

# Why Be "Skinny"

When It's so EASY to Build Flesh this New Way

Do you need more flesh? Are you pale, lacking in energy—or is your complexion dimmed by humiliating pimples, blackheads, or boils? If so, simply go to your druggist's and get a package of IRONIZED YEAST tablets. Take these remarkably effective tablets—two with each meal. Then watch the results! Very likely you will be actually astonished at the improvement shown in you even after the first 48 hours. For IRONIZED YEAST embodies a remarkable new scientific process—a process which enables yeast to bring its splendid results often in just half the usual time.

## The New Process

While yeast alone is good, tests show that it needs some other agent in order to quickly convert its wonderful health-building elements into firm tissue, new cells and sparkling vitality. Everyone knows that iron is of great value in converting our food into living cells and tissue. So working on this problem, our scientists finally discovered the wonderful process of ironization—the process through which the combination of yeast and iron becomes 100% efficient.

Do not think, however, that any combination of yeast and iron will do. Yeast brings its best and quickest results only when it is treated through the scientific process of ironization. And this process is embodied only in IRONIZED YEAST, the one scientifically correct yeast preparation.

## Money Back Guarantee

Get IRONIZED YEAST from your dealer's today. Satisfactory results from first package or money refunded. No risk. Beware of inferior imitations.

## FREE

While IRONIZED YEAST is sold at all dealers on our Satisfaction Guaranteed basis, those who wish to try it absolutely FREE, simply mail the coupon. It will bring you the famous Three Day Trial Treatment. Watch the results!

## IRONIZED YEAST Tablets

THE ONLY YEAST THAT IS GENUINELY IRONIZED  
Sole Agents: Harold F. Ritchie & Co., Ltd., Toronto

## Two Men in a Car

A short account of a Trip to California in a Ford Flivver  
By H. F. Pullen

## UNDER EUCALYPTUS TREES.

WILLOW, California—This is a little place in the midst of the rice fields of California. Tonight we camped in the city auto camping ground in a eucalyptus grove with its fragrant odors and the birds chirping in the boughs overhead. It is a flat country and for half of the day today we drove through a similar flat country on a paved road amid rice fields and peach orchards, groves and other plantations indicative of a warm climate.

The oak trees are in full leaf, the farmers are cutting their first alfalfa crop and here and there the way has been fragrant with new mown hay. It is a great change from Prince Rupert. The early part of the evening was hot, almost refreshing. I think the weather is hotter than usual for the time of year.

## A Eucalyptus Grove.

On arrival at our camping ground we found it a square, an enclosure of possibly ten acres with eucalyptus trees shading the space allotted to tents and an open square covered with grass in the middle, and right in the centre a pavilion with lavatories, shower baths, and a common sitting room for those who wished to use it. I noticed, however, that nobody used it. In the grove were little enclosures covered with mosquito netting in which the campers could locate if the flies were bad, leaving their ears standing alongside. It is our first night in a camping park, as hitherto we have studiously avoided them, choosing rather to locate on the banks of a stream right away from the crowd. Here there are no streams. Everything is flat.

In our Willows camp there are seven or eight other parties, some of whom have come long distances. By the time we camped and had supper, it was dark and everybody retired very early as it was to be up and on the road while yet it is cool and pleasant.

## Effect of Climate.

It was curious what an effect the heat had on us when we topped tonight. We both felt depressed and not the least anxious for supper. In fact all we wanted to do was rest. Our usual badinage was forgotten until we sat down to supper and each realized how the other felt and we laughed and laughed and then and the cool breeze brought us back to normal. We realized the power of climate over people and felt that British Columbia was all right, even if the oranges do not grow there and the seasons are later than in

some part of the world. Variations of climate are a feature of this trip. Away back in Klamath valley it was terribly hot and uncomfortable so hot that when we stopped for lunch beside a fine stream and rested beneath a tree, it was still almost too hot to eat or breathe. Farther along this all changed and evening in the Shasta mountain region was much like our finest evenings at home.

## Where to Live.

Where to live is a great problem with many people. With others the bother is how to live. One is just about as puzzling as the other. With us the great thing is to make our holiday dole go as far as possible, while the Californians and Oregonians do their best to make us exceed the limit.

