WAS SLAVE

IF you have constipation, read

Mulligan (address on request):

vain. Finally in desperation, I

turned to Kellogg's ALL-BRAN.

The results were remarkable-

in fact, the next day long-hoped-

for relief became a happy

to eat as it is healthful.

Kellogg's ALL-BRAN is as good

Two tablespoons daily are

guaranteed to prevent and re-

lieve both temporary and recur-

ring constipation. In stubborn

cases, use ALL-BRAN with each

needed iron, which builds up the

blood, and helps tone-up the

fruits or honey added. At all

grocers in the red-and-green

package. Made by Kellogg in

London, Ontario.

Delicious with milk or cream,

ALL-BRAN also supplies

"I tried numerous remedies in



Picture to yourself how those keen outdoor appetites will respond to a well-set board, graced by a brimming pitcher of fine, full-cream dairy milk. Then order your supply of KLIM for the summer. For KLIM is WHOLE milk, with all the cream left in, but with the natural moisture removed. In this condition it keeps perfectly without ice. It cannot sour. And it weighs only one-eighth as much as the milk it makes. Replace the water and you have fullcream, fresh-flavoured milk again. Wherever you go this year, be sure to take KLIM. Send 10c for trial size tin.

CANADIAN MILK PRODUCTS LIMITED 115 George Street - Toronto



COUPON Canadian Milk Products Limited, 115 George St., Toronto

The Fish which made Prince Rupert Famous

"Rupert Brand" SMOKED

Prepared Daily By

Canadian Fish & Cold Storage Co., Ltd. PRINCE RUPERT, B.C.

CANADIAN NATIONAL STEAMSHIPS

Prince Rupert DRYDOCK

AND

OPERATING G. T. P. 20,000-TON FLOATING DRYDOCK Engineers, Machinists, Boilermakers, Blacksmiths, Pattern Makers, Founders, Woodworkers, Etc. ELECTRIC AND ACETYLENE WELDING

> Our Plant Is Equipped to Handle All Kinds of MARINE AND COMMERCIAL WORK PHONES 43 AND 385

WE ARE OFFERING:

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

LET WOMEN IN Y.M.C.A.

Resolution of Revolutionary Character Coming Up at Toronto Conference

TORONTO, August 6-When the international legislative body of the world Y.M.C.A. convenes in Cleveland, following the world conferences on work, in Toronto, there will be presented a resolution of revolutionary character, having to to with the relation of women to the Y.M.C.A.

At Philadelphia women have been admitted to Y.M.C.A. membership, not merely to the Y.M.C. A. women's auxiliaries which aid the work of branches. This is not comprehended in the general constitution. It involves the wide question of administration as well as of activities. At the world convention in Cleveland a resolution will, it is expected, be presented by the Philadelphia Y.M.C.A., suzgesting such constitutional change as would regularize this procedure and there will probably be extensive debate on the subject.

The opposition, it seems likely. will not centre in any way on the fitness or qualifications of women for recognition, and will not imply anti-feminine partiality, but will deal with the question whether such development is keeping with the genius of the Y. M.C.A. as an organization of and for boys and young men.

Three Million Cases of Salmon Is Up In Alaska

JUNEAU, Aug. 6:- The 1931 salmon pack for Alaska has now reached approximately three million cases of which about half is red salmon, it is announced here.

Week-End Specials

Granulated Sugar-100-lb. sack Swift's Picnic Hamper lb. Malkin's Best Orange Marmalade, 21/2-lb. jar Malkin's Best Peas— 15c Size 3, per tin Malkin's Best Tomatoes-25c 2's, 2 tins Eggs—Fresh Extras 85c Hedlund's Quick Dinner-1-lb. tin Hedlund's Roast Beef & Gravy, 1-lb. tin Helmet Corned Beef-1's per tin Aylmer Peaches— 1's 2 tins Aylmer Pears—1's Felix Ginger Ale-\$1.40 dozen bottles quarts, per doz. Jewell Fruit Jarspints, per doz. Sweet Oranges-95c 5 doz. Swift's Classic Cleanser-3 tins

