A GREAT FOOD BARGAIN

and a great chance to HELP CANADA



Canadian farmers produce the wheat from which Shredded Wheat is made. Help Canada's greatest industry by treating yourself to this great food bargain at least once a day - You'll profit: so will Canada.

12 BIG BISCUITS IN EVERY BOX

LOCALITEMS

open from 8 a.m. to 1 p.m.

is morning's train.

residential schools.

NOTICE

Family

Market

Saturday Specials

\$1.00

\$1.00

25c

35c

25c

\$1.00

25c

45c

25c

25c

Prime Rib Roll, 4 lbs.

Pot Roast of Beef, 6 lbs

& 1 lb. Braid's Tea ..

Stew Beef Boneless-

Shoulder Lamb, 5 lbs.

Loin Lamb Chops-

by the piece, per lb.

957 — Phone — 957

& 1 lb. Braid's Tea

Hamberger Steak, 2 lbs.

& 4 lbs. Apples

& 2 lbs. Onions

Round Steak-

there.

tion classes.

SHREDDED WHEAT

MADE IN CANADA . BY CANADIANS . OF CANADIAN WHEAT

The New

per ton \$11.50 Minehead Coals \$11.50 per ton HYDE TRANSFER—PHONE 580

Announcements

Rupert Tennis Club Dance September 9, I.O.D.E. Hall.

Dance Sept. 16 and 30, Oddfellow's New Hall.

Catholic Bazaar, October 19, 20

SPECIALS

For Benefit of Visitors and Customers

Sugar— 100 lbs.	\$	5.	2
	0	0	perg r
Sugar—	3	Z.	7
50 108			
Flour—Alberta Rose— 49 lbs.	\$	1.	3
Flour—Alberta Rose— 98 lbs.	\$	2.	6
Flour—Purity, Five Roses	0	4	PM /
Robin Hood, 49 lbs.	9	ı.	91
Empress Tea—High Grad Quality, per lb.			50
Economy Fresh Ground		3	0
White Beans—		0	pre
6 1hg		6	91
Fels Naptha Soap		proj	=
per hox		4	91
Pearl White Naptha Soar		6.3	50
Fresh Vegetab			
Cabbage-			0
per lb.			000
Yellow Turnips			2
per lb.			60 (
Carrots-			3
per lb.			
Fresh Large Cucumbers—		69	50
Dunck water		-	8000

Fresh Vegetables			
Cabbage— per lb.	30		
Yellow Turnips per lb.	30		
Carrots— per lb.	3c		
Fresh Large Cucumbers— 4 for	25c		
Fresh Peas and Beans— 4 lbs.	250		
Corn on Cob— per doz.	350		
Fresh Tomatoes— per basket	30c		
Terrace Apples— 4 lbs.	25c		
Grape Fruit— 4 for	25c		
Visit Our Ice Cream	Parlor		

& Delicatessen Dept.

Boiling Beef-We Offer 12 Only Ready Roasted Chickens for Saturday \$1.00

cconomy Store

Fresh Killed Fowl-"Where Dollars Have More Cents" per lb We Deliver Orders of \$2.00 Free of Swift's Premium Ham-

Charge 319 Third Avenue-Phone 18 & 360 P. O. Box 575

on a holiday visit to Vancouver and Victoria, returned to the city from the south on the ss. Princess Adelaide this afternoon.

Miss E. A. Mercer, principal Booth Memorial School, returned to the city on the Prince George this morning from Victoria where she spent the summer vacation.

C.P.R. steamer Princess Adelaide, Capt. S. K. Gray, arrived in port at 2:45 this afternoon from the south and will sail at 10 p.m. on her return to Vancouver and way-

Miss Efford, who has been visiting here for the past few weeks as the guest of Mr. and Mrs. Frank Dibb, Graham Avenue, sailed by, the Prince Rupert last night on

Miss Jean Harrison, R.N., lady superintendent of the Prince Rupert General Hospital, who has been spending a month's holiday visiting in Winnipeg with a sister, returned to the city on last night's

Miss S. A. Mills, principal of Borden Street School, who has been spending the summer vacation visiting in Los Angeles with he mother, returned to the city from the south on the Prince George this morning.

