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No matter what your ailment is, do not think your case is hopeless until you have tried Chiropractic Spinal Adjustments. What it has done for others it will do for you. Do not through ignorance of this wonderful science, shut the door to your ultimate relief and happiness.

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Hyde Transfer for Box Cuttings, double load \$3.50. Good value for your C. L. Hillyard of the Pacific Fishermoney. Phone 580.

John L. Barge returned by the Prince John last night to Queen Charlotte City after having spent a week in town. by C. L. Smith. For information Phone

Gerge Keep of the C.N.R. investigation department arrived in the city on yesterday afternoon's train from Prince

Father Leray, O.M.I., Roman Catholic this morning. priest at Stewart, arrived in the city on the Catala this afternoon from the

H. C. Fraser, inspector of schools, re- holiday trip to Victoria. turned to the city on the Catala this afternoon from a brief trip to Anyox At 1.30 this afternoon the fire deand Stewart on official duties. partment was called to extinguish a

Mr. and Mrs. Robert Erskine of Digby Street. No damage was done. Island salled by the Prince Charles yesterday afternoon to make the round Miss A. Haan, a pupil in the local trip to Anyox, Stewart and Massett In- High School, sailed by the Prince John

William H. Tolin, proprietor of the Tolin are passengers aboard the Catala sailed by the Prince Charles yesterday this afternoon going through on a trip afternoon to make the round trip to to Vancouver.

John M. Morrison, who arrived last for Alice Arm.

Owing to the fact that it was not at Port Edward.

Fred DuVernet accompanied by John south. Marshall of Montgomery, Alabama, has arrived in the city to spend the sum- The regular monthly dinner of the mer with his grandmother, Mrs. F. H. Prince Rupert Shrine Club was held Duvernet of this city.

Swift-Canadian Co., sailed yesterday cupied the chair. afternoon aboard the Prince Charles to make the round trip to Anyox, Stewart | William McNeish of the Workmen's and Massett Inlet on business.

head of the D. W. Mines Ltd., which camps of Anyox, Stewart and Alice Arm BIG WORLD CONVENTION OPENED is operating the Seven Sisters group of on official duties. He will proceed later mines near Cedarvale, arrived in the to his headquarters in Victoria. city on yesterday afternoon's train from the interior.

department had a call to the corner of ture, 58. Hays Cove Avenue and Alfred Street to Port Simpson-Light northerly wind extinguish a grass fire which did no clear, temp. 58. damage. Making the run with the deartment was Harry Hooper, a former member of the local fire hall staff and now located in Vancouver, who happened to be in the city in the course of making the round trip to Stewart on the steamer Prince Charles.

Passengers going through to Vancouver and other points in the south aboard the Catala this afternoon include Mr. Lavery and children, Mrs. Musser, R. W. Whitehead, C. Johnson, E. H. MacMillan, Mrs. Gill, and Mrs. Pynn and boy, from Anyox; Miss Gladys Clay, Mr. and Mrs. W. H. Tolin, Charles Smith, R. C. Dickson, Mrs. H. M. Broadwell, Mrs. J. M. Campbell, F. J. Wellman and J. Y. Woods, from Stewart, and K. Dodson and Mr. and Mrs. W. Pearce, round trip.

Passengers arriving in the city on the richness, Catala this afternoon from northern points included H. S. Parker, Father Leray, A. G. Caswell, Mrs. Charles Larson, Miss A. Sholda, Miss Anna R. Goodman, Miss N. Lee, R. C. Hardie. Jack McLaughlin, M. Campbell, Louis and John Clark, Vancouver; M. Coni-Coles, J. W. Turner, Mr. Allaire and wishar, Montreal; D. W. Davis, Washing-Paul H. Otto, from Stewart; Mr. and ton, D.C.; R. G. Henn, Saskatoon; R. when men gather together from the Mrs. W. Watkins, K. Ferguson, K. Tel- Connelly, Hole-in-the-Wall; George seth, S. Larson, George Kaznyr, F. Lobb and H. C. Fraser, from Anyox, and W. city McNeish, from Alice Arm.

ANNOUNCEMENTS Moose Picnic, June 24.

