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This is an excellent section and was one of the first to be staked in the Valley.

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General Merchandise - Largest Stock

Lowest Prices in Northern B. C.

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Budweiser Beer, We are sole agents for Northern B.C.
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Guaranteed to be 12 years in the wood before being bottled
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European and American plan, steam heated, modern conveniences. Rates \$1.00 to \$2.50 per day.

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Rooms 50c

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J. GOODMAN, Proprietor

VICTORIA CAFE

Breakfast and Meals at all hours; Lunch 15c, Meals 25c up—Come and See

YOU CAN GET A SQUARE MEAL ANY TIME

ADVERTISE IN THE NEWS

THE COSY CORNER

DEVOTED PRINCIPALLY TO THE INTERESTS OF WOMEN

This is a little section of the paper, which from day to day will be devoted to subjects of special interest to women. Any and all of the ladies of Prince Rupert are invited to contribute to its columns, and to take part in its discussions. Suggestions and criticisms are invited by the editor. The hope is expressed that "The Cosy Corner" will fill a social need.

SOCIAL AND PERSONAL

Mrs. McIntosh entertained very pleasantly at luncheon on Friday. Covers were laid for eight. The table was prettily decorated with a centerpiece and corner vases of ferns. The guests included Mrs. Bullock-Webster, Mrs. F. Stanley Spain, Mrs. Angus Stewart, Mrs. Hubert Ward, Mrs. Burroughs, Miss Monica Green.

Mrs. Angus Stewart was a charming hostess at bridge on Thursday evening. The drawing and dining room were most attractively decorated with shaded pink carnations and softly shaded candles. Miss Marion Johnstone carried off the first prize, Mr. H. P. Wilson the second and Mrs. McLennan the third. The players were: Mr. and Mrs. D. G. Stewart, Mrs. and Mrs. W. E. Burritt, Mr. and Mrs. F. S. B. Lucas, Mrs. Naden, Mrs. J. C. McLennan, Mrs. Donald McLeod, Dr. and Mrs. MacNeill, Mrs. Bradnt, Mr. Peck and Mr. Wilson.

The ball given by the members of the Kaien Island Club on Friday evening was a most brilliant affair. The large gymnasium was gaily decorated with flags. The reading rooms were most attractively done with huge boughs of wild apple blossom and ferns and contained many cosy corners for sitting out. The floor was in splendid condition and the music was provided by Gray's Orchestra. Light refreshments were served at midnight. The patronesses were Mesdames A. E. McMaster, A. J. Morris, J. Lorne MacLaren, W. S. Hall, F. H. Mobley, J. O. Reddie, G. D. Tite and the stewards were Messrs. F. G. Dawson, M. P. McCaffery, J. J. Chisholm, R. G. Rogers, W. S. Hall, H. E. Tremayne, J. A. Cade and J. Brandt.

FOR A SMALL FAMILY

Handy Hints Here Hard Boiled for Happy Home Makers

Any cold porridge may be pressed in a round mold, like a baking powder tin, and the next day sliced half an inch thick, dipped in dry cornmeal, and fried. The syrup may be either maple or cane.

If there are children in the family they should have a cream soup at lunch. For hot sandwich, mince, ham, or other meat with onion, mix with egg, and drop into hot drippings. Heat moderately thin slices of bread in the oven, spread this between, and press, trim neatly, and serve on hot plate.

Although a regular plank is very good for fish, it is expensive, and one may be made at home out of plain oak. Skin a haddock and remove the backbone, leaving two fillets. Fry brown and transfer to the plank, brown side down, surrounded by rosettes of mashed and creamed potatoes, and return to the oven until all are brown.

EXERCISE FOR FLEXIBILITY

Makes for Health and Happiness as Well as Beauty

A new exercise that women are

going in for who wish to keep supple waists is taking movements from side to side and forward and back, with the waist line as the fulcrum, in the manner of a pendulum.

Get a Turkish towel, and hold it from corner to corner until the arms are stretched out on a line with the shoulder. Drawing a deep breath and keeping the arms taut, sway as far down as you can on the right without bending the knees; then slowly rise to an erect position and sway down on the left side.

At first this can be repeated only a few times, and the dip will be very slight, but with practice the swaying movements can be followed until the tips of the fingers touch the floor without bending the knees.

After swaying from side to side, stretch the towel in the same way, holding it in front of the chest, and bend slowly, front and back, on the waist line, until finally one can nearly bend double.

Do not perform these exercises jerkily or with too much vigor. Move with the steadiness and regularity of a pendulum, inhaling slowly and deeply. These movements exercise every organ in the body and keep the waist flexible.

FASHIONS FANCIES

A Host of Pretty Little Items That are Fresh this Season

White bands on black chiffon or black tulle are in favor, but beads of steel jet and colors are also lavishly used. Beautiful scarfs of fine lace are always nice, and some of the new ones in both real and imitation lace, are yellowed to the tint of old lace, and would deceive any save an expert.

