THE DAILY NEWS

Published Daily and Weekly

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HEAD OFFICE:

Daily News Building, Third Avenue, Prince Rupert, B.C. Tel. 98. TRANSIENT DISPLAY ADVERTISING - 50 cents per inch. Contract Rates on application.

DAILY EDITION.



Thursday, May 30, 1918.

Changing a People's Habit.

When people are asked to save food, they should not hastily jump to the conclusion that they are expected to eat less than their accustomed quanties. That's not the idea at all.

What is desired is that they should cut out certain ordinary articles of diet, such as wheat and beef and bacon. When this has been done, there are still plenty of other foods from which the human body can obtain abundant nourishment.

The chief difficulty in the way of making the change is the taking of thought as to acceptable substitutes. Man is a creature of habit. He resents being shaken out of his routine. For this reason, the food controller has been compelled? to go slow.

The first step was a campaign of education and persuasion. Then came the ob-, ligatory regulations on public eating houses and the orders against hoarding certain articles, such as flour and sugar.

Presently, as public opinion becomes reconciled to the necessity, the government will screw its courage to the sticking point and will adopt some system which will amount to the rationing of private houses.

Not improbably, this will be EVERYBODY SHOULD WORK brought about in part by taking possession of the whole of this year's wheat crop-sending as much as can be spared to Europe and dividing the rest among the cities and towns of Canada in proportion to population.

What is quite sure, is that this country must prepare itself for regulations considerabdly more drastic than have yet been put into force. It has to be done. The Allied armies must not be stinted. The fighting man has to be kept in shape. The civilian populations of Great Britain and France and Italy cannot be allowed to suffer from famine.

MR. COPP'S CHARGES.

Mr. Copp of Westmoreland made a series of charges in the House reflecting on Commanding Officers, Deputy Presiding

Vancouver.

couver, Victoria and Seattle.

City Ticket Office, 526 Third Avenue.

Alternating Weekly to Queen Charlotte Islands.

Wednesday Midnight to Anyox.

Officers, and Poll Clerks concerned in the taking of the votes of the soldiers overseas. Two of his accusations are particularly grave:

threatened with removal to the fighting line if they did not mark their ballots for the Government in the presence of and in the manner prescribed by the Deputy Presiding Officer.

"That military electors who refused to vote as they were directed in the manner referred to in the preceding paragraph were accordingly immediately removed to regiments proceeding to the fighting line."

These charges alone, made upon the responsibility of a member of Parliament, would justify the demand for a searching investigation. If they can be established no punishment will be too severe for the guilty officers or officials. Mr. Copp makes many other allegations of fraud and irregularity. Some of these are serious and circumstantial; others, such as the complaint that the Government's campaign literature was untruthful, belong to the ordinary election polemics. The whole indictment is one that no Government can ignore .- Toronto Globe.

