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UNION STEAMSHIPS LIMITED
Sailings From Prince Rupert

For VANCOUVER, VICTORIA, 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.
122 2nd Avenue R. M. SMITH Agent Prince Rupert, B.C.
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CANADIAN PACIFIC — B.C. COAST STEAMSHIPS — WORLD'S GREATEST TRAVEL SYSTEM

B. C. Coast Steamship Service

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To Ketchikan, Wrangell, Juneau, Skagway—
July 7, 11, 14, 18, 21, 25, 28.
To Vancouver, Victoria, Seattle—
July 5, 9, 12, 16, 19, 23, 26, 30.
Princess Mary—Ocean Falls, etc., Vancouver and Victoria, every Friday, 10 p.m
Agents For All Steamship Lines
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EAST OR SOUTH

Summer Trips by Trains and Ships

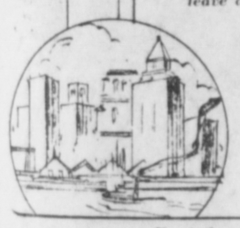
For VANCOUVER - VICTORIA - SEATTLE and intermediate ports
Monday, Wednesday, Thursday and Saturday.

For ANYOX and STEWART
Monday and Friday

For ALASKA PORTS
Wednesday and Saturday

Also regular sailings for Skeena and Naas River ports and North & South Queen Charlotte Islands.

Passenger trains for Edmonton, Winnipeg and all points East leave daily except Sunday 1 p.m.



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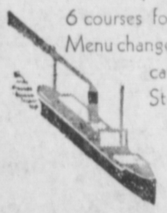
Appetising! That just describes the food you get when you travel Third Class by Cunard or Anchor-Donaldson. The best . . . lots of it . . . beautifully cooked . . . nicely served. 5 or 6 courses for dinner, 4 or 5 for lunch. Menu changed every day. Printed Menu cards. Spotless linen. Flowers. Stewards to wait on you.



Book through The Cunard Line, 622 Hastings St., W., Vancouver, (Telephone Seymour 3648-9), or any steamship agent.

THIRD CLASS
A good way to go to Europe! Good accommodation, fine service, splendid food...and only $155 RETURN (to British Ports)

by CUNARD ANCHOR-DONALDSON LINES... CANADIAN SERVICE

TH-8
Weekly sailings to Plymouth, Havre, London, Liverpool, Belfast, Glasgow, from Montreal (and Quebec)

A Raymond-Whitcomb tour party of fourteen persons, after having made the round trip to Skagway, was going south on the Princess Charlotte yesterday afternoon. The party consisted of people from the Eastern States.

A recommendation from Miss Jean Harrison, R.N., lady superintendent, that six beds, two for the Nurses' Home and four for the hospital, and three bureaus be purchased, was referred to the house committee with power to act by the hospital board at its meeting last night. The two beds and bureaus in the Nurses' Home are needed for the accomodation of a new class of four or six students which will be admitted to the training school in September.

Local Items

Glasses fitted by registered optometrist at Heilbroner's store.

See WALLACE'S windows for Dollar Day Specials.

Charles Hattrick, Ketchikan merchant, was aboard the Princess Charlotte passing through the city yesterday afternoon bound for a trip to Seatte.

C.N.R. steamer Prince Charles, Capt. McKay, returned to port at 7.20 this morning from Stewart, Anyox and Massett Inlet points and will sail at 4 o'clock this afternoon for Vancouver.

G. E. Gulick, manager of the Swift-Canadian Co., returned to the city on the Prince Charles this morning after making the round trip to Stewart, Anyox and Massett Inlet points on company business.

ANNOUNCEMENTS

Dry Dock Employees Picnic August 3 to Tugwell Island.

Moose Bazaar, October 16, 17.

Specials

For Friday and Saturday

Quality Tea— 3 lbs.	$1.00
Pork & Beans—Clark's Individual, 3 tins	22c
Medium— per tin	11c
Bartlett Pears—Columbia 2's, 2 tins	47c
Apricots—Columbia 2's 2 tins	29c
Del Monte Prunes— 3 lbs.	29c

Old Potatoes

Special— 25 lbs.	25c
Coffee—Malkin's Best per tin	50c
Reid's Sultana Cakes— each	25c
Marmalade—Fine quality 16-oz. jars, each	20c
Quaker Corn Flakes— pkg.	9c

Fresh Vegetables

Head Lettuce— 2 heads	15c
New Carrots and Beets— per bunch	5c
New Turnips & Parsnips— 4 bunches	25c
Green Onions— 2 bunches	5c
Radishes— 2 bunches	5c
Local Spinach— 3 lbs.	25c
California Celery—Fine white stalks, per head	25c
Green Peas— per lb.	7c
Green Beans— 2 lbs.	55c
Cucumbers— 2 for	35c
Vegetable Marrow— each	10c
New Potatoes— 7 lbs.	25c

Fresh Fruit

Table Plums— 2 lbs.	35c
per basket	85c
Apricots—For preserving per crate	$1.65
Fine Bing Cherries— 2 lbs.	45c

ALSO ARRIVING EVERY BOAT
Pears, Peaches, New Apples, Grapes, Casabas, Honeydews, Watermelons and Canteloupes

Watts' Grocery
Quality Right—Prices Right
PHONE 55 PHONE 56

Luncheon for Sir Henry Thornton

Under the auspices of the City and Chamber of Commerce
— on —
SATURDAY, JULY 19 at 12:30 Noon at the Commodore Cafe

Kindly phone 384, A. Brooksbank, for reservations before Friday noon

DOLLOR DAYS, FRIDAY AND SATURDAY. WALLACE'S.

