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Northern British Columbia Power Company Limited

It's old fashioned to toil over a washboard—ruining your hands, ruining your health, ruining fabrics. Wash the easy way. An electric washer is easy to buy and amazingly cheap to operate. 10 cents will pay for the current used for a month by the average family. Take a Northern Electric ABC washer for instance. You can have one for a small down payment with the balance spread over two years. It's paid for before you know it and all the while you have been freed from the chains of washday slavery.

A VISIT TO THE CARIBOO

(By H. F. Pullen)

"Gold in Cariboo" was the title of a novel written by the late Sir Clive Phillips-Wooley but, when he wrote the book, he did not realize that there was still plenty of gold in the hills in that district and that it would be discovered and taken out by people only a few years after his death. The delegates to the convention of the Associated Boards of Trade of Central British Columbia were taken to the Cariboo last Saturday as guests of the Prince George Board and held a joint meeting with the Quesnel Board by whom they were royally entertained. There the visitors were told something of the work that was being done in opening to the world the riches of the eternal hills. The whole gathering radiated optimism and faith. Not a false note was heard. The Prince Rupert delegates were, as on every similar occasion, called upon to say a few words for their city and were given an excellent reception. President Hebbington, manager of the Royal Bank, was master of ceremonies and most of the members of the Quesnel Board were present. Quesnel is feeling the impulse of the Cariboo revival. It looks prosperous, feels prosperous and doubtless is prosperous. It is one of the prettiest little towns in the west. I am not going to attempt to describe all that we saw of the mining revival of that wonderful district. We first called at Wing Dam, descended two shafts and saw something of what is meant by the Australian method of mining gold from underground alluvial deposits as carried on there under the management of Campbell Mackenzie with English capital. The visitors were guests of the management at lunch and then drove another 30 miles to the modern little town of Wells. The outstanding operations at Wells are those known as the Cariboo Gold Quartz and the Island Mountain, both financed by American capital.

The operation is being increased as soon as the addition to the plant has been completed. The intention of the company, evidently, is to gradually increase production until this becomes one of the great gold mines of the world. Both this mine and the Island Mountain are only a few steps from the town of Wells where there is already a fine modern hotel, and other buildings and houses are being rapidly built. Both mines are in the same class of ore and both look like good mining bets.

It was seven o'clock that evening when we finished dinner and we immediately set out for Prince George where we arrived about two o'clock in the morning after a long, hard drive and slept the sleep of the weary. I rode both ways with J. M. Henderson, manager of the Imperial Oil Company who is well and favorably known throughout the district. Incidentally we visited the old town of Barkerville a few miles beyond Wells, the old town which is passing slowly away and giving place to the new one of Wells. The trip was an education in geography and in the study of mining methods and mining men. It was a treat to meet the men who are really doing things and to see something of their work.

Reds Are Blamed For Meat Strike

Police of Detroit Investigating Charge Which Has Been Made To This Effect

DETROIT, Mich., Aug. 7.—Police are reported to be investigating a charge that Detroit's stormy meat strike is part of a campaign instituted by Communist agitators.



Brighten up with ALL-BRAN!

You've had days when you've felt discouraged and low. Nothing seemed to go right. Frequently these dreary days can be traced to common constipation, due to lack of "bulk" in your meals.

This ailment may cause headaches and loss of energy. Correct it by eating a delicious cereal.

Laboratory research shows Kellogg's ALL-BRAN provides "bulk" to aid elimination. ALL-BRAN also furnishes vitamin B and food-iron.

The "bulk" in ALL-BRAN resists digestion better than the fiber in fruits and vegetables. It is gentle—and often more effective. Isn't this natural food better than taking patent medicines—often harmful?

Two tablespoonsful of ALL-BRAN daily are usually sufficient. With each meal, in chronic cases. If not relieved this way, see your doctor.

Brighten days with ALL-BRAN! Get the red-and-green package at your grocer's. Made by Kellogg in London, Ontario.

Keep on the Sunny Side of Life

Viewed Operations

We did not go underground at either of these operations but we saw the large mills which crushed the rock, took from it the gold and made regular shipments of bricks of the precious metal. Island Mountain is controlled by the Morgan interests and not much is heard of it as it is fully financed and is making profits for its owners.

