A Severe Illness

have suffered with constipation.

A few months ago a friend advised

Milburn's

which I did, although not expecting

any results, but I am pleased to say

trouble or pain, and have never had

bleeding piles since. Now, I never

fail to recommend 'Laxa-Liver Pills'

to all my friends."

Co., Limited, Toronto, Ont.

Private Christmas

Caused



THEREVER your people are, spend this Yuletide with them. Crossing to the "Old Country" on the ships of the CUNARD or ANCHOR-DONALDSON Canadian Services is just like living in a magnificent modern hotel-with beautiful drawing rooms and lounges, card and smoking rooms, cafes. libraries, orchestras, attractively furnished staterooms, meals that are a delight, and trained attendants to carry out your every wish.

If you desire to economize, Third Cabin (round trip \$155) embraces comfortable berths, well-heated and ventilated cabins, delightful public rooms, excellent meals and attentive service. Your local stramship agent will furnish complete information, or apply to-

THE CUNARD STEAMSHIP CO., LIMITED, 622 Hastings Street, W. VANCOUVER, B.C.

ANCHOR-DONALDSON CANADIAN SERVICES

NEW -:- SEASON'S 14, from 3 to 6 p.m. 264 John last evening. received was too high to suit the

Fancy frozen Bait \$25.00 Per Ton

The Finest Obtainable on the Coast

Canadian Fish & Cold Storage Co., Ltd. PRINCE RUPERT, B.C.

Are now on Display in our Store.

You will find a card to suit your every requirement at rices ranging from 5c to \$1.00. We are also booking orders for Private Christmas Cards with a selection from right greetings and your own name and address printed On and with envelopes to match from \$2.50 per dozen.

We have Colored Tissue Paper, Tags, Seals and Christmas Boxes for wrapping and packing your Christmas Gifts in, from 5c up.

Do your Christmas Shopping early.

Ormes Limited

he Pioneer Druggists 3rd Ave. and 6th St.

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VANCOUVER,

8.8. PRINCE RUPERT for STEWART and ANYOX, WEDNESDAY, 10 p.m. .8. PRINCE JOHN fortnightly for VANCOUVER via QUEEN CHARLOTTE ISLANDS.

EDMONTON,

AGENCY ALL OCEAN STEAMSHIP LINES. ty Ticket Office, 528 Third Ave., Prince Rupert.

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E. H. Shockley Planing Mills

Re-located at 230 Central Street, Vancouver,

with additional machines for the manufacture of SASH, DOORS, MOULDINGS

LUMBER, LATH, SHINGLES, VENEER

also carried in stock. save handling charges by buying direct from the source of supply.

Local and Personal

B.C. Undertakers. Phone 41.

Valentin Dairy. Phone

Walkins Products. Repreentative P. C. Miller, Blue 295.

son. Reserve seats at Ormes for Monday night.

Currie's Taxi and Messenger Service. Phone 567. Service day and night. Stand, Carlton If perfect use of my bowels without any

Those who have bought ticketfor "Jane" should reserve their seats at Ormes at once. They are going fast.

Olof Hanson sailed this morn- Valhalla meeting tonight. ing on the Prince Rupert for the south on business.

schoolboard passed accounts ag-service. Day and night. T. ing for Vancouver. gregating 89,509,36 of which \$6, Dybhavn. 161.60 was for salaries.

is leaving at the week end for 4th Street. Alice Arm, where he will have

Senior branch of C.G.I.T. will way through.

of Port Simpson sailed this be held every Saturday from 2 fications. morning on the Prince Ruper: to 4 p.m. at Mrs. J. Field's, 132 receive treatment at Shaugh-

Union steamer Catala, Capt. A. Prince Rupert this morning. Johnstone, arrived from the south at 8 o'clock last evening! Fred Nash, B.C.L.S. arrived in sailing soon after to make her the city from Masselt on the At the school board meeting River. The Catala will sail from way to his home in Terrace. here for the south at 10 o'clock Itomorrow morning.

E. T. Calvert of the forestry Skinner vs. Boots McNeill. Six Stewart and Ross. department, who has completed three minute rounds to decisxtensive reconaissance work in ton. he interior, sailed this morning on the Prince Rupert for Victorial A tender for heating a room in the sheriff from the warehouse in the south for some time.

After a good five days trip up to 'be transferred to Booth this morning. he coast, C.N.R. steamer Prince School and the room will not be John arrived from Vancouver via required. the Queen Charlotte Islands at 9 way up, Capt. E. Mabbs reports, the Prince John last night and and will pay an official visit to fo'clock tomorrow night. | before proceeding south. The Mr. Ashwell, whose home is in

Prince Rupert Spruce Mills Ltd. advisable. arrived in the city from Vancouver on the Catala last evening to Joseph Reid, charged with Vancouver.

