



Supplement light Summer Meals with Ovaltine Served Cold

It is a fact that in Summer, when people are extremely active and need to be nourished particularly well, most meals are lighter and less nourishing than at other seasons. Supplement your meals with Ovaltine Cold (or hot), and your system will be supplied with every food element required for good health. Ovaltine is the concentrated goodness of eggs, malt and milk in correctly balanced and easily digested form. Let delicious Ovaltine rebuild your vitality after vigorous exercise. Give it to the children. Your doctor will thoroughly approve this course. Avoid so-called substitutes.

HOW TO PREPARE OVALTINE COLD:

Add 2 teaspoonfuls of Ovaltine to a cup of cold milk. Whisk into a smooth, creamy consistency with your egg beater, or use a shaker. . . . Ovaltine is sold at all good stores in 50c, 75c, \$1.25 and special \$4.50 family size tins; also served at soda fountains.

'OVALTINE' Served COLD

Builds-up Brain, Nerve and Body

A. WANDER LIMITED, London, England, and Peterborough, Canada. Ovaltine is now made at Elmwood Park, Peterborough, Ontario, under the same ideal conditions that prevail at the famous King's Langley factory in England.

C.P.R. steamer Princess Louise, Capt. Arthur Slater, with a good-sized list of round-trip tourist passengers on board, arrived in port at 7:15 this morning from Vancouver and sailed at 9 o'clock for Skagway and other Alaska points, whence she will return here next Wednesday afternoon southbound.

Leo Paulcar, who arrived yesterday from Alice Arm, left on this afternoon's train for Vanderhoof enroute to the Nation River gold country. Other Alice Arm mining men already in the Nation River country include G. W. Bruggy and W. R. McFarlane.

Scandinavian Dance tonight, Metropole Hall.

Local Green Peas, 3 lbs. for 25c Bush's Grocerteria.

Glasses fitted by registered optometrist at Heilbronner's store.

At a meeting of the Prince Rupert Club last evening, it was decided to hold a ball on Wednesday evening of next week in connection with the visit to this port of H. M. S. Dragon.

It was announced at the Rotary Club luncheon yesterday that Morgan Eastman, district governor, would be in Prince Rupert on Friday, August 21, so it was decided to hold a dinner that evening instead of the regular luncheon.

ANNOUNCEMENTS

Eagles' Dance, Friday, Aug. 14. Ladies refreshments. Gents. 50c.

Catholic bazaar October 21 and 22.

Local Items

Football tonight, Merchants vs Regiment.

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

Notice—12:30 and 3:30 Bus runs discontinued during August. Gen. Transfer Co. 179

Furs remodelled, cleaned and repaired. An experienced cutter Goldbloom's Fur Shop. 17

The Prince Rupert Football Association desires to add a couple more referees to the list. Any prospective referees please see Bert Morgan at Grotto Cigar Store.

1 1/2 cords of wood, price \$5.00. No. 1 shingles \$3.25 per M. No. 2 shingles \$2.75 per M. Albert & McCaffery Ltd. Phone 116. 11.

A number of people have called at the Daily News for Fair Prize Lists. Still others may want them. Drop in and get one. 11

Mrs. B. E. Valde left on today's train to spend a holiday in the east. She will visit at Saskatoon, Regina and Winnipeg.

Tax Payers please note that the last day to avoid additional penalty on General Taxes is Saturday, August 1. After that date 10% penalty will be added.

The National Revenue announces the deduction from the service of the late J. N. McPhee, former sub-collector of customs and excise at the limited service outpost of Butedale in this district.

THESE PRICES Will save you money

Friday & Saturday SPECIALS

- Strawberry Jam—New pack 48c
- Malkin's Best, 40-oz. jar 11c
- Tomato Soup—Campbell's For hot weather meals, tin 21c
- Loganberries—No. 2 tins, fancy quality, heavy syrup per tin 21c
- Heinz Baked Beans—Any variety 11-oz. 29c 18-oz. 29c tins, 3 tins, 2 tins, 2
- Swiss Knight Cheese—The finest Swiss cheese obtainable. In wrapped portions. ctn. 36c
- Shredded Wheat—per pkg. 8c
- Sweet Mixed Pickles—Happyville, per 38-oz. jar 47c
- Graham Wafers—Cello-Wrapt, per 1-lb. pkg. 20c
- Shaker Salt—Canadian Plain or Iodized, per pkg. 10c
- Empress Prepared Mustard per jar 10c
- Hedlund's Cooked Meats—For economical meals—Quick Dinner—per 1-lb. tin 22c
- Meat Balls—per 1-lb. tin 25c
- Roast Beef & Gravy—per 1-lb. tin 33c
- Beefsteak & Gravy—per 1-lb. tin 33c
- Quaker Crackels—A new dainty breakfast food—per pkg. 15c
- Butter—No. 1 Alberta 47c
- 2 lbs. 19c
- Chateau Cheese—per 1/2-lb. pkg. 25c
- Hall's Sandwich Chicken—2 tins 32c
- Singapore Pineapple—No. 2 tins, 3 for 32c
- FRUIT & VEGETABLES
- Hothouse Cucumbers—each 10c
- Green Beans—per lb. 10c
- Corn on Cob—25c
- 4 for 25c
- New Potatoes—16 lbs. 25c
- New Cooking Apples—4 lbs. 23c
- Oranges—Good size 3 doz. \$1.07

