

### Use Local Milk



When you buy a can of milk be sure it is a British Columbia product. The only way you may be sure is to insist upon Pacific Milk, for that is the only milk canned within our province. While we are facing an unemployment problem we should all insist upon goods made here.

**Pacific Milk Co. Limited**  
232 Drake St., Vancouver, B. C.  
FACTORY AT LADNER, B. C.

- Order Early
- Scotch Shortbread
- Currant Bun
- Xmas Cakes
- Plum Puddings

From **CURRIE'S BAKERY**  
Phone 177 P.O. Box 258  
Third Avenue



First Cars of our new screened Lump Coal have arrived.

**IT'S CLEAN**  
Large stock Egg Coal also on hand. Have you tried our Egg Coal in your range?

**IT'S HOT**  
**Consumers Coal Co., Ltd.**  
J. Lorne MacLaren, Manager  
Room 11, Smith Block Phone 7

### PIANO TUNING PHONO REPAIRS PHOTO ENLARGEMENTS

Agent for best art enlargements made in Canada. Negatives not necessary, but merely a print in any condition—faded, cracked or spotted even!  
Phone us and we will call.  
**Red 291 J. Slade Stevens**  
P.O. Box 162

## FISHERMAN AND SCIENCE SHOULD COME TOGETHER

Frozen Fish Just as Palatable, but Cheaper than Fresh

Closer harmony between the scientist and the practical man in fisheries work was strongly advocated by Professor Raymond C. Osburn of Ohio State University at a recent annual meeting of the American Fisheries Society in Ottawa. To employ a poetic phrase they are "useless each without the other."  
Professor Osburn accused scientists of remaining aloof from the practical problems to be solved and from the practical fish man who knows what the industry wants. On the other hand he also criticized the practical man for his lack of sympathy for the scientist.

"Science," he says, "is a radical by nature and practice inclines to stand pat. Such a team is a most difficult one to make to pull together. It would be well if practice would advance a little faster on the heels of science, that we might make practical use of advanced knowledge as soon as they become available."

**More Advertising**  
Professor Osburn pointed to the progress in agriculture as an illustration of the co-operation he would like. As to publicity, occasional reports and bulletins on fishery matters are issued from Government and state sources, while in agricultural work there are floods of such bulletins touching every phase of practical work and setting forth every new idea and every result of modern research. Through the agricultural extension service they touch every part of the country.

In closing his remarks Professor Osburn made a very earnest appeal: Let us scientific investigators and practical fish men get better acquainted for the good of both of us, that we may make common issue against the difficulties which stand in the way of greater production and utilization.

**Value Frozen Fish**  
The value of frozen fish as food is not generally appreciated by the people of Canada. Experiments have recently been conducted by Dr. Clark, investigator in the United States Bureau of Chemistry, which prove that the food constituents undergo no change in freezing, and the food value is the same a year after it is frozen as when landed. Care should be taken, however, in thawing out. If the fish is thawed out by hot water it loses some of its food value and also its flavor. The fish should be allowed to thaw out gradually by placing it in a cool place.

The frozen fish industry is becoming very valuable to the country, as it provides a means of conserving fish which would otherwise go to waste, fish being caught greatly in excess of the demand at certain seasons of the year. It is the only method at present known of preserving fresh or mildly cured fish in transit to remote markets, and it seems that until some other method of shipping fish is discovered the Canadian people inland must depend on the supply of frozen fish. They

## SHORT OF BREATH Could Hardly Walk Without Resting.

When you go to a physician to be examined for any heart trouble one of the first questions he asks is: "Are you short of breath?"

Now, when the heart becomes affected there ensues a feeling of a choking sensation, a shortness of breath, palpitation, throbbing, irregular beating, smothering sensation, dizziness and a weak, sinking, all-gone feeling of oppression and anxiety.  
On the first sign of the heart becoming weakened or the nerves unstrung Osburn's Heart and Nerve Pills are just the remedy you require. They regulate and stimulate the heart, and strengthen and restore the whole nerve system.  
—Dr. Stephen George East Clifford, M. D., writes:—"I suffered for five years with heart trouble. I could hardly walk from the house to the barn without resting as I used to get so short of breath. Doctors could not help me. My wife told me to get a box of Osburn's Heart and Nerve Pills and I felt better after taking them; three boxes made me quite well. I am now helping my son to work on his farm, and can truthfully say I feel like a different man."  
Price 50c, a box at all dealers or mailed direct on receipt of price by The T. Osburn Co., Limited, Toronto, Ont. Adv.

must be brought to realize that fish preserved in this way is as valuable as food and just as palatable as fish used fresh. The one important distinction is that frozen fish can be supplied much more cheaply.

