Quaker Oats and Milk!

—the breakfast that "stands by" you through the morning

"Hot Oats and Milk" is the breakfast recommended by health authorities today.

An ill-chosen meal at the beginning of the day is a mistake. Breakfast is all important. To be right and to feel right you must start the morning with well-balanced, complete food.

Oats is the best balanced of all cereals. It is rich in *protein*, the great tissue builder, in carbohydrates, the energy producer, and in the essential mineral salts. Few foods have its remarkable balance. That is why Quaker Oats and milk are so widely urged to-day. It is a breakfast that "stands by" you through the morning.

You will know the genuine Quaker Oats by the Quaker figure on every package. No other oats have the delicious flavour, brought out by Quaker milling.

Quaker Oats
—you have always known
Quick Quaker
—cooks in 3 to 5 minutes

Page and Shaw's
CHOCOLATES
The Candy of Excellence

A NEW SHIPMENT JUST ARRIVED

Assorted Chocolates, 1 lb. boxes	$1.00
Assorted Chocolates, 2 lb. boxes	$2.00
Hard Centre Chocolates, 1 lb. boxes	$1.00
Hard Centre Chocolates, 2 lb. boxes	$2.00
Assorted Nut Chocolates, 1 lb. boxes	$1.25

We also have GANONG'S, NEILSON'S and MOIR'S Chocolates in bulk and in 1 lb. and 2 lb. boxes.

Ormes Ltd.

The PIONEER DRUGGISTS -:- The REXALL STORE

PHONES 82 and 200

CANADIAN NATIONAL RAILWAYS

Steamship and Train Service

Sailings from **PRINCE RUPERT** for **VANCOUVER, VICTORIA, SEATTLE,** each **THURSDAY and SUNDAY, 11.00 p.m.**
for **ANYOX—WEDNESDAY** ..... 10.00 p.m.
For **STEWART—SATURDAY** ..... 10.00 p.m.
S.S. PRINCE JOHN for **VANCOUVER via QUEEN CHARLOTTE ISLANDS** fortnightly.

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 your next shipment.

City Ticket Office, 528 Third Ave., Prince Rupert. Phone 260.

CANADIAN PACIFIC RAILWAY

Canadian Pacific Railway
B. C. Coast Services

Sailings from Prince Rupert

To Ketchikan, Wrangell, Juneau and Skagway—Sept. 6, 17, 27; Oct. 8, 18, 29.
To Vancouver, Victoria and Seattle—Sept. 4, 11, 21; Oct. 1, 12, 22.

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.

New Stock

BLUE AND WHITE ENAMELWARE
Made of extra heavy material,
At Popular Prices.

Thompson Hardware Co., Ltd.

PHONE 101. 255 THIRD AVE.

Local and Personal

Arthur's Taxi. Phone 678. tf

B.C. Undertakers. Phone 41.

Moose Whist Drive and Dance, Thursday, September 30. 225

Crystal Firelighters, 48 for $1.00. Hyde Transfer. Phone 580. tf

Municipal Chapter Dance in I.O.D.E. Hall, Friday night, 8 p.m. 50c.

Classes in Dancing and Elocution. Miss L. Fisher. Phone Black 214. 230

Try Foothills Stove Coal, $13.00 per ton. No soot.—Philpott, Evitt & Co., Ltd. tf

Tonight! Whist drive and dance at Moose Hall. Whist starts at 8.30.

L. B. Jamieson of the local Bank of Montreal staff left on this morning's train for Edmonton on a holiday visit.

F. D. Mulholland of the head office of the Forest Branch at Victoria arrived in the city yesterday from the south.

Mr. and Mrs. B. O. Erickson, who are interested in mining at Stewart, sailed last night on the Prince Charles for their home in Seattle.

Local Improvement Taxes are due October 1. Unless paid by that date a 10 per cent. penalty will be imposed. Those interested please note. ti

Inspector William Spiller, provincial police, left on this morning's train for Red Pass Junction on official duties. He may go through to Edmonton.

Just received our Fall shipment of brick lined heaters. Prices $18.50 to $28.50. Exceptionally good value. Gordon's Hardware, Seventh Avenue East. 232

Bush's Grocerteria is opening for business on Friday in premises of Bert West Butcherteria, with a large stock of fruits and groceries.

Will Gibben, a well known Winnipeg newspaperman, is a visitor in the city. He arrived from the East on yesterday afternoon's train and will go south from here to Vancouver.

