

## Even the vacation failed to help

WHEN they went on their vacation, they thought the rest and change would restore their health and vigor. Yet, when they returned, they were no better off than before they went away. Listlessly he went back to his business. And she wondered if she would ever regain her youthful beauty and health.

What a pity they didn't know that constipation was the cause of their unhappiness. Headaches, fatigue, bad complexions are a few of the symptoms. If allowed to continue, serious illness often occurs.

Yet there is a prompt and effective way to banish this evil. Kellogg's ALL-BRAN is guaranteed to relieve and prevent constipation safely.

Only ALL-BRAN gives maximum results

It is bulk that relieves constipation. Kellogg's ALL-BRAN supplies bulk in generous quantity. In a part-bran product the amount of





bulk is usually too small to be completely effective. That's why doctors recommend ALL-BRAN.

Kellogg's ALL-BRAN is totally different from dangerous drugs and pills whose dose must be constantly increased to be effective. It works as nature works.

A pleasant cereal. Serve with milk or cream. Delicious with fruits or honey added. Use it in cooking too. Mix it with other cereals. Try it in soups. Just eat two tablespoonfuls daily-chronic cases, with

every meal. The health of the entire family can be maintained by serving ALL-BRAN in some form every day.

Kellogg's ALL-BRAN is sold by all grocers. Served at hotels, restaurants. On diners, Made by Kellogg in London, Ontario.



Guarantoed! Kellogg's ALL-BRAN nite guarantee: Eat it according to directions. If it does not relieve constipation safely, we will refund the purchase price.

### LINDSAY'S Cartage and Storage Phone 68

Cartage, Warehousing, and Distributing. Team or Motor Service Coal, Sand and Gravel We Specialize in Pianc and

Furniture Moving.

Take advantage of fow price to put in your winter supply, EDSON and CASSIDY-WELLING-TON in any quantities. Also Flour, Hay, Grain and Feed.

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PHONE 575

BESNER BLOCK

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# Church Leaders

G. A. Wilson Will Visit This City and Hazelton

in Prince Rupert from the south Special conferences will be held here when a number of church workers and leaders will be present. On the following day. Oct. dian National Railway to Hazelton, where a service will be held with the workers will take place. On Friday they are to proceed to Smithers by auto and will take the the return trip.

p.m. train for eastern points. with some great and growing or- The cars were so small that, ganizations, of the church.

of the Presbytery of Prince Rupert, and Rev. T. H. Wright B.A. out among the other traffic secretary of the Presbytery, Hazelton, will have the honor of entertaining the distinguished guests from the east.

Christian statesman, a hard worker and keenly alive to the need problems. of the great west as well as to the needs of the eastern provin ces of the Dominion. He was pastor of Augustine Church. Winni-peg. before entering into the new to was a lift, that two bits was a work as secretary of home mis- chilling that a street car was

Lief Erickson Holds Informal Meeting at Metropole Last Night London, the two great features in

ning, Karl Dybhavn presiding, the conference. People in England had Lief Erickson Society held an in- eared the accession of the Labor formal social in which a men's Party as being likely to upset quartette figured largely. Three business, but, instead of that, they drawings took place, the prizes be- found the Labor Government

meeting nights of the organization than their share in the German to the first and third Fridays in the reparations funds. So much did month.

Children's union suits, two for \$1.00. Wallace's.

# Specials

MALKIN'S BEST TEA-

JAM-3½-lb. tin

B. C. PURE STRAWBERRY

55c

1-lb. pkg.

		THE PERSON OF STREET	- Comme
	QUICK QUAKER OATS- Non-premium. Pkg	30c	
	COLUMBIA PEAS—Sieve		
	free. 1-lb. tin	er 60c	
	JOHNSTON'S FLUID BEEF-16-oz, bottle	\$1.00	
	ROWAT'S WORCESTER SAUCE—Bottle	15c	
	HEINZ CATCHUP— 3 large bottles	80c	
	HAPPY VALE SWEE' PICKLES— 21/2-lb. jar	50c	
	CLARK'S SOUPS— New season's. 3 tins	35c	
	GOLDEN CHURN OR FIELD BUTTER— 3 lbs.	\$1.40	
	NABOB PUMPKIN—2s. 2 tins	25c	
	MALKIN'S RASPBERRY JAM-4-lb. tin		
	SUNKIST VALENCIA ORANGES-5 doz	95c	100
	LIBBY'S FANCY QUEE OLIVES—18-oz. jar	N 50c	
	COTTAM BIRD SEED—Pkg.	20c	
	IODIZED SALT— 2 pkgs.	25c	
I	GOLD DUST WASHING	Je Guinn	
-	CLASSIC CLEANER— 3 tins	25c	1

