BY "FRUIT-A-TIVES"

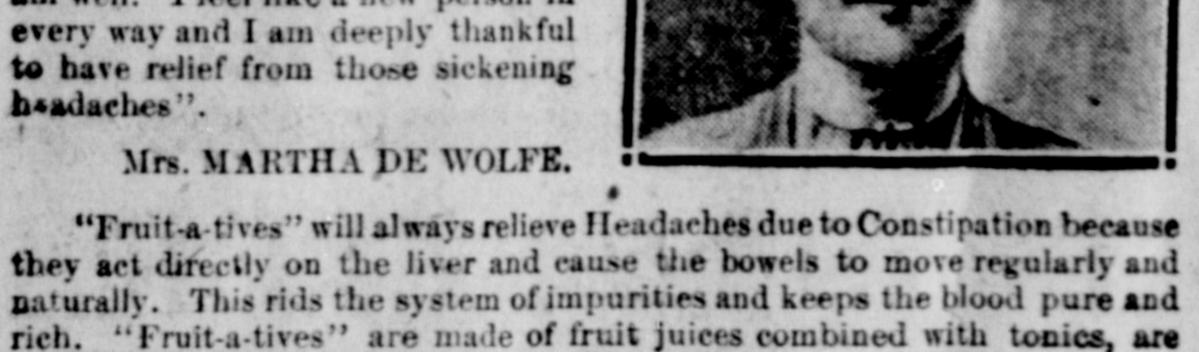
Effect was splendid when she tried this Fruit Medicine

East Ship Harbour, N.S.

"For years, I was a dreadful sufferer from Constipation and Headaches, and I was miserable in every way. Nothing in the way of medicines seemed to help me and I was almost discouraged.

Then I tried "Fruit-a-tives" and the effect was splendid; and after taking one box, I can safely say I am well. I feel like a new person in hadaches".

pleasant to take and mild and gentle in action,



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THE DAILY NEWS

PRINCE RUPERT - BRITISH COLUMBIA Published Every Afternoon, except Sunday, the Prince Rupert Daily News, Limited, Third Avenue. H. F. PULLEN, Managing Editor.

SUBSCRIPTION RATES:

City Delivery, by mail or carrier, per month... By mail to all parts of the British Empire and the United States, pay back all advances within 25 George H. Arnoft, of the Rupert To all other countries, in advance, per year . . TELEPHONE 98

Member of Audit Bureau of Circulations.

DAILY EDITION

Saturday, Sept. 15, 1923.

Labor Steady Throughout Country.

The reasonable attitude of the Trades and Labor Congress in refusing to back up the attitude of those who resorted to vioslence in the Cape Breton strike and in re-electing as president of when hunting not to be able to was in charge assisted by direct- the church was damaged in the the Congress a man with a sense of his responsibility places the Trades Congress in a position where its acts and recommen- arm. dations will be respected. There has been too much of a tendency in the past to fill offices in labor organizations with extremists who would upset the very foundations of society.

Admitting that sometimes people need shocking into action and that those who in one age would be considered reds would creditors. in another be looked upon as conservative, there is little to be gained by preaching revolutionary doctrines. If we are not living ideally it is largely because of the perversity of human board, what would we all have to nature. Even in the Trades Congress members accused each kick about in this well ordered other of bein prejudiced and of ulterior motives. If this is true town? of labor, which professes to think and act ideally, what is to be expected of those who make no such professions and who admit He seized her in the dark and that they are swayed by human passions and prejudices.

Labor is today just about as sound as any other large body of men. All are citizens of the country, rubbing shoulders one with the other. All enjoy the same sunshine, ride in the same street cars, play the same games and mingle in the same pursuits outside of working hours. There is no class consciousness then. We are one. We mix socially and intermarry. Why then should there be any difference between a group of labor people where they get off, be a leaders and a group of any other kind of citizens. There is none, conductor. As a rule labor leaders are not productive workers any more than are many whom some of them condemn.

If the time should come when there is a labor government while he is kicking. in the Deminion or in any of the provinces, it will not differ much from other governments for the people that compose it will be the same sort of people.

Provincial Bank System Proposed.

In the despatches yesterday arrived a forecast of a proposal for the establishment of a provincial bank in British next thing is to see about getting and were going to San Francisco, Columbia. The plan has been tried in other provinces with a deer for dinner next Sunday. yarying success. An investigation into those systems and their workings is the only means of deciding whether this would be a beneficial institution or not.

Where Does Your

Money Go? Where does your money go? Do you know? If you do, you know more than the average person. You spend a certain amount looks like sport instead of work. a big eard party and dance in with technical drawings. He was rest of it? The only way to be able to check up is to keep accounts. Enter everything you spend and everything that comes be if all the boneheads could be in and at the end of a month you will know where your spare exchanged for backbone! cash has gone. Also you will be able to tell if you are spending too much.

