

The Stomach Begins

digestion, but the most important work is done by the bowels, liver and kidneys. Failure of these to act efficiently allows the whole body to be poisoned.

BEECHAM'S PILLS do more than produce bowel movement. Liver, skin and kidneys are influenced to more active effort with resulting increased effect. It is always safe to take

Beecham's Pills

Sold everywhere in Canada.

In boxes, 25c., 50c.

St. Regis Cafe

NOW

Re-opened

Everything Spick and Span

Home Made Pastry now for sale on the premises

EAT AT THE ST. REGIS

Life Insurance Is In Certain Respects Unique

Other kinds of insurance provide for losses that MAY be sustained. Life Insurance provides for an inevitable loss.

The premiums on other kinds of insurance are an expense. The premiums on a life policy are payments on account of an asset; for at some time the policy must mature and be paid. Other kinds of insurance are expedient; Life Insurance is essential.

A building may never burn, a ship may never sink, but ALL men must die.

The Mutual Life Insurance Co. of Canada Policies are safe.

McCaffery, Gibbons & Doyle, Limited, - Agents. Phone 11 - 3rd Avenue

M.M. Stephens

Notary Public Conveyancer

FOR SALE

Four-roomed plastered house, on Eighth Avenue between McBride St. and King Edward School with excellent lot.

\$1,500.00

Terms.

M. M. Stephens

Real Estate Insurance Financial Agent

Cadomin Coal

No wait. Full weight.

\$12.50 \$13.75

Ton, Loose Ton, Sacked FURNACE COAL

Consumers Coal Company

Phones- 7 - Black 293

To our many friends and patrons A HAPPY AND A PROSPEROUS NEW YEAR

T. J. DAVIDSON

The Peerless Studio

Suite 22, Alder Block

PHONE Red 328

SKEENA LAND RECORDING DIVISION. DISTRICT OF QUEEN CHARLOTTE ISLANDS.

TAKE NOTICE that William J. Leary of Skidegate, B.C., settler, intends to apply for a license to prospect for coal and petroleum on and under the following described lands:

Commencing at a post planted at north-east corner of DL 2799, thence west 80 chains, thence north 80 chains, thence east 80 chains, thence south 80 chains, to point of commencement. Dated this 21st day of October, 1919. WILLIAM J. LEARY, Applicant.

MORTGAGE SALE OF SAWMILL EQUIPMENT AND LUMBER AT PORT CLEMENTS, B. C.

Under and by virtue of the powers contained in a certain chattel mortgage held by the vendor there is offered for sale up to and including Friday the 2nd day of January, 1920, the following chattels, viz: the plant, machinery, equipment and lumber of the Port Clements Box and Lumber Co., Ltd., at Port Clements, B. C. For particulars apply to J. B. Weir, 1396 Richards St., Vancouver B. C. 302

SKEENA LAND RECORDING DIVISION. DISTRICT OF QUEEN CHARLOTTE ISLANDS.

TAKE NOTICE that William J. Leary of Skidegate, B.C., settler, intends to apply for a license to prospect for coal and petroleum on and under the following described lands:

Commencing at a post planted at the north-east corner of DL 498, thence west 80 chains, thence north 80 chains, thence east 80 chains, thence south 80 chains, to point of commencement. Dated this 22nd day of October, 1919. WILLIAM J. LEARY, Applicant.

SKEENA LAND RECORDING DIVISION. DISTRICT OF QUEEN CHARLOTTE ISLANDS.

TAKE NOTICE that William J. Leary of Skidegate, B.C., settler, intends to apply for a license to prospect for coal and petroleum on and under the following described lands:

Commencing at a post planted at the north-east corner of DL 2799, thence north 80 chains, thence east 80 chains, thence south 80 chains, thence west 80 chains, to point of commencement. Dated this 21st day of October, 1919. WILLIAM J. LEARY, Applicant.

SKEENA LAND RECORDING DIVISION. DISTRICT OF QUEEN CHARLOTTE ISLANDS.

TAKE NOTICE that William J. Leary of Skidegate, B.C., settler, intends to apply for a license to prospect for coal and petroleum on and under the following described lands:

Commencing at a post planted one mile east of the north-west corner of DL 498, thence east 80 chains, thence north 80 chains, thence west 80 chains, thence south 80 chains, to point of commencement. Dated this 22nd day of October, 1919. WILLIAM J. LEARY, Applicant.

SKEENA LAND RECORDING DIVISION. DISTRICT OF QUEEN CHARLOTTE ISLANDS.

TAKE NOTICE that William J. Leary of Skidegate, B.C., settler, intends to apply for a license to prospect for coal and petroleum on and under the following described lands:

Commencing at a post planted twenty chains east of the north-east corner of DL 511, thence west 80 chains, thence south 80 chains, thence east 80 chains, thence north 80 chains, to point of commencement. Dated this 23rd day of October, 1919. WILLIAM J. LEARY, Applicant.