Screamingly funny farce, at the High School. The band "Jane," Westholme, November 16 would have to put in the light McLARNIN KNOCKS OUT and would use it only at night.

Moose Bazaar November 17

Baptist Church Ladies' Aid the shelter shed erected by the

school board some time ago at Bazaar, November 26. St. Andrew's Ladies' Auxiliary and will not be used except as a Bazaar, December 2.

Lutheran Church Ladies' Aid the pupils at points nearer their bantamweight. Ras ar Desember 1

Section of the second section of the second section of the second section second secon CUNARD ANCHOR-BONALESOE Back Home for

"ATHENIA" and Glasgow, sailing Dec. 14 "ASCANIA"

Cherbourg and London. Special by Dick K. Whitham. Sailing Full information from agents, or Company's offices, 622 Hastings St. W., Vancouver.

We dancer og hopper, Metropole Hall, Saturday night. Lindseth's orchestra.

Constipation Mr. and Mrs. Adam Mackie sailed this morning on the Prince Mrs. Wm. Hill, Wapella, Sask., writes:-"Three years ago I had a Rupert for a brief visit to Vanvery severe illness, and ever since

Mrs. Frank Fitch, who has been spending several months visiting in Vancouver, returned to the city on the Catala last night.

George Naden, deputy minister of lands, was a guest at the Rotary luncheon yesterday and mentioned the fact that Prince Rupert still seemed like home to that since using them I have had him.

A. Davidson, well known! pioneer Alice Arm mining man. was a passenger on the Prince Put up only by The T. Milburn Rupert this morning bound for Seattle. He intends to spend the winter in the south.

William G. Mitchell, who is Vancouver and other points in Two cars at your service engaged in wharf building on the Sheddon Taxi. Phone 134. tf Queen Charlotte Islands, Jarrived in the city on the Prince John At their meeting last night the 99 Taxi and Transfer. 50c last night and sailed this morn-

Special meeting. - Prince Rr. Cards pert Lodge No. 63 LO.O.F., Bos-H. H. Little of the Royal Bank printed by Rose, Cowan & Latta, ton Hall, Saturday, Nov 11, 8 tf p.m. Business visit Bro. J. H. Ashwell, Grand Warden. Memcharge for two or three weeks. | Have you seen "Jane,"? It's a bers and visiting brothers please screaming farce. Funny all the attend.

New fenders will be called for Cooking at the Presbyterian Mrs. A. Ruttan arrived in the the play-shed at Borden Street church on Saturday, November city from Massett on the Prince school. Even the lowest of those trustees. Architect Cox is pre-C. B. Flewin and G. E. Brown | Children's Sewing Classes will paring modified plans and speci-

for the south. Mr. Flewin wil Second Avenue. An application from C. C. Smith for a position as caretaker nessy Militry Hospital, Vancou- W. C. Arnett, after spending a was filed as there was a present ver, for war injuries. | couple of days in the city, re- no vacancy. Mr. Smith explainfurned to Vancouver on the ed that he was a war veteran land had been in the city a year and a half.

calls at Anyox and the Naas Prince John last night on his last night, with C. H. Orme pre siding, there were present Trustees Rochester, Fulton and Boxing, Empress Theatre, Mon-Johnstone; secretary Christie and day, November 16 at 9 p.m. Brick principals Brady, Hartness, Mills,

Charged with removing a Ford Sedan car while under seizure o' a three weeks' holiday trip. Borden Street school submitte fof the Standard Welding Co. on Mrs. Calvert and family have been by Walter Longwill was returned First Avenue, W. Hayner was reto him unopened by the school- manded for eight days on apboard last night, as the class i pearing in the city police court

J. H. Ashwell, grand warden of the Oddfellows' Lodge for o'clock last evening. There was Mr. and Mrs. J. E. Milne ar- British Columbia, will arrive in a steady southeast wind all the rived in the city from Massett on the city on this afternoon's train The John will return south at 8 will spend a few days in the city like local lodge tomorrow night. state of Mrs. Milne's health has Chilliwack, has just returned J. A. Smith, president of the made a move from the Islands from a trip to the Old Country and is now making a tour of the province.

pay a regular visit of inspection stealing from the residence of The school board last night to the plant. His son, Glaire Ruth Penoff, 1365 Sixth Avenue decided to purchase two new hot Smith, who has been working at East, three coats and a mink plates for the domestic science the mill this year, sailed on the cape, appeared before Magistrate department at \$22 each, a dic-Prince Rupert this morning fee Thomas McClymont in the city lionary for the high school will police court this morning and be bought from the library fund; **** and the manual training department will make two new typist-ANNOUNCEMENTS . 4 Chairman Orme of the Trustee tables for the commercial de-* * * * * * * * * * * * * * * * * Board reported last night tha! partment. There will also be Royal Purple Bazaar Novem- final arrangements had been purchased six chairs for the made for the boy's band to use leacher's dining-room at the the old domestic science room high school.