Wide, long scarfs of plain chiffon in color subtly harmonized with the toilet are preferred to more elaborate creations for many uses, even when the question of expense need not be considered, and scarfs as plain in tulle are particularly liked with evening toilet, the diaphanous folds being draped and attached on one fashion or another to the bodice, while the long ends are left free for graceful manipulation by the hands.

This is a great season for ribbons of every description. Both black and colored velvet ribbons are seen, in the wider sizes. Fancy floral velvet ribbons are also popular.

Black and white striped ribbons are shown in both velvet and taffeta, with black velvet stripes

ARE YOU EATING? PURE BUTTER?

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Abbottsford Creamery Butter

IS WHAT YOU SHOULD HAVE It is pure and good

Everything in groceries and provisions

Ideal Provision House

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For most delicious Bread, Dainty Biscuits, Etc., use

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English and American Billiards Twelve Tables SECOND AVENUE

Fruit : Produce : Feed WHOLESALE

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Carries complete stock of Drugs. Special attention paid to filling prescriptions.

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LIME BRICK PLASTER CEMENT SHINGLES, LATH, BLACKSMITH COAL

ROGERS & BLACK Phone 116

on a white taffeta ground. Black satin stripes on white taffeta are also shown.

A STORY OF THE LATE P. W. SCOTT

Could See Further into Solid Rock than Most Mining Men, and was Ready to Tackle the Biggest Enterprise.

A story showing the kind of stuff the late P. W. Scott was made of is told in mining circles. Near the Slokane Star mine in the Slokane district, P. W. Scott came upon a huge boulder lying some hundreds of feet below the level of the mine workings. No one had ever paid much attention to the boulder but after a close look at it P. W. Scott offered the sum of \$5000 for it to the owner of the property on which it lay. The offer was refused, and later P. W. was asked what he intended to do with the boulder had he secured it. He said that he had wanted to take it just as it stood off the ground, and convey it first to the East, and thence across to Europe on exhibition just to show the sort of stuff the district could produce. Asked how he intended to have a boulder weighing nearly 100 tons transported, he declared he would have had a special car constructed, and was even prepared to have strengthened the trestle bridges all over the route he intended to traverse. The boulder was afterwards broken up and passed through the smelter. It turned out to be almost pure galena, and the smelter product returned just a little over \$5000 in value.

The Presbyterian Ladies' Aid will hold a Strawberry Festival in the old Presbyterian Church on the afternoon of Thursday, July 6th.

FIERCE BATTLE IN PORTUGAL

Royalists and Republicans in a Clash near Oporto—Thirty Republicans Killed.

(Canadian Press Despatch) London, July 4.—According to the Morning Leader there has been some fierce clashes between the monarchists and republicans in the north of Portugal. Thirty republicans were killed in one battle near Oporto.

Went South

About 100 passengers went south on the Prince George this morning, 47 of whom were first class.

Among those who have gone away for a holiday were Misses Milligan, Johnstone, Mercer, Mrs. W. Manson and Mrs. Dr. Hall.

WE HAVE THE FOLLOWING IN STOCK ON OUR WHARF.

Side and End Dump Cars, 10 & 16 cu. feet, 15 in. & 24 in. gauge
Steel Car Wheels and Axles with roller bearings, 18 & 24 in. gauge
Haggies 1-2 in. and 5-8 in. galvanized steel cable

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The Prince Rupert Lodge, No. 318, Sons of England, meets the first and third Tuesdays in each month in the Carpenters Hall, at 5 p.m.

F. V. CLARK, Sec., P. O. Box 312, Prince Rupert

Gasoline Launches, Row Boats and Canoes

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Mondays, at 8 a.m.

Special Over Sunday Excursions to Stewart

Prince George sails Sundays 8 a.m. Reduced fare \$9.50 including meals and berth.

ss. Prince Albert sails for Port Simpson, Naas River, Masset, Naden Harbor, Wednesdays, 1.00 p.m.

and for: Queen Charlotte Island points, Saturdays 1 p.m.

Railway Service to Copper River Mixed trains from Prince Rupert Wednesdays and Saturdays, 1 p.m., returning Thursdays and Sundays 5.20 p.m.

The Grand Trunk Railway System connecting with trains from the Pacific coast operates a frequent and convenient service of luxurious trains over its double track route between Chicago, Toronto, Montreal, Quebec, Halifax, Portland, Boston, New York and Philadelphia. Atlantic Steamship bookings arranged with all lines. Full information and tickets obtained from the office of

A. E. McMASTER FREIGHT AND PASSENGER AGENT

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%C. Coast Service Famous Princess Line

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Friday, July 7th, 9 a.m. FOR VANCOUVER, VICTORIA, SEATTLE

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Tickets To All Points —BY ALL LINES—

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