8 Children Gains

ished skin clears. Constipation,

indigestion, "nerves" go over-

night. New pep first day. Rich,

ics in one. Weight-building brew-

er's Yeast plus strengthening,

blood-enriching Iron. Many times

more effective than unmedicated

Start now to gain weight,

ills. Take these pleasant little tab-

lets. No gas; no yeasty taste. If

Get Ironized Yeast from druggist

today. Feel great tomorrow. New

Playboys' dance tonight Moose

and materials. Absolutely water-

proof. You will like our coats. Sea

L. H. Hawarth, who has been on

trip to naval headquarters at

Esquimalt, returned to the city

from the south on the Princess

C.P.R. steamer Princess Mary

Capt. Fenton, arrived in port at :

o'clock this afternoon from the

outh and will sail at 10 o'clock

tonight on her return to Vancou-

There were 80 passengers going

north aboard the steamer Princes:

Charlotte which was in port this

Skagway. The majority of these

C.P.R. steamer Princess Char-

n port at 9.30 this morning from

have a large passenger list as the

tourist business is now rapidly fall-

Mussallem's

Market

T-Bone Roast—

Rump Roast-

Round Steak-

per lb.

per lb.

per 1b.

per 1b.

Loin Lamb Chops-

snoulder Lamb-

Shoulder Veal—

Stewing Veal—

Stewing Lamb—

lotte, Capt. C. C. Sainty, arrived

were round trip tourists.

Charlotte this morning.

ver and wayports.

ing off.

the Wee Tailor Shop near P.O.

pounds quick.

veast. Results in half the time.

SPECIAL! SPECIAL!

One New Gillette Razor One New Gillette Blade One Tube Palmolive Shaving Cream

All For 35 Cents

Ornes Lid. The Pioneer Druggists

Phones 81 & 82

Third Ave. & Sixth St.

Three Graduate Pharmacists





UNION STEAMSHIPS LIMITED

For VANCOUVER, VICEORIA, Butedate, Alect Bay, etc., Friday midnight FOT ALICE ARM. ANYON, STEWART, Naus River, Port Simpson, Sun-



WORLD'S GREATEST

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

If you lose anything, try a classified ad.

Early Ad. Copy is appreciated

Local Items

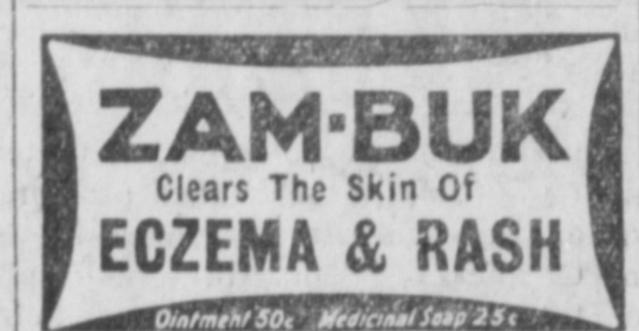
Glasses fitted by registered optometrist at Heilbrener's store.

Notice boys 17 and under, spec ial price 55c. Boxing show tonight

Special raincoats, real raincoats. See Auld, the Wee Tailor Shop, near P.O.

Dr. Mercer, well known Victoria chiropractor, was a passenger on board the Princess Charlotte this morning going north to make the round trip to Skagway.

Mrs. Bedford, wife of R. H. Bedford, a members of the Prince Rupert Fisheries Experimental Station staff, and son, Ronald, and daughter, Gladys, arrived in the city on yesterday's train from Edmonton, and, accompanied by Mr Bedford, proceeded on the Prince Charles for a visit in Victoria.



U & I Cafe Formerly the White Lunch

Is Now Open Under new management

HOTEL ARRIVALS

Central Hotel

UNDER NEW MANAGEMENT Steam Heated; Travellers' Sample Rooms: Hot and Cold Water Free Bus Meets All Trains and

Rates \$1.00 and Up SPECIAL MONTION RATES C. R. BIGGART & A. DONALD

· Proprietors PHONE 51

Savoy Hotel Prince Rupert's leading fam

A. J. PRUDHOMME, Prop.

rale; A. Morrison, N. Nelson, O. Opheim and James Flewin, city; J. A. Ellis. Massett; Mr. and Mrs. J W., Webster and family, Anyon Smith, Sunnyside Cannery; D MacLean, Smithers: George Gall Saskatoon; K. Brydon, Prudhomme Lake: R. G. Cunningham. Port Essington; P. Hardy, Abbotsford; D. Bennett, Port Simpson.

New Royal Hotel I. Zarelli, Prop.

75c PER DAY AND UP Telerhone 281

Royal wand, C.N.R.; A. Hodson and W. Y. Valpy, Port Edward; Al Ritz | per lb. Mrs. W. E. McCallum and Mrs. W. Shoulder Porkchie Wells, Skeena River; Mr. and Fowl-Mrs. Douglas, Lowe Inlet; C. H. Leslie, city.

