Daily use of

aids digestion!

GET SOME TODAY AT ANY STORE!

Wrigley's Gum helps you keep fit! Relieves that stuffy feeling after eating. Cleanses crevices between teeth, too . . . . assures sweet breath. *A simple aid to health!*

Buy some now! Small in cost but *big* in benefits! Enjoy it after every meal—*millions do!* CS-11

Protect Your Home

It Pays To Paint

Good paint is the only insurance that you can put on your home that will protect it from the weather elements. If your home is not protected against dampness and heat, dry rot is the result, which takes a heavy toll in property each year.

Drop in and let us tell you about B&H English Paint. It carries the manufacturer's written guarantee, 100% pure. You cannot buy any paint finer or longer lasting.

Let us help you with your problems.

We will save you money.

GORDON'S HARDWARE

PHONE 311 McBRIDE ST.

MacKENZIE'S FURNITURE

AUGUST FURNITURE SALE

2—3 Piece Chesterfield Suites—Covered in tapestry Sale Price **$85**

1—3 Piece Chesterfield Suite—In tapestry Sale price **$89.50**

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Prince Rupert, B. C. 327 THIRD AVENUE

MILK

We Have Grade "A" Raw and Pasteurized Milk Daily From Our Own Herd

Delicious Sour Cream 50c per Quart

Phone Red 608 For Better Dairy Products

Dominion Dairy

THE CONSOLIDATED MINING & SMELTING COMPANY OF CANADA, LIMITED

TRAIL—BRITISH COLUMBIA

Manufacturers of Elephant Brand Chemical Fertilizer

Ammonium Phosphates, Sulphate of Ammonia, Superphosphates, Complete Fertilizers

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Gold, Silver, Electrolytic Lead, Zinc. Cadmium, Bismuth.

CANADIAN PACIFIC RAILWAY LINES WORLD'S GREATEST TRAVEL SYSTEM

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Trans-Atlantic Trans-Pacific

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

TO VANCOUVER DIRECT

SS. "Princess Louise" Aug. 6, 17, 27; Sept. 7 — SS. Princess Alice" Aug. 10,20. — SS. Princess Charlotte Aug. 3, 13, 24; Spet. 3.

Connections at Vancouver with Canadian Pacific Services

Tickets and Reservations From

W. L. COATES, General Agent. Prince Rupert, B.C.

LOCAL NEWS NOTES

R. L. McLennan is sailing today on the Prince Rupert for a business trip to Vancouver.

Dr. W. T. Kergin sailed Saturday evening on the Prince George for a trip to Vancouver.

Mrs. T. W. Brown and her little daughter sailed Saturday evening on the Prince George for a trip to Vancouver.

Frank Watts, brother of W. M. Watts, left Saturday night on the Prince George for Vancouver enroute to his home at Kelso, Washington, after a visit here.

Miss Joyce Collison R.N., who has been spending some time here with her parents, Mr. and Mrs. W. E. Collison, sailed Saturday evening by the Prince George for Vancouver.

Mr. and Mrs. W. R. McAfee and daughter, Jean, sailed Saturday evening on the Prince George for Vancouver where Mrs. McAfee will receive further treatment for her illness.

D. McN. Lowe, engineer for the provincial department of public works, arrived in the city on the Prince George Saturday evening from Stewart and sailed this morning on the Princess Alice for the Telegraph Creek district.

Hon. Kenneth Solomon, government leader in the House of Assembly of the Bahamas, and Mrs. Solomon, in the course of a Pacific Coast tour, were here aboard the Prince Robert this morning going through to make the round trip to Alaska.

Dr. W. A. Clemens, director of the Nanaimo Biological Station of the Fisheries Research Board of Canada, and Dr. A. L. Pritchard, also of the scientific staff of the Nanaimo station, arrived in the city on Saturday afternoon's train following a trip up the Skeena River valley as far as the Babine to study salmon migration. They will spend the coming week here and Dr. Pritchard will visit the Queen Charlotte Islands before returning south.

Announcements

All advertisements in this column will be charged for a full month at 25c a word.

First annual Port Day Ball, Thursday, August 25. Moose Hall.

Rebekah Tea, Annette Fashion Show, Sept. 1.

Cathedral Christmas Bazaar November 17.

Phone 112 Taxi day and night.

Mrs. F. E. Robertson sailed Saturday evening on the Prince George for Vancouver.

Canadian Legion B.E.S.L. executive meeting tonight, monthly meeting Wednesday 8 p.m.

Kispiox favorite Wildwood Orchestra will be in Prince Rupert Friday and Saturday August 19 and 20. Admission reasonable.

Mr. and Mrs. W. N. Currie sailed Saturday evening on the Prince George for a vacation trip to Vancouver.

F. Nason sailed on the Prince Charles Saturday night for Shannon Bay, Massett Inlet, where he is to assume the duties of manager of the B.C. Packers cannery.

Sergeant Ernest Gammon, provincial police, returned to the city on the Prince George Saturday evening from a brief trip to Stewart on official duties.

Miss Margaret Clark, who has been spending her vacation visiting with her parents, Mr. and Mrs. A. C. Clark, Bowser Street, sailed by the Prince George Saturday night on her return to her nurses' training duties at Royal Jubilee Hospital, Victoria.

WAKE UP YOUR LIVER BILE—

And You'll Jump Out of Bed in the Morning Rarin' to Go

The liver should pour out two pounds of liquid bile into your bowels daily. If this bile is not flowing freely, your food doesn't digest. It just decays in the bowels. Gas bloats up your stomach. You get constipated. Harmful poisons go into the body, and you feel sour, sunk and the world looks punk.

