

Healthful Food in Perfect Form

SHREDED WHEAT



Whole wheat with nothing taken away and easy digestibility added. Shredded and thoroughly baked for increased flavor and healthfulness.

TRISCUIT—the wafer way to whole wheat health
Made by The Canadian Shredded Wheat Co., Ltd.

EVEREADY Layerbilt

There's been a revolution in the science of battery building—Eveready has found a way to give you more battery for your money than you ever bought before!

The new Layerbilt principle can be understood by anyone. It simply gives you more current-making elements by packing flat cells like crackers in a box, instead of using many round cells with waste space between.

You actually get the equivalent of a much bigger battery and, of course, it takes much longer to use it up. That's why you should buy Eveready Layerbilts and save money. Now selling at new low prices. Ask your dealer.

Canadian National Carbon Co., Limited
Toronto Montreal
Calgary Winnipeg
Owning Eveready Battery Station CKNC, Toronto R206



RADIO IS BETTER WITH BATTERY POWER

"CATERPILLAR" Tractors

BIGGER THAN THE WEATHER!

A Size for Every Use

A Hundred Uses for Every Size

2 TON, TWENTY, THIRTY, SIXTY

BETTER QUICKER CHEAPER
Literature and Prices on Request

Sole Distributors for B. C.

MORRISON TRACTOR & EQUIPMENT CO., LIMITED

Northern Pacific Freight Building 910 Station Street VANCOUVER, B. C. Branch Office: Hipperson Block NELSON, B.C.

Canadian National Steamships Co. Limited

Prince Rupert
DRYDOCK
AND
SHIPYARD

Operating G.T.P. 20,000 Ton Floating Dry Dock

Engineers, Machinists, Boilermakers, Blacksmiths, Pattern makers, Founders, Woodworkers, Etc.

ELECTRIC AND ACETYLENE WELDING.

Our plant is equipped to handle all kinds of MARINE AND COMMERCIAL WORK.

PHONES 43 and 385

Market Prices

Prices current are as follow:

APPLES
McIntosh Reds, fancy \$2.00
"C" grade \$2.10
Jumble pack \$2.10
Green cooking apples (B.C.), 4 lbs. 25¢

FRUIT
California peaches, dozen 35c to 50c
Oranges, Valencia, dozen 60c to 85c
Lemons, Sunkist, dozen 40c to 50c
Imperial Valley grapefruit 2 for 25c
Bananas, 2 lb. 35c
Extracted honey, per jar 35c
Comb honey 35c
Dates, bulk, 2 lbs. for 25c
Pistachios, bulk, per lb. 15c
California Dainty Dates, package 25c
Cantaloupes 13c, 20c and 25c
Coconuts 25c
Green Cooking Apples (B.C.), 3 lbs 25c
Seedless grapes, lb. 25c
Tokay Grapes, lb. 25c
Bartlett Pears, doz. 35c to 50c
Box \$3.75
Concord Grapes, basket \$1.10
Italian Prunes, box \$1.15
lb. 10c

BUTTER
No. 1 creamery 52½¢
No. 2 creamery 47½¢

CHEESE
Laimbert cheese, 8 oz. pkg. 65¢
Kraft Laimberger, ½ lb 35¢
Ontario solids 30¢
New Zealand solids 30¢
Stilton, lb. 40c
Gruyere 45c
Norwegian Goat 60c
Nappeleon Laimberger 70c
Loquefort 75c
Swiss Brookfield, lb. 45c
Gorgonzola lb. 75c
McLaren's Cream Jars 45¢ and 85¢
Brookfield Swiss cheese, ½ lb pkg. 30¢
Gruyere 45¢
Brookfield Canadian cheese, ½ lb. pkg. 25¢
Jack, lb. 50¢
Romano Sardo, lb. 55¢
Gammelost, ¼ lb. 80¢

FLOUR
Flour, 40's, No. 1 hard wheat \$2.00
Pastry flour, 16's 65c
Pastry flour, 48's \$2.50

LARD
Pure 25¢
Compound 20¢

EGGS
B.C. fresh pullets 50¢
B.C. fresh firsts 55¢
B.C. fresh extras 60¢
Local new laid 70¢

PORK
Smoked kippers, 10 15c
Kipped salmon, lb. 25¢
Smoked black cod, lb. 20¢
Finnan haddies, lb. 25¢

