

Here's Stomach-joy For You. Light, Flavoury, Easily Digested

SHREDDED WHEAT



With all the bran of the whole wheat

When fussy appetites are hard to please, these crisp, oven-baked, flavoury shreds of whole wheat give zest to the meal and energy for work or play. Delicious with whole milk and fruits.

Local Items

4 a Taxi Phone 4, Big 4 Taxi. If

Dentist Dr. J. R. Gosse. Phone 686.

B. Moore is visiting in the city from Terrace and is registered at the Prince Rupert Hotel.

Mrs. C. L. M. Giggey in another Terrace visitor in the city, registered at the Prince Rupert Hotel.

Mrs. L. E. Bacon was a passenger aboard the Prince Charles last evening making the round trip.

Mr. and Mrs. Arthur Silver-sides and family left last night on the Prince Charles to make the round trip to the Islands.

Miss R. Plunkett who has been making a visit with Mr. and Mrs. Fred Stork, Atlin Avenue, sailed last night on the Prince Charles to make the round trip to the Islands.

Misses Evelyn and Dorothy Macdonald sailed last evening on the Prince Charles for the Islands to spend a holiday visiting at Mrs. Rajout's summer farm home at Tlell.

At the meeting of the city council last night the request of Miss Arabella Stewart to take over the property held by the Leek estate under the soldiers' housing scheme was granted.

The city council meeting last night lasted only a very brief period. There were present Mayor McMordie, Aldermen Collart, Prudhomme, Macdonald, Dibb, Rudderham, Brown and Orme.

At the city council meeting last night a request from the Exhibition Board asking that the road to the exhibition building be put in good shape before the fair, was referred to the board of works for action.

Mr. Hoffman, Canadian National moving picture man, sailed last night on the Prince Charles to make the round trip to Stewart, Anyox and the Islands. He intends taking pictures of the northern country while on the trip.

ANNOUNCEMENTS

Leif Erikson picnic August 11.

Catholic Bazaar, October 2 and 3.



CIGAR smokers can share in the valuable presents given, free, in exchange for complete sets of "Poker Hands."

Every pocket pack of five Stonewall Jackson Cigars contains a "Poker Hand."

Buy the pocket pack and save the "Poker Hands."

STONEWALL JACKSON CIGARS

Pocket Pack of Five for 25c.



KODAK TIME

- Brownies from\$2.25
- Vest Pocket Kodaks\$5.00
- No. 1 Folding Kodaks—
- From\$11.25
- No. 3 A. Folding Kodaks—
- From\$34.00
- No. 2 C. Folding Kodaks—
- From\$18.50
- Cine Kodak (Movie), f. 3.5.
- lens\$100.00

Kodak Films, all sizes in stock. Developing and printing for amateurs. Daily service. Quality finish.

Ormes Ltd.

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

UNION STEAMSHIPS LIMITED

Sailings From Prince Rupert
For VANCOUVER, VICTORIA, Swanson Bay, Butedale, Alert Bay, etc., Tuesday, 3:30 p.m.
For VANCOUVER, VICTORIA, Butedale, Alert Bay, etc., Friday midnight
For ALICE ARM, ANYOX, STEWART, Naas River, Port Simpson, Sunday, 8:00 p.m.
For PONY SIMPSON AND WALES ISLAND, Thursday, 9 a.m.
E. M. SMITH, Agent, Prince Rupert, B. C.
Through tickets sold to Victoria and Seattle and baggage checked through to destination.

B. C. COAST STEAMSHIP SERVICES
SAILINGS FROM PRINCE RUPERT

To Ketchikan, Wrangell, Juneau and Skagway—
August 2, 5, 9, 12, 16, 19, 23, 26.

To Vancouver, Victoria and Seattle—
August 3, 7, 10, 14, 17, 21, 24, 28.

