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 addicted 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.

BULKLEY Market

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Has been taken over from George Kerr by

J. Preece

late with Sealy and Doodson

Fresh Meats

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SUMMER SUGGESTIONS FOR

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Dry Jack Pine, Cedar, Birch and Spruce

Per load $6.50
Per half load 3.50
Per sack ..... .50

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WE BUY BOTTLES.

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Day Phones — 423, 539, Green 238, Black 735.
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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.

Next G.W.V.A. Third Ave

Edmonton and Prince Rupert Closely Bound Together by Mutual Interests in Business

By H. F. PULLEN

Edmonton and Prince Rupert will be closely associated in the grain trade in the near future. The capital of Alberta bears all the evidences of present prosperity and future greatness. It is a growing city and being the centre of a rapidly developing rich grain growing country, and the trade centre for the immense northern country as well as the export and import distribution point for the west, it is bound to become a very great city, one among the great cities of the continent.

And this is the city that is bound up with the future of Prince Rupert. Mayor Blatchford, with whom I talked when I visited it the other day, declared that the prosperity of Edmonton was closely associated with the ports on the Pacific Coast. Personally, he did not speak of either Prince Rupert or Vancouver. His aim was to help get business going west as the western route spelt greater prosperity for the farmers and prosprity for the farmers meant prosperity for Edmonton. He believed that the interests of Vancouver and Prince Rupert were one and both can help in the development of the western prairies.

Mayor Blatchford strongly urged the building of highways to both Vancouver and Prince Rupert by way of Prince George. He said that closer communication both by road and rail would benefit both the coast and the interior. He hoped the British Columbia government would realize this and do their part in carrying out the big projects.

Increase in Business

According to John Blue, secretary of the Edmonton Board of Trade, the grain business of the city has increased by leaps and bounds. Only three years ago the amount of grain inspected in the city was 6,500 bushels, the following year it was 16,000 bushels and the crop year just ended saw 22,410 bushels inspected. This was largely the result of the building of the elevator in the city and Mr. Blue thinks Prince Rupert business will grow correspondingly with the operation of the elevator at the port and it will also affect considerably the business of Edmonton.

On the farms within a radius of 60 miles of Edmonton Mr. Blue estimates the crop will average thirty bushels to the acre this year and from forty to forty-five million bushels will be harvested if nothing untoward happens. This is an immense thing for Edmonton and should benefit Pacific ports. This is the nourishment on which Edmonton feeds, the nourishment which is steadily building up a great city on sure foundations.

City to be Admired

It was my first visit to Edmonton and I liked the city well. I drove all over it, admired its fine residences, public buildings and scenic effects. It has a population today of about 68,000, all workers. Edmonton has no room for idlers. It welcomes tourists, but does not vie with Victoria as the home for those who wish to end their days in peace after a strenuous life. However, it has much to offer in the way of amusement its golf links are the envy of all prairie centres.

Manufacturing and other industries are welcomed to Alberta's capital but all the law allows in the way of welcome is to give them a fixed assessment for a term of years on their property. The city has much vacant property, the total area being 27,000 acres. Those who laid out the city must have had a vision of the future and have believed in its progress. Sometimes we think Prince Rupert is too big for its population, but when we next get the idea, just think of Edmonton.

Settling Country

Edmonton Board of Trade is spending much money this year in inducing farm settlers to take up land in the district. Beautiful booklets have been printed, setting forth the attractions of the neighborhood and picturing its advantages. They believe that to have a good town you must have a good country around it, something which we sometimes forget. It is the district "where opportunity beckons" and this is set forth on the cover of the booklets.

The people of Edmonton are strong for their city. Mayor Blatchford leads the way. He said to me: "This year we shall have the greatest crop in history and all of it should find its way to the Pacific Coast ports. That is the natural outlet. Think what such a crop means to the city and what an advantage it is to us to have it marketed in the most advantageous manner possible. Our hope lies on the Pacific. John Oliver has fought a good fight for British Columbia on the freight rates question, but I am ashamed of the manner in which the Alberta government has lagged behind in this matter. Edmonton has done its part and so has Saskatoon, but the government of this province has only just awakened to the situation."

Everybody Pleased

Others of the people were equally enthusiastic. Bank managers and newspapermen and others are all pleased with the prospect. I called on F. W. Doherty, manager of the Royal Bank and formerly of this city. I met the editors of the newspapers, the natural resources commissioner, R. C. W. Lett, and a number of others and they all saw visions of future growth and prosperity and were pleased with existing conditions.

