

The Secret of Coolness
Is in Light, Easily Digested Foods

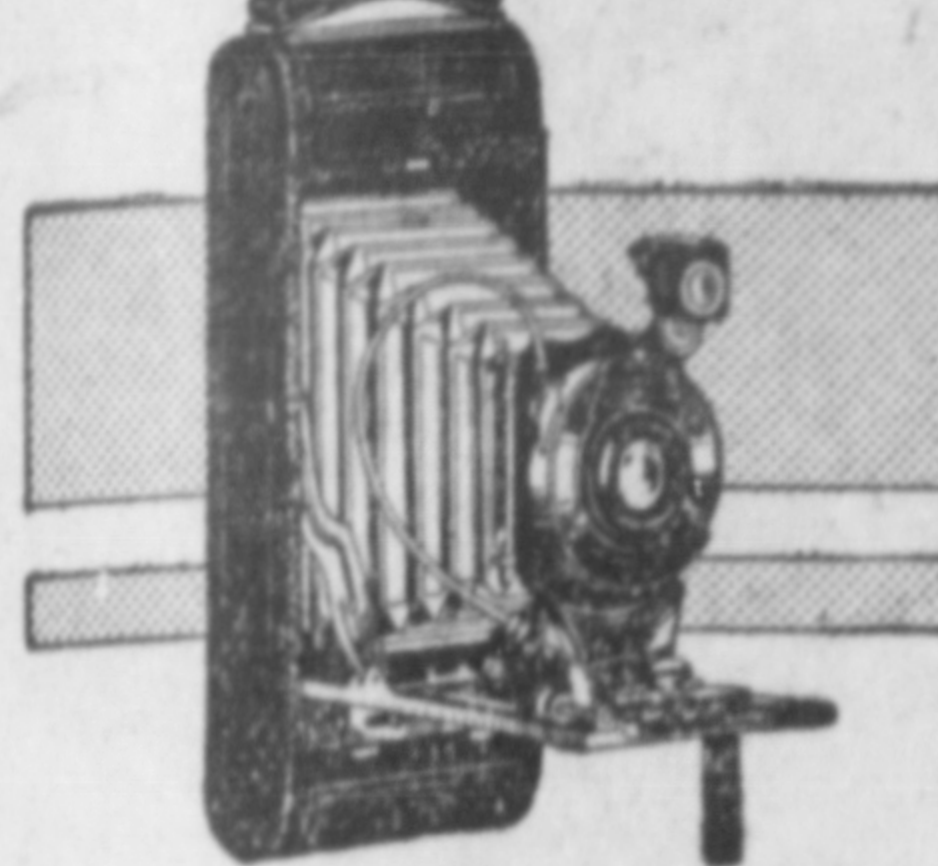
SHREDDED WHEAT



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
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 80 & 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 PORT SIMPSON AND WALES ISLAND, Thursday, p.m.
123 2nd Avenue R. 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 Phone 31
3rd Ave., Prince Rupert, B.C.

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

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

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.

LOCAL NEWS ITEMS

4 a Taxi Phone 4, Big 4 Taxi. If

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

G. P. Bennett and Ed. Joyce are visitors in the city from Anyox.

Geo. Ringstad of Port Edward arrived in the city and is registered at the Prince Rupert Hotel.

W. H. Pierce is visiting in the city from Port Essington and is registered at the Prince Rupert Hotel.

G. A. Wyman arrived in the city on yesterday afternoon's train from Smithers and is registered at the Prince Rupert Hotel.

Mrs. Theo Collart and son, Robert, left on this morning's train for Terrace where they will spend a couple of weeks holidaying.

The Canadian National steamer Prince Charles arrived in port this morning at 7 a.m. from Stewart, Anyox and Queen Charlotte Islands and will sail this afternoon at 4 p.m. for Vancouver.

Mrs. John E. Davie and two children left on this morning's train for a holiday visit to Woodcock.

W. Vaughan Davies, of Linzey and Davies will sail this afternoon on the Prince Charles on a holiday trip to Vancouver.

John Barclay of Anyox arrived in the city on the Prince Charles this morning and left on this morning's train for Toronto.

Miss Ruth Wilkinson returned to the city on yesterday afternoon's train from Hazelton where she has been spending a few weeks visiting with Mrs. Tomlinson.

Mrs. W. Campbell, who has been holidaying with Mrs. Tomlinson at Hazelton, and who has been visiting in the city for a few days, returned to Hazelton on this morning's train.

Among those returning from the round trip to Stewart, Anyox and the Islands this morning on the Prince Charles were: Mrs. Ross and Miss Oral Ross, Miss R. Plunkett, Mrs. Silver-sides and family, Mrs. Bacon and Mrs. J. Pillsbury.

The Winnipeg Kiddies, who entertained in the Capitol Theatre here for four evenings, sailed yesterday afternoon aboard the steamer Prince George for Skagway where they will put on a performance, returning Monday and going east to Prince George.

STOMACH PAINS?

Get rid of them Permanently with "Fruit-a-tives."

"Fruit-a-tives" will rid you of gas, flatulence, or pain after eating, and make life worth living again. Mrs. Annie Glover, Ottawa, writes:

"A sufferer from indigestion, constipation, dreadful stomach pains, I tried 'Fruit-a-tives'. Soon these ills were a thing of the past."

