MCKS

A-TRO-NOL

Nose & Throat

Introduces Vicks

Plan for Better

Control of Colds

This remarkable new aid

in preventing colds is the

ideal companion to Vicks

VapoRub, the modern ex-

ternal treatment for colds.

With certain simple rules

of health, these two prep-

arations form Vicks Plan

for Better Control of Colds.

Follow this Plan as directed

in each Vicks package and

help reduce the number,

duration and dangers of

71875

1100

ELLE

colds in your family.

Christmas Cards

Better Cards Better Values New Designs

All Made in Canada

should come and look them over. Prices from 5c to \$1.00 each

Also assortments in boxes

ome of our Christmas Stationery has arrived. This is a good time to pick out your gift

Voting on Boys' and Girls' Prize Contest is Now on

Ormes Ita.

The Dioneer Druggists

The Rexall Store

Phones: 81 & 83

SPECIFY Bulkley Valley Coal

- and get -

The Satisfactory Coal

Have your dealer send the mine representative to your home for a demonstration and see it burn.

MONEY SAVING PRICES

On Dinnerware and Kitchen Crockery

52-Piece English Dinner Set, a beautiful service 21-Piece English Tea Sets, from	e for	six		. S1.	3.7
Cups and Saucers, 3 for	10c,	and	1 3	for	150
English Pudding Bowls, from				\$	1.2

McBride St GORDON'S HARDWARE

\$16.00

\$6.00 vater Power Washing Machine McClary 4-Hole \$14.00 Writing Desk \$14.50 Roll Top Coleman's Lamp \$4.00

Furniture Exchange

NEW ROYAL

J. Zarelli, Proprietor "A HOME AWAY FROM HOME"

Rates \$1.00 up 50 Rooms, Hot & Cold Water

Prince Rupert, B.C. P.O. Box 196 Phone 281

UNION STEAMSHIPS LIMITED

Steamers leave Prince Rupert for Vancouver-T.S.S. CATALA EVERY TUESDAY, 1:30 P.M. Arriving Vancouver Thursday T.S.S. CARDENA EVERY FRIDAY MIDNIGHT

Arriving Vancouver, Monday A.M. Weekly sailings to Port Simpson, Alice Arm, Anyox, Stewart and Naas
River points, Leave Prince Rupert Sunday, 8 p.m.
Further information regarding all sailings and tickets at—

SPECIAL ROUND-TRIP FARES TO VANCOUVER Return limit March 31st

Phone 568 PRINCE RUPERT AGENCY: Third Avenue.

CANADIAN PACIFIC

"PRINCESS ADELAIDE" for Vancouver via Ocean Falls and

"PRINCESS NORAH" for Ketchikan, Wrangell, Juneau and Skagway, Nov. 11th, 25th, Dec. 16th, 30th. FOR VANCOUVER direct, Nov. 2nd, 15th, 29th, Dec. 20th.

Way Ports, every Friday 10 P.M. Winter Excursion Fares to Vancouver ROUND TRIP

\$32.00 Tickets on sale Nov. 1st, 1934 to Feb. 28th, 1935. Final return limit March 31st, 1935.

For tickets and reservations W. I. COATES, General Agent, Prince Rupert, B.C.

LOCAL NEWS NOTES

Dance tonight Women's Labor League, C.L.D.L. Hall at 10.

Dollar Store.



Ir's so convenient to keep a package of Kellogg's ALL-BRAN in the kitchen. Serve it as a cereal. Use t also as a healthful ingredient in your cooking. For muffins, breads,

ALL-BRAN brings your family the "bulk" that is so helpful in correcting common constipation.

Two tablespoonfuls daily are usually sufficient. In severe cases, with each meal. How much better than risking patent medicines!

Laboratory tests show Kellogg's ALL-BRAN supplies "bulk" and vitamin B to aid regular habits. This "bulk" is similar to that in leafy vegetables. ALL-BRAN is also rich in iron for the blood.

Special processes of cooking and flavoring make Kellogg's ALL-BRAN finer, softer, more palatable than ordinary raw bran.

And because it is all bran with only flavoring added - it brings you more "bulk" than partbran products.

Get the red-and-green package at your grocer's. Made by Kellogg in London, Ontario.

