Fair Way Food Market

YOU THE FINEST TERRACE VEGETABLES ARRIVING FRESH ON EVERY TRAIN

| Celery | Terrace Carrots Young, tender bunches 2 lbs. |
|--------------------------|--|
| Squash Jubbard 1b. 9c | Terrace Marrow Any Cut |
| Potatoes 17c | Terrace Plums |
| Squash 6c | Okanagan Onions 3 lbs. |
| Potatoes | Fancy Page |

2 lbs. 29c

an Apples

28c Per Box

Fancy Peas

3 for 29c the winter. Regular tins

OUR ORDER EARLY FOR FRESH KILLED BULKLEY LEY CHICKENS ARRIVING SATURDAY MORNING

WAY FOOD MARKET

NEXT TO THE Y.M.C.A.

ibb Printing Company

OFFICE SUPPLIES PRINTING BOOKBINDING STATIONERY

THDAY AND EVERYDAY CARDS ATERMAN'S FOUNTAIN PENS

er Block, 3rd Street

Phone 234

REX CAFE Open for Business

HOP SUEY HOW MEIN pening Hours: p.m. to 2 a.m.

enue (Across from ce Rupert Hotel) Phone 173

Delmore Frozen Fruits and Vegetables — Raspberries, to sea. Strawberries, Sliced Peaches.

Enterprise Fruit Co. PHONE 343

Income Tax

Returns Prepared-See R. E. MORTIMER 324 2nd Ave. — Phone 88

FORMAL OPENING OF

BUTCHERS

UNDER NEW MANAGEMENT OF W. LOCK



of Meat, Fresh Fruit and Vegetables in season from our own farm arriving by each boat. Complete line of groceries.

choicest cuts

ALL PRICED FOR ECONOMY HERE!

Me at .. JOHNNY'S DHNNY'S ACK BAR

Coffee is Tops)

HOTEL

Carl Zarelli, Prop. P.O. Box 54. Phone 37 FRASER STREET Prince Rupert

USSALLEM'S ECONOMY STORE

"Where dollars have more cents"

We have a complete variety of available

roceries, Fresh Fruits and Vegetables **Tobaccos and Confectionery**

DELIVERY throughout the City three times weekly (Tuesdays, Thursdays and Saturdays) Opposite Canadian Legion

RINCE RUPERT

Box 725 dalists on Builtup Roofs airs, Re-shingling

Free Estimates

Special: Chinese Dishes Chop Suey

Chow Mein Hours 6:00 a.m. to 2:00 a.m.

PACIFIC CAFE

Local News Items...

PHONE 86 TO CONTRIBUTE PERSONAL AND NEWS ITEMS

noon for a trip to Vancouver.

▲ Just arrived—Girls' and Boys' three-piece coat sets. Wee Tots 15c Shoppe.

H. C. Bennett of Stewart was spend the winter. among those leaving this after-1b. 5c noon on a trip to Vancouver.

10c home of Mrs. J. Jack, Angus Apts. Transport will leave the Moose

Mrs. W. E. Fales left last night 19c for Vancouver. Mrs. Ivy Fales Marketingwill be leaving shortly for the

Large, 20-oz. tins, 3 for 55c | Thomas Wallace, Skeena River manager for B. C. Packers, and Mrs. Wallace left this afternoon Campbell's Tomato Soup on their return to Vancouver for

> Mr. and Mrs. L. A. Warner and Mr. and Mrs. H. A. Guest of Ketchikan are leaving on tonight's train for Vancouver and

Having flown from Ketchikan to Stewart, Dr. and Mrs. Richardson and daughter and Dr. and Mrs. Heaney of the Alaska town, passed through the city en route to Seattle.

Drumheller.

Gordon D. Bryant and Dr. members of the Prince Rupert Chamber of Commerce at the regular monthly dinner meeting last night.

Capt. and Mrs. S. C. Brown, port Service, left this afternoon on their return to Vancouve. besides aiding in developing the

Rupert Chamber of Commerce farmers' institutes of the in- diligently. are already definitely booked up terior. for a goodwill trip to Alaska which is to be made starting October 13, it was reported at the regular monthly meeting of the Chamber last night.

Correspondence from the Canadian Shipbuilding and Ship Reairing Association and the Prince Rupert Dry Dock giving assurance that the local yard was not considered a "government controlled yard," orders to which are to be curtailed as quickly as possible after the war is over, were read to the Prince Rupert Chamber of Commerce last night.