P. GAMULA, Proprietor Phone 208 Fifth Street.

TELEPHONE 657 VALENTIN DAIRY FOR SKEENA BRAND Creamery Butter & Cottage Cheese FRESH PASTEURIZED MILK AND CREAM DAILY

Early Delivery Throughout

the City

BULBS FOR SALE

DAFFODILS, per dozen per 100\$2.40 per 1000\$22.00 BARII, per dozen per 100\$2.00 per 1000 POETICUS, per dozen per 100\$1.75 per 1000\$16.50 Apply to

USK, Aug. 6:-Fred Michaud. Mountain, reported to the Terrace H.M.S. Dragon was the ball tenoffice on Saturday that a fire had dered jointly last night at the broken out in Usk.

started in the power house of the Club and the president and mem-Shackleton Hotel, and had spread bers of the wardroom mess of the to the woodshed attached.

the need, and bucket brigades were hip.

from the Stewart property.

Twenty Years Ago Warket to be Opened by Farmers

In Prince Rupert

August 6, 1911

The hydrographic steamer New- ted last night empowering the diington has completed a thorough rectors to proceed to open a butcharting of Massett Inlet and soon cher shop. tion. The inlet runs for almost forty ers. miles into the centre of the island. A lot will be purchased and

The Prince Rupert Industrial Association passed a resolution last ight asking, in view of the eviden given at the strike trial and in vie. of the character of some of the witnesses, that men who are now serving time in prison as a result of the "Battle of Kelly's Cut" have their entences remitted and be given forwarded to the minister of justice in Ottawa.

get the contract for 415 more miles \$5.50 of Grand Trunk Pacific Railway grading beyond Aldermere.

35c Vice-President Of Railway Is

R. C. Vaughan, vice-president in per lb. charge of purchases and stores, Ca- Blue Ribbon Coffee-200 nadian National Railways, will ar- 3-lb. pkg. rive in Prince Rupert by train on Monday afternoon of next week and steamer Prince Rupert for Vancou-250 ver. Mr. Vaughan will be here in the course of a regular western inspec-25c tion tour.

\$1.30 found a way to graft, and that 2's, 4 tins should end the howl for freedom. Fancy Apricots— Free men could do no more.

FOR SALE AUDITORIUM

Fine Hall, 50x100 Maple Floor, equipped for both skating and dancing: 200 pairs skates; organ and piano; ideal place for bowling alleys; none here. Make me an offer.

SNAP FOR CASH Apply Auditorium, 215 6th Av.

Grower Leaving the Islands

CAPT. GILLATT, SANDSPIT, B.C.

tion in Usk Hotel Property

to the south of the blaze.

formed, in which the work of the The ball was in progress from ladies was on outstanding feature. a.m. until 2:30 a.m., the fooms of buildings, and was not allowed to decorated for the occasion with spread up the hill to the north of flags and bunting by members of

went up after the passenger train had passed, and the pump was used to wet down the surrounding bush, ensuring the complete safety of the other properties.

Institute

TERRACE, August 5-The Kit sumkallum Farmers' Institute vo-

that great inland lake on Graham Local meats will be sold and Island will be opened for naviga- cash paid for animals to produc-

building erected.

It is expected to open for business on September 15.

At these bargains. We still offer our stock at reduced prices. Take ad-Foley, Welch & Stewart expect to vantage and save the pennies. They

Carnation Milk

From Contented

12 tins 3lue Ribbon Tea-45c (With fancy tumbler) Blue Ribbon Baking Powder-12-oz. tin

> Malkin's Best The Favored Brand

Sliced Pineapple— 99c 2's, 4 tins 99c 2's, 4 tins

Fresh Fruits & Vegetables Household Apples-For 25c cooking, 4 lbs. Gravenstein Apples-For eating, 3 lbs. Large Peaches per doz. Green or Wax Beans-9c per lb. Hothouse Tomatoes-15c per lb. Field Tomatoes-25c

