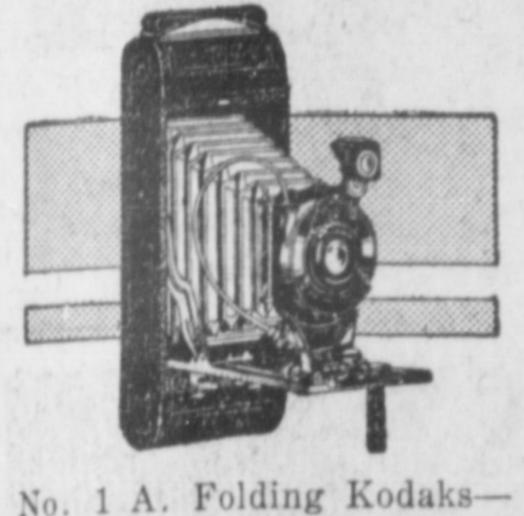
No Kitchen Work Today! Save Health and Strength-Serve

With all the bran of the whole wheat

With milk or cream Shredded Wheat is a complete wellbalanced meal, containing every food element you need. Delicious with berries or other fruits.



From\$12.25

From\$18.50

No. 2 C. Folding Kodaks-

Erownies from\$2.25 Vest Pocket Kodaks \$5.00 No. 1 Folding Kodaksrom\$11.25

No. 3 A. Folding Kodaks-From\$34.00 Cine Kodak (Movie), f. 3.5.

Kodak Films, all sizes in stock. Developing and printing ailed the same evening on the A. C. Macmillan of the Great Catala last evening from Vanfor amateurs. Daily service. Quality finish.

Ormes Lid. 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., Tues-For VANCOUVER, VICTORIA, Butedale, Alert Bay, etc., Friday midnight For ALICE ARM, ANYOX, STEWART, Naas River, Port Simpson, Sun-

For PORT SIMPSON AND WALES ISLAND, Thursday, p:m.



to Ketchikan, Wrangell, Juneau and Skagway-

August 2, 5, 9, 12, 16, 19, 23, 26, PRUITICE To Vancouver, Vi toria 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.

CANADIAN NATIONAL

The Largest Railway System in America

STEAMSHIP AND TRAIN SERVICE 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, EDMON-TON, WINNIPEG, all points Eastern Canada, United States.

AGENCY ALL OCEAN STEAMSHIP LINES City Ticket Office, 528 Third Ave., Prince Rupert-Phone 260

durplus

33 1-3 DISCOUNT

REMNANT ROOM LOTS \$1.60 to \$2.00

A. W. Edge Co.

Abbotsford, B.C.

"BUILD B. C."

These Letters



Writing is toilsome, so when women who have much work on their hands go to the trouble to write letters there must be strong interest. Well, Pacific Milk has something over 1900 letters from patrons in this province. We counted 1920. And all these letters speak highly of Pacific Milk.

PACIFIC MILK

LOCAL NEWS ITEMS

J. A. Hinton sailed last night from the east at 3:30, was repor- Mrs. R. F. McNaughton and on the Catala for a business trip ted this morning to be on time. two children will sail this eve- F. C. Good, newly appointed Bert F. Smith, assistant manato Stewart.

last night on the Catala for a Rupert for a vacation trip to hotel. visit with friends in Alice Arm. Vancouver.

Catala last evening.

Thomson of San Francisco are Arter, Vancouver.

I day evening in the Boston Hall. successful and enjoyable.

W. B. Dornberg, head of the moving to the interior city where rain from New Hazelton and

vation Army at Rossland arrived for Anyox on business. Before the holding of the annual conon yesterday afternoon's train returning south, he expects to vention here recently. and received a hearty welcome make a trip into the Yukon Terat the local meeting of the Cit-ritory. edel Sunday night. She is appointed to act as assistant for the work at Prince Rupert. a hotel at Mayo, Y.T., and Mrs.

