



No Appetite

Nervous exhaustion leads to distaste for food. The nerves of the stomach are weak, digestion fails and you become generally upset and out of sorts.

The secret of complete restoration is in getting the nervous system fully built up.

Mrs. B. Cheney, 208 Richmond St., Chatham, Ont., writes:

"I was troubled with indigestion, which caused me many sleepless nights. I would be in terrible distress at times, and would get no relief for two or three hours. For sixteen months I ate nothing but Shredded Wheat biscuits, as I did not know what to do, as I had tried so many different remedies, as well as doctors' medicines, without gaining permanent relief. Finally I got some of Dr. Chase's Nerve Food, and while on the second box noticed that I was improving. I continued the treatment until I am now fully restored, and have returned to my regular diet. My husband has also taken Dr. Chase's Nerve Food with splendid results, so we are glad to recommend it to others."

Dr. Chase's Nerve Food, 50c a box, all dealers, or Edmanston, Bates & Co., Limited, Toronto.

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There is a Dr. Scholl's Foot Comfort Appliance of Remedy for every foot trouble. These simple and effective devices have brought foot comfort to millions of people.

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Don't miss this opportunity. No charge. We shall be pleased to see you.

Make a Note of These Dates

FAMILY SHOE STORE

Third Avenue

Waterfront Whiffs

Doings of the Mosquito Fleet Which Is the Chief Source of Prince Rupert's Prosperity

The fish business is moving lively around the waterfront these days and the vicinity of Cow Bay is no place for loafing, so if you have half an hour to spare any time don't try and spend it around the waterfront with someone who hasn't.

The halibut catch during the week has reached a large tonnage, and the boats of the Mosquito fleet are only in port long enough to discharge cargo.

The Admiral of the Fleet has issued orders to all boats to "get in quick and get out quick" which conveys a whole lot of meaning to the well disciplined crews.

A few of the boats engaged in herring seining have returned to port during the week and report that the herring are still swimming at too great a depth to allow of being caught in any great quantities. However, the herring prospecting has been accomplished and the happy hunting grounds have been located. It is anticipated that the herring will be swimming nearer the surface in a few days, and several boats are leaving port over the week-end to try their luck.

The repair work on the various craft for the season's fishing is nearly completed, and with the exception of one or two boats on the dry dock the mosquito fleet is intact and on the war path of the various deep sea amphibious monsters.

Wednesday, February 1, is Canada's Eighth Annual Fish Day, which is a very important and far reaching event in connection with the local fishing industry. Throughout the entire Dominion there will be much publicity given to the subject of fish, and each one should do his bit to make this day a memorable occasion, thus showing our appreciation of the worthy fisherman who risks his life that we may be supplied with one of the most important, if not the most important item of daily diet. Remember that the scientist has said that fish is good for the brain so on Wednesday we surely owe it to the "upper story" to feed it up a little. Remember that the prosperity of this fair city is dependent upon the fishing industry, and get out and boost for all you're worth. Buy, talk,

and EAT FISH on February 1. The stenographers of the fleet are working overtime on a brand new document at the Admiralty offices of the Fleet under the personal supervision of the Admiral. It is nothing less than a brand new motor boat law. After having passed three readings before the elite of the Mosquito Fleet it will be forwarded to higher authority with the object of its becoming real and honest law.

It is claimed by the local motor boat owners that the existing law contains too much red tape, and that the compliance with all the details eats up a third of the overhead cost in operating. The big idea seems to be to get down to the essentials that are required in operating motor boats and cut out the non-essentials.

B. Mantrop, the Dominion government inspector of hulls and boilers, paid a visit to the Mosquito Fleet during the week.

Several boats made port during the week from trapping expeditions and unloaded some valuable cargoes of furs, most of which were disposed of to local fur buyers. In a few instances where the local purchase price was not approved of, the furs have been shipped to eastern fur houses. Mink has been the predominant fur.

Captain Harry Watson of the Starsion left on this morning's train on his way to England. There are many rumors afloat around Cow Bay as to his object of the sudden trip, but the secret service of the Fleet has been on the job and their observations are worth recounting. There has been an enormous amount of washing done aboard the Starsion lately and a brand new electric iron has been installed. Clothes pressing from daylight till dark has been discovered aboard the frigate, including neckties and pyjamas with crease down the front sharp enough to shave with, and Flossie has been engaged on some needlework for the departed skipper. From the foregoing observations it will be clearly seen that Cap. is out on some sort of joy ride, and just to be

on the safe side the Admiral has ordered the Cow Bay orchestra to practice up. The Wedding March in readiness for Harry's return.

The Mayflower, owned by Captain Jud Thurber, having taken ice and hail aboard from the Gold Storage, cleared for the deep sea fishing grounds on Thursday afternoon.

The blasting work on the Cow Bay roadway is practically completed, and the bridge is now almost a finished product. While the roadway is not yet open for vehicular traffic, the pedestrians are busy trying it out. The bay is certainly putting on a snappy appearance these days.

The Volunteer returned to port Wednesday night with a good sized cargo of Mink furs of first class quality. With the advent of the halibut fishing, this old sea dog, will hit for the high seas over the week end.

The Malamute, Captain Nick Carter, left port on Thursday morning for the halibut fisheries.

