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Xmas Buyers

The Latest Novelties in up-to-date Jewellery.

CLEOPATRA BRACELETS,
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ASSORTED BEADS EARRINGS.

Spanish Combs

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THE IDEAL STORE FOR THE IDEAL GIFT.
Our Prices are as Low as any store in Canada.

Max Heilbroner
Diamond Specialist.

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Not a Corset, not a Brassiere. A perfect combination that makes the figure more beautiful, from

$2.50

We are also showing a new line of Iris Brassieres. Models to suit everyone.

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Phone 27. P.O. Box 327.

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Sells Milk, Cream and Butter
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We can now Supply our
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Many a good stove gives poor results because it is supplied with the wrong kind of coal. CONSUMERS COAL is picked for stove use. It is steady-heating, bright-burning coal freed from choking impurities. Try CONSUMERS. See how your stove will "behave."

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A Bakery Unsurpassed.
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LOGGERS' CLUB
Situate in the old Empress Hotel Building.
Rooms to Rent by Day, Week or the Month.
Steam Heated. Hot and Cold Water.
POOL TABLES.
First-class Restaurant in connection.
James Zarelli - Proprietor.

URGES USE OF WHOLE WHEAT BREAD IN ORDER TO KEEP MORE HEALTHY

Mrs. Garland Foster Discusses Food Values Before Convention of Women's Institutes

NELSON, Nov. 22.—Mrs. W. Garland Foster, in addressing the conference of women's institutes here on the subject of "Food Values," stated that she would like to see three things brought about. First, the standardization of whole wheat flour; second, the study of chemistry of foods in the schools; and, third, the study of food economics.

The speaker outlined the scientific value of the various food, dealing first with the caloric, or heat producing foods which could not be released without the conjunction of the vitamines which promote tissue and nerve building.

"Our wheat flour is a disgrace to any race," declared the speaker. "We have gotten away from the food of our ancestors." If a person did not get the necessary 16 calories of food per day the rouge pot was resorted to.

Quarrel with Miller

Wheat used today passed through 57 hands before reaching the consumer, that was the reason it was so expensive and of no great value to the producer. The quarrel at present was with the miller. The whole wheat flour in use today was a combination of wheat and bran and did not make good bread. The Doukhobors were more successful with the use of whole wheat flour ground on their millstones. Graham flour, stated Mrs. Foster, was not whole wheat flour, it contained bran; in the oven it rose beautifully, but when taken from the oven the bread usually shrank. Present day flour was more or less a starch, and when short of starch it could always be made from flour. White bread was just like so much poison, as it contained too much starch. Starch was high in caloric values.

Super-Refined

Cereals of today were all super-refined, which was fatal to health. A refined cornmeal was bad, as the kernel was needed for its valuable oil. Millers had been encouraged to make more refined foods. The roughage was necessary to aid digestion.

Malnutrition, or mineral starvation sufferers were invariably heavy eaters of white bread.

Refined mineraliized foods were directly responsible for cancer, and goiter was caused chiefly through thte absence of iodine and lime in the system.

Mrs. Foster told of the drug values of certain foods and stated that it was a great mistake for people to take drugs when they could secure food containing the same values.

FARMERS' Meat Market

CASH AND CARRY.

Prince Rupert people have at last obtained their desire for a Low Price Grocery Store.

To clear this week end we will sell:—

10 High Grade Hams, per lb. **34c**
15 Boxes of Apples Jonathan and McIntosh, at per box **$1.85**
25 Boxes of Jap Oranges, at a box **85c**
FRESH MEATS are advancing but our price is the same.

Orders over $5.00 Delivered.

Phone Blue 428.

LINDSAY'S Cartage and Storage
Phone 68.
Cartage, Warehousing, and Distributing. Team or Motor Service.
Coal, Sand and Gravel.
We Specialize in Piano and Furniture Moving.

The "Little Doherty"
Compared with ordinary sized piano

ALL GONE.

For the present, but we have another shipment coming in about December 1st.

You still have an opportunity to have this little piano in your home for Christmas.

First come first served.

Walker's Music Store Ltd.

Cooks and Good Housekeepers realize the superiority of

Baker's Chocolate
(Premium No. 1)

for making cakes, pies, puddings, fudges, ices, etc.

Be sure that you get the genuine, in the blue wrapper and yellow label with the trade-mark of the Chocolate Girl on the back.

Registered Trade Mark

Made In Canada By
Walter Baker & Co. Limited
Established 1780
Mills at Dorchester, Mass. and Montreal, Canada
BOOKLET OF CHOICE RECIPES SENT FREE

WIRELESS REPORT
8 a.m.