The pioneer in quartz mining in the district is the Cariboo Gold Quartz discovered by Fred Wells who is also a director of the company. It is managed by D. B. Rose with O. H. Solbakke of Seattle as financial director. These and other company officials were present at the dinner given by the company to the visitors after they had gone through the mill. We were told there were three hundred men employed by this company and that

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TRIP WAS VERY FINE

Eighty Local People Back From Attending Splendid Celebration At Smithers

Local people to the number of eighty, forming the largest group from any individual point in the district to attend the celebration in connection with the Elk's Flag Day and Central British Columbia baseball championship tournament in Smithers over the weekend, returned home on last night's train, loud in their praises of the excellent way in which the celebration was staged, the interesting program of sports and entertainment that was offered and the genuine hospitality that was extended on all hands by the people of the interior railway town. In addition to the baseball tournament which was won by Smithers and the particulars of which have already been published, the sports program included an exhibition boxing card on Saturday night in which Eddie Smith of this city was one of the participants in the main event. There were dances at Lake Kathlyn Pavilion Saturday and Sunday nights and in Smithers by the Elk's Lodge Monday night. Many of the local people enjoyed drives through the Bulkley Valley where they saw flourishing crops in thriving condition. It was a memorable visit for all who made the trip. Weather was fine and warm.

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Squirrel Brand Peanut Butter—Bulk. Please bring your containers, 2 lbs. for 22c
Pride of Canada Maple Syrup, 2 1/2, per tin 59c
Lilly White Corn Syrup—2's, per tin 20c
Libby's Pork and Beans—2's squat, per tin 9c
Bartlett Pears—2's per tin 14c
Aylmer Tomatoes—Choice 2's, per tin 9c
Rollo Cream Health Oats—per pkg. 27c
Shredded Wheat—per pkg. 10c
Dried Peaches—Fancy 2 lbs. for 35c
Lee and Perrins Sauce—Large bottle, each 66c

Book your orders with us for Apricots. The season is short. Other Fruits and Vegetables at reduced prices.

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THRILLING AIR STORY

A thrilling story of exploits of the Marine Corps in the air, "Devil Dogs of the Air," featuring James Cagney and Pat O'Brien, comes to the screen of the Capitol Theatre here as the mid-week feature offering. It presents dare-devil stunts by flying marines, a dozen battleships participating in naval manoeuvres with the ill-fated dirigible Macon. In addition to its thrilling episodes, "Devil Dogs of the Air" is a rollicking comedy through which runs a clever romance.

Cagney gives a fine performance as a fresh youth who joins the Marines because he can't keep out of airships. He gets into the aviation corps through the kindness of a Marine officer from his home town whose girl he steals. Margaret Lindsay, as a pretty waitress, provides the heart interest. Frank McHugh provides comedy as an ambulance driver while others in the cast who do splendid work are Helen Lowell, Robert Barrat, Russell Hicks, William Davidson, Ward Bond and Gordon Elliott.

PLANNING CARNIVAL

Junior Chamber of Commerce Has Entertainment Scheme Well in Hand

The Silver Jubilee of the incorporation of the City of Prince Rupert will be celebrated at the Exhibition Hall in an grand three-day carnival, arrangements for which are now well under way by the Junior Chamber of Commerce. The Junior Chamber's carnival committee met last evening and committee chairmen reported progress to date. A splendid line of attractions is now well under way.

C. H. Lewis, who directed the recent successful musical comedy "All Dressed Up," has already commenced rehearsals for a vaudeville program for the first evening. The show includes a wide variety of musical and dance numbers which will be shown in this city for the first time.

A large number of entries has been made for "The Pageant of the Nations" which will be featured on the following evening. Prince Rupert's citizens from overseas are now rehearsing the songs and dances of their homelands for this occasion which promises to be most fitting for this Jubilee celebration. Teams from outside points are expected to be here for the field sports.

The carnival will wind up on the third evening with a children's masquerade followed by a grand carnival ball with full and generous novelty effects.

Every effort is being made by the Junior Chamber to provide three days of carnival entertainment in fitting celebration of the city's twenty-fifth anniversary.

Special excursion rates of fare and one quarter have been given by the Canadian National Railways for the occasion.

Timely Recipes

COCOA EGG-NOG

One egg white, 1 teaspoonful of sugar, 1 teaspoon breakfast cocoa, few grains salt, 3/4 cup cold milk.

Beat egg white until stiff and add gradually, while beating constantly, sugar, cocoa, and salt. Add cold milk to half mixture, while beating constantly. Turn into a glass and pile remaining egg mixture on top.

Capitol Theatre advertisement for Devil Dogs of the Air featuring James Cagney and Pat O'Brien. Shows at 7 & 9, Feature at 7:33 & 9:33.

Whifflets advertisement: From the Waterfront. Having on board a list of 200 passengers consisting principally of round trip tourists for Alaska.

Lakelse Lake & Hot Springs advertisement: Fishing, Boating, Hunting, Swimming. Make arrangements with SWAIN'S TRANSFER & TAXI.

A Washer For Every Purse

EASY

Now makes it possible for Every Home to own a Washer.

We are now offering an EASY Washer at a special price of

\$74.50

Terms may be arranged

This model will be on display in our window for the following week.

Arrange for a demonstration at once.

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"TILLIE THE TOILER"

Mac's Solution is Not the Right Answer

—By Westover

