

For Clear-thinking and Quick-acting—
SHREDDED WHEAT



With all the bran of the whole wheat **12 full-size biscuits**

Crisp oven-baked shreds of whole wheat—light, nourishing and strengthening—Delicious with milk for breakfast or luncheon. Ready cooked, ready-to-eat.

Save the paper inserts in each package.

Reduce a Mile to 54 Yards

That's what one of our New Telescopes will do.

You can see the moon in all its beauty, showing the hills and hollows and small craters.

You can see Saturn's rings and the four small moons around Jupiter.

You can examine small things on top of a mountain, or recognize a person a mile away.

The Telescope is leather covered and nearly three feet long. It is made of brass and closes up to ten inches.

PRICE \$22.50

Others \$15, \$10, \$8.50 and \$6.50



JOHN BULGER
JEWELLERS
THE STORE WITH THE CLOCK

MEAT Specials

- VEAL STEW—Per lb.22c
- VEAL CHOPS—Per lb.45c
- BEEF CUTTINGS—Per lb. 20c
- ROLLED BRISKET—Per lb. 19c
- PRIME RIBS—Per lb.30c
- SHOULDER LAMB—Per lb.35c
- LAMB STEW—Per lb.25c

Mussallem Grocery Co. Limited

617-423 5th Ave. E. Phones 18&84
P. O. Box 575.

Prince Rupert Feed Co.

Received fresh supply Pratts' Baby Chick Food, Bulkley Valley Hay and grain, Robin Hood Flour, Spratts' Dog and Bird Supplies and COAL guaranteed to please you.

PHONES 58 AND 558

TALKED ABOUT GLEE SINGERS

L. A. Lambert of Los Angeles addressed Gyros Yesterday—To Proceed With Junior Ball Park

Lawrence A. Lambert of Los Angeles, general manager of the Westminster Glee Singers, who will appear here on June 21 and 22 under Gyro auspices, gave the Gyro Club at its luncheon yesterday an interesting descriptive talk of that noted vocal organization. He cleared up the supposition that the Westminster Glee Singers comprised but a church choir and said that their program would consist of folk songs, glees and madrigals, Welsh melodies, English traditional airs, Irish national airs, Scottish melodies, sailor chants and also American songs. The company fifteen members including five boys sopranos and two male altos. Mr. Lambert told of the great success of the glee singers elsewhere on their several tours of this continent.

Mr. Lawrence himself an accomplished vocalist, sang the club two fine solos "I am the Builder" and "The Hunter's Loud Hailoo." He was accompanied by Charles Balagno.

In the way of business, the club decided at its luncheon to proceed with the development of the square at Sixth Avenue and McBride Street as a complete baseball field.

S. C. Thomson returned to the city on the Prince Charles this morning after having made the round trip to Stewart, Anyox and Massett Inlet.

Week-End Specials

- MALKIN'S TEA—1-lb. pkg. 65c
- SHREDDED WHEAT—2 pkgs.25c
- BROOKFIELD BUTTER—3-lb. carton \$1.40
- ENSIGN ORANGE MARMALADE—4-lb tin45c
- AYLMER CORN—Tin15c
- EGGS—Fresh firsts. 3 doz. \$1.00
- Eggs—Fresh extras. 3 doz. \$1.10
- ROYAL CITY TOMATOES—3 large tins50c
- MALKIN'S BEST HONEY—4-lb. tin75c
- NABOB CHERRY JAM—4-lb. tin75c
- B. & K. PASTRY FLOUR—10-lb. sack55c
- CHEF MOLASSES—5-lb. tin 45c
- MALKIN'S BAKING POWDER—Tin25c
- BERRY SUGAR—2-lb. pkg. 20c
- KLIM—Whole powdered milk. 1-lb. tin75c
- EVAPORATED PEACHES—2 lbs.35c
- EVAPORATED APRICOTS—2 lbs.45c
- VALENCIA ORANGES—5 doz.95c
- JUICY LEMONS—Doz.35c
- LARGE CANTALOUPES—Each25c
- BANANAS—3 lbs.50c

