

A REAL ENERGY-FOOD
READY-COOKED, READY-TO-SERVE

SHREDDED WHEAT



With all the bran
of the whole wheat

Proteins and carbohydrates nicely balanced with the essential mineral salts and life-giving vitamins—crisp, flavory and appetizing—eat it with milk or cream or fruits, for any meal.

Special MALT EXTRACT, PLAIN

- 3-lb. tins 75c
- 1-lb. jars 35c
- 2-lb. tins 55c
- Parke Davis & Co. \$1.00
- Anders, large \$1.00
- Anders, small 60c
- Pabst hop flavor malt syrup 80c

Ormes Ltd.

The Pioneer Druggists

THIRD AVE. & SIXTH ST. TELEPHONES 87 & 200

Local Items

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

Mrs. Dan Lidstone arrived in the city on the Catala last evening from Victoria.

George McIlmoyle returned to the city on yesterday afternoon's train from a trip to Hazelton.

Dr. Hugh L. Dickey returned to the city on Saturday afternoon's train from a trip to the interior.

Robert Mills, father of Mrs. F. G. Dawson, arrived in the city on Saturday afternoon's train from Park River, North Dakota.

A. H. McPherson sailed last night on the Prince George for a trip to Vancouver and Portland. He expects to be away ten days or two weeks.

Morris Dahlquist, Cedarvale pole operator, who has been on a brief trip south, arrived in the city on the Catala last evening from Vancouver, being on his way back to the interior.

George McRobbie appeared in city police court before Magistrate McClymont this morning on a charge of drunkenness as well as of assaulting Constable R. G. Gilker. Remand until Wednesday was made in the case.

There was a full list of 163 passengers aboard the steamer Princess Mary which was in port last night bound from Skagway to Vancouver. The list included many members of the crews of Yukon River steamers going south for the winter.

A Halloween dance for Scandinavians was held in the Moose Hall on Saturday evening by Hanson and Farstad. There was a good attendance and the affair proved very enjoyable. Special seasonal decorations and novelties were a feature of the event.

John Erosch, manager of the Los Angeles-Vancouver Mines Ltd., which is operating the old Drum Lummon property on Douglas Channel, down the coast from here, was a business visitor in the city at the end of the week. While his boat was here, one of the members of the crew sustained four or five broken ribs in a fall so is now a patient in the Prince Rupert General Hospital.

ANNOUNCEMENTS

Presbyterian Bazaar November 6.

Eagles' whist drive and dance November 7.

Rupert East United Church bazaar, November 7.

Premier Orchestra Whoopie Dance, November 8.

Anglican W. A. Bazaar, November 14.

L.O.B.A. whist drive and dance November 14.

Gyro Hoedown in Auditorium November 15.

Moose Annual Bazaar Nov. 21 and 22.

St. Andrew's annual dance November 29.

United Church Bazaar, December 5.

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Everything seemed a Burden

"I feel I must write and tell you of the great benefit I have derived from Kruschen Salts. For three years I suffered from constipation, depression and nerves, which made everything seem a burden."

"After attending doctors on and off for this period, I commenced to take Kruschen, and from then I gradually got back to my usual state of health. I have now resumed my duties, and work is once more a pleasure."

"I am continuing with Kruschen Salts, and after being back at business nearly six weeks am maintaining the 'Kruschen feeling' and recommend the public to take the 'little daily dose,' and keep themselves fit these bustling days."

"I shall always be pleased to answer any enquiries in praise of 'Kruschen Salts.'" —D. G. Original letter to the Inspectors.

Kruschen Salts is obtainable at drug and department stores in Canada at 75c a bottle. A bottle contains enough to last for 4 or 5 months—good health for half-a-cent a day.

C. C. Mills sailed last night on the Prince George for a business trip to Vancouver.

J. M. Hockin sailed last night on the Catala for a business trip to Anyox and Stewart.

R. E. Allen, district forester, sailed last night on the Prince George on a trip to Ocean Falls on official duties.

George Bell of the C.N.R. Telegraphs operating staff arrived in the city on yesterday afternoon's train from the interior for a brief visit.