Westholme Lunch

MAY. BILLINGS, Prop.

50c Special Menu 50c Tuesday, January 6

Luncheon 11:30 a.m. to 2 p.m. Dinner 5:30 p.m. to 7:30.

Soup. Beef Broth. Fish. Salmon, Halibut, Smoked Black Cod. Boiled. Spare Ribs with Cabbage. Entrees. Breaded Veal Cutlets. Green Peas. Beef Steak Stew. Liberty Steak with Onions. Roasts. Roast Beef, Brown Gravy. Roast Veal with Jelly. Vegetables. Plain Boiled or Mashed Potatoes. Mashed Parsnips. Dessert. Apple Cranberry Pie. Cottage Pudding. Tea - Coffee.

SHORT ORDERS SERVED ANY TIME FROM 7 A.M. TO MIDNIGHT

DENTISTRY

Don't neglect your Teeth One decayed or missing tooth lowers your efficiency

DR. BAYNE

Office Hours—Morning, 9 to 12; Afternoon, 1:30 to 5:30; Saturday, 9 to 12 only. Evenings, Tuesday, Wednesday and Friday, from 7 to 9.

DENTAL NURSE IN ATTENDANCE

PHONE 109 FOR APPOINTMENT

A. G. GRAY

Teacher of Piano

Studio 137 Second Avenue

PHONE 182 or 444

SPECIAL Tuesday

No. 1

Jonathan Apples

Wrapped Stock per box

\$3.00

Rupert Table Supply Co.

Phones 211, 212

NOTICE TO CONTRACTORS

Tenders will be received up to 12 noon Thursday, January 8th, 1920, for the excavating and rock work required for the foundation of a school building to be constructed on Hays Cove Circle, Prince Rupert, B. C. Tenders shall state a price per cubic yard for muskeg, clay and rock, in accordance with the plans and specifications. Lowest or any tender not necessarily accepted. Plans and specifications and all information may be obtained at the office of the architect.

J. W. POTTER, Architect. W. D. VANCE, Secretary of Board. (5)

It is just as cheap to get your printing done well and done at home as it is to send it away. Try The News Print Shop.

George Nutt, of Smithers, is in the city.

Advertise in the Daily News.

The Index and Guide to Northern British Columbia

(In course of publication).

Contents—A complete directory of the City of Prince Rupert and outlying settlements—Synopsis of Mining, Fisheries, Agricultural and Industrial progress revised and brought up to date—Post Offices, Telegraph Stations, Settlements, Associations, etc., and other general information.

The INDEX and GUIDE was first published in 1916 and contained 145 pages of valuable information. Copies of the 1916 edition are still in use BECAUSE nothing better has been published to take its place.

The INDEX and GUIDE is Prince Rupert's Own, compiled, printed and published by local people, who are absolutely familiar with conditions.

The INDEX and GUIDE 1916 edition is furnishing publicity information yet to people in the East, the States, Europe and the Orient.

Population Growth is Civic Progress.

In 1916 we listed 3,200 people as residing in Prince Rupert and got nearly all on the list.

In 1920 we want to get everyone on the list and ask you to be good enough to furnish the information to our canvassers when they call.

For further information, PHONE 478.

SKEENA LAND RECORDING DIVISION. DISTRICT OF QUEEN CHARLOTTE ISLANDS.

TAKE NOTICE that William J. Leary of Skidegate, B.C., settler, intends to apply for a license to prospect for coal and petroleum on and under the following described lands:

Commencing at a post planted one mile north of the north-west corner of DL 293, thence east 80 chains, thence north 80 chains, thence west 80 chains, thence south 80 chains, to point of commencement. Dated this 25th day of October, 1919. WILLIAM J. LEARY, Applicant.

SKEENA LAND RECORDING DIVISION. DISTRICT OF QUEEN CHARLOTTE ISLANDS.

TAKE NOTICE that William J. Leary of Skidegate, B.C., settler, intends to apply for a license to prospect for coal and petroleum on and under the following described lands:

Commencing at a post planted at the north-east corner of DL 2795, thence east 80 chains, thence south 80 chains, thence west 80 chains, thence north 80 chains, to point of commencement. Dated this 21st day of October, 1919. WILLIAM J. LEARY, Applicant.

SKEENA LAND RECORDING DIVISION. DISTRICT OF QUEEN CHARLOTTE ISLANDS.

TAKE NOTICE that William J. Leary of Skidegate, B.C., settler, intends to apply for a license to prospect for coal and petroleum on and under the following described lands:

Commencing at a post planted at the north-east corner of DL 2795, thence east 80 chains, thence north 80 chains, thence west 80 chains, thence south 80 chains, to point of commencement. Dated this 21st day of October, 1919. WILLIAM J. LEARY, Applicant.

