



How Do You Stand?

Check up on your health. Have you any balance in the Bank of Vitality—any reserves of strength to draw upon? Replenishment must come through easily digested foods that supply strength. Build up reserves by eating Shredded Wheat with plenty of milk. It supplies all the elements you need. Try it for breakfast and see how much better you feel.

SHREDDED WHEAT



WITH ALL THE BRAN OF THE WHOLE WHEAT

THE CANADIAN SHREDDED WHEAT COMPANY, LTD.

HANSON HAS BAD ANKLE

Member of Parliament Broke His Leg and Will Be Laid Up For Several Weeks

With a painfully broken ankle sustained at Smithers last Sunday, Olof Hanson, M.P. for Skeena, returned to the city on yesterday afternoon's train after having attended the recent special session of Parliament in Ottawa. As a result of the accident, it is feared Mr. Hanson may be laid up for several weeks. With the assistance of a crutch and friends, Mr. Hanson was able to hobble from the train to his car on arriving here yesterday afternoon.

The accident was a simple but painful one. With some friends, Mr. Hanson went for a short car drive last Sunday evening and, as he was leaving the car, he stepped on some small stones and fell to the ground when these rolled, his ankle being turned and fractured.

His ankle is quite swollen and, for a while, he will spend most of his time at home.

Speaking this morning of the urgent session of Parliament which he attended recently, Mr. Hanson said that it was hard work for a greenhorn but, nevertheless, interesting. The fact that there were late sessions tended to make it more arduous. In the regular session, night sessions, of course, will not be held. Mr. Hanson expects his regular session to open toward the end of January or, possibly, later.

Mr. Hanson mentioned having met almost every day in Ottawa J. L. Brady, his opponent in the recent general election. Mr. Brady was busy preparing his office in connection with his new duties as census commissioner of the demographic branch of the Dominion Bureau of Statistics. "Mr. Brady was very kind to me," stated Mr. Hanson.



Prof. Piccard of Germany climbing out of aft-metal gondola after postponing balloon ascension to stratosphere ten miles from earth, because of technical difficulties at the start.

OFFICERS ARE TRANSFERRED

Changes Affecting Well Known District Men Are Announced

The following transfers involving well known district police officers are announced from divisional headquarters of the provincial police here:

- Constable William Harrison from Prince Rupert district headquarters to Telegraph Creek.
- Constable P. B. Smith from Telegraph Creek to Prince Rupert district headquarters.
- Constable C. G. Sharp from Prince Rupert city detachment to Queen Charlotte City.
- Constable Malcolm Martin from

Queen Charlotte City to Prince Rupert city detachment.

Constable Harrison will sail for the north on the Princess Louise tomorrow morning.

Our Reputation Does Not Guarantee Our Used Cars

But our used cars DO guarantee our reputation. We have for sale on easy terms the following cars:

- NASH 1928 Sedan \$525.00
- CHRYSLER 1928 Sedan \$600.00
- CHEVROLET 1927 Sedan \$325.00
- CHEVROLET 1929 Coupe \$625.00
- HUDSON 1929 Sedan Price on application

All the above cars reconditioned and sold with Kaien Motors sixty day warranty. Call, phone or write.

KA IEN MOTORS LTD.

CHEVROLET and BUICK DEALERS

Phone 52 Prince Rupert, B.C.

NEW MILL AT TERRACE

C. L. M. Giggey Building Plant in Town to Replace One Which Was Burned

TERRACE, Oct. 10.—C. L. M. Giggey is busily engaged in erecting a sawmill on his property immediately south of the railway crossing on Kalum Street, the machinery for which is now on the way from Vancouver. He expects to be sawing and shipping lumber in 10 days. This mill is to replace the one recently destroyed by fire.

Mr. Giggey is to be commended for his enterprise and energy in proceeding with the erection of a new mill immediately after suffering such a heavy loss.

Yoho Brown, Telegraph Creek boy sentenced to one year in reform school for breaking and entering, and Oscar Nelson, sentenced here to two months at Okalla for theft of a watch, were taken south last night on the ss. Prince George by Inspector William Spiller.

Give Him a Signet Ring

Signet rings are appreciated by almost every man and boy.

Our signet rings are solid gold in the newest designs.

We have a boy's fair weight 10-K. gold ring for \$4.50, which is very good value.

Men's heavy weight with white gold top and hand engraved sides with various shaped tops in 10-K and 14-K from \$7.50 to \$15.00.

We can engrave with any initials in artistic designs.



JOHN BULGER
JEWELLERS
THE STORE WITH THE CLOCK

FREE Demonstration

For Friday & Saturday Prosperity Week, Oct. 11-12

Buy all your requirements from your home town. We endeavor to make it possible for you.

Here Is a Bargain

With every purchase of Blue Ribbon Tear, Blue Ribbon Coffee, Blue Ribbon Baking Powder or Blue Ribbon Extracts, we are giving a free coupon which entitles holder to a drawing on one 8-cup coffee Drip-Maker.

- Blue Ribbon Coffee—per lb. 55c
- Blue Ribbon Tea—per lb. 50c
- Blue Ribbon Baking Powder—per tin 25c
- Blue Ribbon Extracts—In 2-oz. and 4-oz. bottles, reasonable prices
- Braid's Blue Label Tea—per lb. 60c
- Cup & Saucer free in each package
- Soda Biscuits—Dollar size—per box 55c
- Dedicated Coconut—per lb. 18c
- Royal City Peaches—2 1/2's—per tin 25c
- Classic Cleanser—per tin 8c

GET THE HABIT

Save Money By Buying at

The Economy Cash & Carry

"Where Dollars Have More Cents" Phone 360 319 Third Ave.

