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"I use Pacific Milk for rice puddings, and all light cakes, tea and coffee. It gives a lovely rich flavor to everything." Mrs. D., whose letter we quote, writes she is also influenced by the fact that every cupful of Pacific Milk used helps British Columbia and she has a husband and two sons working here.

Pacific Milk
IRRADIATED OF COURSE

DELICIOUS SUMMIT ICE CREAM
In 1/2-Gallons and Gallons
VALENTIN DAIRY
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ROYAL CITY
BARTLETT PEARS
Another fruit for health

Uniform in size and high quality, excellent table appearance, with pure sugar syrup. Royal City Pears are known for their superior flavor.

Prosperous BRITAIN
BECKONS YOU *this Autumn*

In a joyous Britain keyed to the warm tempo of prosperity, happiness and hospitality greets the traveller. From the moment your ship becomes part of the Autumn colour pageant on the glorious St. Lawrence, life takes on new zest.

Rates are most reasonable. Accommodation perfectly suited to your needs is available... on the deep draught, comfortable, steady ships, of the Canadian service fleet.

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Cabin from \$238.00 - Tourist from \$198.00
Third Class \$146.50

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To Vancouver via Ocean Falls and Way Ports
SS. "Princess Adelaide" every Friday at 10 p.m.

To Vancouver direct
SS. "Princess Louise," Oct. 4th, 16th.
SS. "Princess Norah," Oct. 25th, Nov. 3rd, 19th.

To Ketchikan, Wrangell, Juneau and Skagway
SS. "Princess Louise," Oct. 12th.
SS. "Princess Norah," Oct. 21st, 30th, Nov. 15th, 29th.

For Information and Reservations
W. L. COATES, Gen. Agent, Prince Rupert, B.C.

LOCAL NEWS NOTES

Canadian Legion B. E. S. L., half-yearly meeting, Friday, 8 p.m. Election of officers. (241)

On the stage of the Capitol Theatre next Wednesday and Thursday you meet "The Capitoliens"... something new in flesh and blood entertainment. (240)

Axel Enockson, a fisherman living at Dodge Cove, Digby Island, this year grew an eight-pound watermelon. He is anxious to know if anyone else has tried it and if they have had any success.

Mrs. Frank Morris and little granddaughter, Gwen Alger, left on last evening's train for U.S. Mrs. Morris will be away for a week visiting with her son-in-law and daughter, Mr. and Mrs. Arthur Alger.

Dr. Ralph Woodworth, young Vancouver medical man, was a passenger aboard the Princess Louise yesterday morning going through to Juneau enroute to Tulsequah where he will practice as resident physician and surgeon.

Alex MacKenzie, following his recent serious illness, is now able to be about again.

Tomorrow, Wednesday, Ladies' Music Club Tea Musicales, St. Andrew's Cathedral Hall. Program 3:30 sharp. Adm. 25c. (240)

H. F. Pullen sailed Sunday evening on the Catala for a two weeks' trip to Stewart, Anyox and Alice Arm.

Howard W. Chambers, manager of Klemtu cannery, arrived in the city from down the coast on the Catala Sunday evening.

R. Strachan, who has been in the fisheries patrol service at Klemtu, returned to the city from down the coast on the Catala Sunday evening.

Inspector John A. Fraser, provincial police, returned to the city on the Princess Louise yesterday morning from a brief trip to Victoria on official duties.

Mr. and Mrs. R. G. Vandersluys, who have been on a holiday trip to California, returned to the city from the south on the Princess Louise yesterday morning.

George Murray and M. Montgomery, who have been engaged in fisheries patrol work in the Namu district, returned to the city from down coast on the Catala Sunday night.

James McGlashan of Terrace arrived in the city on Saturday night's train for a brief visit to town. He will be returning to the interior on tomorrow evening's train.

Mr. and Mrs. G. A. Bryant and Mrs. F. N. Good returned to the city on Saturday night's train from the interior. Mr. Bryant made a hunting trip to the Burns Lake district while Mrs. Bryant and Mrs. Good were visiting at Smithers.

Lieut. Col. J. G. Wright of Vancouver will address public meetings in the Baptist Church on Wednesday and Thursday evenings under the auspices of the British-Israel Association. Don't fail to hear these lectures of great interest to all. Collection to defray expenses. (341)

Miss Bessie Carmichael of Queen Charlotte City, who has been a patient at the Prince Rupert General Hospital, was able to leave the institution last Saturday and is now resting up at the home of Mrs. John Johannsen, Seventh Avenue. With Miss Edna Beaven, Miss Carmichael arrived ten days ago from the Queen Charlotte Islands. They will be returning to their home on the Islands on the Prince John at the end of next week.