## THREE LADIES OF PRESBYTERIAN AID HOSTESSES AT TEA

Very Successful Affair Took Place Yesterday Afternoon in Church Hall.

A very successful tea and sale of home cooking was held by the Ladies' Aid of the Presbyterian Church in the church hall yesterday afternoon. The hostesses being Mrs. W. J. Kirkpatrick, Mrs. George Rorie and Mrs. W. Anderson.

Mrs. H. R. Grant poured and the serving was in the hands of Mrs. S. L. Warrior, Miss Nancy Rorie and Mrs. D. C. McRae. The home cooking department was in charge of Mrs. D. H. Morrison and Mrs. J. G. Steen.

An interesting feature was the sewing competition, the material for which was donated by Jahour Bros. The first prize, a silver thimble donated by Mrs. John Bulger, was won by Mrs. Arthur and the second, a handkerchief provided from the sale, by Mrs. D. H. McDonald.

When you buy advertising you buy CIRCULATION, and see that you get it.

## T. L. COUNCIL WELCOMES NEW LADY DELEGATE

Miss H. T. Hickey is First Lady to Attend Meeting of Council as Delegate

## FAIR WAGE AND REFORM IN HOSPITALS TAKEN UP

The Prince Rupert Trades and Labor Council welcomed its first lady delegate at the meeting on Tuesday night in the person of Miss H. T. Hickey representing the Civic Employees' Union.

G. B. Casey gave a report outlining the plans and policy of the newly formed union. Seven unions in all were represented at the meeting.

It was decided to ask Hon. A. Manson, minister of labor, to take the necessary steps towards adopting and recognizing the Union rates in all parts of the province as the fair wage standard for all government work and all other undertakings, public or private, subsidized by the government.

A committee of three was appointed to wait upon the hospital board, the city council and the Central Labor Council asking them to endorse a plan for the operating of all public hospitals and medical attendance as provincial institutions supported by the government along lines similar to the operation of the schools.

President S. D. Macdonald gave a report telling of a cordial reception received and success achieved at the conference with the Board of Trade when he had asked for a joint committee with the board on labor matters. It was decided that President Macdonald, Ald. R. A. McLeod and Len Dewhurst would represent the Trades and Labor Council on the joint committee with the Board of Trade.

## TRANSPORTATION IS BLAMED FOR HIGH POLICE COSTS HERE

Police Commissioner Shockey, asked at the meeting of the commission last night why it was that in New Westminster, where the population is some 11,500 the police estimates came within a few hundred dollars of the estimates of this city. Some discussion took place and it was shown that while the jail in New Westminster was right on the ground the question of the transportation costs of prisoners from here to the south was a big item.

It cost \$26.30 per man from here to Vancouver, and 75c per man car fare from Vancouver to New Westminster, plus the cost of the escort there and back and the cost of constable's hotel expenses for lay over until next boat. This expenditure is no necessary in New Westminster.

## POLICE REPORT FOR MONTH OF APRIL IS PRESENTED TO BOARD

The report of the chief of police for the month of April presented to the police commission at its meeting last night showed that there had been 21 cases brought before the magistrate in the police court during the month and fines had totalled \$695. Of the 26 cases, there had been 20 convictions, 3 dismissals, one withdrawal and cases pending. There were three convictions under the Opium and Narcotic Drug Act. During the month 10 raids had been undertaken by the police in search for drugs. Under the Moderation Act there were nine convictions, eight for intoxication and one for having unsealed liquor in possession. The city was in a very orderly condition according to the report. Weights of bread and coal were tested and found to be correct.

## PYTHIAN SISTERS WHIST DRIVE AND DANCE LAST NIGHT

A very enjoyable whist drive and social was held by the Pythian Sisters last night in the Knights of Pythias Castle Hall. Miss May Shenton was the winner of the ladies' first prize and Mrs. T. J. Shenton was

awarded the ladies' second prize. J. Howe was the winner of the gentlemen's first prize and A. Varson picked off the second.

At the conclusion of the whist drive Miss Evelyn Shenton played several musical selections on the piano which were much appreciated.

