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SHREDDED WHEAT



With all the bran of the whole wheat

With whole milk, does not heat the blood or tax the digestion. It is not only cooling but satisfying—saves kitchen drudgery and expense. Ready-cooked, ready to eat.



KODAK TIME

Brownies from\$2.25
Vest Pocket Kodaks\$5.00
No. 1 Folding Kodaks—
From\$11.25

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DEMAND

"Rupert Brand" Kippers

"THE DAINTIEST BREAKFAST FOOD."
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More Bread & Better Bread.

PURITY FLOUR

Makes Your Good Recipes Better

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LOCAL NEWS ITEMS

The school board last night decided to provide a fire extinguisher at Westview School.

At the school board meeting last night a letter of commendation of the work of the teachers was read from Tony Christian.

St. Andrew's Society Picnic to Grassy Bay, Sunday, July 14. Cars leave corner Second Avenue and Second Street from 10:30 to 12 a.m. Adults 50c, children free.

J. E. Miller, inspector of customs, and his assistant, Thomas Mason, who have been on a trip to the Yukon Territory on official business, were passengers aboard the Princess Louise yesterday afternoon returning to Victoria.

D. B. Finn, director of the Prince Rupert Fisheries Experimental Station, will sail this afternoon on the Prince Charles for Vancouver where he will be for the next two weeks giving lectures at the University of British Columbia to officials of the fisheries department.

W. E. Baillie, acting superintendent engineer of Canadian National Coast Steamships, who has been here for the past few days in connection with the reconditioning of the steamer Prince William at the local dry dock, sails this afternoon by the Prince Charles on her return to Vancouver.

4 a Taxi Phone 4, Big 4 Taxi. tf

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

St. Andrew's Society semi-annual meeting tomorrow, Friday, 8 p.m. Full attendance requested.

Mr. and Mrs. Frank Morris returned to the city on this afternoon's train from Smithers where they spent the past ten days.

D. W. T. Kergin of this city was elected district deputy grand master for Skeena at the recent Masonic rand Lodge meeting in Victoria.

The school board had a somewhat lengthy session last night, Thomas McMeekin presiding and there being present Mrs. Spencer, James Thompson, W. Gilchrist and the secretary. Trustee Barrie is out of town.

C.N.R. steamer Prince Charles, Capt. Neil McLean, returned to port at the early hour of 5 o'clock this morning from Stewart, Anyox and Massett Inlet points and will sail at 4 o'clock this afternoon for Vancouver.

T. H. Johnson was the speaker at the weekly luncheon of the Prince Rupert Rotary Club in the Commodore Cafe today. He told of experiences on his recent trip to England, France and Italy and of Rotary Clubs overseas which he had visited.

ANNOUNCEMENTS

St. Andrew's Society Picnic Sunday, July 14, to Grassy Bay.

K. of C. picnic, Sunday, July 14, Digby Island.

Moose picnic, July 28.

Catholic Bazaar, October 2 and 3. 158

There were 229 passengers aboard the steamer Princess Louise which was in port yesterday afternoon southbound from Skagway to Vancouver. Disembarking here from the vessel were: Albert Farrow, steamboat inspector, Vancouver; Richard Adams, Keno miner; Carron Morris, Mayo miner; Adam Vargo, Juneau laborer, and Reginald Parks, Harrison, New York, lumberman.

Week-End Specials

SWIFT'S PURE LARD—
5-lb. tin\$1.10

NABOB COFFEE—1-lb. tin 60c

NABOB TEA—1-lb. pkg.60c

B. & K. PASTRY FLOUR—
10-lb. sack55c

SHREDDED WHEAT—2 pkgs. 25c

BROOKFIELD OR GOLDEN CHURN BUTTER—3-lb. brick for\$1.40

NABOB STRAWBERRY JAM—
4-lb. tin65c

NABOB PLUM JAM—4s.45c

BARBADOS MOLASSES—2s.25c

CLARK'S PEA SOUP—
Tin10c

FRESH EXTRA EGGS—
3 doz.\$1.15

DURKEY'S SALAD DRESSING—
Jar50c

ROWNTREE'S COCOA—1/2s.55c

2 tins55c

MINUTE TAPIOCA—
2 pkgs.25c

NABOB SLICED PEACHES—
2 1/2s. Tin30c

CREAMETTES—Pkg.10c

COLUMBIA PEARS—2s.20c

NABOB ASPARAGUS—Picnic size. 2 tins45c

PICKLED PIGS' FEET—Jar 35c

OUR ORANGES ARE FINE—
5 doz.95c

RIPE BANANAS—8 lbs.50c

CANTALOUPE—Each20c

REMO STRAWBERRIES ARE AT THEIR BEST


Backache! Bladder Trouble! Sleepless Nights!

