

WHERE IS YOUR "PEP"? GET "FRUIT-A-TIVES" BUILD UP YOUR STRENGTH AND VIGOR



MISS EVA EMOND

I must tell you that "Fruit-a-tives" increased my appetite, gave me more energy and better colour, and have gained a lot. Miss Eva Emmond, Magog, P. Q. When did you begin to lose your vitality, your enjoyment of life?...

BULKLEY Market 311 Third Avenue. Has been taken over from George Kerr by J. Preece late with Sealy and Doodson. Fresh Meats arriving Twice Weekly from the Bulkley Valley. Phone 178.

MILK From Bulkley Valley. FRESH MILK AND WHIPPING CREAM. We specially recommend our Table Cream at 15c for Half Pint. Quality and Service. Special Ice Delivery Service. Valentin Dairy. Phone 657.

Dr. Alexander Smith Block. Phone 575.

DENTIST

TUGBOATS Day Phones — 423, 539, Green 238, Black 735. Night. Phones — 687, 539, Green 238, Black 735.

RUPERT MARINE PRODUCTS, LTD. GEO. G. BUSHBY, Man. Dir. Fur Coats & Jacquettes. An Exquisite Stock of Fur Trimmings at low prices. B. C. FUR Co. 488 G.W.V.A. Third Ave.

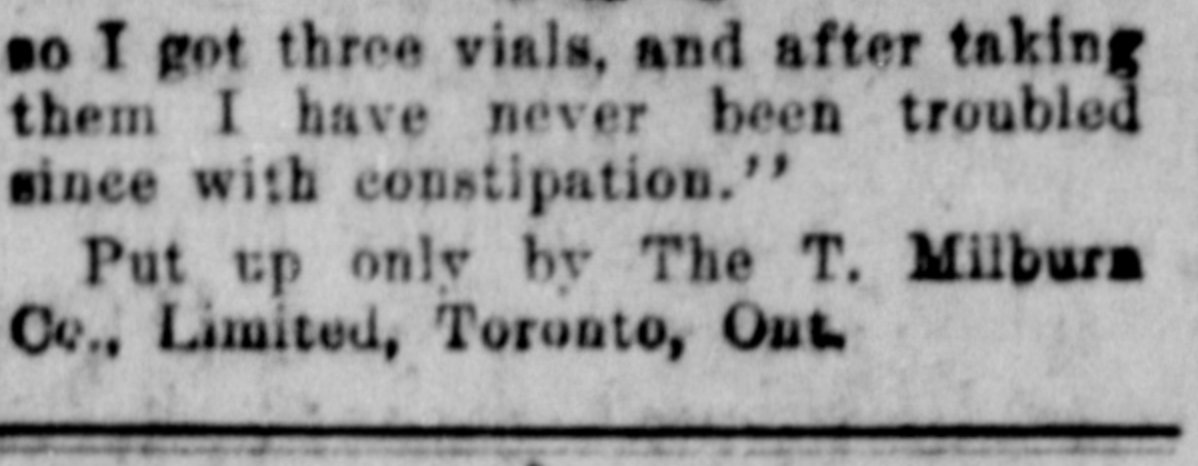
FIRE FIGHTING COMPETITION

Team from London, Ontario, Wins C.N.R. Contest

MONTREAL, June 21. — The fire fighting team of the London (Ontario) shops, champion team of the central region of the Canadian National railways, carried off the system trophy at the point St. Charles shops and with it the distinction of being the quickest and smartest fire fighting unit in the whole system. The system champions under Chief Lewis had no easy run to their new title and honors, having to meet the champions of the other regions in open competition. The other teams were from Battle Creek, Mich., Moncton, New Brunswick, and Transcona, Manitoba. The test set out for the competing teams consisted of distinct movements. The first move was to run one hundred yards and lay out and connect two hundred feet of hose, breaking a paper disc with the water. Move number two was to run out an additional fifty feet of hose and then break the disc again with the water. The third move was to replace the third length of hose counting from the hydrant and break the disc. The winning London team went through all the three movements in one minute and thirteen seconds. The team from Battleford, Mich., under Chief H. E. Watson, champions of the Grand Trunk western lines, finished second, they being five and two-fifths seconds slower than the winners. The Moncton team from the Atlantic region came third while the western region, represented by the Transcona shops No. 2 team, finished last. The judge of the competition...