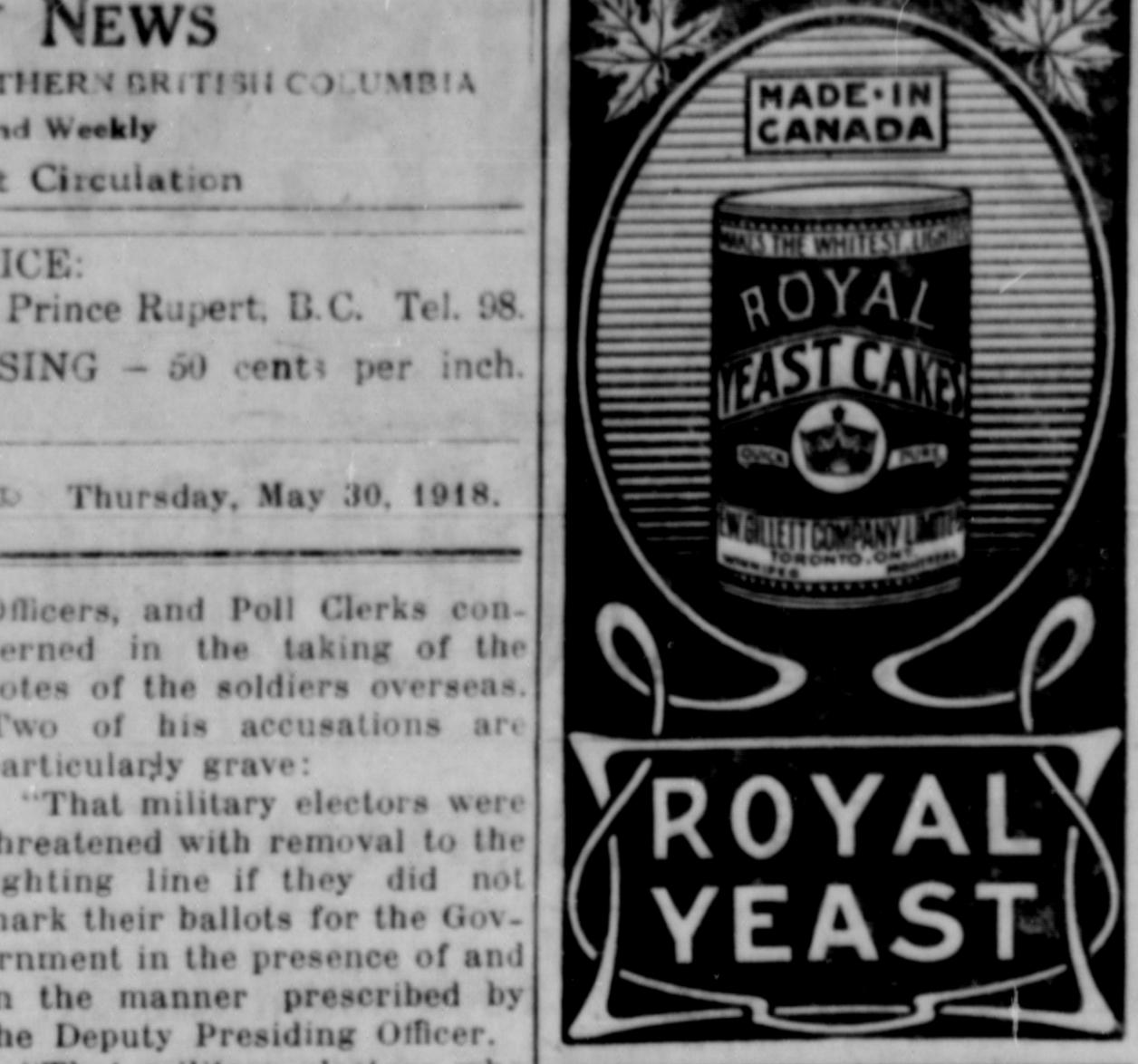
The law forbidding idleness is being applied with some effect in Canada and the United States against the class of Relieve the cause and a good, sound sleep persons upon whom the police will be the result. are accustomed to keep an eye. The individual with a precarious income from mysterious internally if you want perfect health. adequately.

terious to the community as L. Cascade" as a Godsend to me." idleness at the bottom.

spised nuisance.

In the regenerated world

PHONE 260



to arise after the war, will everybody work? Will it be- Sundays come unfashionable for the sons and daughters of the rich From Port Simpson and Naas to do nothing but amuse themselves? Will everybody have Tuesdaysa.m. some useful occupation, and nobody be overburdened with

Perhaps. But, in the meantaken before the magistrate and something to do?-Vancouver

Advertise in the Daily News.

Insomnia Cured Without Drugs

Internal Bathing Relieves the Cause

If you do not sleep there is always

and free from all waste matter. Bathe sources is being dealt with Mr. F. C. Voigt, Rapid City, Man., writes :-- "For several years I suffered It should not be forgotten, from Indigestion, Nervous Debility, In-

however, that the law, in theory and doctors did not expect I would live at any rate, is intended to ap- throughout the winter. Your book interply to men and women at both ested me. I got a "L B. L. Cascade" and ends of the social scale. Idle- I now sleep and enjoy my meals better ness at the top is just as dele- than for years before. I regard the "J. B.

