when you buy it, but be sure and get "Dr. Fowler's" when you ask for it as a substitute may be dangerous to your health.

Price 50c a bottle; put up only by The T. Milburn Co., Limited, Toronto, Ont.

San Antou's of the Prince Rupert Hotel staff was among the local people who went to Telkwa Saturday evening to attend the Bulkley Valley Barbecue.

J. Millick was found guilty of intoxication by Magistrate McClymont in the police court this morning and was fined \$50 with the option of thirty days in jail.

Mrs. John Conway and daughter Miss Sheila Conway were in the city Saturday afternoon returning north to their home in Anyox after having spent a holiday at Port Simpson.

CARPENTERS. Tenders are called for labor only for new Union Church at Anyox. Plans at Ross Mackay's office, Third Avenue. Tenders must be in by Friday night. Geo. G. Hacker.

Union freighter Chilkoot, Capt. Georgeson, arrived from Wales Island cannery at midnight and sailed for Vancouver at 10.30 this morning after discharging 4,200 cases of salmon at No. 3 G.T.P. wharf for transshipment East.

Miss Elanda Marsh returned by Sunday night's train to the city to resume her school teaching duties after having spent the summer vacation with her parents at Terrace. She was accompanied to town by her mother, Mrs. T. J. Marsh.

F. F. W. Lowe, formerly C.P.R. general agent at Juneau and now local freight agent at Edmonton, arrived from the East on Sunday night's train and proceeded by the Princess Louise yesterday morning to Juneau. He is on a holiday trip to the coast.

Mr. and Mrs. Albert Davidson returned to Vancouver by the Prince George Saturday evening after having spent a couple of days in the city renewing old acquaintances. Mr. Davidson, who was formerly G.T.P. city ticket agent here, is now division freight agent for the C.G.M.M.

The C.P.R. steamer Princess Beatrice, Capt. Cliffe, was in port from 4.30 to 8 Saturday evening. The vessel took south from here some 25 persons from Alaska which the Prince Alice brought as day passengers. There were also a number of local passengers going south on the steamer.

Local and Personal

B.C. Undertakers. Phone 41.

Mayners, Undertakers. Phone 351.

G.W.V.A. general meeting will be held September 4. Important business. 208

J. A. Gibson returned from Buckley Bay on the Prince John last night.

Jack Hilditch, jr. returned by the Prince Rupert yesterday afternoon from Seattle.

Fred Hale arrived yesterday afternoon by the steamer Prince Rupert from Ocean Falls.

Save Money! Buy our Nanaimo-Wellington Nut Coal at \$13.50 a ton. Albert & McCaffery, Ltd. tf

The B.C. Gazette announces the appointment of James Fielden Strang of Sunnyside cannery to be a notary public.

Harry Welford and Don Crerar left on last night's train for Lakelse Lake where they will spend a week holidaying.

Miss Alice DuVernet left on last night's train for Vancouver via Jasper Park. She expects to be away about a fortnight.

Mrs. W. H. Vickers and daughter, Evelyn, returned yesterday afternoon from Vancouver where they have been spending the past month.

Mrs. Leslie Skinner of Copper City came in yesterday on the Princess Louise and, after spending the day in the city, left for her home on the train.

The dance held at the Rink last night was very successful. Some thirty five couples danced to the strains of Pryce's orchestra until well after midnight.

Miss Irene Stewart, one of the new appointees on the teaching staff and last year teacher at Copper City, arrived in the city yesterday morning on the Princess Louise.

Dr. A. H. Bayne, manager of the Lakelse Hotel, arrived from the interior by this morning's train accompanied by his two sons. They are registered at the Hotel Prince Rupert.

Mrs. J. E. Jack and daughters Birdell and Beverley, returned home yesterday by the steamer Prince Rupert after having spent the past two months visiting on the southern coast and in the interior.

H. H. Little, manager of the Union Bank at Hazelton, returned with his daughter from Vancouver by the steamer Prince Rupert yesterday afternoon and left on the evening train for the interior.

Motorship Frederick C. was in port from Saturday afternoon to Monday morning unloading 1,000 cases of salmon from Port Walter, Alaska, for transshipment to the Eastern States over the Canadian National Railway.

Mr. and Mrs. Edward Lipsitt arrived from Vancouver on the Prince Rupert yesterday afternoon. Mr. Lipsitt is here on one of his regular visits of inspection in connection with the business of Lipsitt & Cunningham, of which he is the head.

Archbishop F. H. DuVernet sailed last night on the Prince John for Stewart where he will spend the week, officiating next Wednesday at the wedding of Miss Ilo May Durant and Sam McNeil and preaching in the Anglican Church next Sunday.

Edward Cunningham of Seattle, director of the firm of Lipsitt-Cunningham & Co., arrived from the south on the Prince Rupert yesterday accompanying Edward Lipsitt, the other member of the concern. They will be here until the end of the week.

