Mix Mustard Yourself

After mixing in cold water, it takes just ten minutes to liberate from dry mustard the essential oils which give the full rich piquant flavour, and which so greatly aid digestion and assimilation of foods.
Unless you mix your own mustard you miss the best part of the flavour and benefit.
Have your mustard always fresh.

but it must be Colman's

322

CANADIAN NATIONAL RAILWAYS

SUMMER
STEAMSHIP SERVICE

S.S. Prince Rupert or Prince George

Will sail from **PRINCE RUPERT** for **VANCOUVER, VICTORIA, SEATTLE** and intermediate points each **Monday, Thursday and Saturday at 11.00 p.m.**
FOR ANYOX ..... Wednesday, 10.00 p.m.
FOR STEWART ..... Friday, 10.00 p.m.
S.S. PRINCE JOHN for **VANCOUVER** via Queen Charlotte Islands, June 9.

PASSENGER TRAIN, DAILY EXCEPT SUNDAY.
Leave Prince Rupert 5.00 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 280.

CANADIAN PACIFIC

CANADIAN PACIFIC RAILWAY
B.C. Coast Services

Sailings from Prince Rupert

PRINCESS ALICE — PRINCESS LOUISE
For Vancouver, Victoria, and Seattle—
June 14, 21, 25; July 2, 5, 12, 16, 23, 26
For Ketchikan, Wrangell, Juneau, Skagway—
June 9, 16, 20, 27, 30; July 7, 11, 18, 21, 28
S.S. PRINCESS BEATRICE.
For Butedale, Swanson Bay, East Bella Bella, Ocean Falls, Namu, Alert Bay, Campbell River, and Vancouver, every Saturday, 11 a.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.
528 2nd Avenue. J. Barnsley, Agent. Prince Rupert, B.C.

BOYS' AND YOUTHS' SUITS

Have Arrived.
In hard wearing materials at moderate prices.
EXTRA BLOOMERS OPTIONAL.
STEVE KING
Phone Green 85.

Free Delivery in Prince Rupert.

Insist on

Cascade PALE

"The Beer without a Peer"

The better beer—pure—palatable—high in food elements

At all Gov't Liquor Stores

VANCOUVER BREWERIES LIMITED

This advertisement is not published or displayed by the Liquor Control Board or by the Government of British Columbia.

DR. WRINCH WAS CHIEF SPEAKER

Candidate Addressed Large Meet- at Terrace: Oliver's Return Essential

TERRACE, June 6.—Political feeling is beginning to run high and there was a large turnout to welcome Dr. Wrinch and Hon. A. M. Manson. Dr. Bleecker was in the chair and introduced the speaker in a few well chosen words.

Dr. Wrinch, Liberal candidate for this district, spoke first. He has never been a party man as he pointed out, and is only standing for the Liberal party now, because from an impartial point of view he believes it to be essential for the best interests of the country that the Liberal party be returned to power. He refuses, however, to be tied absolutely to the party. If elected he will work impartially for the good of the whole district.

Improved Finances

The first general point he dealt with was the state of the finances of the province, which, he claims, are greatly improved, reading letters from a Toronto firm of brokers to the Bowser & Oliver administration respectively. Then he explained clearly the sinking fund and the various items which compose the debt, many of which are definite assets. He touched on the better administration of the Oliver Government, illustrating it in regard to the road work. The roads were not laid out scientifically under the Bowser administration and the location of them changed by each new road superintendent. The roads which have not been kept up, which are referred to by the opposing parties are these duplicate strips. The actual roads in use have increased from, roughly speaking, 1200 to 1600 miles under the Oliver administration.

Social Legislation

Then he dealt with the social legislation in which as a doctor and working for the public welfare, he was most interested, dwelling especially upon the Mothers' pension and Workman's Compensation acts. He closed with a strong appeal that the Oliver Government be returned to power.

Hon. A. M. Manson

Mr. Manson gave a powerful address traversing the whole gamut of legislation and administration and showing where the province had benefited from Liberal administration as against any other that had been in power.

MACKAY SENDS LETTER TO FRENCH PRESS OF PROVINCE OF QUEBEC

Urges That They Back This Port and Prove Wisdom of Sir Wilfrid Laurier

T. Ross Mackay, Provincial Party candidate, has sent the following letter to La Presse, the Montreal newspaper:

When the first proposal was made for continuing the C.P.R. across the continent to the Pacific, strenuous opposition was entered against the proposal by the then Liberal opposition, the prophecy being made by the Hon. Edward Blake that never would such a foolish line become sufficiently profitable to pay for the axle grease that would be required in hauling freight across the impossible barriers of the Rocky Mountains. This opposition was of no avail. In the year 1884 the financial affairs of the C.P.R. had become so serious that an urgent appeal was made to the House of Commons for financial assistance. It was pointed out at the time that a disaster second only to the South Sea Bubble would be precipitated unless the Government came to the assistance of the C.P.R. Assistance was given, and in May of the following year the first train pulled into Vancouver on the Pacific Coast.