Blair Fleming, representative of Kelly-Douglas Ltd., Vancouver, wholesale firm, arrived from the south yesterday and will spend a few days here before proceeding to the interior.

F. S. Walton arrived in the city last evening from Smithers to assume his duties as C.N.R. roadmaster here succeeding R. A. Harlow, who has been transferred to Prince George.

Report was made to the police this morning that the Casey mail delivery car had backed into Ralph Lepine's coupe on the Cow Bay road. The delivery car sustained some damage.

The Norwegian Choir will hold its business meeting on Tuesday, October 5 at 8 p.m. in the Metropole Hall. All Norwegian singers are invited to be present to assist in planning the season's work.

Miss Helen Randal, R.N., registrar of the Graduate Nurses' Association of British Columbia, who has been paying her official visit to nurses' training schools in the district this week, returns to Vancouver on the Prince George tonight.

Advertise in The Daily News

ANNOUNCEMENTS.

St. Andrew's Society Ladies Auxiliary Bazaar, October 8.

Royal Purple Sale of plain and fancy sewing and home cooking, October 16.

Hallowe'en Dance, auspices Women's Hospital Auxiliary, Friday, October 29.

Hill 60 I.O.D.E. Bazaar, October 30.

Presbyterian LIadies' Aid Bazaar, November 10.

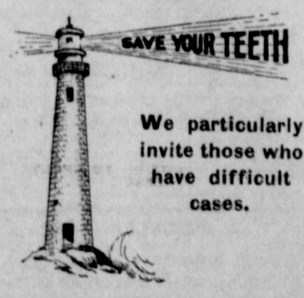
Moose Bazaar November 16 and 17.

Anglican Church Bazaar, November 23.

Baptist Ladies' Aid Bazaar, November 25.

United Church Bazaar, December 2

Established 1923
CONSULTATIONS FREE



We particularly invite those who have difficult cases.

DR. F. P. KENNY
DENTIST
Exchange Block Phone 109

GOODERHAM & WORTS G&W TORONTO

Perfection in our Whisky is Due to 94 Years Experience

GOODERHAM-WORTS
Special CANADIAN RYE WHISKY
9 YEARS OLD!

This advertisement is not published or displayed by the Liquor Control Board or by the Government of British Columbia.

NEW GOVERNOR DUE SATURDAY

VISCOUNT WILLINGDON TO LOSE NO TIME IN SEEING CANADA

WINNIPEG, Sept. 30.—Viscount Willingdon, the new governor general and his consort, who are due to arrive in Quebec next Saturday, will lose no time in seeing Canada.

At the personal request of His Excelleency, according to a dispatch from Montreal, the Canadian National Railways has prepared a special schedule from Quebec to Ottawa for the viceregal suite, the schedule being so arranged that the Governor General will be permitted to see all of the country between Quebec and Ottawa by daylight and also to stop sufficiently long at various points to make short motor trips into the country back from the rails.

After the oath of office has been administered to Viscount Willingdon on Saturday and he has been entertained at the Gubernatorial residence of the Lieut.-Governor of Quebec, he and his staff will board the Canadian National Railway special which is to take them to Ottawa. The train will proceed only a few miles from Quebec and will be parked for the night on a quiet siding. Sunday morning it will continue west in a leisurely manner with frequent stops at country points from which short motor tours into the agricultural and forest districts have been arranged. Sunday night the train will be parked again east or Montreal and will leave on Monday morning in time to arrive in Ottawa at 11 a.m. at which hour his official entry into the capital will take place.

The train will be composed of the cars York and Cornwall, the official cars of the governor general, the cars Atlantic and Bonaventure and a sleeping and baggage car. Viscount and Lady Willingdon will occupy the Bonaventure to which they took a liking during their trip through Canada last year and the interior of this car will be decorated with Canadian emblems.

GAS ON STOMACH MADE MRS. COOK NERVOUS

"For years I had gas on the stomach and was nervous. Adlerika has done more good than anything." (signed) Lela Cook. ONE spoonful Adlerika removes GAS and often brings surprising relief to the stomach. Stops that full, bloated feeling. Don't waste time with pills or tablets but let Adlerika give your bowels a REAL cleansing, bringing out matter you never thought was in your system! Ormes Limited, Druggists.