"Fruit-a-tives" Attacks the Cause—Braces the System

If you suffer from back-pains, wakeful nights, improper bladder and bowel action resulting from kidney trouble, try "Fruit-a-tives".

This wonderful medicine made of intensified fresh fruit juices and the finest medicinal ingredients restores normal action naturally and quickly. Find relief yourself. It has helped thousands! Get "Fruit-a-tives" to-day at your druggist's.

ATTENTION!



ATTENTION

"B.I.B." is one of the world's largest producers of shingles, and we produce a shingle unsurpassed in quality. In this one province there are 39 mills, employing 1800 hands. They have won world-wide admiration for the excellence of the fine standard grades manufactured here. That is certainly making full use of our natural resources."

Alberta Market

P. GAMULA, Proprietor
Fifth Street. Phone 208

B.C. PRODUCTS BUREAU

Mr. and Mrs. D. McLeod are sailing this afternoon on the Prince Charles for a holiday trip to Vancouver.

Miss Amelia Gurvich, who has been on a trip to Stewart, returned to the city on the Prince Charles this morning.

Mr. and Mrs. H. Sinclair of Vancouver, who have been visiting for a week at Massett, are passengers returning south on the Prince Charles today.

M. S. Whittier, United States collector of customs at Juneau, arrived in the city on the Prince Charles this morning after a brief visit of inspection to the post at Hyder and will proceed to his headquarters in Alaska on the Princess Adelaide tomorrow morning.



Flashing Eyes Laughing Eyes Downcast Eyes

Eyes tell
Your Character

Brown eyes for strength—Blue for generosity—Gray eyes for jealousy—Sparkling eyes indicate beauty, yes, and good health, too! Do your eyes sparkle? Are the whites clear or are they tinged with yellow—indicating an out-of-sorts condition—due to constipation? If so, you need

Beecham's Pills

Try a regular daily course for a short period. Your eyes will tell the story. A Vegetable Product 212

Read about Character from the Eyes in future Beecham Advertisements.

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SPECIALS!

- Stanfield's Red Label Shirts and Drawers, Each\$1.85
- Stanfield's Red Label Combinations, Each\$3.50
- Stanfield's 3200 Shirts and Drawers, Each\$1.50
- Stanfield's 3200 Combinations, Each\$3.00
- Stanfield's 7700 Fine Wool Shirts and Drawers, Each \$2.75
- Stanfield's 7700 Fine Wool Combinations, Each\$5.00
- Stanfield's 1800 Silk and Wool Shirts and Drawers, Each\$3.75
- Stanfield's 1800 Silk and Wool Combinations, Each \$7.00

J. A. Kirkpatrick


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where you will require the aid of glasses that will make you look young, see young and feel young, you should wear our Bisight double vision lenses.

They give perfect vision—near and far—without the eye-straining, dirt catching, confusing division line of the old style contact bifocals.

They are two lenses fused into one and look like ordinary single vision lenses.



JOHN BULGER JEWELLERS

THE STORE WITH THE CLOCK

You will derive far more satisfaction from SALADA than you will from cheap tea

"SALADA" TEA

'Fresh from the gardens'

and now the new baby is on EAGLE BRAND

"I have a boy five years old and he is a good ad. for Eagle Brand. I started him on it at 3 months and now at five years he is red and rosy and solid as a rock, big frame, legs perfect, in fact perfect in every way. I have a baby boy of 6 weeks and he gets nothing but Eagle Brand and he is doing fine."

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Please send me Free your Baby Welfare Book and Baby Record Book


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PROTECT IT AGAINST FIRE



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The good sportsman, in his own interest, is careful with fire in the woods.

Issued by authority
Honourable Charles Stewart,
Minister of the Interior.



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