



Thin Blood Like Skim Milk

JUST as milk is a perfect food, so is blood a perfect nourisher of the cells and tissues of the body.

But thin, watery blood is like thin, watery milk with the cream skimmed off, and you do not look for much nourishment in skim milk.

Impaired heart's action is one of the first results of a weakened condition of the blood. There is shortness of breath, the circulation of the blood is imperfect, you are easily tired and suffer from indigestion.

The heart is a tireless and prodigious worker so long as it is supplied with an abundance of pure, rich blood with which to replace its own waste.

To overcome this starved condition of the system it is

necessary to supply to the blood in condensed and easily assimilated form the elements of nature which go directly to supply the nutritive factor in the blood.

These ingredients are found in happy combination in Dr. Chase's Nerve Food. Gentle though wonderfully potent in action, this restorative treatment feeds the blood, and through the medium of the blood sends new vigor and energy to every cell and tissue of the human body. The heart's action is strengthened and the feelings of fatigue and lassitude disappear.

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

Sport Chat

The Junior Billiard League caught up all its outstanding delayed tournaments last week and the ranking of the team in the standing has had only one alteration as a result, the Beavers having raised themselves from the cellar position which is now occupied by the Elks. Tonight the Excelsiors and the St. Andrews are scheduled to meet.

All persons interested in baseball should attend the annual meeting of the Prince Rupert Baseball Association tonight and lend their voices to the formulation of the season's plans. The city has the prospect of mustering another good team this year and things should be started with good enthusiasm at the initial meeting tonight.

With the playing of the postponed Intermediate League billiard fixture between the Sons of Canada and Geo. last week the standing to date is:

	Pl.	Pts.	Av.
Sons of Canada	4	3490	873
Geo.	4	3228	807
Elks	3	2400	800
Barbers	3	2195	732

The annual meeting of the Hazelton Tennis Club was held last week and the following officers were elected: President, A. A. Cannon; vice-president, Mrs. W. W. Anderson; secretary, treasurer, Miss C. Goddard; executive, Miss M. Harbury, Mrs. H. H. Little, J. D. Galloway and James Turnbull.

The Country Club at Prince George is still putting on weekly boxing exhibitions which are attended alike by ladies and gentlemen. Five three-round bouts put on last Thursday evening as follows: Tom Corless vs. A. Gerd, won by former; Ticky Wilson and Dick Corless, draw; Leo Powers and Bert Hughes, draw; Robert Porter vs. Emil Gaus, won by former; Mort Aekert vs. Charlie Houtzaling, won by latter on knock-out.

Some one stopped a News man the other day and asked him what had happened to the Prince Rupert Boxing Association which had been formed some time ago through the organization of Fritz Schultz. The News man was unable to state on the spur of the moment what were the latest developments. Election of officers took place several weeks ago and training quarters were selected but since then nothing has been heard. What's doing, Fritz?

BOXING MEET TO BE HELD IN CALGARY

National Open Championship Bouts to be Fought April 20 and 21.

CALGARY, April 14.—The first Canadian national open boxing championships ever staged in Western Canada will be held here April 20 and 21, when fistie artists from many parts of the Dominion and the United States meet.

Preparations are already under way by officials of the Alberta branch of the Amateur Athletic Union of Canada to assure the success of the tourney, from which it is expected the fistie game in the western provinces will receive a big boost. Ontario, Manitoba, Saskatchewan and British Columbia are sending representatives, and there promises to be a large representation from the boxing fraternity in Alberta.

Four of the Canadian amateur titles are now held by United States boxers.

ELKS GAVE BARBERS SEVERE DEFEAT IN BILLIARD FIXTURE

The Elks intermediate billiard team took the Barbers into camp in the tournament which was just completed last night by a score of 897 to 632.

The individual scores were as follows:

O. K. Nelson (Barbers), 68; M. M. McEneaney (Elks), 150.
Roi Barnes, 86; A. E. Esson, 150.
Jack Keefe, 150; C. H. Elkins, 147.
W. Burken, 92; K. Rood, 150.
W. Spencer, 110; J. Day Bell, 150.
B. Morley, 126; A. Strachan, 150.

LACROSSE IS COMING BACK

Day of Professional Games Seems to Be Gone—Amateur Prospects.