Liberal workers will please turn out this evening at Committee Rooms. tf

Foster Willan returned to the city on today's train from a brief business trip to the interior.

C. V. Evitt, who has been visiting for a few days in Terrace, returned to the city from the interior on today's train.

C. W. Homer, provincial assessor left on today's train for a brief trip to Haysport and Port Essington on official business.

Walter King, Ketchikan attorney, was a passenger aboard the Princess Charlotte yesterday afternoon going to Seattle.

Dr. H. Mustard, Ketchikan physician, was a passenger aboard the Princess Charlotte yesterday afternoon going on a trip to Seattle.

Inspector James M. Tupper, R.C.M.P. left on today's train for a brief trip to Hazelton on official duties. He will return to the city tomorrow.

Rev. S. T. Martin of St. Giles United Church, Hamilton, Ont., arrived in the city on today's train in the course of a tour of the West to study mission work of the church. Dr. Martin, who was met by Rev. Alfred Wilson and Rev. C. E. Motte of this city, will sail on the Princess Mary tomorrow night for Vancouver.

At the order of the provincial factory inspector, new hoisting and control cables were installed recently in connection with the elevator at the Prince Rupert General Hospital, it was reported at the hospital board meeting last night by Ald. Wm. Brown, chairman of the house committee. The old cable was disposed of for $7.

Interesting pictures of native life on the Naas River are being shown in the Capitol Theatre on its mid-week program. The pictures are in connection with the work of Dr. C. Marius Barbeau of the Dominion archaelogical department and Dr. Ernest MacMillan of Toronto Conservatory of Music among the natives of this district last summer.

Borden's
St. Charles UNSWEETENED Milk

... is pure, fresh milk with 60% of the water removed. Nothing is added to preserve it. It is twice as rich as ordinary milk. Its use in cooking ensures extra richness and smoothness of texture.

THE BORDEN CO., LIMITED
Homer Arcade Bldg., Vancouver.
Send free Recipe Book to:
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ADDRESS.....
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Baseball tonight Central vs. S.O.C. at 645 sharp.

Dinnerware, china, crockery, glassware. Heilbroner's Store.

Niles G. Nilson, Juneau merchant was a passenger aboard the Princess Charlotte yesterday afternoon bound for a trip to Seattle.

Miss Vera Bickle of Victoria arrived in the city on the Prince Rupert yesterday from the south and will be the guest for the next week or so of Mrs. E. E. Gregg, Fifth Avenue East.

Miss Sarah Hirst, R.N. of Nanaimo, who has been nursing at Cordova, Alaska, was a passenger aboard the Princess Charlotte yesterday afternoon bound for Vancouver.

Mrs. Catherine Zynda, Juneau hotel proprietor, was a passenger aboard the Princess Charlotte yesterday afternoon bound for a trip to Vancouver and elsewhere in the south.

G. P. Tinker, chairman of the finance committee, reported to the hospital board at its meeting last night that a meeting has been arranged for today between special committees of the city council and hospital board on isolation hospital matters.

HOSPITAL FINANCES

It was reported to the hospital board at its meeting last night by G. P. Tinker, chairman of the finance committee, that receipts in June had totalled $5,991.80 and disbursements $4,921.68, leaving a surplus on the month's operations of $1,070.12. There had been 1557 hospital days during the month at a daily cost of $3.16.

Was Constipated, Bilious, Tired. Now Well, New Woman

Years of Misery Ended by "FRUIT-A-TIVES"

"Was always constipated, bilious, tired, out of sorts. Since taking 'Fruit-a-tives' feel like new woman, perfect health. Constipation all gone." — Muriel McHendry, Montreal.

Hosts of men and women write years-old constipation and liver trouble ended overnight with "Fruit-a-tives." Biliousness, indigestion, heartburn, gas vanish like magic. Kidney and bladder ills, pain in back fade away quick. Nerves quiet, sound sleep at once. Rheumatism, neuralgia, neuritis, sick headaches decamp in hurry. Complexion clears.

Ten of nature's greatest remedies combined in handy tablet. Marvelous discovery by famous Canadian doctor. Speedy results amaze all.

Quit being sick, tired, weak. Get "Fruit-a-tives" from druggist today.