TELEPHONE 657 VALENTIN DAIRY FOR SKEENA BRAND

Creamery Butter & Cottage Cheese

FRESH PASTEURIZED MILK AND CREAM DAILY Early Delivery Throughout

X-RAY SERVICE

BESNER BLOCK

PHONE 575

417 Fifth Ave. E.

LIMITED Plumbing and Heating Engineers Automatic Domestic Oil

Telephone-174 Show Room-259 Third Av. W.

Furnaces

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

Scandinavian dance Saturday p.m. in Moose Hall. Accordeon by Anderson.

Alex Mackenzie, local furniture man, who has been on a threeweeks' trip to Vancouver, returned to the city on the Prince Rupert this morning. to 15 lbs. in 3 weeks. Ugly hollows fill, bony limbs round out. Blem-

William W. Watts, who has been paying a visit with his parents in Kelso, Washington, returned to the Ironized Yeast is two great toncity on the Prince Rupert this morning from the south.

> Mrs. Cornelius Vanderbilt, jr., of Davenport, Iowa, and her daughter were among passengers aboard the Princess Charlotte this morning going north to make the round trip to Skagway.

C. R. Gilbert arrived in the city on today's train from Terrace and ailed on the Prince Rupert for Alice Arm where he will adjust ::: surance on losses in a recent fire in the business section there.

Raincoats, quality, new styles First championship soft ball game in the play-off between the winners of the first and second series for the A. Haines Trophy will be played tonight at 6.30 between Dry Dock and Station. 196

> David Gun-a-Noot, Ernest Harrison, George Simpson and John Nelson, Indians, for drunkenness were each fined \$15, with option of fourteen days' imprisonment, by Magistrate McClymont in city police court this morning.

Union steamer Cardena, Capt Andrew Johnstone, arrived in port at 12 midnight last night from Vancouver and sailed a couple of hours later for Port Simpson, Wales Island and the Skeena River morning bound from Vancouver to whence she will return here this evening southbound.

Miss Jessie Weatherhead, who has been visiting in Vancouver. arrived in the city on the Prince Vancouver and sailed a couple of Rupert this morning from the hours later for Skagway and Al- south and will spend a week here skan points. The vessel did not with her sister, Mrs. L. W. Patmore Borden Street, before proceeding to her home in Winnipeg.

> John L. Christie who has been pending a week at Port Essington in connection with his duties as liquidator of the Cunningham estate, arrived in the city on today's train from the Skeena River and will sail tonight on the Cardena for Vancouver. Mr. Christie was formerly a well known resident of Prince Rupert and is now in business in Vancouver.

Mayne D. Hamilton of Vancouver, superintendent of Pacific Coast branches of the Canadian Brank of Commerce, arrived in the city on yesterday's train from the interior in the course of a tour of the northern part of the province and will sail this afternoon on the Prince Rupert to make 300 the round trip to Anyox and Stewrt. returning here tomorrow evening and stopping over here until 250 Monday afternoon when he will proceed to Vancouver on the ss 300 Prince George.

NOTICE

To whom it may concern: I will not be responsible for any debts incurred by any person other 750 than myself from this date. · NELSON BREW.

Haysport, B.C.

ANNOUNCEMENTS

Pat's Playboys dance, Moose Hall August 22.

Rebekah Bridge and Whist Sep-

Moose Bazaar, October 16, 17.

THE SALVATION

Big Annual Native Congress Conducted by Commissioner & Mrs. Hoggard, leaders of Canada West and Alaska, August 23, 24, 25.

LECTURE:

Entitled --- "Reminiscences of Fifty Years Warefare" Capitol Theatre, Sunday Afternoon at 3 P.M. Mayor C. H. Orme will preside

ON MONDAY, AUGUST 25, AT 11 A.M. Next to Post Office, Prince Rupert

Having taken over the balance of this stock of watercraft, I will sell to clear, by auction, the following: ONE OUTBOARD RUNABOUT-Cost \$390.00 ONE SEA HAWK-Length, 17 ft., beam, 61 in. Cost, F.O.B. Peterboro .\$590.00 ONE WATER PART GIANT-Length, 14 ft., beam, 60 in. Cost F.O.B. Peterboro TWO ADMIRALS-Length, 18 ft., beam, 62 in. Cost F.O.B. Peterboro, each TWO KAWATHAS-Length, 17 ft., beam, 48 in. Cost F.O.B. Peterboro, eachS190.00 As an inducement, I will give the purchaser of first Admiral sold, a full set of Life Preservers, Cushions or a Canvas Cover

for boat, valued at \$35.00 NOTICE—Owing to having obtained this stock at a sacrifice I will be able to accept a first bid at half cost. So come along, now will be the chance to get that boat you have been looking for. SALE Starts at 11:00 a.m.

FOR FURTHER PARTICULARS

GEORGE DAWES, The Auctioneer

TELEPHONE: Black 120



A Real "BEAUTY FOOD"

Health is always beautiful. It gives color to the cheeks and sprightly vim to the movements of the body. Health comes from the right kind of food. Shredded Wheat with milk is the Health Food supreme—contains all the vitalizing elements of the whole wheat grain in a digestible form—iron for the blood, calcium for bones and teeth and proteins for building healthy tissue. Delicious with fruits.

SHRFMMFN WITH ALL THE BRAN OF THE WHOLE WHEAT



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