

The Secret of Keeping Strong and Virile

RIGHT diet . . . real strength-giving food. This is the secret. To keep strong you must keep well; to keep well you must be well nourished.

Bovril keeps you strong and well by stimulating your circulation and causing your blood stream to nourish you with the power of Beef.



BOVRIL

Creates Energy

See the name on the bottle and refuse substitutes.

Local and Personal

Arthur's Taxi, Phone 678
B.C. Undertakers, Phone 41
Dentist, Dr. J. R. Gasse, Phone 595

Get the Big 4 habit! When thinking of a Taxi, phone 4

Angus McLeod, well known Alice Arm prospector, after having spent a week in town, returned north on the Catala last night.

See Miss Myfanwy Campbell in fancy dances at Queen Mary Chapter Calendar Cabaret in I.O.D.E. Hall on Halloween at 9 p.m. Admission 50c. 255

Hyde Transfer now agents for Alberta Sootless and Pembina Peerless. These coals are under cover, don't buy water, buy coal. \$12 a ton can you beat it?

Charles Taylor, 224 Fourth Avenue East, drew a starter in the Salmon Sweepstake on the Cambridge stakes last night. As a result, he has received a check for \$85.

Mrs. W. H. Montgomery called last night on the Catala for Anyox where she will pay a visit to her son and daughter-in-law, Mr. and Mrs. William Montgomery, jr.

Mr. and Mrs. George H. Munro and son, returned to the city on the Catala yesterday afternoon from Vancouver where they took their son, Allan, for the purpose of receiving treatment at the hands of an eye specialist.

The local halibut boat Ingrid H. Capt. Charles Lundquist, supposed to be the high boat of the Canadian fleet this year, is now tying up for the winter. The vessel sold her final catch of the season at this morning's Exchange.

William Balagno, formerly of Prince Rupert, will give a violin recital in Victoria under the auspices of the Ladies' Musical Club of that city on December 17. Mr. and Mrs. Balagno are now residing at 128 Clarence Street, Victoria.

The city police is making arrangements to ensure that Halloween pranks on the part of the young folks are kept within bounds this evening. Officers will be on call to meet with any emergency. Some organizations are planning special attractions with a view to keeping the youngsters out of mischief.

Police Magistrate Thomas McClymont returned to the city on the Catala yesterday afternoon from Vancouver where he was called on account of the serious illness and subsequent death of his father-in-law, the late John McLennahan. Mrs. McClymont is remaining in Vancouver for a while longer with her mother.

Will Edmunds, formerly of this city, was the author of one of the articles reviewing the musical situation in the city of Vancouver in a special musical supplement of the Vancouver Province last week. In the course of his article, he makes a plea for the revival of the Vancouver Symphony Society. Besides playing in the Capitol Theatre orchestra in the southern city and conducting a students' academy, Mr. Edmunds is the active secretary of the musician's union there, an organization with some 600 members.

Union steamer Catala, Capt. A. E. Dickson, arrived in port at 4 o'clock yesterday afternoon from the south, selling at 8 last night for Anyox. Stewart, the Neas River and other northern ports of call. Passengers arriving on the Catala included Mr. and Mrs. Geo. H. Munro and son, D. Didrick, H. F. Robbins, and T. McClymont of Prince Rupert; E. Orchard, Mr. and Mrs. J. Lind, Charles McMillan, Mrs. Adcock, T. Waddell, Mrs. Lindsay, J. G. Lane and A. Gillis for Anyox; Mrs. E. Fraser, Mr. Bowyer and Dr. Wheeler for Alice Arm.

ANNOUNCEMENTS

Knights of Pythias Whist Drive and dance, October 31.
I.O.D.E. Calendar Cabaret, I.O.D.E. Hall, Halloween.
Presbyterian Church Bazaar, November 3.
Baptist Sale, November 5.
Presbyterian Church Choir Concert, November 9.
Catholic Church Bazaar, November 9 and 10.
Canadian Legion Armistice Day Banquet, November 11, in the Boston Hall.
Pythian Sisters Sale of Work, November 14.
Anglican Bazaar, Tuesday, Nov. 15.
Moose Bazaar, Nov. 16 and 17.

