tions—but the quality must be of con-trolled uniformity. Wide variations from day to day in ordinary milk may seriously upset a baby.

All of these qualities you will find in a milk that has been the mainstay of

many instances that it may be just the thing your baby should have.

Not only is it the purest of whole milk, from selected herds, but it is so carefully sterilized, so free from germs and bacteria, and sealed so perfectly

against contamination that no further

pasteurization is necessary. You add

pure water to restore that removed by

evaporation and you have pure milk

A very important quality of Camation Milk is its easy digestibility, due to the "homogenization" which breaks up the fat globules into extremely minute particles, very readily

minute particles, very readily assim-

thousands of mothers in the feed

tiny infants. Carnation Mi

proved marvelously successful

Support the Home Theatre and keep your Money in the city.

WEDNESDAY AND THURSDAY-7 and 9 P.M.

# Reginald Denny

# "Good Morning Judge"

His Fastest Comedy-Drama. Uproarious, Gorgeous Fooling. MARY NOLAN AND OTHERS COMEDY-"-REEL LIFE" COMEDY—"THE MECHANICAL COW."

> COMEDY-"THREE TOUGH ONIONS" 35c and 10c

### MINING Stocks

Noon and afternoon closing prices on Vancouver Stock Exchange on our stock-list board daily.

We can give instant service in buying and selling Mining Stocks on Vancouver Stock Exchange.

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We have fine Fall and Winter Suitings and Overcoatings on hand. Come in today and let us take your measure.

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CEMENT SAND GRAVEL Our price, weights and

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McINTOSH RED APPLES

Jumble Pack, per box \$2.00 "C" Grade, per box .. \$2.50 Fancy, perbox ..... \$2.95 Pears per dozen ..... 500 Grapes, per lb. ..... 25c Crab Apples .... 4 lbs 25c Sweet Potatoes .. 2 lbs 25¢ Pumpkin, per lb. ..... 8¢ Hubbard Squash, per lb 82 Casaba Melon, per lb. . . 10c Honey Dew Melon, lb. 10¢

Celery, Parsley, Sprouts, Cukes, Lettuce, Cranberries and other fresh produce arriving every

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The Real Money Savers Phones 18 and 84 417-423 5th East

Nanaimo-Wellington Screened Lump.

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Beacon Hard Sootless Lump. Beacon Hard Sootless Egg. Telkwa Lump.

Of the above there is ONE that is particularly suited to your heating equipment. We shall be glad to advise

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### LINDSAY'S Cartage and Storage

Phone 68 Cartage, Warehousing, and Distributing. Team or

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### COAL

Your choice EDSON CASSIDY - WEL-LINGTON TELKWA Also Bulkley Hay and Grain. Agent for Robin Hood Flour. Phone 58

Prince Rupert Feed Co.

Inspector James N. Tupper R. C. M. P. returned to the city on yesterday afternoon's train from a brief trip to the interior on

### CHARLIE MURRAY AT CAPITOL TONIGH

Charlie Breaks the non-stop laugh Record in "The Head Man."

Throw out the laugh preservers and check you cares at the door when you see "The Head Man" at the Capitol tonight. Charlie Murray is the role of a small town politician, electioneers with cannon, home brew, all day suckers for babies and five cent cigars in this great mirth provoking pic-

The story by Harry Leon Wilson is that of a big man in a small town and his fight to show how big he really is. Supporting Charlie Murray in the cast are Lucien Littlefield, his crony, also Loretta Young and Larry Kent, all rising lights among the lead-

#### UNITED CHURCH Y. P. HALLOWE'EN SOCIAL

Because of flawless texture

Corticelli Silk Hosiery keeps

its Lustrous Loveliness

throughout a remarkably

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Peach, . Beige, Champagne,

See Our Windows

Specials

for ..... 45e

for ..... 25e

Brookfield Cheese 1-2 lb. pkg. 20c

pkg .....

P. GAMULA, Proprietor

in lovely shades of

long life

Lark, etc.

Many Present at Very Enjoyable Function Last Evening-Mysteries and Games

Members of the Young People's Society of First United Church in large numbers enjoyed a Hallowe'en social Monday night, the program of entertainment including a series of Hallowe'en mysteries and seasonal games, all of which proved very interesting. George H. Stocks was general convener in charge of the event while the program committee was headed by Miss Edna Vickers with Miss E. P. Grassie supervising refreshments.

### ELECTRIC LIGHT AND TELEPHONE SURPLUSES

One Department Made Profit of \$456 in September and Other, \$1,448.01

During the month of September Week-end operation of the electric light system showed a surplus of \$456.28 and the telephone system a profit of \$1,448.01 according to report presented to the city council by J. J. Little, superintendent of utilities.

Electric light estimated revenue Lard-Silver Leaf, 3 lb. tin 70¢ amounted to \$9,905 and expense 10 lb. tin ...... \$2.25 earnings were placed at \$3.657.25 Heinz Tomato Soup, 9 tins \$1.00 and the expenditure at \$2,209.24.

