

"Triple Sealed" for freshness...
"Twice Crisped" for flavour



Can you imagine anything more delicious—more flavourful—than crisp crunchy Puffed Grains that rustle into your cereal dish. As fresh as the instant they were Shot from Guns.

No other cereal brings you nourishing rice and wheat in such tempting form. No other cereal gives you these nature's health grains steam-exploded for perfect digestibility.

Get a package from your grocer and put new interest into your family breakfasts.

Quaker Puffed Wheat and Puffed Rice

Hotel Arrivals

Royal
J. F. Mussenden, A. S. Frew, Stan Waring and A. C. Paddock, Vancouver; Lorry Hill and Mrs. L. Levoir, Anyox.

Central
E. Simpson, Anyox; P. Jensen and L. Mude, city; A. Wilfrid Carrivan, Los Angeles.

Knox
M. Legg, Vancouver; Mr. Nicholson, city; Paul Rabilvisk and Mike Stonaway, Saskatchewan.

Prince Rupert
T. G. Garrett, D. F. Spankie, A. W. Artindae, Rev. Dr. George A. Wilson and L. West, Vancouver; Mrs. G. McColl, Port Simpson; Rev. R. C. Scott, Sardis; W. E. Walker, Naas River; D. O. Smith, Racine, Wis.; Mr. and Mrs. C. W. Pidcock and Mrs. C. W. Pidcock jr., Moultrie, Georgia; William A. Hargrove, Jacksonville, Ia.; Mr. and Mrs. A. Watt and daughter, Prince George; Dr. W. A. Gibbi, Englewood, N.J.; Dr. R. W. Dress, Montclair, N.J.; William E. Parker and Edward H. Temple, Cambridge Mass.; A. T. Flint, Madison, Wis.; Marc Roby, Omaha, Nebraska.

Savoy
T. Reid and A. Reid, New Westminster; H. E. Kergin, Alice Arm; C. M. Aday and family, Battle Creek, Mich.; R. G. Clayton, Frank Green and H. Butte, city.

WHIFFLETS From the Waterfront

With another capacity list of round trip Alaska tourist passengers, C. N. R. steamer Prince Rupert, Capt. Neil McLean, arrived in port at 10 o'clock this morning from Vancouver, Powell River and Ocean Falls and sailed at 1 o'clock this afternoon for Skagway and other northern points whence she will return here next Monday southbound.

Dr. A. L. Pritchard of the scientific staff of the Pacific Biological Station at Nanaimo was a visitor in Prince Rupert as well as on the Skeena and Naas Rivers during the past week in connection with his special work relating to the recovery of marked pink salmon in northern waters. From Prince Rupert Dr. Pritchard proceeded on Monday to the counting weir at McClintock Creek in Massett Inlet where a heavy return of fish is reported.

Union steamer Catala, Capt. A. E. Dickson, returned to port at 12:45 noon yesterday following a regular voyage to Anyox, Stewart and other northern points and sailed at 1:30 p.m. for Vancouver and waypoints.

Steamships Sailings

For Vancouver—
Monday—ss. Pr. Rupert 3 p.m.
Tuesday—Catala 1:30 p.m.
Friday—ss. Prin. Adelaide 10 p.m.
Ss. Cardena midnight
Saturday—ss. Prin. Louise p.m.
Ss. Prince George 6 p.m.

From Vancouver—
Sunday—ss. Catala p.m.
Monday—ss. Prin. Charlotte a.m.
Wed.—ss. Pr. George 10 a.m.
Friday—ss. Prince Rupert 10 a.m.
Friday—ss. Prin. Adelaide 4 p.m.
Ss. Cardena p.m.

To pick up a scow which is to be used in packing fish to the Nootka Packing Co.'s cannery at New Massett, the Armour Salvage Co.'s power tug Salvage Princess, Capt. Joe Desmules, which is under charter to the Nootka company, arrived in port yesterday morning and returned to the Islands later in the day.

M. Legg, brother of R. E. Legg, superintendent of the Surf Point mine, returned here on the Catala yesterday afternoon following a brief trip to Anyox.

Dance by Junior Elks Enjoyable

One of the most delightful recent social affairs here was the dance of the Junior Elks last Friday night in the Elks' Home, about 200 persons being present at the affair. Splendid music was furnished by Charlie Balagno and a five-piece orchestra and Walter Smith was a genial master of ceremonies. The hall was attractively decorated for the occasion in purple and white Elks' colors. Delicious refreshments were served.