J. H. Pillsbury, manager of the Pacific Stevedoring Co., sailed last night on the Prince George for a business trip to Vancouver and Victoria.

Mr. and Mrs. J. W. Scott have moved residence from the corner of Fifth Avenue and Young Street to the Riffon house further east on the same avenue.

Rev. George H. Raley, principal of Coqualeetza Institute at Sardis, and Mrs. Raley are visitors in the city, having arrived from the south on the Catala last evening.

R. E. Moore, local manager for Burns Co. Ltd., is expected to return to the city in about ten days' time from a holiday trip to his native home in Bangor, Maine.

Patrick Marzei was fined \$10 with option of seven days' imprisonment by Magistrate McClymont in city police court this morning for driving to the common danger.

A. R. Holtby, B. and B. master of the Canadian National Railway, returned to the city on yesterday afternoon's train from a brief trip to the interior on official duties.

Saturday night's gale caused the collapse of an awning at the Mus-sallom Grocery, Fifth Avenue East, the result being that several cracks were made in a large plate glass window.

Mrs. A. D. Baillie returned to the city on yesterday afternoon's train from Hazelton where she has been spending the past couple of months relieving on the hospital nursing staff.

With her regular skipper, Capt. A. E. Dickson, in command again after having spent a month ashore on holidays, Union steamer Catala arrived in port at 6 o'clock last evening from the south and sailed at 9 p.m. for Anyox and Stewart.

Wallace C. Orchard, general agent here for the Canadian Pacific Railway, is due back in the city toward the end of the week after having spent a month's holiday in Vancouver. He is expected to be accompanied by Mrs. Orchard, who has been spending several months in Vancouver and whose health is now reported to be greatly improved following a lengthy illness.

Having been delayed in the north by stormy weather, C.P.R. steamer Princess Mary, Capt. Thomas Cliff, arrived in port at 11 o'clock last night from Ske- way and other Alaska points and sailed at midnight for Vancouver and Victoria. The Princess Mary will make one more trip in the Alaska service, being due here next Saturday northbound, and will then be replaced for the winter by the Princess Norah on a fortnightly schedule.

Halibut Sales

Summary	
American—68,000 pounds,	18.6c and 9c to 19c and 9c.
Canadian—1,000 pounds,	18.7c and 9c.
American	
McKinley, 25,000, Atlin,	19c and 9c.
Addington, 16,000, Booth,	18.6c and 9c.
Fairway, 18,000, Pacific,	18.8c and 9c.
Pierce, 9,000, Cold Storage,	18.7c and 9c.
Canadian	
Bayview, 1,000, Cold Storage,	18.7c and 9c.

Dr Alexander
PHONE 575
BESNER BLOCK
DENTIST

4 a Taxi Phone 4, Big 4 Taxi. tf

Basketball tomorrow night in Exhibition Building. Three games. First game at 7:30. Admission 25c. Children 10c.

Dr. Dickey, eye, nose and throat specialist. Office, Mrs. Reid's, 1010 Third Avenue until December 1. Telephone Blue 504.

Thomas Mason, assistant inspector of customs, arrived in the city on the Catala last evening from Vancouver, being here on official duties.

For fine photo work send your films to Wrathall's Photo Finishings, 322 Third Ave. Quick returns and careful finishing. We frame pictures. (tf)

On a charge of drunkenness, Fred Rogers was fined \$25, with option of 30 days' imprisonment, by Magistrate McClymont in city police court this morning.

HOTEL ARRIVALS

Central Hotel
120 Rooms
Rooms—50c and up
SWANSON and BESNER
Proprietors

Central
Robert Jones and W. Griffiths, Coleman; Louis Leroux, Montreal; A. Grant, T. D. McLean and J. Smith, city; George McIlmoyle, Hazelton; F. M. Morgan and J. Searle, C.N.R.; H. B. Stock, Vancouver; T. A. Firth, Dawson.

Savoy Hotel
Prince Rupert's leading family hotel. Hot and cold water in all rooms.
A. J. PRUDHOMME, Prop.
Cor. of Fraser and Fifth Sts.