FEED
100 lbs. \$3.00

Wheat, No. 5 \$3.00
Oats \$3.15
Bran \$2.25
Shorts \$2.35
Middlings \$2.70
Barley \$2.90
Laying Mash \$3.75
Oyster shell \$2.25
Scratch food \$3.25
Heef scrap \$5.00
Ground off cake \$4.25
Eaby chick feed \$4.50
Fine old chops \$3.25
Crushed oats \$3.25
Fine barley chop \$3.00

DRIED FRUIT
Lemon and orange peel 35c
Citron peel 50c
Black cooking figs, 15 15c
White figs, 2 lb 25c
Currants, 2 lbs. 35c
Apples 25c
Peaches, peeled 25c
Apricots, lb. 25c
Prunes 90-100, 4-lbs 35c
25 lb. box \$1.95
Prunes, 60-70 lb. 2 lbs. for 25¢
40-50, 2 lbs. 25c
25 lb. box \$2.80
Evaporated pears, halves, lb. 25¢
25 lb box \$5.50

NUTS
Almonds, shelled Valencias 65c
Brazilis 35c
Walnuts, broken shelled 45c
Walnuts, shelled halves 55c
Almonds 35c

Peanuts 20c
Manchurian walnuts 25c
California walnuts 40c
No. 1 mixed nuts 25c
New filberts 25c
Black Diamond California soft shelled walnuts, lb. 40c

MEATS
Fowl, No. 1, 4 lbs. 38c and 40c
Roasting chicken, lb. 45c
Broilers 45c
Ham sliced, first grade 59c
Ham, whole, first grade 40c
Ham, picnic, lb. 30c
Cottage rolls, lb. 29½¢
Bacon, side, sliced 70c
Bacon, side, sliced 69c
Pork, dry salt 35c
Ayrshire bacon, lb. 35c
Veal, shoulder 25c
Veal, loin 40c
Veal, leg 35c
Pork, shoulder 35c
Pork, loin 45c
Pork, leg 40c
Beef, pot roast 15c to 20¢
Beef, boiling 12½¢ to 18¢
Beef, steak 30c to 45c
Beef, roast, prime rib 35c
Lamb, chops 50c
Lamb, shoulder 35c
Mutton, leg 40c
Lamb, leg 48c
Mutton, chops 40c
Mutton shoulder 30c

VEGETABLES
Beets, lb. 50¢
Cauliflowers, sack \$2.75
Carrots, lb. 4¢
Potatoes, sack \$2.50
Marsley, bunch 05¢
Garlic, imported, per lb. 25¢
New Cabbage, lb. 5¢
New green onions, per bunch 5¢
Turnips, 6 lbs. 25¢
Crated onions, 4 lbs. 25¢
Vancouver local lettuce 10¢
Green peppers, lb. 25¢
Cathouse tomatoes, lb. 12½¢
Field Cukes 10¢
C. Celery 2 for 25¢
Cauliflower 25¢ and 35¢
Green Beans, 2 lbs. 25¢
Hubbard Squash, lb. 7¢
Field Tomatoes, lb. 11¢
Brown Pickling Onions, 2 lbs. 25¢

SUGAR
White, per 100 \$7.25
Yellow, per 100 \$6.75

STEAMSHIP MOVEMENTS

For Vancouver—
Sundays—ss. Prince George 11 p.m.
Tuesdays—ss. Catala 3 p.m.
Thursdays—ss. Prince Rupert 11 p.m.
Fridays—ss. Princess Royal 10 p.m.
Saturdays—ss. Cardena 12 midn!
Oct. 3—ss. Princess Louise p.m.
Oct. 14—ss. Princess Alice p.m.
Oct. 24—ss. Princess Alice p.m.

From Vancouver—
Sunday—ss. Catala 4 p.m.
Wednesday—ss. Pr. Rupert 10:30 a.m.
Friday—ss. Cardena p.m.
Friday—ss. Princess Royal, 4 p.m.
Saturday—ss. Pr. George 7:30 a.m.
Oct. 10—ss. Princess Alice a.m.
Oct. 20—ss. Princess Alice a.m.
Oct. 31—ss. Princess Alice a.m.

For Port Simpson and Naas River—
Sunday—ss. Catala 8 p.m.
From Port Simpson and Naas River—
Tuesday—ss. Catala 11:30 a.m.

For Anyox and Alice Arm—
Sunday—ss. Catala 6 p.m.
Saturday—ss. Prince George 4 p.m.
From Anyox and Alice Arm—
Tuesday—ss. Catala 11:30 a.m.
Sunday—ss. Prince George 7 p.m.