Baseball Scores

International League
Baltimore 10, Toronto 9.
Buffalo 5, Syracuse 2.
Rochester 8, Albany 1.
Newark 7, Montreal 2.

American Association
Columbus 3, Kansas City 1.
Milwaukee 4-3, Toledo 1-9.
Minneapolis 11, Indianapolis 3.
Louisville 16, St. Paul 6.

Capitol Theatre

Tonight and Thursday
CHARLES FARRELL
in
"AGGIE APPLEBY MAKER OF MEN"
with Wynne Gibson
PLUS
OTTO KRUGER
in
"Women In His Life"
with Ben Lyon, Isabel Jewell

TIME SCHEDULE
News, starts 7:00
"Women In His Life" 7:15
"Aggie Appleby" 8:30
"Women In His Life" 9:40

City Gas Convenience Anywhere at Your Doorstep

Rockgas

The Economical Cooking Fuel

ROCKGAS

Is lower in cost than electricity, attains full heat instantly. Top burner cooking is accomplished in less than one half the time required by electricity.

ROCKGAS

Ranges have nothing to wear or burn out in service. Repairs and replacements of ROCKGAS equipment is borne by us without extra charge to our users.

ROCKGAS

Ranges are considerably less in cost than comparable electric ranges.

ROCKGAS

Is absolutely non-poisonous and harmless.

Ranges, Radiant Heaters, Water Heaters, Hot Plates
Carried in stock, also the "GUARDIAN" full automatic diesel oil furnace burner (made in B.C.), the most satisfactory and reasonably priced burner on the market.

Let us demonstrate to you at Cow Bay
Ward Electric & Marine Supply Co.

STORY IS DRAMATIC

"The Women In His Life," At Capitol. Fast Thrilling and Exciting Film

A fast thrilling and exciting dramatic story is provided for local theatre-goers in "The Women in His Life," which comes to the Capitol Theatre here as one of the mid-week feature offerings. The story is one of sensational trials of life behind the scenes of courtrooms and attorneys' offices of a spectacular trial lawyer who always wins the cases for his clients, be they guilty or innocent, but who lets a woman of his past wreck his future.

Otto Kruger is the lawyer who rises to great heights in the legal profession, only to be beset by disgrace. Una Merkel is cast in the role of Kruger's secretary. Ben Lyon is his junior partner and Isabel Jewell his sweetheart. Roscoe Karns, veteran character comedian, fills out the list of principals.

The other feature of the mid-week double bill is "Aggie Appleby, Maker of Men," a comedy starring Charles Farrell and Wynne Gibson.

ATTENTION!