The "J. B. L. Cascade" is a perfected Indeed, it may easily be more Dr. Chas. A. Tyrrell of New York, and has so, because the rich loafer, who been the means of restoring thousands to consumes without producing, perfect health It is shown and explained arouses envy among the unre- by Cyril H. Orme, Druggist, cor. 3rd Ave. and 6th St., who will be pleased to give flecting, whereas, his impecun- you an interesting book called "The What, ious imitator is merely a de- The Why, The Way of Internal Bathing on request. Ask for it.



SEALED TENDERS, endorsed "Tenders" Logging Engine," will be received by undersigned up to 31st May, 1918, for the purchase of the following:---

key Engine, complete with sled and water tank, together with all necessary operating equipment. The above is now in use by and can seen at, the Kerr & Munn Logging Comcamp, Queen Charlotte Islands.

Tenders are to be F.O.B. at the present

One 10 x 12 Empire Logging Don-

The highest or any tender not neces-

JAMES PATTERSON, Purchasing Agent. Victoria, B. C., 3rd May, 1918.

MINERAL ACT

Certificate of Improvements

NOTICE

"LOUISE" Mineral Claiam, situate in the ortland Canal Mining Division of Cassiar District. Where located:---On American Creek, about 4 miles from its mouth. TAKE NOTICE that I, Robert Stewart, Free Miner's Certificate No. 9530"C", intend, sixty days from the date hereof, to apply to the Mining Recorder for a Certificate of Improvements, for the purpose of obtaining a Crown Grant of the above

And further take notice that action, under section 85 must be commenced before the issue of such Certificate of Improve-

Dated this 28th day of March, 1918. SKEENA LAND DISTRICT-DISTRICT OF COAST, BANGE 5.

TAKE NOTICE that the Grand Trunk Pacific Railway Company of Winnipeg. Manitoba, intends to apply for permission to lease the following described lands:-Commencing at a post planted at the most northerly point of Lot 507 at or about high-water mark, thence northerly, easterly, southerly and westerly, following the

THE GRAND TRUNK PACIFIC BAILWAY COMPANY, H. H. Hansard, solicitor.

MAIL SCHEDULE

For the East. Mondays, Wednesdays and Saturdays at 9:30 a. m.

From the East. Sundays, Tuesdays and Thurs-

days at 5.30 p.m. For Vancouver:

Tuesdays p.m. Wednesdays 7 a.m-

Thursdays 10 p.m. From Vancouver

Wednesdays 10.30 a.m.

Saturdays p.m.

For Anyox: Wednesdays 10 p.m. From Anyox:

Thursdays p.m. which optimists are predicting For Port Simpson and Naas River points:

River Points:

Queen Charlotte Islands: For Massett, Port Clements and Upper Island points:

time, how many men and wo- Saturdays 8 a.m. men of large means have been From Masset, Port Clements and Upper Island points: ordered to find themselves Tuesdays a. m.

> For Skidegate, Queen Charlotte City and Lower Island points: Wednesdays p.m. From Skidegate. Queen Charlotte City and Lower Island points: Saturdays ... p. m.

The Daily News delivered by arrier, 50 cents per month.



DR. J. S. BROWN DENTIST

Phone 654

Six reasons

I - Steadies nerves

2-Allays thirst

3 - Aids appetite

4—Helps digestion 5 - Keeps teeth clean

6-It's economical



Advertise In The Daily News

"The food crisis is grave and urgent, beyond possibility of exaggeration."-Sir Robert Borden

City and Town Labor Must Save The Food Situation

THE heart of the food production problem is labor, and the heart of the labor problem is the city dweller. City people must produce food if Canada is to do her full duty in support of our soldiers and Allies.

Men who are needed on farms must come from the cities and towns—there is no other source. The Provincial Departments of Agriculture co-operating with the Canada Food Board, can place thousands of men on good farms in this Province. They are needed at once.

