

SHREDDED WHEAT IS Naturally Good!



THE 5 FOOD VALUES IN SHREDDED WHEAT
 Vitamin B - - - - for Growth
 Proteins - - - - for Body-Building
 Mineral Salts - - - - for New Tissue
 Carbohydrates - - - - for Energy
 Bran - - - - - for Regularity

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

Eat SHREDDED WHEAT
 MADE IN CANADA - OF CANADIAN WHEAT

12 big biscuits in every box

LOCAL NEWS NOTES

Phone 112 Taxi; new heated cars.

MOOSE—Meet at Moose Hall, Friday at 10:30 a.m. for parade.

Miss Jean Stalker is sailing tonight on the Prince George for a trip to Vancouver.

S. O. N. Basket Social, Friday, 10 p.m. Ladies with baskets free Good Music. Refreshments. Adm 35c. Everybody welcome. (263)

EVENSON'S IDEAL CLEANERS wish to announce that since Mr. Sam Currie has discontinued business as the New Laundry on 5th Ave. and McBride St., that he is not authorized to accept business for Evenson's Ideal Cleaners. For your cleaning and pressing requirements phone us at 858 and our driver will call. (264)

Wear a Poppy on Remembrance Day!

Among the donors in connection with the Sons of Norway Sonjas bazaar last week was Selvig's Market.

Tonight's train, due from the East at 11 o'clock, was reported this afternoon to be on time.

Parent Teacher's Ass'n. asks those who promised donations to telephone bridge, please leave at Ormes this week. (263)

R. G. Cunningham of Port Eslington, who is paying a business visit to the city, will sail Friday night on the Cardena to spend the winter in Victoria and California.

With only six weeks to Christmas the Boy Scouts are seeking contributions for their toy shop for the repairing of discarded toys for destitute children.

Bake Better Bread in HALF the time, with QUARTER the work the Easy Quaker Way with QUAKER FLOUR



Like thousands of women, give yourself new leisure and at the same time, most delicious, wholesome bread and rolls. Follow The Quaker Method of Easy Bread Baking with Quaker Flour. The Quaker Easy Way does away with tiresome kneading, eliminates setting. And remember, Quaker Flour is specially milled from finest Canadian wheat* to give you the best all-purpose flour money can buy. Learn The Quaker Method of Easy Bread Baking NOW! Send for FREE Booklet.

\$50.00 in Prizes Every Week
 \$5.00 will be awarded to the ten best entries describing in 25 words or less, "Why I like Quaker Flour and The Quaker Method of Easy Bread Baking".

Enter Now and—Every Week!

FREE! To help you win—a copy of the valuable booklet "The Quaker Method of Easy Bread Baking". Just tear out and mail coupon below.

*In case you do not know it—Every grain of wheat is washed and REWASHED in fresh, pure water from our own Artesian wells. Buy Quaker Flour today.

Quaker Flour
 Always the Same Always the Best

TEAR OUT AND MAIL THIS COUPON NOW!

The Quaker Oats Company, Dept. F-68, Saskatoon, Sask. Name _____
 Please send me my FREE copy of the booklet, "The Quaker Method of Easy Bread Baking". Street _____
 City _____

Be the Life of the Party—Play Piano Popular Music The Professional Style

HAROLD DAVEY
 Teacher of Piano and Piano-Accordion
 Open for Engagements—Parties, Dances, Receptions, etc.—
 Music With Rhythm
 Reply at the News
 Clip This Ad for Ref.

Baptist Bazaar Is Successful

Men Took Prominent Part In Assisting Ladies In Annual Sale This Year

The annual bazaar of First Baptist Church, in which men as well as ladies took a prominent part on this occasion, was a very successful event, financial results being highly satisfactory. The affair took place on Third Avenue downtown in the store formerly occupied by Thomas Ballinger. H. M. Daggett acted as general convener and had the event well organized.

The following took part:
 Tea Room—Mrs. Norman Fraser, receiving; Mrs. Bert Morgan, cashier; Mrs. Frank Morris, Mrs. S. Alger, Mrs. H. M. Daggett and Mrs. J. A. Lindsay, in kitchen; Mrs. C. O. Campbell, Mrs. W. W. Wrathall and Mrs. J. Armstrong, serving.

Sewing—Mrs. G. W. Johnstone and Miss Kay Watson.
 Home Cooking and Candy—Mrs. E. E. Brandt, Mrs. Frank Glass and Mrs. J. C. Gilker.
 Fish Pond—Miss Edith Johnstone and Miss Phyllis Hamblin.
 Hot Dogs and Doughnuts—Miss Clissie Armstrong and Miss Nancy Bremner.
 Country Store—G. W. Johnstone and Mrs. C. H. Elkins.