Flossie Firt is still busy on her vacuum fishing idea and the plans have reached gigantic proportions. All the good silver handled carving knives around the Mug Up have been practically ruined through Flossie sharpening pencils with them. However, the idea is still shaping, and Jack says if the plans are so good in the finish he'll use them for papering the walls with as they look more like old English tapestry designs every day.

Flossie is cursing her luck these days, the weather last Saturday ruined the State Ice Carnival and the skating exhibition did not mature as a consequence. As the sweet things says, "If a guy can bring down rain at ten cents per gallon why the dickens can't a guy work out a scheme to stop the rain at double the price." Here is a power which some scientist might sit up night's figuring out.

Another snag which is causing Flossie some deep thoughts is the Jamaica question. It appears that Jack Toner was telling Flossie the other day about the rivers of rum in Jamaica in which he had taken swimming lessons; mountains of sugar which he had sealed. Also about the flying fish which abound in that part of the world. Jack said that the fish used to fly on deck and some of the specimens, which had more inquisitive natures than others, would fly down the ventilators of the ship right on to the plates on the table below.

"Well," says Flossie after Jack had finished his educational discourse, "I believe about the rivers of rum and the mountains of sugar, but I'm jack rabbit if I can swallow the flying fish dope." Now the library of the Fleet has been augmented with all sorts of ten cent fish yarns which Flossie reads in bed to try and elucidate the flying fish dope. Flossie will give ten cents to anyone who can verify Jack's statement, and thinks that if fish can be caught that easy why the blazes the fishermen are bothering about hooking 'em.

The Bringgold, Captain Gust, left for the halibut fishing grounds on Thursday morning. Cap. is a strong prohibitionist, when asleep, and nothing will get his goat quicker than for anyone to ask him to have a drink and then put water in it.

The Arcadian, Captain J. Morrison, having completed a general gear overhaul, left port early Friday morning for the wide and open sea.

The Bethune, Captain J. Bradbury, with Jack Smith his first mate, arrived in port on Wednesday night, after a prospecting trip for herring. While they had somewhat of a catch the going was not as good as they had expected, the herring still being a little too deep. However, the two J's, have their eye on some first class herring producing grounds and hit for the open sea again on Thursday, behind a smoke cloud.

The N. M. & R., Captain Rorvick, arrived in port Wednesday night, and claims to have located a large school of herring. Having overhauled gear they are outward bound with the idea of teaching the school the folly of trying to hide in such a small

MACDONALD'S
PRINCE of WALES
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compass as the high seas.

The Hanaro completed her overhaul at the N. M. McLean yards during the week, and is now earning a little revenue on the halibut fishing grounds.

The Lear Bros. of the N. & S., are contemplating having a new keel laid at the N. M. McLean ship yards. The dimensions of the new boat will be 45 feet, 6 inches x 11 foot beam and 6 foot depth. The motive power will be supplied by the engine of the X. & S. which will be transferred to the new boat.

Captain J. Peterson states that his new craft will be off the N. M. McLean slips in very short order now. When the hull gets out in the open Mac is going to commence work on the pilot house.

H. R. McMillan of the Big Bay Lumber Company arrived in the city on Wednesday, and left for the Georgetown mill on the S. S. McCulloch on Thursday.

Jack Toner has a very beautiful illuminated address elegantly framed and hung up at the entrance to the culinary department of the Mug Up, which reads thus:

Late to bed,
Early to rise,
Hustle like hell
And advertise.
Fish Day, February 1.

Dan of the Fleet had rather an exciting experience during the week. The story goes that Dan arrived in port after a strenuous two weeks fishing cruise and longing for a sight of the broad white way, proceeded up town to make up a little jollification. Having collected a few old acquaintances Dan hid to a quiet little rendezvous only known to himself and started in to make the happy gathering a happier one. The fun waxed long and strong until the early hours of the morning, during which time Dan had taken part in several chasing competitions, that is chasing Tom and Jerry without water. He got sleepy during the proceedings and having divested himself of his outer garment lay down on the floor to sleep.

Everything was going fine in the land of nod till someone, with more shoe leather than brains, gave Dan a strenuous tap in the ribs, demanding to know what he was doing in the hen house. Dan sleepily sat up and thinking he was once more aboard the lugger yelled for the skipper. However, the donor of the shoe leather soon acquainted the sleepy one with the fact that he was in his hen house. Dan quickly realized his position and with one bound hit the high road in his B. V. D's. for the floating home in Cow Bay. His colleagues aboard the lugger, who had gone to bed like good boys, early in the evening, were astonished upon being awakened by a figure garbed in white elambling aboard. Now the S.S. of the Fleet are working on the case trying to find out who put Dan in the hen house, and are also endeavoring to persuade the lifter of the outer garments to return them to Dan's wardrobe, as he needs them in his business.

Meanwhile Dan is in bed trusting to the honesty of his fleecers to return his "outer

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.. Dentist ..
is paying a visit to Vancouver and will return on February 15 to his
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FISH - FISH - FISH - FISH

TALK BUY AND EAT FISH

The foundation of Prince Rupert's PROSPERITY is built upon the Fishing Industry

Canada's Eighth Annual National FISH DAY, Wednesday, the 1st of February

The Royal Fish Company, Prince Rupert