The third Northwestern Alaska through the city on the Princess our party of the present season Louise Saturday afternoon bound to visit Prince Rupert, consisting for Vancouver where they will of some 40 persons from Chicago embark for a trip to their native and vicinity, disembarked here home in Japan. this morning from the steamer Prince George after a tour of Alaska and proceeded east by keeper and well known pioneer of the regular train.

An Exhibit of Deauliful

To see this display is to be B. Wing and J. Field, Vancouver; art as well.

We carry the most dependable makes-standard watches that have won reputations for accuracy and reliability—and these McDonell, Stewart; B. Ames and Dido Gurvich, D. Zarelli, movements are in cases of rare F. S. Huffman, Toronto; Mrs. S. Smith, Harvey Fraser, Bert Moror one's clothes.



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.

610 2nd Avenue—Phone 130 Prince Rupert, B.C.

R. F. McNaughton, C.N.R. dis-

last night on the Catala for a this afternoon on the Prince Vancouver broker, is a passenger this evening on the Prince Dentist Dr. J. R. Gosse. Phone trip to Alice Arm. 19 George for a brief trip to Van- aboard the Prince Charles today Charles to make the round trip This afternoon's train, due couver on company business.

W. H. Manuel, C.N.R. travelling Herbert Hampton, who has Mr. and Mrs. A. R. Wylie and Mrs. N. Beveridge, who has Master Peter Marvin, who has auditor with headquarters in been spending the past few days son, who have been south on a been spending several weeks been visiting here with his uncle Winnipeg, arrived in the city, will sail by the Prince holiday trip, returned to the visiting in the south, returned and aunt, Mr. and Mrs. J. O. Wil- from the interior on yesterday Charles this evening on his re- city from Vancouver on the Cahome from Vancouver on the liamson, 233 Fourth Avenue W., afternoon's train, being here on turn to Port Clements. sailed by the Catala last evening official duties. on his return to his home at

Miss Pearl Collier of Prince E. Anderson, arrived in port at Lee, sails this afternoon by the business trip to Juneau. Rupert at the home of Mrs. Geo. midnight from Ketchikan, having Prince George on her return to two carloads of frozen salmon her home in New Westminster. | Mrs. B. Curtin, Mrs. Douglas | Mrs. A. P. Allison, wife of the and two carloads of canned sal-

There was quite a large attend Mr. and Mrs. A. A. Connon noon's train in the course of a Inlet. dance and the event proved both arrived in the city on yesterday trip through Canada and will afternoon's train from Prince proceed by the steomer Prince Rev. G. A. Quarnstrom of Win- as organizer of the Moose Lodge, George to make arrangements for George to Vancouver.

Prince Rupert for Vancouver. West Life Assurance Co., Van-couver to which city he accom- elyn and Prince George. couver, was a passenger aboard panied delegates of the Canadian Captain E. Warren of the Sal- the Catala last evening bound Fisheries Association following

> Delayed by fog, C.P.R. steamer Saintey, arrived in port at 11:30 route to her home in Boston. Harry Gamasiki, who conducts this morning from Vancouver and sailed at 1 p.m. for Skagway Gamasiki and children passed whence she will call here south- and family, Summit Apartments, Intoxication. bound next Saturday afternoon The vessel had a large number of tourist passengers on board.

gineer of London, Eng., who has R. J. McDonell, Stewart hotel been examining mining properties the north, arrived in the city from Stewart on the Prince Rupert Saturday evening, and proceeded by this morning's train Adeney and daughter, and pro- them going east by train, and 11 steamer Princess Charlotte which to the interior to visit Smithers New Hazelton and other points. to Montreal en route to England. here from the vessel.

* Norse people throughout the daughter, disembarked here this of 25, also from the United Catholic Bazaar, October 2 and through many countries, arrived George after a two weeks' trip barked here: S. Chadderton, Prof. 158 here last week and left this to Alaska and proceeded by train Wilfrid Sadler and H. H. Pegwill be included in the first vol- land. J. Anderson, A. D. Parnell, A.

