

# For the Folks at Home

## The WEEKLY NEWS

The best Xmas or New Year present is a year's subscription to . . .

It has all the news of the week's progress in the city and district. It tells more about the place than you could write in a month.

It will come regularly each week like a letter from you.

"We feel as if we know everything and everybody in Prince Rupert through reading your paper. It's the most interesting paper we receive," writes a subscriber from England.

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## Birks' Catalogue

will assist in making your Christmas buying a success. Send your name and address at once and get this free shoppers' guide, from which you may select in the quiet of your home goods which represent the standard of your home goods which represent the standard of fashion, excellence, quality and finish. From Birks' great stock of Jewelry, Silver, Cut Glass, Watches, Clocks, Leather Goods, Art Goods and Novelties you may select the most choice and pleasing Christmas gifts. Communicate with us at once and benefit by the prices of the importer and manufacturer.

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## Cures Coughs

Mathieu's Syrup of Tar & Cod Liver Oil is a great Tonic and not only stops a cough but enables the system to throw it off. There should be a bottle of it in every home.

Large size bottle 35c. Sold everywhere.

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SHERBROOKE

## ITEMS OF SPORT

**Tom Longboat Leaves.**  
Tom Longboat, the "human grasshopper," is making the longest "hop" of his career, according to reports from Amherst. He left a week ago to run Fred Cameron, the Nova Scotia champion, intending to return immediately after the contest. Now the story comes from the maritime province that he has flitted to Scotland to run in the Powder Ball marathon in Edinburgh on New Year's Day, along with Cameron and Holmer, the Canadians. The Indian's departure was not only a surprise to his friends, but to his wife, who knew nothing about it until she received a wire that he had sailed.

**Offers a New \$10,000 Cup.**  
Hon. Arthur Stanley, a son of Lord Stanley, former governor-general of Canada and donor of the famous Stanley cup, emblematic of the world's hockey championship, and held by Ottawa, has written Messrs. P. D. Ross and W. M. Fagan, the cup trustees, making a most generous offer that he and his brother, Lord Derby, have decided to offer a new cup to the hockey teams of Canada to replace the old one. They have written offering to give \$10,000 to purchase a new trophy.

**A Few Don'ts for Bowlers.**  
Don't try to learn in a day. Don't use too much speed at first. Don't grip the ball too tight. Don't loft the ball. Don't play the side ball until you have mastered the centre delivery. Don't swing the ball more than once before delivering it. Don't start with a jump; walk one and run two steps. Don't deliver the ball with the right foot in front. Don't step on or over the foul line.

Don't think you can change the course of the ball after it has left your hand. Don't allow the alley birds to get your goat. Don't expect a strike because you hit the head pin. Don't throw away a spare because you think you were entitled to a strike. Don't think the other fellow has all the luck; plug away, things will change. Don't use any unnecessary motions. Don't exert yourself. A slow, accurate ball is better than a swift, wild one. Don't put your whole thumb in the "finger" hole—one joint is enough. Don't tell your wife you carried off the honors—she may read all about it in the papers.

For row boats and launches telephone 320 green. Davis boat house.

## New Knox Hotel

BESNER & BESNER, PROPRIETORS  
The New Knox Hotel is run on the European plan. First-class service. All the latest modern improvements. BEDS 50c UP

FIRST AVENUE, PRINCE RUPERT

## FRED. STORK

General Hardware

Builders' Hardware  
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SECOND - AVENUE

## Prince Rupert Lodge, I.O.O.F.

NO. 63

Meets in the Helgeson Block

Every Tuesday Evening

All members of the order in the city are requested to visit the lodge.

J. P. CADE, N. G.  
J. GLUCK, Sec.

## Savoy Hotel

Cor. Fraser and 5th. Choice Wines and Cigars  
RUPERT'S PALACE OF COMFORT

## The Easiest Way to Buy Christmas Gifts

Shopping by mail through Ryrie's Mail Order Department is just as satisfactory as though you visited our store in person.

With our new catalogue—write for it, its free—you can choose your gifts in the quiet of your own home without any worry or trouble.

We prepay all charges on any article purchased from us, guarantee its safe arrival, and refund your money if you are not satisfied.

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TORONTO

## GRAND TRUNK PACIFIC

## Christmas and New Year Sailings

s.s. Prince Rupert

Leave Prince Rupert Thursday at 8:30 p. m., Dec. 21st and 28th, arriving in Vancouver early Saturday morning, Dec. 23rd and 30th.

MAKE YOUR RESERVATIONS EARLY  
Phone 260

S.S. Prince John for Stewart 10 a. m., Dec. 20th and 27th.

Present schedule will remain in effect until above dates.

Bi-weekly train service to Vanarsdol. Trains leave Prince Rupert at 1 p. m. Wednesdays and Saturdays. Returning arrive Prince Rupert 4 p. m. on Thursdays and Sundays.

On your Christmas visit East travel via the Grand Trunk Railway System from Chicago. The finest and best service over Double Track Route. Connections with all roads East and West. Atlantic Steamship bookings arranged. Full information and tickets obtained from the office of

**A. E. McMASTER**  
FREIGHT AND PASSENGER AGENT



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For Victoria, Vancouver and Seattle

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## BOYS!