Savoy
Frank Macdonald, A. King and E. Prince, city; J. Anthony, Sock-eye.

VICKERS' FINEST LONDON DRY GIN
REPUTED QUART \$3.25
ESTABLISHED BY JOSEPH & JOHN VICKERS & CO. Ltd. LONDON 1750 ENGLAND

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

Rex Publicover, who went to his home in Nova Scotia last spring on account of illness, is now in sanitarium near Halifax, according to word received in the city. His wife and family have been back from the east for some time. Mr. Publicover was formerly accountant in the C.N.R. Telegraph office here and more latterly was a member of the staff of Ormes' drug store.

MILK MILK
Fresh Pasturized Milk and Cream Daily.
EARLY DELIVERY Throughout the City.
VALENTIN DAIRY
Telephone 657.

FURS!
Goldbloom has just returned from the East and has on display a wonderful selection of furs. Goldbloom is a keen buyer and can offer his customers prices at least 35 Per Cent Less Than Similar Goods Can Be Purchased Elsewhere!
Goldbloom, the Old Reliable, after being in business for twenty years, has not yet had a dissatisfied customer.
See Goldbloom First
Third Avenue, Next Bank of Montreal

N. M. McLEAN Boat Builder
Marine Ways SEAL COVE
I take you out of water under roof where rain will not trouble; build boats any size or kind at surprisingly low prices.
Halibut, Pleasure, Trolling Boats For Sale
I generally have a boat to suit any requirements. Mooring spaces for boats' winter quarters. Agencies any engine required.
Repairs
Why pay more when your work can be done for less with better accommodation?
PHONE GREEN 429
Daily News Want-Ads bring results.

CANADIAN NATIONAL
The Largest Railway System in America
STEAMSHIP AND TRAIN SERVICE
Sailings from PRINCE RUPERT for VANCOUVER, VICTORIA, SEATTLE, and intermediate points, each Thursday and Sunday, 10:00 p.m.
For ANYOX and STEWART, each Wednesday, 4 p.m.
For STEWART and KETCHIKAN, each Saturday, 4 p.m.
For NORTH and SOUTH QUEEN CHARLOTTE ISLANDS, fortnightly.
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

LUMBER
1x6 No. 1 Spruce Shiplap \$23.00
1x10 No. 1 Spruce Shiplap \$25.00
1x6 No. 2 Spruce Shiplap \$20.00
1x10 No. 2 Spruce Shiplap \$22.00
2x4 and 2x6, 8 to 14', S4S, No. 1 Common \$25.00
2x4 and 2x6, 8 to 14', S4S, No. 2 Common \$22.00
Kiln Dried Flooring, Ceiling and Finish, Mouldings Lath, Shingles, Doors, Windows, Etc.
BIG BAY LUMBER COMPANY, LIMITED
PRINCE RUPERT, B. C.
Sawmill and Head Office, Seal Cove, Telephone, 361
Retail Yard, Cow Bay, Telephone 423

In the magazine section of yesterday's Vancouver Sunday Province appears a picture of Fred Clumford, a troller who comes north from Vancouver every season, taking a large spring salmon into his rowboat at Victory Cove in Warke Canal.

Rev. H. C. Fraser M.A. preached at both morning and evening services yesterday in First Presbyterian Church. At the evening service, there was a duet: "So Thou Lifest Thy Divine Petition" by John E. Davey and Alex. Clapper-ton.

How to take Advantage of the opportunity offered by Blackhill Mining Co. Ltd.
Northern Metals Holding Syndicate has a very favorable option on control of Blackhill Mining Co.'s treasury stock, which consists of two-thirds of the capital of the company.
OUR FIRM HAS BEEN ABLE TO OBTAIN A FEW OF THESE UNITS FOR LOCAL AGENTS
ASK QUESTIONS ABOUT BLACKHILL AND THEN SEE US. BUT ACT QUICKLY!
NORTH COAST FINANCE CO.
STOCKS REAL ESTATE STEWART, B.C.