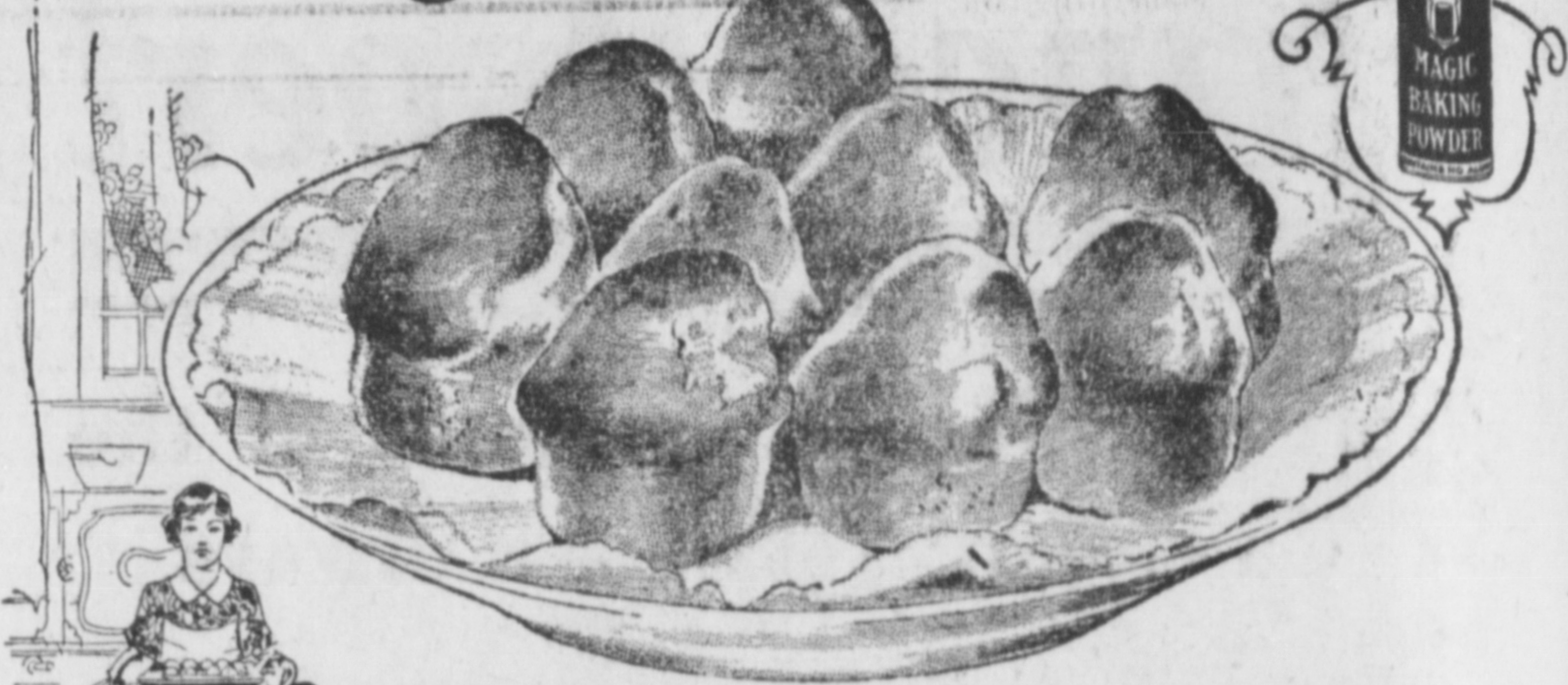
For Stewart and Premier—
Sunday—ss. Catala 8 p.m.
Wednesday—ss. Prince Rupert 10 p.m.
From Stewart and Premier—
Tuesday—ss. Catala 11:30 a.m.
Thursdays—ss. Prince Rupert 8 p.m.
From Queen Charlotte Islands—
Oct. 6—ss. Prince Charles 8 p.m.
Oct. 20—ss. Prince Charles 8 p.m.
From Queen Charlotte Islands—
Oct. 4—ss. Prince Charles a.m.
Oct. 18—ss. Prince Charles a.m.

For Alaska—
Saturday—ss. Prince George 4 p.m.
Oct. 10—ss. Princess Alice a.m.
Oct. 20—ss. Princess Alice a.m.
Oct. 31—ss. Princess Alice a.m.
From Alaska—
Sunday—ss. Prince George 7 p.m.
Oct. 3—ss. Princess Louise p.m.
Oct. 14—ss. Princess Alice p.m.
Oct. 24—ss. Princess Alice p.m.

