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Distinct fitting Disting Disting Disting Disting Disting Disting Disting Disting	Selection, "Gavalierra Rusticana," Moose Legion Band under direction of Robert Greenfield. Selection, "Waves of Danube," by Moose Legion Band. Vocal solo, Bobby Houston. Tap Dance, Miss Margaret Bruyn. Selection, "Crisis March," Moose Legion Band. Tap dance, Misses Betty Brown and Clara Dahl. The bazaar is continuing this af-	coach, is the central figure ir these dramatic-romantic events. Peggy Shannon, as the girl he loves, is dainty and bewitching as usual. Charles Starrett, famous American football playe,r Jack Oakie, Regis Toomey, George Barbier and J. Far- rell MacDonald have prominent parts in the cast. The picture is effective for many	RAISINS—Australian 2 lbs.25CCAMPBELL'S TOMATO SOUP, 3 tins25CLUX—For All Fine Launder- ing, per pkg.25CMACARONI— per 16-oz. pkg.8CRED PLUMS—Nabob, No. 2 11C	Pianos Tuned, \$3 WALKER'S MUSIC
Support Farmers	R. G. Johnston, manager of In- verness cannery, and Mrs. John stone will sail tonight on the s Princess Adelaide for their home is Victoria where they will spend th winter, the cannery having no- concluded operations for the sea son. Other members of the Inver	of which is the ending. The home team, coached by Arlen and the one for which the audience has been rooting, does not win the final game. The ending is a happy one morally, however, for Arlen wins the heart of a pretty girl with a avor of orange blossoms in the final close-up. And one does not need to be a football fan to get a kick out of the picture.	per tin 40 CRISCO—The Perfect 69c Shortening, per 3-lb. tin 69c NABOB TOMATO JUICE— 7c per tin 7c MELON & LEMON JAM— 7c Nabob, 4-lb. tins, per tin 9c Nabob, 4-lb. tins, per tin 9c tall tins, per tin 9c RED ARROW SODAS—New 10c	Order Tour Next New
	ness cannery crew will also g south on the Adelaide. TROUBLED ALL LIFE WITH CONSTIPATION	Miss D. Hogan	Stock, per pkg. 19C HEDLUND'S QUICK 22C DINNER, per tin 22C HEDLUND'S MEAT BALLS 24C per tin 24C QUAKER OATS—Quick 20C	LING
The farmers and gardeners of Central British Columbia are making an effort to supply the Prince Rupert market with vege- tables, fruit, potatoes, poultry and eggs and other products of the	But Kellogg's ALL-BRAN Brought Real Relief		CHOICE WHOLE BEANS—Ensign Brand, No. 2 tins per tin CHOICE SIEVE 4 PEAS—Ensign	WIDE RANGE OF FINE QUALITY WOOLLENS TO CHOOSE FROM

Mayor C H Orme was as follows

in "Touchdown" at Capito

district.

Prince Rupert people are asked to encourage this movement by asking for Central British Columbia products whenever practicable. Co-operation in this matter encourages merchants who buy from farmers and if the farmers are prosperous it will be an encouragement for others to take up land and thus add to the buying power of the whole northern and central part of the province.

Householders can help by keeping this in mind and asking merchants for Central B. C. products whenever possible.

10%



If you are subject to headaches, loss of appetite and energy, sleep-lessness and other effects that so often result from constipation, read Mrs. Turner's voluntary letter.

"For the past six months I have been eating Kellogg's ALL-BRAN, and cannot praise it too highly.

"Am fifty years of age. All my life have been troubled with constipation. Kellogg's ALL-BRAN has not only helped me, but has cured me.

"I thought I couldn't like the taste of bran, but Kellogg's ALL-BRAN is delicious." --- Mrs. C. J. Turner (address upon request).

Tests show ALL-BRAN contains two things which overcome constipation: "Bulk" to exercise the intestines; Vitamin B to help tone the intestinal tract. ALL-BRAN also supplies iron for the blood.

The "bulk" in ALL-BRAN is much like that of lettuce. Inside the body, it forms a soft mass, which gently clears the intestines of wastes.

Certainly this is more natural than taking pills and drugs-so often harmful. ALL-BRAN is not habit-forming. Two tablespoonfuls daily will correct most types of con-stipation. If you have intestinal trouble not relieved this way, see your doctor.

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

