Candy Special

Chocolate Covered Dates, 35c lb.

Ormes Ltd.
The Pioneer Druggists

Phones 81 and 82 Third Ave. and Fulton St.

LOCAL ITEMS

Sheriff E. S. Peters of Prince George was elected a member of the council of the British Columbia Historical Association which held its annual meeting recently in Victoria.

Mrs. David Eastman and young son of Prince Rupert are visiting in Smithers where they are the guests of Mr. and Mrs. H. S. Pelletier. A number of social affairs have been held at Smithers in honor of Mrs. Eastman.

Stanley Smith, who has been transferred from Terrace to Vancouver in the service of the Bank of Montreal, arrived in the city from the interior on yesterday afternoon's train and sailed for the south on the Prince George last night.

S. A. Gourlay, chief travelling auditor of the Canadian National Railways with headquarters in Winnipeg, and Mrs. Gourlay arrived in the city from the east on yesterday afternoon's train and sailed last night on the Prince George for Vancouver.

Frank B. Shearme of Vancouver, who is interested in the Georgia River Gold Mining Co., was a passenger aboard the Catala last evening bound for Stewart to make an inspection of the company's property on which development operations were recently resumed.

TOO LATE TO CLASSIFY

WANTED—Smart young man with some knowledge of sales. (tf)

WANTED—Two smart girls that have some experience with sales. Apply Box 109, Daily News. (tf)

Mr. and Mrs. J. A. Pankew of Terrace arrived in the city from the interior on yesterday afternoon's train for a brief visit to town.

Mrs. J. C. Bussinger of Telkwa was among those for whom request numbers were played at the week-end by radio broadcasting station KJR at Seattle.

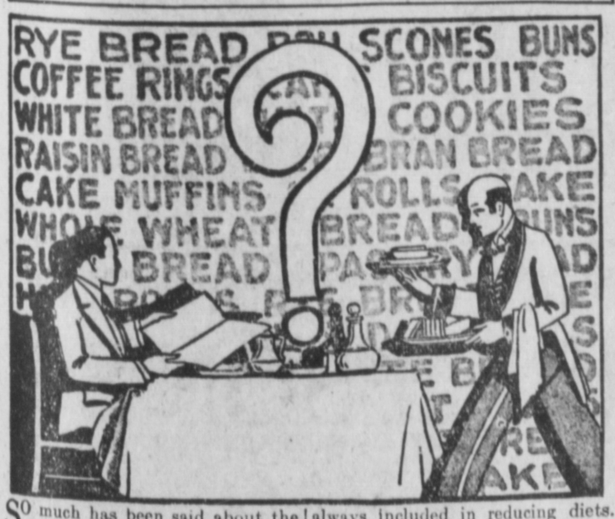
F. Dodsworth, assistant store manager for the Granby Co. at Anyox, was a passenger aboard the Catala last evening returning to the smelter town after a trip to Vancouver.

The Royal Canadian Mounted Police brought in from Hazelton yesterday two Indian girls named Martha Sinclair and Clara Fowler who are on their way to Okalla to serve terms for vagrancy.

Mr. and Mrs. A. E. Bazett-Jones, who left Prince Rupert recently, have purchased a small piece of land five miles from Sidney, Vancouver Island, and have taken up residence in a pretty four-roomed cottage thereon. The place is partly under cultivation but Mr. Bazett-Jones writes that there is "plenty of work in sight with no chance of unemployment for us."

In the current number of "Canadian Aviation" appears an account of a forced landing which Pilot Tom Corless of Prince George made in a forest in the Takla Lake country of the central interior during the past summer when his engine cut out with no water in sight on which to make a landing. Pilot Corless brought the ship down in the trees, the two wings being clipped off in the process but the flyer emerging unhurt. The incident is described as "possibly the most sensational escape that has ever been recorded in the annals of aviation in the north country."

Food Expert Finds White Bread Attack Unjustified



SO much has been said about the value of whole wheat bread, some of it correct and some exaggerated, that it has been overdone by the extremists and the pendulum is swinging back again to a wiser variety in bread, according to Dr. R. E. Lee, research director of Standard Brands Limited, in a talk before Canadian bakers.

"Periodically," says Dr. Lee, "the agitation for whole wheat bread breaks out like an epidemic, runs its course and dies out. No one can justly attack bread, be it white or brown. Both have a place in the diet. Flour is one of the most completely digestible foods we have. All varieties of bread are good, but one would not think so after reading the articles of those who advocate the use of only whole wheat bread.

"A diet including too much coarse bread so stimulates the intestinal muscles that food materials are not as completely absorbed as when they pass through the alimentary tract at a normal rate. This is why whole wheat bread is always included in reducing diets.