She Was Troubled With Chronic Constipation

Once your bowels become constipated you are in for a lot of trouble, as constipation is one of the most prolific sources of disease that the human race is added to, therefore a free motion of the bowels every day should be the aim of everyone who aspires to perfect health. Mrs. O. W. Lawrence, Cloverdale, East, N.B., writes: "I was troubled with chronic constipation, and became so bad I was almost afraid to eat anything. One day I saw your advertisement of Milburn's LAXA-LIVER PILLS. So I got three vials, and after taking them I have never been troubled since with constipation." Put up only by The T. Milburn Co., Limited, Toronto, Ont.



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ALL PRINCE RUPERT PICNICKED YESTERDAY

Population Takes Full Advantage of Beautiful Summery Weather.

Yesterday proved a wonderful day from a weather standpoint, and the people of the city took due advantage of it. From an early hour the Prince Rupert boathouse was besieged with people, both young and old, laden with picnic baskets bent on locating the "best" location for their day's outing. While a great crowd of people attended the G.W.V.A. picnic at Digby, which is the subject of another story, a great number of the young people went over to the Salt Lakes to enjoy a swim in the beautiful water. The summer campers were also out in full force and every camp in the vicinity saw the owners put in an appearance at an early hour, many of them not returning to town until this morning. Yes, the weather man "did his stuff" in royal fashion yesterday and every man, woman and child was full of appreciation.

ENTRANCE CLASS AND FOOTBALL TEAM HAD PICNIC ON SATURDAY

Borden Street entrance class and football team had a most enjoyable picnic at Digby Island on Saturday. Through the kindness of D. C. Stuart, C. G. Minns and H. T. Cross, the pupils were delivered at their destination at 11 a.m. The day was spent in games, swimming, boating, finding of many wonderful strange shells and flowers, and even the thrilling experience of "hearing" wild animals which later proved to be a couple of exceedingly quiet goats that insisted on raiding the food supply. In the course of the day Miss Mills' "First Aid" was called into use a few times. All voted the day the "Best-Ever"—far more interesting than school—and, with rousing cheers for Miss Mills, the party dispersed for home at 9.30 p.m. — a tired but happy lot.

THE MAN IN THE MOON

TO prevent that melting feeling carry a piece of ice in the pocket. A GAS station at the Yacht Club float on a bright Sunday morning would doubtless do a land office business. I WONDER what the laundries do with all those buttons from the shirt froths? IF worry makes a man bald how about the billiard ball? JOE Ratchford said that it was so hot on Saturday he was forced to put ice on the hen's heads to prevent them laying hard boiled eggs.

ALICE ARM

The beauty of the June wedding idea is that a fellow usually has good company while on his annual vacation. NOW that Prince Rupert boasts of a racing stable, with George White as trainer, how about training some of the young men to become jockeys? THESE are the days when a fellow wishes he owned a line of steamships, a distillery and a soda water factory so that he could entertain his friends on a world tour. THE beauty of the gramophone is that if you don't like the sound of the lady's voice on the record you can stop it without being rude. FLANNEL dances may be alright but they sound a bit hot to me. To get rich quick you must invest some scheme which will prove to the other fellow that you are more entitled to his money than he is himself.

SMITHERS

Mrs. A. J. McIntyre, accompanied by her daughter Joan, returned to Smithers on Thursday after having spent the past ten months with friends and relatives in southern cities. Mrs. C. E. Hall of Vancouver arrived in Smithers Thursday evening and will visit a few weeks with her son, D. F. Hall, local manager of Hatt's hardware firm.

Ten Years Ago

June 21, 1916. The Prince Albert had 960 tons of ore from the Rocher du Boule on board this morning for Tacoma. She also had quite a heavy passenger list. Mr. and Mrs. D. J. Williams left for the south this morning. They were accompanied by Mrs. and Miss Roselle, mother and sister of Mrs. Williams. The Princess Ena, which recently made a trip to Vladivostok was in port yesterday afternoon on her way south from Skagway, where she delivered supplies for the White Pass Railway.

Advertisement for D & A Soap. DOMINION COLORED CO. Q. de. Montreal, Canada.

Open Confession

is good for the soul

We need money to pay our wholesale bills

We are sure we have many things in our stock you would like to have but are only putting it off. Buy them now and all we ask is about enough to pay the whole sale price. Our profit goes to you.

THE BIG SALE OPENS MONDAY AT 10 O'CLOCK SHARP

A \$10.00 Cash Prize

To anyone who can show that this is so. You perhaps are familiar with our regular prices on many things so just look things over now and see that the same original price tickets are still on. Then you take your discount from these figures. Some things which are in stock too long will be sold at

- 60c for half-dozen Tumblers. Regularly \$1.00.
\$8.60 for Girls' Gold-filled Wrist Watch, 15 jewels. Regularly \$12.50 to \$15.00, but we are overstocked.
\$1.40 for 7-piece Water Set with cut design on large jug with six Tumblers.
\$22.50 for beautiful 4-piece engraved Tea Set with Sugar, Cream, Tea and Coffee Pot. English Silver plate. Regular \$35.00.
\$34.00 for beautiful perfect Diamond Ring in White Gold, new style setting. Regularly \$50.00.

