From 15c. to \$1.00

Ormes Itd. The Pioneer Druggists

Phones 81 & 82

Third Ave. & Sixth St.

Three Graduate Pharmacists

PEMBINA EGG-Delivered, Per Ton\$12.00 MINEHEAD EGG-Delivered, Per Ton 12.50 MINEHEAD LUMP-Delivered, Per Ton ... 13.50

> FURNITURE and PIANO MOVING A Specialty

HYDE TRANSFER—PHONE 580

PHONE 580



LIQUEUR

Distilled, Blended and Bottled in Scotland

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

UNION STEAMSHIPS LIMITED

For ALICE ARM, ANYON, STEWART, Naas River, Port Simpson, Sun-



B. C. Coast Steamship Service

SAILINGS FROM PRINCE RUPERT To Ketchikan, Wrangell. Juneau, Skagway-August 1, 4, 8, 11, 15, 18, 22, 25. 'To Vancouver, Victoria, Seattle-August 2, 6, 9, 13, 16, 20, 23, 27, 30. 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, Phone 31

Early Ad. Copy is appreciated

Local Items

Glasses fitted by registered optometrist at Heilbroner's store.

Miss Gladys Mellish left for the Queen Charlotte Islands yesterday with Mr. and Mrs. Shadwell.

For sale player piano, Singer sewing machine, kitchen table and utensils, etc. Phone Green 334.

George McAfee of the Big Bay Lumber Company was a southbound passenger on the Prince George last evening.

Mrs. Vic Mnzies and child left on the Prince Charles yesterday, taking the round trip to Anyox, Stewart and the Queen Charlotte Isl-

Following an inspection of the Exhibition building and grounds Sunday, the Fair Board will come to a decision what work to do in connection with improvements for this year's fair.

With the salmon run now reaching Queen Charlotte Islands there The Northern Transportation Association took place on Saturday is a demand for help at island Company's Norco, Captain Gough, afternoon to Digby Island. There points and a party of 15 men were is due in port this afternoon from were about sixty present, leaving sent on the Prince Charles yester- northern points. day evening to Shannon Bay cannery and another party of 12 to Owing to lack of a quorum the Mrs. J. Viereck was general con-Langara Cannery.

NOTICE

nunicate with me immediately. NICK GURVICH.

ANNOUNCEMENTS

Pat's Playboys dance, Moose Hall August 22.

Moose Bazaar, October 16, 17.

U & I Cafe

Formerly the White Lunch Is Now Open

HOTEL ARRIVALS

Central Hotel

Steam Heated, Travellers' Sample Rooms; Hot and Cold Water Free Bus Meets All Trains and

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

A. J. PRUDHOMME, Prop. Cor. of Fraser and Fifth Sts

New Royal Hotel

I. Zarelli, Prop. Hot & Cold Water: Steam Heat .75c PER DAY AND UP Telephone 281

TELEPHONE 657 VALENTIN DAIRY FOR

SKEENA BRAND Creamery Butter & Cottage Cheese

FRESH PASTEURIZED MILK AND CREAM DAILY

Early Delivery Throughout the City

LINDSAY'S Phone 68

Cartage, Warehousing, and Distributing. Team or Motor Service Coal, Sand and Gravel

We Specialize in Piano and

Furniture Moving.

Bad Indigestion and Constipation

"FRUIT-A-TIVES" Now Her Only Doctor



with indigestion and eat. A friend advised evening at 8 p.m. 'Fruit-a-tives' and was soon fine and well. They are my doctor when ill." --

Loonie Paradis, Mont Carmel, P. Q. Letters from thousands say chronic constipation and liver troubles ended overnight with "Friut-a-tives." Sour stomach, biliousness, heartburn. gas bloating vanish like magic. Bladder and kidney ills, pain in back go in 24 hours. Nerves quiet, sound sleep at once. Rheumatism, neuralgia, neuritis, sick headaches disappear in a jiffy. Complexion clears quick. Famous Canadian doctor's discovery. Ten of nature's greatest remedies combined in handy little tablet. Amazing quick results. Get "Fruit-a-tives" from druggist today. Feel great tomorrow.

Baseball tonight at 6:45 Elks vs. Centrals.

in the City Hall was postponed. | committee.

Mrs. R. F. McNaughton and chil- lows: Will the party that wrote me dren went south on the Prince a letter in regards to certain coal George last evening for Vancouver properties in Alberta, kindly com- where they expect to spend the next few weeks.

> Mrs. S. D. Macdonald and daugh- Lloyd Judge. ter were passengers on the Prince Charles yesterday afternoon for bel Connery. the Queen Charlotte Islands where they will holiday at Tlell.

