More Bread & Better Bread.

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The quality is always the same

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THE economies made possible through the production of more than a million Frigidaires have made Frigidaire prices so low that every model is an outstanding value and represents a tremendous saving to the buyer. Frigidaire operates from individual electric plants or central station current. Let us give you a Frigidaire demonstration.

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The QUIET Automatic Refrigerator

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—June 28, July 1, 5, 8, 12, 15, 19, 22, 26, 29.
To Vancouver, Victoria and Seattle—June 29, July 3, 6, 10, 13, 17, 20, 24, 27, 31.
PRINCESS MAQUINNA—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 Phone 31

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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

BOX CUTTINGS

$3.50

Per Load

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HYDE TRANSFER

171 3rd Avenue East

PHONE 580 Heated Storage

SIMONDS SAWS

The most economical saws to use

Simonds Canada Saw Co. Limited, St. Remi St. and Acorn Ave. MONTREAL
Vancouver, B.C. St. John, N.B.

LAKELSE VALLEY COMMUNITY CLUB ELECTS OFFICERS

TERRACEC, July 18.—A meeting of the Lakelse Valley Community Club was held at the club house Saturday when the following officers were elected.

President—Mrs. C. Giggey.

Vice-president—Miss Pearson.

Secretary-treasurer—Will Robinson.

Directors—Mrs. H. Freakman, Mrs. J. A. Kirkpatrick, Mrs. Will Robinson, Mr. Dow.

The executive have plans under consideration for the club during the coming fall and winter.

HAYING AT TERRACE NOW IN FULL SWING

TERRACE, July 18.—Haying is in full swing here. The crop is good and much of it has been put under cover in fine condition. The rains of Tuesday and yesterday caught some of it which may be slightly damaged.

HAD AN ESCORT

Lady (engaging maid)—As for your evenings out, I am prepared to meet you halfway.

Maid—No need to do that, ma'am. My young man'll see me to the gate.—Humor.

GET THIS!

"Just look down that street—every store you see has an awning. There certainly is a wonderful market for canvas goods out here. And the best of them you will find are made in B. C. Perhaps you don't realize there are 8 firms manufacturing tents and awnings in this province. A $65,000 payroll is the reward to the 60 people employed in that trade. And they earn it by producing as fine an article as can be bought anywhere."

B.C. PRODUCTS BUREAU

Week-End Specials

GRANULATED SUGAR—20 lbs. $1.25
BROWN SUGAR—4 lbs. 25c
PUFFED WHEAT—Pkg. 15c
PUFFED RICE—2 pkgs. 35c
AYLMER BONED CHICKEN—Tin 40c
ROYAL CITY SPINACH—2s. 2 tins 35c
LIBBY'S CRUSHED PINEAPPLES—2s. Tin 25c
ROSEDALE SLICED PEACHES—2½s. Tin 30c
ROYAL CITY PORK AND BEANS—2s. 2 tins 25c
ROYAL CITY APRICOTS—2s. Tin 25c
EGGS—Fresh extras. 3 doz. $1.15
BUTTER — Golden Churn or Brookfield. 3 lbs. $1.40
CASCO POTATO FLOUR—2 pkgs. 35c
WHOLE WHEAT FLOUR—10-lb. sack 65c
JAP RICE—No. 1. 5 lbs. ...35c
PURE OLIVE OIL—Pint tin 50c
WELCH'S GRAPE JUICE—Bottle 45c
SILVER GLOSS STARCH—2 pkgs. 25c
SUNKIST ORANGES—5 doz. 95c
PEARL WHITE NAPTHA SOAP—6 bars 25c
TOILET ROLLS—7 for 25c

Alberta Market

P. GAMULA, Proprietor

Fifth Street. Phone 208

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.

Beecham's Pills

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

A Vegetable Product

Read about Character from the Eyes in future Beecham Advertisements.

Sales Agents: Harold F. Ritchie & Co., Limited, Toronto B28

MORE TERRACE PUPILS PASS WITH HONORS IN CONSERVATORY EXAMS

TERRACE, July 18:—Of the eight pupils of Miss French A. L. C. M., entered for the piano and theory examinations of music all obtained honors from the Toronto Conservatory of Music, as follows:

Intermediate, full grade, first class honors—Janet Young.

Junior, full grade, first class honors—Annie Allan.

Elementary full grade, first class honors—Helen Smith.

Elementary, full gradehonors—Lillian Taper, Bertha Moore, Mary Smith.

Theory examinations

Primary, first class honors, 94 marks—Lillian Taper.

Elementary, first class honors, 96 marks—Annie Allan.

Men's fancy cotton sox, 5 prs. $1.00, Wallace's.

