

It is better tea



THE DAILY NEWS. PRINCE RUPERT - BRITISH COLUMBIA

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HIGH PRICE FOR BONDS

For the next 25 years British Columbia is pledged to pay 5.67% on three million dollars just loaned to the Tolmie government.

If it had been impossible to have done better no one would have protested. We must have money to carry on.

No government should today have to pay five and a half percent on long term bonds. It is an outrage.

GENERAL REGRET

General regret was expressed at the accident Tuesday evening to Olier Besner who was severely injured when the plane in which he was a passenger crashed at Anderson Lake.

FASTING RECORDS

Terrence MacSwiney Lived For 74 Days Without Food, Then Died

Gandhi Exceeded

Many Persons in Europe Have Gone Without Food

TORONTO, Aug. 17.—The three-weeks fast of little M. K. Gandhi as a protest against untouchability is considered an extraordinary feat compared with records of some other men who have gone on hunger strikes.

Terrence MacSwiney, once Lord Mayor of Cork, left a name for devotion to a cause and for physical endurance by fasting for 75 days. For 71 days he fasted in a London prison, before swooning away and being forcibly fed.

According to Dr. A. Putter, a German physician who made a study of fasting, the MacSwiney performance was unique. The conditions under which the prisoner was kept are assumed to have met the ordinary hygienic requirements of sleep, heat, light and air.

MacSwiney's bodily exertions were light. Data which were missing included the amount of water which he took, but apparently there was no limitation upon the quantity, and with water a starving man may be very tenacious of life.

Can Live Long Time

Professor A. J. Carlson of the University of Chicago holds that a well-nourished man can live from 45 to 75 days without food, provided he is not exposed to severe colds, avoids physical work and keeps his mental calm.

the body reserves and thus lengthen life. Dr. Francis G. Benedict, director of the nutrition laboratory of the Carnegie Institute of Washington, once starved a man for 31 days.

A number of cases have been recorded in which men starved themselves for a month or so. An American, Dr. Tanner, went foodless for 40 days in 1879, and the painter Merlati fasted for 50 days in Paris in 1886.

A few criminals have tied to thwart the hangman by committing suicide through starvation. Usually they refuse water. Since "hirst kills more rapidly than hunger," their cases give no definite information as to how long a man can fast.

Little deeds are little seeds that grow to flowers or turn to weeds. Walk swiftly from temptation or it may overtake you.

THRIFT "BUY RIGHT" SPECIALS

For Friday and Saturday

- RAISINS—California Seedless, 2 lbs. 24c
- SHREDDED WHEAT—per pkg. 9c
- TABLE SALT—Iodized or Plain, per ctn. 8c
- AYLMER TOMATOES—No. 2 squat tins, per tin 9c
- ENGLISH PEAS—Choice, Sieve 4, per tin 13c
- LARD—Pure 2 lbs. 25c
- NABOB TEA—per lb. 38c

- CRUSHED PINEAPPLE—per No. 2 tin 15c
- GREENGAGE PLUMS—Nabob No. 2 tall tins, each 10c
- SHELLED WALNUTS—Light Pieces, per lb. 24c
- NABOB KIPPER SNACKS—3 tins 16c
- MALKIN'S BEST SPICES—per tin 7c
- TOILET TISSUE—4 rolls 12c
- TOMATO SOUP—Campbell's, 3 tins 25c

- SUNLIGHT SOAP—per ctn. 18c
- HONEY GRAHAMS—I.B.C. Cello wrap, per lb. 21c
- FRESH FIG BARS—2 lbs. 35c
- DOLLAR SIZE SODAS—per box 35c
- BULK SOAP CHIPS—2 lbs. 21c
- PORK & BEANS—Royal City 18-oz. per tin 8c
- CLARK'S ROAST BEEF—per 1-lb. tin 15c
- NABOB TOMATO JUICE—per tin 7c

Preserving Apricots

your requirements. Prices right Season about over. See us for

- FRESH SAIR DATES—4 lbs. 23c
- PICNIC HAMS—per lb. 14 1/2c
- NABOB BAKING POWDER—per 12-oz. tin 20c
- OUTDOOR TOMATOES—5-lb. basket 42c

Thrift Cash & Carry

Phone 179 201 Third Ave "CARRY AND SAVE" Mail Orders Have Our Prompt Attention

Family Shoe Store

ANNUAL Sale

Once a year we clear out all our stock of broken lines to make room for the new season's goods. At this sale, we are offering wonderful values so as to get more shelf room quickly.