P. GAMULA. Proprietor Fifth Street. Phone 208

## England Is Not Coming Next Week Decadent Country To Prince Rupert Says Dr. J. A. West

Rev. Dr. Cochrane and Rev. Dr. Enjoyable Trip to Other Side of Atlantic Described to Rotary Club

Prince Rupert and Hazelton are two strategic points in British Columbia. They are to have special visits from two of the leaders of the United Church of Canada.

Rev. Dr. Cochrane, the newly appropriate the country was so interesting that he had a wonderfully enjoyable visit, that Britain so far as he could see, was not going to the 'demnition bow-wows' just yet, and that the country was so interesting that Dr. and Mrs. Rev. Dr. Cochrane, the newly appeared, who had gone over on the pointed missionary secretary of came ship with him and planned to stay only a month, had not yet son, superintendent of missions returned Dr. J. A. West told the Rotary Club yesterday about his visit to England and France in a 22. delightfully informal and-humor-

The doctor told of the trouble of 24, they will proceed by the Cana- of the C.P.R. Duchesses, where he in the evening and a conference plenty of bridge games enjoyed was noticed he did not mention

One thing that struck the genia They are visiting as many im- doctor was the change in traffic portant centres as possible with a lince he was there before. He was for much taken with the little motor future activities in connection cars, mostly driven by big men ditched, they could be easily Rev. A. Wilson B.A. chairman ked up and placed on the road

of building going on in London. lig apartment buildings were go-Dr. Cochrane is regarded as a ng up in an effort to solve the rost of ilving and domestic help

> Foreign Land "England to the Eggerts was of language. They talked to the policemen in an effort to "stump" them but the Bobbies always had an answer ready.

the newspapers were the Sydney At the Metropole Hall last eve- murder case and Snowden at the ing won by M. Gunderson, J. John- tackling this question in a busi-ston and J. Moore, respectively. nesslike way and preventing It was decided to change the France and Italy getting more the people admire that stand that they were absolutely a unit behind them and, if Labor had gone t the country at that time, the (243) yould have carried the country

huge majority. Things in England did not seem to be going wrong. Money was beng spent at the "drapers," people were driving all over the country

through into the plane. They had managed to get the best seats in a French plane, the English maeet and when they came to the they ascended to about



FRI. AND SAT TWO SHOWS 7 and 9 p.m. MATINEE Saturday, 2:30 p.m.

WITH ALL-STAR CAST

Comedies: "LADIES MUST EAT," "POOR PAPA"

Admission, 15c & 50c; Sat. Matinee, 2:30, Admission, 10c & 35c

hours: On the fast planes it could ceptably twice, accompanied At the close of his address, Dr.

ant, the president, on behalf of Saturday. Mrs. F. W. Allan sang most ac- Ladies' crepe kimonas, \$1.00.

be done in two and a half hours. Mrs. M. H. Blott. West was thanked by George Bry- 95c Sale at Jabour's Friday and

## T LYNTHOTAN

will be glad to know that it is not necessary to buy a \$5.00 order to get SUITS STEAM CLEANED AND delivery. For the small amount of 15c, we will deliver any order. We feel certain this will be appreciated now that the stormy weather is coming on, especially when a saving of 15c can be made on pur-chases of \$1.00.