Beautiful China 7 Piece Berry Set Given Away Free

To the first five customers purchasing \$5.00 or more

John Buiger Ltd. Jewellers Third Avenue

LAND REGISTRY ACT. Sections 182 and 227.

IN THE MATTER of application No. 1849 for the cancellation of a charge, AND IN THE MATTER of agreement or option to purchase, dated the 15th December, 1912, and registered the 6th January, 1913—an application received the 3rd January, 1925, as No. 719D, between GEORGE T. KANE, of the First Part, and GORDON C. EMMERSON of the second part, covering the following property: Lots seven (7), eight (8), nine (9), ten (10), eleven (11), twelve (12), thirteen (13), fourteen (14), fifteen (15), and sixteen (16), Block one (1); and Lots nine (9), ten (10), eleven (11), and fourteen (14), Block seventeen (17), of District Lot number six hundred and forty-one (641), Range five (5), Coast District, Map 841.

WATER NOTICE.

Diversion and Use. TAKE NOTICE that British Columbia Fishing & Packing Co. Ltd., whose address is Vancouver, B.C., will apply for a license to take and use 2 cubic feet per second of water out of an unnamed stream which flows northwesterly and drains into South Bay, Skegway Inlet, about four miles northeasterly from mouth of Deena River. The water will be diverted from the stream at a point about 30 chains southeast of northwest corner of Lot 917, Moresby Island, and will be used for domestic and cannerly purposes upon the lands stated as lease and being the foreshore in front of Lot 144, Queen Charlotte Islands. This notice was posted on the ground on the 30th day of April, 1926. A copy of this notice and an application pursuant thereto and to the "Water Act" will be filed in the office of the Water Recorder at Prince Rupert, B.C. Objections to the application may be filed with the said Water Recorder, or with the Comptroller of Water Rights, Parliament Buildings, Victoria, B.C., within thirty days after the first appearance of this notice in a local newspaper. The date of the first publication of this notice is June 3, 1926. BRITISH COLUMBIA FISHING & PACKING CO. LTD., Applicant. By H. Sherwood, Agent.

LAND ACT.

Cassiar Land District, Land Recording District of Prince Rupert, and situated on Atlin Lake about 35 miles southwest of Atlin Township. TAKE NOTICE that Edwin Jules Eggert, of Atlin, in the Province of British Columbia, occupation operating tourist launch, intends to apply for permission to purchase the following described lands:— Commencing at a post planted at the south shore of Atlin Lake, 2 1/2 miles southwest from the mouth of Allitto River and running thence 20 chains west; thence south 20 chains; thence east 20 chains; and thence north to point of commencement, containing 40 acres, more or less.

Notice of Intention to Apply to Lease Land

In Land Recording District of Prince Rupert, and situated at head of Skait Inlet, Moresby Island, Queen Charlotte Group. TAKE NOTICE that The Canadian Fishing Company, Limited, of Vancouver, occupation Salmon Cannery, intends to apply for a lease of the following described lands:— Commencing at a post planted at head of Skait Inlet, 15 chains north of unnamed Creek; thence west 20 chains; thence south 20 chains; thence east 20 chains, more or less, to shore line; thence north following shore line to P.O.C. and containing 40 acres, more or less.

"GOVERNMENT LIQUOR ACT."

Notice of Application for Beer License. Notice is hereby given that, on the 28th day of June next, the undersigned intends to apply to the Liquor Control Board for a license in respect of premises being part of the building known as Ocean Falls Hotel, situated on Front Street, Town of Ocean Falls, upon the lands described as Lot No. 31, Range 3, Coast District, Map No. B. M. 19, Land Registration District, in the Province of British Columbia, for the sale of beer by the glass, or by the open bottle for consumption on the premises.

LAND ACT.

In Prince Rupert Land Recording District of Coast Range 3, and situated on South Rachel Island. TAKE NOTICE that Alfred Swanson, of Prince Rupert, occupation Mariner, intends to apply for a lease of the following described lands:— Commencing at a post planted at the north end of South Rachel Island; thence around the island at high water mark, and containing 80 acres, more or less.

Dated April 27, 1926. R. J. KENNEDY, Applicant.