

# BRIGHTER BREAKFAST

The better the breakfast, the brighter the day. Don't fog the brain and clog the body by eating a heavy, indigestible breakfast. Brighten the day by eating Shredded Wheat with milk and go to work with buoyant step and mental alertness. Shredded Wheat with milk makes a complete well-balanced meal containing everything the human body needs for growth and strength. Try it with berries and cream. It's a rare treat.

WITH ALL THE BRAN OF THE WHOLE WHEAT

THE CANADIAN SHREDDED WHEAT COMPANY, LTD.

## inmoderation FOR generations doctors have, paid tribute to the sustaining, invigorating and health giving qualities of beer-when taken in moderation. There is no finer beverage than good beer for workers in every field of endeavor, whether mental or physical. The undermentioned beers are guaranteed to be absolutely pure. To safeguard the public they are constantly tested by Analytical Chemists employed by the B.C. Liquor Control Board. Stores and Beer Parlours PHOENIX EXPORT

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

BLUE RIBBON LAGER

PILSENER LAGER

X-RAY SERVICE PHONE 575 BESNER BLOCK

## LINDSAY'S Cartage and Storage

PB1R.

Phone 68 Cartage, Warehousing, and Distributing. Team or Motor Service

Coal, Sand and Gravel We Specialize in Piano and Furniture Moving.

Try a Daily News Want Ad.

# VALUE OF

我正式不知知以此以此一年在日本人中之上不可事事故因其不上之其以子母其此故以去事其未在其此之者。

Curator of Provincial Museum at Victoria Addresses Rotary

Urging the value of a museum to the city of Prince Rupert, Frank museum at Victoria, B.C., addressed attendance. keeping relics but an institution for eration and report. displaying the flora and fauna of much wider appeal.

late John Fanning who was the provided for these social problems.

In Victoria the schools used the the unfair list.

Rupert, where he hoped arrange- D. McPhee. put it in place.

Mr. Kermode was thanked by the resident for his address, the mempers being much interested in the subject.

Progressive merchants advertise

We want your support to help us bring down the cost of living

Big Values— Lower P	
BREAD—	8c
per loaf	
Pure Italian Olive Oil—	2.50
	31.35
Pure Italian Olive Oil— per 1/4 gallon	85c
Dutch Maid Mayonnaise— per quart	90c
The best by far for large	families
Best Foods Bread & Butte Pickles—per bottle	35c
Best Foods Mayonnaise & Relish Spread—per bott	32c
Field Tomatoes— 5-lb. basket	65c
Lettuce—Large heads per head	7c
New Potatoes— 21 lbs.	50c
New Onions— 6 lbs.	25c
PRESERVING ITEN	1S
SUGAR— 100-lb. sack	\$5.65
SUGAR— 50-lb. sack	\$2.85
SUGAR— 10 lbs.	58c
CERTO— 3 bottles	95c
MEMBA—Similar to Certo 2 pkgs.	28c
JEWEL JARS—Quarts per doz.	\$1.35
JEWEL JARS—Pints	81 20

91.ZU per doz. ECONOMY JARS-Qts. \$1.65 per doz. ECONOMY JARS-Pts. per doz. ECONOMY JAR CAPS-3 doz.

GET YOUR SUPPLY NOW!

RUBBER RINGS-

Phone 360

## Labor Council Holds Session

Delegates Appointed to Represent Organization Before Health Insurance Commission

The regular meeting of the Trades and Labor Council was held

value. It should not be a place for the standing committee for consid- He expects to arrive August 23.

than a university in that it had a nity Benefits. In connection with district. this and unemployment insurance, In addition to taking charge of

was second. He took charge in 1904. Metal Polishers of Toronto advising in this event. Now the present work had out- that certain cooking utensils were grown the building in which it was made under unfair conditions and

with their natural history work, regarding the question of individ-Prince Rupert, he thought, would uals holding two positions and rebe wise to establish such an insti- ceiving pay therefor. This is of pargood totem pole specimens and ma- to the industrial depression, many kind taken on this coast. rine specimens could be collected. families will suffer from a decreas-The Hyde collection, Mr. Kermode ed income. In some industries the said, he found in bad condition. He working week has been shortened pays was taking it to Victoria, where it already. The matter was referred to would be thoroughly overhauled, a committee consisting of Aldercatalogued and sent back to Prince man Black, Alderman Brown and

nents would be made to house it. The election of officers was post-He would promise to send a man to poned till after the Labor Day

## Twenty Years Ago In Prince Rupert

August 15, 1910

W. H. Malkin, C. Ltd., of Vancouhave leased sample rooms in the basement of the Helgerson Block and will put James Owens in charge of the branch,

E. J. Mader has arrived from Toronto to take over the position of ticket agent of the Grand Trunk Pacific Railway.

Two members of the Canadian Press have arrived in town to gather information from some of the pioneer business and professional men and will also remain over to report the visits of Premier Laurier and President Hays.

