Heart Disturbances

Such as Palpitation, Fluttering, Missing of beats bring keen mental distress. The most frequent cause is exhausted nerves

Whatever may be our ideas about other organs of the body and their disorders there is nothing which brings such dread and anxiety as to have something go wrong with the heart.

It is above all others the vital organ. In health it tirelessly pumps the life-giving blood through the human system and its action depends for motive power on the nerves.

Weakness or exhaustion of the nerves also means weakness of the action of the heart and such derangements as "palpitation," "fluttering" or "missing of heart beats."

Lasting relief can only come when the nerves are restored by such treatment as Dr. Chase's Nerve Food.

It may be that worry, anxiety, overwork or errors in diet or the mode of life have had something to do with your condition. It may be that your blood is thin and watery and that you are anaemic.

Rest and quiet will help but nervous disorders do not right themselves. The blood must be enriched and the strength of the nerves built up and this can be best accomplished by the use of Dr. Chase's Nerve Food.



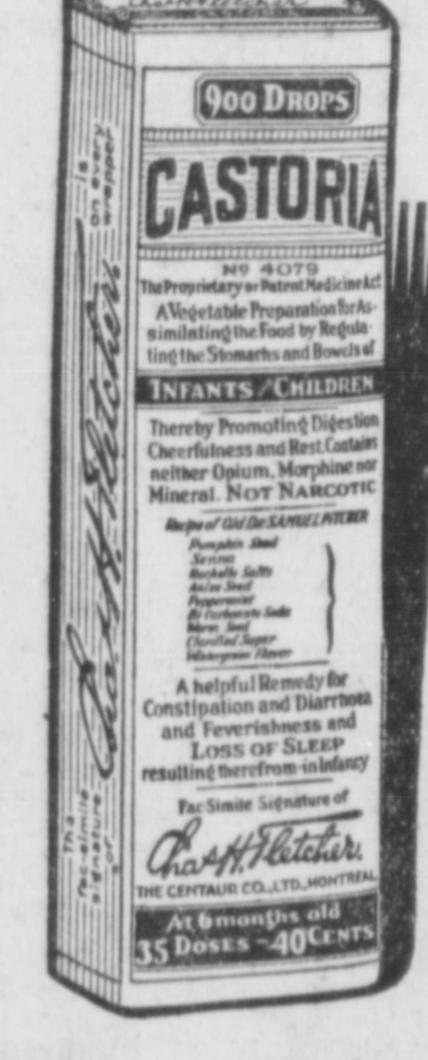
Weak heart action is accompanied by tired, languid feelings, despondency, irritability, headaches and sleeplessness-symptoms which soon disappear when Dr. Chase's Nerve Food is used.

Dr. Chase's Nerve Food

Forms new, rich, vitalizing blood and feeds the starved, depleted nerves back to health and vigor. The result is the strengthening of the action of the heart and the other vital organs, and the elimination of many disorders and discomforts. At all druggists or The Dr. A. W. Chase Medicine Co., Limited, Toronto, Canada.

Castoria...for CHILDREN'S ailments

ARE you prepared to render first aid and quick comfort the moment your youngster has an upset of any sort? Could you do the right thing -immediately-though the emergency came without warningperhaps tonight? Castoria is a mother's standby at such times. There is nothing like it in emergencies, and nothing better for everyday use. For a sudden attack of colic, or for the gentle relief of constipation; to allay a feverish spell, or to soothe a fretful baby' that can't sleep. This pure vegetable preparation is always ready to ease an ailing youngster. It is the wrapper how mild it is, and just as harmless as the recipe on how good for little systems. But the wrapper reads. If you see Chas. continue with Castoria until a child H. Fletcher's signature, it is geniune is grown.



Castoria. It is harmless to the smallest infant; doctors will tell

You can tell from the formula on

FREE!

FREE!

FREE!

We Will Call

Hand Painted Enlargements

To introduce our work to local customers, until November 1, we will make a guaranteed hand-painted enlargement from your own snapshot or photograph, without charge. And supply frames for your paintings at 25% to 50% lower prices than prices quoted by outside concerns. Before placing your order for enlargements-Consult Us - Either phone or write -

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Creamery Butter & Cottage Cheese FRESH PASTEURIZED MILK AND CREAM DAILY

Early Delivery Throughout

the City

1 Pd. Mustard Sauce 1-16-oz. Vinegar Sandwich Relish Peanut Butter

Sour, 3 for

Merchant Service

Three well known northern skippers, representing the three most important companies engaged the presidency of the Canadian Merchant Service Guild at Vancouver and keen interest has developed in the contest. The balloting will take place on November 25.

The presidential nominees Capt. Clifford Fenton, master the C. P. R. steamer Princess Mary; Capt. A. J. Gilbert, skipper of the Canadian National steamer Prince Henry, and Capt. John Muir, regular master of the Union Steamship Co.'s freighter Chilliwack.