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ADVERTISE IN THE NEWS

## THE COSY CORNER

DEVOTED PRINCIPALLY TO THE INTERESTS OF WOMEN

This is a little section of the paper, which from day to day will be devoted to subjects of special interest to women. Any and all of the ladies of Prince Rupert are invited to contribute to its columns, and to take part in its discussions. Suggestions and criticisms are invited by the editor. The hope is expressed that "The Cosy Corner" will fill a social need.

### CENSOR MOVING PICTURES

Seattle Women Find Interesting and Useful Work as Censors.

Miss Alice Lord, business manager of the Waitress' Union of Seattle, and Dr. Sarah Kendall, a medical practitioner, are among the appointees of the first board of censorship to pass upon all the films to be shown in that city. It is an important work, although the censors receive no pay, get no theatre passes and undertake the work solely from a sense of duty.

### Arranging for Dance.

The members of the Kaian Island Club are arranging to hold another of their delightful members' dances on the night of January 15th.

Don't forget that you can find a complete line of Hand Bags, Suit Case Umbrellas with gold filled and sterling silver handles. Gray's Jewelry Store. Prices right.

### A HINT TO THE SHY

You Can Overcome Your Embarrassment by Will Power.

Shyness comes through lack of confidence, and to overcome shyness it is therefore necessary to overcome this feeling of diffidence and gain more confidence. There is nothing like quiet thought to help in the attainment of self-confidence, and the shy or timid person will gain much by taking a few minutes' quiet and thought each day, during which time the mind is fixed on the cause of the shyness or flurry. Be determined not to become shy or nervous and reason with yourself as to why you should not become thus agitated.

Determine to rule yourself by your own thoughts and by your own reasoning powers.

Crowded for room—must discontinue our toy department; everything in toys, dolls, games, etc., at cost. Wallace's.

### CARE OF THE FEET

Unless Your Feet Are Comfortable You Cannot Be.

Ever notice how your feet reflect their condition over your whole body? If they are cold or tired or hot you feel cold or tired or hot all over.

In the care of the feet it must be remembered that the leather of the closely fitting boot allows very little ventilation, and so more attention must be paid to the airing of the feet, as well as to their bathing. The feet should be bathed twice daily.

On making the toilet for the evening dinner both shoes and stockings should be changed, the stockings hung up in the room and the shoes left out to air and dry, instead of being stuffed into the shoebag, to remain there until the next morning.

An alcohol rub will be found very refreshing to weary feet. For profuse perspiration of the feet, boracic acid or talcum powder may be used, dusting the powder over the feet both night and morning.

### PRINCE RUPERT PUDDING

So Named Because Made From Our Staple Fruit, Bananas.

Thickly butter a plain pudding mould and decorate with alternate rows of cherries and angelica rings. Melt two tablespoonfuls of butter in one gill of milk and stir into it three beaten eggs and three heaping tablespoonfuls of sugar and add to it a teaspoonful of vanilla extract. Pour this custard while it is hot over four ounces of bread crumbs. Put the mixture carefully into the prepared mould, adding to it four sliced bananas that have been cut across in thin slices. Cover the pudding with buttered paper and steam it for two hours.

Ladies' watches from now until Xmas at special prices at Wark's.

### PANCAKE FRITTERS

You Can't Make Them Too Often for the Children.

Pancake Fritters—Two tablespoonfuls of flour, two eggs. Put flour in a basin and stir into same sufficient boiling water to make into a paste. Leave to cool, then break in the eggs (unbeaten) and mix together with a fork. Have ready some hot dripping in a fryingpan and place the mixture in little heaps. Fry a golden brown, turning to cook both sides. This quantity should make fourteen or fifteen fritters. Serve hot with lemon and sugar.

### Christmas Rush.

Big rush to Keeley's for Perfumes in fancy gift packages. tf

## Mrs. Frizzell's

The eternal quest in buying party and evening dresses is to find something prettier, something more "becoming," something in the way of a new effect in an approved style. Mr. Frizzell has always carried the acknowledged leading display of this class of goods in Prince Rupert, and is now offering them at a decided sacrifice.

A big reduction has also been made in raincoats and ladies' and children's coats.

Useful Christmas gifts serve as a constant reminder of the giver. The store is replete with holiday suggestions—in fact, it is a decided show nowadays.

Ladies' collars, handkerchiefs, needlework, etc., in fact, an endless variety of appropriate Christmas novelties.

ALL TASTES GRATIFIED EXCEPT POOR TASTES.

**Mrs. Frizzell's** - Sixth Street  
OPEN UNTIL 10 p.m. THIS WEEK

## Xmas Goods

JUST ARRIVED

A large assortment of chocolates in fancy baskets and boxes also a full line of

CHRISTMAS STOCKINGS AND CRACKERS  
Choice New Season's Fruit and Nuts

SEE OUR WINDOW

**Williams & McMeekin**

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