

*A well-balanced food*  
strikes the happy medium

SHREDDED WHEAT contains all the vital elements found in whole wheat only, in their most delicious and easily digested form. Each one plays its part in nourishing, strengthening and regulating the system. Serve Shredded Wheat every day, with milk or cream, fresh and canned fruits and berries, or in any other combination.

The Canadian Shredded Wheat Company, Ltd.  
Niagara Falls - Canada

12 big biscuits in every box

**Eat SHREDDED WHEAT**  
MADE IN CANADA - OF CANADIAN WHEAT

**LOCAL NEWS NOTES**

R. W. Sinclair, manager of Inverness cannery, returned to the city on the Princess Alice yesterday afternoon from a business trip to Wrangell.

Citizens of Prince Rupert are recommended to inspect the exhibition car accompanying the "Know Mississippi Better" train due to arrive at Prince Rupert 2:30 Friday afternoon.

On a charge of obtaining a chauffeur without ascertaining whether he had a licence, John Gurchich was fined \$5 by Magistrate McClymont in city police court this morning under the motor Vehicle Act.

Basil G. Ryan, agent for the Canadian Pacific Railway at Yokohama, and Mrs. Ryan were here aboard the Princess Alice yesterday afternoon returning south after making the round trip to Alaska. They will now proceed to Montreal and Ottawa for a visit.

William A. Hesse, territorial highway engineer for Alaska with headquarters at Juneau, arrived in the city from the north on the Princess Alice yesterday afternoon and will proceed tomorrow afternoon by the Prince Rupert to Hyder, Alaska, on official business.

**HOW TO MAKE ICED TEA**  
Infuse six heaping teaspoons of Seleda Black Tea in a pint of fresh, boiling water. After six minutes strain liquid into two-quart container. While hot, add 1 to 1½ cups of granulated sugar and juice of 2 lemons, strained. Stir well until sugar is dissolved; fill container with cold water. Do not allow tea to cool before adding the cold water; otherwise liquid will become cloudy. Serve with chipped ice.

**"SALADA" ICED TEA**

**Warwick BOX CAMERAS**  
(Made in England)

Takes Pictures size 3 1-4 by 2 1-4. Price--

**\$2**

**Parents of Mrs. Irvine Observe Diamond Wedding**

Mr. and Mrs. Robert Glen, parents of Mrs. J. S. Irvine of this city, recently celebrated their diamond wedding anniversary at their home in Largs, Scotland, all their children being with them for the occasion with the exception of Mrs. Irvine and another daughter who lives in Spain. They were felicitated at a large family gathering in Curlinghall. Mr. Glen was station master at Largs for many years prior to his retirement from the London, Midlands and Scottish Railway service fourteen years ago.

**Moose Dances For Warship**  
Highly Successful Affairs Held On Friday and Monday Nights

In connection with the visit over the week-end of H.M.S. York, highly successful dances were held Friday and Monday nights by the Moose Lodge, men from the visiting warship predominating on each occasion. Distribution of confetti and novelties lent further to the merriment on Monday night. On Friday night the attendance totaled 125 couples and on Monday night, one hundred couples.

Music for the dances was furnished by George Brown's Orchestra and Walter Smith was master of ceremonies.

The committee in charge of both dances consisted of Albert Stiles, Fred Cameron, Joe Ratchford and A. D. Vance.

**Canadian Legion Women's Tea And Sale Is Success**

A successful tea and sale of home cooking was held yesterday afternoon by the Women's Auxiliary of the Canadian Legion at Legion clubrooms yesterday afternoon. Many ladies called to lend their patronage.

Mrs. W. J. Lineham was general convener. Mrs. S. V. Cox and Mrs. W. H. Goodsell poured and servers were Mrs. Wilson, Mrs. William Rothwell and Miss Margaret Smith. Mrs. Ted Shrubbsall and Mrs. S. G. Ayres were in charge of the kitchen and Mrs. J. McGreist was cashier. There was tea cup reading by Mrs. John Bremner.

Mrs. M. J. Keays and Mrs. Robert Murray had charge of the home cooking and candy table.

