

**"Lunch—  
a most im-  
portant meal  
for salesmen"**

"When you're on the go all day long, the food you eat for lunch must be chosen with care. Don't eat heavy foods that make you warm and slow you down in mid-afternoon. Eat nourishing foods—of course—but don't overload. I usually order Shredded Wheat with berries or other fresh fruits for lunch. There are enough combinations with Shredded Wheat to give you variety. Try it for lunch today."



Made in Canada  
with Canadian Wheat

**SHREDDED  
WHEAT**

WITH ALL THE BRAN OF THE WHOLE WHEAT

The Fish which made Prince Rupert Famous

**"Rupert Brand"  
SMOKED  
BLACK COD**

Prepared Daily By  
Canadian Fish & Cold Storage Co., Ltd.  
PRINCE RUPERT, B.C.

CANADIAN NATIONAL STEAMSHIPS

**Prince Rupert  
DRYDOCK  
AND  
SHIPYARD**

OPERATING G. T. P. 20,000-TON FLOATING DRYDOCK  
Engineers, Machinists, Boilermakers, Blacksmiths, Pattern  
Makers, Founders, Woodworkers, Etc  
ELECTRIC AND ACETYLENE WELDING

Our Plant Is Equipped to Handle All Kinds of  
MARINE AND COMMERCIAL WORK  
PHONES 43 AND 385

**WE ARE OFFERING:  
DISCOUNT ON COAL**

For Cash at the Rate of 50c Per Ton  
Alberta Lump, \$13.50, for cash, \$13.00  
Alberta Egg, \$12.50, for cash, \$12.00  
Pembina Egg, \$12.50, for cash, \$12.00  
**HYDE TRANSFER—PHONE 580**  
PHONE 580

**ESPERANZA  
MACHINERY**

New Operations Being Laid Out at  
Alice Arm By Seattle Men

ALICE ARM, Aug. 7.—Harry Bowyer of Seattle, manager of the Esperanza Mines, has arrived in the camp, in connection with the laying out of new operations at the property.

Mr. Bowyer brought in with him a compressor and diesel engine with the necessary equipment to start the driving of a main working tunnel at the mine. This tunnel when completed, will tap the stope already opened up by hand drilling on the higher levels. For the immediate present it is probable that the main operations will be confined to the driving of the main haulage or working tunnel and the driving of raises to connect with the upper workings.

Mr. Bowyer is accompanied by J. McGowan who will be in charge of operations.

**Twenty Years Ago  
In Prince Rupert**

August 7, 1911

There is only one police officer to be found on the Queen Charlotte Islands and he does not reside among the many Indians but in one of the white settlements.

Two Indians, Felix Brown and Dick Lattie, had a narrow escape from drowning early this morning when their launch, Sandman, in which they were asleep, swamped at its mooring after having gone aground while tied at the wharf of the Rupert Marine Ironworks.

The Liberals of Comox-Alberni federal riding have called a nominating convention for August 19 to name a candidate for the general election this fall. Strong delegations will go from Prince Rupert, Stewart, Hazelton, Kitsoola and the Queen Charlotte Islands. The name of Duncan Ross is prominently mentioned in connection with the selection of a candidate.

**ZAM-BUK  
HERBAL OINTMENT  
& MEDICINAL SOAP**  
Complete treatment for Bad Legs, Ulcers, Eczema, Poisoned Sores, Scalp Troubles, etc.  
Ointment 50c. Medicinal Soap 25c.

**Week-End  
Specials**

- Granulated Sugar—100-lb. sack \$5.50
- Swift's Picnic Ham—per lb. 25c
- Malkin's Best Orange Marmalade, 2½-lb. jar 35c
- Malkin's Best Peas—Size 3, per tin 15c
- Malkin's Best Tomatoes—2's, 2 tins 25c
- Eggs—Fresh Extras 3 doz. 85c
- Hedlund's Quick Dinner—1-lb. tin 25c
- Hedlund's Roast Beef & Gravy, 1-lb. tin 30c
- Helmet Corned Beef—1's per tin 20c
- Aylmer Peaches—1's 2 tins 25c
- Aylmer Pears—1's 2 tins 25c
- Felix Ginger Ale—dozen bottles \$1.40
- Jewell Fruit Jars—quarts, per doz. \$1.30
- Jewell Fruit Jars—pints, per doz. \$1.15
- Sweet Oranges—5 doz. 95c
- Swift's Classic Cleanser—3 tins 25c