Half the people in this or any other community spend next month's salary this month. They run in debt for their food, their board and a dozen other things, and if anything happens them, they have no resources, except to borrow from their friends or run further into debt. It is well now and then to take stock of our resources, to stop the leaks, and to find out what progress we are making toward securing an independence.



There's Longer Life

-in the shine and longer life in the shoe, if you use "Nugget."

BLACK-TAN-TONEY RED DARK BROWN AND WHITE

WADE WOULD POPULATE B.C.

Suggests Putting Army and Navy Greatest Array of Costumes and Men In This Province Under Instructors

In a letter to J. U. Nichol of The most spectacular affair of

problem, in my opinion, and that ever contained by the Exhibition will be to hand pick thousands of building. perienced farmers, attached to the and H. F. Glassey. han wheat farming.

"I admit that this would be a Best lady's costume - Miss would have to be financed by the a poker table; prize, silk um-British, Dominion and Provincial brella. governments jointly, but that it Best comic costumes -- Mrs. without loss, provided those who dish. \$1.00 were helped should be required to Best gentlemen's costume -

The Man in the Moon SAYS:-

to keep those classic eyebrows, who distributed the prizes.

IF it were not for the school-

kissed her. For a moment bliss was his. "Oh," he said, "I thought it was my sister."

She laughed and said, "It is,"

IF you wish to be able to tell

A MULE makes no progress

THERE is a man named Swank runs the Cheney Free Press. Wonder how a newspaperman

gets a name like that.

THE most extreme contempt siding. of business methods is expressed in the words "unbusinesslike as the schoolboard."

WHAT a fine world this would

soft caress upon the cheek Her nerves are all a-twitter sounding smack, a girlish

shriek-Aw shucks, the durn bee bit.

her. SPEAKING of worms I am reminded that "they also serve who only act as bait."

THE important thing about the big fight is the money there is in it for the promoters.

WOOD CHOPPING CONTEST

The wood chopping contest was decided yesterday afternoon at the Exhibition Building. The results were: T. M. J. Fortune, 5 minutes, 31/2 seconds.

James Hampton, 5 minutes, 51 seconds. A. McIntyre, 6' minutes 4 1/2 seconds.

J. R. Murray was in charge.

MASQUE BALL

Largest Attendance on

Vancouver who is in the city F. C. the entire Exhibition was the Wade, agent general for B.C. in grand masque ball last evening. London says: The number of persons in cos-"Redistribution of the popula- tume exceeded any event of its tion of the Empire is the most kind ever staged in the past. The important task before us today, assembly of spectators consti-There is only one solution to the tuted one of the largest crowds

the best men from the army and Uutil 10.30 the floor was closed navy here, many of whom are to all except those in costume. farmers' sons and place them in About that time the judging comthe valleys of British Columbia menced. Owing to the wide variety under-well trained agricultural and excellence of the costumes instructors. If they were set to the task of selecting the winners work on their arrival clearing was one of much difficulty. The land, pulting in crops, and erect- judges were Mrs. Shaw-Whitman ing fences and buildings, they of Victoria, Mrs. Fred Stork, Mrs. would in two years become ex- George D. Tite, J. Eield Strang

soil by their everyday work and Elimination was made by the by preference, and would in a very judges from the Grand March and short time bring back prosperity, the final selection from the group To do this they would have to en- thus chosen was left to the apage in mixed farming rather plause of the audience. The win-

stupendous undertaking which Elizabeth Strachan Smithers, as

could be done I have not the least Denny Green and Mrs. Arthur doubt. More than that I believe Bailey as Mutt and Jeff; prizes. t could be done almost entirely military brushes and casserole

Table Supply, Paragon brand flour costume; prize, silver cigar-

Prize waltzers-Mr. and Mrs. J. A. Teng; prizes, fumed brass smoking stand and French ivory of jewelled barette.

NO one but the girls realize The prize winners were prejust how much pluck it requires sented at the throne of the Queen

WHAT a loss it is to a per- R. E. Benson, Harry Love and H. for the purpose of raising funds son using his own equipment O. Crewe. President C. H. Orme to cover the costs incurred when blame his misses on the fire ors of the Fair Board. Music was July fire. The Ladies Auxiliary provided by Easson's augmented to the Hospital Board have also orchestra.

WHEN a person to the south | Dancing was opened to the lowe'en season. This dance will gets into financial difficulties he general public after the judging be for the purpose of ratsing buys a car in order to escape his and continued until the early funds to provide a Xmas tree for hours this morning.

ANYOX

a daughter.