#### Nabob Loganberries, 2s, tin, 25¢ Royal City Tomatoes 2s, 2 tins 25¢ DI Heinz Catchup, large bottle, 2 PLAYERS' CLUB for ..... 55e Del Monte Spinach 2 1-2s 2 tins Singapore Pineapples, 2s 2 tins

Brunswick Sardines, 4 tins . . 25e Strong Caste for Character Comedy "The Saving Grace"

Supreme Steel Wool, pkg....10c The Players' Club have selected Grape Nuts, Pkg. ..... 15c Gem Lye, 2 cans ...... 25e as their next offering to the Classic Cleanser, 3 tins .... 25c Prince Rupert play-goers "The Swift's Shortening 1 lb pkg. 2 Saving 'Grace' an exquisite charfor ...... 45e acter comedy from the skillful pen Toilet Paper, 7 rolls ..... 25c of the late Haddon Chambers The Gold Dust Washing Powder play was produced in London by 30c Charles Hartney and in New York Fresh Remo Cabbage, 6 lbs . . 25c by Cyril Maude. It is undoubtedly Grape Fruit, large size 2 for 25e the most ambitious play yet McIntosh Red Apples, wrapped, staged by the Players Club and a Box ..... \$2.25 strong caste has been selected, including Messes. Alex Connon, Louis Smith and H. A. Ponder. IZOT Mrs. James Farguhar, Miss Etta MilCita Walnet Robertson, Mrs. E. W. Marentette and Miss Caroline Mitchell, Miss Norah Rivett will be the director. The play will be staged early in December and proceeds will be for the benefit of the Gyro Club Children's Playground Fund

Phone 45.

Fifth Street.

Phone 574.

B. C. Butchers & Grocers

# This Week's Specials DETAILS BY MAIL

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## B.C. Butchers & Grocers, Ltd.

THE HOME OF GOOD THINGS TO EAT Phone 574. Phone 45.



Running for Mayor was one thing and running away from cops another. But the opposition laughed themselves weak at Charlie's Comic Capers—and the rest was easy!

All those in favor of rare comedy, see

### CHARLIE MURRAY "THE HEAD MAN"

ON THE STAGE

Premiere Danseuse.

### Ewart Lyne

playing Liszt's Second Hungarian Rhapsody with orchestral accompaniment.

Tonight is "Music Lovers" Night

with Jack de Jausserand and his Rupert Capitolians

First show 7 p.m. Vaudeville

Adults 50c. Children 15c Loges 60c.

Capt. C. C. Saintey, summer skipper of the steamer Princess Charlotte on the Alaska run and well known here, will be leaving Vancouver shortly for Scotland to bring the new C.P.R. steamer Princess Norah which has been built to take the place of the Princess Beatrice in the coast fleet. The Princess Norah, which is to take up service next year. is a vessel of 250 feet length.

# MY KITCHEN NOTEBOOK

by mary Blake Domestic Science Counselor

How Much We've Learned About the Feeding of Babies

When I hear the young mothers of today discussing carrots and spinach and orange juice and cereal, I wonder how any of us of an older generation ever managed to live through our first two or three years, without the elaborate feeding programs which exist

But much as these wise young mothers know that is new in the feeding of babies, there is one basic fact that doesn't change. For the baby just starting out in life, Nature has provided the perfect food in mother's milk. The breast-fed baby has a better chance from the start than the artificially-fed baby, and avoids the experiments that are necessary and the set-backs that so often occur in finding the best substitute for mother's milk

Take Your Doctor's Advice To find the right milk for your baby, let your doctor advise you. What may have worked for some other baby won't

necessarily work for yours, and it takes a doctor's knowledge of many babies and their idiosyncrasies to guide you To make a milk safe for a baby the requirements are, naturally, stricter than for any other use. One dares not risk anything but the purest,

whole milk in the feeding of a tiny in-

fant. Not only must it be of ex-

ceptionally high quality-and pro-

duced under the most sanitary condi-

Baby feeding is but one of the many important uses of Carnation Milk, In cooking it gives a smooth creaminess to soups and sauces, a fragile delicacy and exceptional keeping qualities to cake, a wonderful texture to candie and a rich velvety smoothness to ice cream that even the best of bottled milk cannot equal. Write for the free Carnation Cook Book, "My Hundred Favorite Recipes"-showing scores of ways to improve foods with this dependable, economical, convenient milk Address Carnation Milk Products Ca, Limited, 134 Abbott Street, Vancouver





MOTHERS, think of the comfort of knowing Carnation is always dependable-that you can buy it everywhere and always find it the same, alwaysabsolutely pure. Don't confuse Carnation with sweetened milk. Nothing is added to Carnation.

### Carnation Milk "From Contented Cows'

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