I was reminded of a few members of the old brigade in Prince Rupert when I called on Jno. McNeill, head of a big taxi and transfer business. I asked him what there was to see in Edmonton and he assured me there was nothing. They had nothing to show. Yet I rode for two hours in one of his nice sedan cars and saw new and interesting things all the time, thanks to a good and interesting driver. Possibly Mr. McNeill has never seen his own city.

Prince Rupert can well afford to co-operate with Edmonton in every possible way. Their destinies are bound up one with the other and once the proper freight rates are established we shall undoubtedly do an important import and export trade with that city.

MINERAL ACT.

Notice of Application for Certificate of Improvements.

Mineral Hill Group, consisting of Mineral Hill No. 1, Mineral Hill No. 2, Mineral Hill No. 3, and Summit Mineral Claims, situate in the Skeena Mining Division of No. 1 District on the south-eastern end of Iron Mountain, Kitimat Valley. Lawful holders, W. J. Goodwin, Free Miner's Certificate No. 92011C, Charles E. Moore, Free Miner's Certificate No. 3197C.

TAKE NOTICE that I, Charles E. Moore, Free Miner's Certificate No. 3197C, agent for the owners, intend at the end of sixty days from the date hereof, to apply to the Mining Recorder for a Certificate of Improvements for the purpose of obtaining a Crown Grant of the above claims.

And further take notice that action under Section 85 of the Mineral Act must be commenced before the issuance of such Certificate of Improvements.

Dated this 17th day of April, 1926.

LAND ACT.

Notice of Intention to Apply to Lease Land

In Land Recording District of Prince Rupert, and situate on Moresby Island, Queen Charlotte Group, on unnamed Inlet, three miles south of De La Beche Inlet.

TAKE NOTICE that The Canadian Fishing Company, Limited, of Vancouver, occupation Salmon Canners, intends to apply for a lease of the following described lands:—

Commencing at a post planted at head of Inlet about ½ mile north of unnamed Creek; thence west 20 chains; thence south 20 chains; thence east 20 chains, more or less, to shore line; thence northerly following shore line to P.O.C., and containing 40 acres, more or less.

THE CANADIAN FISHING COMPANY, LIMITED, Applicant.
Per William Alfred Bower.

Dated 9th April, 1926.

NOTICE.

IN THE MATTER of an application for the issue of a Provisional Certificate of Title for the East half of Lot two (2), Block fifty-two (52), subdivision of Lot seven hundred and forty-six (746), Queen Charlotte District, in the Province of British Columbia (Map 1079).

Satisfactory proof of the loss of the Certificate of Title covering the above land having been produced to me, it is my intention to issue after the expiration of one month from the first publication hereof, a Provisional Certificate of Title to the above land in the name of His Majesty The King in the Right of The Imperial Munitions Board. The original Certificate of Title is dated the 26th February, 1919, and is numbered 10682-I.

Land Registry Office, Prince Rupert, B.C., 1st June, 1926.

H. F. MacLEOD,
Registrar of Titles.

MINERAL ACT.

CERTIFICATE OF IMPROVEMENTS

Big Canyon Mineral Claim, situate in the Atlin Mining Division of Cassiar District. Where located: Near Crater Creek and adjoining and northeast of the Big Canyon Extension Mineral Claim (Lot 1170).

TAKE NOTICE that I, John Molloy, Free Miner's Certificate No. 70738, intend, sixty days from the date hereof, to apply to the Mining Recorder for a Certificate of Improvements, for the purpose of obtaining a Crown Grant of the above claim.

And further take notice that action, under section 37, must be commenced before the issue of such Certificate of Improvements.

Dated this 1st day of June, A.D. 1926.

H. McN. FRASER,
Agent.

"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, situate on Front Street, Town of Ocean Falls, upon the lands described as Lot No. 31, Range 3, Coast District, Map NG, R.M. 12, 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.

Dated this 7th day of June, 1926.

PACIFIC MILLS LIMITED.
Per C. L. Barker, Treasurer.

"DEMERS"

We are not **SELLING OUT** But we are now **OUTSELLING**

our complete stock of

Summer Dresses
Silk Dresses
Coats, Suits, etc.

HURRY! HURRY!

if you want the super bargains

A. W. MacArthur - - - - - - in full charge

THE MAN IN THE MOON says:

THERE'S one great thing in favor of colored pop and that is one cannot see what's at the bottom.

I WONDER if the Ketchikan baseball team taught Maggie how to wield a rolling pin.

IT'S nice to think a few of the home boys will get a lesson or two in the game at Ketchikan.

THE number of tummy aches suffered by the kiddies on Dominion Day testified to the fact that they enjoyed themselves.

