



"Mother we need more Shredded Wheat"

"Better order two boxes. They don't last long, when you and Daddy and I all eat Shredded Wheat every morning. Daddy knows everything and this morning he said, 'Whole wheat and milk supply everything that we need to live on and grow on, and that's why Shredded Wheat is so good for girls and boys.'"

THE CANADIAN SHREDDED WHEAT COMPANY, LTD.

SHREDDED WHEAT

WITH ALL THE BRAN OF THE WHOLE WHEAT

Ambrosia Combination Package

FREE! \$1.00 Size Ambrosia Cream
\$1.00 Size Ambrosia Tightener

With purchase of \$1.00 size of Ambrosia Cleanser and new 100-page book on skin-care.

You pay only \$1.50 for all four articles

COUETTES

A New Product of Johnson & Johnson

Little pads of cotton convenient for boudoir and nursery use.

75c pads for 50c

Ormes Ltd.

The Pioneer Druggists

Phones 81 & 82 Third Ave. & Sixth St.
THREE GRADUATE PHARMICISTS

The Fish which made Prince Rupert Famous

"Rupert Brand" SMOKED BLACK COD

Prepared Daily By

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

UNION STEAMSHIPS LIMITED

Steamers leave Prince Rupert for Vancouver:—
E.S.S. CATALA EVERY TUESDAY, 1.30 P.M.
Arriving Vancouver, via Green Falls, Thursday Noon approx.
E.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.
Further information regarding all sailings and tickets at—
PRINCE RUPERT AGENCY, See and Avenue, Phone 568

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

Rupert Motors DODGE DEALERS

Garage and Service Station
All Modern Equipment
12-Hour Battery Charger
OUR TOWING & WRECKING CAR WILL HANDLE ANY JOB
Phone 566
(Night Calls Phone 161)

Local Items

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

Furs remodelled, cleaned and repaired. An experienced cutter Goldbloom's Fur Shop.

A. J. Collison, local manager of the Union Oil Co., sailed last night by the Prince Rupert on a business trip to Vancouver.

C. S. Neville of the Famous Players-Canadian Co., after a brief visit to the city, sailed by the ss. Prince Rupert last night on his return to Vancouver.

J. Worrobec of the Prince Rupert General Hospital returned to the city on yesterday afternoon's train from Terrace where he spent a few days on his land.

The tea and sale of home cooking and sewing held yesterday afternoon in the church by the Woman's Auxiliary of St. Peter's Anglican Church. Seal Cove, was a very successful affair, the highly satisfactory sum of \$75 being realized.

Two freighters of the Frank Watterhouse line have been here this week. The Watco arrived Tuesday night from the south after unloading coal and cans on the Skeena River, sailing south the next morning. The Eastholme arrived Wednesday night from the south with powder, returning to Vancouver yesterday morning.

Week-End Specials

LOT NO. 1—

1 tin Del Monte Spinach, 2's
1 tin Corn on Cob, 3's
1 tin Malkin's Best Pumpkin, 2 1/2's
1 tin Nabob Kraut, 2 1/2's
1 tin Tomatoes, 2's
1 tin Malkin's Best Spices
Reg. \$1.25— **95c**
for

LOT NO. 2—

1 lb. Swift Premium Bacon, sliced
1 doz. Eggs, Fresh Extras
1 lb. Coffee, fresh ground
Reg. \$1.20— **95c**
for

LOT NO. 3—

1 tin Sliced Peaches, 2's
1 tin Malkin's Best Salmon, 16-oz.
2 tins Nabob Plums
2 tins Malkin's Best Spices
Reg. \$1.25— **95c**
for

LOT NO. 4—

1 lb. Fresh Ground Coffee
1 lb. Orange Pekoe Tea
4 lbs. Granulated Sugar
Reg. \$1.20— **95c**
for

LOT NO. 5—

2 tins Royal City Tomato Soup
2 tins Royal City Green Pea Soup
2 tins Royal City Pork & Beans 2's
1 tin Clark's Corned Beef 1's
1 tin Peas, size 4
Reg. \$1.25— **95c**
for

Alberta Market

P. GAMULA, Proprietor
Fifth Street Phone 298

SAILINGS FROM PRINCE RUPERT

To Ketchikan, Wrangell, Juneau and Skagway—
May 30, June 8, 15.

To Vancouver, Victoria and Seattle—
May 24, June 3, 13.

PRINCESS MARY
For Butedale, Ocean Falls, Namu, Alert Bay, Campbell River, Vancouver, Victoria—
Friday, at 10 p.m.

Full information from
W. C. Orf, General Agent
Cor. 3rd Ave. & 4th St.
Phone 31



Glasses fitted by registered optometrist at Heilbronner's store.

Phone 32 Taxi for special rates, day and night, for large parties. Experienced drivers.

J. A. Hinton returned to the city on yesterday afternoon's train from a brief business trip to the interior.

A. J. Curzon returned to the city on yesterday afternoon's train from a brief business trip to the interior.

Round Trip Flight to Ketchikan Sunday leaving in morning and returning same evening. Fare \$20. For reservations call Stan. Moran, 99 Taxi.

