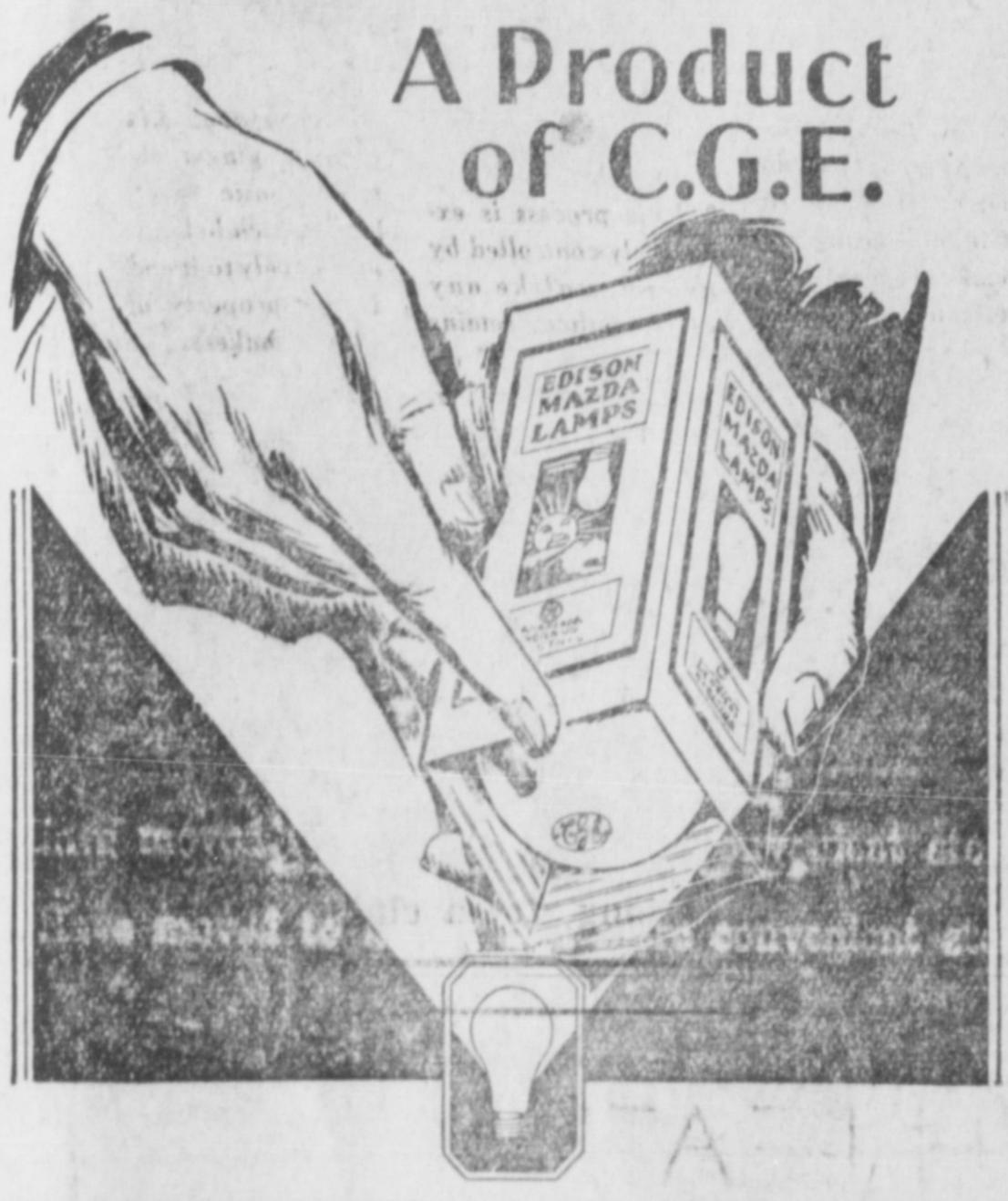
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Sallings From Prince Rupert For VANCOUVER, VICTORIA, Butedale, Alert Bay, etc. Tuesday, 3.30 p.m. For VANCOUVER, VICTORIA, Butedale, Alert Bay, etc., Friday midnight For ALICE ARM, ANYON, STEWART, Naas River, Port Simpson, Sun-

For PORT SIMPSON and WALES ISLAND, Thursday p.m. Prince Rupert, B.C. Through tickets sold to Victoria and Seattle and baggage checked



B. C. Coast Steamship Service

SAILINGS FROM PRINCE RUPERT To Ketchikan, Wrangell, Juneau, Skagway-Jeptember 10, 20,

To Vancouver, Victoria, Seattle-September 14, 24.

Princess Mary--Ocean Falls, etc., Vancouver and Victoria, every Friday, 10 p.m.

