Rheumatism

Neuralgia

Lumbago

-here's quick

Relief

VOU can't always stop work and

you can always get relief from such

suffering! A tablet or two of

Aspirin will ease an aching head

every time. Perfectly harmless;

prescribed by thousands of doctors.

An effective antidote for pain, taken

by millions of men and women

whenever they've a cold, headache;

neuralgia or neuritis; rheumatism,

lumbago, sore joints, etc. Read

the proven directions that come

with Aspirin and realize how much

suffering these tablets can spare

you. Aspirin has medical endorse-

ment. It doesn't depress the heart.

You know what you are taking.

The box bears the word genuine in

Man in the Moon

give-in to a headache, but

The ABC of Vitamins And Where to Find Them



BY EDWINA NOLAN Director of Home Service, Ceneral Electric Refrigeration Department CHILDREN—and adults, for that

matter-need food containing the various vitamins, if they are to enjoy health and vigor and even dispositions.

Take vitamin A away from a child and he is underfed. Lacking vitamin B, growth is stunted. Without vitamin C, scurvy may develop. And vitamin D is essential to assimilation of food.

partment of Agriculture answer:

Vitamin A-Some common sources of vitamin A are avotomatoes.

Vitamin B-Common sources cauliflower, celery, egg yolk, fish a grouch, a snap or a snarl may roe, grapefruit, kidney, lemons, be lacking a vitamin.

For-

Bread Cakes

lentils, lettuce, liver, milk, nuts, okra, onions, oranges, parsley, parsnips, peas, potatoes, pineapples, rutabagas, spinach and other greens, tomatoes and whole grain products.

Vitamin C-Found in apples, bananas, cabbage, young carrots, cauliflower, grapefruit, guavas, lemons, onions, oranges, peaches, peas, pineapples, potatoes, raspberries, rutabagas, spinach, sprouted legumes, string beans and tomatoes.

As to vitamin D, this is supplied In what foods are these vitamins through open-air sunshine, from found? Let the United States De- your physician's ultra-violet ray machine, or from doses of good oldfashioned cod-liver oil.

All the vitamin alphabet belongs cados, bananas, string beans, but- in the family diet. Say it with milk ter, carrots, cheese, cod-liver oil, and fruits and vegetables-with dried cowpeas, cream, dandelions | wide variety-and the chances are and other greens, eggs, lentils, that you will have included most lettuce, liver, milk, peas, sweet of the essential vitamins. Perishpotatoes, spinach, squash and ables, properly refrigerated and

wholesome, are necessary. The person with a charming disare asparagus, dried and fresh position usually is properly vitabeans, brains, cabbage, carrots, mined. By the same token, he with

For-

Puddings Pastries

HEALTHAND

Expected that legislation Will Follow Findings of Commission

VICTORIA, B.C., Aug. 13-Some form of maternity benefits is expected to be recommended by the provincial commission on state health which has been investigating the subject for the past two

In the interim report of the commission last February, the principle suggestively endorsed was identical with that of the workmen's compensation for industrial accidents. This principle has been accepted by all European countries and it is probable that the commission, in its final report, will suggest that British Columbia legislate along these

Under this system every employee would contribute a percentage of his pay towards health insurance, with the result that all medical bills would be paid by the government, including those for hospital service. This principle, as applied to the compensation board, insures a workman from loss in accident and makes his employer jointly financially responsible in keeping up insurance payments.

Health insurance prevents pecunlary loss to the individual usually ustained through heavy hospital and doctor fees. The system even goes to the extent of protecting the worker against sickness by periodcal examinations.

This would be of considerable enefit to municipalities which support hospitals, for instead of soon and you bet you, I shall be the institution being able to collect there with bells on. only from a proportion of its patlents, it would receive payment for Jake says every fool should wear every case that entered its hospital. a cap and bells but unfortunately pital service along lines to provide out 'em. He looked as if he meant for necessary increase in accomo- me but I don't think he could have. lation. It is assumed that with hospital care open to all through the health insurance plan, most people the wrong number and never tells would avail themselves of this ser- the time correctly. Then there's an-

Many physicians are reported to come out and tell the world about it. be more in favor of limited insurance, as under this plan they would be able to collect fees that before het up over a little team from Vannever had been available. Instead couver coming to lick 'em all into of "carrying" many charity cases, nothing. Yes, sid I say "lick 'em." or people unwilling to pay, the doctors would receive a regular income To play or not to play, that is the for a great percentage of their you stong tines to prov THE STON EXPERISION

Tom Trotier was a passenger on the Prince Henry this morning en route to Vancouver and southern

Hetchers FOR QUICK. HARMLESS COMFORT

with China, pkg. Jif Soapflakes—

Nabob Malt & White 25C
Vinegar per bottle Pure Rock Maple

Marmalade—

1-2's, per tin

Fresh Fruits & Vegetables Arriving Every Boat

Mussallem Grocery Co.