**A Child's Idea**  
It is hard to tell sometimes whether the humor of a child is intentional or accidental. The following is an extract from an essay on "Why Canadians Should Eat Fish" from a little materialist-in-embryo in Nova Scotia:  
"Another reason why we should eat more fish is that we should all follow the example of Jesus which is found in Matthew, 14th chapter, which tells how he fed the multitude of five thousand men, besides women and children, with five loaves and two fishes. It don't say what kind of fishes they were, but fish must certainly be very filling."

## Mining Notes

### Premier a Winter Mine

While the Dolly Varden mine at Alice Arm is now entirely shut down, the Premier at Stewart is going strong and several hundred men are employed on it. Transportation conditions account largely for the closing up of one and the full operation of the other at this time of the year. The Dolly Varden production is taken out on a railroad which under present conditions can operate only in the summer on account of the inability to cope with the heavy snowfall of the winter in the Kitsu Valley. With the impossibility to remove the production of the mine it is questionable if there is much to be gained by development in the winter, so the Taylor Mining Co. has suspended operations. On the other hand, the taking out of the ore from the Premier is facilitated by the snows, for the ore can be sledged and towed out with tractors on the hard crust where in the summer the mud makes this impossible. It is also suggested as a reason for the closing of the Dolly Varden that in the spring wages will not be so high and the company will be able to operate more in accordance with a fluctuating silver market.

**Illiance Riverr**  
Al. J. Hughes, on his return re-

cently to Vancouver from Alice Arm where he spent the past summer operating the Bellevue Group on the Illiance River for the Alice Arm Consolidated Holdings, Limited, stated that the many large and well defined veins, with various outcrops of high grade and tremendous bodies of milling ore, would convince the most sceptical that the Upper Illiance River will before long become a permanent lode camp of considerable size. Most of the work this summer on the Bellevue Group has been near the upper end of the claims and samples of the property which have been tested give highly satisfactory results. Large bodies of high grade galena and gray copper ore occur in numerous places, running up to several hundred dollars per ton in silver and gold values. It is the intention of the company to hand sort and ship this high grade ore as soon as possible, but the main value of the mine is said to lie in the tremendous body of excellent milling ore, which is well suited for concentration by flotation methods. Ample water power is available on the property for future power purposes. Camps have been established and developments are to be carried on during the winter.

### Garde Busy

A. C. Garde, of Prince Rupert, has placed particulars of the iron and coal resources of the Copper River district before the British syndicate that is making investigations with a view to the establishment of an iron and steel industry on the coast. The Prince Rupert people don't let any grass grow under their feet.—Vancouver World.

Vanderhoof arrivals on last evening's train included Mr. and Mrs. W. C. Lampill and Mr. and Mrs. Tom Hunt.

F. H. Deacon arrived last evening from Pitman.



### SALE OF LAUNCH.

Offers will be received for purchase of the gasoline launch "Lila" now beached at Port Simpson where her hull can be examined. Engine, 25 H.P. Canadian Fairbanks-Morse, in good condition. Length of vessel, 42 feet; beam, 8 ft. 6 in. Arrange for inspection with Indian Agent C. C. Perry, Prince Rupert, or Dominion Constable Watkinson, Port Simpson. (4)

### MINERAL ACT.

**Certificate of Improvements.**  
NOTICE.  
NORME PRACTICUM Mineral Claim, situate in the Naas River Mining Division of Cassiar District. Where located—About 22 miles from Alice Arm at head of Kitsu River adjoining "Silver Horde" Mineral claim.  
TAKE NOTICE that I, Lewis W. Patmore, F. M. C. No. 39661-C, as agent for Hans Pedersen, Free Miner's Certificate No. 10728-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 claim.  
AND FURTHER TAKE NOTICE that action, under section 85, must be commenced before the issuance of such Certificate of Improvements.  
Dated this 10th day of November, A. D. 1920.  
LEWIS W. PATMORE.