Mrs. J. J. Cody and child, Mrs. F. manufactured. Rice and daughter Rosie, all from Vancouver; and Mrs. L. K. Rud- August 27 to August 31 includick, from Prince Rupert,

NOW that the fair is over, the their brother William Rashleigh, week, 13,698c. where their parents, old Granby Company employees, are now re-

A real health breakfast

An orange, or dish of fresh fruit, two Shredded Wheat Biscuits with milk or cream, a cup of coffee or tea-you can work a half day on this breakfast and feel fine and fit. Shredded Wheat : 100 per cent. whole wheat readycooked and ready-to-eat-no kitchen worry or work. A light, wholesome diet that gives the mind a chance to think and keeps the body alert and active. Shredded Wheat contains all the bran in the whole wheat grain-just enough to stimulate bowel exercise in a natural way.



TRISCUIT

is the Shredded Wheat crackera real whole wheat toast-caten with butter, soft cheese or marmalades.

The Canadian Shredded Wheat Company, Ltd. Niegara Falle, Ontario

recaea W Reat

Cut out the heavy foods

The masters of ceremony were September 24. This will be given arranged a dance for the Halhospital patients, an annual

The output of Hidden Creek Mine from August 29 to August ! There was born at Anyox Hos- 31 inclusive was 5,397 wet tons. pital to Mr. and Mrs. J. Ferguson, Total tonnage for the month of a daughter. To Mr. and Mrs. P. August, 76,255 wet tons. Ton-Frederico, at the same institution, nage September 1 to September 4 inclusive, 7,411 wet tons.

Anyoxites returning from far At the Coke Plant, August 29 to and near by last steamer from September 3 inclusive, 1,218 the south, included Mrs. John short tons of coal were charged Conway and Miss Sheila Conway, and 840 short tons of coke profrom Port Simpson, Mr. and Mrs. duced 2,822 imperial gallons of W. G. Owen, from Victoria; Mr. light oil were recovered and 9,200 and Mrs. F. E. Gigot, Mr. and Ibs. of ammonium sulphate were

sixe, 10,270 wet tons of Anyox ore and 175 tons of outside ore Outward bound on the last were treated at Anyox smelter. boat to leave Anyox were the Total tonnage of ores treated for Misses Vivian and Gladys Rash- month of August, 78,487 tons. leigh. They were accompanied by Average price of copper for the

TECHNICAL SCHOOL

Owing to the sickness of John Pinder-Moss, - principal of the Now that the season of summer Northern Polytechnic Institute is about over, preparations are the exhibits of the institute could being made for fall functions. The not be assembled. Alex. Hudema THE other man's job usually Catholic ladies are arranging for was the only entrant in this class their hall for the night of Monday, awarded a diploma.

Cleo Medison

and Lewis Stone

in The Dangerous Age

Starring tonight at the Westholme Theatre.

Canadian National Railways

Prince Rupert

SHIPYARD

Operating G. T. P. 20,000 Ton Floating Dry Dock Engineers, Machinists, Boilermakers, Blacksmiths, Petters makers, Founders, Woodworkers, Etc. Electric and Acetylene Welding.

Our plant is equipped to madle all kinds of

Marine and Commercial Work PHONES 43 AND 385



SAILINGS FROM PRINCE RUPERT. S.S. PRINCE RUPERT and PRINCE GEORGE.

Monday, 8 p.m.

FOR VANCOUVER, VICTORIA, SEATTLE, Intermediate Points, Monday, Thursday, Saturday, 11 p.m. FOR ANYOX WEDNESDAY, 10 p.m.

FOR STEWART SS. PRINCE ALBERT OF PRINCE JOHN. For Port Simpson and Stewart Wednesday 8 p.m. Vancouver via Queen Charlotte Islands

Sheena River Ports Sunday a.m. PASSENGER TRAIN, DAILY EXCEPT SUNDAY. Leave Prince Rupert 5.45 p.m. for PRINCE GEORGE, EDMONTON, WIN-NIPEG, all points Eastern Canada, United States AGENCY ALL OCEAN STEAMBHIP LINES.

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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. 8.8. PRINCESS BEATRICE. For Butedale, Swanson Bay, East Bella Bella, Quean Falls, Namu, Alert Bay, Campbell River, and Vancouver, every Saturday at 1 p.m.

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UNION STEAMSHIP COMPANY OF B.C., LTD.

Sailings From Prince Rupert. FOF VANCOUVER, VICTORIA, Ocean Falls, and Swanson Bay, Tuesday, 5 P.M. For VANDOUVER, VICTORIA, Alert Bay, and Swanson Bay, Saturday Noon.

FOR ANYOX, ALICE ARM, STEWART, Wales Joland, Sunday & P.M. For PORT SIMPSON and Name River Conneries, Friday A.M. Prince Rupert, B.C 623 2nd Avenue. J. Barneley, Agent.