On Labor Day, September 5, all has been spending the summer va- General Committee will be held in Post Office wicket will be closed cation visiting in Vancouver and the Police Court Chambers tonight all day. The public lobby will be Victoria, returned to the city from at 8 p.m. the south on the Prince George this morning.

James Lever, who was one of the D. B. Finn, director of the Prince Princess Adelaide for a trip to Vancouver on station business. He The steamer Prince John, sail- expects to be away about a week

ver via the Queen Charlotte Islands, will pick up at Massett and Miss Florence Livingstone, worother Island points over forty In- thy grand matron of the Order of dian children who will go to the the Eastern Star, who has been Alert Bay and Coqualeetza native here for the past couple of days, having paid an official visit to Belist Chapter of this city on Miss M. McLean, daughter of Wednesday night, left on this Mr. and Mrs. H. A. McLean of this morning's train for Prince George city, arrived on the Prince George and, after making an official visit this morning after having spent there, will proceed via Jasper Park the latter part of the summer va- to Vancouver. A number of social cation in Vancouver and Seattle functions have been held for Miss and will sail Sunday evening on Livingstone during her stay here.



Canadian Milk Products Limited, 115 George St., Toronto Cooking."

WALKER'S MUSIC STORE

Hotel Central Ltd. Covenient to business district.

homelike, beautiful harbor views. Rates reasonable. Spacious sample rooms. FIRST CLASS CAFE Open at All Hours

Rooms and Meals Hotel Central Ltd. First Avenue & Seventh Street

Marble Slabs

Miss Mary Macfie, who has been

her return to Vancouver.

Miss Edna Vickers, of Borden Street School teaching staff, who A meeting of the Labor Day

interior exhibitors at the Prince Rupert Exhibition this week, re- Rupert Fisheries Experimental Staturned to his home in Terrace on tion, is sailing tonight on the ng from here tonight for Vancou- or ten days.



COUPON Please send me free booklet "Camp

\Address_

Pianos For Rent

\$4 Per Month and Up Pianos Tuned, \$3

Special monthly rate for

FOR SALE Various Sizes

Munro Bros.

Rev. W. D. Grant Hollingworth real and in the vicinity of that city, will return to the city from the East on tomorrow night's train

NEGLECTED



Nearly killed her . . now you'd never suspect it

"I suffered with agonizing Kidney Trouble for years. Had awful Head-Dizzy Spells and terrible burning

finally used 'Fruit-a-tives' and soon felt like a new woman. The Headaches, Back Pains and Dizziness were gone." - Mrs. E. W., Belleville, Ont. Fruit-a-tives stimulates FIVE vital organs to work naturally—the great discovery of a brilliant physician, graduate of the Royal College of Physicians and Surgeons, Edinburgh. For permanent relief from backaches, indigestion, constipation and the like, you will find Fruit-a-tives is the best remedy you can buy. 25c. and 50c.

Miss Mary D. Sim of Borden Street School teaching staff, who has been spending the summer vacation in the south, returned to the city from Vancouver on the ss. Prince George this morning.