LETTER BOX COLLECTIONS

	A.M.	P.M.
1st Ave. & 4th St.	9:00	7:30
1st Ave. & 5th St.	9:05	7:35
1st Ave. & Fulton St.	9:10	7:40
1st Ave. & Thompson St.	9:15	7:45
1st Ave. & Sherbrooke	9:20	7:50
1st Ave. & Connaught	9:25	7:55
1st Ave. & Hays Cove Ave.	9:30	8:00
1st Ave. & Hays Cove Circle	9:35	8:05
1st Ave. & Cotton St.	8:00	7:00
1st Ave. & Green St. (Hspil.)	9:40	8:10
1st Ave. & McBride St.	9:45	8:15
Prov. Gov. Building	9:50	8:20
Prov. Gov. Wharf	9:55	8:25
G.T.P. Wharf	10:00	8:30
G.T.P. Station	10:05	—
" "	11:25	—
2nd Ave. & 2nd St.	10:10	8:40
2nd Ave. & Fulton St.	10:15	8:45
3rd Ave. & 6th St.	10:20	8:50

A half hour well spent



THERE'S no satisfaction equal to that of a personal achievement which is at once useful and artistic. For this reason, a half hour spent in making a batch of one-egg muffins is decidedly a half hour well spent. To see the glow of gratification spreading like sunshine over the faces around the table when you bring on the muffins—hot and crinkly and brown-m'm'm! Well—your joyful pride is fully justified.

ONE-EGG MUFFINS

1¾ cups flour
3 teaspoons Magic Baking Powder
1 small egg
¾ cup milk
1½ teaspoons melted butter

Sift flour, baking powder and salt, add sugar. Beat egg thoroughly, add it gradually with milk to dry ingredients and beat hard. At the last moment add melted butter. Drop the batter into hot buttered iron gem pans and bake in a hot oven 25 minutes.

"Bake your own" with

MAGIC BAKING POWDER

for greater satisfaction and economy

Sundays—One collection only, same as m. collection

C.N.R. TRAINS

For the East—
Daily except Sunday at 11:30 a.m.
From the East—
Daily except Wednesday at 3:30 p.m.

DAMAGES AWARDED AGAINST THE CITY

OTTAWA, Oct. 19.—In his reasons for the judgment awarded Mrs. Elizabeth Murphy, of Eganville, \$2,500 damages against the City of Ottawa, over a fall on

an city sidewalk. Mr. Justice McEvoy admits Ottawa has climatic conditions, as well as many streets with serious grades to contend with. These do not excuse the city from liability, however. If the scheme devised for looking after the street in winter months is not efficiently carried out, or if officials responsible do not fulfil their duties, he said.

SEES DANGER TO WORLD PEACE IN THE ORIENT

TORONTO, Oct. 19.—"The world today is further advanced

toward the ideal of universal peace than ever before in history," Dr. Dexter Perkins, Professor of Political Economy at the University of Toronto and student world affairs, declared in addressing the World Unity Conference at its closing session.

In the Orient Dr. Perkins sees the darkest clouds on the horizon. "It is there that the ideals of the world peace are likely to be flouted and sacrificed," he said. "And we of the West world will have to practice tolerance and understanding in our relations with that part of the world."

REEVES McDONALD MINES, LTD.

Reeves-McDonald Mines Ltd.

Situate on the Canadian side of the Pend Oreille River across the border from the famous Pend Oreille Lead and Zinc Company's holdings.

A Canadian Company whose financial structure is a Capitalization of 3,000,000 shares of no par value—1,500,000 shares are owned by the Victoria Syndicate of London, England, for the property and development work done by them; 500,000 shares have been underwritten by Miller, Court & Co. and 1,000,000 shares remain in the Treasury.

Miller, Court & Co. Ltd. have been fortunate to secure the underwriting of this 500,000 shares of Reeves-McDonald Mines Ltd. and are offering same at \$1.00 per share.

A small block of this stock has been allotted to this office, agents for Miller, Court & Co. Ltd., for disposal to our clients in Prince Rupert and subscriptions will be taken at \$1.00 per share.

As this issue shows every indication of being over-subscribed our orders have to be in Vancouver by Noon, October 31st and in even of over subscription stock will be issued on a pro rata basis.

S. D. JOHNSTON CO. Ltd.

617 2nd Ave. W.

Phone 120

PRINCE RUPERT, B. C.

Dr. Alexander

PHONE 575

BESNER BLOCK

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Cartage and Storage

Phone 68

Cartage, Warehousing, and Distributing Team or Motor Service. Coal Sand and Gravel. We Specialize in Piano and Furniture Moving.