Few Had Faith

"With the completion of the road and the inauguration of a train and freight service the real struggle of the Western division of the C.P.R. and the struggle of the City of Vancouver began. Few had faith in the city—the location was considered impossible; the climate was bad; the rain was unusually wet; and all the business of the Province at that time was centred in the city of Victoria. The C.P.R., however, went ahead, assuming that the road would become prosperous and its terminus would become a real city. Passenger boats were established to China and Japan; working arrangements were made with a line running to New Zealand and Australia; the coastal fleet of John Irving was purchased. This solution of the transportation problem soon had the effect of slowly moving the wholesale houses from Victoria to Vancouver and attracting foreign trade through the infant port.

Greatest Statesman

"In 1896 Canada's greatest statesman came into power and he, realizing the mistake that his predecessors had made, not only discontinued the knocking of his predecessors but boosted for the railway and boosted for its terminal city. Slowly the conflict between the city and the C.P.R. ended—cordial relations were established and the city started to grow. The Liberal government aided its growth in every possible way by harbor development and reasonable aids to navigation.

Greater Country

"Sir Wilfrid Laurier, however, was convinced that the C.P.R. did not traverse the best part of British Columbia. He had a vision of an even greater country running parallel with the C.P.R., several hundred miles to the North. That his vision was correct is evidenced by the copper of Anyox, the gold of Premier, the paper of Ocean Falls, the spruce of Graham Island, the halibut of the Northern Pacific, the salmon of the Naas and Skeena, the untouched anthracite coal of the Groundhog, and many other natural resources as great or greater than those already mentioned, but whose greatness is as yet unheralded to a waiting world. Enough, however, is known of our great Northern and Central British Columbia, with its farming and grazing lands, to justify the conclusion of Sir Wilfrid that this country should be given a railway service. Sir Wilfrid however has gone to the Great Beyond and his successor in office unfortunately fails to grasp the magnificence and greatness of our part of the province. He evidently has decided to wash his hands of the whole affair and with that end in view has appointed a railway man of unquestioned ability, but like many humans no doubt susceptible to the influence of the big crowd. So that today the terminus of the Grand Trunk Pacific, instead of being at Prince Rupert as originally intended by Sir Wilfrid, is to all intents and purposes at Vancouver. Many refer to the line into Prince Rupert merely as a branch line.

Appeal to East

"Vancouver City today is a great and wonderful port. It is often referred to as a monument to the prophetic vision and good judgment of the late Sir John A. Macdonald. I appeal to the French and other Canadians of the east who, like myself, were admirers of our great departed statesman, to assist in giving to the City of Prince Rupert the terminal facilities, the trans-Pacific fleet, the Coastal boats, the elevators, and all the other equipment incidental to the development of a great port that has made Vancouver what it has become. If this is done our city in the north will become just as great and prosperous as that of the C.P.R. terminus and the name of Sir Wilfrid will live revered and honored instead of labelling him, as some are now trying to do, as an idle dreamer."

Make Better Bread
Ask your grocer for
ROYAL YEAST CAKES
STANDARD OF QUALITY FOR OVER 50 YEARS

A Vote for the

Beer Plebiscite

Better
Cheaper
Wholesome
Matured
Cooling
Draught
Brewed in B.C.

Means

BEER BY THE GLASS

A vote for the Beer-by-the-Glass measure is a vote for increased temperance and sobriety.

DR. HENRY DAVY, President of the British Medical Association, said:
"Bread, cheese and beer for a meal is infinitely more scientific than the American meal of bread, tea and jam."

DR. HARVEY W. WILEY, the famous pure food advocate, has declared:
"Beer is a veritable food product."

BETTER to drink the lighter brewel beverages made from British Columbia grains and hops than the more stimulating imported spirits.

Beer by the glass will be dispensed in government licensed and supervised premises under conditions which will discourage the treating habit.

WORKMEN who have to make a lunch of more or less unpalatable sandwiches packed at home, under the provisions of the new measure, may have a cool and appetizing glass of beer with their lunch.

TOURISTS, instead of hauling a dozen bottles of lukewarm beer from the vendor's store may get a cold glass en route, as they require it.

Municipalities which do not want the beer-by-the-glass privilege may reject it as the bill contains a definite local option feature.

