The Heart of the Home Is Reached Through Nourishing Food



With all the bran of the whole wheat

welcome relief to a stomach that has been struggling with heavy foods. Crisp, flavory shreds of whole wheat. Delicious with milk and fruits-wholesome and satisfying.

Save the paper inserts for the youngsters.

## SPECIALS! SPECIALS!

Lavender Mentholated Shaving Cream, 50c, Lavender Talcum Powder, 35c-85c value. Both for .....

Klenzo Shaving Cream, 50c, Genuine Gillette Blades, 

Our Bathing Caps have arrived—New, fresh stock. 

The Pioneer Druggists THIRD AVE. & SIXTH ST. TELEPHONES 83 & 200

### DEMAND

# "Rupert Brand" KIDDOCIS

Smoked Daily by

Canadian Fish & Cold Storage Co., Ltd.

Prince Rupert. B.C.

## You May Lose Your Diamond

Lots of people are wearing diamond rings with the claws just about worn off. Some people do not notice how thin the claws are until the stone drops out. Some people have rings and jewellery so old-fashioned that they hate to

We can remodel old looking pieces so that you can have the modern style at reasonable rates.

A diamond set in one of our new mountings makes an amazing

Prices \$5 to \$15, but we allow you for the old gold.



V42 M. R.

TELEPHONE It's kept too busy. Car owners in this town know that this number answers with IMMEDIATE SERVICE Anytime Anywhere New tires put on in a jiffy. Old ones repaired quickly and efficiently by experts.

A COMPLETE LINE OF DOMINION ROYAL CORDS AND ROYAL MASTERS IN STOCK

Limited

FORD DEALERS DOMINION TIRES

Our classified section may be life worth living again. Mrs. Annie special interest to you today.

George this morning after having ac- ger aboard the Catala last evening re- the whole directive track. It are been been panied a shipment of liquor for turning north after spending several bounds and little tract. It awakens liver, Yukon across the border beyond weeks obtaining medical attention from Vancouver, His health is somewhat mproved as a result. Vancouver on the vessel.

## Local Items

4 a Taxi Phone 4, Big 4 Taxi. tf Dentist Dr. J. R. Gosse. Phone

Baseball tonight at 6:45, Elks vs. Gyros.

Mrs. T. J. Davidson and daughter of Osland are visitors in the city, having arrived from the Skeena River on yesterday afternoon's train.

H. R. Beaven of the Forest Branch as well. service at Queen Charlotte City, who evening from the south.

A. J. Galland, excise officer of the local customs service, returned to the ty on yesterday afternoon's train from one of his periodical trips to the inter-

Mrs. Olof Hanson left on this morn- dian music by Mr. Tysse, daughter, Linnea, and son, Olof, will leave for there on Thursday.

and Mrs. William R. Miller and Saturday afternoon's train. son of Sitka disembarked here from the north on Saturday afternoon from he steamer Princess Adelaide and procedeed this morning by train to the Eastern States.

Mrs. Dale Pitt and her daughter, Miss Elizabeth Pitt, who has been atoing through from Vancouver to

Rochester returned to companied by her young daughter.

Dominion Constable E. G. Newnham Railways. of Kincolith, was a passenger aboard the Catala last evening returning to his post on the Naas River after a three weeks' holiday trip south. Mrs. Newnham is remaining for a while loner in the Victoria district.

Mrs. Curtis Gardner and family of way. Portland, Ore., were passengers aboard the Catala last evening going through to Hyder where they will join Mr Gardner who is carrying out road building contracts there for the United States government.

Frank Fitch of the local customs Vancouver. staff returned to the city on the Prinreces Adelaide Saturday afternoon from Taku River district of British Columbia lover Alaskan territory.

Dr. Victor Dolmage, formerly of the geological survey and well known acsociates, well known firm mining and consulting engineers.

Mr. and Mrs. A. Rilpatrick, after having spent a few days in the city visiting with their son and daughter in-law, Mr. and Mrs. J. W. Kilpatrick left on this morning's train for Smith ers where they will visit with another son, Norman Kilpatrick, until Friday when they will leave by train for Vancouver where they will embark aboard Niagara on June 26 for Sydney.

### TOO LATE TO CLASSIFY

FOR RENT-Furnished, modern Apply Westenhaver Bros. (tf)

ANNOUNCEMENTS

Catholic Women's League Social June 20. Admission, 50c.

Moose Annual Picnic at Digby

Gingham Dance to be held at Port Clements some time in June. So be prepared—buy a bow!

K. of C. picnic, Sunday, July 4, Digby Island,

Catholic Bazaar, October 2 and

## STOMACH PAINS?

Get rid of them Permanently with "Fruit-a-tives."

'Fruit-a-tives" will rid you of gas, flatulence, or pain after eating, and make Glover, Ottawa, writes:

"A sufferer from indigestion, constipation, dreadful stomach pains, I tried 'Fruit-a-tives'. Soon these ills were a thing of the past."