## Our Week-End Specials

F [		
1	BONELESS HAMS— Per lb.	300
	RED ARROW SODAS— Per pkg.	210
	RASPBERRY AND APPLE JAM-4s	450
1	BUTTER— Per lb.	460
7	GARDEN PEAS—Size 4.	400
4 66 5	BEAN HOLE BEANS— 3 tins	500
-	HEINZ PORK & BEANS— 8-oz., 3 tins	230
	HEINZ PORK & BEANS— 11-oz., 3 tins	350

## Economy Cash & Carry

319 Third Ave. Prince Rupert, B.C.

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## N. M. McLEAN Boat Builder Marine Ways

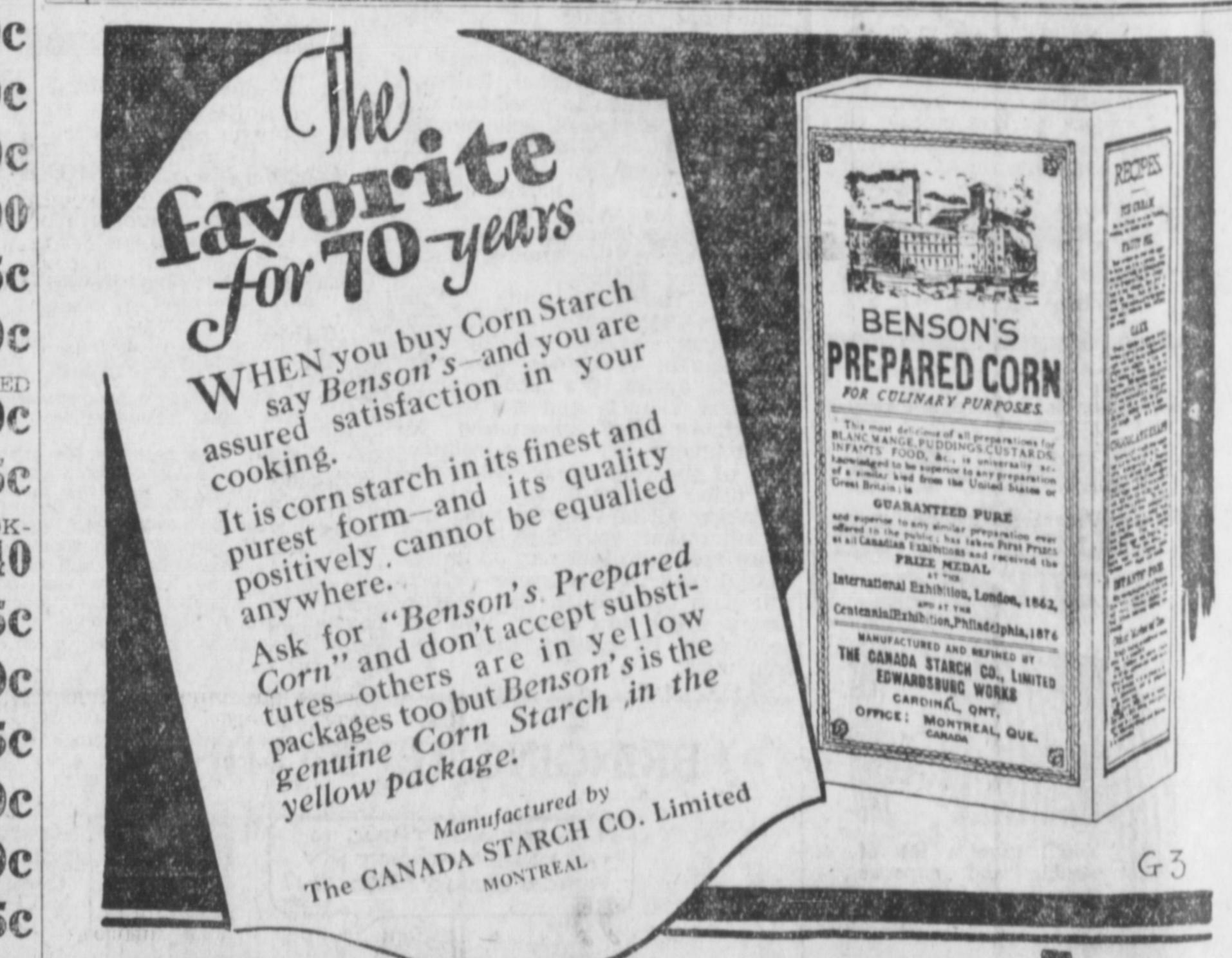
SEAL COVE take you out of water under roof where rain will not trouble; build boats any size or kind at surprisingly low prices.

Halibut, Pleasure, Trolling Boats For Sale

I generally have a boat to suit any requirements. Mooring spaces for boats' winter quarters. Agencies any engine required.

Repairs Why pay more when your work can be done for less with better accomodation?

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