The great majority of the men and women of British Columbia are temperate because they prefer beer to any other beverage.

KEEP THEM TEMPERATE BY VOTING FOR THE BEER BY THE GLASS PLEBISCITE---

BEER DRINKING REDUCES WHISKY DRINKING.

Moderation League of British Columbia
GORDON ROSS, Secretary

CHARLES M. HARRISON IS AGAIN ON COAST

Visits Victoria and Says is Trying to Induce Hebrideans to Come to Province

C. M. Harrison, for years a resident of the Queen Charlotte Islands, but now making his home in London, England, is in the city a guest at the Dominion Hotel, says the Victoria Colonist. Mr. Harrison, since taking up his home in the Old Land, has devoted considerable attention to the securing of immigrants for this province from the British Isles.

Just at the present he is inducing Hebrideans to make their homes in this province.

Mr. Harrison says that the conditions in the Old Land are improving. The government is reducing the taxation in some lines and the number that are seeking aid from the government is constantly decreasing.

TERRACE NOTES

Dr. Hanson of the Geological survey passed through here Saturday night en route for Smithers.

C. V. Smith of Hazelton was here in the interests of Mr. Sargent.

Messrs. Dockrill and Gilbert visited Essington last week.

Mr. Anderson is back in the bank again after a two week vacation. Mr. Press who was relieving him has returned to Prince Rupert.

Mrs. Raven has gone out to Lakelse for the summer.

Mr. Hamblin is relieving Harry Creelman at the station while he is enjoying his annual vacation.

The summer picnic season has started and a large truck load of people went out to Lakelse on Sunday.

Mrs. Marsh spent a few days at Pacific last week.

Percy Skinner of Usk was in town for the Provincial Party meeting.

Mrs. Forsythe and family left for Edmonton to spend some months with her parents.

R. Harlow was in town on Monday.

Mrs. Elder's mother from St. John, New Brunswick, is visiting here.

TIMBER SALE X 5756.

Sealed Tenders will be received by the District Forester, not later than noon on the 11th day of June, 1924, for the purchase of Licence X 5756, adjacent west boundary, STL 5893P, Khutzeymateen Inlet, to cut 565,000 f.b.m. of Spruce, Hemlock, Cedar and Balsam Sawlogs.
Two (2) years will be allowed for removal of timber.
Further particulars of the Chief Forester, Victoria, or the District Forester, Prince Rupert, B.C.

TIMBER SALE X 2743.

Sealed Tenders will be received by the Minister of Lands, at Victoria, B.C., not later than noon on the 26th day of June, 1924, for the purchase of Licence X 2743, to cut 1,080,000 feet of Spruce, Hemlock, and Cedar, on an area situated on the Western boundary of L. 1555-T.L. 6140p, West Arm Juskatla Inlet, Massett Inlet, Queen Charlotte Islands District.
One (1) year will be allowed for removal of timber.
Further particulars of the Chief Forester, Victoria, B.C., or District Forester, Prince Rupert, B.C.

TIMBER SALE X 6218.

Sealed Tenders will be received by the Minister of Lands, at Victoria, not later than noon on the 19th day of June, 1924, for the purchase of Licence X 6218, to cut 38,650 Ties, on an area situated approximately 5 miles North and East from Rose Lake Station, C.N.R., Range 5, Coast Land District.
Three (3) years will be allowed for removal of timber.
Further particulars of the Chief Forester, Victoria, B.C., or District Forester, Prince Rupert, B.C.

WETHEY'S
Condensed Mince Meat
15 PER PACKAGE 15
MAKES TWO PIES
SOLD EVERYWHERE

Some folks don't get all the wear-worth out of suit that is possible in the opinion of Dainty Dorothy. There are some men and women of her acquaintance she says are very neglectful when it comes to taking an inventory of their wardrobes.

She believes that our cleaning is one of the biggest home saving helps ever established. You'll be inclined to agree with her after you investigate our worth.

CANADIAN STEAM LAUNDRY
DRY CLEANING PRESSING
WE KNOW HOW
PHONE 8 BOX 392
PRINCE RUPERT

Sterling Furnace COAL
Delivered in Bulk.
At $10.00 per ton.
This is a very superior furnace coal. It gives a clean hot fire and is entirely free from soot, clinkers, slack and dirt. Some of the largest heating plants in the city are now using it with entirely satisfactory results.
STERLING STOVE COAL,
Delivered in Sacks.
At $12.50 per ton.
We are also Agents for the Famous
LADYSMITH-WELLINGTON and TELKWA COALS.
Prince Rupert Coal Co.
Main Office: Hotel Central. Phone 16