PRINCESS MARY—Ocean Falls, etc., Vancouver and Victoria every Friday 10 p.m. Agents for all Steamship Lines
W. C. ORCHARD, GENERAL AGENT
3rd Ave., Prince Rupert, B. C. Phone 31

CANADIAN NATIONAL

The Largest Railway System in America

STEAMSHIP AND TRAIN SERVICE

Sailings from PRINCE RUPERT for VANCOUVER, VICTORIA, SEATTLE, and intermediate points, Mondays, Thursdays, 4 p.m.; Saturdays, 7 p.m.
For ANYOX and STEWART, Mondays, 8 p.m.; Fridays, 4 p.m.
For MASSETT INLET PORTS, Mondays, 8 p.m.
For SOUTH QUEEN CHARLOTTE ISLANDS, fortnightly
for SKAGWAY, Wednesdays, 4 p.m.

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

CAUSE AND EFFECT

Everybody decries the frequency of the Forest Fire—even the people who cause them. Too much time is spent in bewailing the effect, not enough in analysing the cause. PLAIN CARELESSNESS was the cause of Eighty Per Cent of our Fire Losses last year.

PREVENT FOREST FIRES—YOU CAN HELP
BRITISH COLUMBIA FOREST SERVICE

Mussallem MEAT MARKET

PHONES 84 AND 18

WEEK-END SPECIALS

- ROUND STEAK ROAST—
Per lb. 28c
- GOOD SHOULDER ROAST—
Per lb. 18c, 25c
- BEEF MINCED—While you wait.
Per lb. 20c
- BEEF CUTTINGS—Per lb. 20c
- Cooked Meats and Fowl for Picnics—Order Early and Catch First Delivery

FRESH FRUIT AND VEGETABLES

- PEAS—3 lbs. for 25c
- TOMATOES—Per lb. 25c
- BEANS—Per lb. 15c
- RASPBERRIES 15c
- PLUMS—Basket 90c
- BANANAS—3 lbs. for 50c
- Also Peaches, Pears, Cherries, Grapes at Low Prices

Mussallem Grocery Co. Limited

417-423 5th Ave. E. Phones 18&84
P. O. Box 575.

There were 11 cars of fish on this morning's train going east.

Morley Shier arrived in the city on the Catala from Stewart this morning.

Inspector Spiller left on this morning's train for the Peace River district on official duties.

Mrs. J. Gurvich was a passenger aboard the Prince Charles last night making the round trip to the Islands.

The board of works of the city council last night reported in favor of a cinder path on Borden Street and a bylaw was ordered to be drawn providing for its construction.

Robert Thompson charged with having liquor in the abode of an Indian, will come up in the police court again tomorrow morning when Magistrate McClymont will give his decision.

Mrs. Fred Cameron returned to the city this morning for a brief holiday trip at Anyox, where she has been visiting with her son, Clifford Cameron, who is in the employ of the butcher shop there.

ATTENTION ELKS!

Regular meeting B.P.O.E. in Elks' Home on Tuesday night, August 6 at 8:30. 178

TOO LATE TO CLASSIFY

FOR RENT—Modern five roomed flat in Wallace Block. Apply Store. 183



"It Helped All My Troubles"

"I was all run-down and out of spirits before my third baby was born, so I decided to try Lydia E. Pinkham's Vegetable Compound as I had heard so much about it. It helped me with all my troubles and gave me an appetite where before I didn't eat at all and had to stop work and rest every once in a while. I did all of my housework up to the day my baby came, as I am a farmer's wife and could not afford help before. I feel just dandy now and I will answer any letters and I will tell every one how good Lydia E. Pinkham's Vegetable Compound is."—Mrs. Ira Arnold, Box 69, Rocklake, North Dakota.

Lydia E. Pinkham's Vegetable Compound

Lydia E. Pinkham, M.D., Lowell, Mass., U.S.A.
100 CORNHILL, OREGON, CANADA

R. M. Hampton was a passenger aboard the Catala this afternoon for Vancouver.

T. E. Kennedy was an arrival in the city this morning on board the Catala from Stewart.

H. Comer, Stewart taxi man, arrived in the city on the Catala from Stewart this morning.

Mrs. J. Wells sailed this afternoon on the Union Steamship Catala for a trip to Vancouver.

Miss B. Horstman of Stewart was a passenger aboard the Catala today going south to Vancouver.

E. J. Smith of G. W. Nickerson Company, returned to the city on the Catala from a business trip to Anyox.

Winnifred Teabo was among the passengers arriving in the city on the Catala this morning from Anyox.