Circulation In Library Shows Definite Gain

The Prince Rupert Library Board held its regular monthly meeting Wednesday evening. Those present were Frank Dibb, chairman, T. B. Black, secretary, Mrs. N. E. Arnold, T. J. Williams and Olive van Cooten, librarian.

The circulation during the month showed a definite increase over that of the previous month and as many new volumes as funds permit are being obtained for winter reading.

It was reported at the meeting that a number of excellent volumes had been secured for the library from a private collection.

The board also agreed to offer a number of duplicate copies to the school libraries if they meet with the approval of the school authorities.

FOR Baby's Cold
 Help end it quicker without "dosing".

VICKS
 VAPORUB
 PROVED BY 2 GENERATIONS

ARMISTICE BANQUET; Canadian Legion, B.E.S.L. Anniversary Banquet, Friday November 11th. Members and ex-service men only. Tickets from Members of the Executive. (261-4)

Music
 Ruth Nelson A.T.C.M.
 Teacher of Piano, Theory and Harmony.
 PHONE GREEN 390

Children's Story Hour To Resume

Plans for the fifth season of the Children's Story Hour were inaugurated at the home of Mrs. Robert Cameron on Tuesday afternoon. The program is scheduled to start on November 26 and will continue until March 25. The Hour will be conducted in the Boston Hall from ten to eleven on Saturday mornings with alternate meetings for children of four to eight and nine to fourteen years.

The staff comprises the following:
 Supervisor—Mrs. J. T. Mandy.
 Director—Mrs. Robert Cameron.
 Assistants—Mrs. J. A. Barry, Kitty Cameron, Jean Cameron, Mrs. J. G. Garrett, Phyllis Hamblin, Mrs. Trevor Johnston, Mrs. B. Lundahl, Dr. J. T. Mandy, Isabel McCrimmon, Mrs. Hugh Morrison, Mrs. Fred McLeod, Mrs. D. V. Smith.
 Substitutes—Mrs. W. L. Stamford, Mrs. G. P. Tinker and Margaret Armstrong.

BAZAAR IS ON TODAY

Annual Affair of Presbyterian Church Ladies' Aid at Social Parlors This Afternoon

In the church social parlors, attractively decorated for the occasion in red and green, the annual bazaar of First Presbyterian Church is being held this afternoon, the affair having been opened by the pastor, Rev. H. G. Funston.

Mrs. H. M. Foote, Mrs. W. L. Sandison and Mrs. C. G. Ham are in charge of the tea room. Mrs. Alex McRae, Mrs. D. C. McRae, Mrs. James Simpson and Miss Jessie Rothwell are pouring and ser-viteurs are Mrs. B. R. Rice, Mrs. Robert Cameron, Mrs. John McLeod, Mrs. J. A. Frew and Mrs. William McLeod. Mrs. James L. Lee is cashier.

In charge of the booths are:
 Fish Pond and Plain Sewing—Mrs. Robert Strachan, Mrs. A. Iverson and Mrs. J. A. Teng.
 Novelties and Christmas Gifts—Mrs. E. J. Smith and members of the senior choir.
 Wishing Well—Mrs. Harry Calderwood and Miss Jessie Rothwell.
 Home Cooking—Mrs. M. McRobbie and Mrs. James Hadden.
 Candy—Miss Betty Woods and girls of the Young People's Society.
 Country Store—E. J. Smith and members of the board of managers.

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REMEMBRANCE DAY PARADE. Canadian Legion, B.E.S.L. members will fall in at Legion Clubrooms at 10:15 a.m. Decorations, medals and berets will be worn. Ex-service men and nursing sisters cordially invited to fall in with Legion. (262-4)

Dressmaking
 Nubone Foundation Garments
EDITH MILLER
 Room 14 Smith Block
 Phone BLUE 276

JONES FAMILY MARKET
 Phone 957 and Phone 957

FULTON MEAT MARKET
 Phone 683 Phone 683

Saturday Specials

PORK
 LEG of PORK— 20c
 Per lb.
 SHOULDER of PORK— 15c
 Per lb.
 SIDE of PORK— 25c
 2 lbs.
 PORK CHOPS— 25c
 Per lb.

LAMB
 LEG of LAMB— 25c
 Per lb.
 LOIN of LAMB— 25c
 Per lb.
 SHOULDER of LAMB— 15c
 Per lb.