Always Something Different At MUSSALLEM'S

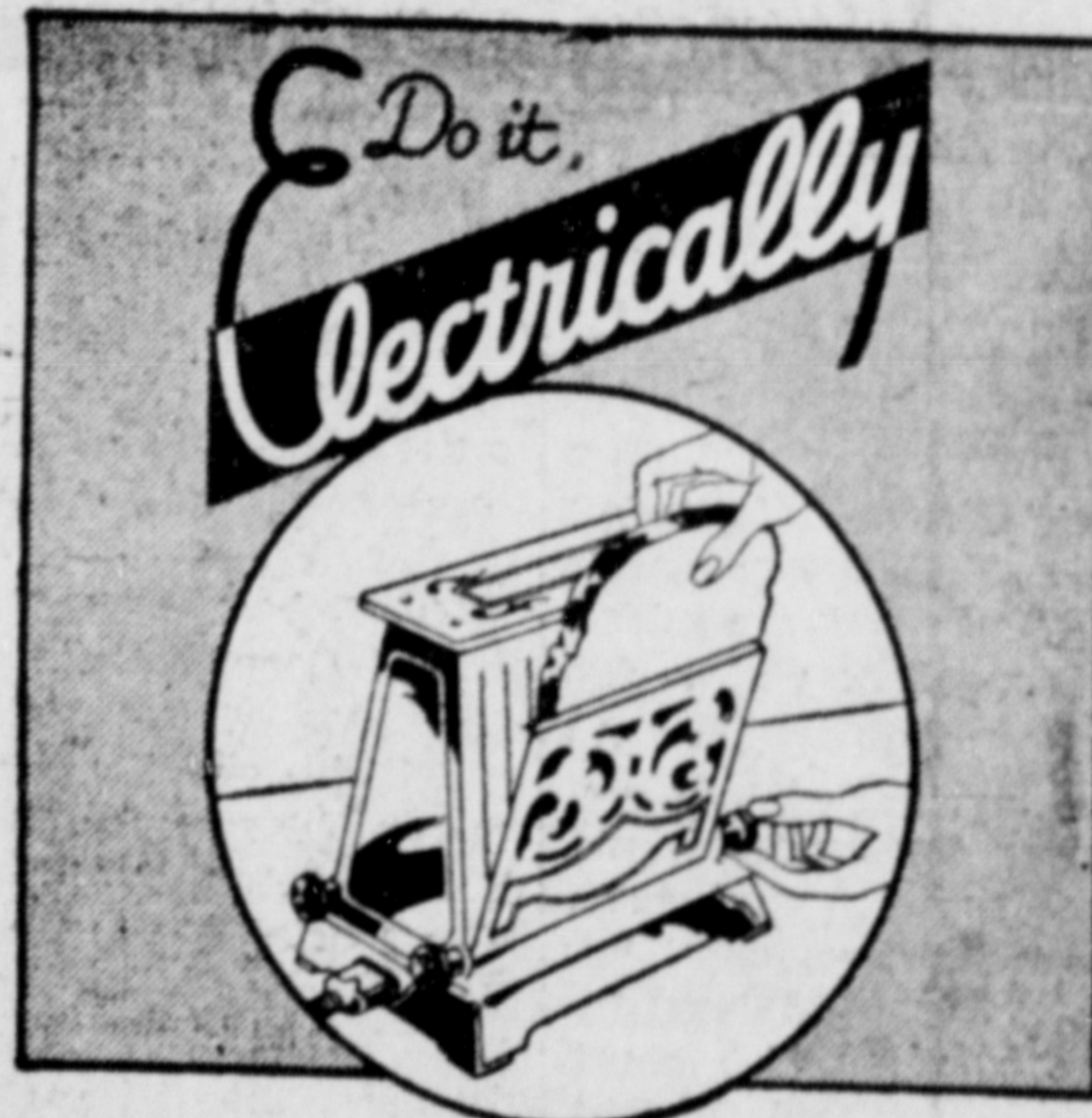
Have you seen NESTLE'S COW? If not, see it in our window today. It moves.

Here are a few of our Vegetable Specials

- NEW POTATOES—Just arrived, per sack \$1.25
NEW CARROTS & TURNIPS, 4 lbs. 15c
FRESH CUCUMBERS—each 5c
CELERY—each 10c
FIELD TOMATOES—3 lbs. 25c
FRESH BEETS—4 bunches 15c

