

Growing Children need as much nourishment in Summer as in Winter

CHILDREN playing out-doors all day, use up energy at a tremendous rate. They need far more nourishment than hot weather foods usually contain.

Give them plenty of Ovaltine Cold at and between meals. They will love this smooth, delicious, refreshing drink. And its fresh eggs, creamy milk and malt extract will build up their strength and vitality, as no other food can do.

Ovaltine Cold (or hot if you prefer) is an inexpensive way to make complete the nutritive value of every meal. Avoid so-called substitutes.



HOW TO PREPARE OVALTINE COLD

Add 2 teaspoonsfuls of Ovaltine to a cup or glass of cold milk. Whisk into a smooth, creamy consistency with your egg beater, or use a shaker. . . . Ovaltine is sold at all 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.

Local Items

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

Matt Videck returned to the city yesterday after making the round trip on the Prince Charles to Stewart, Anyox and Massett Inlet points.

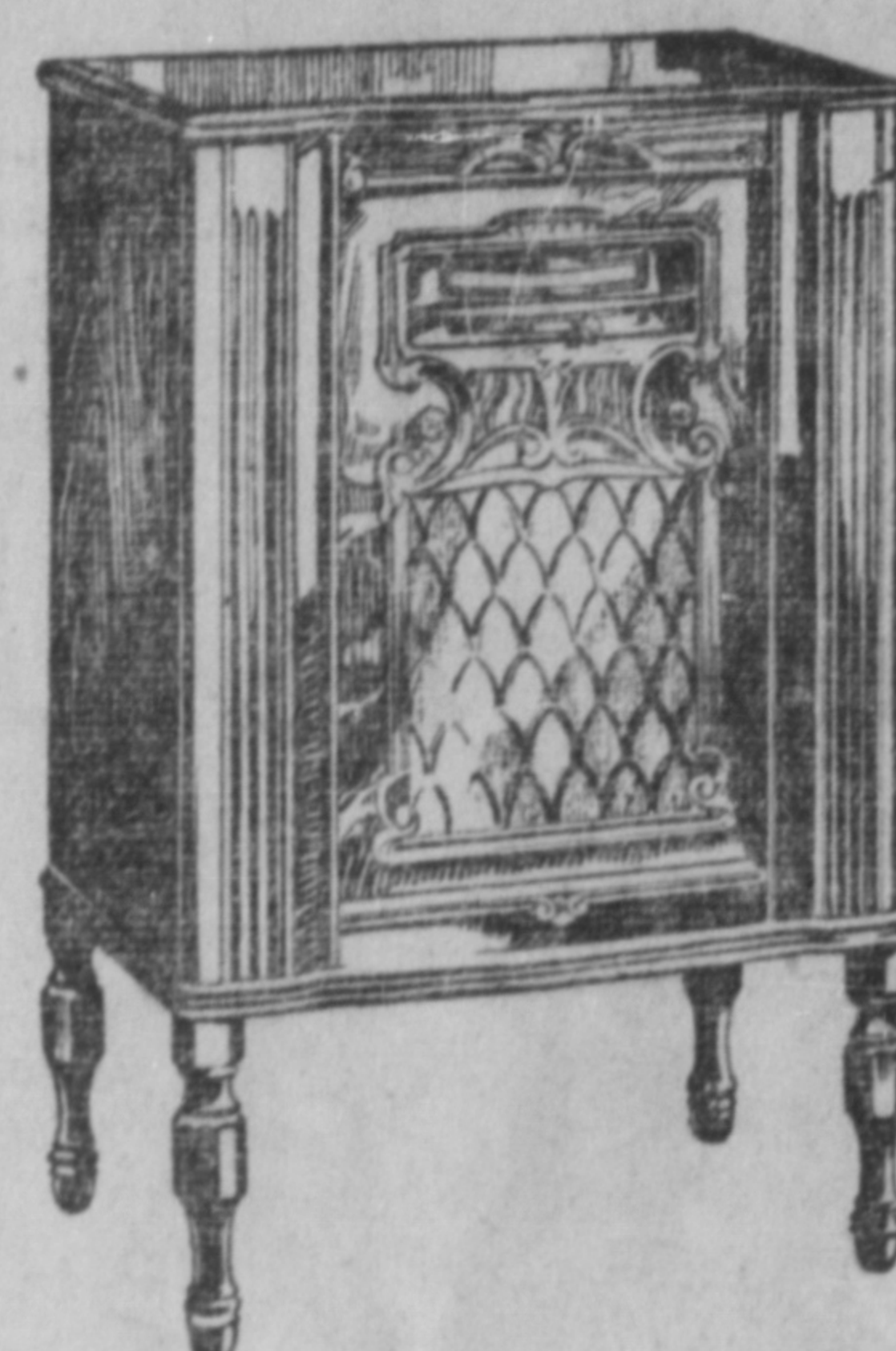
Ed. Winther and Harold Jacobsen, local fishermen, left on today's train for Halifax where on August 21 they will embark on the steamer Gripsholm for a trip to their native home in Trondhjem, Norway.