Morris Dahlquist, Terrace timber inspector, sailed last night on the Prince Rupert for Vancouver.

F. S. Walton, C.N.R. roadmaster, returned to the city on Saturday afternoon's train from a trip up the line on official duties.

Alf Smalles of the Swift Canadian Co. returned to the city on Saturday afternoon's train from a week's business trip to the interior.

Under auspices of B.P.O.E., a dance will be held in Moose Hall on November 4 by crew of "Prince Charles." Six piece orchestra. Real fun. 258

G. M. Ross, C.N.R. operator at Kwinits and formerly on the company's local staff, sailed last night on the Prince Rupert for Vancouver on a holiday trip.

W. H. Manuel, travelling auditor for the Canadian National Railways with headquarters in Winnipeg, arrived in the city from the East on Saturday afternoon's train.

F. G. Dawson returned to the city on Saturday afternoon's train from Montreal where he attended a meeting of the board of directors of the Canadian National Railways.

A. R. Holtby, E. and B. superintendent for the Canadian National Railways, returned to the city on Saturday afternoon's train from a trip to the interior on official duties.

Knights of Pythias Whist Drive and Dance tonight, in Boston Hall. Cards at 8:30. Dancing at 11. Ponder's orchestra. Gentlemen 75c, ladies 50c. Refreshments. Everybody welcome.

Mr. and Mrs. George W. Morrow, after spending a couple of days in the city following a trip to Calgary and Edmonton, sailed last night by the Prince Rupert on their return to Vancouver.

No games in Douglas Frizzell's junior tennis tournaments were played at the week-end. If they are not played this week, it is likely they will be postponed until spring when weather becomes more certain.

Fred Ward of the Regent Rooms, charged with supplying liquor to Indians, was remanded in city police court this morning until this afternoon. He pleaded not guilty and adjournment was taken so that witnesses might be called.

About 82 persons were present at the weekly dance Saturday night in the Metropole Hall under Scandinavian auspices. Music was provided by Miss Jean Currie and Sam Wikdal and Old Country dances featured the program which concluded at midnight.

Mr. and Mrs. Misak Aivazoff and two children, who have been spending some time on the Continent, are at present in Paris where Mrs. Aivazoff is studying music. They will leave there shortly and arrive in Vancouver in November.—Vancouver Province.

Dr. and Mrs. F. P. Kenny and son are planning to leave by the Princess Alice on Wednesday afternoon for Seattle where Dr. Kenny, who has sold his local practice to Dr. E. S. Tait, will take a special course preparatory to resuming practice in Vancouver.

Roger Powell, Indian, a frequent offender, was sentenced to thirty days' imprisonment, without option of fine, by Magistrate McClymont in city police court this morning for intoxication. On similar charges, David Powell Parnell and Kenneth Brown, also Indians, were remanded until tomorrow.

Samuel Kinley, who has been Anglican lay reader at Kitwanga in assistance of Rev. T. D. Proctor of Hazelton, arrived in the city from the interior on yesterday afternoon's train and proceeded last night aboard the Prince Rupert to Vancouver where he intends to complete his clerical studies at the Anglican Theological College.

Mrs. C. McArthur, wife of Senator McArthur of Summerside, Prince Edward Island, and daughters, Miss Adele McArthur and Miss Dorothy McArthur, spent the week-end in the city in the course of a tour West. They arrived from the East on Saturday afternoon's train and sailed last night on the Prince Rupert for Vancouver.

There was a good-sized congregation out last evening in the Metropole Hall to hear an address by Julius Sathre of Stavanger who spent the week-end in the city following a tour of Alaska on behalf of the Norwegian-Lutheran Young People's Federation of America for which he is engaged in organization work. Last night Mr. Sathre left for Vancouver.