ANNOUNCEMENTS

HOTEL ARRIVALS

Prince Rupert

Central

art; James Hunter, city:

Winnipeg Kiddies, Winnipeg; J.

Included in the local convinced that the correct watch Mrs. Margaret Schilling and party going north on the Catala tional Recreation League, arrived of today is not only an accurate daughter, Detroit; Mr. and Mrs. last night for a visit in Anyox in the city from the east on yestimekeeper but it is a work of Adeney and Miss Adeney, Eng- were Mr. and Mrs. G. E: Gulick, terday afternoon's train and, afland; Joseph R. Rogers, city; M. J. Currie, W. Harold, Arthur ter spending the day here on of-T. Goudge and Lieut. Col. and Kerr, O. Gordon, Fred Stephens, ficial work, will sail this after-Mrs. G. Ogilvie, Ottawa; Mr. and A. Donald, George Mitchell, Will Mrs. C. F. Williams, San Mateo, Lambie, W. Murray, Mike Budin-Cal.; H. McGuire, Seattle; R. J. ich, Alex Mitchell, A. Williams, Wilkinson, Remo; George A. gan, W. E. Williscroft, Howard Hood, Victoria; W. H. Manuel, Keefe, Herman Loblick, Dr. C.N.R.; C. R. Crook, Montreal; R. Gosse and A. A. Easson. The rive on the train this afternoon Mrs. J. Headry. Brians Brought party will return to the city on to spend his furlough with his Ferry, Scotland; H. Atchison, the Prince Charles Thursday parents. He is a brother of En-Claxton Cannery; W. L. Paddon, morning. Quick; H. W. Chambers, Inver-

> Union steamer Catala, Capt. A. E. Dickson, arrived in port at There were 280 passengers, C. O. Johnston, South Bay; W. and sailed at 11:30 for Anyox, board the steamer Princess Rogers, Claxton; Mrs. Ora Brad- Stewart and other northern Louise which called here Saturley, Ketchikan; J. Weaver, Sun- points of call whence she will day afternoon southbound from nyside; Gene Burns, Miss K. return here tomorrow morning Skagway to Vancouver. Eighteen Lewis, Mrs. Lewis and J. M. and sail at 3:30 p.m. for Van- passengers disembarked here, in-Bennett, Inverness: George Bath, couver and wayports. Passengers cluding the Winnipeg Kiddies Stewart; Jack Pontily, L. H. coming north on the vessel in- show party which made a stand Brawand, C. B. Smallridge and c'uded: A: Sakai, Mrs. N. Bever- in Ketchikan. J. H. Peets, C.N.R.; J. Anderson, idge, T. H. Johnson, Mr. and V. Rodgers and J. Watt, city; R. Mrs. A. R. Wylie and son and Prof. Wilfrid Sadler of the Hjilmeland, A. Hodson and Chris Mrs. Joseph Naylor and son, for University of British Columbia Eden, Port Edward; Nels Floe, Prince Rupert; M. Uyeda, for arrived in the city on the Prin-Manuel Nino, Norato Nino and Mill Bay; Mrs. E. Boyd, Mrs. cess Charlotte this morning from Torlief Johnson, Vancouver; Jas. Dunwoodie, A. C. Macmillan, A. Vancouver and will be engaged Watson, Nova Scotia; C. Merman, D. Bailey, K. Ahola and J. Mc- for the next two weeks in the Terrace; Mike Sobeski, Edmon- Millan, for Anyox; Bartholemew study of discoloration of halibut ton; John Moore, Haysport, O'Connor, for Stewart; Miss at the local Fisheries Experimen-Helen M. Young and Miss Young, tal Station. Prof. Sadler was here F. Patterson. Porcher Island; Mrs. W. H. Alcock and son, W. engaged in similar work. A. J. Pomeroy, Stewart; J. Dav- R. Dunlop, A. J. Irvine, W. Abidson, Inverness; J. Geernaert ernethy. Mr. and Mrs. D. Sin- C.N.R. steamer Prince George, and G. Green, city; Carl Brent- clair and daughter, Mrs. Bridger, Capt. Harry Nedden, from Skag. zen. Port Simpson; R. Pearson Mr. and Mrs. L. A. Swigert, Miss way, and C.N.R. steamer Prince and M. Clauton, Sidney, B.C. D. Swigert and Miss L. Blanch- Charles, Capt. Neil McLean, from ard, round trip.