Announcements

Ladies' Music Club Tea Musicales, Oct. 14.

Canadian Legion Bazaar, October 15.

Anglican Tea at Mrs. Winslow's, October 16.

Hyggas Bazaar, October 23.

Elks' Dance, Boston Hall, October 23.

Baptist bazaar carnival, Oct. 24.

Luther League Carnival Tea, Oct. 29.

Gyro Hoedown, Moose Hall, October 30.

Hill 60 Tea, October 31.

Presbyterian bazaar, November 5.

S. O. N. Bazaar, Moose Hall, November 13.

L. O. B. A. Bazaar, November 19.

C. C. F. Bazaar, December 2.

St. Peter's Church Bazaar, December 3.

Orange Hogmanay Dance, December 31.

RHEUMATISM SPREAD TO ALL HER JOINTS

Obtained Relief by Using Kruschen Salts

Here is a sad story of suffering, but it has a happy ending. This woman was attacked by severe rheumatism which spread to all her joints. But Kruschen brought relief as she describes below:—

"I feel it my duty to tell you how Kruschen Salts brought me relief from a severe attack of rheumatism. I had rheumatism in my legs and knees, later spreading to every joint in my body. This lasted over a period of 13 weeks. I was then ordered to bed with acute rheumatism. I was recommended to try Kruschen and before finishing the second bottle I was able to perform my normal duties."—(Mrs.) I. D.

Rheumatic conditions are frequently due to an excess of uric acid in the body. Two of the ingredients of Kruschen Salts have the power of dissolving uric acid. Other ingredients in these Salts assist Nature to expel the dissolved uric acid through the natural channels.

H. L. Pierce sailed this afternoon on the Catala for Vancouver.

George L. Rorie left on last evening's train for a business trip to Vancouver.

Mrs. E. M. Lemon, who has been spending the past eight months in Vancouver, returned to the city from the south on the Catala Sunday evening.

Capt. W. P. Armour, is expected back on tonight's train from a brief business trip to Prince George.

William Lambie sailed this afternoon on the Catala for a ten day trip to Vancouver, combining business with pleasure.

Alex McRae, who was taken suddenly ill last week, is now making a good recovery although further rest at home will be required.

Mrs. F. C. Freeman and Mrs. C. B. Flewin of Port Simpson, after a week-end visit to town, sailed by the Catala Sunday evening on their return home.

A. L. Stewart, manager of Butedale cannery, and Archie Scott, bookkeeper, and Mrs. Scott will sail this evening on the Catala from Butedale for Vancouver.

CLASSIFIED FOR SALE

FOR SALE—Buy the best. Bunsen Oil Burner. Phone Black 461.

FOR SALE—9-piece Walnut Dining Room suite, good condition. Phone Blue 450. (241)

FURNITURE Factory samples must go this week. Three-room groups, 60 high-grade pieces, guaranteed the most sensational bargain ever offered in Western Canada—\$160.00; 10-piece Chesterfield Groups—\$65.00; genuine Walnut Cedar Chests—\$14.50. Terms if desired. Free storage. Write today. Julius Shore Mail Order House, 801 Bekins Bldg., Vancouver.

FOR RENT

THREE-Room modern apartment, close in, harbor view, L. C. Eby, 4th Ave. East. (240)

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GENTLEMEN'S Sanitary Supplies, highest grade 15 for \$1. Pacific Supply, 751 Granville, Vancouver.

OVER 900 have joined our group forming to provide each member with \$1000 protection for loss of life from any cause, up to 60 years of age accepted without medical examination, estimated cost \$10 to \$12 per year, write for our "Over the Top" drive offer and particulars. Western Mutual Benefit Ass'n, Vancouver, B.C. (tf)

MEN—Get vigor at once. New Ostrer Tonic Tablets contain raw oyster invigorators and other stimulants. One dose pepes up organs, glands. If not delighted, maker refunds few cents paid. Call or write, Ormes Limited. tf.

HOTEL ARRIVALS

Savoy
W. Fosgren, Surf Inlet; Mrs. G. V. Hanley and daughter, Holland Rock; Mrs. John Milton, jr., Lawyer Island; R. E. Valpy and family, Inverness; Mr. and Mrs. Robert Gillespie and Mrs. Chris Neilson, city; William Jones, Port Essington; Thomas H. Bubb, Port Edward; Mrs. M. Rock, Vanderhoof; F. M. Hall, Terrace; Mrs. H. Gray, Aiyansh; C. Miller, Porcher Island.

