"Tired and Worried Nervous and Despondent"

Mrs. M. Chevalier, Belle River, Ont., writes:

"For eight years I suffered from despondency and nervousness. Sometimes I could not sleep at night for worrying and the next day I would be so tired that my work was a burden to me. I began using Dr. Chase's Nerve Food and can say I am now entirely relieved of the nervousness from which I used to suffer, and things do not worry me as they used to.

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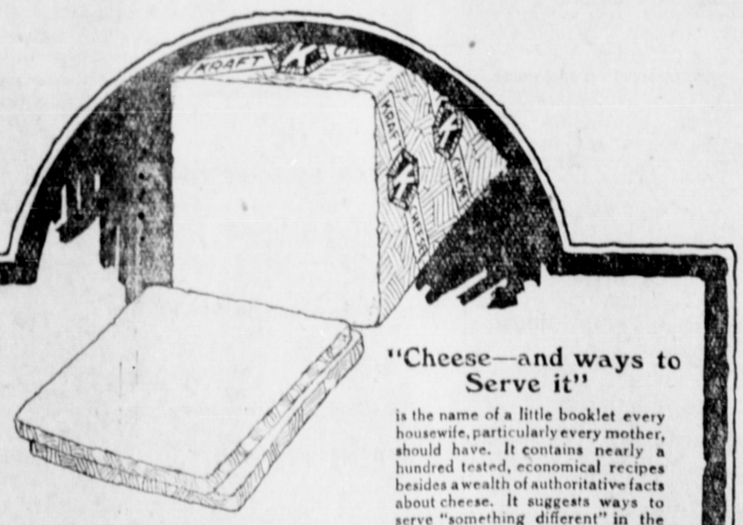
Prince Rupert, B.C.

he board of trade last inght d a letter read from Hon. T. Pattullo in connection with Burns Lake-Endako road. D. Stuart said he understood the ey had since been appro- ted and the work was pro- ing.

Mr. and Mrs. J. D. Baby, who has been in the city for the past ten days following their recent marriage, will sail on the Prince John tonight for Buckley Bay where Mr. Baby is construction engineer for the Massett Timber Co.

Alexander Volume arrived in the city on the Princess Beatrice this morning to take a position as clerk in the office of the provincial police chief. Mrs. Volume will arrive later from Victoria to take up her residence here.



"Cheese—and ways to Serve it"

is the name of a little booklet every housewife, particularly every mother, should have. It contains nearly a hundred tested, economical recipes besides a wealth of authoritative facts about cheese. It suggests ways to serve "something different" in the menu of children and grown ups without sacrificing essential nourishment. It is indexed, illustrated in color—and free. Fill out and mail coupon below.

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Mrs. D. A. G. Ross, Westview, will not be at home on Monday, October 6.

Father Godfrey is sailing for Swanson Bay on the Prince Rupert tonight.

Wanted for adoption a girl from 12 to 14 years of age. Parent's references required. Write Box 208, Daily News. 238

St. Andrew's Whist Drive in rooms, Second Avenue on Monday evening, October 6 at 8 p.m. sharp. Admission 50. Refreshments. 234

Frank Hicks, who has been in the city for the past week, returns to Port Clements on the Prince John tonight.

Mrs. T. Jeary and Miss M. Penny, who have been in town for the past week, will return to Port Clements on the Prince John tonight.

F. Leybourne of Shames arrived in the city on last night's train and sailed this morning on the Princess Beatrice for Vancouver enroute to Winnipeg.

Mrs. S. N. Wilson, who has been visiting in the city for the past week, is returning to Vancouver on the Prince Rupert tonight.

H. H. Little, manager of the Union Bank, is taking the Newton house on Fifth Avenue which has been occupied by S. J. McLeod, who is leaving the city.

Passengers booked to sail for the Islands on the Prince John tonight include W. Collins and Edgar Green for Skidegate; Mr. Calder for Lagoon Bay and A. Jones for Thurston Harbor.

Mr. and Mrs. Harry Welford who were recently married at Seaford, Ontario, returned on the train yesterday and have taken up their residence in the Besner Apartments.

Royal Purple Bazaar, Wednesday, December 3, Elks' Home.

Rebekah Whist Drive in Metropole Hall, Monday, October 13, at 8.30 sharp. Admission 50c. Refreshments.

Women of Mooseheart Legion Whist Drive and Dance, Oct. 7, Metropole Hall, 8.30 p.m. sharp. Good prizes.

J. D. Stone, who has been employed by the Pacific Fisheries here, leaves on the Prince Rupert tonight for Vancouver enroute to his home in Elmvale, Ontario.

Two new members joined the Board of Trade at its general monthly meeting last night, H. H. Little, manager of the Union Bank and F. G. E. Robertson, manager of the Royal Bank.

An acknowledgement of the recommendation for the appointment of a British Columbia man on the railway commission was received by the board of trade at its meeting last night.

At the Board of Trade meeting last night the civic committee reported having investigated the proposal to secure a Naas River totem for this city. Nothing was done.

Found guilty of driving a motor car to the common danger by exceeding the speed limit at a street intersection, Dominick Rossi was fined $10 in Magistrate McClymont's court this morning.

Passengers booked to sail to-t night on the Prince Rupert for the south include G. E. Hodgson, F. Fawcett, W. S. Mitchell, J. Woods and A. Rowan for Vancouver; Fred Dong and J. W. Durrein for Victoria, and W. MacKenzie for Powell River.