"Fruit-a-tives" acts naturally on the system. Gently and quickly it strengthens the whole digestive tract. It awakens liver, bowels and kidneys, soothes the stomach. Get a 25c or 50c box at your druggist's today. End digestive troubles

Value For Your Dollars

WHIZ FLY FUME—16-oz. tins55c
CHLORIDE OF LIME—Per tin13c
COFFEE—Fresh roasted and ground. Per lb.45c
PEANUT BUTTER—Squirrel brand. 2½ lbs. Per tin50c
QUAKER CORN—Limited quantity. 2s. 3 tins40c
NABOB TOMATOES—Limited quantity. 2½ lbs. 3 tins40c
CHATEAU CHEESE—For spreading or slicing. 1s. Pkg. 43c
CHATEAU CHEESE—2½ lbs. Per box94c
CHOCOLATE ECLAIRS—Fresh stock. Per lb.38c
WHOLE WHEAT FIG BARS—New shipment. 2 lbs.45c
STRAWBERRY JAM—4s. Per tin60c

Vitone Special

Vitone is the perfect food beverage. Drink it either hot or cold.

½-lb. tins34c
1-lb. tins56c

Order a Supply Now!

GOLD MEDAL MAYONNAISE—The best procurable. 8-oz. jars, each34c
CRISCO—3-lb. tins. Each78c
HEINZ CATSUP—Large bottles. Each28c
HEINZ WORCESTER SAUCE—Large. Per bottle45c
BULK CARROTS—6 lbs.25c
TURNIPS—6 lbs.25c
CHOICE BLACK FIGS—Per lb.14c

Watts' Grocery

Quality Right—Prices Right

PHONE 55 PHONE 50

PICNIC TODAY OF RETAILERS

Local Merchants and Employees At Digby Island This Afternoon

The Retail Merchant's Association are holding their picnic this afternoon to Digby Island and a fine program of games and sports have been arranged for, with good prizes for the winners. The Salvage Princess left the boat house at 2 o'clock with a large crowd of members as well as employees and their families. The committees in charge are: Transportation committee, Geo. Bryant, C. G. Minns and D. Stuart; refreshments committee, Bert Morgan, Bill Watt and N. Mussallem; sports and entertainment committee, Geo. Munro, D. McRae and H. Macey.

RASPBERRIES ARE SCARCE

Preserving Cherries Are Coming From Terrace and Some From South

The Terrace raspberries have started to come in now although they are a little scarce as yet, but it is believed that the rains of the early part of the week will improve both quality and quantity of the berries. Terrace preserving cherries are also starting to come in now in fair quantities and are selling at 2 lbs. for 35c, but the season for Terrace strawberries is over. In the vegetable line, green corn is arriving now and is selling at 70c a dozen, and also vegetable marrow which is retailing at 15c.

USUAL POOR SALE HALIBUT THURSDAY

As usual for Thursday there was a poor sale of halibut on the exchange this morning, there being only one American and one Canadian boat offering. They were: Viola, 8000, to Booth Fisheries, 15.3c and 8c. Drott, 3500, to Cold Storage, 13.9c and 8c.

HOTEL ARRIVALS

Prince Rupert
E. W. Lumsden, P. F. Belga, H. Gray, H. Walker, G. A. Wilson, Vancouver; A. Earl Smith, New York City; C. A. Thomson, Montreal; Geo. Ringstad, Port Edward, W. H. Pierce, Port Essington; A. A. Burnett, Hazelton; Mr. and Mrs. Geo. T. Hancock, Port Hope; Elsie Hamilton, Fairbanks; Mrs. J. A. Hamilton, Alaska; Geo. B. Keyes, Vancouver; H. T. Allen, Terrace; L. G. McKee, Bellingham; G. A. Wyman, D. Bannerman, Smithers.

Savoy
G. P. Bennett, Ed. Joyce, Anyox; Carl Thynis, W. T. Brown, Peter Rute, Petersburg; John Hansen, city; C. Harrison, Massett.

Royal
R. McIvor, J. Morrison, Vancouver; K. Morrison, Fort Langley; J. H. Majeau, S. Whisby and wife, C.N.R.; O. Olsen, city.

Central
M. Benke, C.N.R.; T. Dupis, J. Castonguay, Jas. Hunter, O. Anderson, city.



Ask Your Neighbors

"I was all run-down, tired all the time and could not do my housework. My eyes were dull, my tongue was coated and I did not want to eat. A neighbor told mother about Lydia E. Pinkham's Vegetable Compound. I began taking it and now I am hungry all the time. I sleep well, my nerves are good and I have told lots of friends how the Vegetable Compound has helped me. I have also used Lydia E. Pinkham's Sensitive Wash and I feel lots better. I will be glad to answer any letters."—Mrs. H. E. Winters, 827 S. Willow St., Fairbault, Minnesota.

Lydia E. Pinkham's Vegetable Compound

Lydia E. Pinkham, Med. Ex., Lowell, Mass. U.S.A. and Boston, Ontario, Canada.

The delicious flavour of SALADA has no equal. Do not be tempted by the price of cheap teas

"SALADA" TEA

'Fresh from the gardens'



MAN TO MAN

IT'S "best by Long Odds"

WHITE HORSE REAL OLD SCOTCH WHISKY

THE OLDEST HOUSE IN THE WORLD... Established 1742

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

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.

Just Arrived

UNIVERSAL SILK AND WOOL SWEATER COATS\$8.00
JANTZEN PURE WOOL SWEATER COATS\$8.00

"The Coats to Wear Anywhere"

J. A. Kirkpatrick

Established in 1908
SIXTH ST., PRINCE RUPERT

JOHN BULGER JEWELLERS

THE STORE WITH THE CLOCK

More Bread & Better Bread.

PURITY FLOUR

Makes Your Baking Skill Better Still

BRACKMAN-KER MILLING CO. LTD. DISTRIBUTORS

I have something you want; you have something want. We get together through the classified ads.