A mere bowel movement doesn't always get at the cause. You need something that works on the liver as well. It takes those good, old Carter's Little Liver Pills to get these two pounds of bile flowing freely and make you feel "up and up". Harmless and gentle, they make the bile flow freely. They do the work of calomel but have no calomel or mercury in them. Ask for Carter's Little Liver Pills by name! Stubbornly refuse anything else. 25c.

Mrs. A. M. Dowther sailed Saturday evening on the Prince George for a business trip to Vancouver and elsewhere in the south.

L. S. Davidson, well known Stewart mining man, was a passenger aboard the Catala last night returning north after a brief business trip to Vancouver.

Col. Roper, member of the British House of Cimmons, arrived in the city on the Princess Alice this morning, in company with District Forester R. C. St. Clair, left for the Queen Charlotte Islands. Col. Roper is particularly interested in forestry matters.

OVERWAITEA LTD.

CASH or C.O.D. Phone 843

OVERWAITEA FIRST GRADE BUTTER—3 lbs. for **89c**

Burns' Bakeasy Shortening—2 lbs. for 25c
Fluffo Brand Shortening—Per lb. 15c
Brentwood Brand Peas—Sieve 5. 3 tins for 25c
Aylmer Brand Red Plums—2's. 3 tins for 29c
Aylmer Brand Boneless Chicken—7-oz. tin. Ea. . 25c

FIRST PATENT FLOUR
24's **$1.15**
49's **$2.10**
98's **$4.00**

AYLMER CONDENSED SOUPS
Tomato, Vegetable, Green Pea, Vegetable-Beef and Celery. 3 tins for **25c**

Fancy Biscuits — Chocolate Eclairs, Sandwich and Fig Bars. Per lb. **25c**

Hedlund's Pork Sausage—1-lb. tin. Each **23c**

Johnson's Glo-Coat— Pint **59c**
Quart 99c

I.B.C. Sodas—Plain or Salted. Family size. Each **19c**

Paper Serviettes—80 to package. Per pkg. **12c**

Sunkist Oranges—252's. Ripe, juicy. Per doz. **25c**

Carrots—Large bunches. 3 bunches for **10c**

Cooking Apples— Dandy for pies. 6 lbs. for **25c**

Celery—Large crisp stalks. Each **11c**

Green Onions—Savoury Per bunch **2c**

Free Delivery On Orders of $3.00 or Over
Its Easy to Make Up a $3.00 Order. Try It

THRIFT

Cash & Carry

Low Regular Prices Real Specials

TEA—Blue Ribbon. Lb. **49c**

NU-THRIFT BUTTER—First grade 3 lbs. **85c**

CHATEAU CHEESE—Plain or Pimento. ½-lb. pkt. **17c**

WAX ROLLS—Cutter package. 2 for **25c**

SHREDDED WHEAT—Large packet **11c**

BLACK LABEL PINEAPPPLE Sliced or crushed. 16-oz. tins **15c**

JERGEN'S SOAP — Floating carbolic. 6 bars **25c**

JEWEL SHORTENING —2 lbs. **25c**

CANTELOUPES—Large Okanagon. Each **11c**

MANITOBA HONEY—Pure, No. 1 white 2 lbs. 3 oz. tins **20c**

BARTLETT PEARS — Large size 15. Per basket **35c**

JELLY POWDERS—Nabob or Malkins Best. 7 for **25c**

GRANULATED SUGAR—10 lbs. **58c**

OXYDOL— Large package **23c**

PARAGON TISSUE— Large rolls. 3 for **22c**

POTATO CHIPS— Nalley's Packet **9c**

CORN FLAKES— Quaker or Kellogg's 3 for **25c**

MIRACLE WHIP SALAD DRESSING— 8 oz. **19c**
16 oz. **33c** 32 oz **49c**

CHOCOLATE ECLAIRS— Red Arrow. 1-lb. cello **29c**

HEINZ KETCHUP— 14-oz. bottle **21c**

COOKING APPLES— 6 lbs. **25c**

FRESH GOLDEN BANTAM CORN— Dozen **34c**

Phone 179 We Deliver

Mrs. D. H. More sailed Saturday evening on the Prince George for Vancouver.

Mr. and Mrs. T. Moran, who have been on a vacation trip south, returned to the city on the Catala last night. Mr. Moran is a well known district lighthouse keeper.

Col. J. W. Nicholls, general manager of the Canadian Fish & Cold Storage Co., sailed Saturday evening on the Prince George for a business trip to Vancouver and elsewhere in the south.

"Build B. C. Payrolls"

MILK PURE FRESH

The purity and freshness of Pacific Milk are kept up to the purity and freshness of the milk at milking by the vacuum seal. This makes Pacific the best of canned milks.

PACIFIC MILK

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SPECIAL 3 CAKES FOR

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3rd Avenue Phone Green 916

4-piece Bedroom Suite— Including bed, chiffoneer, vanity and upholstered bench. Special **$69.00**

Spring Filled

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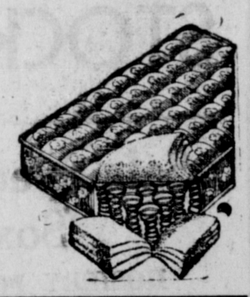
$17, $20 and $35



Trade in your used furniture and stove in part payment on new.

ALL FEATHER PILLOWS

EACH. **75c, $1, $2 and $3**

GREY WOOL BLANKETS— Size 60 x 80. Pair **$7.00**

BABY CARRIAGES

$23, $25, $29, $32

Floor Covering

CONGOLEUM GOLD SEAL

Size 7 1-2 x 8. Each **$6.75**

Size 9 x 9. Each **$8.50**

Size 9 x 10 1-2. Each **$9.65**

Size 9 x 12. Each **$10.75**

SEAMLESS AXMINSTER RUGS— Size 9 x 9. Each **$29**

If you lose anything, advertise for it.