BEEF
 SIRLOIN TIP of BEEF— 18c
 Per lb.
 RUMP ROAST of BEEF— 15c
 Per lb.
 3 lbs. ROUND STEAK and 2 lbs. KIDNEY— 50c
 SIRLOIN STEAK— 50c
 3 lbs.
 ROLLED PRIME RIB ROAST—Per lb. 18c

VEAL
 LEG of VEAL— 20c
 Per lb.
 FILLET of VEAL— 25c
 Per lb.
 SHOULDER of VEAL— 50c
 4 lbs.

CHICKENS— 30c
 Per lb.
FOWL— 25c
 Per lb.

Heckled Former President; Gets Fine Next Day

SPOKANE, Nov. 10—For heckling Former President Herbert Hoover at a meeting here, George B. White was fined \$15 in court the next day.

NOTICE

At command of the King, a two-minute silence has been ordered for tomorrow morning at 11 o'clock throughout the British Commonwealth for the observance of the Armistice anniversary. Citizens of Prince Rupert are requested to see that this order is duly observed.

W. J. ALDER,
 Commissioner.

Walker's Music Store
 Large Stock Music Heintzman, Nordheimer and Lesage Pianos
 Piano Tuning with "Resonoscope"
 Phone Blue 389 212 4th St.

A Hot Time
 Is What You Want This Winter

You can get it by using our famous Edson, Bulkley Valley or Nanaimo-Wellington coal.

PRINCE RUPERT FEED CO.
 Phones 58 or 558

NATIONAL MOTOR SERVICE
 THIRD AVENUE EAST
 Phone RED 392

INTERNATIONAL TRUCKS
 HILLMAN CARS
 STANDARD PRODUCTS

Prompt and Efficient Service.

CENTRAL HOTEL
 ROOMS and CAFE
 Phone 51 For Best Household Coal
 MRS. C. E. BLACK

J. H. BULGER Optometrist
 Royal Bank Bldg.

Fresh Local Raw and Pasteurized Milk
VALENTIN DAIRY
 PHONE—657

STOP Itching
 TORTURE In A Minute

For quick relief from the itching of eczema, blisters, pimples, athlete's foot, sores, rashes and other skin eruptions, apply Dr. Dennis' pure, cooling, antiseptic, liquid D. D. D. PRESCRIPTION. Its gentle oils soothe the irritated skin. Chew, grateless and stainless—dries fast. Stops the most intense itching instantly. A 35c trial bottle, at drug stores, proves its money back. Ask for D. D. D. PRESCRIPTION. 28

Announcements

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

Presbyterian Bazaar Nov. 10.
 S. O. N. Basket Social November 11.
 Lutheran Sewing Circle Bazaar November 16.
 Eagles' Bridge, November 16.
 Cathedral Christmas Bazaar November 17.
 St. Peter's Church Bazaar November 24.
 City Tennis Association annual dance, Oddfellow's Hall, November 25.
 United Bazaar December 1.
 S.O.N. Play December 2 and 3.
 Christmas Fair, United Church, December 2 and 3.
 Carnival and Dance, Metlakatla, December 5.
 St. Peter's Seal Cove Parish Hall Dance December 9.

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DELICIOUS NOURISHING INVIGORATING



Everybody likes Old Style Beer! YOU can enjoy its friendly sparkle and smooth, mellow goodness today.

Phone 654 For Free Home Delivery

CAPILANO BREWING CO., LTD.
 VANCOUVER, B. C.

Old Style BEER

AFTER THE FAMOUS FORMULA OF THE HOUSE OF LETHBRIDGE

This advertisement is not published or displayed by the Liquor Control Board or by the Government of British Columbia.

ROYAL CITY CARROTS and PEAS

Keep this with your recipe

Fresh, full-flavored peas and diced carrots add inviting variety to your meal, and require no preparation.

FOR WALL AND CEILING DECORATION

MURESCO puts harmony in Walls and Ceilings

Beautiful Economical Durable

40c per Half Package — 75c per Package

GORDON'S HARDWARE
 McBRIDE STREET Phone 311

CANADIAN PACIFIC RAILWAY LINES

Canadian Pacific

Transcontinental Trans-Atlantic Trans-Pacific

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

TO VANCOUVER DIRECT
 November 7th, 17th, 28th, December 8th, 19th
 S.S. PRINCESS NORAH

\$36 Winter Excursion Fare—Vancouver and Return—Tickets on Sale Nov. 1st, 1938 to Feb. 28th, 1939. Final Return Limit March 31st, 1939.

Connections at Vancouver with Canadian Pacific Services
 Tickets and Reservations from
 W. L. COATES, General Agent Prince Rupert, B.C.