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One regular 50c box DAY DREAM FACE POWDER and your selection of a jar of COLD CREAM, VANISHING CREAM or bottle of ALMOND CREAM

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CANADIAN NATIONAL

\$129 TO GREAT BRITAIN and back

SPECIAL REDUCED third class fare from Montreal to Belfast, Glasgow, Liverpool, Plymouth or London and back. Good going from Aug. 1st to Oct. 15th

Return portion valid for 2 years. Round trip rate to Continental points reduced proportionately.

Two sailings a week.

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South

SUMMER SAILINGS

From Prince Rupert for Vancouver:

- *Mondays 4.00 p.m.
- *Wednesdays 9.30 a.m.
- *Thursdays 2.00 p.m.
- *Saturdays 7.00 p.m.

*Call to Ocean Falls and Powell River.

For Ketchikan, Juneau and Skagway (calling at Wrangell southbound):

- Wednesdays and Saturdays, 3.00 p.m.

For Stewart and Anyox:

- *Mondays 8.00 p.m. Fridays 3.00 p.m.

Weekly service to Massett Inlet and fortnightly service to South Queen Charlotte Islands. Particulars on request.

TRI-CITY SERVICE

Daily from Vancouver at 1.45 p.m. for Victoria and Seattle.

TRAIN SERVICE

Passenger trains leave Prince Rupert daily (except Sundays) at 12.30 p.m. for Edmonton, Winnipeg and points East.

For information call or write local agent or H. McEwen, District Freight and Passenger Agent, Prince Rupert, B.C.

CANADIAN NATIONAL

Local Items

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

Mrs. B.R. Rice and family, Eight'n Avenue East, returned on Saturday's train from a week-end visit at Sunnyside.

Charles Fordyce-Clark sailed Saturday afternoon on the Princess Louise for a trip to Vancouver and Victoria.

Jules Seguin, who has been spending a few days in Ketchikan, returned to the city from the north on the Prince George this morning.

J. G. Steen sailed last evening on the Catala for a brief business trip to Port Simpson. He will return to the city on the same steamer tomorrow morning.

C.N.R. steamer Prince George, Capt. Neil McLean, arrived in port at 8.30 this morning from Skagway and other Alaska points and will sail at 4 o'clock this afternoon for Ocean Falls, Powell River and Vancouver.

"Tillie the Toller" strip did not come last week owing to an error on the part of the distributors at Toronto. In order to catch up a full page is being published today and it is hoped that the feature will appear more regularly hereafter.

On the front page of Friday's Vancouver Sun appeared a picture of Miss Dorothy McGrimble of this city. Miss McGrimble was the winner of first prize in an essay contest for girls between 13 and 16 years of age which was conducted by the Sun.

Rev. V. H. Sansum, who has been assisting in vacation school work that has been conducted at Inverness during the salmon canning season, arrived from there on yesterday afternoon's train and sailed last night on the Catala for Port Simpson.

C.N.R. steamer Prince Charles, Capt. Dan McKinnon, arrived in port at 12 o'clock this morning from Vancouver and will sail at 8 o'clock this evening for Stewart, Anyox and Massett Inlet points, whence she will return here southbound next Thursday morning.

Francois Richepin, Paris artist, and Madame Richepin, who arrived in the city by train Saturday afternoon from Jasper Park, did not go south on the steamer Prince George as had been planned but, instead, decided after arriving here to make the round trip to Skagway on the Prince Henry.

C.P.R. steamer Princess Charlotte, Capt. C. C. Saintey, arrived in port at 10.45 this morning from Vancouver and sailed at 12.15 p.m. for Skagway and other Alaska points, whence she will return here southbound next Saturday afternoon. The vessel brought a good-sized parcel of freight here.

The Chamber of Commerce is asking Hon. Dr. R. J. Manion, minister of railways, to visit Prince Rupert during the course of his proposed western tour. It is being pointed out to him that the last visit of a minister of railways to the port was that of Hon. Dr. Reid in 1919 and the port will feel much neglected if it is not included in the present tour.