ELITE BEAUTY PARLOR

Gilbert, Kaien; W. King and J. appointments. 187 let.

G. H. Arnold is sailing this Mrs. Thomas Boulter,, who has W. C. Arnold, Ketchikan at-

4 a Taxi Phone 4, Big 4 Taxi. tf Mr. and Mrs. F. D. Rice sailed trict passenger agent, will sail C. O. Wickenden, well known Mrs. Fred Stephens will sail bound for Stewart on a business to Stewart, Anyox and Massett

ning on the Prince Charles for city engineer here, arrived from ger of the Premier Gold Mining Miss Muriel Vance sailed Sat- Tiell where they will spend a Vancouver on the Prince Charles Co., sailed Saturday evening on Mrs. Lottie Pedersen sailed urday evening on the Prince week at Mrs. Rajout's summer this morning to assume his du- the Prince Rupert for a brief

Morley Shier, well known Van- Mrs. Thomas Priest, who has C. A. Thompson sr., and Dwight Stewart. Miss L. Scott Gray, who has couver powder traveler, is a pas- been on a holiday visit to Vanbeen visiting here for some time senger aboard the Prince George couver, returned home from the visiting Mrs. J. W. Collier and Motorship Bellingham, Capt. J. with her sister, Mrs. James L. today returning south after a south on the Prince Charles this

Stork and Mrs. George Bryant are well known timber operator, and Another dance under Scandi- mon for transshipment east over A White Star line tour party sailing this evening on the Prince two sons are passengers aboard navian auspices was held Satur- the Canadian National Railways. of nine persons from Englond Charles to make the round trip the Prince Charles today bound arrived in the city on this after- to Stewart, Anyox and Massett for Massett on a brief trip.

nipeg, superintendent of missions is a visitor in the city, having Silver Cup Mining Co., arrived in Mr. Connon is to take over the T. H. Johnson, manager of the for the Mission Friends, preached arrived from Juneau on the lens\$100.00 the city on Saturday afternoon's management of a general store. Canadian Fish & Cold Storage at the local Lutheran Church Prince George this morning. Co., returned to the city on the last night in the Swedish lan-

> weeks with Mr. and Mrs. J. H. morning. Pillsbury, Fourth Avenue West, will sail this afternoon on the Princess Charlotte, Capt. C. C. Prince George for Vancouver en Yelton were each fined \$25, with

returned to the city this morning! on the Prince Charles from Van- The team representing the couver after a month's holiday Regiment that will play tomorrow trip in the course of which they evening sfootball game are Garth B. Adeney, mining en- went as far east as Winnipeg.

in Alaska for British interests, mostly tourists aboard the steamdisembarked here from the north er Prince George, on her arrival Underwood and Pasker. on the Princess Louise Saturday this morning from Skagway. There were 195 passengers, afternoon, accompanied by Mrs. Eighty three tourists, most of mostly tourists, aboard the ceeded by this morning's train local passengers disembarked was in port this morning bound

Edw. Ohlson of Oslo, Norway, Col. E. Alexander Powell, Eng- party of 20 persons from Chicago who is writing a history of the lish author, and Mrs. Powell and and American Express party world, and who has travelled morning from the steamer Prince States. Three passengers disemmorning for Alaska. He will re- for Jasper Park where they will ler. turn through the States. The re- spend a few days before prosult of his investigations so far ceeding east en route to Eng-

> G. R. Crook, of Montreal, system secretary of Canadian Nanoon on the Prince George for Vancouver.