Alberta Market

P. GAMULA, Proprietor
Fifth Street. Phone 208

Demonstration



of the following BORDEN PRODUCTS

- ST. CHARLES MILK—Talls. Per case \$5.50
 - Per doz. \$1.40
 - ST. CHARLES MILK—Small. 16 tins for \$1.00
 - EAGLE BRAND CONDENSED MILK—Per tin20c
 - CHOCOLATE MALTED MILK—Per tin70c
- A Product of British Columbia
WEDNESDAY, JUNE 12, TO SATURDAY, JUNE 15, AT

Sellers' Grocery
Third Avenue
PHONES 45 AND 574



Those Languid Eyes

They quickly reflect your health and physical condition—restless eyes indicate the temperament of the stomach. Watch the eyes . . . see that the whites are clear with a healthy bluish tinge. The minute a yellow tinge appears it betrays constipation, sluggish liver or biliousness, you need a laxative. Bring back your Vigour, Vim, Vitality with Beecham's Pills—the sure way to constant joyous, bounding health.



Try a regular daily course for a short period. Your eyes will tell the story.

Read about Character from the Eyes in *Insure Beecham Advertisements.*

Sales Agents: Harold F. Ritchie & Co., Limited, Toronto

PIANO RECITAL ST. JOSEPHS

Last evening at St. Joseph's academy the piano pupils gave their annual recital. The Conservatory of Music diplomas were presented.

The hall was crowded with parents and friends of the performers and the following program was greatly enjoyed:

- "Two Little Pieces," Cooke, Frances Moore.
- Waltz, Cooke, Gladys Mollish.
- "English Song," Cooke, Viola Dybhaven.
- "Lullaby," Williams, Annie Byrne.
- "Soldiers' March," Schumann, Andre Letourneau.
- "Little Prince," Kroegmann, Maizie Cameron.
- "Sing, Robin, Sing," Spaulding, Margaret McDonald.
- "Istrata," Bach, Mathilda Vandyk.
- "Minuet," Mozart, Jessie Gillis.
- "Scherzino," Haydn, Nancy Brown.
- "Sonatina," Clementi, Margaret Sue Gulick.
- "Andante," Mozart, Ellen Moore.
- "Air de Ballet," Maurice, Jessie Magnet.
- "Har vest Home," Lange, Daphne Hammell.
- "Frolies, Op. 12," Von Wilm, Betty Brown.
- "Rondo Villageois," Dennee, Shirley McEwen.
- "Sonatina, Op. 36," Clementi, Edna Gillies.
- "Valse Caprice," Tellier, Grace LeDuke.
- "Mazurka, Op. 33," Chopin, Cecile Desjardines.
- "Will o' the Wisp," Jungmann, Phyllis Brindle.
- "Elfin Dance," Jensen, Marie Balagno.
- Two preludes, (a) Bach, (b) Chopin, Edith Kerzin.
- Duet "Festival March," Wright, Violet McCutcheon, Dorothy Ballinger.
- "Mazurka," Chopin, May McDonald.
- "Nocturne, Op. 9," Chopin, Nina Hunter.
- "Two-Part Invention, Op. 14," Bach, Rose Wesch.
- Duet, "Adoration," Borowski, Jean Robertson, Linnea Hansen.
- "Nocturne in B Major," Chopin, Mary O'Brien.
- "Etude, Op. 10, No. 3," Chopin, Gwendolyn Palmer.
- Song, "Mattinata," Leonevallo, Jean Robertson; accompanist, Aletta McKinley.
- "Song Without Words," Mendelssohn, Katherine Watson.
- "Nine Variations, A Major," Beethoven, Helen McCaffery.
- "Minuet in G, No. 14, No. 1," Paderewski, Marie Murphy.
- "Italian Concerto, First Movement," Bach, Ruth Gillies.
- "Andante and Rondo Capriccioso," Mendelssohn, Aletta McKinley.

LONDON SCENES AT THE CAPITOL

Interiors of "Three Passions" Made in Studio at Nice and Faithful to Originals

Because of the action of "The Three Passions" is placed chiefly in London, while the interiors were made in the Nice studio where Ingram has worked these four years past, there was a big call on the skill of designer and constructor. English visitors have, however, expressed themselves as amazed at the absolute fidelity of these scenes.

No finer set, experts declare, has been erected in any country, than that representing the "Wrexham shipyards" in "The Three Passions." Though by no means so large as many previously used by Ingram, the detail work involved in getting an absolute "match" with scenes taken earlier in the great Armstrong works at Newcastle-on-Tyne was most exacting.