Those who remain at home must also Grow Food

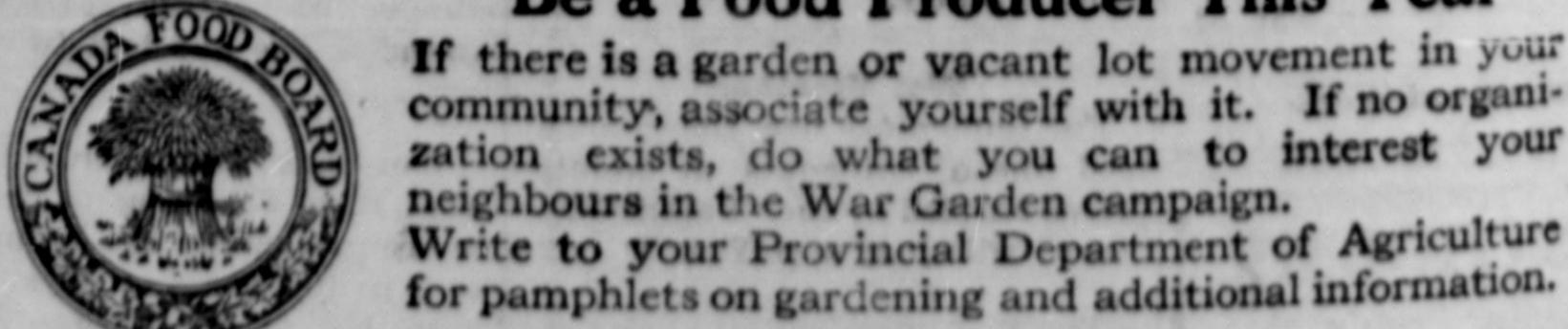
man whose rightful place this year is on a farm. But War Garden service is needed from those who can do no more.

Every pound of home-grown vegetables, produced on city land by city labor, will be a positive addition to the food supply. Home Garden

A War Garden will not excuse the and Vacant Lot cultivation will leave the farmers free to grow more food for export.

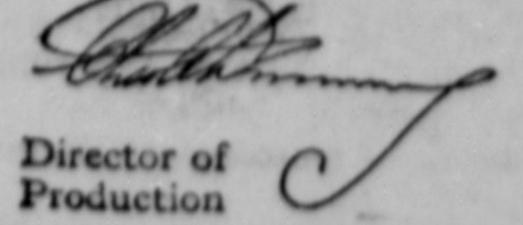
> The vegetable garden offers an opportunity for service to men whose circumstances make it impossible for them to work on a farm, to women, to boys and girlsto city people generally.

Be a Food Producer This Year



If there is a garden or vacant lot movement in your community, associate yourself with it. If no organization exists, do what you can to interest your neighbours in the War Garden campaign. Write to your Provincial Department of Agriculture

CANADA FOOD BOARD



Agricultural Labor

Jacomegny Luy de Lune

(In Co-operation with the Provincial Departments of Agriculture.)

CANADIAN PACIFIC

S. S. PRINCE RUPERT

-sailing-

Wednesday 9.00 a.m. for Swanson Bay and

S.S. PRINCE GEORGE

Thursday Midnight for Swanson Bay, Ocean Falls, Van-

S. S. PRINCE JOHN and PRINCE ALBERT.

TRAIN SERVICE

Passenger Monday, Wednesday and Saturday at 11:30 a.m. for Smithers,

Prince George, Edmonton and Winnipeg, making direct connections for all

points east and south.

Agency All Ocean Steamship Lines.

For information and reservations apply to

Lowest Rates to all Eastern Points via Steamer to Vancouver and the Canadian Pacific Railway

Meals and Berth included on Steamer

FOR VANCOUVER, VICTORIA AND SEATTLE

88. SOPHIA sails from Prince Rupert May 3rd, 14th, 24th; June 4th, 15th

88.PRINCESS ALICE sails for Vancouver June 22nd and July 6th. 8. PRINCESS MAY sails for Vancouver May 5th, 12th, 19th, and 26th;

June 2nd. 9th, 16th, 23rd and 30th.

W. C. ORCHARD, General Agent.

Co ner Fourth Street and Third Avenue, Prince Rupert, B.C.