"Much that is written about white flour is carelessly applied to white bread, forgetting that white bread as made today is a highly supplemented food, containing salt, fat, milk, yeast and usually malt extract.

"White bread should have as prominent a place in the diet as any other, but no single variety of bread should be exclusively eaten. The value of variety of breads is unquestioned. Variety of breads not only supplies a variety of ingredients so helpful in supporting maintenance in normal growth, but it stimulates the appetite. A tired appetite will often result from an unbalanced diet. Refresh it with variety and see it respond.

"Everyone should eat plenty of bread, for it is a splendid aid to the body, but we should be careful not to dull our appetite with sameness. We should discover new delicacies in the variety of breads in the bake shop just around the corner."

Local Items

Dinnerware, china, crockery glassware. Heilbroner's store.

Don't forget Catholic Bazaar on Wednesday and Thursday. Supper served each night from 6 to 8, 35c.

A. J. Prudhomme, proprietor of the Savoy Hotel, returned to the city on yesterday afternoon's train after a successful two weeks' hunting trip to the Telkwa district.

Mrs. W. H. Goodsell, who has been visiting for several months at her native home in England, returned to the city from the Old Country on yesterday afternoon's train.

Provincial Constable William Harrison of Port Essington is paying a brief visit to town on official duties, having arrived in the city from the Skeena River on yesterday afternoon's train.

The following is from the Ten Years Ago column of the Vancouver Sun: "Dr. S. F. Tolmie, Dominion minister of agriculture, has returned from a tour of Northern B. C., much impressed by its potential resources."

Cards received in the city announce the apopintment of Frederick G. Pyle, formerly of Prince Rupert, as city manager for Vancouver of the Excelsior Life Insurance Co. The same card which makes the announcement bears a picture of Mr. Pyle.

No Sleep, No Rest, Stomach Gas Is Cause

Mrs. A. Cloud says: "For years I had a bad stomach and gas. Was nervous and could not sleep. Adlerika rid me of all stomach trouble and now I sleep fine." Orme's, Ltd., Drugs.

Announcements

Don't forget concert for needy children, Eagles' Hall, October 20.

Catholic Bazaar, October 21 and 22.

St. Peters, Seal Cove, new Parish Hall opens Thursday, Oct. 22. 8 p.m. All welcome. (246)

Concert, Presbyterian Church, October 23.

Eagles' Serpentine Dance, October 23. Ladies refreshments Gentlemen, 50c.

St. Peter's Church bazaar, October 29.

Hill 60 I.O.D.E. Bridge and dance October 30.

Moose Hallowe'en dance, Oct. 30

Presbyterian Fall Bazaar, November 5.

Moose Carnival and Dance Nov. 12 and 13.

Baptist sale of work, Nov. 17.

Anglican Cathedral Bazaar, November 19.

Varden Concert, November 19.

"Build B. C. Payrolls"

"My Baby Was Dying."

"My youngest baby, at 7 months, was dying. I had ruined her digestion by overfeeding. She was growing worse. One night I ran out of prepared milk and I thought a little canned milk could not harm. I used a tablespoonful of Pacific Milk greatly diluted. She slept for four hours. The longest sleep for months had been 15 minutes . . ." This is an extract from a letter from a thankful mother who now recommends Pacific Milk to all her friends.

PACIFIC MILK

Plant at Abbotsford
"100% B.C. Ownwed and Controlled"

When all is not well with Digestion, Suspect CONSTIPATION! and take B23

Beecham's Pills
(The Nation's Laxative)

Pat Campbell, customs officer at Silver Heights near Stewart, passed through the city on the Prince George last evening bound for Vancouver whence he will proceed to Edmonton on a holiday visit, Mrs. Campbell and family being there already.

Provincial Constable H. L. McKenney of Terrace arrived in the city from the interior on yesterday afternoon's train for a brief visit to town on official duties, having in his custody Charles Burtwhistle, who has been sentenced to ten days' imprisonment for theft.

Judge C. D. Macauley of the Yukon, who passed through here recently en route to Vancouver to spend the winter, has been called back to Dawson to deal with a criminal case there and will be here again on Thursday of this week aboard the Princess Norah bound north. If he is unable to fly from Whitehorse to Dawson, he will be forced to take the overland trail.

C. H. Worby, superintendent of sleeping and dining cars for the western region of the Canadian National Railways with headquarters at Winnipeg, arrived in the city on yesterday afternoon's train from the east in the course of an official tour and sailed last night on the Prince George for Vancouver. He was met at Tintagel, the train-crossing, By W. A. Bell, local commissary agent of the railway company, and accompanied into the city from there by him.