As completed, the shipyard set in "The Three Passions" includes a range of huge furnaces, fed by grimy, half-naked men from huge piles of coal renewed from traveling trucks. A shunting engine, specially imported from England, puffs noisily to and fro. Great steel hammers thud, throwing out showers of sparks from masses of white-hot steel. In the distance, through the smoke-laden atmosphere typical of an industrial town pigmy-like men can be seen perched amid revolving wheels and oscillating pistons. The film was seen here last night and will be repeated tonight.

HEALTH GOOD OF PUPILS IN PRINCE RUPERT

Dr. Carson Gives Interesting Report of Result of His Medical Inspection

CO-OPERATION NEEDED Japanese Almost Perfect, According to Recognized Health Standards

While the health of Prince Rupert children is good, it might be improved, according to the report of Dr. Carson, medical inspector of schools, made last night to the school board at their regular meeting, Trustee McMeekin presiding. As a result of a detailed examination, it was found that some of

WED. & THUR.
Two Shows
7 and 9 p.m.

Capitol
CANADA'S FINEST Entertainment

Alice Terry
in
'Three Passions'

MONEY, LOVE AND RELIGION
English Settings, Showing Oxford and New-castle-on-Tyne
COMEDY, ALL ABOARD—PARAMOUNT NEWS
Admission, 15c and 50c

the pupils were overweight and some under. The most perfect average weight was found at Seal Cove. Booth school pupils were overweight and Borden Street considerably under. High school was rather under, owing to the tendency of some of the girls to try to look slim. The most perfect children were the Japanese, who seemed as if the chart was made for them.

Seal Cove—Average, 1.3 pounds over; 14 per cent under weight, 17.5 per cent over, and 68.5 per cent normal.

High school—Average, 1.5 pounds under; 42 per cent under, 32 per cent over, and 25 per cent normal.

Telling of the examination for tonsil trouble, the report had not been very well received. While a good many acted on advice, others had not. He believed tonsils were quite a factor in school work. An abscessed tonsil had a similar effect to an abscessed tooth.

Dr. Carson spoke of the help he had received from Miss Peto, who is acting as school nurse. He made a plea for co-operation among parents and others, in order to improve the condition of the children and make them as near perfect as possible.

The doctor explained the system of examination. The eyes were tested, weights were taken by the nurse, and measurements recorded. A chart was used similar to that adopted in the American schools, where standard ages, sizes and weights were noted. Any child more than three pounds over or under the chart record was considered abnormal. Advice was given as to how the light pupils might pick up weight and others reduce. The advice had proved effective in a good many instances. In one particular case seven lbs. had been gained in six weeks. Following is the record for the city schools, with the exception of Westview, where the record is not yet complete:

Booth—Average, 1.13 pounds over weight; 29 per cent of the pupils are under weight, 27 per cent over, and 44 per cent normal.

Borden Street—Average, 1.2 pounds under weight; 36 per cent

D. C. Schubert of the local Government Telegraph staff left on this morning's train for a two months' trip to Edmonton. Mrs. Schubert and family will be leaving shortly to visit in the Okanagan district.

R. H. Demmeler of Colorado Springs, who has been here for some time in connection with the affairs of the National Airplane Lumber Co., in which he is interested, sailed last evening on the Princess Alice on his return south, being accompanied by Mrs. Demmeler and family.

"You are a WONDERFUL LITTLE MOTHER!"

No praise is so sweet as this tribute to your loving care of baby. For many a mother baby's food is the big problem. If it is for you, use Eagle Brand, a food so easy to digest that mother's milk is the only food comparable to it in this respect. Eagle Brand is pure, fresh, whole cow's milk, modified by the addition of refined sugar and condensed by the removal of most of the water. The sugar supplies carbohydrates, required by all infants. The milk supplies bone and tissue-building materials and growth-promoting vitamins.

The Care and Feeding of Infants

Mail coupon for free booklet containing practical feeding information and suggestions for supplementary foods that doctors now generally advise.

The BABY BOOK COUPON

THE BORDEN CO. LIMITED, Dept. A, Home Arcade Bldg., Vancouver
Please send FREE Baby Books to:

NAME
ADDRESS

EAGLE BRAND
CONDENSED MILK

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