THE OLYMPIC CHAMPION At the meeting of the school

board last night it developed that

E. Woodworth, bridge foremas

for the provincial department at

public works, arrived in the city

Queen Charlotte Islands where

ing of bridges on the Port Clem-

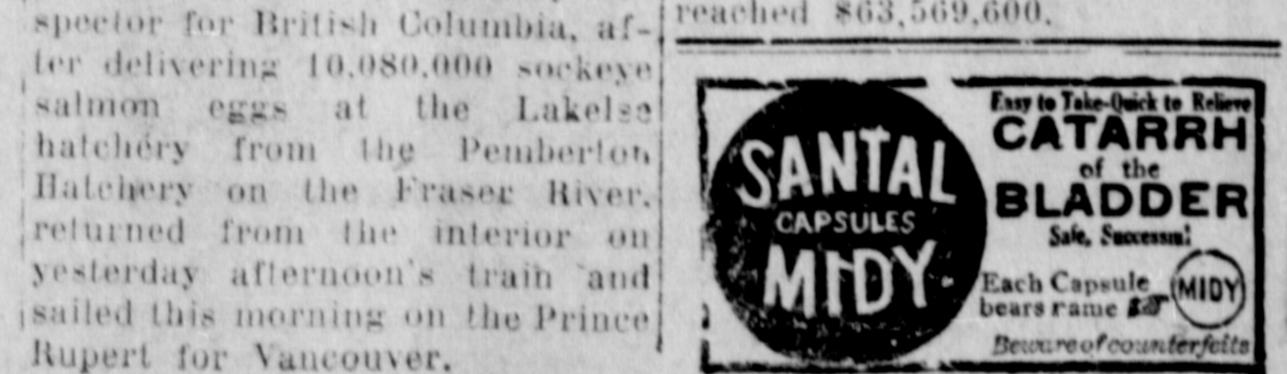
ents-Tlell road.

Rupert for Vancouver.

LOS ANGELES, Nov. 13. lackie Fields, former Olympic! Westview has never been used champion, featherweight, was snocked out in the second round! shelter for city workmen. The of a ten round bout by Jimmy bus passes around and picks up McLarnin of Vancouver, B.C.

EARNINGS OF SWEDISH VESSELS FALL OFF

from Smithers on last night's GOTHENBURG, Nov. 11-Ther was a decrease of 1.8 per cent sail on the Prince John for the carnings of the Swedish merhe will take charge of the build- chant marine last year, compared with the previous year. The time charter income, however, showed a gain of 70 per cent. The marine carnings C. W. Harrison, hatchery inreached \$63,569,600.



Turning Lestovers into savory dishes

The French people—famous for thrift—used to say that they could feed six people with what the average family on this side of the Atlantic threw away.

It is almost inevitable that there should be things left from yesterday - yet the remains of roasts and steaks, the spoonfuls of vegetables, the food that has lost its taste, are no longer wasted, nor are the "scraps" turned into "stews."

The sprightly "OXO" CUBES with their supreme flavour of prime beef, have come to the rescue of those who want to be sensibly economical. Now you find "OXO" CUBES in thousands of homes and the French have changed their ideas about our extravagant cooking.

Minced Meat on Toast

2 cupfuls minced beef (left-over steak or roast) 2 "OXO" BEEF CUBES

1 cup boiling water 2 tablespoonfuls flour 1 tablespoonful butter

Mince the meat, removing all gristle and fat. Dissolve the cubes in the boiling water. Blend the butter and flour and stir quickly into the dissolved cubes. Pour flour and heat the meat.) Pour over six or seven slices of hot toast.

Where any gravy is left over, use but one "OXO" BEEF CUBE dissolved in 1/2 cupful boiling water and add the gravy. Season to taste.

Our Free Cook Book tells you how to do it

Many other attractive ways of utilizing left-overs are included in the new "OXO" COOK BOOK. The recipes are simple and

practical - the results well worth your trying. You will delight in the new dishes. made with "OXO" CUBES. Write for a copy to Oxo Limited, 356 St. Antoine St., Montreal. It will be mailed to you FREE and postage paid.

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Canadian Pacific Railway B. C. Coast Services

Sailings from Prince Rupert November 16, 30 December 14 For KETCHIKAN, WRANGELL, JUNEAU, SKAGWAY.

For VANCOUVER, VICTORIA and SEATTLE November 3, 20, December 4, 18 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.