Delightful refreshments were served at 11 o'clock. The arrangements were in the capable hands of Mrs. E. Large, Mrs. P. H. Linzey and Mrs. J. Rowat.

## Sport Chat

The new rules passed upon by the baseball executive on Tuesday night regarding hits to the back pile at the Astoria grounds should go a long way towards solving a vexed problem over which there has been a lot of discussion and difference of opinion in the past. The rock pile has always been a bone of contention between contending teams and has proved a great difficulty to fielders in saving from becoming home runs hits that would, on any other field, never be worth the diamond circuit. It is to be hoped that the new rules now framed will the question satisfactorily.

The generous offer of the Spalding sporting goods company in putting up a cup for Senior League competition will be received with gratitude in local baseball circles. The league will thus have this year two trophies to contend for—the Nickerson Shield, now held by the Sons of Canada, and the Spalding Cup. The Intermediate League is still without a trophy so an opportunity for some generous minded company or per-

son now presents itself. Don't all speak at once!

Baseball, the king of summer pastimes in the West, bids fair to prove even more popular than ever during the season now close at hand. The Western International League is off to a good start and Calgary, Edmonton, Tacoma and Vancouver are furnishing interesting games. Winnipeg will not be represented in professional company this season but plans are already under way to launch a new International League next year and the possibility is that it may even join up with the Western although transportation would offer a serious difficulty against that. Baseball is gradually gaining in the West and has even put lacrosse on a back seat. There is hardly a village of any size in the whole West that does not boast an amateur team. The farming towns are developing good teams which bid fair to give the city lads a real argument in a year or so.

## BASEBALL

### AMERICAN LEAGUE

Cleveland, 2; New York, 1. Cleveland, 6; Philadelphia, 7. St. Louis, 1; Washington, 2. Detroit, 10; Boston, 9.

### NATIONAL LEAGUE

Pittsburg-Brooklyn, rain. Philadelphia, 3; Chicago, 0. Boston, 9; Cincinnati, 0. New York, 3; St. Louis, 2.

### COAST LEAGUE

San Francisco, 7; Salt Lake, 8. Seattle, 1; Vernon, 0. Los Angeles, 5; Sacramento, 1. Portland, 2; Oakland, 1.

WESTERN INTERNATIONAL. Edmonton, 3; Vancouver, 4. Ten innings. Tacoma, 4; Calgary, 3.



Buy

# MILLBANK VIRGINIA CIGARETTES

in the handy package of twenty-five Cigarettes for

35¢

also in packets of ten

## MOVING

This is Our Last Month on Third Avenue

June 1st we will move to our Hays Cove Avenue Store. Same Phone, 45

## FULLER'S Moving Specials

Old Country Biscuits, Reg. 35c pkg. One given free with every pound of bulk Sweet Biscuits.

With every 3 lbs. of Ridgeway's Tea at 50c per lb. we will sell 6 lbs. of Sugar for 25c.

Buy 2 lbs. of Schilling's Coffee \$1.20 and get 3 tins Pacific Milk for 25c.

Little White Beans, Special 3 lbs. for 25c.

B.C. Fresh Eggs, 3 dozen for \$1.10.

Self Measuring Coal Oil Tank and Fairbanks' Truck Scale for sale.

Vegetable Spray Fountain for sale cheap.

Crisco, 3 lbs for 85c

Camosun Marmalade 4 65c

Pure Strawberry Jam 4s 95c

Brunswick Sardines 4 for 25c

Gloss Starch 12 1/2c

Oleomargarine 25c

No. 1 Winesap Apples

14 lbs for \$1.00

Noodles and Vermicelli

1s 12 1/2c

Empress Cloves 1/2 lb tin 25c

Christie's Salted Sodas 60c

Toilet Paper 5c

Bird's Egg Powder, half price, 2 for 25c

Gyfee Cleanser, reg 25c now 15c

Corn Beef Hash, reg 35c now 25c

Irish Stew, reg 35c now 25c

## THEO COLLART, LTD.

NOTARY PUBLIC

Seven-room house for sale, close in. Bath and sewer connection. \$4000 terms. Bargain.

Rentals Real Estate General Insurance  
Phone Blue 69 Westholme Theatre Block P. O. Box 68