



The Foundation of Charm is **HEALTH**



A little ABBEY'S in a glass of water each day helps nature keep you well. ABBEY'S makes a drink alive with laughing bubbles. You'll like its cool, clean taste and its gently corrective action.

**ABBEY'S**  
"The Morning Health Salt"

Don't Guess what the weather will be tomorrow Put it up to the **BAROMETER**



Plan your outings and run your boat by the barometer. Whether rain or wind the barometer, whose readings are the basis of all weather forecasts, will warn you. So don't guess, consult the barometer and consult us. Prices from \$12.00 up. Made in England by Short & Mason—best in the world.

*McRae Bros. Ltd*

DEMAND "Rupert Brand" **Kippers** "THE DAINTIEST BREAKFAST FOOD." Smoked Daily by **Canadian Fish & Cold Storage Co., Ltd.** Prince Rupert, B.C.

Bus and Taxi Meets all Trains and Boats. **ROYAL HOTEL** J. ZARELLI, Proprietor. Phone 34 P.O. Box 196. Simmon's Steel Beds, Springs, and Ostermoor Mattresses in every room. 52 Rooms, Hot and Cold Water, Baths and Showers, Steam Heated, Electric Light. Corner of Third Ave and Sixth St. **PRINCE RUPERT, B.C.**

**Loggers! Loggers!** We have the only complete stock of **Gilchrist Jacks** of parts in the North. We handle Logging Cable, Axes, Axes, Saws, and general Camp Equipment. It will pay you to see us when outfitting. **Stork's Hardware Limited** 710 Second Avenue

**OPTOMETRIST HAS TO STAY TILL WEDNESDAY**

Time extended! Owing to having so much work on hand and so many new patients coming in to get perfectly fitted glasses for their eyes, J. R. Higginbotham, O.D., specialist in ocular refraction, registered under British Columbia Law of Optometry, of 975 Robson Street, Vancouver, B.C., has decided to remain at the St. Elmo Hotel, Second Avenue, half block west of Post Office, Prince Rupert, until Wednesday, May 26.

Complicated cases a specialty. Glasses fitted by him will not only strengthen and improve the eye, but will last for many years without change. People with defective eyesight needing high-class optical work, should not fail to consult him. In order to advertise his superior work in fitting very fine glasses, he will make the following special rates for this trip only—\$5.00 glasses \$2.50; \$10 glasses, \$5.00; \$15 glasses \$10; special rate for special ground glasses. Examination free. Phone Green 510.—Advt.

**PAVEMENT.**

Take notice that Seventh Ave from Fulton Street to Dunsuir Street will be closed from May 26 until June 30. Household-ers wishing to get in supplies are requested to do so before grading starts. 123 City Engineer.

**CITY OF PRINCE RUPERT.**

Take notice that anyone found riding bicycles on sidewalks or cinderpaths will be prosecuted. 125 City Engineer.

**HOTEL ARRIVALS.**

**Prince Rupert**  
Th. Esanson and C. J. Clark Vancouver; B. G. Johnston, Inverness; W. H. Lowden, Toronto Mrs. F. Harrison, Smithers; Mrs. Ira Reid, Georgetown.

**Central**  
F. A. Russell, city; L. Garfi W. F. Taylor, F. Malhew and W. Jordan, C.N.R.


**NOTICE TO MARINERS.**

The Department of Marine advises Mariners that the gas and whistling buoy marking Vancouver Rock, Millbank Sound, B.C. has broken adrift and will be replaced as soon as possible.

J. J. Fraser, father of H. C. Fraser, school inspector, left on a round trip to St. Johns, New Brunswick, on this morning's train.

**She Couldn't Sleep Heart Was So Bad**

Mrs. J. D. McClintock, Charlotte-town, P.E.I., writes: "About a year ago I was greatly troubled with my heart. I could not sleep at night, and was so nervous I imagined that I could see everything in the room moving, and would have to turn on the lights before I could get to sleep. After having read of your



I took several boxes of them, and now get a full night's sleep without any trouble, and feel fine in every way."