Southbound from Skagway to Seattle with tourist passengers on board, Admiral Line steamer Dorothy Alexander, Capt. A. W. Nickerson arrived in port at 7:30 this morning from the north and sailed at 10 a.m. for the south.

C.N.R. steamer Prince Rupert, Capt. D. Donald, arrived in port at 11 o'clock this morning from Vancouver, Powell River and Ocean Falls and sailed at 3 o'clock this afternoon for Anyox and Stewart, where she returns here tomorrow evening southbound.

Mr. and Mrs. M. H. Merrill and daughter will sail on the Princess Mary tonight for Vancouver, B.C., whence they will proceed to Detroit. Mr. Merrill, a nephew of H. B. Rochester, has been identified with the staff of the Prince Rupert Hotel for the past year.

C. F. Brooks, chief of motive power, Canadian National Railways, who arrived in the city by train yesterday from the East and sailed on the Prince Charles for Vancouver in the course of a western inspection tour, was accompanied by J. Roberts, supervisor of shop methods, Montreal.



R. 34—A wonderful value. The famous 8-tube screen-grid synchronous tuned Victor Lowboy, as illustrated. Extra special \$137.50

CLEARANCE SALE

To make room for our new fall stock, we have reduced the prices of our entire stock of demonstrators, used radios and trade-in phonographs. Values quoted below surpass anything heretofore offered. Every instrument is fully guaranteed to be as good as brand new, with a brand new guarantee, including 90-day guarantee on tubes.

- R. 32—Victor 10-tube micro-synchronous Lowboy. The set that made Victor Radio famous. Special price **\$119.50**
- R. 57—Victor Radio-Phonograph with home recording. A marvelous instrument. Demonstration machine in perfect condition. Less than half price **\$198.50**
- BATTERY Set—5-tube Fada table model, complete with tubes and speaker and new set of batteries. A dandy set for out of town. Only **\$49.50**
- ORTHOPHONIC Bargain, Paloma model, practically new and fully guaranteed for one year. A \$160.00 instrument for **\$49.50**
- Victrola Model VV-XI. Cabinet type fitted with new style reproducer. Good condition **\$24.50**
- ALVARA Model Orthophonic, Electric, absolutely brand new, right out of the case. List price \$230.00. For quick sale **\$75.00**
- Small Victor Table Phonograph fitted with Orthophonic reproducer **\$15.00**

McRae Bros. Ltd

EASY TERMS ARRANGED
Singer Sewing Machines
Victor Radio Specialists
Westinghouse Modern Home Appliances

Week-End Candy Special

BUTTER SCOTCH SQUARES

Per lb. 20c

Ormes Ltd.

The Pioneer Druggists

Phones 81 & 82

Third Ave. & Fulton St.

Thrifter Meals WHEN YOU SHOP HERE

- Try Our Nice Creamery Butter, per lb. **25c**
- Fresh Roasted Coffee—Special ground **33c**
- Fine Old Ontario Cheese—per lb. **20c**
- Prunes, Malkin's Best per pkt. **23c**
- Polks Fancy Grape Fruit, 20-oz. tin **2 for 49c**
- Royal City Red Currant Jam, 4-lb. tin **54c**
- Empress Marmalade—4-lb. tin **53c**
- Wild Rose Pastry Flour—10-lb. sack **45c**
- Ormonds Cream Sodas—per packet **23c**
- Tomatoes, Field per lb. **10c**
- Oranges—3 doz. **50c**

SHEDDON'S Cash & Carry

Fifth Ave. E., opposite Hospital Telephone—581

SATURDAY SPECIAL

Chocolate and Marshmallow Cake, 30c

The Electric Bakery We Deliver Phone 667

PROTECTION AT COST

That means Life Insurance that you can pay for.