SEE THESE PRICES AND BE HERE FRIDAY

Ladies' Black Kid Straps and Ties. Regular values up to \$3.45. Annual Sale Price—

\$1.95

Ladies' Pumps, Straps and Ties. Assorted shades of blonde, brown or black. All sizes. Regular \$4.50 value. Annual Sale Price—

\$2.95

For Men. Here are values including Scott & McHale's Liberty Shoes, Regal and Invictus, brown only, high or low shoes. Regular values to \$10.50. Annual Sale Price—

\$4.45

Shoe Prices are advancing. Now is the time to Buy and Save. CASH ONLY. No exchanges. No refunds at this sale.

Ladies' Sport Oxfords in assorted color combinations. Leather or crepe soles. Annual Sale Price—

\$2.45

Children's Patent Strap and Calf Oxfords. Sizes 1 to 7 1/2. Annual Sale Price—

\$1.85

Sizes 8 to 10 1/2. Annual Sale Price—

\$1.95

Sizes 11 to 2. Annual Sale Price—

\$2.15

Men's Black and Brown Calf Oxfords. Solid leather, riveted steel shanks. All sizes. Regular \$4.95. Annual Sale Price—

\$3.95

All Our Shoes Are High Class Goods The Very Best

The whole stock of our regular lines of Ladies' Onyx Shoes and Hartt Shoes for men reduced during this sale.

It is not possible to mention all the bargains offered at this sale, but come in and judge for yourself.

Steamship Sailings

For Vancouver—Monday—ss. Pr. George 4 p.m. Tuesday—Catala 1:30 p.m. Friday—ss. Prin. Adelaide 10 p.m.

VETERANS' MEETING

(Continued from page one)

that the ideas and deliberations were given considerable consideration by the Dominion, provincial and city officials was very evident by the remarks made by the lieutenant-governor, the premier, the leader of the opposition, the mayor of Victoria and other important officials.

The speaker went on to tell in detail of the hundred and twenty resolutions that were considered by the various committees and later considered by the delegates as a whole.

The Women's Auxiliary of the province held its meetings at the same time and delegates were guests at some of the functions with the members of the Legion.

hundred returned men took part on the anniversary of the declaration of war when a memorial service was held at the cenotaph. It was the most impressive service held in Victoria since the war.

Use a book as a bee does a flower.

TYPEWRITERS

For Sale or Rent

Rose, Cowan & Latta Phone 234

Low summer fares to points in Eastern Canada and U.S.A. On Sale NOW! Canadian National

WHIFFLETS From the Waterfront The big light house tender Estevan, Capt. Harry Bilton, arrived in port yesterday afternoon from Victoria, her regular base, to undertake some of the heavy work in connection with the lighthouse overhaul in northern waters.

RADIO SERVICE

Your Boat Needs a Radio Have us install one of our new sets in your boat. No B or C Batteries required, operates directly off any six volt lighting or ignition system.

UNION STEAMSHIPS LIMITED Steamers leave Prince Rupert for Vancouver—T.S.S. CATALA EVERY TUESDAY, 1:30 P.M.

CANADIAN PACIFIC Steamers leave Prince Rupert for Vancouver via Ocean Falls and Way Ports: Princess Adelaide, Fridays 10:00 p.m.

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

ENRICHED WITH SUNSHINE VITAMIN "D" ...an exclusive health feature! Quaker Corn Flakes MONEY-BACK GUARANTEE PRINTED ON EVERY PACKAGE

COAL! COAL! Our Famous Edson, Alberta and Bulkley Valley Coals are guaranteed to give satisfaction. Try a ton of No. 1 Bulkley Valley. We also sell Timothy Hay, Wheat Oats and Barley. Prince Rupert Feed Co. 58 - Phones - 558

Fresh Milk and Cream Daily VALENTIN DAIRY Phone 657

CITY Transfer Phone 950 Hemlock and Spruce—per cord, delivered \$6 COAL FOR SALE Furniture and Piano Moving