Dr. A. J. Brace, F.R.G.S., noted explorer and educator, former head of a University in China where he lived for twenty-five years and from which country he led a labor battalion to the First Great War, will be tomorrow's speaker at the weekly luncheon of the Prince Rupert Gyro. Former world services secretary of the Y.M.C.A., Dr. Brace is in Prince Rupert lecturing to the troops.

Announcements All advertisements in this column will be charged for a full month

at 25c a word. W. O. T. M. Dance, Oddfellows' Hall, Wednesday, Oct. 4, 9:30-

Catholic Bazaar, October 4 and 5, K.O.C. Hall.

Eastern Star Tea, Oct. 5.

Dry Dock Employees. Welfare Association Dance, Staff Dining Hall, Friday, Oct. 6 ad Oct. 20. Music by Swing Quintette.

Canadian Legion W.A. Dance and Grand Drawing, Oddfellows Hall, Oct. 6.

Little Norway Tea, October 7, Lutheran Church.

St. Andrew's Cathedral W.A. tea, home of Mrs. C. C. Mills,

October 11. L. O B. A. Dance, Oddfellows' Hall, Monday, Oct. 23, 9:30-1:30. Rebekah Fall Bazaar, Odd-

fellows' Hall, Oct. 26, 2 p.m. St. Andrew's Cathedral Fall

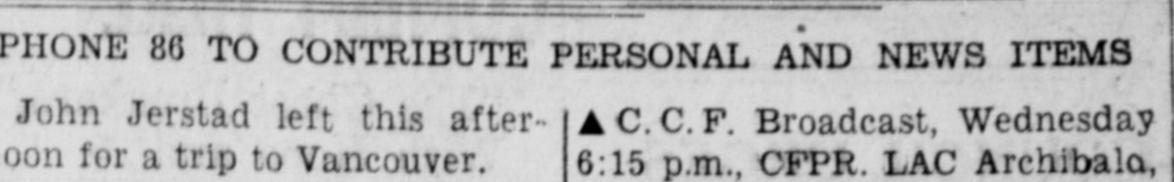
Bazaar, 3 p.m., Nov. 16. St. Peter's Fall Bazaar, Nov-

ember 23. Cambrai Chapter, I.O.D.E., Fall Tea-Nov. 23.

C.N.R. Trains

For the East-Daily except Sunday 8 p.m. From the East-Daily except Monday .. 10:45 p.m. For Terrace-

Sunday, Monday, Wednesday, Thursday and Friday 4 p.m. From Terrace-Monday, Tuesday, Thursday, Friday and Saturday 11 a.m.



Skeena Federal Candidate. (233)

George Harris, manager of B.C. (235) Packers Mill Bay camp, left this afternoon for Vancouver to

Junior Hostesses

All Y.M.C.A. junior hostesses A Eastern Star tea, home-cook- are invited to attend the dance ing and white elephant. Oct. 5, at the 29th A. A. hall tonight. 3 to 6. Everybody welcome. (233) Hall. Third Ave. at 8:30. (232)

INTERIOR

Special Committee of Local Chamber of Commerce

With a view to developing the market in Prince Rupert for produce of the central interior, a new committee of the Prince Rupert Chamber of Commerce is to be set up, it was decided at last night's meeting.

J. E. Boddie brought the matter up by stating that, on recent visits to Terrace, he had seen James Middlemiss of the Cana- produce wasting because there dian National Telegraphs staff was no labor to gather it and, returned to the city Sunday night even when it was gathered, there from a two weeks' vacation trip was difficulty in getting it to of her fellow employees at to Saskatoon, Calgary and market owing to transportation the annual picnic, is Aurelie costs and lack of organization. LaLonde, 19. Employed in the Now that the Skeena River Highdway was completed, he felt that Jens Munthe were elected as new steps should be taken to establish a market in Prince Rupert for these fine interior goods. Possibly Students Attend vived to the benefit of all con-

Notice

Members and those interested in civic affairs are invited to A. J. DOMINATO,

Secretary.

Card of Thanks

Through the medium of your paper I would like to express my sincere appreciation to all those thank Lieut. S. Ward, Prince August. Rupert Dry Dock Welfare Association, Employees of the Prince Rupert Dry Dock, Personnel Can- phones in use than at any time adian Army, Personnel America: in the history of the city, Alder-Army, Canadian Legion, Mar. man McDonald informed a meetgaret Hawkins and Ahan Davies. | ing of the city council. The num MISS ANNE ROBINSON | ber was not given.