This milk is made in British Columbia

EVERY drop of Borden's St. Charles Evaporated Milk is made from the full-cream milk of selected B.C. cows, pastured in the famous Fraser valley. Nothing but 60% of the natural water content is removed. Its quality is pure and unvarying, and you will find it invaluable in cooking whenever a recipe calls for milk. It imparts a new delightful flavour, and can be used for soups, cream sauces, puddings, desserts, etc., and is exceptionally convenient as a regular milk supply.

The Borden Co. Limited, 2 Homer Arcade Building, VANCOUVER, FACTORY SOUTH SEAS, B.C.

Borden's ST. CHARLES MILK

HUGH L. DICKEY, M.D. SPECIALIST Eye, Ear, Nose and Throat Eyes Tested — Glasses Fitted No. 1 Royal Hotel

SAILINGS FROM PRINCE RUPERT

To Ketchikan, Wrangell, Juneau and Skagway—July 31, August 3, 7, 10.

To Vancouver, Victoria and Seattle—August 1, 5, 8, 12.

For Butedale, Ocean Falls, Namsu, Alert Bay, Campbell River, Vancouver, Victoria—Friday, 10 p.m.

Full information from W. C. Orchard, General Agent Cor. 3rd Ave. & 4th St. Phone 31



One Cent Sale

FRIDAY, SATURDAY

Ormes Ltd.

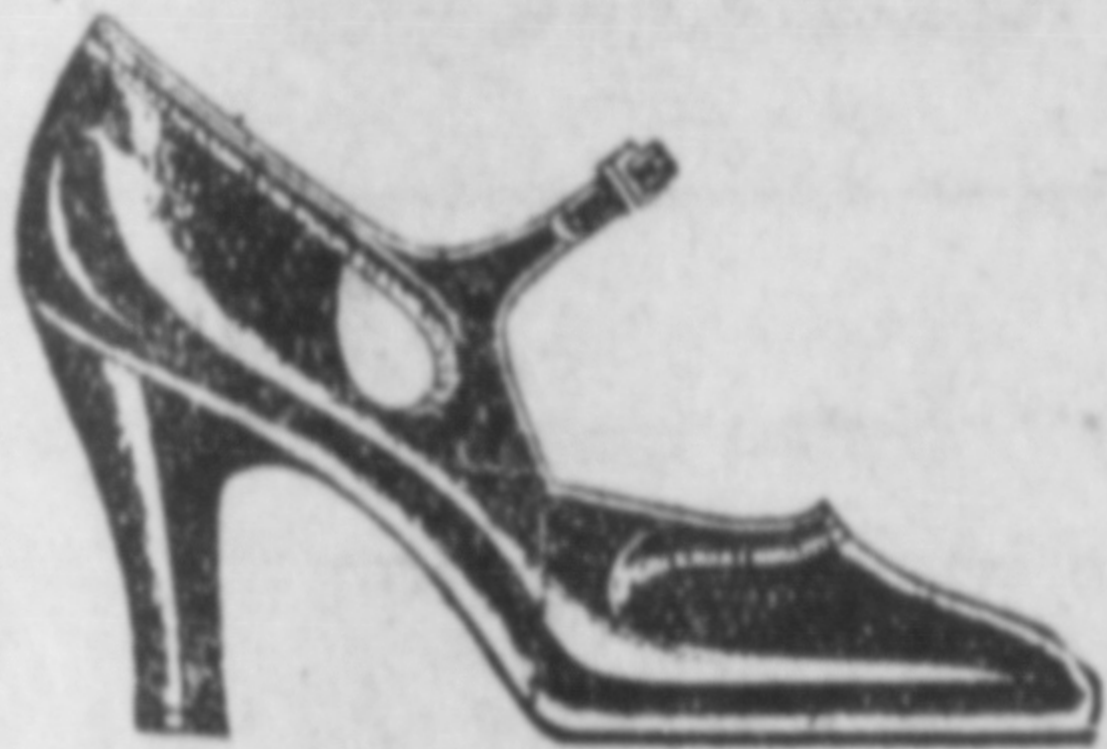
The Pioneer Druggists

Phones 81 & 82

Third Ave. & Fulton St.