MANN CUP DIFFICULTIES

Great Stimulus is Noticeable in Ranks of Juniors.

TORONTO, April 14.—Written for the Canadian Press by Leonard Smith.—Canada's great summer and national game—lacrosse—is fast returning to popular favor and has during the past two years made strides far beyond the expectation of the most optimistic lacrosse lover. Some two or three years prior to the outbreak of war the game got into a rut and interest was on the wane, due, no doubt, to the rowdy element which was creeping into the sport brought about by the "win at any cost" policy. The supporters of the game were not slow to realize this, and soon withdrew their attendance. In 1913, however, the Province of Ontario saw a change for the better and the game was rapidly recovering from its former set-back, just as the season of 1914 was getting under way with fresh vigor the European struggle again upset calculations and took practically every lacrosse player over-seas to engage in the more strenuous game of war. Those left behind decided to carry on in the junior and midget series and in 1918 when the war concluded the boys from "over there" returned to find that their favorite pastime had not been neglected in their absence and the season of 1919 saw greater progress being made than for many previous years. In 1920 forty-five teams played in the Ontario Amateur Lacrosse Association series, while in 1921 ninety-three teams were entered, of which eight-five actively participated.

There were hopes that the Canadian Amateur Lacrosse Association would be revived this coming season. Correspondence has been carried on between the Ontario and Manitoba interests, but no definite plan has been formulated. Amateur lacrosse at the Pacific Coast is somewhat unsettled due to the trouble of three years ago between Vancouver Island and Victoria when the Mann Cup games were decided. It is claimed that Victoria refused to give up the Cup, in fact, they will only accept a challenge for the same upon their own terms.

Professionalism Done. Professional lacrosse appears to have had its day. Ottawa, Cornwall and Montreal teams operated last season in what might be termed a semi-professional league but the attendance at the games was rather limited. On the Pacific Coast matters are in even a worse condition in the professional ranks, though Con. Jones who spared no expense in the past to get together a winning team tried again last season to get the fans to follow professional lacrosse, but notwithstanding the fact that he threw open the gates and charged no admission to see the contests, the citizens would not give him their patronage. Several men were taken from the East and played under the colors of Seattle, but the venture was a heavily losing proposition for Mr. Jones.

The Lord Dunsborough Cup, donated two years ago by the Toronto Board of Trade in the interests of lacrosse should also greatly help to stimulate interest in the game. Any team that comes second in its group games has the right to challenge and which should result in many teams continuing their season in an effort to win this coveted trophy who would otherwise hang up their sticks in the early part of August and leave the lacrosse fans clamoring for further matches. Amateur teams in any part of the Dominion may compete for this trophy.

Mann Cup.

The Mann Cup, one of the most handsome trophies ever put up for competition, and which is emblematic of the amateur championship of Canada has not been competed for during the past few seasons owing to the inability of the Cup trustees to secure possession of same from the Victoria Club, notwithstanding

MACDONALD'S Cigarettes



The Tobacco with a heart
10 FOR 15¢

Canadian National Railways

GRAND TRUNK PACIFIC RAILWAY

S. S. PRINCE RUPERT will sail Wednesday 11 p.m. for Anyox. Thursday at 12 p.m. for Swanson Bay, Ocean Falls, Powell River, Vancouver, Victoria and Seattle.
S. S. PRINCE ALBERT—For all points Northern and Southern Queen Charlotte Islands, April 10 and 24. For Stewart, April 13 and 27.

Train Service.
Passenger MONDAY, WEDNESDAY and SATURDAY at 11:15 a.m. For Smithers, Prince George, Edmonton and Whitecourt, making direct connection for all points in Eastern Canada and United States.
Agency All Ocean Steamship Lines.
City Ticket Office, 526 Third Avenue Phone 280

CANADIAN PACIFIC RAILWAY B.C. Coast Services

Sailings from Prince Rupert

For Ketchikan, Wrangell, Juneau and Skagway—
March 10, 20, 31; April 10, 21.
For Vancouver, Victoria and Seattle—
March 4, 15, 25; April 5, 14, 25.
S. S. PRINCESS BEATRICE—For Butedale, Swanson Bay, East Bella Bella, Ocean Falls, Namu, Alert Bay, Campbell River and Vancouver, every Saturday at 1 p.m.
Agency for all Steamship Lines.
Full information from
W. C. ORCHARD, General Agent,
Corner of 4th Street and 3rd Avenue, Prince Rupert, B. C.