H. & N. Pills have been on the market for the past 32 years; all dealers sell them; put up only by The T. Milburn Co., Limited, Toronto, Ont.

**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**

**Local and Personal**

Phone 15. P.R. Coal Co. Arthur's Taxi. Phone 678. B.C. Undertakers. Phone 41 Crystal Firelighters, 48 for \$1.00. Hyde Transfer. Phone 580.

Knights of Pythias whist drive and dance May 21. Proceeds for Boys' Band.

Arthur's orchestra every night this week at the Commodore Cabaret from 9 to 1.30. 129

Mrs. Charles Kirk arrived from Vancouver yesterday and is a guest of Mr. and Mrs. Green, Federal block.

The Junior Choir of the First United Church will meet at the home of Mrs. Max Heilbroner tonight at 8 o'clock for practice.

Miss Pringle, R.N., arrived in the city this morning on the Prince Rupert and left on the eastbound train for Burns Lake.

St. Andrew's Society will hold a Scottish Dance on the evening of Thursday, May 27, in L.O.D.F. Hall, Fifth Avenue East. Admission 75c.

Dr. and Mrs. H. E. Tremayne, and daughters Audrey and Frances, sailed on the Princess Mary yesterday afternoon on a round trip to Skagway.

Rev. W. Deans of Ocean Falls was a passenger coming north on the Prince Rupert this trip after having attended the United Church conference in Vancouver

Hear Canada's greatest tenor and talented concert party Westholme Theatre, Monday, Tuesday and Wednesday at 8.15 p.m. An enjoyable evening assured.

Mrs. N. M. McLean is leaving Sunday night by way of Vancouver en route to her old home in County Longford, Ireland. She will also visit relatives in England and expects to return in September by way of New York.

A party consisting of R. Howc, Mr. and Mrs. Pete McCormick, Mr. and Mrs. Bert Long, Miss Laura Frizzell, Geo. Pearson, Mrs. Tupper, Miss Hilchey, and Louis Amadio will leave on tonight's special train for Mile 24 on a two days camping and fishing trip.

J. D. McMullin, who has recently completed fifty years of service in the service of the G.T.P. and Canadian National Railways as superintendent at Belleville, Ont., will arrive on to-morrow's train and leave for Vancouver on the night boat. Mr. McMullin is holidaying in Pacific coast cities.