Royal
James McGlashan, Terrace; H. C. Halliday, C.N.R.; A. McRae, R. Hanson, A. Iverson and O. Polumbo, city.

Prince Rupert
M. W. Taylor, Lyon Lightstone, W. A. Gorman and J. McKague, Vancouver; A. C. Ballard, Sunny-side; James H. Blake, Victoria; George Little, Terrace; A. Watt, C.N.R.; H. W. Chambers, Klemtu.

Central
Alex Murray, Harry Miller, E. Butler, John Smith, James Hart, O. C. Austad, J. A. King and Angus Macdonald, city; F. M. Mayer and O. Hunt, C.N.R.; Mrs. M. Rock, Vanderhoof; Alfred Hadland, Oona River.

Knox
M. L. Clark, Georgetown; Frank Wolfe, H. Enocksen and O. C. Austad, city; Nelson Wolfe, Unity, Sask.; E. Edwards, Port Hardy; Robert Hudson, Namu; P. Langkit, Campbell River; J. Stottard, Rivers Inlet.

Thomas A. Kelley, well known Queen Charlotte Island logging operator, after a brief visit to his camp at Atli Inlet, arrived in the city from the Queen Charlotte Islands at the end of the week and left on last evening's train for the Vanderhoof district where he will make a short stay before proceeding to Vancouver.

THRIFT Quality Foods

BUTTER—First Grade 85c
3 lbs.
CORN FLAKES—Kellogg's 8c
per pkg.
PLUM JAM—Nabob, Pure 39c
4-lb. tin
TOMATO CATSUP—Libby's 17c
per bottle
TOMATO JUICE—Libby's 13c
Picnic size, 2 for 17c
Tall size, 2 for 17c
PEACHES—Columbia 15c
No. 2 tins, each

ROYAL CITY
White Corn— 12c
per tin
Tomatoes—2 1/2's 25c
2 tins
Choice Peas—Sieve 5 25c
2 tins
Pumpkin—2's 9c
per tin

ROMAN MEAL— 30c
per pkg.
JOHNSON'S FLUID BEEF— 91c
per bottle
JAP RICE— 11c
2 lbs.
CHEESE—Kraft or Chateau 15c
1/2 lb. 29c
CRABMEAT—Queen Charlotte Island, 1/2-lb. tin 22c
SPICES—All Varieties 7c
per tin

PANCAKE SPECIAL
1 pkg. Aunt Jemima P. C. Flour
1 bot. Pure Maple Syrup 36c
both for

BAKEASY—Try this perfect shortening, per lb. 15c
JELLO— 6c
per pkg.
BLUE RIBBON TEA— 45c
per lb.
HILLS COFFEE—Worth the difference, per lb. 48c
SLICED BACON—Swift's Diamond "A," per lb. 28c
GOLDEN SYRUP— 17c
2-lb. tin 38c
5-lb. tin

FRUITS and VEGETABLES
Cranberries, per lb. 25c
Bananas, 3 lbs. 25c
Arizona Grapefruit, nice size, juicy, 3 for 18c
Tokay Grapes, per lb. 12c
McIntosh Red Apples, fancy 4 lbs. 22c
Cabbage, Upriver, per lb. 5c

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A few drops up each nostril

TO HELP END A COLD QUICKER
VICKS VAPORUB
Just rub on throat, chest and back

Follow VICKS PLAN for better CONTROL OF COLDS
(Full details in each Vicks package)

SOAP SPECIALS

Helena Rubenstein Soaps

ACNE SOAP—Regular \$1.40 99c
Special

BLEACHING SOAP—Regular \$1.65 \$1.04
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COMPLEXION SOAP—Regular 55c 41c
Special

EGG COMPLEXION SOAP—Regular \$1.10 69c
Special

GLYCERINE PUMICE SOAP— 10c
per cake

WOODBURY'S FACIAL SOAP— 10c
per cake
3 for 25c

ROSE HARMONY SOAP— 15c
large cake

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Union Steamships, Limited

Steamers leave Prince Rupert for Vancouver:

T.S.S. CATALA EVERY TUESDAY, 1:30 P.M.
Due Vancouver, Thursday p.m.

T.S.S. CARDENA FRIDAY, 10:30 P.M.
Due Vancouver, Monday a.m.

ROUND TRIP FARE leaving Sunday 8:00 P.M. calling Pt. Simpson, Stewart, Anyox, Naas River returning Tuesday, \$14.40

Further information regarding sailings and tickets from R. M. SMITH, Prince Rupert Agent, Third Ave. Phone 568

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