Miss Winnie E. Larsen was appointed to the staff of Seal Cove School by the school board yesterday afternoon, her salary to be $1250 per year. She has already been substituting in the position.

The Associated Boards of Trade acknowledged having received the membership fee from the Board of Trade in a letter to the Board read last night. The meeting will take place at Kamloops the middle of next month.

The board of trade last night heard a letter read from the Agent General stating the photographs forwarded by the publicity committee of the Board had been received and suitably framed and would be hung in the building.

At the board of trade meeting last night a letter was received from the Mediterranean General Traders Corporation in connection with a proposed scheme for the export from this district of cottonwood logs. The letter was filed.

The Board of Trade last night received a communication from G. R. Naden, deputy minister of land, saying he was forwarding to the board 100 copies of the land settlement booklet dealing with the interior country. That was all the department had on hand.

Joe Howe of Howe & McNulty is leaving on this evening's train for Montreal where he will board the White Star liner Regina on October 11 and proceed to England to visit his old home. He will also attend the Wembley Exhibition and visit in France and expects to be away about six months.

The board of trade at its monthly meeting last night received a letter from the district superintendent of postal service saying that a letterbox would be erected at a convenient point at the railway station which would be collected prior to the train leaving. It was asked that letters whenever possible be mailed at the post office instead of at the station. As many as 300 letters were sometimes mailed on the train just prior to its leaving.

ANNOUNCEMENTS

Hospital Annual Ball, Oct 31.

Lutheran Bazaar, December 2. Metropole Hall.

Hill 60 Chapter I.O.D.E. Hallowe'en Tea and Sale October 25.

John Christiansen sails this evening on the Prince Rupert for Vancouver. He is going to visit his old home in Norway.

VERSE COMPETITION WILL NOT LAST LONG

The Time to Write is While You Are Thinking About it: Do Not Put Off

The time to write a verse is while you have it on your mind. Do not put it off until tomorrow. The verse competition will not last long and if you do not write it today you may not do it at all.

Judging by the amount of talk about it, one would imagine there would be a thousand entries but there are always so many people who are going to do things and never do them. They are the "never arrive" people. Following are a few of the verses submitted:

Ode to the House Fly

There was once a wonderful fly,
Who spent her days soaring on high,
But a spider, once spied her,
And caught her and fried her,
And that was the end of the fly.

Fishermen's Weakness

A Codfish cried to the Halibut, "Say,
Yonder is a fisherman coming this way,
And if he gets you on his line,
He will tell the folks you were seven foot nine."
Then the Halibut said, "Let's swim up higher,
We don't want to associate with any such liar."

Popular Topic

("What a beautiful morning! Let us go out and kill something.")

Autumnal mists uprising from the sea,
The cry of loon, of wild goose winging free!
Ah! Paradise by Omar softly limned,
Compared with these, how drear are thou to me!

Crepitant rustlings in the thick salal
The passing of a startled mowitch tell.
Sharp crack of gun! A downward crashing buck!
Lo! He is dead and I'm a sportsman. . . . Hell!

The verse must have to do with some form of animal life such as a bird, fish, animal, insect or germ. It may take any form desired such as an ode, a quatrain or even the popular limerick. Three prizes will be offered. $5 for first, $3 for second and $2 for third.

The verses will be published as submitted but the name of the author will be reserved to be used only in case of his winning a prize.

The verse should be neatly written on one side of the paper only and addressed to "Competition Editor," Daily News. No manuscripts will be returned.

Church Notices

Central City Mission

Corner Sixth and Fulton. The Home of the Fourfold Gospel. Services and subjects for the week as follows: Sunday at 11. Worship (Communion) Sunday School at 2 p.m. Evening at 7.30. "Some Eternal Things." Monday 8 p.m. Bible Study—Salvation. Wednesday at 8 p.m. Example in Service. Friday at 8 p.m. Young People's Meeting Special musical items and bright song service. Pastor, J. W. Knights.

Salvation Army

The hand of fellowship is extended to all. Sunday services. 11 a.m. Holiness. 2.30 Sunday School and Bible Class. 7.30. Salvation. Subject, "Hope for the Hopeless." On Tuesday Staff Captain and Mrs. Carruthers will conduct a special meeting. Public meeting on Thursday and Saturday night at 8 p.m.

Lutheran Church

St. Paul's Church. Metropole Hall, Third Avenue. Rev. P. F. Baisler, B.D., pastor. Sunday services—11 a.m. Sermon topic: "Jesus raised the dead: He will raise all." Sunday school at 12.-30. Evening service at 7.30. Sermon topic — "The Church's marching orders; Forward." Solo by Mrs. L. O. Larsen.

Presbyterian Church

Morning worship at 11 o'clock. Subject: — "Who is the Holy Spirit?" Sunday school at 12.30. Evening service at 7.30. Subject: "Purity." Preacher, Rev. H. R. Grant, D.D.

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One Pound Package Good Quality Linen Finish Notepaper and 25 Envelopes to match,

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When making your purchases of above, ask to see our

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*Calls Swanson Bay, Ocean Falls, Powell River.

S.S. PRINCE JOHN for **ANYOX** and **STEWART, Wednesday,** 10.00 p.m.

For all ports **QUEEN CHARLOTTE ISLANDS,** 12.00 midnight, Oct. 4th, 18th, Nov. 1st, 18th.

PASSENGER TRAIN, DAILY EXCEPT SUNDAY.

Leave Prince Rupert 5.00 p.m. for PRINCE GEORGE, EDMONTON, WINNIPEG, all points Eastern Canada, United States.

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