The raffles were in charge of Miss Edith Gandy and Mrs. J. R. Murray and the winners were: Cushion won by Orme Stewart No. 205. Box of Candy won by Betty East-

**HOTEL ARRIVALS**

**Savoy**  
Mrs. J. Thompson, Don and Dorothy Thompson, Cedarvale; J. E. Fenton, Vancouver.

**Royal**  
Joe Chykarder, F. A. Lloyds, Carl Johnston and H. W. Clark, city; N. Johnson and Marcus Sorenson, C. N. R.; George F. Clarke, Nelson; Arne Stemland, John Hall and Nels Anderson, Seattle.

**Prince Rupert**  
William A. Hesse, Juneau; Mr. and Mrs. R. W. Sinclair, Inverness.

**Central**  
A. Rasmussen, Digby Island; C. H. Olds, city; Mr. and Mrs. J. Brinkae, Skeena City; Garnett C. Quick, Smithers; E. Wallace, C. N. R.; H. Carlson and A. Rasmussen, city; Paul Warwarick, Abbotsford.

**Knox**  
H. Hansen, city.

**RECORD EXPORT**

**KINGSTON, Jamaica, July 21.**  
(CP)—A record in banana exports for this island was set up when 786,000 stems were placed on board vessels in a week. About \$175,000 was spent in Jamaica for services necessary to take the fruit from the trees to the ships, not including the amount paid to growers.

An Empire Product  
**Swift's CORN BEEF**  
Finest Quality. 15c  
12-oz. tin

**THE THRIFT CASH and CARRY**

**FREAK CHICK**

**KINGSTON, Jamaica, July 21.**  
(CP)—One of seven chickens hatched on James Brown's farm at Ahooito Bay was black, without any feet, having one toe, one wing, two buttocks and neither eye open.

**Progress Being Made on Putting Up Of Hospital**

Pouring of concrete for the foundation walls of the new Prince Rupert General Hospital building is about completed. Next will come the beams and foundation floor slabs, pouring of which will commence in about ten days.

Try a Daily News want-ad.

**Announcements**

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

Anglican Tea, Mrs. F. M. Good, July 28.

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

man No. 12.

The lucky tickets were drawn by Polema Lineham.

In the bean guessing contest Miss Ena Lineham was the winner, the prize being a plant and basket stand.

**Ormes Ltd.**  
The Pioneer Druggists

The Retail Store Open Daily From 8 a.m. till 10 p.m.  
Sundays and Holidays From 12 noon till 3 p.m., 7 p.m. till 9 p.m.

Phones: 51 & 52

**MacKENZIE'S FURNITURE**

All Felt Mattresses

Sizes 4.6 — 4.0 and 3.3 EACH **\$7.50**

Phone 775 327 THIRD AVENUE

**Canadian Pacific**

Transcontinental Trans-Pacific

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

TO VANCOUVER DIRECT

SS. "Princess Louise" SS. "Princess Alice" SS. "Princess Charlotte" July 6, 16, 27, Aug. 6, July 9, 20, 30, Aug. 10, July 23, Aug. 3, 13

Connections at Vancouver with Canadian Pacific Services

Tickets and Reservations From W. L. COATES, General Agent. Prince Rupert, B.C.

**FOR SAFE DRIVING**

Perfect Grip  
**GUTTA PERCHA TIRES**

**UNION STEAMSHIPS LTD.**

Steamers Leave Prince Rupert for Vancouver:  
T.S.S. CATALA EVERY TUES. T.S.S. CARDENA FRIDAY.  
DAY, 1:30 p.m. 10:30 p.m.

Due Vancouver, Thurs. a.m. Due Vancouver, Monday a.m.

If Convenient, Please Purchase Tickets at Office  
Further Information Regarding Reservations and Tickets From  
A. W. NEWMAN, Prince Rupert Agent, Third Ave. Phone 568

"A few cents a day is all it costs to run my electric refrigerator"

Automatic THRIFT UNIT Sealed-in-Steel

It's easy to say that a modern electric refrigerator pays for itself — and it's just as easy to prove. You can do it in your own home.

From the moment you install it, your Electric Refrigerator starts saving. It saves three ways. First, by elimination of food waste. Second, by letting you buy in larger quantities knowing the food will keep. And third, because its operating costs are lower than ever — far less over the year than you could spend for ice. Ask about our convenient payment plan.

**NORTHERN BRITISH COLUMBIA POWER COMPANY LIMITED**

December Frozen  
**HERRING BAIT**

Cold Storage Ice

**Canadian Fish & Cold Storage Co. Ltd.**  
Prince Rupert, B.C.