Agents For All Steamship Lines

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Go East an Union Pacific's Marvelous New Train -

PORTIAND ROSE

A Triumph in Train Comfort THRU CONNECTING SEEEPER LEAVES SEATTLE 11:10 A.M.

LOW FARES END SEPT. 30

Final Return Limit Oct. 31 Liberal Stopovers Going and Returning

Union Station, Seattle, Wash.



Rebekah Bridge and Whist September 10.

optometrist at Heilbroner's store.

pastor at Hazelton, has returned south end of the Queen Charlotte home by motor after a week's trip Islands. to Vancouver.

here on November 8 to address the utes notice, delivered Special local Women's Canadian Club in attention to private parties. Miss the course of a tour of Canada. Nanny Williams, chef. 719 Ful-Mr. Fry will be accompanied here ton St. Phone Green 170. 213 by his wife.

departments of the schools be les, etc. printed for his classes. The board! decided to get figures on lots of 100, 250 or 500.



A Watch Special A \$12 Watch for \$9.50

It isn't a terrible lot of money saved. But it's SOME, and it is really saved.

It amounts to this. We have managed to buy a 15-jeweled watch made by a reliable factory in a nickel screw case which is a quality always sold for \$12.00, which we can at present-



STEAMERS



Sailings from Prince Rupert for Vancouver, thence via the new Tri-City Service to Victoria and Seattle-Sundays and Thursdays, 10 p.m.

For Anyox and Stewart-Wednesdays, 4.00 p.m.

For Stewart & Ketchikan-Saturdays, 4.00 p.m.

Weekly sailings for North and South Queen Charlotte

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



R. F. McNAUGHTON

District Passenger Agent Prince Rupert, B.C.

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

Home Cooking, Cathedral Hall, Glasses fitted by registered Thursday, Sept. 18, from 3 to 6.

Moose Bridge, Whist and Dance. C.N.R. steamer Prince William, port at 8.15 last evening from

Vick's Tamale and Chili Par-John Fry of South Africa will be lor. Fried Chickens at 40 min-

The school board, at its meeting month of August totalling \$857.81 ast night, dealt with a request were passed for payment at last instructor, that regular report included \$269.81 in accounts and cards such as those used in other \$588 for secretary, janitors' salar-

> The "Twenty Years Ago" column of the Vancouver Province recalls the stranding of the old steamer Sentinel Island in Lynn Canal. Picture postcards of this spectacular wreck were to be seen in local stores even up to a short time ago if not

We have arranged to handle during this coming season Lakeside Stove and Lump Coal. This is considered one of the best coals in Alberta. It is smokeess and without slack. We guarantee it to be equal to any Alberta coal sold in the city Albert & McCaffrey, Phones 116 and 117. .

ANNOUNCEMENTS

Friday, October 3.

United Church Anniversary Banquet October 6.

Moose Bazaar, October 16, 17,

Rupert East United Church Ba-

Presbyterian Bazaar Nov. 20.

Anglican W. A. Bazaar Dec. 4

HOTEL ARRIVALS

Central Hotel UNDER NEW MANAGEMENT

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

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

PHONE 51

Savoy Hotel

Prince Ruper:'s leading family hotel not and cold water in all rooms

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

Mrs. J. T. Oosthock, Falls River;

Mrs. Nelson Brew and Miss May V. Brew, Haysport; George Johnson, city: Peter Keay, New Massett, Mr. and Mrs. I. R. Shirley, Moose Jaw: C. Blakey, Vancouver; R. G. Cunningham, Port Essington; Theodorsen, Port Clements.

New Royal Hotel I. Zarelli, Prop.

THE HOTEL WORTH WHILE Hot & Cold Water; Steam Heat 75c PER DAY AND UP Telephone 281

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Heating Engineer Phone 584 P. O. Box 730

United Church Bazaar Dec. 4. BUY COAL AND SAVE

Girl Guides' Tea and Sale of Albert & McCaffery Advise Public to Get In Winter Stock Now; Get Best For Less

World wide unemployment and Friday, Sept. 12. Good prizes. 211 Capt. William Thomas, returned to the difficulties arising therefrom a bring economic questions to the Rev. T. H. Wright, United Church regularly scheduled voyage to the fore on this, the eve on what is predicted by many will be the hardest winter this, as well as other countries, has experienced in years. The question of coal naturally arises, as the matter of fuel comes second only to food, and all householders. companies and corporations are now engaged in figuring where their coal supplies are to come from and what the price is to be. Now is School expenditures for the the time, by buying, to bring about savings in the winter's fuel bill.