"BUILD B. C. PAYROLLS"

Like Fresh Milk



Immediately the milk is taken from the herds it goes to the plant and is placed in tins. Immediately also it goes upon the market and as Fraser Valley is not far from the homes of the patrons of Pacific Milk, it reaches the table fresh.

PACIFIC MILK

Factory at Abbotsford, B.C.

100% B.C. Owned and Controlled

Football tonight 6:45 Merchants vs. Regiment.

Miss K. Chenoski, who has been on a trip to Vancouver, returned to the city on the Prince Charles this morning.

Mr. and Mrs. Stanley Smith sailed Saturday evening on the Prince Rupert for Vancouver where they will holiday for the next month.

Miss Ada Stewart of Winnipeg arrived yesterday en route to visit her brother in Port Clement. While in the city Miss Stewart is the guest of Mrs. A. M. Beattie.

Miss Mary Macfie, beauty operator, wishes to inform her patrons that she will be absent from the city from Aug. 20 to Aug. 26 1931.

Union Oil Co.'s tanker Unacana was in port yesterday afternoon bound for Vancouver after a voyage to supply Alaska fuel stations of the company.

Thomas Jones, for intoxication was fined \$25, with option of thirty days' imprisonment, by Magistrate McClymont in city police court this morning.

There were 76 passengers aboard the steamer Prince George on her arrival this morning from Skagway and other Alaska points. Six passengers left the vessel here.

There were 127 passengers on board the steamer Princess Louise on her arrival here Saturday afternoon from Skagway en route to Vancouver. Three passengers left the vessel here.

Thomas A. Kelley, well known Queen Charlotte Island logging operator, arrived in the city from the Islands by gasboat Saturday and sailed that evening on the Prince Rupert for Vancouver.

Gordon Gilliland, who has been spending the summer as purser of the steamer Prince David on the Tri-City run, has now joined the steamer Prince Charles, coming now on that vessel today.

Pleading guilty to a charge of driving a car while intoxicated James Weir was sentenced to seven days' imprisonment without option of fine by Magistrate McClymont in city police court this morning.

Thomas Longworth, retired circulation manager of Manchester England, and Mrs. Longworth were among passengers going north on board the steamer Princess Charlotte this morning to make the round trip to Skagway.

The fire department had a call shortly after 1 o'clock yesterday afternoon to the apartment of E. B. West in the Clapp Block Grease being heated in an oven had caught fire and caused some alarm. No damage was done.

O. W. Pearson, district manager for the Swift-Canadian Co., Vancouver, arrived in the city on the Princess Charlotte this morning from the south to pay a visit of inspection to the local business. He will return to Vancouver on the Prince Henry Wednesday morning.

Harry Fowler, skipper of the ferry boat Awake which plies between Alice Arm and Anyox, arrived in the city on the Princess Charlotte this morning after a visit of nine months to his native home in England and will proceed on the Prince Charles this evening to Anyox where he will rejoin the Awake.

Miss Ruth Hanson, who is spending the summer vacation here with her parents, Rev. and Mrs. John H. Hanson, returned to the city on the Princess Louise Saturday afternoon after making the round trip to Skagway. Miss Hanson will be leaving this week for Minneapolis to resume her school teaching duties there.

In a periodical progress report which has just been issued by the Biological Board of Canada there are contained articles by H. N. Brocklesby of the Prince Rupert Fisheries Experimental Station on "Fish Oils as Food," by Dr. R. H. Bedford on "Marine Bacteria," and by L. F. Smith on "Fish Glue from Fish Waste." There is also an article by Dr. A. L. Pritchard on coho salmon tagging in this district.

TOO LATE TO CLASSIFY

FOR SALE—Well finished 7-room house for cash \$1,000. Apply 343 Seventh Ave. West. 197

Glasses fitted by registered optometrist at Heilbroner's store.

W. H. Manuel, C.N.R. travelling auditor, arrived in the city from the interior on yesterday afternoon's train on one of his periodical official visits.