Aircraft plant, Airport Division in Winnipeg, by choice woodworking department, Miss LaLonde has been an aircraft worker for the last 19 months.

MOST POPULAR GIRL in the

plant of MacDonald Brothers

Council Meeting

Three Booth Memorial high of a whole grain cereal and 4-6 couple of years, Capt. Brown of the marketing committee school students attended City slices Canada Approved bread, having been harbor master here which would stress the import- Council meeting last night to brown or white." and later in the American Trans- ance of people in the city pur- take notes on the procedure with "In addition, iodized salt

"I think it a very good idea

AGO

October 3, 1924

There was an acute shortage of halibut bait along the coast supply from Seward to Seattle.

Landings of 3,842,500 pounds who have shown such kindness of halibut in Prince Rupert acto me following my recent acci- counted for more than half the dent. I would especially like to halibut brought to coast ports in

Prince Rupert had more tele-

C-Get Quick Relief!

Just a Few Drops Relieve Stuffiness . . .

Make Breathing Easier . . Give You Comfort

It's grand how Vicks Va-tro-nol clears congestion

from nasal passages-gives sinuses a chance to drain.

Results are so good because Va-tro-nol is specialized

Try it-put a few drops up each nos-

tril-follow directions in folder.

medication that works right where trouble is—to re-

lieve painful congestion and make breathing easier.

NUTRITION WEEK — OCT. 2-7

BOARD OF HEALTH NUTRITION COMMITTEE

PACK A LUNCH THAT PACKS A PUNCH

Film-"Proof of the Pudding"

by Miss M. Baldwin, Nutrition Consultant.

Tues., Oct. 3rd, 8 p.m., Booth High School.

Thurs., Oct. 5th, 8 p.m., Borden Street School.

STORE DISPLAYS—Free Literature

6:30 p.m.-Monday, Wednesday, Friday

Overwaitea - Sheardowns - Midway Grocery

2 PUBLIC DEMONSTRATIONS—

THE VANISHING VITAMIN

RADIO BROADCASTS—CFPR

CAPITOL THEATRE—

chasing interior products and, the purpose of turning in a re- should be used and a source of port to their classes. They were Vitamin D, such as Cod Liver Oil Capt. Brown expects to go back local market, might assist in Bert Thorsteinsson, Norman should be taken during those having a better packing and pre- Martinson and Nina Youngman, months of the year when sunparing of produce for market. who sat beside the dias occupied shine is scarce." Twelve members of the Prince He suggested co-operation with by Mayor Daggett and scribblea At the start of the meeting Cannery left this afternoon for they were welcomed by the a trip to Vancouver. A meeting of the Prince Rup- for young people to attend Counert Non-Partisan Association | cil meetings and take an interest mobilization of petrol pumps will be held in the Eagles' Hall, in civic affairs. As future voters which has been required as corner 5th and McBride, on | they are wise in learning the pro- | precautionary measure has been Friday, October 6, at 8:00 cesses of municipal government." discontinued. TWENTY YEARS

SCANDINAVIAN TALKING PICTURES will be shown at the

I.O.O.F. Hall Prince Rupert

and boats were tied up waiting Friday, Oct. 13, 8:15 p.m. A Swedish Comedy

"SODER OM LANDSVAGEN" (South of the Highway) with Edward Persson Short Topics: "Fishing at

"Scenic Sweden" "Life in Stockholm" Sponsored by

- THE -

Scandinavian Post Vancouver, B.C. Children 25c Adults 50c

HE SUPREME COURT OF BRITISH COLUMBIA ISTRATION ACT" AND IN THE MATTER OF THE ESTATE OF JOHN MARTIN DUNN, DECEASED, TAKE NOTICE that by Order of

Judge Fisher, Local of which I shall have been notified. DATED at Prince Rupert, B.C. this 22nd day of September, A.D.

NORMAN A. WATT, Official Administrator, Prince Rupert, B.C.

IN THE SUPREME COURT OF BRITISH COLUMBIA IN PROBATE IN THE MATTER OF THE "ADMIN-MATTER OF THE ESTATE OF WILLIAM HENRY ELDER, DE-CEASED. INTESTATE.