Motorship Bellingham, Capt. Len Williams was in port from 10 Sunday evening until last night unloading 8184 cases of salmon from the Sunny Point cannery Ketchikan, for transshipment over the Canadian National Railway to the Eastern States.

More food for less money

To cut down the cost of food and keep up health and strength for the Summer days you must get back to Nature's food. A wholesome, strengthening diet for Summer is Shredded Wheat with fresh fruits and fresh vegetables. For breakfast, for lunch, for dinner you can prepare a delicious, satisfying meal with Shredded Wheat without going into the kitchen. We do the cooking for you in our sanitary, sunlit factory. Being ready-cooked and ready-to-serve Shredded Wheat is a wife-saver in Summer and a constant joy to youngsters and grown-ups.



TRISCUIT is the Shredded Wheat cracker—a real whole wheat toast—eaten with butter, soft cheese or marmalades.

The Canadian Shredded Wheat Company, Ltd.
Niagara Falls, Ontario

Shredded Wheat

Dont worry about cooks

It's The Pace That Tells

Keep it up, you Fishermen and Moose, and with a spurt these last few days, make your candidate

Miss Adeline Henrickson

"The Little Fishermiden"
Queen of the Carnival

— SPECIAL —

Ganong's Assorted Chocolates

65c per lb.

These are fresh chocolates and regularly retail at from 80c to \$1.25 per lb. We are selling them at this special price of 65c in order to make room for another shipment now on the way.

ORMES LTD.

The Rexall Stores, 3rd Ave. and 6th. Phones 200, 82 and 134. 3rd Ave. and 2nd. We pay postage on all mail orders.

Prince Rupert CIGAR STORE

"The Service Store."
WE CASH CHEQUES.

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McRae Bros. Ltd

CANADIAN NATIONAL RAILWAYS COAST STEAMSHIPS

SAILINGS FROM PRINCE RUPERT.
S.S. PRINCE RUPERT and PRINCE GEORGE.
FOR VANCOUVER, VICTORIA, SEATTLE, Intermediate Points, Monday, Thursday, Saturday, 11 p.m.
FOR ANYOX WEDNESDAY, 10 p.m.
FOR STEWART FRIDAY, 10 p.m.
S.S. PRINCE ALBERT or PRINCE JOHN.
For Port Simpson and Stewart Monday, 8 p.m.
Vancouver via Queen Charlotte Islands Wednesday 8 p.m.
Skeena River Ports Sunday a.m.
PASSENGER TRAIN, DAILY EXCEPT SUNDAY.
Leave Prince Rupert 6.45 p.m. for PRINCE GEORGE, EDMONTON, WINNIPEG, all points Eastern Canada, United States.
AGENCY ALL OCEAN STEAMSHIP LINES.
City Ticket Office, 528 Third Ave., Prince Rupert. Phone 260.

CANADIAN PACIFIC RAILWAY B.C. Coast Services

Sailings from Prince Rupert
S.S. PRINCESS LOUISE, S.S. PRINCESS ALICE.
For Vancouver, Victoria and Seattle,
Sept. 1, 8, 14, 25; Oct. 5.
For Ketchikan, Wrangell, Juneau and Skagway,
Sept. 3, 10, 21; Oct. 1.
S.S. PRINCESS BEATRICE.
For Butedale, Swanson Bay, East Bella Bella, Ocean Falls, Namu, Alert Bay, Campbell River, and Vancouver, every Saturday at 1 p.m.
Agency for all Steamship Lines.
Full information from
W. C. ORCHARD, General Agent.
Corner of 4th Street and 3rd Avenue, Prince Rupert, B.C.

UNION STEAMSHIP COMPANY OF B.C., LTD.

Sailings from Prince Rupert.
For VANCOUVER, VICTORIA, Ocean Falls, and Swanson Bay, Tuesday, 5 P.M.
For VANCOUVER, VICTORIA, Alert Bay, and Swanson Bay, Saturday Noon.
For ANYOX, ALICE ARM, STEWART, Wales Island, Sunday 8 P.M.
For PORT SIMPSON and Naas River Canneries, Friday A.M.
223 2nd Avenue. J. Barnsley, Agent. Prince Rupert, B.C.

7¢
Plus 1c Per Piece.
a pound
FLOAT-IRONED Family Service
All of your washing—80 per cent or your ironing—everything returned dry—You simply touch up a few outer garments such as waists, blouses, house dresses, with hand-iron. Phone us today.
CANADIAN STEAM LAUNDRY.
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Do not suffer another day with itching, bleeding, or protruding Piles or Hemorrhoids. No surgical operation required. Dr. Chase's Ointment will relieve you at once and afford lasting benefit. 6c a box; all dealers, or Edmanon, Bates & Co., Limited, Toronto. Sample box free.