Sisters' Madeline and Canisius Alice Gomez, were passengers on the ss. Prince Charles yesterday making th round trip to Anyox, Stewart and Girls 14 to 16-Ethel Moorehouse Queen Charlotte Islands.

The executive of the Prince Ru- Mrs. Waugh. pert branch of the Canadian Le- | Marrid ladges-Mr. Thomas, gion of the British Empire Ser- Mrs. Gomez. vice League held their regular Single ladies-Ethel Moorehouse, meeting in the club rooms last Dorothy Pritchard. evening. President Jas. Smith pre- Four legged race-Hazel Smith, siding. The regular general month- June Gomez, Ida Moorehouse. meeting of the Legion will be neld tomorrow.

CONSTRUCTIVE SUGGESTIONS WELCOME

Open Session of State Health Insurance and Maternity Benefits Commission to Be Held In Prince Rupert

The Provincial Royal Commission

on State Health Insurance and Maternity Benefits proposals is to hold an open meeting at the Prince Rupert Court House Saturday evening. August 16, to hear any representations that may be made by residents of the northern areas touchng matters within the scope of the Commission's investigation. The Commissioners invite the attendance of all interested in the subjects of the inquiry and will be glad & to hear as witnesses individual ci- 3 tizens or representatives of public ! or semi-public bodies, industrial organizations, fraternal trades unions, social or hospital workers, medical men, etc., who may be able to offer constructive suggestions as to the possible economical operation of public health insurance or maternity benefits in & British Columbia, or give any new 2 reasons for or against state health insurance proposals as they now are fairly well understood in this! province. Copies of the Commission's Progress Report presented at the last session of the legislature are available upon request from

the secretary at Victoria. Au. 9, 12, 13, 15.

Buy the real Coal-our famous Edson and Cassidy-Wellington-in any quantities. Bulkley Valley Hay. Grain and Robin Hood Flour.

Prince Rupert Feed Co PHONES 58 AND 558

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

G. A. Woodland of the Imperial Oil Company left on the Prince William last evening for Skidegate.

J. L. Morgan of the Morgan Logging Company left on the Prince William last evening for Cum-

C.N.R. ss. Prince William, Capt. William Thomas, left for the south Queen Charlotte Islands yesterday

Howard Frizzell, who has been travelling through Canada giving business lectures, is expected to arrive here tomorrow and has consented to address the local Gyro Club at their luncheon.

Joint Picnic of Two Lodges

Digby Island Scene of Event Under Orange Auspices

A pic-nic under the joint au-(187) spices of the Loyal Orange Lodge and the Loyal Orange Benevolent the Pacific Salvage Company's float at 1.30 and returning at 8 p.m.

business meeting of the Retailrs' venor with Mrs. J. R. Murray and Association called for last evening Mrs. S. V. Cox assisting on the

The prize winners were as fol-

Little tots-Norma Currie, Linasay Waugh. Girls. 6 to 8 years—Jean Cam- Investigating eron, Betty Barber.

Boys, 6 to 8-David Houston,

Girls. 8 to 10-Hazel Smith, Isa-

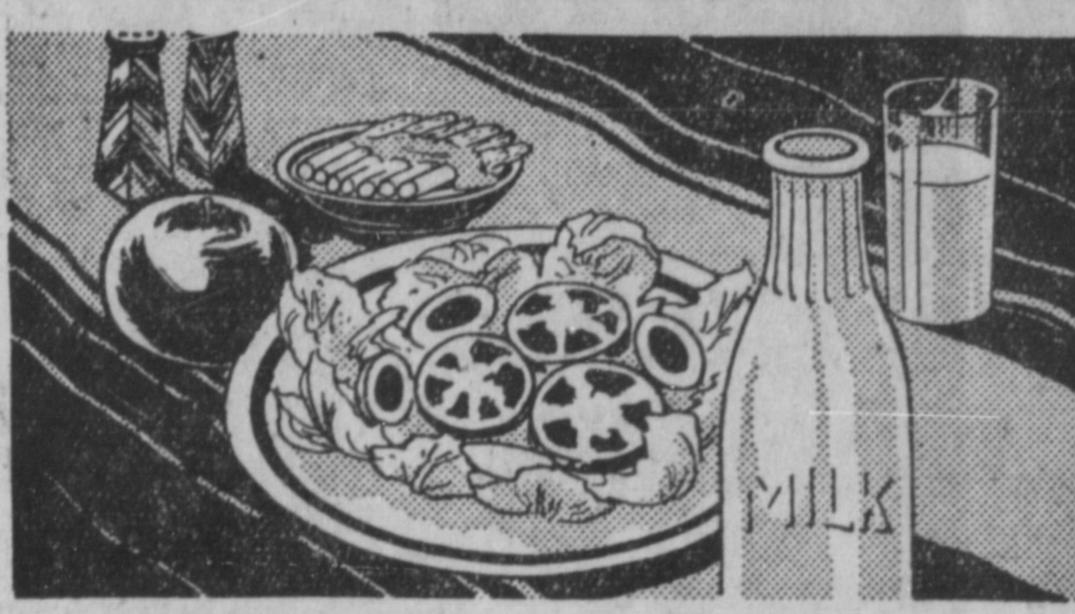
Boys, 8 to 10-Sam Currie, Jack Girls. 10 to 12-Winnie Cameron,