"Fruit-a-tives" acts naturally on the sys-Get a 25c or 50c box at your druggist's today. End digestive troubles

A. J. Watkinson, Dominion constable, returned to the city on Saturday afternoon's train from a brief trip to Port Essington.

Olier Besner returned to the city by train yesterday afternoon from a tripi to Vancouver. On the way home, he

Vancouver Merchants' Exchange, was assenger aboard the Catala last night He is making the round trip on the

A change has been made in the schedule, whereby the Union steamer Catala also makes a call at Port Simpson! The Cardena calls there regularly

Saturday evening on the Prince Rupert for Vancouver where they will take up residence. Mr. Pyle may leave for the

There was another successful Scandinavian dance in the Metropole Hall on Saturday night, quite a large crowd being in attendance. There was accor-

Mrs. James Farquhar, who has been visiting for the past two weeks at Terrace with her parents, Canon and Mrs. T. J. Marsh, returned to the city on

E. E. Gregg, assistant district forforest fire fighting operations.

C.N.R. steamer Prince George, Capt. Capt. Harry Nedden, returned to port engers aboard the Catala last evening at 9:15 this morning from Alaska and will sail at 4 o'clock this afternoon for Ocean Falls, Powell River and Van-

> he city from the interior on yesterday afternoon's train. Mr. Kelly is engaged in official duties as special rule instructor for the Canadian National

Hagbad Lovdal, who has been engaged in mining in the Mayo district, Yukon Territory, arrived in the city from the north on the Princess Adelaide on Saturday afternoon to entrain for a trip to his native home in Nor-

There were sixty-nine passengers arriving from the north aboard the steamer Princess Adelaide which was in port Saturday afternoon. Five disembarked here, the remainder, being mostly tourists, continued south to

of the Masonic Grand Lodge of British

R. H. Pedford arrived in the city on Saturday afternoon's train from curveys during recent years, has McGill University, Montreal, to join he staff of the Prince Rupert Fisheries Experimental Station. He will specialze in the meantime in investigations of discoloration of halibut.

> C.N.R. steamer Prince Charles, Capt. Neil McLean, arrived in port at 10:30 this morning from Vancouver and will sail at 8 o'clock this evening for tewart, Anyox and Massett Inlet mints whence she will return here at

> Melvin M. O'Brien, outside superintendent for the Consolidated Mining & Smelting Co., was a passenger aboard the Catala last evening going through from Vancouver to Stewart. He is on business in connection with the Big Missouri and George Copper mines which his company is developing.

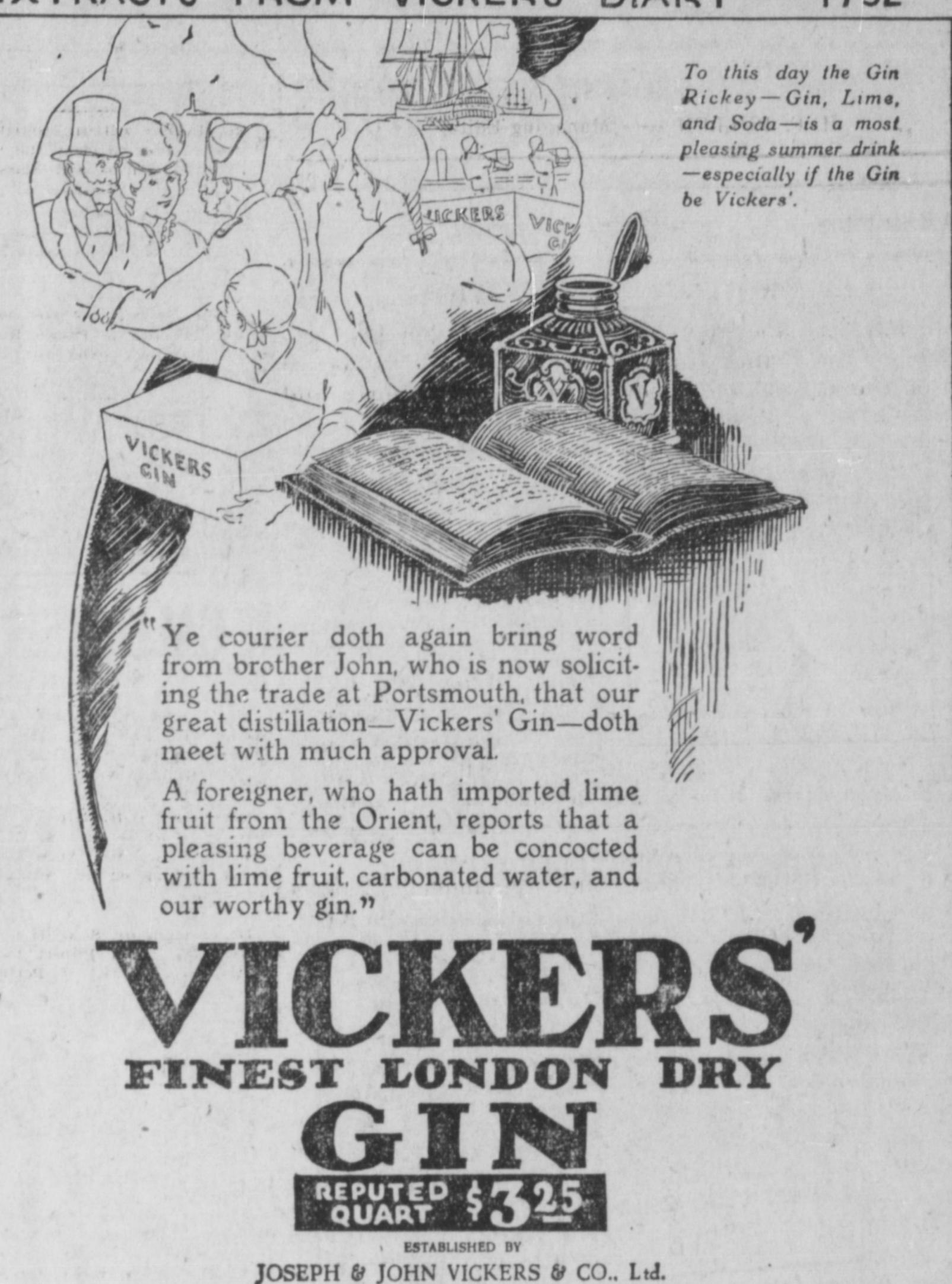
Mr. and Mrs. G. A. McNicholl, Mr and Mrs. Reginald Beaumont, Capt four-room flat, Clapp Block. and Mrs. P. G. Groves, Mrs. B. city, are passengers aboard the Prince George today returning to Vancouver Skagway.