The total production of the Nafrom Eric Gee, manual training night's board meeting. The total naimo-Wellington mines on Vancouver Island is 3500 tons per day. From one of the shafts known as No. 1 hard comes 700 tons per day of the choicest coal produced by this company. During the winter season when there is a great demand for this particular No. 1 hard coal it becomes impossible to ob-Princess Mary in the fall of 1910 on tain any more than a very small portion of this production. At the present time of the year, however.

all that is desired can be obtained. Albert & McCaffery now have two thousand tons of this choice coal undoubtedly the best bituminous coal on the continent, on their wharf. Those who are desirous of saving money on their coal bills during the winter and, at the same time, get this choice fuel would be well advised to place their orders now for the full winter's supply. A reduction in price will be made to those who buy lots of five tons or more and pay cash for same.-Advt.

The regular monthly meeting of the board of school trustees was held last night in the City Hall the session lasting about an hour Premier orchestra Novelty Dance and the agenda including little more routine business. Mrs. T. M. Spencer, chairman, presided and others present included Trustees L. W. Waugh, W.R. McAfee, Earl Barrie and J. H. Thompson and Principals D. H. Hartness, Miss E. A. Mercer, Miss S. A. Mills, Miss O. E. McArthur and Miss J. D. Moffatt. At the opening of the meeting. Mrs. Spencer welcomed the teachers back after their vacation and expressed the hope that the rest had been instrumental in equipping them with renewed vigor and enthusiasm for the coming year's

For the Week-End

54c

B. C. SUGAR-White

per 10-lb sack

1	per 10-10. sack
	FRESH EGGS—Small size 850
	NABOB SOUP—Tomato or Vege- table (Packed in Canada) 350
	Fresh Shipment, per pkg. 220
	CHOICE SOCKEYE SALMON—New
	Pack. Clover Leaf Brand 450 per 1-lb. tin
	LARD—Swift's Silver Leaf 63C

\$1.05 per 5-lb. pail PRINCESS SOAP FLAKES - One large pkg. and one trial 23c pkg. for FINE COOKING APPLES-

\$2.25 per box B. C. Celery— B. C. Field Tomatoes-25c

per crate WE HAVE EVERYTHING FOR PICKLING REQUIREMENTS

\$1.15

\$1.85

Preserving Prunes-

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WRITE "CREAM SOUPS" FIRST ON YOUR MENUS

When you tell me that cream soups have a prominent place in your meal planning, I know that you have both a sense of artistry in your menus and a firm knowledge of food values. The creamy as the first—because the

And, if you tell me that you serve them, not before a heavy dinner, genized" into very tiny particles to keep but as luncheon and supper dishes, my it distributed throughout the milk.

regard for your skill is still greater. which is its base is soothing. And the | wonderfully fine-textured. vegetable puree with which it is combined adds to the rich food values present in the milk the important minerals which are necessary to a balanced diet. Cream soup is really a meal in itself. All the more important, then, that it

should be a good soup. And, with the cooking knowledge at your disposal ing anything but a marvelously deli- Abbott Street, Vancouver, B.C. cious cream soup.

Why Carnation Milk makes the

them with Carnation Milk.

best cream soups Milk makes such delicious cream soup is that it is doubly rich in cream. water. Add paprika. Combine pea Don't make the mistake of thinking, as | mixture and white sauce and serve

is cream. It is whole milk, evaporated to double creaminess. But you can dilute it to any degree desired, and the last drop out of the can will still be as cream is broken up-"homo-

This breaking up of the cream par-For cream soups serve a twofold pur- ticles does a very remarkable thing to pose—they stimulate appetite, and dishes made with Carnation Milkthey satisfy it. The warmth of the makes ice cream velvety, candy silkysoup starts the meal off well; the milk | smooth, custards and cakes and sauces

Even the best of bottled milk cannot equal these results. Yet Carnation Milk is most economical, saving in butter and cream.

Why not try Carnation Milk and find out for yourself how satisfying it is: Write for free Carnation Cook Book. today, there is really no excuse for hav- Address Carnation Co., Limited, 134

Carnation Cream of Pea Soup-1 If you will follow one simple rule, I No. 2 can peas, 1 slice onion, 11 tsp. can promise that your cream soups will | sugar, 1½ tsp. salt, ½ tsp. pepper, 2 tbsp. always be rich and creamy, of good butter, 2 tbsp. flour, 1 cup Carnation body and exceptionally smooth, vel- Milk, 1 cup water. Drain and measure vety texture. That rule is to make liquid from peas and add enough water

to make 2 cups of liquid. Add peas, onion, sugar, salt and pepper and simmer for 15 minutes. Rub One of the reasons that Carnation | through sieve. Make white sauce of butter, flour, and Carnation diluted with



AND REMEMBER

the same rich creaminess, the same silken smoothness that Carnation Milk gives to cream soups you will find in every dish in which this good milk is used. (See recipe. above)



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work guaranteed. North Star Spring Works First Ave. E. P. O. Box 258

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