The Easter Breakfast

demands Foods of Quality

SHAMROCK BACON

Lean or fat to your taste; sweet and tender from its mild sugar-cure and patient, old-fashioned smoking.

SHAMROCK HAMS

Tender and juicy.

SHAMROCK EGGS

Strictly fresh, weighing 26 ounces to the DOZEN.

SHAMROCK BUTTER

Made in our own creamery of rich fresh cream, will make your EASTER BREAKFAST complete.

Your butcher or grocer will supply all Shamrock products.

P. BURNS & CO. Limited

NEW LIGHT BYLAW SOON

Ald. Perry Says Utilities Committee Is About Ready to Submit It.

Ald. Perry announced at last night's council meeting, in reply to a question by Ald. Montgomery that the Utilities Committee had likely have ready for next council meeting its bylaws providing for the reduction of light power charges in the city, as possible. George E. Perry, the city auditor, T. C. Montgomery, superintendent of Utilities, and the Utilities Committee are to have a conference on the matter.

Ald. Perry intimated that the clock company had made application for a contract for 150 h.c.f. a but, in view of the fact that had met the last recommendation in regard to railway contracting, the company has been at a loss to know what to submit to the council. It would possibly be brought in for discussion in committee of the whole. Ald. Perry expressed himself as being in favor of the selling its surplus power. Ald. Montgomery stated that the Prince Rupert Pulp and Paper Company had practically withdrawn its application and had definitely stated that it did not want power at the present time. This supply was now available.

STORES KEEP OPEN WEDNESDAY AFTERNOON

Monday Good Friday So Stores Open Thursday Night Late.

The stores keep open Wednesday afternoon this week because today is a holiday. On that day all business will be suspended. Even the newspaper offices will be closed.

On Thursday evening the stores will be open until 10 o'clock in order that those working during the day may have an opportunity to make their Easter purchases or buy their hot cross buns.

HUESTIS TELLS TRAIL RANGERS OF BERMUDA ISLAND

Rev. Dr. C. H. Huestis, who is visiting the city, last evening addressed the Trail Rangers in the Methodist Church. He spoke about the island of Bermuda where 25 years ago he was a missionary and his description of the peculiar animals and insects of that country was particularly interesting. There were about 30 boys present and the pastor was given three hearty cheers before the gathering broke up.

In the Letter Box

GRAFTER REPLIES.

Editor Daily News:

I see that exponent of liberty, Thomas K. Freeman, has at last decided to sell out. Perhaps also he will shut up. It will be a good thing for the community if he does both. How is a poor grafter to make a living if such men are allowed among us? It is a most absurd idea that he propounds any way you look at it. Imagine a country where fair play existed, where there was one law for all, rich and poor alike, where absolute justice existed, where every man was allowed to choose his own vocation and live his own life. Why, some of us who now make a living by regulating and interfering with people would have to go to work.

I contend just the opposite from Captain Freeman. Our people do need dry nurses. They have no right to any liberty. They are incapable of judging good from evil. They can not exist without regulating them. There are certain of us who have proved ourselves incapable of holding a job or performing a necessary service who have proved by our inability to get something for nothing our right to govern. These are the people who are to be respected, not the man who sells service, as he calls it.

About the small boats. I claim they have no business to exist. The large transportation companies have a monopoly now which should be continued. True, to interfere with our small boat fleet would be worse than to destroy the banks, but if the small boatmen absolutely refuse to pay blackmail they should be prohibited.

The best governed country is the most governed.

A GRAFTER.

SEASONABLE SERVICE

We are equipped to serve you at any season of the year, but we can render you a special service at this particular season. Washable rugs, heavy blankets, dainty lace curtains—all the unusual washing which every housewife feels compelled to do at this season, can be safely entrusted to us for laundering. We have special machinery for either wet or dry cleaning, and will return anything entrusted to us fresh and clean as new.

We also offer a carpet cleaning service which has given general satisfaction to our patrons.

Let us relieve you of this heavier work of housecleaning.

A phone call will put you in touch with this labor-saving service.

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