George C. Arseneau and Alex G. Macdonald sailed last night on the Prince Rupert for Vancouver enroute to Kamloops where they will attend a Knights of Columbus convention.

Special—50 fresh Red Salmon, Whole fish 25c. and 50c. each; Halibut Fillets 2 lbs. for 25c.; Red Cod Fillets 2 lbs. for 25c.; Red Spring Salmon per lb. 15c.; White Spring per lb. 10c. at Bacon's Fish Market. Eat more fish and help out our main industry. 119

Mrs. E. Essey, who has been visiting here for some time with her daughters, Mrs. Dan and Mrs. Sam Jabour, sailed by the Prince Rupert last night on her return to her home in Los Angeles.

VICK'S Holiday Special—whole fried springs, \$2.00; milk fed large size, \$2.50; fresh hot tamales, not too hot, 50c.; Chill chicken sandwiches, delivered, 719 Fulton St. Phone Green 170. 121

Mr. and Mrs. D. C. Stuart returned to the city on the Prince Rupert last evening from a trip to Stewart and Premier. Mr. Stuart went north in connection with his duties as census commissioner for Skeena riding.

ANNOUNCEMENTS

Moose Whist Drive and Dance May 22.

Eagles Social and Smoker, Friday, June 5.

Moose picnic, Digby Island, June 21.

Canadian Legion Picnic July 12.

These Bargains

ARE WORTH YOUR WHILE

Dried Peaches—Fresh 14c
stock, per lb.

Butter—Woodland, Brookfield or Cresta 29c 85c
per lb. 3 lbs.

Aylmer Pork & Beans— 9c
per tin

Aylmer Tomato Soup— 25c
3 tins

Robin Hood Rolled Oats— 30c
6-lb. sack

Red Arrow Sodas— 19c
per pkg.

Blue Ribbon Tea— 48c
per lb.

Empress Plum Jam—4's 48c
per tin

Empress Crabapple Jelly— 63c
4's, per tin

Pears & Peaches—2 1/2's, 45c
heavy syrup, 2 tins

Ashcroft Ketchup— 22c
per bottle

Peck Fren's Biscuits—Large assortment just arrived 50c
per lb.

Shoe Polish—Brown 10c
per tin

Malkin's Best Jelly Powders— 5c
per pkg.

Onions— 25c
6 lbs.

Fresh Fruits and Vegetables Arriving Every Boat

Economy Cash and Carry Stores

"Where Dollars Have More Cents" 319 3rd Ave. — 417-423 5th Ave. Telephones—360 and 18



12,500,000 eggs are used yearly.

The photograph shows a day's supply of eggs.

Why 'Ovaltine' is the complete and perfect Tonic Food Beverage

PURE fresh milk, home-grown barley malt and new laid eggs are used in the manufacture of "Ovaltine." Eggs, although expensive, are indispensable if "Ovaltine" is to possess its unique nerve and body-building properties.

12,500,000 fresh eggs are used yearly. In England 300 acres of land adjoining the "Ovaltine" factory in beautiful Hertfordshire have been purchased to establish an egg farm. When fully developed this will probably be the largest and best equipped in the world. The

supplies are supplemented at present by eggs selected from specially chosen sources and guaranteed to be the best obtainable.

Although "Ovaltine" stands supreme as the food beverage which is the richest in nourishment, it is reasonably priced and most economical in use. It contains, in a concentrated and correctly balanced form, every food element essential for health. In every home delicious "Ovaltine" should be the daily beverage.

"Ovaltine" is now being made in Canada at Elmwood Park, Peterborough, under the same ideal conditions and by the same scientific process of manufacture as in the famous factory at King's Langley, Hertfordshire, England. "Ovaltine" cannot be duplicated or successfully imitated.

'OVALTINE'

TONIC FOOD BEVERAGE

Builds-up Brain, Nerve and Body

"Ovaltine" is sold at all good stores in 50c, 75c, \$1.25 and special \$4.50 family size tins. Also served at soda fountains.

A. Wander Limited, London, England, and Peterborough, Canada

MILK!

Pasteurization of milk safeguards the public health.

Pasteurization of milk has been endorsed by health authorities.

We have served you with pasteurized milk for eight years and our milk contains no preservatives whatever.

Through particular care and good service we are able to give you a superior product at a reasonable price.

7 Quarts or 12 Pints for \$1.00

VALENTIN DAIRY

Telephone 657

Eleventh Street

SHINGLES!

No. 1 — 3x at per M \$3.25

No. 1 — 5x at per M \$3.75

No. 2 — at per M \$2.75

SUPPORT HOME INDUSTRIES — MADE AT MASSETT

HYDE TRANSFER—PHONE 580

PHONE 580

SATURDAY SPECIAL

Apple Sauce Layer Cake

30c

The Electric Bakery
We Deliver Phone 667

If your paper does not arrive, telephone the office