U & I CAFE

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Is Now Open
Under new management

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Central Hotel
UNDER NEW MANAGEMENT
Steam Heated; Travellers' Sample Rooms; Hot and Cold Water
Free Bus Meets All Trains and Boats
Rates $1.00 and Up
SPECIAL MONTHLY RATES
C. R. BIGGART & A. DONALD
Proprietors
PHONE 51

Savoy Hotel
Prince Rupert's leading family hotel. Hot and cold water in all rooms
A. J. PRUDHOMME, Prop.
Cor. of Fraser and Fifth Sts.

Savoy

John P. Malady, Anderson, Ind.; Joseph Wilson, St. Paul, Minn., Stephen McNeil, Usk; C. P. Bussinger, Telkwa; William Creighton city; Rev. Oliver Thorne, Dudley Thorne and Francis Thorne, Tuncolith.

New Royal Hotel
I. Zarelli, Prop.
THE HOTEL WORTH WHILE
Hot & Cold Water; Steam Heat
75c PER DAY AND UP
Telephone 281

Royal

J. H. Peets and W. L. Felton, C. N.R.; P. Brosal and J. Evens, city.

It is not much to pay for guaranteed finest quality

"SALADA" TEA

767

'Fresh from the gardens'

Coats at Cost. WALLACE'S.

Bell & Keays, having been awarded the contract, are now proceeding with the work of kalsomining the City Hall.

F. Neylund and S. Nejman arrived in the city this morning on the Prince Charles from Anyox and proceeded on today's train to Montreal where they will embark for a trip to their native home in Finland.

Union freighter Chilliwack, Capt. John Muir, is due in port tomorrow night from Vancouver with a cargo of cement for the Power Corporation of Canada. The Chilliwack will go no further north than Prince Rupert on this voyage.

Mrs. W. E. Williscroft left yesterday for Winnipeg where she will represent Royal Purple Lodge No. 8 of this city at the annual Dominion Supreme convention. Mrs. Williscroft is an officer of the Supreme Lodge which met here last summer.

Miss A. Johnson, who is to take the newly created position of laboratory technician in the Prince Rupert General Hospital, is expected in the city about the end of next month to assume her duties, it was reported to the hospital board last night by Dr. J. P. Cade.

Mr. and Mrs. E. Palmer and Miss Morrison arrived in Skidegate Sunday morning from Cumshewa Inlet and spent the day visiting with friends there. They made the trip on the big service boat Mary Roberta. Mr. Palmer reported logging operations at Cumshewa Inlet coming along steadily.

C. P. Bussinger of the staff of Broughton & McNeil's general store at Telkwa arrived in the city yesterday from the interior to attend the funeral tomorrow afternoon of his father, the late Joseph Bussinger, whose body was found at the first of the week in the bush near McClymont Park.

The regular monthly meeting of the hospital board of directors of the Prince Rupert General Hospital was held in the hospital last night. Those present were: James H. Thompson, president; Ald. Wm. Brown, Frank Dibb, G. P. Tinker, Ald. S. D. Macdonald, Robert Gordon, G. V. Wilkinson and Dr J. P. Cade, directors; Miss Jean Harrison, R.N., lady superintendent, and H. W. Birch, managing secretary.

Elwood Bard arrived in the city on today's train from the Skeena River.

R. A. Creech returned to the city on today's train from a brief trip to the Skeena River.

R. A. McLeod, who is superintending transmission slashing work for the Power Corporation of Canada, arrived in the city on today's train from Tyee for a brief visit at his home here.

Capt. C. B. Haan of Queen Charlotte City is overhauling his large seinboat Beatrice H. in preparation for seining at Massett Inlet. As usual, Capt. Haan's crew is composed of local men.

George Brochu, sr., and S.V. Cox who have been working for the past three months on a pile driver in connection with the Power Corporation of Canada's transmission line crossing job of the Skeena River, returned to town from Tyee on today's train.

DON'T SUFFER FROM CONSTIPATION

Prevent It This Pleasant, Healthful Way

Beware of the frequent headaches, the listless feeling, bad breath and sallow complexion.

If allowed to continue, constipation may get its grip on you and serious sickness can result.

The poisonous wastes in your system must be removed. Kellogg's ALL-BRAN is guaranteed to do this—safely, completely. Just eat two tablespoonfuls daily—recurring cases, with every meal.

Doctors recommend Kellogg's ALL-BRAN. Because it is ALL-BRAN it brings complete results. Far better than habit-forming drugs or pills that are often dangerous. Kellogg's ALL-BRAN not only prevents and relieves constipation pleasantly—it also supplies your blood with the iron it needs to keep a healthy color and a strong body.

Ready-to-eat with milk or cream. Delicious with fruits or honey added. Use it in cooking. Recipes are on the package for muffins and breads. Sold by all grocers. Served by hotels, restaurants and dining-cars. Made by Kellogg in London, Ontario.

Kellogg's ALL-BRAN
"Improved in Texture and Taste."

TIME WORKS WONDERS

On the neck of each bottle of Seagram's 83 Rye Whisky there is a Government label bearing the year in which this whisky was stored and proving that it is 7 years old.

4

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