The G. T. P. completed the laying

Mrs. Du Vernet is calling a meeting of all ladies interested in the formation of a chapter of the Imperial Order of the Daughters of Empress Teathe Empire for tomorrow night.

The city engineer reported that electric light could be made available for section one in six weeks after the arrival of the plant in the city if his recommendation for the installation of a waterpower system were adopted.

The storage space at the G. T. P. yards is being taxed to such an extent that enlargement of the yards is an immediate necessity.

Dr. Montizambert, director,general of public health for the Dominion, and Dr. A. T. Watt, superintendent for B. C., are in the city in connection with the establishment of quarantine station at Digby Island

Work has begun on the erection of arches in connection with the decorations to welcome Premier Laur-

The steamer Conveyor and the \$1.35 Port Simpson are both laid off with damaged hulls, the former having punched a hole in her bottom go-\$1.00 ing through the canyon, and the latter having struck something 40C coming through, the slough from O'Cedar Polish-Port Simpson.

A new type of trolley car is to be operated in Baltimore, Md., capable of acelerating at the rate of three a free operating speed of approxi-"Where Dollars Have More Cents" mately 38 miles per hour. They will 319 Third Ave. be among the fastest trolley cars Fifth Street. operating on city streets anywhere in the United States.

Commissioner Hoggard of Winnipeg to Take Charge of Native Congress Next Week

Adjutant Kerr of the Salvation last evening with Alderman S. D. Army in Prince Rupert has received from the south end of the islands Kermode, curator of the provincial Macdonald presiding over a large word from Winnipeg that Commis- indicate that pinks are still very sioner and Mrs. Hoggard will be scarce. Correspondence was read from here next week to conduct the yesterday, S. D. Johnston presid- Calgary and Edmonton in reply to Northern B. C. annual native coning. He said a museum was a great the request of the local body for in- gress. Commissioner Hoggard is the asset to a community, not only formation regarding the organiza- head of the Army work in the west something for tourists to see but an tion of Labor for participation in and is the oldest army officer in the educational institution of great politics. The matter was referred to work, having served for 50 years.

Assisting Commissioner Hoggard The meeting appointed F. Derry here will be Assistant Staff Captain the district. The biological board, and D. McPhee as delegates to the and Mrs. Acton of Wrangell, Alaska, he felt sure, would co-operate. A Provincial Royal Commission on Adjutant and Mrs. Kerr of Prince Packers cannery at Shannon Bay museum was even more valuable State Health Insurance and Mater- Rupert and other officers of the

Mr. Kermode told about the D. McPhee gave a very interesting the congress Commissioner Hogfounding of the museum at Victoria account of the latest progressive gard will lecture in the city on backed by the Natural History So- practice in England where the Sunday, his subject being "Reminciety. It was commenced by the most advanced legislation has been iscences of Fifty Years Warfare."

Adjutant Kerr is out at the canfirst curator and he (Mr. Kermode) A letter was received from the neries today interesting the natives

When Frank Kermode, curator of the meeting decided to put them on the Provincial Museum was in the city this week he discovered that museum a great deal in connection | Considerable discussion ensued S. D. Johnson had a fine specimen of a rare crab at his home. Mr. Kermode took it to Victoria with him to identify and catalogue it. tution. There were already some ticular interest as at present, owing The crab was one of very few of its

Get the Ad. reading habit. It



ON SALE AT DRUG. GROCERY AND HARDWARE "Developed at Mallon" Institute of Industrial Research by Res Fellowship.

45c

45c

80c

# of tracks through the first tunnel east of Prince Rupert. It is 400 feet Specials

1-lb. package

t	Pan Yan Pickles—	40	C
-	20-oz. jar		24
	Empress Red Currant Jan 4-lb, tin	45	C
9	Garden Peas-	0.0	_
1	Size 4, 2 tins	25	C
	Som-Mor Cake Flour-	30	0
B	per package	ອນ	-
	Dr. Price Baking Powder- 12-oz. tin	50	C
S	Seedless Raisins—	70	-
	4-lb. package	50	C
-	Brookfield Creamery	@4 9	0
-	Butter-3 lbs.	\$1.2	U
-	Squirrel Peanut Butter-	50	0
f	2½'s, per tin	90	-
	Libby's Ripe Olives-	30	100
	9-oz. tin		-
n	Eggs, Fresh Extras—	\$1.1	5
-	3 doz.		1
-	Libby's Prunes—	30	C
	Oueker Ouiek Belled Oct	000	
e	Quaker Quick Rolled Oat per package	- 30	C
g	Blue Ribbon Malt Extrac	- 95	C
-	3-lb. tin		
e	Felix Ginger Ale— 12 bottles	\$1.4	5
8	LE DOULIGE	NO TO SERVICE STATE OF THE PARTY OF THE PART	

per bottle

Fels Naptha Soap-

10 bars package

P. GAMULA, Proprietor Phone 208

· Up to two days ago there was no improvement in the run of pinks on Queen Charlotte Islands. Very small catches are being made around Port Clements. Reports

to Port Clements by motor car.