TAKE NOTICE that by Order of day of September, A.D. 1944 appointed Administrator of the Estate of William Henry Elder, who died on the 20th day of August, 1942. All are required to pay the amount of their indebtedness to me forthwith and all persons having claims against the said Estate are required to file them with me properly verified on or before the 31st day of October, 1944, failing which distribution will be made having regard only to such claims of which I shall have been notified.

Dated at Prince Rupert, B.C. this 14th day of September, A.D. 1944. ALBERT EDWARD RODDIS, Official Administrator, Telegraph Creek, B.C.

FOOD RIGHT

Simple Rules For Diet

Expert Visiting City

"Food prices may sometimes

seem high and local shortages

may occur from time to time

but compared with the people of

other nations, Canadians are

fortunate as far as food supplies

are concerned." This statement

is made by Miss Mary Baldwin,

nutrition consultant with the!

Provincial Board of Health, who

is in Prince Rupert. Miss Baldwin

ately, food supplies are not a:-

ways wisely used. In fact exten-

sive surveys of eating habital

made in centres across Canada

show that only 40 percent of the

nation is eating well balanced!

meals. Ignorance, indifference!

and economic factors are felt to

be responsible for this poor show-

It is in order to help overcome

the indifference and ignorance

that the Prince Rupert Nutrition.

Committee has made extensive

plans for the current nutrition

week. Through the food stores,

theatre, radio, public meetings

and the press, the people of

Prince Rupert will be made fam-

"It's all very simple," says Miss

"Milk-1/2 pint for adults and

"Fruits-2 servings a day. One

"Vegetables-3 servings a day.

"Meat, Fish, Poutry, Eggs- i

"Cereals and Bread-1 serving

Ole Phillipson of North Pacific

BOON TO MOTORISTS

LONDON, (9)—The nightly im-

serving a day plus 3-4 eggs a

Baldwin, "Just five rules to fol-

more than 1 pint for children.

One should be potatoes.

should be citrus or a substitute.

iliar with the essentials of a we

balanced diet.

went on to say that, unfortun-

Outlined By Lady

• It's time to think of a Suit for fall. This season, as in the past, Fashion-Craft leads in style and



value. Although restricted quotas limit selection, we have a very nice range to show you, at prices that compare favorably with pre-war

Fabrics include tweeds, worsteds and twills, in shades of blue, brown, grey and black.

costs.

SEE OUR SHOWING AT

\$30.00 - \$33.50

\$36.50 - \$40.00

Watts & Nickerson MEN'S and BOYS' CLOTHING FIVE THREE - TWO THIRD AVENUE

Elio's STORE

Third Avenue, Prance Rupert

NEW ROYAL HOTEL

A Home Away From Home

Rates 75c up 50 Rooms, Hot and Cold Water Prince Rupert, B.C. Phone 281 P.O. Box 196

Atlas Boiler Works

Welding, Blacksmith, General Repair. Phone Red 884

Electric, Oxygen, Acetylene

The best buy in Monuments and Markers in B.C. is at National Monuments on 3rd Ave., first door West of Eaton's. NATIONAL MONUMENT

P.O. Box 998. Prince Rupert

Fresh Local Raw and Pasteurized MILK VALENTIN DAIRY PHONE 657

THERE MAY BE A COAL

SHORTAGE THIS WINTER!

Put a cord of wood in your

basement now as reserve.

HYDE TRANSFER

PHONE 580

KWONG SANG HING

J. H. MAIR

Furniture and Auctioneer

AUCTION SALES ARRANGED AND CONDUCTED

NEW AND USED FURNITURE

VALUATIONS AND

Prince Rupert, B.C.

ESTIMATES Blue 69 632 3rd Ave.

HOP KEE **CHOP SUEY**

> HOUSE 612 7th AVE. WEST (Next to King Tai)

All your patronage welcome

Open 5 p.m. to 12 p.m. Outside Orders from 2 p.m. to 12 p.m.

PHONE RED 247

SUNRISE BEAUTY SALON

Esther Tarleck from the Li-Art Beauty Salon of Vancouver will be in charge of the Sunrise Beauty Salon during the absence of Miss Violet Mah.

Specializing in Cold Waving and Hair Styling

Cor. 6th Ave. and Fulton Street Phone Blue 943

Julia Arthur DRESS PUMPS

In British Tan and Golden Tobacco Colors with Dress Cuban and Low Cuban Heels. Perfect fitting Elasticized lines

> Black Kid Tango Pumps Just arrived

Family Shoe Store Ltd.

"The Home of Good Shoes"