> P. E. Petersen M. E., managing director of the Silver Crest Mines Ltd. operating the Saddle property in Hastings Arm, and of the Utility Mining Finance Co., which is developing the Tiger mine at Alice Arm, was a passenger aboard the Catala last evening bound from Vancouver to Alice Arm. Mr. Petersen spent much of the past winter in New York and elsewhere in the east on financial business in connection with these properties.

family, Mrs. Joseph Prout, Miss L. Regular \$5 per gallon for . . \$4.00 Lawson, Miss M. Carroll, H. Stewart, H. Hamilton, S. C. Graham, E. J. Wholesale and Retail Paint

4th of a Series

### VICKERS' DIARY -- 1752 EXTRACTS



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

LONDON 1750 ENGLAND

WESTMINSTER GLEE SINGERS



Famous British musical organization coming here on Friday and Saturday, inder Gyro Club auspices.

TWO GIRLS LIVE ON

HOT WATER AND RICE

Even the FIRST spoonful of Adlerika

meals and sleep better. No matter what

W. E. Dow, Seattle customs broker, a business visitor in the city, having rrived last evening on the Catala from

Mrs. Joseph Prout of Premier, who Due to stomach trouble, Miss A. H. has been on a trip to Vancouver, was and sister lived on hot water and rice. a passenger returning north aboard Now they eat anything and feel fine, they say, since taking Adlerika. the Catala last evening.

James Munnis of Shawatlans Lake, relieves gas on the stomach and removes sailed Satirday afternoon on the Prin- astonishing amounts of old waste matter cess Adelaide for Vancouver and other from the system. Makes you enjoy your points in the south on a holiday trip.

Charles Leopold Monroe, who last bowels, Adlerika will surprise you. week took over the duties of Govern- Orme's, Ltd., drugs. ment agent at Prince Rupert, is gazetted as holding also the positions as Union steamer Catala, Capt. A. E. registrar of voters, director of the agent at that place, deputy gold com-Dickson, which had a large passenger Prince Rupert Hospital, district regist- missioner, deputy commissioner of list out of Vancouver, arrived in port rars of vital statistics, registrar under lands, deputy water recorder, registrar

Smaller Cans in Proportion

Hunter, for Stewart; A. W. Edge Co. We Deliver to Any Part of the City.

Distributors

Ling, the Tailor Phone 649

MADE TO ORDER

Cutting, Workmanship and Style

PRESSED

"BUILD B. C."

Whipped Cream Recipe



As a substitute recipe for Mrs. Rose's whipped cream, Mrs. Andrews of Victoria sends the following:

"I whip Pacific Milk this way: Keep milk in cool place. Whip briskly two minutes. Then add gradually a few drops of fresh lemon juice until cream is thick. Then stir in slowly one teaspoon each granulated sugar and vanilla. Whip 5 to 6 minutes.'

This recipe has given great satis-

PACIFIC MILK

Factory at Abbotsford, B.C.

Bordenis ST. CHARLES MILK

is "Made in British Columbia"

It is pure, rich milk produced by the herds of our own fertile Fraser Valley, with part of the water removed. It is packed in sanitary, sealed cans for your convenience.

> Write us for Free Book of Recipes

The Borden Ca Limited VANCOUVER

"Support British Columbia Industries"



