The friend of growing children

IN Ovaltine you have three of Nature's best tonic foods—milk, eggs and barley malt, concentrated by an exclusive scientific process and affording, unimpaired, every one of the essential vitamins, as well as the organic phosphorus to feed nerves and brain, the proteins for bone and muscle, and the carbohydrates and fats for warmth and energy.

Easily digested. Quickly assimilated. Delicious. Children love it!

WHEN your children come home from school they are tired. If not noticeably tired physically, nearly always tired or a little fagged mentally and nervously. They are ready for a cup of delicious Ovaltine to restore their spent energy.

Indoor confinement during school hours, with its pursuant call for mental concentration, comes at a time in a child's life when Nature is making insistent demands upon his or her strength and vitality . . during the days of growth. Recognizing this truth, some schools serve milk to the children at recess time.

Milk is Good—But Ovaltine is Better

Ovaltine is the finest thing in the world for replacing quickly the energy children use up so fast. A sure way to build strong bodies and to maintain rosy-cheeked, glowing health.

Ovaltine is sold at all good stores, in 50c, 75c, $1.25 and special $4.50 family size tins; also served at soda fountains.

OVALTINE RUSKS

Only finest Canadian Wheaten flour and Ovaltine are used in making Ovaltine Rusks. They are delicious and far more nourishing than ordinary rusks or biscuits. They are a sure means to sound white teeth and firm healthy gums.

'OVALTINE'

TONIC FOOD BEVERAGE

Builds-up Brain, Nerve and Body

A. WANDER LIMITED - - 455 King St. West, Toronto, Ontario

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DOMINION INLAID LINOLEUM

Design illustrated is Dominion Inlaid Linoleum No. 7060, available in two different colourings.

Put new life in . . drab rooms

Tone up uninteresting rooms. Give them colour. Give them character. Floor them with Dominion Inlaid Linoleum, modern, permanent, practical.

Dominion Inlaid Linoleum comes in an endless choice of artistic designs. It is simply a case of picking one appropriate to the room in question whether living room, dining room, bedroom or kitchen.

Dominion Inlaid Linoleum with its lovely soft-lustre Domolac Finish, is permanent because the colours go right through to the stout burlap back. It is moderately priced and saves endless hours of household toil.

Other Beautiful Dominion Floors

Dominion Printed Linoleum and Dominion Linoleum Rugs offer lovely and appropriate designs for every room. Durable, practical, work-saving, and sold, of course, at popular prices.

At House Furnishing and Departmental Stores.

Made in Canada by the makers of the famous Dominion Battleship Linoleum.

DOMINION OILCLOTH & LINOLEUM CO. LIMITED MONTREAL

MOOSE DONATE HALL

The local Moose Lodge has donated the use of its hall to the Gyro Club for November 14 when a hoedown dance will be held to aid the local gymnasium fund.

Blazo Jovichevich, Spiro Jovichevich and Luka Cicarevich, who have been employed at Anyox by the Granby Co., sailed last night on the Prince George for Vancouver enroute to New York where they will embark for a trip to their native homes in Jugo-Slavia

Mussallem's MEAT Market

Shoulder Lamb—5 lbs.	$1
Leg of Lamb—per lb.	30c
Loin of Lamb—per lb.	30c
T-Bone Beef Roast per lb.	30c
Beef Pot Roast—per lb.	15c
Sausage—2 lbs.	35c
Gaynor's Smoked Ham—By the Ham—per lb.	30c

Fresh Killed Chicken and Fowl

Mussallem's Meat Market

Phones 18 & 84 417 Fifth Ave. E.

LOCAL ITEMS

Royal Purple tea and home cooking Thursday, Nov. 13.

Mrs. Dan Lidstone sailed last night on the Prince George for a trip to Vancouver.

Mrs. Olof Hanson sailed last night on the Prince George for a trip to Vancouver.

Mrs. C. Brewerton, who has been visiting for the past month or so in Winnipeg, returned to the city on yesterday afternoon's train.

Merely routine business was taken up last night at a meeting of Legion 45 of the Moose Order. W B. McCallum, great north moose, presided.

W. H. Tobey, C.N.R. divisional superintendent, who has been on a trip to Winnipeg on official duties, returned to the city on yesterday afternoon's train.

Walter R. Overend has returned to the city from Stikine where he spent the season as customs officer. He will be attached to the staff of the local customs house for the winter.

Slight damage was done to the floor of the Cow Bay Lunch at 8:45 this morning when oil overflowing from the stove caught fire. The fire department was called and soon put the blaze out.

J. B Woodworth, of Vancouver, who has been paying a visit of inspection to the Surf Point mine on Porcher Island, arrived in the city last evening, accompanied by M. R. O'Shaughnessy, manager of the mine.

C.P.R. steamer Princess Mary, Capt. Fenton, is due at 3.45 this afternoon from the south. Before proceeding to her regular berth at the Government wharf, the vessel stopped at the ocean dock to unload an automobile.

William F. Eve, district deputy, grand master A.F. & A.M., arrived in the city on the Prince George last evening from the smelter town to pay official visits to lodges here. He is accompanied to the city by Alex M. Davies and C. Cave.

Twenty Years Ago

In Prince Rupert

October 24, 1910

Four young boys have been arrested by Constables McArthur and Mansell and charged with breaking into a cabin and stealing a sum of money, jewelry and other articles. The boys will appear before Magistrate Carss in city police court tomorrow morning.