Limited

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Med. Baked Beans Lge. Baked Beans Lge. Tomato Ketchup, 3 for hetti, 9 for Med. Cooked Spag-hetti, 6 for Pickles, Sweet or

WATERFRONT WHIFFS

Salmon Pack Is Away Ahead - Many Hunting Parties Out — Halibut Fishing Season Ends Today

British Columbia's salmon pack for the current season up to November 1 stood at 2,139,361 cases or 73,910 cases more than the previous record of 2,065,451 cases set up in 1926, according to official figures. Total packs for years immediately preceding the present season were: 1929, 1,-322,170 cases; 1928, 2,035,620 cases; 1927, 1,360,634 cases. Central area has contributed the major portion of the fish packed with a total of 515,70 cases. Other district totals are: Skeena River, 427,143 cases; District No. 3, 360,880

celebrate many more happy birth- it excels many other lines of food.

we would say he will. His many portant industry in Prince Rupert,

friends will agree with any kindly it would seem well that this mis-

Canadian fish was 18c and 8c

The fishing being such an im-

sionary work should begin right at

home and that local people during

the coming week should do a good

deal of fish eating and fish talking.

The more local people and Cana-

dian people eat of fish, the better

is the headquarters port for fish on

Arash-askim sore

Eczema?

DDD has no rival in the treatment of

skin disorders. A doctor's formula

that doctors recommend. An active

fluid that destroys the disease germs

in the skin. DDD cools, soothes, heals.

The blemished skin is washed clean.

W. J. McCUTCHEON. DRUGGIST

ORMES LTD.

RUPERT PHARMACY

Mussallem's

Market

Mussallem's Meat

2 lbs.

55c

50c

50c

the Canadian Pacific coast.

cases; Fraser River, 208,478 cases; '-Queen Charlotte Islands, 270,526 pounds Canadian and 17,641,200 cases; Rivers Inlet, 119,229 cases; pounds American halibut. Naas River, 108,847 cases; Smith's | Prices were at a satisfactory level Inlet, 55,500 cases. during the week. The top bid for

Once again we are pleased indeed which the Joe Baker was paid for to congratulate our old friend Doc 3,000 and the low prices 12.3c and Clapperton on achieving another | 8c which the P. Dorreen received for milestone, namely in safely and 2,000 pounds. sanely celebrating his seventy-first | For American fish the high price anniversary on Thursday of this was 18c and 6c paid the Garland week. It is just shocking indeed how for 8,300 pounds and the low 13c. often we seem to pass these mile- and 5c received by the Blanco for stones and we just wonder if Doc, 8,500 pounds. having had so many more, notices it as much as we do. We can re- Monday will be the starting of member wishing Doc many happy National Fish Week. Throughout returns an awful lot of times, it the coming week efforts will be seems. Reminds us that he is not made to have people of Canada eat the only one who is getting along as much fish as possible. Efforts the old road. If all are as cheerful will also be made to urge upon the about it as he, though, it will be public the great value of fish as a well. Without further comment we food. It is perhaps, comparatively once again extend him our hearty few who are aware of the great vabest regards and wish that he may lue of fish as a nutriment and how

Leaving Saturday night and returning on Monday night, a hunting party visited Kitkatla Inlet at the end of last week and was successful in bagging seven bucks. The it will be for Prince Rupert which trip was made on the Pacific Salwage Co.'s power tug Pachena, Capt. Charlie Larkin, others making the trip, besides the skipper, being The percapita consumption of Thomas McClymont, Dr. L. W. Ker- fish in Canada is low. Help build gin, G. H. Munro, Gordon Munro it up.

and Max Larkin.

days which, from the looks of him,

thoughts that may be expressed.

Skipper P. W. Anderson was due Guild Presidency back toward the end of this week after a week's hunting trip to Baker Inlet on the Zenobia. Among those making the trip were Harry Stiles and several others. With these wily huntsmen set loose, it's natural to the trade, have been nominated for suppose that the Baker Inlet deer had an exceptionally heavy siege during the week just past.

> A large hunting party to go north was that which left at noon on Thursday with Capt. George Cook on the halibut boat Teeny Milly. In addition to the skipper were Mil Nickerson, Alex Strachan, Eugene Nickerson, Herman Newell and Lawrence Newell. They are to visit Khutze Inlet and will be away for a week or more. A special boat will, no doubt, be sent forward to bring home the game as the bag is expected to be as large as the law will

