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Vitamins Indispensable For Health and Life

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COD LIVER OIL

Is (next to the sun) the most powerful source of Vitamins we know of. Puretest Cod Liver Oil is Vitamin tested.

Two Sizes—50c and \$1.00

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To introduce our work to local customers, until November 1, we will make a guaranteed hand-painted enlargement from your own snapshot or photograph, without charge. And supply frames for your paintings at 25% to 50% lower prices than prices quoted by outside concerns. Before placing your order for enlargements—

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P. O. BOX 158 CENTRAL HOTEL

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.
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 SERVICE

WINTER EXCURSION FARES

From Prince Rupert to Vancouver and Victoria, and Return \$40.00

Tickets on sale from 15th November to 28th February and good to return on or before 28th March

Agents For All Steamship Lines

W. C. Orchard, Gen. Agent, 3rd Av., Prin ce Rupert, Phone 31.



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ABOUT 87 1/2% of natural cow's milk is water. Only 12 1/2% is solid substance which is food. In making St. Charles Milk, 60% of the water of cow's milk is removed. That makes St. Charles Milk more than twice as rich as ordinary milk. And every drop contains all the food elements of milk. Wherever you need milk St. Charles will better fill the need. Sold in two handy sizes by all grocers.

Local Items

Wear a poppy on Tag Day. 261

Glasses fitted by registered optometrist at Heilbronner's store.

Capt. J. McDonald and members of the crew of the Atlin Lake steamer Tutshi were passengers aboard the Princess Louise yesterday afternoon going south for the winter. The homes of most of them are in Vancouver or Victoria.

Canadian Legion B.E.S.L. Armistice Day Banquet, Moose Hall, 8 p.m., Tuesday, Nov. 11. Tickets \$1.50. Best yet—don't miss this one. 261

Week-End Specials

- McIntosh Red Apples—Household grade, box \$1.75
- Comet Brand Peas—No. 4 55c
- 6 tins
- Malkin's Best Honey—4-lb. tin 75c
- Nabob Marmalade—2 1/2-lb. jar 40c
- Royal City Tomatoes—2 1/2's 50c
- 3 tins
- Malkin's Best Tea—1-lb. pkg. 50c
- Malkin's Best Coffee—1-lb. can 50c
- Evaporated Prunes—80-90, 25-lb. box \$1.95
- Rosedale Sliced Peaches—2 1/2's, 2 tins 55c
- Icing Sugar—2-lb. pkg. 20c
- Quaker Quick Oats—per pkg. 25c
- Red Arrow Soda Biscuits—2 pkgs. 45c
- Nabob Baby Beets—2's per tin 25c
- Felix Ginger Ale—12 pint bottles \$1.45
- Swift Classic Cleanser—3 tins 25c
- Poliflor Wax—1-lb. tin 55c

Alberta Market

P. GAMULA, Proprietor
Fifth Street Phone 208

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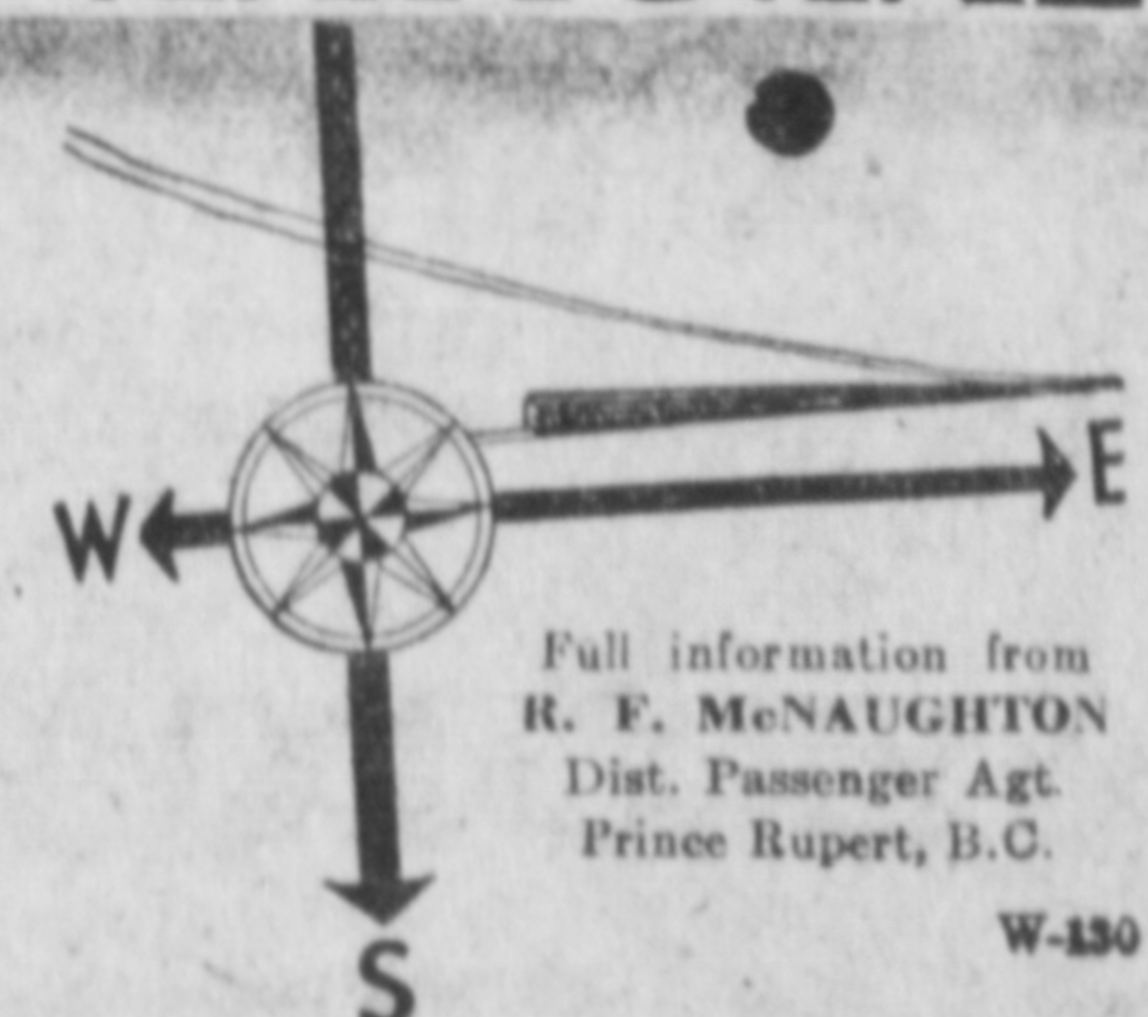
Sailings from Prince Rupert Sundays and Thursdays 10.00 a.m. to Vancouver, thence via new Tri-City Service to Victoria and Seattle.