Tonight's train, due from the east at 10:15, was reported this the happy couple in attendance. morning to be on time.

Metlakatla will sail tonight on the groom is a well known fisherman. Prince George for a trip to Vancou-

Considerable interest attached to the Game Act cases dealt with gistrate McClymont in police court Canadian dollar at \$1.021/2. \$50. R. L. McLennan acted for the ket yesterday. game department and T. W. Brown appeared on behalf of the defendant company. The police court case, in which John Haahti of Stewart pleaded guilty to a charge of being concerned in the trading of furs without a licence and was fined \$50, was prosecuted by Game Warden Ed. Martin while W. O. Fulton acted for Haahti.

Announcements

Anglican Bazaar, Nov 29.

Elks' Christmas Cheer Smoker, December 4.

United Church Bazaar December

"Voice of The Swamp," Cathedral Hall, Dec. 17 and 18, Amateur Players' Guild.

Canadian Legion Xmas Tree De-

cember 22.

Oddfellows' Scotch Hogmanay Dance, December 31.

Moose Hall

St. Andrew's Night Friday, November 30

ti as low as \$1.50 a day, plus 7c. a

Baptist Church tonight at 8 p.m. First class concert including a dra-Dainty gifts, nicely boxed, made matic play "The Centurions Serin Canada, 50c. to \$1.00, at the vant." Cameron's Orchestra. Adf mission 35c.

> William Bell of the Canadian Naional Railways commissary departnent here sails tonight on the Prince George for Vancouver thence he will proceed to Winnipeg on his annual vacation trip.

There was a good sized audience at the Moose Hall last night for a: lecture by C. Roberts of the International Bible Students on the subject of "World Cantrol." Mr. Roberts' discourse proved of considerable interest.

Popular Couple Wedded in South

Julius Johnson Returns to City With Bride, Formerly Miss Astred Eidshaug

Recently married in Vancouver, Mr. and Mrs. Julius Johnson, a well known local couple, returned to this city yesterday to take up residence. Is Your Week-End Shopping For the time being they are living at the Palmer Apartments.

Mrs. Johnson was formerly Miss Astred Eidshaug. The marriage took place last Wednesday at the Norwegian Lutheran Church in Vancouver with the pastor, Rev. Einar Torgeson, officiating. Miss Lila Williamson of Vancouver was bridesmaid while the groom was attended by Ottar Rennan, also of Prince

Following the ceremony, there was a reception in the Orpheum

Mr. and Mrs. Johnson will have COOKED SPAGHETTIthe hearty congratulations and best Misses Rita and Hazel Leask of wishes of many local friends. The

Pound Sterling and Canadian Dollar

this week in county and city police NEW YORK, Nov. 29: (CP)-The court. In the county court case, in British pound sterling closed at which Judge W. E. Fisher reversed \$4.985% on the local foreign exa dismissal of a year ago by Ma- change market yesterday and the

and found the W. H. Malkin Co. MONTREAL, Nov. 29: (CP)-The Tomatoes-No. 21/2 large Ltd. guilty of trading in furs with- British pound sterling closed at out a licence, imposing a fine of \$4.8616 on the local exchange mar-

JONES'

Phone 957

	Pot Roast of Beef-	12 1c
ı	per lb	AND DESCRIPTION OF THE PERSON
l	Round Steak-	25c
	2 lbs	********
	Shoulder Steak, 2 lbs.	25c
	I bunch Carrots	
9	Hamberger—	25c
	3 lbs	
	Pot Roast of Beef-	35c
	4 lbs	
Г	Boiling Beef, 3 lbs.	25c
	1 bunch Carrots	200
	Leg of Pork-	180
,	per lb	
	Loin Pork Chops-	20c
	per lb	
	Shoulder Pork-	50c
	4 lbs	
	Leg of Lamb-	20c
v	per lb	
	Shoulder Lamb-	65c
	5 lbs. :	
11	T-Bone Roast-	20c
	per lb	
**	Spare Ribs, 3 lbs.	50c
4000	Saur Kraut, 2 lbs	

FRESH MILK AND

CREAM DAILY

VALENTIN DAIRY

Phone 657

Phone 957

Old Time Dance

Everybody Welcome

HERE

List-At Real Prices

Quick!-At that first nasal

irritation, sniffle or sneeze

-justafewdropsofVa-tro-

nol. Used in time, it aids

in preventing many colds.