MOTHER OF BASEBALL MANAGER DIED TODAY

AUSTEN, Texas, Sept. 30.—Mrs. D. M. Hornsby, mother of Rogers Hornsby, manager of the St. Louis Cardinals, died here this afternoon.

SAD FATE.

Many a summer girl, finding herself in a place where men are conspicuous by their absence, can say with Lyttleton:

Where none admire, 'tis useless to excel;
Where none are beaux, 'tis vain to be a belle.'

ADVERTISING

A butcher, walking down the street, read this sign: "Milk from Contented Cows."

He was impressed with the idea and decided to adapt it to his line of business. The following morning this sign apeared in his window: "Sausages from Hogs that Died Happy."—The Progressive Grocer.

J. BENT

Third Avenue

Great Re-organisation Sale

Positively Ends Monday

Ladies!

For three days yet you have an opportunity to buy real up-to-the-minute

Fall Coats, Hats and Dresses

at real bargain prices

DO NOT DELAY! BUY NOW! DO NOT DELAY!

It will pay you to see these fine garments even if you do not buy

J. BENT

WIRELESS REPORT.

Thursday, Sept. 30, 8 a.m.

BULL HARBOR.—Rain, fresh S.E. wind, bar. 29.54; temp. 45; sea rough; 1 p.m. steamer Grey bound from Seattle to Kildonan 95 miles from Kildonan; 8 p.m. S.S. Rmur towing Riversdale, Granby Bay for Tacoma 477 miles from Tacoma; 8 a.m. tug St. Faith abeam Hardy Bay bound for Poyell River.

DIGBY.—Rain, light S.E. wind; bar. 29.70; temp. 50; 11 p.m. Princess Louise left Skagway southbound.

DEAD TREE.—Bar. 30.10; temp. 46.

NOON

BULL HARBOR.—Cloudy; strong S.E. wind; bar. 29.54; temp. 45; sea rough; 10:15 a.m. Cardena in Seymour Narrows southbound.

DIGBY.—Rain, light S.E. wind; bar 29.64; temp. 54; sea smooth; S.S. Lillooet anchored at Casey Bay.

DEAD TREE: Bar. 30.10; temp. 48.

CANADIAN NATIONAL RAILWAYS

Tenders for Soft Wood Ties in British Columbia

SEALED TENDERS addressed to the undersigned and endorsed "Tender for Soft Wood Ties" will be received at the office of the General Tie and Timber Agent, Room 802, Canadian National Express Building, McGill Street, Montreal, until twelve noon, Tuesday, October 19th, 1926, for Railway Ties to be manufactured from douglas fir, jackpine, hemlock and cedar, timber cut between October 1st, 1926, and May 1st, 1927, and delivered between January 1st, 1927, and July 1st, 1927, F.O.B. cars, Canadian National Railways, in accordance with Specification S 3 W 1.2 revised July 15th, 1926, for Soft Wood Ties. Ties of each grade to be loaded separately.

Tender forms can be obtained at the office of the Tie Agent at Winnipeg, Purchasing Agent at Vancouver, or General Tie and Timber Agent, Montreal.

Tenders will not be considered unless made out on form supplied by the Railway Company.

The lowest or any tender not necessarily accepted.

G. P. MacLAREN,
General Tie and Timber Agent.
Montreal, Que.,
September 28th, 1926.

MINERAL ACT

Certificate of Improvements.

Brownie No. 5 Mineral Claim, situate in the Atlin Mining Division of the Cassiar District, on Wann River, adjoining and to the south of Brownie No. 4 M.C.

TAKE NOTICE that I, James B. Kershaw, Free Miner's Certificate No. B9663, 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 85, must be commenced before the issue of such Certificate of Improvements.

DATED this 1st day of September, A.D. 1926.

H. McN. FRASER, Agent.

DEMAND

"Rupert Brand" Kippers

"THE DAINTIEST BREAKFAST FOOD."

Smoked Daily by

Canadian Fish & Cold Storage Co., Ltd.

Prince Rupert, B.C.

SEND IT TO THE -:- LAUNDRY -:-

ALL CLASSES OF LAUNDRY WORK

Including three distinct services for Family Work, viz:
SOFT FINISH, THRIF-T-SERVICE and WET WASH
at most reasonable prices.

DRY CLEANING, PRESSING AND REPAIRING

Pioneer Laundry and Dry Cleaners

Phone 118—and we will do the rest.