For Stewart and Anyox, Wednesdays 4.00 p.m.
For Stewart and Ketchikan, Saturdays 4.00 p.m.

Weekly sailings for North and South Queen Charlotte Islands.

Passenger trains leave Prince Rupert for Edmonton, Winnipeg and points East every Monday, Wednesday and Saturday at 11.30 a.m.

CANADIAN NATIONAL



Full information from R. F. McNAUGHTON Dist. Passenger Agt. Prince Rupert, B.C. W-430

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

L.O.B.A. Bazaar will be held in the Metropole Hall Nov. 8 from 3 to 6, also drawing for dinner set. 261

Parade to cenotaph. Fall in 7.30 p.m., Tuesday, Nov. 11, at Canadian Legion Club rooms, Third Avenue. All interested please attend. 261

N. L. Freeman, local representative of the International Fisheries Commission, returned to the city on the Princess Louise yesterday afternoon from a brief trip to Juneau on official business.

ANNOUNCEMENTS

Moose Whist Drive and Dance November 7.

Armistice Day Banquet, Tuesday Nov. 11.

"Amy From Arizona," First United Church, Nov. 12 and 13.

Eagles' Whist Drive and Dance November 12.

Rupert East United Church Bazaar, November 13.

Gyro Hoedown November 14.

Royal Purple Bridge and Whist series, next game, November 17.

Presbyterian Bazaar Nov. 20.

Anglican W. A. Bazaar Dec. 2.

United Church Bazaar Dec. 4.

Hard time dance Queen Mary Chapter, I.O.D.E. Hall December 4.

Quality Table Needs

— FOR —

THANKSGIVING

At Reduced Prices

- Quality Mincemeat—2 lbs. 31c
- Pumpkin—Royal City No. 2 tins, 2 for 25c
- Finnan Haddie—Choice Fillets, per lb. 25c
- Pink Salmon—Extra Choice per 1-lb. tin 10c
- Layer Table Figs—California Fancy, per lb. 20c
- Bluepoint Oysters—per tin 38c
- Picnic Hams—Average 5 lbs. each, per lb. 23c
- Sweet Peas—Selve No. 5 per tin 10c
- Soap Chips—Quick Naptha per pkg. 15c
- Cooking Figs—Choice Black per lb. 9c
- Seedless Raisins—Austrian, per lb. 11c
- Tilson's Health Bran—per pkg. 12c

Combination Special

1 2-lb. tin Waffle Syrup—1 pkg. Aunt Jemima Pancake or Buckwheat Flour—59c
The 2 for

Toilet Rolls—9 for 32c
Sunnybrook Butter—per 3-lb. brick \$1.08

- FRUITS and VEGETABLES
- California Grapefruit—3 for 25c
- Table Grapes—Tokays per lb. 18c
- Cooking Apples—5 lbs. 25c
- Fresh Bunch Carrots—per bunch 5c
- Fresh Bunch Beets—2 bunches 15c
- B. C. Celery—2 bunches 25c
- Brussels Sprouts—per lb. 20c
- Masott Cranberries—per lb. 25c

Watts' Grocery

Quality Right—Prices Right
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As long as there are boys there will be scampering muddy feet and racing toys; there will be things spilled during meals and play.

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With Congoleum floors your house will be brighter, cheerier, lovelier. For the new Congoleum Gold Seal Rugs are the creations of the world's leading rug designers. Marvellous patterns and thrilling color combinations that do not take second place to the most expensive rugs you can buy.

Congoleum Gold Seal Rugs—beautiful, durable, flat-lying—can be purchased at trifling cost at all good house-furnishings stores. See them, when next you go shopping.



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First Class Dried Cod-Fish Just Arrived
Try my Crisp Delicate Flatbread and you will become my steady customer. Nothing can beat it!

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