**Alberta Market**  
P. GAMULA, Proprietor  
Fifth Street. Phone 208

**A B.C. PRODUCT**  
DO YOU realize that every time you ask your grocer for a can of St. Charles Evaporated Milk, you are helping an important British Columbia industry?  
Every drop of Borden's St. Charles Milk is made from the high-grade full-cream milk of British Columbia cows.  
Borden's St. Charles Milk definitely improves the flavour of your puddings, as you and your family will discover immediately when you try it.  
The Borden Co. Limited,  
2 Howe Arcade Building,  
VANCOUVER  
Factory: South Sumas  
**Borden's  
ST. CHARLES MILK**

**CONCERT  
IS FINE**

The grand concert staged last night by the concert party of H. M. S. Dragon by permission of Captain E. J. Spooner, D.S.O., R.N., drew a capacity audience to the Moose Hall and all present felt that they had been amply rewarded by the excellence of the entertainment which was presented. While the program was largely in lighter vein, many of those taking part showed fine talent and several of the numbers virtually brought down the house.

Among the more outstanding numbers were cutlass exhibition by Stanbury; novelty quartette, "Four Italianos," by Farr, Cooper, Osborne and Taylor; sketch, "Motoring," by a number of the entertainers; saxophone solo, "La Cinquantime," by Able Seaman Hall; solo, "Oh Man River," by Taylor; illuminated club swinging by Stanbury, and novelty song "The King's Horses" by Taylor and Chorus, and female impersonations by Able Seaman Cooper.

The president of the concert party is Capt. H. McC. Slater, Royal Marines, and vice-president, Lieut. Caldwell, R. N. The stage manager was Leading Seaman Grey, stage and effects were in charge of Leading Seaman Crouch and dresses was Able Seaman Dorrington.

Opening, intermission and closing music was furnished by the ship's orchestra. Members of the ship's company acted as ushers.

The program in full was as follows:

- Opening Chorus, Concert Party.
- Song, A. B. Chapman.
- Cutlass, Stanbury, P.T.I.
- Song, A. B. Taylor.
- Song and Chorus, A. B. Chapman, Sheppard, Cooper and McIntosh.
- Duet, S. P. O. Osborne and Cooper.
- Hornpipe, Skinner, Wigley, Richards and Perfect.
- Song, "Four Italianos," Farr, Cooper, Osborne and Taylor.
- Interval—Ten minutes
- Sketch, "Motoring".
- Saxophone Solo, Hall, A.B. Sketch, Chapman and Taylor.
- Song, Cooper.
- Song, Taylor.
- Duet, Chapman and Cooper.
- Song, Osborne.
- Illuminated Club Swinging, Stanbury, P.T.I.
- Song, "The King's Horses," Taylor and Chorus.
- Closing Chorus, Company.
- God Save the King.

(By Kind Permission of Capt. E. J. Spooner, D.S.O., R.N.)

**SPECIAL  
MATINEE**

— at —  
MOOSE HALL  
2:30 P.M. SATURDAY,  
August 8th

— by —  
THE CONCERT PARTY of  
H. M. S. DRAGON  
Prices: Adults, 50c.; Children,  
10 to 15, 25c.; Under 10 free.  
(No Reserved Seats. Tickets  
at door.)

**CAPTAIN  
SPEAKER**

Officer in Charge of H. M. S. Dragon  
Together With B. C. Military  
Head Heard By Rotarians

Members of the Prince Rupert Rotary Club at luncheon yesterday, with the president, G. H. Munro, in the chair, heard an address of great interest by Capt. E. J. Spooner, D. S. O. of H. M. S. Dragon, who spoke about the British Navy with particular reference to the West Indies division. Brigadier General J. Sutherland Brown, C. M. G., D. S. O., general officer commanding, military district No. 11, was also heard briefly on militia affairs.

Guests at the luncheon, besides Capt. Spooner and Brig. Gen. Brown were: Commander C. A. Kershaw, Engineer Commander W. J. Cole, Instructor Lieutenant Commander W. J. Baxter, Lieut. H. F. Powell, Lieut. C. H. Pollock and Sub. Lieut. R. C. J. Dreyer, all of H. M. S. Dragon; Lieut. Walter Hume and Paymaster Lieut. P. M. Ray of the local unit of the Royal Canadian Naval Volunteer Reserve; Lieut. Robert Blance of the Sea Cadets, Dr. J. H. Carson and Dr. Fred Kergin.