Under our plan this is made possible in

LEAST EXPENSIVE PURE PROTECTION EVER DEvised

See our representative, Mr. W. C. Grover, now in the city, at St. Elmo Hotel, for information in regard to

THE FAMILY BENEFICIARY SOCIETY

553 Granville Street Vancouver, B.C.

Values

Quality Foods

Friday & Saturday

- Rice Krispies—The popular breakfast food, per pkg. **12c**
- Kraft Cheese—per 1-lb. pkg. **37c**
- Toilet Rolls—7 for **25c**
- Tomato Catsup—Aylmer per 12-oz. bottle **15c**
- Tomatoes—Aylmer 2 No. 2 1/2 tins **25c**
- Fruit Mixture—A nice assortment of fruit candy, lb. **25c**
- Stoneless Dates—Fresh stock, per lb. **12c**
- Del Monte Prunes—Large Fruit, per 2-lb. pkg. **26c**
- Extra Choice Salmon—Yacht Brand pink 1-lb. tin **10c**
- Mayonnaise—Dutch Maid per 8-oz. jar **23c**
- Pork & Beans—Clark's per 18-oz. tin **10c**
- Peas—Sieve 4, Ensign choice quality, per tin **10c**
- Jewel Fruit Jars—pints, per doz. **\$1.15**
- quarts per doz. **\$1.50**
- Waffle Syrup—No. 2 tins per quart tin **44c**
- FRUIT & VEGETABLES
- Oranges—Family size, sweet and juicy, 2 doz. **29c**
- Sliced Peaches—Australian 2 1/2's, per tin **27c**
- Cucumbers—2 for **15c**
- Outdoor Tomatoes—per lb. **10c**
- Golden Bantam Corn—per doz. **50c**
- California Grapefruit—2 for **13c**
- Okanagan Peach Plums—per basket **45c**

Watts' Grocery

PHONE 55 PHONE 56

"THE BEST FOR LESS"

Football tonight, Merchants vs. Canadian Legion.

James Lamb, manager of Cassiar cannery, arrived in the city on yesterday afternoon's train from the Skeena River, being on a brief business visit to town.

Mrs. J. W. Gibson and daughter, who have been visiting in the city for several weeks with relatives, will sail on the Princess Mary tonight for Ocean Falls.

There was another responsive audience of about two hundred persons at the second presentation last night of Harry C. Willis' "Roamers" entertainers.

Father Bertrand Anderson of the Roman Catholic Church was a passenger sailing from here on the ss. Prince Charles yesterday afternoon for Vancouver.

Miss Eileen Patmore, who has been spending part of the summer vacation in Vancouver, arrived in the city from the south on the Prince Rupert this morning and will spend the remainder of the holidays here before proceeding to Terrace to resume her school teaching duties there.

ANNOUNCEMENTS

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

Eagles' Social and Smoker September 19.

Catholic bazaar October 21 and 22.

Auction Sale

Jabours' Old Stand

Saturday Evening, August 15th

7 p.m. Sharp

Owing to having too much stock, I have obtained permission to have premises until Saturday evening to dispose of balance of goods. I will sell this STOCK REGARDLESS OF COST by auction on Saturday evening at 7 p.m.

Merchandise, Fixtures, Showcases, Tables, Cash Register, Stands, Etc.

Must Be Sold

George J. Dawes Auctioneer

Glasses fitted by registered optometrist at Heilbronner's store.

Dr. C. D. Carter, Stewart dentist, who has been on a trip to Vancouver and elsewhere in the south, is a passenger returning north aboard the steamer Prince Rupert today.

A regular meeting of the Prince Rupert Trades & Labor Council was held last evening with Ald. S. D. Macdonald, the president, in the chair over a good attendance of delegates. Considerable business of concern to the council was dealt with. There will be a more complete report tomorrow.

Dr. and Mrs. Roger of Paris, France, after day's visit in the city in the course of a tour of Canada, sailed yesterday afternoon on the Prince Charles for Vancouver.

TENDERS

Tenders will be received by the undersigned up to Monday, August 17th, 1931, for Brown Oil staining shingles, three sides and painting white and cream one coat on Borden Street School. The lowest or any tender not necessarily accepted.

J. O. WILLIAMSON, Secretary, Board of School Trustees 190



"Why doesn't the heat bother you?"

"My dear, it's so simple you'll laugh. I just make sure that I don't eat too much for lunch. For example, this noon I had two Shredded Wheat Biscuits covered with berries and a pitcher of half and half. That's what I call an ideal lunch. The big idea is the Shredded Wheat—it's so light, nourishing and easy to digest, it keeps me comfortable on a hot afternoon."

THE CANADIAN SHREDDED WHEAT COMPANY, LTD.

SHREDDED WHEAT

WITH ALL THE BRAN OF THE WHOLE WHEAT

COAL

Buy the real Coal—our famous Edson and Cassidy-Wellington—in any quantities. Also Bulkley Valley Hay, Grain and Robin Hood Flour.

Prince Rupert Feed Co. PHONES 58 AND 558

TELEPHONE 657

VALENTIN DAIRY FOR SKEENA BRAND

Creamery Butter & Cottage Cheese

FRESH PASTEURIZED MILK AND CREAM DAILY

Early Delivery Throughout the City

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

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, 3.00 p.m.

Further information regarding all sailings and tickets at—

PRINCE RUPERT AGENCY: See and Avenue, Phone 568