Chest Colds
Rub well over throat and chest
VICKS VAPORUB
OVER 21 MILLION JARS USED YEARLY

FAMILY MEAT MARKET

209 Second Street Phone 957

Tuesday and Wednesday Specials

5 lbs. Rump Roast Beef, 5 lbs. Carrots	$1.00
2 lbs. Round Steak, 4 lbs. Onions	50c
1 lb. Liver ½ lb. Bacon	30c
6 lbs. Shoulder Pork, 3 lbs. Apples	$1.00
Veal Steak, per lb.	25c
Lamb Chops, per lb.	25c
Shoulder Lamb, per lb.	15c
Loin Pork Chops, per lb.	25c
Fresh Side Pork, 4 lbs.	50c

We have vegetables and deliver our goods.

DRY CLEANING AND PRESSING
Ladies' & Gentlemen's Tailoring Reasonable Prices
M. T. LEE COMPANY
323 3rd Ave. W. Phone 663

Glasses fitted by registered optometrist at Heilbroner's store.

Bishop E. M. Bunoz O. M. I. returned to the city on the Catala last evening from a 10-day trip to Vancouver.

Alex Rix returned to the city on yesterday afternoon's train from a brief trip to Terrace on Imperial Oil Co. business.

W. H. Manuel, C. N. R. travelling auditor, came in from Prince George on yesterday afternoon's train, being here in the course of one of his official visits.

Father E. M. Leray O.M.I., after having spent several days in the city, sailed by the Prince George Saturday afternoon on his return to Stewart.

Inspector James M. Tupper and Mrs. Tupper and two children left on today's train for Edmonton to which city Inspector Tupper has been transferred in the service of the Royal Canadian Mounted Police.

J. A. Anderson, road superintendent for Atlin district, who has been on a brief visit to Stewart on official business, arrived in the city from there on the Prince George last evening and will proceed Wednesday afternoon aboard the Prince Rupert to his headquarters at Anyox.

George H. Halse, president of the Northwestern Telephone Co., and chairman of the board of directors of the B. C. Telephone Co., sailed last evening on the Catala to make the round trip to Anyox and Stewart, returning here tomorrow morning and proceeding by train to Prince George on Wednesday.

NOTICE

Our coal is in a dry shed. Don't buy water. Buy coal and get your full weight. Discount $1.00 a ton. Note our advertisements for cash prices.

HYDE TRANSFER, Phone 580.

rf

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New Royal Hotel
THE HOTEL WORTH WHILE
Hot & Cold water: Steam Heat
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Royal

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Prince Rupert's leading family hotel. Hot and cold water in all rooms.
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Cor. of Fraser and Fifth Sts

Savoy

A. F. Kenneson, James Stoynoff, J. McLeod, T. Walsh and A. H. Love, C.N.R.; W. Harrison, city; G. Davis, Port Essington.

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PALE AND SICK, BUT DIDN'T KNOW WHY

So she went from bad to worse. But Dr. Williams' Pink Pills (tonic) brought her back to health.

"A FEW years ago, before I was married," writes Mrs. Fred McClelland, Desbarats, Ontario, "I was ailing for over a year. I really didn't know what was wrong with me, because parents, at that time, thought young people should never be sick. I had no blood, and was so pale! If I went upstairs I would have to sit down when I reached the top. Finally a friend advised me to try Dr. Williams' Pink Pills . . . I took them, and had the color come back to my cheeks, and I looked myself again."

"I looked myself again." (Sgd.) Mrs. Fred McClelland.

There is a scientific explanation for the remarkable results brought about by Dr. Williams' Pink Pill (tonic). The iron and other elements in the pills increase the amount of haemoglobin or oxygen-carrying agent in the blood. This has been proven by official hospital tests.

The increased oxygen re-vitalizes the tissues just as a draft of air kindles a fire. The result is renewed health—better appearance—greater happiness.

Go to a drug store today and get a supply of Dr. Williams' Pink Pills. Don't put off this wise decision. Be sure to say "Dr. Williams'" so that the druggist will know exactly what you want. 50 cents a package. 24

Motorists!

Prepare for Cold Weather!

FREE SERVICE

Every Tuesday and Friday for the balance of October we will without charge flush your radiator, inspect and tighten or replace hose connections, tighten or repack water pumps, install or test Anti-Freeze, and fit chains.

Materials will be charged at regular prices.

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Third Avenue East Phone 83

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TRAIL—BRITISH COLUMBIA

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TRIPLE SUPERPHOSPHATE

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UNION STEAMSHIPS LIMITED
Steamers leave Prince Rupert for Vancouver:—
T.S.S. CATALA EVERY TUESDAY, 1.30 P.M.
Via Ocean Falls, 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.
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