G. A. Woodlands, manager of the Imperial Oil Co. is here on an inspection trip of their station at Skidegate.

Twenty-five workers for the B.C. arrived on the Prince William and Sat. Matinee at 2:30-15c & 40c proceeded to Port Clements.

MARY PICKFORD

- and -DOUGLAS FAIRBANKS In the all talking, all laughing

# The Shrew"

Shakespeare's Masterpiece Two Great Short Comedies\_ Laurel and Hardy in "THEY GO BOOM" and "THE SPY"

Also a SCENIC Feature starte at 7:50 and 9:50

Admission - - - 20c & 65e



## Do you Look for a "Bite" in Whisky?

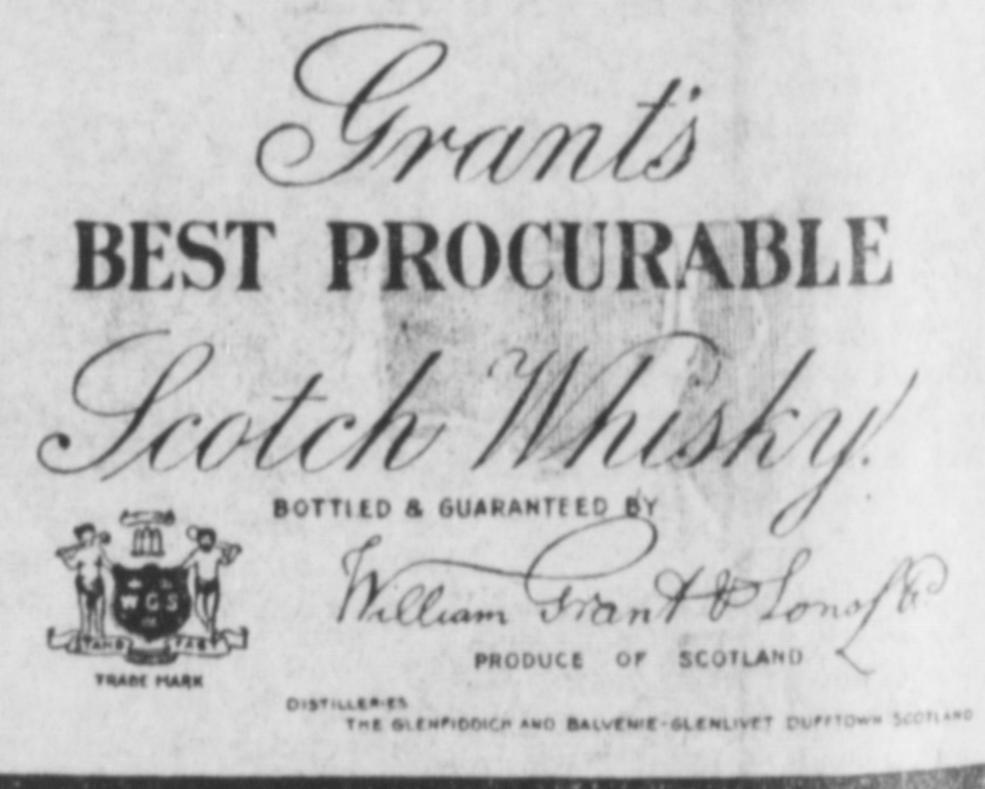
Many cheap and inferior whiskies are noted for their "kick" or "bite." A "bite" is the result of adding raw spirit to the blend. Actually a whisky with "bite" is usually much less mature than a whisky with none.

is acquired after many years in the wood. When dimaturity and properly "married" White Horse is ready for the world's approval. A more mellow, generous and delightful spirit than White Horse is not obtainable.

DISTILLED, BLENDED AND BOTTLED IN SCOTLAND

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"TRY A NIP TONIGHT"



The Original Label - look for it at the Vendor's and insist on GRANT'S "BEST PROCURABLE"

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# DEMAND

"Rupert Brand" Mppers

"THE DAINTIEST BREAKFAST FOOD" Smoked Daily by

Canadian Fish & Cold Storage Co., Ltd.

PRINCE RUPERT, B.C.