Boys. 10 to 12-Jim Currie, Bob

Goodwin Welle. Fat lady's race- Mrs. Currie,

FOR RENT-Summer house at Terrace. Apply 323 Eighth Avenue East or Phone Green 496. (187)

Correct Diet Builds Body, Gives Energy



BY EDWINA NOLAN

Electric Refrigeration Department and starches; and from proteins. about what goes on the family ta- bles

body processes.

eggs, nuts, cheese.

bles; from water in milk, and all Director of Home Service, General common foods except fats, sugars

LIOUSEWIVES are hearing a Foods to regulate body processes great deal these days about are found in mineral elements, vitamins, proteins and carbohy- water and vitamins, the latter bedrates; about mineral elements in ing abundant in milk, eggs, leafy food, about food preservation and vegetables, raw fruits and vegeta-

Now, how may the housewife se-The body requires fuel to carry lect from this list the proper comon its various functions; it burns bination of foods so that her menu up the food and takes out what it will furnish everything the body needs. It uses certain foods as a needs? Dr. E. V. McCollum, noted source of energy, others as building biochemist and discoverer of immaterial and others to regulate portant vitamins, says that if certain foods are first provided, then Energy is derived, we are told by the rest of the menu may be biochemists, from fats - butter, planned to suit individual taste. cream, salad oils, sausage meat, First allow, he says, a quart of milk bacon and other fatty meats; from each day for each person; serve caroohydrates, such as flour cere- one cooked leafy vegetable each

als, rice, macaroni, potatoes and day; serve an uncooked fruit or sugary foods; and from proteins, raw vegetable twice a day. Prosuch as milk, meat, legumes, fish, tective foods, of course, also are perishable and they must be kept Building material comes from properly refrigerated to be wholemineral elements, abundant in milk, some and to retain their best flavor eggs fruits, green or leafy vegeta- and full amount of food value.

Fish Hatching

ST. ANDREWS. N.B., Aug. 12-An experimental fish hatchery, onestorey high, 40 feet long and 20 for the successful hatching of eggs leged wrongful voting.

the neighboring districts were ex- for a further adjournment. amined, chiefly regarding temperature. Hatching experiments with trout and salmon eggs were caried on during the winter in the

Daily News "Want Ads" bring quick results.

Further Remand of Eight Days In Election Cases

Magistrate McClymont yesterday feet wide, has been erected on the granted a further remand of eight grounds of the Atlantic Biological days in the election cases of Capt. Station here. It is being supplied McLean. Chief Engineer Davis and III with both fresh and salt water. Frank Morris in which charges have In it the principles and methods been made in connection with al-

of many kinds of fish are to be de- The cases will be called again next Monday and as that is the day Prior to the building of the hat- on which the official counting of chery, various sources of water ballots commences, it is possible supply for hatching purposes in that the prosecution may then ask

A new chemical process for separating the complete fibrous contents of flax from the straw has TOO LATE TO CLASSIFY open in four springs and two recently been invented in Germany. trous and while retaining all its strength (twice that of cotton) can be produced at 30% less than the cost of cotton fibre.

These wives of ours!

We took them from the shelter of their families, gave them two or three rooms and a share of our salary—then left them sitting there among the wedding presents, a bit bewildered.

But they knew how—these wives of ours. They knew how to make rooms into homes, and how to get more merchandise out of a dollar bill than we ever could. We're lucky to have wives. How do they do it?

Look through this paper, day after day. You will find advertisements covering almost every human need. They are filled with hints for the household, hints for health, hints for clothing, hints for keeping young. They are virtually little essays on life. No wonder these wives of ours follow them so carefully. As one wise wife said: "It isn't so much that I know housekeeping so well. I know where to learn it!"

Most advertising is prepared especially for women. Read it. It forms an authoritative textbook on good housekeeping.