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Associated Board Will Convene at Prince George on Septem-

Prince Rupert Board will hold a special meeting August 29 to consider any resolutions that might go before the convention from here.

The date was set at the request of the Prince George Board. Harry Guest, the vice-president will probably preside as Olof Hanson, the president, it is presumed, will be attending the session of Parliament at Ottawa. Prince Rupert delegates will find it difficult to attend owing to it being Fair Week.

Victorious Pipe **Band Welcomed**

Billy Burke Serenaded By Scotsmen at Winnipeg Station

WINNIPEG, Aug. 13:-Canadian National officers, here, headed by General Manager A. A. Tisdale, welcomed, yesterday, the Canadian National Transcona Pipe Band, on their return from Vancouver where hey cantured the J. W. Stuart Challenge Trophy, emblematic of the pipe band championship of Canada.

This smartly costumed Scottish musical organization brought home The annual fall fair is to be pretty with them the magnificent trophy donated years ago by General Stuart. They also won individual gold medals, presented by John A. Campbell, honorary president of the Caledonian Society. G. Grant of This would allow expansion of hos- there's a lot of people loose with- this organization also brought home the grand challenge trophy for best

The pipers, upon arrival, serenad-A cuckoo clock is one that strikes ed Florenz Ziegfeld, theatrical producer, New York, who left here this morning, on the "Continental Limother kind that has a little bird ited" for Lac Edward, Que., where he has a summer home. In his party were Mrs. Ziegfeld, the former hear the baseball guys are all Billy Burke, actress, and daughter.

Iransmission Line Is Almost Completed Now

The peak of the work on the transmission line of the Northern B. C. Power Company has been reached and the number of men so engaged is being steadily reduced. Many of these have found further employment at the different can-

WINNIPEG.



S. S. CESSEBLEBO

ALL TALKING, SINGING AND DANCING A Romance Sweeping From Tropic Jungles to Gay New York Comedy—Harry Langdon in "THE SHRIMP" Also "NOVELTY" Feature Starts at 7:25 & 9:25 Admission-20c & 65c



AFTER

The absolute and undeniable fact that '83 is 7 years old is attested by the Government label appearing on the neck of each bottle.



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Always the Best and Best All Ways

Don't trust to luck — Use this

World Famous Flour In All Your Baking

Every Bag Guaranteed By

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PRINCE RUPERT, B.C.

CANADIAN NATIONAL STEAMSHIPS

Prince Rupert

OPERATING G. T. P. 20,000-TON FLOATING DRYDOCK

Engineers, Machinists, Boilermakers, Blacksmiths, Pattern

Makers, Founders, Woodworkers, Etc.

ELECTRIC AND ACETYLENE WELDING

Our Plant Is Equipped to Handle All Kinds of

MARINE AND COMMERCIAL WORK

PHONES 43 AND 385

SHIPYARD

DRYDOCK

Quick Quaker Oats 40c

per large pkg. . . .

Syrup, 16-oz. bot. Special Pack Nabob Orange mines.

Eagle Brand Lobster 45C

Eagle Brand Lobster 25C

Twenty Years Ago In Prince Rupert

question worrying some of the am-

Nobody needs to go hungry in

Prince Rupert while the whole

country is teeming with salmon. You

can get a pound for two bits if you

Some of those central states

would have given a million dollars

for the shower that visited Prince

Rupert last evening. It was possibly

worth about fifteen cents here.

bitious baseball boys.

carry it home yourself.

Real estate business is active at present. W. S. Benson representing the Atlantic Realty Company of Fredericton, N.B., has purchased six lots in section one for \$45,000. Lot four, block nine, section one was also sold for \$3,600.

The new school which is being constructed on Seventh Avenue and which contains eight large class-20c rooms will be ready for occupation by the end of the month.

Ten and probably 12 members will represent British Columbia in the House of Commons after the next 450 House of Commons after the next distribution was predicted by Hon. William Templeman, minister of

The Prince Rupert Coal Fields, leading brand, tin 35c head office in Montreal and a cap-

Steamer Camosun had 50 first class passengers for Prince Rupert last night and 10 for Stewart.

Nabob Fruits assor- 15c Boat Passage ted, per 8-oz. tin . 15c On Prince Henry

The Prince Henry is a very popular boat for travellers who are desirous of every comfort and anxious to get to Vancouver in quick time. One passenger this morning took her own food with her. The passenger was a fine large nannygoat and her refreshments a large bunch of succulent grass.

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