**OLD GRAVES  
ARE SOUGHT**

Canada's Government Would Honor  
Men Who Died on Early  
Norwegian Expedition

OTTAWA, August 7.—The federal government is seeking to locate the graves of several Norwegians who in 1660 died in the course of an expedition to Hudson Bay. Forty men made the trip and several died while the remainder returned to Norway. If the graves can be located, a monument will be erected. Already some traces have been found.

Fort Nelson was named after the leader of the Norse expedition.

**LOOK!**

At these bargains. We still offer our stock at reduced prices. Take advantage and save the pennies. They count.

**Carnation Milk**

- From Contented Cows
- Talls—12 tins \$1.30
- Baby Size—12 tins 70c
- per case \$5.15

Blue Ribbon Tea—per lb. 45c

Blue Ribbon Coffee—3-lb. pkg. \$1.40 (With fancy tumbler)

Blue Ribbon Baking Powder—12-oz. tin 23c

**Malkin's Best  
The Favored Brand**

- Sliced Pineapple—2's, 4 tins 99c
- Sliced Peaches—2's, 4 tins 99c
- Fancy Apricots—2's, 4 tins 99c

**Fresh Fruits & Vegetables**

- Household Apples—For cooking, 4 lbs. 25c
- Gravenstein Apples—For eating, 3 lbs. 25c
- Large Peaches—per doz. 38c
- Green or Wax Beans—per lb. 9c
- Hothouse Tomatoes—per lb. 15c
- Field Tomatoes—2 lbs. 25c
- Hothouse Cucumbers—Extra large each 15c 2 for 25c

**Mussallem's Cash and Carry Stores**

"Where Dollars Have More Cents"  
Phone 360 Phone 18 & 84  
319 3rd Ave. — 417-423 5th Ave.

Friday and Saturday  
TWO SHOWS — 7 & 9 p.m.  
Admission — 20c & 65c  
Feature Starts at 7:45 & 9:45  
SATURDAY MATINEE at 2:30  
Feature Starts 3:15—15c & 40c



**A MILLION LAUGHS  
BUSTER KEATON**  
in "PARLOR, BEDROOM AND BATH"

With Charlotte Greenwood, Reginald Denny, Cliff Edwards, Sally Eilers, Dorothy Christy. A dozen maidens waiting for his cave-man wooing—but Buster hadn't even kissed a girl.  
Comedy—"LOVE FEVER" Cartoon—"THE BLUES"  
PICTORIAL PARAMOUNT NEWS  
Monday & Tuesday—RUTH CHATTERTON in "UNFAITHFUL"

**THIS WEEK WE FEATURE  
HEINZ PRODUCTS**

- BAKED BEANS—Small tins 3 for 29c
- BAKED BEANS—Medium tins 2 for 29c
- COOKED SPAGHETTI—Small tins 3 for 29c
- COOKED SPAGHETTI—Medium tins 2 for 29c
- SANDWICH RELISH—per jar 25c
- TOMATO KETCHUP—Large bottles each 24c
- VINEGAR—White or Malt pint bottle 20c
- VINEGAR—White or Malt quart bottle 35c
- CUCUMBER RELISH—each 25c
- MIXED PICKLES—Sweet or Sour each 30c
- COWAN'S COCOA—½-lb. tin each 18c
- KELLOGG'S PEP—per pkg. 12c
- ROYAL CROWN SOAP—2 pkgs. for 45c
- MALKIN'S BEST BAKING POWDER—2½-lb. tin 74c

Telephone your order and pay the driver  
**"WE GUARANTEE EVERYTHING WE SELL"**  
**Q & S GROCERY**  
Phones: 227 & 228 600 Seventh Ave. East

**There is a  
lot of  
Beef Strength  
in a little  
BOVRIL**



**NEW LOW PRICES**

Our prices on Good Tires are the lowest in history. You'll be amazed when we quote prices on your size.

Exclusive Goodrich Dealers  
**Rupert Motors** Phone: 566  
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**NATURAL PURE  
Fresh Milk**  
Free from any preservative or treatment whatever. Milked and delivered daily from our own cows. Four successive years Government Grade A certificate Health and Sanitation. A trial solicited. Satisfaction guaranteed.  
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Ladies' and Gentlemen's  
Tailoring  
Reasonable Prices  
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