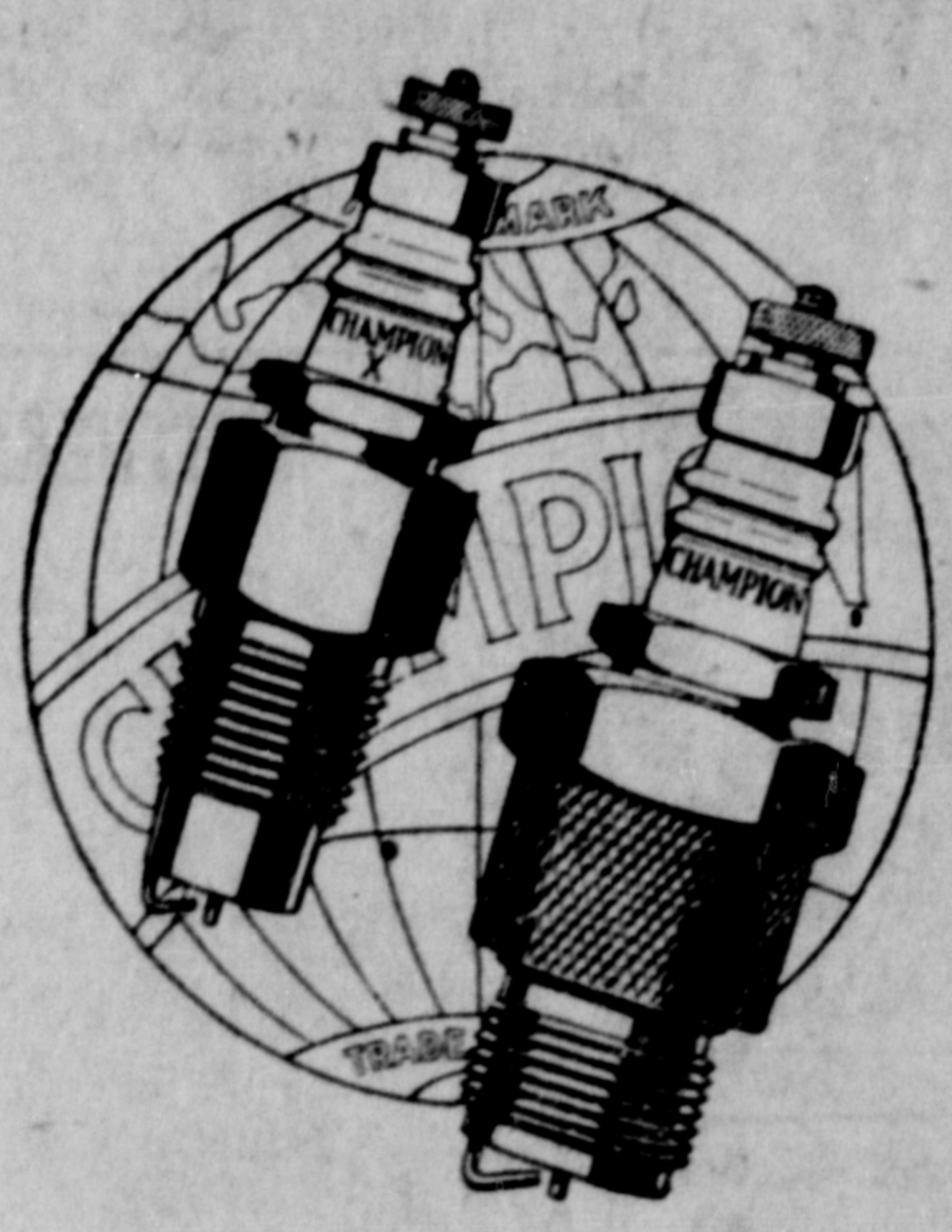
Mrs. E. Lang, who was heretofore with the Juvenile Bostonians, passed through the city yesterday with the Six Joy Maids, who are making a tour of the coast. They will play all the way up to Skagway and possibly at Dawson and will again visit Prince Rupert on the return journey. The Six Joy Maids make an exceptionally good combination, putting on one of the best shows Mrs. Lang has ever travelled with.

C.P.R. steamer Princess Mary, Capt. T. Cliff, arrived in port from the south at 3:45 yesterday afternoon and sailed again at 5 o'clock for Skagway and Alaskan points. The cabin space was well occupied with people going north in connection with the opening up of the various industries during the summer months. Passengers sailing from Prince Rupert for Skagway included Dr. and Mrs. H. E. Tremayne and daughters Audrey and Frances.

C.N.R. steamer Prince Rupert, Capt. D. Donald, arrived in port from Vancouver and wayports at 10:30 o'clock this morning on her first week-end run to Stewart. Passengers arriving in the city included Mrs. Albert Bureau and baby; Glen McMillan, F. W. Boon, Mr. and Mrs. L. A. Gros, Dan Heppell, Miss Pringle (Burns Lake), Mrs. T. Ross Mackay, Rev. Victor Sansum, Mr. and Mrs. Hudson; for Stewart; Harry Zeffert, Mrs. W. Reid, Lionel Beunell.

Install **CHAMPIONS!** Now

Champion X—Set of four exclusively for Fords—packed in the Red Box 80 cents each. \$3.20



Champion—Set of four for cars other than Fords—packed in the Blue Box 90 cents each. \$3.60

If you have used your spark plugs more than 10,000 miles, install a full set of dependable Champions now.

Dependable Champion Spark Plugs render better service for a longer time. But even Champions should be replaced after 10,000 mile's service. Power, speed and acceleration will be restored and their cost saved many times over in less gas and oil used.

Champion Spark Plug Company of Canada, Limited Windsor, Ontario

Your own dealer who is one of the 10,000 Canadian dealers selling Champions, will be glad to serve you.

**CHAMPION** Dependable for Every Engine A Canadian-made Product

Miss Agnes Donaldson left today for the Ecstall River to spend the holiday week end with her parents, Mr. and Mrs. J. A. Brown.