BULL HARBOR—Rain; strong west wind; barometer 29.62; temperature 46; sea rough; 10.45 p.m. spoke steamer Prince George off Masterman's Island southbound; 11.30 p.m. spoke motorship Apex stormbound in Safety Cove southbound; 11:45 p.m. spoke steamer Prince Rupert in Johnson Channel northbound.

DEAD TREE POINT.— Clear, calm; barometer 29:58; temperature 35; sea smooth.

DIGBY ISLAND.—Clear, calm; barometer 29:63; temperature, 42; sea smooth.

Noon

BULL HARBOR. — Cloudy, fresh west wind; barometer 29.82; temperature 50; sea rough; 9 a.m. spoke steamer Prince John in Queen Charlotte Sound southbound; 10 a.m. spoke motorship Apex off Pine Island southbound.

DEAD TREE POINT. — Clear; calm; barometer 29.74; temperature 44; sea smooth.

DIGBY ISLAND.—Clear, calm, barometer 29.98; temperature, 48; sea smooth.

FOR 15 YEARS WAS TROUBLED WITH ECZEMA

There is no other remedy like Burdock Blood Bitters that can possibly give such relief to all sufferers from eczema, salt rheum and all other diseases of the blood for the reason that this old and well tried remedy goes right to the seat of the trouble and completely and permanently drives these diseases out of the system by cleansing the blood and making it pure and rich.

Mr. F. W. H. Schultz, Pembroke, Ont., writes:—"Having been troubled with eczema for fifteen years, during which time I tried everything I could think of, including doctors, but without getting anything to do me much good I finally decided to take Burdock Blood Bitters, and I was certainly surprised to find that two weeks after I had started to take it I was relieved of my trouble. That was nine months ago, and I have not had a sign of it since. I surely wish to thank you for this wonderful medicine and strongly recommend it to anyone suffering from the same trouble as I had."

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

Waterfront Whiffs

(Continued from Page 5)

gave chase with the result that he soon overtook the deer. The deer in its anxiety to get away from its foe collided with a tree and knocked its head off. At any rate that is the big story on the waterfront this week It is a fact, however, that the skipper brought home a very respectable trophy of the chase.

The native power boat Emma Grace, which has been in port during the week doing overhaul work, left port on Thursday morning.

Atli Back From Chase

The schooner Atli, Capt. Brandy Newell, returned to port on Tuesday night from a hunting trip to Hartley Bay, Dog Cove and White Rocks. The party included Bill Watts, Ed. Kenney, of Terrace, and Harold Nickerson. Bill Watts, the crack shot of the party, shot a live buck dead. He would have got a lot more game but his rifle insisted upon shooting around corners. The rest of the party had the rifles on their good behavior and got away with a nice bag of ducks and deer.

Capt. H. E. Poole, superintendent at Butedale, arrived in the city on Wednesday afternoon's boat. Cap. will put his molars through an overhaul while in town.

If you find you cannot get the daily News regularly, call in and subscribe for it and have it delivered to your home. tf

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Pre-Inventory Specials

Six days remain before stock-taking. This ad. changes every day. Following specials for Monday only. These are not limited to phone orders.

100 Pails Rogers' Golden Syrup, 5's. Monday special **55c**
1,000 Orange Crush Bars. Reg. 5c. Special 8 for **25c**
500 lbs. Creamery Butter in bulk. Special, 3 lbs. **$1.25**
800 lbs. Lard in bulk. Special 2 lbs. **35c**, 6 lbs. **$1.00**
300 lbs. Dry Salt Pork. Reg. 35c lb. Special, lb. **27½c**
Dill Pickles, per doz . . . **25c**
Grape Nuts, 2 for **35c**
500 lbs. Large Terrace Parsnips. The finest stock in town. Monday special, 6 lbs. **25c**
Nabob Coffee, 1's, per lb. **55c**
2 oz. Extracts, all flavors, 3 for **25c**
Springfield Eggs, per doz. **45c**

Rupert Table Supply
Three Phones, 211, 212, 281

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Mail a Xmas Cake

This year to your friends? We can decorate Xmas Cakes to your own choice of design that will not be damaged in the mails.

Cakes packed ready to mail free of charge.

Electric Window Bakeries
Third Ave. Phone 667.

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MOCHIDA ROOMS
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Steam Heated — Hot and Cold Water
Rates by Day or Month
P.O. Box 75, Phone 659.

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We have just received an entirely new line of Dresses in Poiret Twill—fashions newest fabric. These dresses are cut in "Wrap Around" and Coat styles and trimmed in many different ways. Some have braid and embroidery or finely tucked. Sizes 16-42. Any one of these models can be bought for

$25.00

Bargains in waists and skirts.

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Also a Wide Range in the New

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Latest Styles from the East at Very Reasonable Prices.

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