Pioneers' Picnic, July 8.

The "Flu" LEFT HER WITH A VERY WEAK HEART

Mrs. Beulah Demone, Pleasant River, N.S., writes: "'Having suffered with the 'flu' a few years ago, I was left with a very weak heart.

"I was unable to go about, and could not do my housework. "I would get dizzy spells and would have to go and lie down.

"I could not sleep at night as the least little noise would wake me up. "I tried different kinds of medicine, but they seemed to do me no good. "A friend recommended



boxes and am much own work as well as ever."

Football tonight at 6.45. Thistle vs.

Moose Picnic, next Sunday, Boys' Band and dance orchestra in attendance.

Regular meeting Carpenters' Union, Wednesday, June 20. Business Import-

tf evening on the Catala for Vancouver o a holiday trip.

tf man staff at Seattle is a visitor in the city in the interests of his publication. Private dancing lessons at Elks' Home

672 between the hours of 7 and 9.

Gus Henderson, for drunkenness, was fined \$25, with the option of thirty days' imprisonment, in city police court

Mrs. J. W. Eastwood and two children of Digby Island will sail by the Princess Louise tomorrow afternoon on a

bush fire in Westview near Seventeenth

last night to spend the summer holidays at her home in Sandspit.

King Edward Hotel at Stewart, and Mrs. A. J. Galland, inspector of excise, Anyox, Stewart and Massett Inlet on official duties.

week from Vancouver and spent a few The committee appointed last week days in the city on business, sailed yes- by the Prince Rupert Gyro Club to go day afternoon on the Prince Charles into the matter of a club picnic has decided to hold the event next Sunday to Tugwell Island.

announced in the Gazette, there can be Union steamer Catala, Capt. A. Johnno polling place this year at North Is- stone, returned to port at 1 o'clock this land but there will be a polling place afternoon from Anyox, Stewart and other northern points of call and will sail at 5 o'clock this evening for the

last evening in the Commodore Cafe. There was a good attendance of nobles G. E. Gulick, local manager of the and the president, W. H. Tobey, oc-

Compensation Board returned to the city on the Catala this afternoon after Ex-Governor D. W. Davis of Idaho, having made the rounds of the mining

WEATHER REPORT

At 3:30 yesterday afternoon the fire Prince Rupert-Clear, calm, tempera-

Haysport-Light wind, clear, temp. 60. Hazelton-Clear, calm, hot, temp 66. Smithers-Part cloudy, calm, temp. 65. Burns Lake-Cloudy, calm, temp. 61 Eighth Cabin-Clear, calm, temp. 58. Echo Lake-Clear, calm. Telegnaph Creek-Clear, calm, temp

Terrace-Clear, calm, temp. 58. Rosswood-Clear, calm, temp. 64. Aiyansh-Clear, calm, temp 61. Alice Arm-Clear, calm, temp. 58. Anyox-Clear, calm, temp. 65. Stewart-Clear, calm, temp. 62.

Annual or second EXTENT OF TAR SAND DEPOSITS

The deposit of bituminous sands emmenly known as tar sands, on the Athabaska river and its tributaries

HOTEL ARRIVALS

Prince Rupert

C. L. Hillyard, Seattle; W. O. Rowan coming year's work. Keep, Prince George; Mrs. A. L. Weaver

Kenneth Morrison, Hazelton; H. B. V. H. Thorne, C.N.R.; J. Marshall, city. | world vision of usefulness. Central

J. H. Van Idnstine. Whitehorse: G. McRobbie and E. A. Marshall, Terrace M. Jones and J. L. Wallace, C.N.R.

TERRACE

Mrs. J. K. Gordon and son, Frank Phiscator, left on Monday for Seattle.

M. P. McCaffery of Prince Rupert was girls? a visitor here over the week end.

Fair have been received from the girls carry their appetite right along printer and copies may be obtained with them all the time. from the secretary, H. Halliwell or from the counters of the local stores.