### NOTICE.

IN THE MATTER of an application for the issue of a fresh certificate of title for Lots 27 and 28, Block 14, Section 1, City of Prince Rupert, (Map 923).  
NOTICE is hereby given that it is my intention to issue after the expiration of one month from the first publication hereof, a fresh certificate of title to the above mentioned lands in the name of EDITH Mabel McWardie, which certificate was issued 17th December, 1912, and is numbered 2721-L.  
Land Registry Office, Prince Rupert, B. C. 2nd day of December, 1920.  
H. F. MACLEOD,  
District Registrar of Titles.



**"Some Class!"**  
18¢ per package  
Two for 35¢  
and in tins of 50 & 100  
Enjoy them to-day

## PLAYER'S NAVY CUT CIGARETTES

IN PROBATE.

IN THE SUPREME COURT OF BRITISH COLUMBIA.  
IN THE MATTER OF THE "ADMINISTRATION ACT"

IN THE MATTER OF THE ESTATE OF KYUSHICHIRO KOBAYASHI, DECEASED, TESTATE.  
TAKA NOTICE that in the Order of His Honor, F. McR. Young, made the seventeenth day of December, 1920, I was appointed Administrator of the Estate of Kyushichiro Kobayashi, deceased, and all parties having claims against the said estate are hereby required to furnish same property verified to me on or before the eleventh day of January, A. D. 1921, and all parties indebted to the estate are required to pay the amount of their indebtedness to me forthwith.  
JOHN H. McMULLIN,  
Official Administrator,  
Prince Rupert, B. C.  
Dated this 20th day of December, 1920.

IN PROBATE.

IN THE SUPREME COURT OF BRITISH COLUMBIA.  
IN THE MATTER OF THE ADMINISTRATION ACT

IN THE MATTER OF THE ESTATE OF DONALD FRASER, DECEASED, TESTATE.  
TAKA NOTICE that in order of His Honor F. McR. Young, made the 24th day of November, A. D. 1920, I was appointed Administrator to the estate of Donald Fraser, deceased, and all parties having claims against the said estate are hereby required to furnish same, property verified, to me, on or before the 20th day of December, A. D. 1920, and all parties indebted to the estate are required to pay the amount of their indebtedness to me forthwith.  
JOHN H. McMULLIN,  
Official Administrator,  
Prince Rupert B. C.

**TRADE MARK B&K REGISTERED**

### B & K CHICKEN CHOP B & K SCRATCHFOOD

These are balanced rations and if fed with the necessary green feed (ALFALFA MEAL), BEEFSCRAFS, GRIT, SHELL and CHARCOAL, are sure to give results and INCREASE EGG PRODUCTION.

We retail feed in any quantity

**THE BRACKMAN-KER MILLING CO., LTD.**  
P.O. Box 745 Prince Rupert, B.C. Phone 350

### WARD ELECTRIC & MARINE SUPPLY CO.

**COW BAY**  
ELECTRICAL AND MARINE SUPPLIES,  
representing  
Canadian Fairbanks Co. Ltd.  
C. O. Crude Oil Marine Engines from 30 to 250 h.p.  
8-10 H. P. Heavy Duty Distillate Engines,  
All the Latest Improvements.  
Electric Lighting Plants Come and let us give you a practical demonstration.

# BEFORE AND AFTER

AS THE CALENDAR LOOKS TO A BACHELOR

ANY MONTH -

DATE WITH FLOSS	STAG	CABARET	TAKE VIOLET TO DANCE	SMOKER	THEATRE
CLUB	CALL ON DAISIE	LODGE DINNER	PARTY	ANOTHER DANCE	CARDS
OUT WITH MABEL	CABARET	SMOKER	WITH THE BOYS	STAG	KELLY POOL
THEATRE	FLOSS RECITAL	CALL ON GLADYS	CLUB	CABARET	DANCE

THE MARRIED MAN'S PICTURE OF IT

BEFORE MARRIAGE

AFTER

EVERY MONTH -

RENT	GROCER BILL	BUTCHER BILL	GAS BILL	MILK BILL	WEEKLY INSTALLMENTS	WEEKLY RELAPSE
DOCTOR BILL	TAILOR BILL	BAKER BILL	COAL BILL	FURNITURE BILL	" " " "	" " " "
MILLINERY BILL	ICE BILL	DENTIST BILL	LAUNDRY BILL	DRESSMAKER BILL	" " " "	" " " "
PLUMBER BILL	ELECTRIC BILL	CIGAR BILL	CLOTHES BILL	MORE BILLS	" " " "	" " " "