Va-tro-nol stimulates the

functions provided by Na-

ture-in the nose-to pre-

vent colds, and to throw off

colds in their early stages.

Where irritation has led

to a clogged-up nose (a stuffy

head cold or nasal catarrh),

Va-tro-nol penetrates deep

into the nasal passages-re-

duces swollen membranes-

clears away clogging mucus

effective-yetabsolutely safe

for both children and adults.

Va-tro-nol is remarkably

—brings comforting relief.

QUAKER OATS-per pkg	18c
HONEY-Beekist, per 21/2-lb.	tin 35c
PICKLES—Happyvale	320
Sweet or Mustard, qt. jar	020
BATHROOM TISSUE-	19c
Paragon, large rolls, 2 for	2017年開展的1018年度
SUPREME TEA—We re-	49c
commend it, per lb.	200

Serve Soup These Chilly Fall Days Hall's Chicken Broth-per tin 8c Clark's Rea or Julienne-2 tins 15c Cafe with twenty-seven friends of Campbell's Vegetable-per tin 10c

CRABMEAT SPREAD-per tin 10c Catelli's, per 1-lb. tin EGGS-Preserved Extras 30c per doz. BACON-Swift's Diamond 33c

"A," per lb. NALLEY'S SALAD 18c DRESSING, 12-oz. jar

ROYAL CITY CANNED FOODS Red Plums-No. 2 squat 10c tins, per tin Apricots-No. 2 squat tins 17c per tin

11c tins, per tin Spinach-No. 2 tall tins Stock up the pantry at these prices

OGILVIEC FLOUR-Whole 300 Wheat or Graham, 10-lb. GLACE CHERRIES-per lb.35c GUT MIXED PEEL-per lb. pkg. 21c SHELLED ALMONDS-per lb. 39c or Raspb'y, per 32-oz. jar 30c LUX SOAP-per bar

FAMOUS" BREAD FLOUR-We guarantee the \$1.49 quality, 49-lb. sack

CHOCOLATE PUFFS-per lb. SINGAPORE PINEAPPLE-9c per tin RED CHERRIES per No. 2 tin 17c QUEEN OLIVES-Libby's 21c Real value, 16-oz. jar FELS NAPTHA SOAP-per bar .7c

Thrift Cash & Carry Phone 179 "CARRY AND SAVE"

201 Third Ave Mail Orders Have Our Prompt Attention

COFFEE De Luxe

Served at All Times of Day or Night

Always fresh-Using the Silex method-Doing away wholly with metal taste, stale flavor. Healthful and invigorating.

Commodore Cafe

Trunks and Valises

Now!.. new aid in

PREVENTING Colds

Follow VICKS PLAN for better CONTROL OF COLDS

WE HAVE THE LARGEST STOCK OF HIGH GRADE WARDROBE AND TRAVELLING TRUNKS, PAKRITE CASES, VALISES, SUIT CASES, HAT BOXES, CHILDREN'S TRUNKS AND CASES, AT PRICES NEVER BEFORE OFFERED TO THE PUBLIC OF PRINCE RUPERT.

These make practical and acceptable Christmas Presents.

Juggestions

- - for - -



Nothing is so much appreciated at Christmas as a pair of slippers. No one can make a mistake in giving a pair to a friend. They come in all prices and sizes.

Full Range of Child's Slippers— 55c Very Large Assortment of Ladies' Felts and Boudoir Slippers, from ... Large Range of Men's Felts and 95c Leather Shippers, from

Men's Sample Suits, best make, all this season's \$14.95 goods, new styles up from

A Call Will Convince You

Rupert Trading Co.

We Accept Relief Tickets

WANTED 100 Permanent

Waves at \$3.00

Nelson's Beauty Shop Phone — 855

COAL! COAL!

Our Famous Edson, Alberta and Bulkley Valley Coals are guaranteed to give satisfaction. Try a No. 1 Bulkley Valley. We sell Timothy Hay, Wheat, Oats and Barley.

Prince Rupert Feed Co. 58 — Phones — 558

Because it doesn't pay to advertise poor products, It does pay to buy those advertised.