MONTH-END SPECIALS

FOR LADIES AND YOUNGER WOMEN



A group of smartly styled footwear; broken sizes; all styles and heels; values to \$7.50. To clear at—

\$3.95

Some of our newer styles in a good range of sizes and patterns; values to \$7.50. To clear at—

\$4.85



FAMILY SHOE STORE

Third Ave. W. A. J. Webber, Mgr. Telephone 357 MAIL ORDERS GIVEN PROMPT ATTENTION

PUBLIC MASS MEETING

EAGLES' HALL

Friday, July 31, at 8 p.m.

To discuss provincial government's unemployment wage proposals. All organizations cordially invited.

Under auspices Unemployment Committee, G. F. Murray, chairman

UNION STEAMSHIPS LIMITED

Steamers leave Prince Rupert for Vancouver:—T.S.S. CATALA EVERY TUESDAY, 1:30 P.M. Arriving Vancouver, Thursday Morning. T.S.S. CARDENA EVERY FRIDAY MIDNIGHT Arriving Vancouver Sunday midnight approx. Weekly sailings to Port Simpson, Alice Arm, Anyox, Stewart and Naas River points. Sunday, 8:00 p.m. Further information regarding all sailings and tickets at — PRINCE RUPERT AGENCY: Second Avenue, Phone 568

ANNETTE'S CLOCK SALE

Saturday, August 1st, 2 till 4

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| 8 Only VOILE DRESSES—Reg. to \$5.95. C. S. S. \$2.95 | 15 Only HOUSE FROCKS—Reg. price to \$1.95. C. S. S. 69c |
| 8 Only Celene Sport DRESSES—Reg. prices to \$6.95. C. S. S. \$3.95 | 20 Only STREET DRESSES—Reg. price to \$4.95. C. S. S. \$2.45 |
| 6 Only Georgette Afternoon and Evening Dresses, Re. to \$25. Special \$8.95 | 4 Only TWEED SUITS—Reg. price to \$15.00. C. S. S. \$5.95 |
| 20 DRESSES—In Prints, Crepes and Celene, Special \$3.95 | 10 Only Pairs SHOES—Regular values to \$5.00. C. S. S. \$2.95 |
| 8 Only Panama Hats—Reg. price \$5.95. C. S. S. \$2.95 | 6 Only Girls' Sport Blazers in red, white and navy blue. C. S. S. \$2.45 |
| 25 Only BERETS—Wool and Felts in assorted colors. C. S. S. 95c | 250 Pairs SHOES—All colors, styles and sizes Special \$3.45 and \$4.45 |
| 8 Only HATS—Regular price to \$5.95. C. S. S. \$1.95 | 12 Only FELTS—Assorted colors. Reg. values to \$4.95. C. S. S. \$2.95 |
| 4 Only Children's COATS—Reg. price to \$14.95. C. S. S. \$5.95 | |

NOTE: Most of the above listed items were received off Wednesday's boat and never before displayed in Prince Rupert. SATURDAY, 2 to 4

LOTS OF BARGAINS

BULGER'S SALE

TOMORROW—We have no space here for a full list, but here are a Few Items.

- \$8.50 Colored Silk Ladies' Umbrellas with fancy border, for **\$3.45**
- \$19.00 Fancy Large Table Lamp, hand painted shade, for **\$7.95**
- \$3.00 French Ivory Fancy Shaped Toilet Mirror For **\$1.95**
- Assorted Girls' Bright Color Under-arm Purses For **55c**
- \$4.50 Ladies' Leather Purses in different shapes For **\$2.95**
- Large Variety Solid Gold Emblem and Lodge Rings **\$4.95 to \$9.85**
- Large Assortment Fancy Bedroom Clocks **\$1.95 to \$9.85**
- \$10.00 Eversharp Presentation Pen & Pencil Set For **\$5.00**
- \$70.00 Finest Quality Silver Tea Set, Coffee Pot, Tea Pot, Sugar & Cream, hand engraved **\$49.75**
- \$3.50 Eversharp Pencils For **\$1.95**
- \$1.75 Royal Doulton Large Service Plate For **95c**
- \$2.50 Fancy China Seven-piece Berry Set For **\$1.60**
- \$5.00 Ronson "Perfumist" Atomizer For **\$2.95**

Lots of other odd things which we wish to clear out at bargain prices. Just look around and ask for anything you don't see as we have lots of articles laid away in drawers.

JOHN BULGER, Ltd. JEWELLERS

If your paper does not arrive, telephone the office