Mrs. G. A. Wyman and daughter, Gloria, returned to the city on the Princess Louise Saturday afternoon after a visit of several weeks in Ketchikan.

Louis Schulz, well known pioneer merchant of Atlin, was a passenger aboard the Princess Louise Saturday afternoon bound for a business trip to Vancouver.

Frank V. Foster, well known C.N.R. locomotive engineer, arrived in the city from Smithers on yesterday afternoon's train, returning to the interior this morning.

W. H. Tobey, C.N.R. divisional superintendent, returned to the city on yesterday afternoon's train from a trip to interior points as far as Jasper Park on official duties.

Rev. C. E. Motte arrived in the city on yesterday afternoon's train from Inverness where he conducted vacation school during the summer. The classes have now been discontinued.

W. K. Gwver, district engineer for the provincial department of public works, returned to the city on yesterday afternoon's train from a two weeks' tour on official duties to interior points as far as Telkwa.

Union steamer Catala, Capt. A. E. Dickson, arrived in port at 5.45 last evening from the south and sailed at 8 p.m. for Anyox. Stewart and other northern points whence she will return here tomorrow morning southbound.

T. Hachiya, Japanese consul from Vancouver, visited Port Essington and other Skeena River cannery points yesterday in company with local Japanese and left on today's train for Jasper Park whence he will return to Vancouver. He was accompanied by Mrs. Hachiya.

E. C. Stevens and John Dwyer, well known pioneer residents of Chidegate, were week-end visitors to the city. They arrived Saturday morning with Capt. C. B. Haan on board the seineboat Beatrice H. and returned to the Islands on the same boat Saturday night. The Beatrice brought over the body of Frank Pagura, who died at Queen Charlotte City as a result of a fractured skull sustained in the Allison Logging Co.'s camp.

ANNOUNCEMENTS

Eagles' Novelty Dance August 26. Ladies refreshments, Gents, 50c.

Eagles' Social and Smoker September 10.

Catholic bazaar October 21 and 22.

HOTEL ARRIVALS

Savoy Hotel

Prince Rupert's leading family hotel. Hot and cold water in all rooms.

A. J. PRUD'HOMME, Prop. Cor. of Fraser and Fifth Sts.

New Royal Hotel

J. Zarelli, Prop. THE HOTEL WORTH WHILE Hot & Cold Water, Steam Heat 75c PER DAY AND UP Telephone 281

Knox Hotel

Are Our MEALS Good? Our Guests Say They Are.

Miss D. Hogan

Teacher of Piano

Thompson & William Method

Phone Blue 329



Don't lie awake tonight—sleep!

WHAT a depressing state is sleeplessness! Minutes seem hours—hours seem endless. Back of it usually are nerves—strained, raw and fagged out. Nerves that are starved for nourishment to replace exhaustion caused by over-work, worry, or social effort.

If you are bothered with sleeplessness, feed your nerves with Ovaltine. You will find that they will calm down, digestive unrest will stop and you will sleep soundly and naturally.

Ovaltine at bed-time is the world's best night-cap. Millions of people have found this to be true. The natural nourishment in Ovaltine restores mental and physical poise almost immediately.

Ovaltine is prepared scientifically from ripe barley malt, fresh eggs and creamy milk. Nature's finest tonic foods. It contains all the essential vitamins and other food elements in correct proportions. It not only soothes and feeds the nerves but completely rebuilds your exhausted body cells and tissues while you sleep. You wake up wonderfully refreshed.

OVALTINE RUSKS

Excellent for teeth and gums and also are a delightful light food. They are made from finest Canadian wheat flour to which Ovaltine is added, making them more easily digested and much more nourishing than the average rusk or biscuit. Delicious when served with cheese.

Try the world's best "night-cap" tonight.

Sold at all good stores, in 50c, 75c, \$1.25 and special \$4.50 family size tins; also served at soda fountains.

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Ensures Sound, Natural Sleep

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