Mr. and Mrs. W. E. Collison and daughter left on the Catala this afternoon for a holiday trip to Vancouver.

Mrs. J. H. Pillsbury sailed last evening on the Prince Charles to make the round trip to Stewart, Anyox and the Islands.

Mrs. R. E. Benson sailed last night aboard the Prince Charles to make the round trip to Stewart, Anyox and the Islands.

Mrs. Steve King and children sailed this afternoon on the Catala for Vancouver en route to the Old Country. Mrs. King expects to be gone for over a year.

The United States speed boat "Brent" arrived in port yesterday afternoon, on board which was Dr. C. A. Crampton who left on this morning's train for St. Johnsbury, Vermont.

HALIBUT SALES

- American
- Eagle, 30,000, Booth Fisheries, 12.5c and 8c.
- Excell, 24,000, Cold Storage, 14.4c and 8c.
- Gloria, 8,000, Booth Fisheries, 13.6c and 8c.
- Betty, 9,000, Pacific Fisheries, 13.6c and 8c.
- Star, 9,500, Pacific Fisheries, 13.6c and 8c.
- Augusta, 13,000, Atlin Fisheries, 13.8c and 8c.
- Sherman, 10,000, Atlin Fisheries, 13.6c and 8c.
- Condor, 5,500, Royal Fish Co., 13.8c and 8c.
- Rainier, 5,900, Cold Storage, 13.7c and 8c.

- Canadian
- Also, 21,000, Cold Storage, 12.7c and 8c.
- Balsac I, 15,000, Atlin Fisheries, 12.6c and 8c.

BASEBALL

Tonight at 6:45. S.O.C. vs. Elks.

E. C. Gillingham and C. B. Brennan were among the passengers arriving here this morning from Alice Arm, on the Catala.

The case in which Nick Gurvich was charged with having liquor for sale was this morning dismissed by Magistrate McClymont.

Angus Stewart and John Hardning were both convicted of vagrancy in the police court this morning and fined \$10 each or seven days.

Mrs. Reddie, Fourth Ave., left this afternoon for West Vancouver, where she will visit with her niece, Mrs. B. R. Harrison of Dunderave.

Miss Hilda Johnson, who for the past couple of months has been working at Stewart, returned to the city on the Catala this morning.

Mrs. L. W. Waugh and daughter, Genevieve, accompanied by her mother, Mrs. J. R. MacDonald, left this morning on the train to spend a few weeks holidaying at Terrace.

Retail merchants' picnic to Digby Island, Thursday, Aug. 8. Boat leave Salvage Dock at 2 p.m. Coffee, tea and ice cream provided. All merchants and families and clerks invited. 182

Lewis Astoria of the local Express office returned to the city from Kelowna on board the Prince Charles yesterday, where he has been spending the past month and a half relieving the express agent there.

How To Make A Diamond Grow

We have a proposition by which you can start with a small stone and through time you will have a stone any size your desire.

Simply get one of the size you can afford now, say \$25, and wear it till you have say another \$25.

Then the first stone can be returned at the original price on a \$50 stone, continuing the operation as desired.



JOHN BULGER JEWELLERS
THE STORE WITH THE CLOCK

SPECIAL THIS WEEK!

Surplus Wallpaper

33 1-3 DISCOUNT

REMNANT ROOM LOTS
\$1.60 to \$2.00

A. W. Edge Co.

Wholesale and Retail Paint Distributors

SPECIAL to clear Cheese Cloth

In packages of 5 yards at, per pkg. 25c

10 yards at, per pkg. 50c

J. A. Kirkpatrick SIXTH STREET

S. D. Johnston Co. Ltd.

Representatives for MILLER COURT & CO., Limited

Through our connections we can make prompt execution of buying and selling orders on the Vancouver, Calgary and Toronto stock exchanges.

Closing prices from these exchanges posted on our stock board twice daily.

Orders from out-of-town clients, by wire or letter, will receive our prompt attention.

S. D. Johnston Co. Ltd.
610 2nd Avenue—Phone 130
Prince Rupert, B.C.

Do you read the classified advertisements?