Local News Notes

K. F. Halliday, of Hazelton, is in town.

Thos. Dawe, of Port Essington, is in town.

Major Hull left for the south last night.

Mr. and Mrs. R. S. Wright left for Vancouver last night.

Pianos correctly tuned. \$6.00, G. C. Walker, Phone Blue 389. tf

J. Anthony, of Terrace, arrived in town on last night's train.

For first class shoe repairing, B. M. Simpson, Fifth and McBride.

Harry Mobley left on a business trip up-river this morning.

Mr. and Mrs. L. Wurko, of Terrace, were arrivals on last night's train.

New shoes are expensive. Have your old ones rebuilt at McArthur's. tf

The "Director" Corset. Manufactured in Prince Rupert. Phone Blue 92. tf

When you need a pair of shoes of better grade, call at McArthur's Shoe Store. tf

Sandy Johnson and J. Golder arrived from Willow River on last night's train.

J. E. Ormheim, the well known fur buyer, is registered at the Hotel Prince Rupert.

We don't cobble shoes at Simpson's—we repair them. Corner Fifth and McBride. tf

Inverness arrivals on last evening's train included G. Johnston and Mr. and Mrs. W. Lee.

Major V. Cowper Young was a passenger for the south on the Princess Beatrice last night.

E. C. Large and W. Jackowski were passengers for the south on the Princess Beatrice last night.

The Princess Mary arrived from the south at 1:30 this afternoon and left again for the north at 3 o'clock.

A building permit was issued on Saturday to W. G. Smith for a one-story frame building on 6th ave., East, value \$1200.

Mrs. Hugh MacMillan arrived from the south last night to join her husband who is engaged with the Government Telegraph Service here.

W. S. (Duke) Harris, of Hazelton, arrived in town on the Princess Beatrice last evening and left for Hazelton on this morning's train.

The "Princess Beatrice" arrived from Vancouver at 5:30 last evening with a good list of passengers for Prince Rupert. She left again at 8 o'clock southbound.

Mrs. R. H. Taylor, accompanied by her daughter, Miss Ruby Taylor, left for Montreal on this morning's train. A number of friends were at the train to see them off.

The invitations are out for the Boilermakers' Dance to be held in the St. Andrew's Hall on Tuesday night. Anyone who has inadvertently been omitted to be invited, please phone E. Craggs, Black 415. (4)

John Toner, appearing in the Police Court this morning charged with using obscene language was fined \$15 and \$2 costs. He created a disturbance after being brought to the jail and was also fined \$10 for doing wilful damage and \$5 costs, a total of \$32.

***** TOO LATE TO CLASSIFY *****

FOR SALE—Gas boat "Edem" 28 feet beam, 6 h.p. engine, 3 oil tanks. Good boat for trawling or hunting. In good condition. Price \$200.00. A snap. Apply J. Toner, Shruballs' store, Cow Bay. (4)

FOR SALE—A car of dry cord wood from Cedarvale. Order early for delivery direct from car. Pacific Carriage, Ltd. tf

WANTED—Machinist with knowledge of gasoline repair work. Akerberg, Thomson & Co. (4)

FOR RENT—Furnished suite, St. Louis Rooms, Phone Red 91.



WRIGLEY'S

A Flavour for every taste

ALL sealed air-tight and impurity-proof, in the wax-wrapped, safety packages.

Be sure to get

WRIGLEY'S

because it is supreme in quality.

Made in Canada

The Flavour Lasts

SATISFIES SAVES NERVES



"Wee MacGregor" DRAG SAW

The Original Light Weight, Portable, Gasoline Operated Drag Saw and Power Plant. Frequently Imitated—Never Equalled.

The "Wee MacGREGOR" with its handy efficient 4 h.p. engine, is guaranteed against everything but natural wear, abuse or neglect. You will find it a willing servant—one who will make big money for you. In the camp, on the farm, it serves many useful purposes. All it needs is gasoline, oil and water.

Write for descriptive literature, free if you mention this paper.

WEE MacGREGOR SAW MANUFACTURING CO. Built for Service. Sold on Merit.

310 Granville Street Vancouver, B.C.

Georgetown Lumber Co.

PHONES 130 and 423. P. O. BOX 1632

Largest Assortment of Lumber in Central B. C.

FISH BOXES A SPECIALTY

SPRUCE FIR CEDAR

Consult Us.

REG'AR FELLERS



YES SIR, THERES SOMEONE TO BE PROUD OF—YOUR GRAND-FATHER

IS THAT ALL THERE WAS TO HIM POP?

Geo. BYRNES