Union freighter Chilliwack, en route to Stewart with a cargo of coal, arrived in port at 6 o'clock this morning and, after unloading lumber for Albert & McCaffery, whose regular vessel, the Chilcoot, is tied up at Vancouver for the winter, is in command of the Chilliwack this trip in place of Capt. J. D. McPhee who is ashore in Vancouver on holidays. The Chilliwack is due back about Wednesday southbound.

Francis Millerd, head of the Somerville Cannery Co., after spending the week-end in the city, left on this morning's train for Ottawa. He will make representations to the department of fisheries in connection with the proposed reform of salmon fishing regulations. Mrs. Millerd, who came north from Vancouver with her husband, is remaining here for a while as the guest of Mr. and Mrs. M. P. McCaffery, 445 Fourth Avenue West.

The Three-Quarters Bridge



EXERCISE NO. 11
The three-quarters bridge is a real spinal exercise. Start the movement lying on the back and draw the feet up, as indicated in illustration. Move the body forward and backward slowly, letting the neck do some of the supporting.

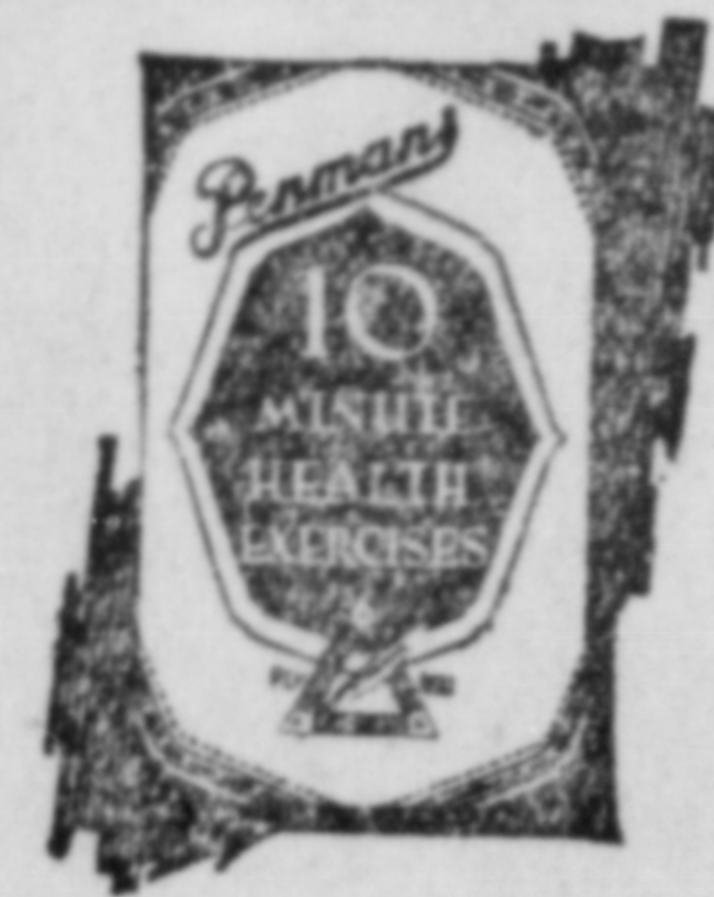
Enjoy the Winter in Penmans 95

MEN and women who wear this famous underwear never dread zero weather. Low temperatures only stimulate them in work and add zest to play. For Penmans 95 is a bulwark of protection.

Feel the soft, downy fabric. Light of weight,—yet with all the wear and comfort qualities of heavy underwear. And 95 washes so well.

For men, women and children. In two-piece and union suits. Number 95 on the label is your assurance of finest quality.