Week-End Specials

- Malkin's Best Tea—1-lb. pkg. 50c
- Kellogg's Corn Flakes—per pkg. 10c
- Libby's Potted Meat—4 tins 25c
- Malkin's Best Peas—No. 3 2 pkgs. 35c
- Red Arrow Soda Biscuits—2 pkgs. 45c
- Royal City Pure Strawberry Jam—4-lb. tin 70c
- Fine Canadian Cheese—per lb. 30c
- Malkin's Best Orange Marmalade—4-lb. tin 50c
- Royal City Peaches—2 1/2's per tin 25c
- Brookfield Creamery Butter—1-lb. pkg. 40c
- Nabob Red Plums—2 1/2's per tin 20c
- Submarine Brand Pine-apples, sliced 2's 3 tins 40c
- Heinz Cream Tomato Soup—9 tins \$1
- Brookfield Fresh Pork Sausage, 1-lb. pkg. 35c
- Princes Soap Flakes—2 pkgs. 45c
- Pearl White Naptha Soap—6 bars 25c

Alberta Market

P. GAMULA Proprietor Fifth Street Phone 208

A BIG OPPORTUNITY

for those who want

Tailor Made Suits

See our windows for special low prices.

Regular Prices Reduced \$5.00 to \$15.00

Finest quality and latest patterns. Come in and see us today before it is too late.

SUITS—Special order complete and finished in three days.

See Ling the Cutter

Ling, the Tailor

Second Avenue Phone 649

RETAIL MERCHANTS' WINDOW DRESSING COMPETITION
October 11 to 18
All merchants are entitled to enter the above Competition during Prosperity Week at playing Canadian-made Goods. Further particulars obtained from Douglas Frizzell, Secretary.

ST. PETER'S SALE HELD

Annual Affairs Yesterday Afternoon of Woman's Auxiliary Was Great Success

The Woman's Auxiliary of St. Peter's Church held a most successful sale yesterday afternoon, a very substantial sum being realized as a result. The church was prettily decorated for the occasion and, during the afternoon, many ladies called to lend their patronage to the affair.

The general convener was Mrs. G. A. Kelsey and other ladies taking part were:

Plain sewing—Mrs. W. H. Goodsell and Mrs. H. B. Eastman.

Fancy work—Mrs. W. O. Vigar and Mrs. C. J. Norrington.

Home cooking—Mrs. W. V. Tattersall sr. and Mrs. S. Horgan.

Refreshments—Mrs. A. H. Hill-Tout (convener) and Mrs. S. E. Sunbury.

Serviteurs—Mrs. Lund, Mrs. Fowler, Miss Margaret Sievert, Miss Ida Beddie and Miss Violet Stamp-Vincent.

Fish Pond—Mrs. J. G. Viereck and Mrs. R. L. Newcombe.

Candy—Mrs. A. Freuburg.

Cashier—Mrs. W. G. Oakley.

FRIDAY and SATURDAY TWO SHOWS — 7 & 9 P.M.
Capitol Entertainment

Maurice Chevalier

The Big Pond

ALL TALKING and SINGING A Paramount Picture

Comedy—"HONEYMOON ZEPPLIN"

Novelty—"DUFFERS AND CHAMPS"

Dialogue—"J. J. CORBETT"

Admission — 20c & 50c

Feature starts at 7:40 and 9:40

SATURDAY MATINEE at 2:30

15c & 40c—Feature starts 3:30

MONDAY and TUESDAY

GLORIA SWANSON in "THE TRESPASSER"

— and —

Annette's Fashion Show

Oct. 11-13

PROSPERITY WEEK



YOUNG MOTHERS should know
THOUSANDS of vital questions concerning your baby's care are bound to arise. Baby's Welfare tells you the answers. It was written for the use of every young mother by a thoroughly experienced physician. It is not technical, nor does it take the place of your own doctor's advice. It is just a simple practical treatise in every day language. You cannot afford to be without it. Write for your copy to-day and save yourself endless worry.
Baby's food is of first consideration. Nurse him if possible. If you cannot, use Eagle Brand, endorsed by thousands of mothers, recommended by thousands of doctors. It is absolutely pure and safe and exceedingly digestible.

THE BORDEN CO. LIMITED, Dept. A, Homer Arcade Bldg., Vancouver
Send me, free, "Baby's Welfare", also "The Best Baby" record book.
NAME.....
ADDRESS.....



Why! are they called "Blutip"? Blutip is an outstanding work boot and is worthy of unusual marking. The sole tip of every genuine Blutip is colored blue. You can't mistake them, the registered Blutip trade mark is stamped on the soles. Look for this mark. Accept no substitutes; there are none so good.
Your Dealer has them!
Made by J. LECKIE CO. LTD. VANCOUVER, B.C.
BLUTIP WORK-BOOTS

COAL
Buy the real Coal—our famous Edson and Cassidy-Yellington—in any quantities. Also Bulkley Valley Hay, Grain and Robin Hood Flour.
Prince Rupert Feed Co
PHONES 58 AND 558

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