I WOULD suggest that the fair board get in touch with the Native Sons and find out how they got the good weather for their celebration.

ALL single men should be forced to serve as baseball umpires before getting married. They'd then understand what keeping their temper meant.

WHEN in doubt ask the provincial police.

MOST women evidently believe the paint slogan "Save the surface and you save all."

IF catering does it, the Maple Leaf basketball team should have no trouble in finding husbands a little later on.

DID you ever hear the story of the man who was so slow that he got knocked down and run over by a funeral?

FOR inconsistency it would be hard to beat the Progressives at Ottawa.

One of the things we never hear about is the invention of a tool for tightening up loose tongues.

IF dancing is such a health giver, why doesn't sister show a little more pep around the kitchen the morning after?

IT would look as though the election is going to be hotter than the summer weather.

IF a man's got enough pep to do the daily dozen these mornings, then he doesn't need to do 'em.

WHEN the party invitation comes along the woman wonders what she'll wear and the man wonders how he can get out of going.

THERE'S only one thing worse than an old needle on a gramophone record and that's an old needle on the seat of a chair.

A BARBER in the States has refused to bob women's hair. He must have a jealous wife.

A HIKER has recently travelled on foot from New York to Pittsburg only drinking water. But who in thunder wants to be a cross country hiker?

THE man who sold his car because the doctor told him to get rid of his worries did a wise thing.

LITTLE Bo-Peep, she lost her shiek,
And didn't know where to find him;
So she wrote him a note,
Which got the shiek's goat,
Now he's left Bo-Peep behind him.

JACK and Jill went down the hill,
To get a bottle of Crow;
But on the way back
Their pride got a crack,
They fell into the arms of a Pro.

IN the old country they have an automatic machine at the railway depots for making change. A machine like that would be popular at the local depot.

IF we, as citizens, are half as nice as some visitors tell us we are then we should be wearing municipal medals.

A WOMAN scorned is not half as bad as a woman corned.

WHY not put Jake up as the Conservative standard bearer in the forthcoming election?

WITH the fair and elections in September we should have a busy fall.

A WINE in time feels fine.

TOASTS at a banquet would be alright if the coffee at the bottom of the cup would only keep hot.

IF the modern girl should scramble over a barbed wire fence she'd have nothing on Eve.

Col. C. W. Peck, V.C., formerly of this city and now member of the legislature for the Islands, was a speaker at the Victoria Conservative picnic at Brentwood on Dominion Day.

People are Finding Out Our Sale is Real

Competitors even, kick at our low prices. It is true some of the very low priced articles have been in stock for some time, but they are just as good to the person who has use for them. Other things we are selling cheap to clear, because we have too many. Many people are buying now because things are cheap.

BUT YOU WILL HAVE TO HURRY

We can't do this all the time. There are still some more of the white handled Sheffield Knives with stainless blades at $3.40 for the half dozen and a few more Gillette Razors at 30c. Also some ladies' real leather bags, values from $4.50 to $7.50 for $2.95.

However, it does not matter what you want, we will save you money—some things half off, others one third off.

John Bulger, Ltd.

Jewellers

Canadian Pacific Railway

B. C. Coast Services

Sailings from Prince Rupert

To Ketchikan, Wrangell, Juneau and Skagway—July 5, 9, 12, 16, 19, 23, 26, 30.
To Vancouver, Victoria and Seattle—July 7, 10, 14, 17, 21, 24, 28, 31.

PRINCESS BEATRICE.
Campbell River, and Vancouver every Saturday 11 a.m.
For Butedale, East Bella Bella, Ocean Falls, Namu, Alert Bay.

Agency for all Steamship Lines. Full information from—
W. C. ORCHARD General Agent.
Corner of 4th Street and 3rd Avenue, Prince Rupert, B.C.

LAND ACT.

Notice of Intention to Apply to Lease Land

In Prince Rupert Land Recording District of Prince Rupert, and situate in the vicinity of Rose Spit, Graham Island, Queen Charlotte District.

TAKE NOTICE that Langara Fishing & Packing Company, Limited, of Victoria, B.C., occupation, canners, intends to apply for a lease of the following described lands:—

Commencing at a post planted at the northeast corner of Lot No. 449; thence to low water mark; thence in a northeasterly direction two miles; thence southeasterly two chains; thence southwesterly two miles to point of commencement, and containing 32 acres, more or less.

LANGARA FISHING & PACKING CO. LTD.
Per E. H. Simpson, Agent.
Applicant.

Dated June 4, 1926.

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

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