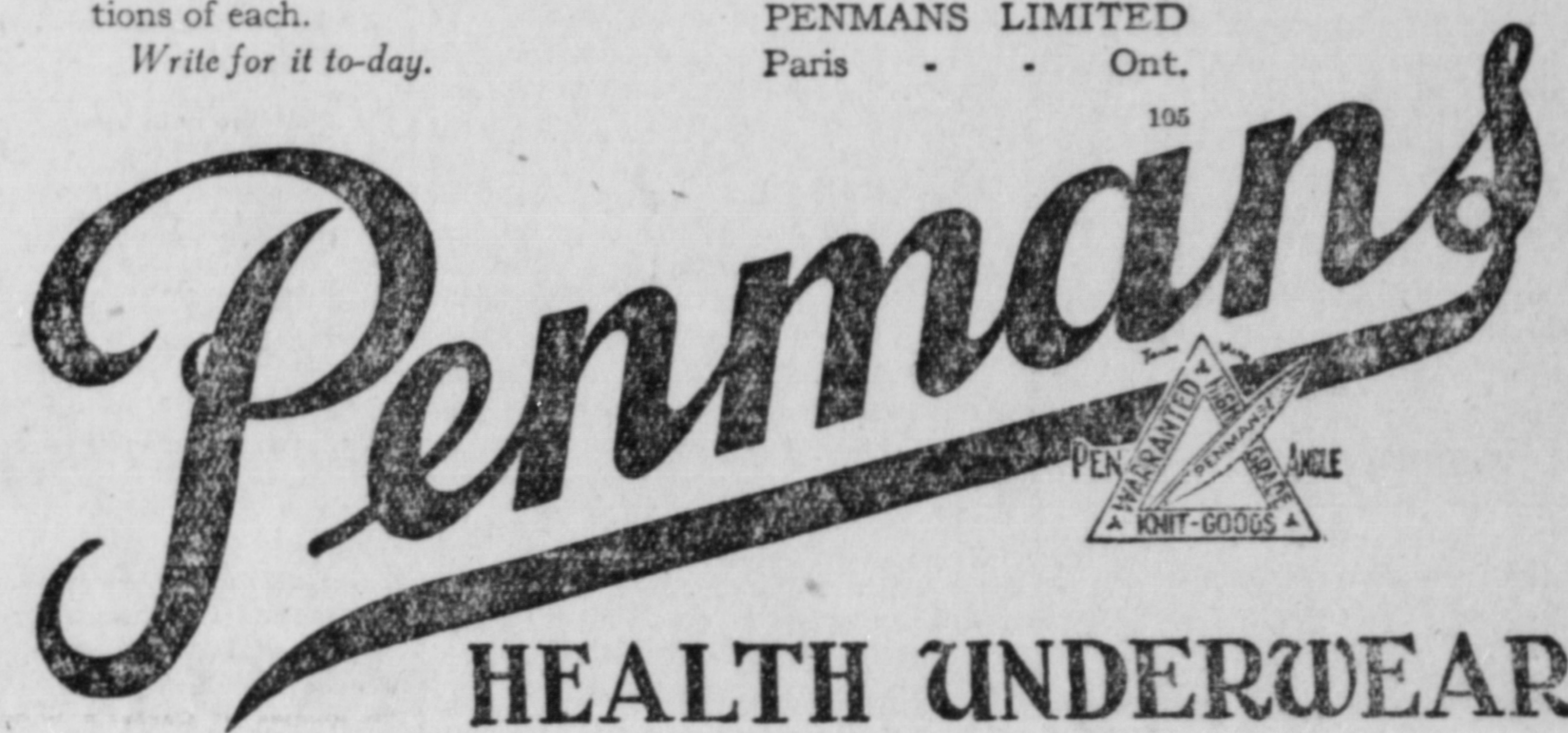
PENMANS LIMITED
Paris . . . Ont.



FREE EXERCISE BOOK

To help promote the good health of Canadians, Penmans have prepared an attractive book on home exercises which will be sent to you free on request. This book illustrates 15 body-building exercises, with detailed explanations of each.