Mussallem's Cash and

Carry Stores

"Where Dollars Have More Cents" Phone 18 & 84

Further Particulars of Conflagra- Bright and Happy Affair at Prince Rupert Club

A bright and happy function in connection with the visit here of club by the president, officers and Investigation revealed a fire had members of the Prince Rupert Royal Canadian Naval Volunteer Fortunately, the wind was blow- Reserve to Capt. E. J. Spooner, D ing from the south, carrying the S.O., and officers of the visiting flames away from the hotel, 50 feet British cruiser. There were pro sent about eighty couple includ-The residents of Usk responded to ing some fifteen officers from the

The fire was confined to the two the club having been attractively them, thus removing the danger the R.C.N.V.R. Music was provided by the Blue Bird Orchestra and A The Forest Branch equipment L. Holtby acted as master of cer-

> Catering for the refreshments was carried out by the Federal Tea

D. and L. DuBois, young menibers of a well known Pennsylvani family, which has been reported t contemplate the establishment of a pulp and paper mill enterprise on the Queen Charlotte Islands, ar. passengers aboard the ss. Phince Charles today bound from Skide- Hills, returned to the city on the gate to Vancouver.



Wednesday & Thursday TWO SHOWS - 7 & 9 P.M.

WANTED

J. MACK BROWN, WALLACE BEERY, KAY JOHNSON

big stirring outdoor romance of the early frontier days in the great west. Novelty-

"ONCE OVER LIGHT" FOX NEWS

ADMISSION - 20c & 65e Feature Starts at 7:20 & 9:20 THURSDAY MATINEE at 2:30 Feature Starts 2:50-15c & 40e

FRIDAY and SATURDAY 'PARLOR BEDROOM & BATH

Miss Bessie Campbell, who has been paying a visit at Stewart as the guest of Mr. and Mrs. George Prince Charles this morning.

THIS WEEK WE FEATURE HEINZ PRODUCTS

BAKED BEANS—Small tins BAKED BEANS-Medium tins COOKED SPAGHETTI-Small tins COOKED SPAGHETTI-Medium tins SANDWICH RELISH-TOMATO KETCHUP—Large bottles VINEGAR-White or Malt pint bottle VINEGAR-White or Malt quart bottle CUCUMBER RELISH-MIXED PICKLES-Sweet or Sour COWAN'S COCOA-1/2-lb. tin KELLOGG'S PEP-

21/2-lb. tin Telephone your order and pay the driver "WE GUARANTEE EVERYTHING WE SELL"

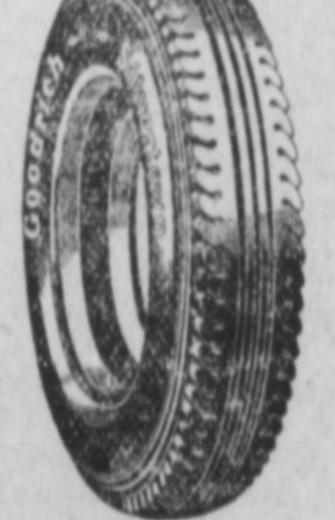
Phones: 227 & 228

MALKIN'S BEST BAKING POWDER-

ROYAL CROWN SOAP-

2 pkgs. for

600 Seventh Ave. East



NEW LOW PRICES

Our prices on Good Tires are the lowest in history. You'll be amazed when we quote prices on your size.

Exclusive Goodrich Dealers

Rupert Motors Night Call: 161

NATURAL PURE

Fresh Milk

Free from any preservative or treatment whatever. Milked and delivered daily from our own cows. Four successive years Government Grade A certificate Health and Sanitation. A trial solicited. Satis-

faction guaranteed. PRINCE RUPERT DAIRY Box 895 Phone 287

CLEANING & PRESSING Ladies' and Gentlemen's

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323 3rd Ave. W. Phone 663 Next Benson Studio