Today marks the closing of the Veal Steak-1930 halibut season. Within the next week the last boat is expected Loin Lamb Chopsto be in. There are quite a number still out in the endeavor to round out as well as they can a season Stewing Lambwhich has not been so notably Free Demonstration prosperous. Of course, as some always will, quite a few of the boats Stewing Vealhave made good but the general story this year is in the other direction. Shoulder Veal— \$1.00 catches not averaging as heavy as 5 lbs. Small Baked Beans 95c usual in size. The market too Shoulder Lamb—\$1.00 95c erratic. True, high prices were paid on some occasions. On many occa- Shoulder Pork— \$1.00 sions, also, there were very low 5 lbs. RAC prices. The general result financial-prime Rib Rolled—25C Some of the boys have made no 80c more than enough to tide Pot Roast Beefthem over a tight winter, and it is Small Cream of To- 95c to be expected that some may not have succeeded in doing even that. Round Steak— However, hope springs eternal and Med. Cream of To- 050 better things are looked for next Pork Sausagemato Soup, 6 for . year and by all laws of averages they should be better. There will Small Cooked Spag- 95c have to be an improvement in the Leg Roast Vealgame, from the producer's stand- per lb. 950 point if the industry is to prosper Leg Roast Lamb-· they packers, distributors or what Fresh Killed Chicken 300

Halibut Landings

Halibut landings for the week of Saturday to Friday inclusive totalled 394,000 pounds being made up of 72,100 pounds Canadian and 322,-600 pounds American fish. For the Phones 18 & 84 417 Fifth Ave. E. pounds consisting of 6.356,000

FRI. & SAT. TWO SHOWS 7 and 9 p.m.

WILLIAM POWELL

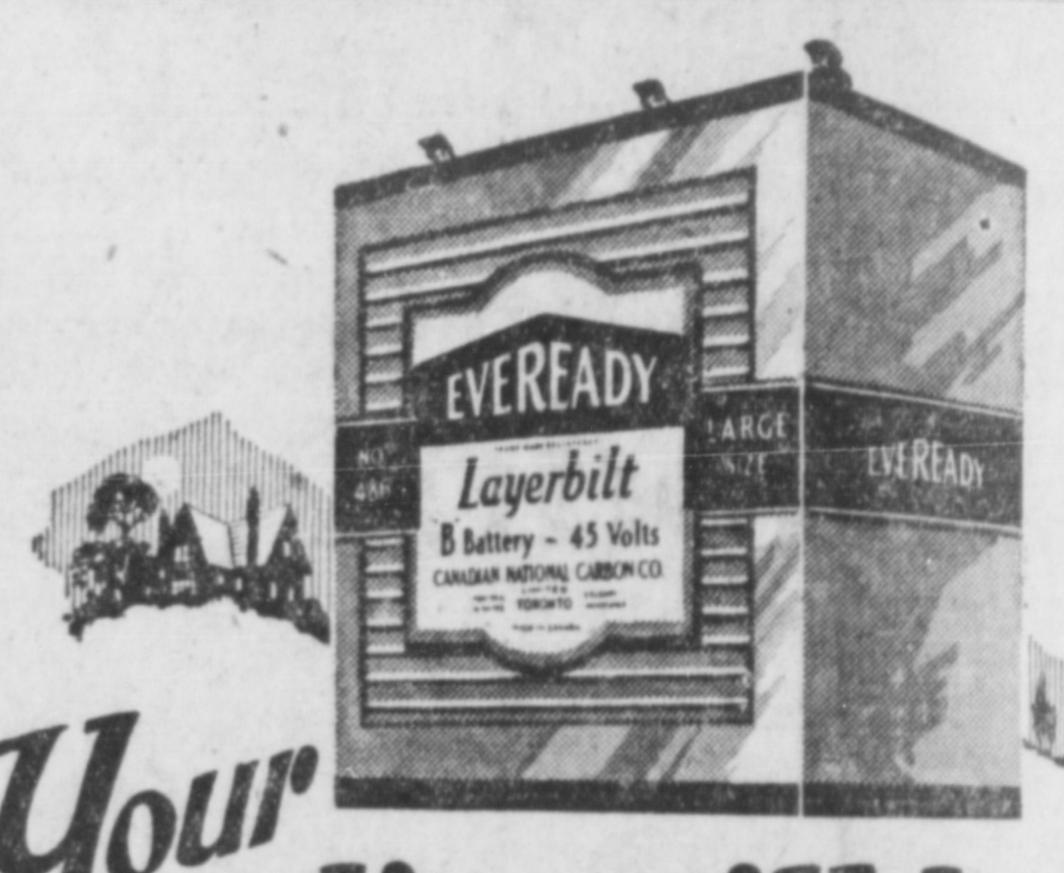
"The Shadow of The Law"

A Great All Talking Thriller And a Paramount Picture

NOVELTY-"MUSICAL BEAUTY SHOP"

COMEDY—"TEACHER'S PET"

Admission-20c & 65c Feature Starts at 7:45 and 9:45 MON. & TUES.—"SONG O' MY HEART"



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NO MATTER whar rype of battery-operated radio you own, Eveready Layerbilt Batteries will make it better, more dependable, more enjoyable, because Eveready Layerbilt is simply crammed with power. Every inch of space inside it is packed, layer upon layer, with current-producing materials

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