Mrs. Albert Bureau and baby, after a prolonged visit in Vancouver and Fernie, B.C., returned to the city on the Prince Rupert this morning.

Rev. Victor Sansum, who attended the conference of the United Church in Vancouver, arrived in the city on the Prince Rupert this morning.

Mrs. T. Ross Mackay returned to the city on the Prince Rupert this morning after having attended the United Church conference in Vancouver.

Harry Zeffert, well known clothing man of Stewart, who has recently returned from a trip to England, was a passenger on the Prince Rupert this morning. Mr. Zeffert was recently married and will be returning south from Stewart in a few days to join his wife, who is at present in Vancouver.

Mrs. Alex Cannon and daughter, Yvonne, left on this morning's train for Francois Lake where they will spend several months holidaying, visiting a day or so at Hazelton enroute. Their flat in the Brookshank Block has been taken for the summer by Mr. and Mrs. John Farrell, recently arrived from Victoria.

Victoria Day Celebration on Aeropolis Hill on Monday will commence at 1 o'clock with Boys' Foot and Bicycle races. At 3 o'clock, the opening game of League Baseball between Gyros and Sons of Canada, Boys' Band in attendance under-Bandmaster Wilson. Crowning of May Queen and Maypole Dance at 8.30 in Exhibition Hall followed by Big Jitney Dance.

**Timely Suggestions**

**WAMPOLE'S GRAPE SALTS** . . . . . 50c  
A refreshing and healthful drink.

**HIND'S HONEY AND ALMOND CREAM** . . . . . 50c  
For the hands and face and for use after shaving

**OVALTINE**—Nature's Tonic Food . . . . . 90c and \$1.50  
Builds Brain, Nerve and Body. Overcomes fatigue, ensures sound sleep and supplies a reserve of strength.


**MERITAS TOOTHBRUSHES**—Special . . . . . 25c  
Each brush in a carton.

Twenty per cent off all French Ivory Goods

**ORMES LTD.**  
Rexal Druggists  
Phones 82 and 200

Pinauds Lilas de France \$1.00  
Pinauds Eau de Quinine 1g. \$1.35


**Steamship and Train Service**



S.S. PRINCE GEORGE and PRINCE RUPERT will leave PRINCE RUPERT for VANCOUVER, VICTORIA, SEATTLE and intermediate points, THURSDAYS and SUNDAYS at 11 p.m. Also S.S. PRINCE CHARLES, WEDNESDAY, MAY 26, and JUNE 9 at 4 p.m. For ANVOX—WEDNESDAYS, 10 p.m. For STEWART—SATURDAY, 10 p.m. S.S. PRINCE CHARLES fortnightly for VANCOUVER via QUEEN CHARLOTTE ISLANDS. PASSENGER TRAINS LEAVE PRINCE RUPERT daily except Sunday at 11:30 a.m. for PRINCE GEORGE, EDMONTON, WINNIPEG, all points Eastern Canada, United States. Agency all Ocean Steamship Lines. Use Canadian National Express for Money Orders, Foreign Cheques, etc., also for next shipment. City Ticket Office, 528 Third Ave., Prince Rupert. Phone 260.

**UNION STEAMSHIPS LIMITED**  
Sailings from Prince Rupert.  
For VANCOUVER, VICTORIA, Swanson Bay, and Alert Bay, Tuesday, 5 P.M.  
For VANCOUVER, VICTORIA, Alert Bay, and Swanson Bay, Saturday, 10 A.M.  
For PORT SIMPSON and Naas River Canneries, Thursday p.m.  
For PORT SIMPSON, ANVOX, ALICE ARM, STEWART, Sunday, 5 p.m.  
123 2nd Avenue. J. Sweeney, Agent. Prince Rupert, B.C.

**Boilers Boilers**



Solid Copper Boilers . . . . . \$4.00  
Copper Bottomed Tin Boilers . . . . . \$2.50

**Thompson Hardware Co., Ltd.**

**SIMONDS**  
MACHINE KNIVES  
SAWS