FOR THE WEEK-END

1	TOTO TITLE IT MINISTER	112
Ì	PALMOLIVE SOAP—	15c
	2 bars	
1	CORN FLAKES—	8c
1	per pkg.	
	QUICK QUAKER OATS—	22c
	per pkg	40-
	No. 2 tins, per tin	19c
	RED PITTED CHERRIES-	100
	Aylmer, No. 2 tins, per tin	18c
	RED ARROW SODAS—	20c
	Fresh stock, per pkg	200
	PRUNES—Malkin's Best	20c
	2-lb. pkgs., per pkg	40 (200)
	FANCY SALMON—Red	23c
	opring, No. 1 tan tins, each	
	ENSIGN PEAS—Choice Sieve 4's, per tin	11c
	MAYONNAISE—Dutch Maid	000
	8-oz., per jar	ZZC
	16-oz.	40c
	per jar	400
	DRIED BLACK FIGS—	25c
	3 lbs	200
	SUNLIGHT SOAP-	19c
	per carton	200
	SWANSDOWN CAKE	30C
	FLOUR, per pkg BIRD'S CUSTARD	
	POWDER, per pkg	12c
	FLOUR—First Patent Pac	
		1.50
	per 49-lb. sk	1.00
	FLOUR—Buckeye, high qual	lity, low

\$1.35 per 49-lb. sack . 70c 24-lb. sk. TOILET ROLLS-21c 6 rolls NABOB COFFEE-43c per 1-lb. tin CHOCOLATE ECLAIRS 29c New shipment, per lb.

FRUITS & VEGETABLES Australian Oranges, Sweet and Juicy, large size, 3 doz. ..\$1.00 B. C. Canteloupes, 3 for Fresh Corn on Cob, per doz. (Golden Bantam) Field Tomatoes, 5 lbs.

Bartlett Pears, per basket PHONE 55 PHONE 56

"THE BEST FOR LESS"

Firm Cooking Apples, 6 lbs.

SATURDAY

LARGE SIZE FLANNELETTE SHEETS

100 Only Flannelette Sheets, white with blue and pink borders; finished at ends;

\$1.00

Largest Size Made and best quality; Extra Special Value; Dollar Day, each RAYON BROCADE

250 Yds. Rayon Brocade in shades of old rose, lavender, peach, apple green, white \$1.00 and black; Dollar Day, 3 yards for

WABASSO PRINTS 36 Inches wide, all new designs Wabasso Prints,

are absolutely fast colors \$1.00 Dollar Day, 6 yards for .

WABASSO PILLOW COTTON Circular make linen finish, full width, no filling, absolutely pure \$1.00 Dollar Day, 4 yards for

WABASSO HEMSTITCHED SHEETS Linen finish, absolutely free from filling or dressing, hemstitched, size 72x90 inches \$1.00 Extra special value at, each .

WABASSO HALF BLEACHED SHEETS Extra large size, 81x90 inches, very heavy quality, nothing better for hard wear,

absolutely pure, Dollar Day, each . HORROCKSES WHITE FLANNELETTE Horrockses English made Flannelette, 30 inches wide, no better cloth manufactured \$1.00

FRINGED CURTAIN PANELS

100 Panels, cream only, fringed ends, new designs full 36 inches wide, 21/4 yards long strong & durable, Dollar Day, 2 for \$1.00

Dollar Day, 5 yards for .

SILK DRAPERY DAMASK

About 150 yards in 4 designs, colorings rose, mulberry, rose and gold, blue and gold \$1.00 reg. val. \$1.95 to \$2.25. Dollar day, yd.

DAMASK TABLE CLOTHS 54x54 Inches, made in Ireland, with neat fast colored borders, extra good wearing 89c

quality; Dollar Day, each TURKISH FACE CLOTHS Full size good quality, assorted colorings

Swiss made; Dollar Day, yard

PURE IRISH LINEN TEA OR GLASS TOWELS Large size, pure linen, size 22x32 inches, very fine, close weave, extra good wearing quality, red or blue borders, ready for use \$1.00 Dollar Day, 4 for .

TURKISH TOWEL SPECIAL 25 Dozen Turkish Towels, run of the mill, colored stripes, checks, etc., absolutely fast colors, values to 45c each; size 22x40 inches \$1.00 Dollar Day, 4 towels for .