J. McAllister, R. G. Coswell, C. H. Donaldson and C. W. Stelfox were business visitors here from Vancouver

Fraser, school inspector, fourteen of the It was a wonderful day, the water those dizzy spells, pupils of Grade 8 of the local public was fine for bathing and everything and can do my school have been recommended to went through without a hitch. enter the high school without taking the entrance examinations. Six pupils Master Jack Gillatt, who has been will be required to write the examina- attending High School in the city, sail-Price 50c. a box at all druggists and tions. There will also be a number of ed last night by the Prince John for dealers, or mailed direct on receipt of candidates from up river points, who Sandspit to spend the summer vacaprice by The T. Milburn Co., Limited, will take their examinations here next tion with his parents, Capt. and Mrs.



TURRET

TODAY AT MINNEAPOLIS WITH 44 COUNTRIES REPRESENTED

MINNEAPOLIS, June 19 .- "The emphasis by Rotary upon service through vocation has had a distinct effect upon present day civilization,' declared Arthur H. Sapp, of Huntington, Ind., Rotary International president, in opening the business sessions of the nineteenth annual convention today. Constant emphasis upon higher standards of business practice is the greatest service Rotarians can render the world at large. h€ told the thousands of delegates representing clubs in all parts of the world. Discussion of this and other aims of Rotary in an open forum, where nearly three thousand communi-

ties in 44 different countries were re-

presented, occupied the convention program all afternoon. From this immense gathering, which packed the new municipal auditorium to the rafters, the discussion of ways and means by which Rotarians can be of greater service is to be split up in the other afternoon sessions into man northern Alberta, covers an area of smaller groups, These groups, composed approximately five thousand square of members from far and near around miles of varying depth, density and the world, exchanged experiences in community problems, boys work programs and vocational service projects, for the development of an outline of activities to be carried back to their

"We have that inspiration today." said President Sapp, "which comes ends of the earth for a common purpose. Our conventions, unique in scope and purposes, have grown to enormous proportions, and we are now giving supreme thought to definite plans to James, Amsbury; Fred Loust, Usk; G. carry out the aims and objects of C. Johnsson and Mrs. Ross, Inverness; Rotary with a forward looking view to

widely scattered home cities for the

LASKAN GIRLS ARE JUST AS HUNGRY AS THOSE ON THIS SIDE

(Ketchikan Chronicle) What is the appetite of 200 Ketchikar

The Ketchikan Commercial Club which gave the girls picnic to Bugge Beach The prize lists for the Terrace Fall yesterday are convinced that Alaska

For instance, here is the bulk of what was consumed yesterday. Fifteen gallons of lemonade. Fifteen gallens of ice cream Eighty pounds of weiners.

Eight hundred rolls and cookies.

Four hundred oranges.

And there was nothing left to be re-

J. B. Gillatt.

NEURASTHENIA



"Poker Hands"

CIGARETTES

Mild and Fragrant

Neurasthenia is a condition in which the nervous system becomes exhausted as a result of overwork; it is a functional neurosis marked by intense nervous irritability and weakness.

Some of the symptoms are: headache, feelings of constrictions about the neck, pain in the back, exhaustion after slight mental or physical exertion, excessive sensibility to noise, irregular heart action, disorders of vision, loss of memory, etc. The patient becomes mentally depressed, occasionally trying to do away with himself, in fact many inmates of our insane asylums are neuras-

thenics. In such cases pressure on spinal nerves becomes more or less general, thus disturbing the functions of the digestive and eliminative organs, and numerous glands of internal and external secretions.

Spinal adjustments are absolutely necessary for a permanent cure in such conditions, occasionally giving almost instant relief.

Consultations Free

Dr. C. O. McKAY, D.C.

Phone 134.

Wallace Block.

Open Evenings.

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WILL HAPPEN AGAIN

We recommended Porter Idaho at 5 cents a share; Silverado at 35 cents. What are they worth now? NOW WE RECOMMEND

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PASSENGER TRAINS LEAVE PRINCE RUPERT

DAILY EXCEPT SUNDAY at 11.30 a.m. for PRINCE GEORGE, EDMONTON,

For MASSETT INLET, MONDAYS, 4.00 p.m. For SOUTH QUEEN CHARLOTTE ISLANDS, Fortnightly. For SKAGWAY, WEDNESDAYS, 4.00 p.m.

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