Captain Leonard Joyce of the Salvation Army of Winnipeg, son of Mr. and Mrs. Jack Joyce of Prince Rupert is expected to arsign Joyce who was in charge here last year.

8:15 last evening from the south mostly round trip tourists, on

Vancouver, both arrived in port at 10:30 this morning, loaded, Mill City, Nil, 8.25. with tourist passengers. The Prince George sails at 4 o'clock, Searle, C.N.R.; J. Smith, Prince Mrs. Sutherland announces the this afternoon for Ocean Falls, George; M. A. Wallace, Terrace; opening of the Elite Beauty Par- Powell River and Vancouver and L. F. Turgeon, Edmonton; Mr. lor on Second Avenue next door the Prince Charles at 8 p.m. for and Mrs. N. Schanovitch, Stew- to the Hays Block. Phone 499 for Stewart, Anyox, and Massett In- to Associated, 3.80, 3.86.

afternoon on the Prince George been on a holiday trip south, re- torney, and Mrs. Arnold arrived for a holiday trip to Vancouver, turned home from Vancouver on in the city from the north on the the Prince Charles this morning. Prince George this morning.

trip to Vancouver.

morning.

Sigurd Wallstedt, well known

Misses Alice and Amelia Pillsbury, who have been on a holiday visit to Vancouver and Victoria, Miss Lucy Bacon who has been returned to the city from the visiting here for the past tew south on the Prince Charles this

T. Fredericksen and James T. option of 30 days' imprisonment, by Magistrate McClymont in city Mr. and Mrs. Alex MacDonald police court this morning for

Heilbroner, Burdette, Edgecombe, Hadden, There were 252 passengers Russell, Strachar, Murray, Tinker and Norrington. Spares are

> from Vancouver to Skagway. The tourists, included an Arts Craft

STOCK QUOTATIONS

B. C. Silver, 1.30, 1.45. Big Missouri, 1.57, 1.58. Cork Province, 10, 11. Cotton Belt, 45, 50. Duthie Mines, 48, Nil. George Copper, 6.65, 7.00. Georgia River, 341/2, Nil. Golconda, 90, 93. Grandview, 41, 41½. Inter. Coal & Coke, 37, 371/2. Kootenay Florence, 161/2, 171/2. Kootenay King, 40, 42. L. & L., 2, Nil. Mohawk, 3, 4. Morton Woolsey, 41/2, 5. Marmot River Gold, 31/2, Nil. Noble Five, 62, 621/2. Oregon Copper, 23, 231/2. Pend Oreille, 6.65, 6.75. Pioneer Gold, 1.25, 1.35. Premier, 1.80, 1.85. Porter Idaho, Nil, 48. Reeves Macdonald, 1.80, 1.85. Rufus Argenta Nil, 29. Ruth Hope, 36, 38. Silver Crest, 51/2. Nil. Silverado, 76, 85. Silversmith, 8, Nil. Slocan King, Nil, 6. Sunloch, 2.15, 2.30, Topley Richfield, 251/2, 26. Toric, 70, Nil. Wellington, 51/2. Nil. Whitewater, Nil, 59. Bluebird, 91/2, 10.

Advance, Nil, 4.25. Amalgamated, Nil, 40. A. P. Consolidated, 4.38, 4.39. Dallas, 2.95, 3.00, Calmont, 5.08, 5.10. Dalhousie, 3.70, 3.75. Devenish, 40, 45. Fabyan Pete, 13½, 15. Home, 24.45, 24.50. Illinois Alberta, 97, 1.00. Mayland, 10.00, 10.10. McDoug, Segur, 3.70, Nil. New McDoug. Segur, 1.35, Nil. Royalite, Nil, 150.00. Spooner, 1.50, 1.55, Hargal, 1.70, 1.75. Sterling Pacific, 2.02, 2.04. Regent, 52, Nil.

Wholesale and Retail Paint

Distributors