BOVRIL

SANDWICHES are DELICIOUS

Spread it Thinly on Bread and Butter Because it is so Concentrated 26

Economy Specials

We Offer You Malkin's Best Jams at Lowest Possible Prices

Gooseberry Jam—4s 53c
Red Currant Jam—4s 62c
Blackberry Jam—4s 53c
Loganberry Jam—4s 57c
Strawberry Jam—4s 66c
Raspberry Jam—4s 59c
Orchid City Straw. & Rasp.—4s 48c
Orchid City Apple & Pineapple—4s 49c
Marmalade M. B.—Any kind .54c
Aunt Dinah Molasses—5s ..45c
Custard Powder M. B.—Tin .33c
Market Day Raisins—4 lb. pkt. 52c
Mixed Peel—Orange, Lemon & Citron, lb. 35c

Orders $5.00 or over delivered free. Call and see our other specials.

Economy Cash & Carry

Phone—360, 319. Third Ave.

District News

TERRACE

At a meeting of the Lakelse Lake school district held Saturday, R. Corlett presiding, it was decided to make a requisition for $125 to cover operations for the coming year. Will Robinson was elected for a three year term and H. Freckman for one to fill the place made vacant by the resignation of Trustee Dow. J. A. Kirkpatrick the retiring trustee refused to accept renomination.

Two local young men were each fined $10 and costs and issued a blue license in police court here at the week-end for driving to the common danger.

The preliminary trial of Stefan Keltos accused of issuing a forged document at Copper City on July 7 was held on Monday. He was committed for trial by Magistrate Kenney and was taken to Prince Rupert on Wednesday by Constable McKenney.

The three sons of Mr. and Mrs. Tobey of Prince Rupert, are holidaying at Hill Farm.

Miss Nelle Bates, school teacher at Telegraph Creek, arrived this past week to spend her vacation at Rosswood.

Miss Tassell of London, Eng., sister of Mrs. (Rev.) A. W. Robinson, is a visitor at the rectory, having arrived from the east on Saturday. She expects to leave for Vancouver on Friday to join Mrs. Robinson and assist in the nursing of Theodore.

Mrs. Bird and two children of Prince Rupert are visitors at the home of Mrs. A. Attree.

STEWART

Oliver Smith harvested his first cabbage here this year on July 9, two days earlier than last year. The first year he started his market garden here he commenced cutting cabbage on August 16.

Last Tuesday there were three freighters, a passenger boat, two scows, and an airplane in Stewart harbor. Wharf accomodation here is becoming strained.

Dr. Hugh Dickey, Prince Rupert eye specialist, is a visitor here on professional business.

J. I. Boulien and G. H. Kohl, engineers for the Power Corporation of Canada, arrived by special boat last week from Prince Rupert and went up to American Creek.

Miss Violet Watson of Stewart, studying in Vancouver, attained the highest standing of any high school student of her class from northern British Columbia. She also won the senior championship for girls in athletic competition in the southern city and gained a gold medal offered by the Order of the Blue Goose for an essay on fire protection.

FRESH FISH

Lady—Are you quite sure this salmon is fresh?

Fishmonger — Fresh! Why, bless yer, mum, I've just cut him up to keep 'im from jumpin' at the flies.—Strand.

WHO

is the

Picaroon?

▼

And who is the mysterious

"Dr. Moffett"?

▲

Outstanding characters in an outstanding mystery story, the solution of which will evade you until the last pages—

"THE GREEN SHADOW"

By Herman Landon

This serial commences Monday next in the Daily News.

Capitol CANADA'S FINEST Entertainment

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

SUPER SPECIAL

'OLD IRONSIDES'

With All-Star Cast

Comedy, PAPA SPANK—PARAMOUNT NEWS

Admission, 15c and 50c.

LUMBER

Thoroughly seasoned Shiplap, S4S Dimension and Boards.

KILN DRIED

Sitka Spruce and Cedar Finish, Ceiling, and Rustic.

SPECIALTIES

1 x 4" Edgegrain Hemlock Flooring
1 x 3" and 4" Sitka Spruce Ceiling
1 x 4" and 6" Cedar Rustic

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Head Office, Seal Cove, Telephone, 361
Retail Yard, Cow Bay, Telephone 423

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"Rupert Brand"

Kippers

"THE DAINTIEST BREAKFAST FOOD."
Smoked Daily by

Canadian Fish & Cold Storage Co., Ltd.

PRINCE RUPERT, B.C.

BUSH'S Grocerteria

1-lb. tins Pure Raspberry Jam for 50c
1-lb. tins Pure Orange Marmalade for 45c
Kellogg's Corn Flakes—Pkt. 10c
Dutch Maid Salad Dressing—Jar 30c
Quaker Corn—Tin 15c
7 tins $1.00
No. 5 Peas—2 tins 25c
Singapore Pineapple—2 tins..25c
Empress Shaker—Tin White or black pepper. Tin 10c
Shaker salt—2 for 25c
Sweet, Juicy Oranges—4 doz. 75c
Fels-Naptha Soap—Carton ...75c

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