GENUINE FRENCH BERETS Assorted colors, full size, French Berets

50c Dollar Day, each

LADIES' SILK & WOOL HOSE lilk & Wool Plaited Hose in all the new fall shades, no better stocking for hard \$1.00 wear; Dollar Day, 2 pair for .

LADIES' SILK & WOOL FULL FASHIONED HOSE 'ull fashioned, made in England, all new fall colorings, extra wide top; regular 95c price \$1.50 pr.; Dollar Day, pair

PURE WOOL HOSE FOR BOYS & GIRLS 5 Doz. Assorted ribs, made in England, in fawns,

brown and black colors; size 8 to 10 \$1.00 reg. price 65c pr; Dollar Day, 3 pairs LADIES' FALL WEIGHT VESTS

silk, wool and cotton mixture with neat tailored top, will not shrink and wonderful \$1.00 wearing quality, all sizes; 2 for ...

KAYSER HOSE

I new shipment of all the new shades, pure silk, full fashioned, dull finish, cradle foot, fit all tops, service and chiffon weight \$1.00 Dollar Day; pair

Men's & Boys' Dept.

Boys' Merino Combinations, short sleeve and short leg, good heavy quality sizes 24 to 32; Dollar Day, 2 for .

BOYS' SCHOOL SWEATER Heavy rib wool Sweater, polo collar, browns, grey

and blue; size 26 to 30 75c Dollar Day, each

BOYS' SHORT PANTS Navy blue cord and fawn whipcord, excellent school pant; sizes 6 to 10 \$1.00

Dollar Day, pair MEN'S & YOUTH'S BROADCLOTH SHIRTS Fine broadcloth Shirts, collar attached, in blue, tan and white

PURE SILK FLAT CREPE 400 Yards Pure Silk Flat Crepe, 39 inches wide; 6 shades, extra heavy quality

\$1.00

Mondays, 10 a.m.

Prince Rupert, B.C.

75c

Dr. J. J. Wall of Ottawa, who is THE RESIDENCE OF THE PARTY OF T identified with the Department of Indian Affairs, arrived in the city on last night's train after a week's trip to interior points and will sail tonight on the Cardena for Alert Bay whence he will proceed to

Miss D. Hogan

Vancouver.

TEACHER OF MUSIC

Phone-Black 232

"Cleanliness is Next to Godliness" SPECIAL FOR TWO WEEKS

29 to September 10

inclusive Ladies' or Gents' Suits Pressed

By Steam 50 Cents Sponged, Cleaned and Pressed 75 Cents

Pressed, \$1.00 Phone — 649

Naptha or Dry Cleaned and

We call for and deliver to all parts of the city. Mail orders receive our prompt attention.

Dollar Day, each

10-Day Wallpaper Clearing Sale

Total stock of sixty to eighty patterns to choose from with match-

ing borders at one-half price-also

10-Day Paint, Glass, Muresco,

Turpentine and Oil Sale on which you can save 15% to 25%

This sale includes all merchandise in stock. It is a great oppor-

tunity for house renovators to get supplies at real bargain prices. 330 Second Ave. P. O. Box 459

Steamers leave Prince Rupert for Vancouver:-P.S.S. CATALA EVERY TUESDAY, 1:30 P.M. Via Waypoints, arriving Vancouver, Thursday a.m. T.S.S. CARDENA EVERY FRIDAY MIDNIGHT, Arriving Vancouver Sunday midnight, approx. Weekly sailings to Port Simpson, Alice Arm, Anyox, Stewart and Naas River points, Sunday, 8 p.m. Further information regarding all sailings and tickets at -PRINCE RUPERT AGENCY: Second Avenue

CANADIAN PACIFIC

AUGUST SAILINGS FOR VANCOUVER PRINCESS ADELAIDE-Fridays, 10 p.m .- via Ocean Falls and way ports. For KETCHIKAN, WRANGELL, JUNEAU and SKAGWAY-

If you lose anything, try a classified ad.

W. L. COATES, General Apent,

For Information call or write-