MUSSALLEM'S Economy Store

"Where Dollars Have More Cents"
P. O. Box 575 Phone 18



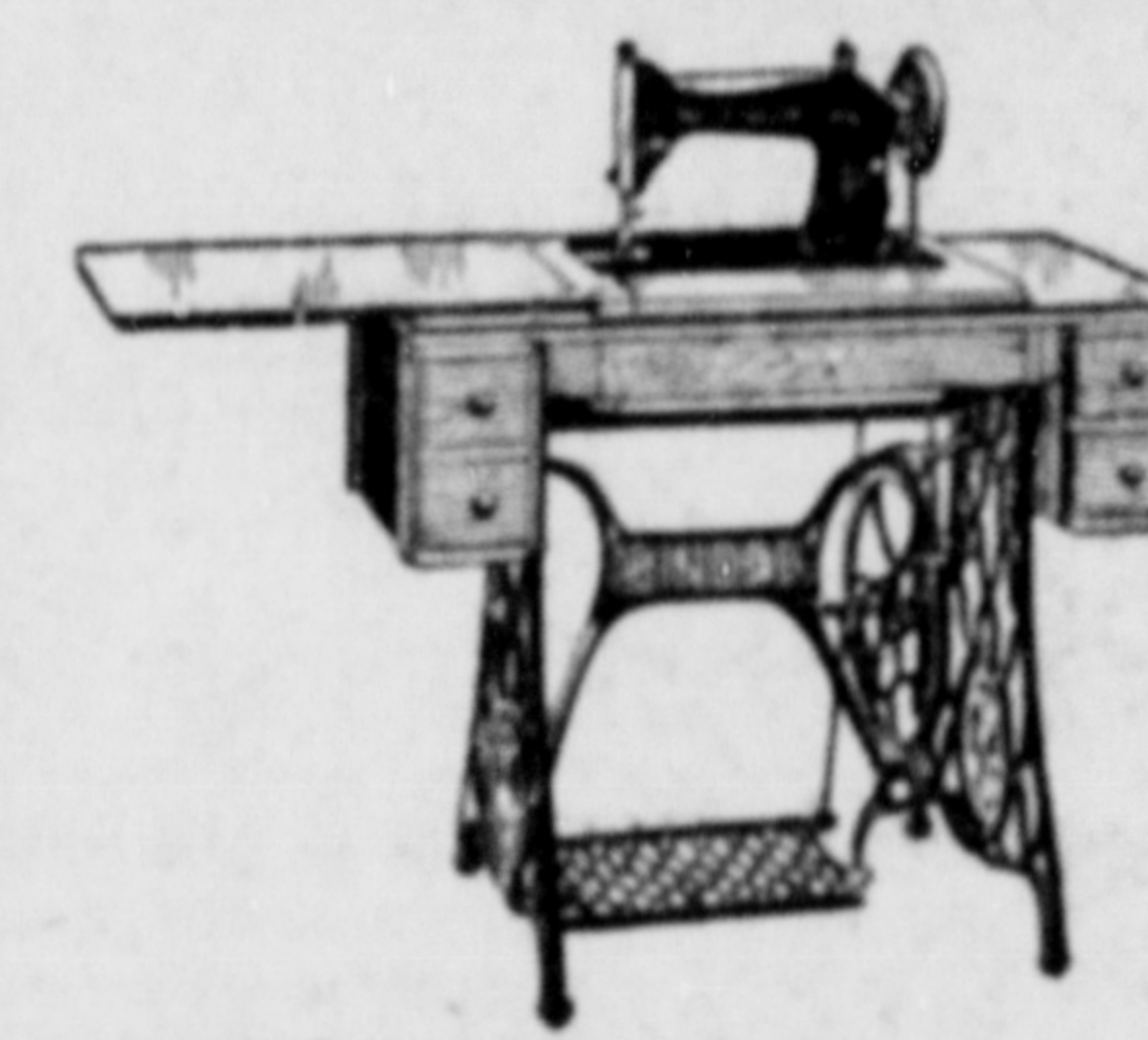
Golden Brown Toast made right at the table

ENJOY toast just as you like it—crisp and hot from a G-E Hotpoint Toaster. It's a marvelous convenience at the breakfast table. And so inexpensive.

GENERAL ELECTRIC Hotpoint TOASTER

NORTHERN BRITISH COLUMBIA POWER COMPANY LIMITED

SAVE-- with a Modern Singer



Smooth, Swift, Quiet, Beautiful in Design
Easy to Operate, Sews Forward or Backward
Be sure to see the New 1934 Singer Sewing Machines

See McRae Bros. Ltd.

Special Trade-in Allowance on your old machine. Payments as low as \$3.00 per month for the balance.

McRae Bros. Ltd.

Mackenzie Furniture August Sale!

- FELTOL, Square Yard 55c
CONGOLEUM, Square Yard 60c
REXOLEUM, Square Yard 42c
RUGS, 6x9 55.95
18x3 CONGOLEUM MAT 20c

Prince Rupert — Phone 775

NEW ROYAL HOTEL

J. Zarelli, Proprietor
"A HOME AWAY FROM HOME"
Rates \$1.00 up
50 Rooms, Hot & Cold Water
Prince Rupert, B.C.
Phone 281 P.O. Box 198

The fishing season will soon be over and D. Elio

Auctioneer and Exchange Furniture Dealer
Suggests that you get busy with your house cleaning and, if you have anything in the furniture line to dispose of, come and see him first.
Third Avenue across from Thrift Cash and Carry
Elio buys and sells everything
Phone—Green 421

Mail Schedule

- For the East
Mondays, Wednesdays and Fridays 5 p.m.
From the East—
Mondays and Saturdays 2:15 p.m.
Thursdays 10:20 p.m.
For Vancouver—
Mondays 2 p.m.
Tuesday 12:30 p.m.
Wednesdays 5 p.m.
Friday 11 p.m.
Saturdays 4 p.m.
From Vancouver—
Sunday p.m.
Wednesday 10 a.m.
Thursday 10:20 p.m.
Friday 10 a.m.
Saturdays 2:15 p.m.
For Anyox and Stewart—
Sunday 7 p.m.

"TILLIE THE TOILER"



Wally Takes a "Chance"

—By Westover