

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

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

back to my cheeks, and I looked myself again." There is a scientific explanation for the remarkable results brought about by Dr. Williams' Pink Pills (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

Local Items

P.O. Nanaimo - Wellington coal phone 771.—C. C. Ketchum & Co. tf.

Glasses fitted by registered optometrist at Heilbroner's store.

Bridge, whist and dance, Moose Hall, Friday, Nov. 27. Admission 50c. Cards, 8:30 sharp, dancing 10:30. (tf)

B. E. Valde of the C.N.R. engineering department returned to the city on yesterday afternoon's train from one of his periodical trips to the interior on official duties.

With a cargo of pipe for the city, Frank Waterhouse freighter South-olm arrived in port last night from Vancouver. Outbound from here the vessel will load fertilizer from the plant of the Rupert Marine Products.

Don't Sleep on Left Side, Gas Hurts Heart

If stomach gas makes you restless and unable to sleep on right side, take Adlerika. One dose will rid you of gas or nervousness, and bring sound sleep. Orme's, Ltd., Drugs.

Announcements

Oddfellows and Rebekahs whist and bridge, Metropole Hall, 8:30 p.m., November 24.

C.N.R.A. Bridge, whist and dance, Eagles Hall November 25.

Parish Hall Seal Cove Dance November 27.

Moose Bridge, Whist and dance November 27.

United church Bazaar Dec. 3.

LODE, hard time dance December 4.

Eagles Social dance December 4. Gentlemen 50c. Ladies refreshments, 9:30 to 1:30.

High School concert, December 10 and 11.

Presbyterian tea at Manse December 16.

Presbyterian Burns Banquet January 25.

"BUILD B. C. PAYROLLS"

Economy That One Sees



To any dish Pacific Milk brings a perceptible economy. It takes less of it. Nearly all the letters mention this. Some families buy it by the case. Patrons have used it for 12, 14, 18 years. There are many reasons for its popularity. Economy is only one.

Pacific Milk

"100% B. C. Owned and Controlled" PLANT AT ABBOTSFORD

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VALENTIN DAIRY FOR SKEENA BRAND

Creamery Butter & Cottage Cheese

FRESH PASTEURIZED MILK AND CREAM DAILY

Early Delivery Throughout the City

Relief for COUGHS & COLDS

BUCKLEY'S holds all speed records in relieving coughs and colds. It literally "acts like a flash". The very first sip of this potent, pungent, penetrative mixture gets results. Take no chances with unproven remedies—take BUCKLEY'S. At all druggists.

BUCKLEY'S MIXTURE
Acts Like a Flash—A SINGLE SIP PROMPTLY
M-16

Basketball, Auditorium, Tuesday.

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

Venetian Orchestra Dance Eagle's Hall, Nov. 27. Ladies 25c. Gents 50c.

Special offering in Fuel: One load of wood and half-ton coal for \$9.50. Albert & McCaffery Phone 116.

Harold McEwen, C.N.R. division freight agent, returned to the city on yesterday afternoon's train from a brief trip to the interior on official business.

Andy Simons, for drunkenness, was fined \$25, with option of 30 days' imprisonment, by Magistrate McClymont in city police court this morning.

Mrs. Jack Woods (Annette Stone), who has been in Vancouver for some time on business, returned to the city from the south on the Catala last evening.

Jack Lauten of the C.N.R. city ticket office staff has returned from his annual vacation trip in the course of which he visited in Vancouver and other points.



HER PERIOD MEANT FOUR BAD DAYS... Wasted days! Too bad, because Lydia E. Pinkham's Vegetable Compound could have helped her. It's wonderful for those headaches and terrible cramps.

Hotel Arrivals

New Royal Hotel

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

S. Braithwaite, Edmonton; D. Elio, city.

Savoy Hotel

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

A. J. PRUDHOMME, Prop.
Cor. of Fraser and Fifth Sts.

Mrs. D. L. Jones, A. D. Stewart and S. Orkist, Lewis Island; Allan Young, city; Mr. and Mrs. H. Mist. Terrace; D. MacLean, Smithers; R. G. Cunningham, Port Essington; N. McCarthy, Oona River.

Christmas Special

Permanent Wave

\$5.00

From Now Till Christmas Make Appointments Early

La Parisienne Beauty Parlor

Fourth St. Phone 301

Cut Down Prices on STOVE WOOD

12, 14 or 16-inch length
DRY SPRUCE and CEDAR
GREEN HEMLOCK, ALDER
and JACKPINE

Cedar Pilings and Radio Poles

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DR. MAGUIRE - DENTIST

Is Now Located in His New Office

Rooms 7-8-9 Smith Block

Phone 525

Extraction of

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LOW PRICES



Lady Assistant

Crown - Bridge

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Low Prices

My practice and office is the result of my sincere effort to give to the people of this locality the best in

Modern Dentistry

The demand of the day is for properly fitting
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Scientific Extraction of
TEETH
and Treatment of Pyorrhea

Remember the New Location

Rooms—7, 8 and 9, Smith Block

Dr. Joseph T. Mandy, resident mining engineer, and T. J. Shenton, Inspector of mines, sailed last evening on the Catala for Anyox on official duties.

John A. Anderson, road superintendent for Atlin district, sailed on the Catala last evening for his headquarters at Anyox after a brief visit here on official duties.

C. F. Duke and John Bonanza, who arrived in the city last week after a visit to the Queen Charlotte Islands, sailed last night by the Catala on their return to Stewart.

Union steamer Catala, Capt. Jaa. Findlay, arrived in port at 7 o'clock last evening from the south and sailed at 9 p.m. for Anyox, Stewart and other northern points whence she will return here tomorrow morning southbound.

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.

A. R. Mallory of Port Clements sailed by the Prince John Saturday night on his return to the Queen Charlotte Islands after a visit of a few days in the city.

Mr. and Mrs. E. Pongs, having spent a week in the city visiting with friends following their recent marriage in Portland, Oregon, sailed Saturday night on the Prince John for Massett where they will reside. Mrs. Pongs was formerly Miss Rita Martin, daughter of Mr. and Mrs. James Martin of Massett.

Baby's Colds
Best treated without dosing—Just rub on
VICKS VAPORUB
FOR COLDS OF ALL THE FAMILY

Silversides Bros.

— PAINTS —
WALLPAPERS — GLASS
Third Avenue

Prince Rupert DRY DOCK AND SHIPYARD

Operating three Dry Docks
Total capacity 20,000 tons

Shipbuilders
and Ship Repairers
for Steel and Wood Vessels
Sawmill and Mining Machinery
Repaired and Overhauled

Iron and Brass Casting

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50-ton Derrick for Heavy Lifts

10c. a week!

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Telephone 98 and the boy will call and collect

SOUTH!

WINTER SAILINGS

From Prince Rupert for Vancouver, calling at Ocean Falls and Powell River.
10.00 p.m. Thursdays
For Anyox and Stewart
4.00 p.m. Wednesdays

Fortnightly service to Queen Charlotte Islands. Particulars on request.

TRAIN SERVICE

Passenger trains leave Prince Rupert Mondays, Wednesdays and Fridays at 3.00 p.m. for Edmonton, Winnipeg and points East.

For information call or write local agent or
H. McEwen, D.F. & P.A.
Prince Rupert, B.C.

CANADIAN NATIONAL

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, 9 p.m.

Further information regarding all sailings and tickets at —
PRINCE RUPERT AGENCY: Second Avenue. Phone 568

Because it doesn't pay to advertise poor products,
It does pay to buy those advertised.