Surveys for the Woodworth Lake water system for Prince Rupert under A. W. Agnew are nearing completion. The final stages of the survey on Kaien Island are now being conducted by Mr. Agnew and his party.

Machinery for the city's new power plant at Cameron Cove (Cow Bay) has started and the work is being pushed as rapidly as possible. It will be some time, however, before electric light is available.

THE PRIZE WINDOW

In the Prosperity Week Window Dressing was that of the

Electric Bakery

It represented Canada's basic Industry, Wheat

FREE! FREE!

On Saturday each purchaser of $1.00 worth of goods, (to include one loaf of bread) will be given—

ONE SPONGE SANDWICH FREE

ELECTRIC BAKERY

Third Ave. W. Phone 667

WE DELIVER

Order your Xmas Cakes now

Man in the Moon

Melinda says she had a young feller propose to her last night but she does not think she could afford him.

Isn't it strangs what righteous indignation fills a woman when she sees some "heartless vamp" trying to rob her of the man she stole from another woman?

Week-End Specials

Camel Brand Peas—No. 4 Extra Special, 6 tins	55c
Fraser Valley Strawberry Jam, 4-lb. tin	60c
Malkin's Best Fancy Sockeye Salmon, 1-lb. tin	40c
Argood Catchup—2 32-oz. tins	55c
Malkin's Best Jelly Powder 4 packages	25c
Empress Orange Marmalade 2½-lb. jar	40c
Argood Sweet Mixed or SweetChow Pickles 32-oz.	55c
Squirrel Brand Nut & Honey Butter, 9-oz. jar	25c
Royal City Peaches—Halfs large tin	25c
Campbell's Chicken Soup—per tin	15c
Malkin's Best Vanilla or Lemon Extract, per bottle	20c
Chateau's Snappy Snacks Cheese—8 individual portions per package	25c
Crown Brand Pure Corn Syrup—2's per tin	20c
Evaporated Prunes—70-80's 3 lbs.	25c
Royal City Tomatoes—2's 3 tins	40c
P. & G. White Naptha Soap 6 bars	25c

Alberta Market

P. GAMULA. Proprietor

Fifth Street. Phone 208

WHY NOT?

Come in and look over our prices and stock. You will find it worth your while.

Gainer's Lard—3's per tin	65c
Gainer's Lard—5's per tin	$1.10
Swift's Lard—10's per tin	$2.10

(Lard is advancing, stock up at these prices.)

Heinz Ketchup—Large per bottle	25c
Dutch Maid Mayonnaise—per quart bottle	90c
Peel Orange and Lemon—per lb.	25c
Shelled Almonds—per lb.	49c
Del Monte Prunes—2-lb. package	29c
Beekist Honey—5's per tin	75c
Split Peas—per lb.	8c
Beans, White and Brown—per lb.	8c
Cream Sodas—3 packages	65c
Sweet Biscuits including Graham Wafers, Macaroon Snaps, Ginger Snaps, Arrowroot Biscuits 2 ½-lb. packages	25c

Last Call

Crab Apples—For preserving or jelly, 9 lbs.	50c
per box	$2.15

The Economy Cash & Carry

"Where Dollars Have More Cents"

Phone 369 319 Third Ave.

FRIDAY and SATURDAY

TWO SHOWS — 7 & 9 P.M.

Capitol Canada's Finest Entertainment

JOHN BOLES

— in —

'Song of the West'

A Great Singing, Dancing and Talking Epic

ALL IN NATURAL COLOR

COMEDY—

Charlie Chase in "Fast Work"

NOVELTY—

"Vanity" and "The Cup That Cheers—Making Tea"

Admission — 20c & 65c

Feature starts at 7.40 & 9.49

SATURDAY MATINEE

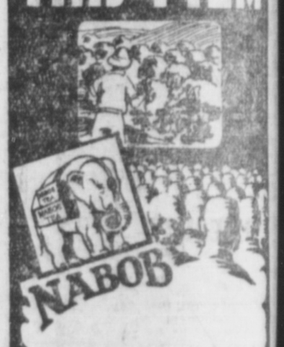
at 2:30 Feature starts at 3:49

Admission — 15c & 40c

MONDAY and TUESDAY

"Return of Dr. Fu Manchu"

BE SURE TO SEE THIS FILM



EVERYONE should see this interesting film, "The Cup That Cheers." It shows how people live and work on the great tea plantations. It shows how Nabob Tea is grown, how it is prepared for shipment to Canada' to be blended and packed in the great Nabob plant

At the

Capitol Theatre

TODAY AND TOMORROW

Through the courtesy of KELLY, DOUGLAS & CO. LTD. Proprietors Nabob Brand

TAKE THE KIDDIES

GET UP

We are negotiating with a firm for the purchase of a wonderful clock that will yank a man out of bed at the right minute, dress him, put on his shoes and lace them, while a special attachment attends to lighting the fire and getting breakfast. Meanwhile the best we can do is a repeater alarm clock which breaks in on your dreams every minute or two till you get up and stop it. They cost $2.75 and are worth it. Other alarms at—

$1.25 to $5.50

JOHN BULGER JEWELLERS

THE STORE WITH THE CLOCK

TELEPHONE 657

VALENTIN DAIRY FOR SKEENA BRAND

Creamery Butter & Cottage Cheese

FRESH PASTEURIZED MILK AND CREAM DAILY

Early Delivery Throughout the City