Write for it to-day.



HEALTH UNDERWEAR

Afternoon Teas and Card Parties Folding Tables

are easily arranged when you have
Our Christmas shipment is here—your choice of the strongest table made (by actual test will carry 1,000 lbs.) with natural grained oak top or washable sanitas, \$5.50 and \$6.50

Barrie's Home Furnishings

Box 808 Phone 123

CANADIAN NATIONAL The Largest Railway System in America

STEAMSHIP AND TRAIN SERVICE
SAILINGS from PRINCE RUPERT for VANCOUVER, VICTORIA, SEATTLE, and intermediate points, each THURSDAY and SUNDAY, 11.00 p.m.
For ANYOX and KETCHIKAN—Each WEDNESDAY, 4.00 p.m.
For STEWART—Each SATURDAY, 10.00 p.m.
For NORTH and SOUTH 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

UNDER NEW MANAGEMENT CENTRAL HOTEL

The place called "Home"
120 Rooms, American and European Plan. Hot and Cold Water. Bus meets all trains and boats.
Sample Room
Phone 51. L. Martin, Manager.

CANDY FOR HALLOWE'EN

Hallowe'en Special—Neilson's Assorted Chocolates, regular price 80c to \$1.25 lb. per lb. 60c
Neilson's Creamy Toffee, per bag 25c
Neilson's Caramels, per lb. 60c
Neilson's Slab Toffee, each 20c
Satin, various flavor per lb. 50c
Hard Boiled Fruit Candy, per lb. 60c
Jelly Beans, per lb. 40c
Licorice All-Sorts, per lb. 50c
Marshmallows, Toasted or Plain, per lb. 50c
Sharpe's Wrapped Toffee, per lb. 75c
Page & Shaw's Children's Mixture, per box 35c & 80c
Page & Shaw's Peanut Brittle, per box 30c
Chocolates, in Fancy Boxes, from 25c up to \$5.00
We are sole agents in Prince Rupert for Page & Shaw's and Purdy's Chocolates

Ormes Ltd.

The Pioneer Druggists
THIRD AVE. & SIXTH ST. TELEPHONES 82 & 200

Christian Science Monitor

August, 1926

"During the past ten years, tremendous improvements have been made in machine laundries, and notwithstanding all that may be said to the contrary, the household linen and even fine fabrics, are safer in the hands of a modern laundry than they are in the family washtub.

"From the facts established along this line, it seems to be pretty clearly established that a wife and mother, or any woman who works in the home, may be better employed than working at a tub or supervising an electric washing machine."

With Wet Wash Service only 75c for 15 lbs. a service at least equal to the best home equipment, the logical conclusion is

SEND IT TO

Canadian Laundry and Dry Cleaners

P.O. Box 392. Phone 8

Canadian Pacific Railway B. C. Coast Services

Sailings from Prince Rupert

To Ketchikan, Wrangell, Juneau and Skagway—October 8, 19, 29.
To Vancouver, Victoria and Seattle—October 12, 23; November 2.
PRINCESS BEATRICE.
For Butedale, 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. Phone 31
Corner of 4th Street and 3rd Avenue, Prince Rupert, B.C.

BADMINTON Supplies

Kaien Hardware Co.
Telephone 3

Cuts-Burns VICKS VAPORUB

Vick's healing, antiseptic ingredients bring soothing relief. Apply gently

OVER 21 MILLION JARS USED YEARLY

"BUILD B.C." Mrs. Allan Mentions Cost

For years we have told intimate little incidents about Pacific Milk and the women who use it.

We have never before mentioned that Pacific Milk has kept the price down, in British Columbia always. Actually evaporated milk costs less in our province than in any other in Canada. Mrs. Allan has told us to speak of this.

PACIFIC MILK
Head Office, Vancouver
Factories at Ladner and Abbotsford.
"BUILD B.C."

