

G. H. Arnold, Notary Public

HERE is your opportunity to buy a home at a very reasonable price and on such easy payments that it is no harder to purchase than it is to pay your present rent. Story and a half five rooms and bath, \$1,300.00 on terms of \$300.00 cash, balance \$25.00 month.

H. G. HELGERSON, LTD.

Real Estate Rentals Insurance

Extra SPECIAL

Lowney's Breakfast COCOA

per lb.

45c

3 lbs. for \$1.25

Rupert Table Supply Co.

Phones 211-212

'Demers' Ladies' Ready-to-Wear

New Shipment of

HATS

Just Arrived.

SPECIAL SALE OF BLOUSES, \$4.75 Values to \$10

Money-back drawing—Last week's winner: Mrs. Perry, No. 29

Phone 27 P. O. Box 327

EDSON COAL COMPANY

Corner 2nd Ave. and 7th St.

Best Coal

at

Lowest Prices

Order Now! Phone 58

.. USE ..

Shamrock

BACON HAM BUTTER EGGS LARD

The Empire's Standard. P. BURNS CO., LTD.

STORK'S SELL STOVES.

Fred Stork's Hardware SECOND AVENUE PHONE BLACK 114

LAND ACT.

Notice of Intention to Apply to Lease Land. In Queen Charlotte Islands Land District, Recording District of Prince Rupert, and situate in front of Block "A" in Lot 6, 9, Langara Island.

Take notice Canadian Fish & Cold Storage Company Limited of Prince Rupert, B. C., occupation land surveyor, intend to apply for permission to lease the following described lands commencing at a post planted one foot in a southerly direction from the northwesterly post of Indian Reserve No. 16, thence 150 feet more or less in a southerly direction to low water mark, thence 700 feet westerly along low water mark, thence 100 feet northerly to high water mark, thence 800 feet easterly along high water mark to point of commencement, containing two (2) acres or less.

CANADIAN FISH & COLD STORAGE COMPANY LTD., Applicant. By Duncan Kennedy, Agent, Dated February 16, 1929.

LAND ACT.

Notice of Intention to Apply to Lease Land. In Prince Rupert Land District, Recording District of Coast Range 5, and situate in vicinity of Port Essington, B. C.

Take notice that we, Julius Johnson and Walter Niemi, of Port Essington, B. C., occupation land surveyors, intend to apply for permission to lease the following described lands commencing at a post planted at southeast corner of lot 45, Range 5, Coast District, thence north 1/2 chains to low water mark, thence south 5/8 chains along low water mark, thence west 3/4 chains to high water mark, thence 2 chains along high water mark to point of commencement, containing 3 1/2 acres, more or less.

JULIUS JOHNSON, WALTER NIEMI, Applicants. Dated February 28, 1929.

PRINCE RUPERT LAND DISTRICT—DISTRICT OF COAST, RANGE 5.

Take notice that I, P. M. Monckton, of Terrace, B. C., occupation land surveyor, intend to apply for a license to prospect for coal, natural gas and petroleum on the following described lands commencing at a post planted one mile west of the north-west corner of Lot 1428, thence north 80 chains, thence east 80 chains, thence south 80 chains, thence west 80 chains to point of commencement, containing 640 acres.

P. M. MONCKTON, Applicant. Located January 23, 1929.

PRINCE RUPERT LAND DISTRICT—DISTRICT OF COAST, RANGE 5.

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P. M. MONCKTON, Applicant. Located January 23, 1929.

Just :: Received

from the East Large Shipment of the Latest Styles in Ladies' and Misses'

Spring Dresses

SPECIAL PRICES

\$15.50 to \$47.

Call, see and judge for yourself.

BENT'S

Third Avenue

Appearance, Comfort and Satisfaction are embodied in the

HARTT SHOE

\$12.50

per pair

J. A.

KIRKPATRICK The Store of Satisfaction

Blunt Razors CURED 50c a time

Rex Barber Shop Sixth St. Phone Blue 78

SMELT IS FINE FISH FOR TABLE

Oulachan is One Variety and is Very Plentiful on Naas River in Spring.

Very few Canadians but know something, or at least have heard of, the smelt. But very few indeed will know why the smelt was thus named. The name originates, according to authority from its peculiar odor, which which resembles that of a cucumber. The smelt is a small and very delicate food fish native to the Atlantic and Pacific oceans and is in season from October to March. It is closely allied to the salmon family having the general structure of these fish. Although related to the salmon the smelt is really a dwarf species. For the most part they are marine though some ascend the rivers to spawn just as the salmon, but do not go as far and frequently become landlocked in ponds. Most of the species are confined to the north temperate zone and a few sink into the deep sea, Shrimps and other small crustaceans constitute their chief nourishment. The flesh is extremely delicate and charged with a fragrant oil which aids in the digestion of this excellent food.

The American smelt, the best known of the smelt group of fishes, is found along the Atlantic coast from Virginia to the Gulf of St. Lawrence. It is the fish of America, declares Dr. David Starr Jordan. Entering the many streams it often becomes landlocked, hence the lakes and bays of New Brunswick and Nova Scotia abound with this delicious variety. During the winter it ascends our rivers and brackish bays to spawn, when it is caught in immense numbers in nets and by hook and line. In the olden days it was more prolific than it is today. In 1622 Capt. John Smith wrote: "Of smelts there is such abundance that the Savages do take them up in the rivers with baskets like sieves." Great quantities are taken on the coast and after first being frozen, are then shipped to the larger cities. But the greatest demand is for the unfrozen or "green smelt," as it is called, which is much more highly esteemed.

Oulachan is Smelt. Oulachan, or the candle fish, a native of Pacific waters, another member of the smelt family, is said by some authorities to be unsurpassed by any fish whatever in delicacy of the flesh. In the spring it ascends in enormous numbers, all the rivers north of Columbia as far as Skagway, for the purpose of spawning. These runs usually occur in advance of the salmon runs. The oulachan has many enemies among the various predatory fishes and sea birds which prey upon it during its

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PRINCE RUPERT LAND DISTRICT—DISTRICT OF COAST, RANGE 5. Take notice that I, Kathleen Monckton, Victoria, B. C., married woman, intend to apply for a license to prospect for coal, petroleum and natural gas on the following described lands commencing at a post planted 1/2 chains south of the southwest corner of Lot 1927, thence north 80 chains, thence west 80 chains, thence south 80 chains, thence east 80 chains to point of commencement, containing 640 acres more or less.

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From the Farm to the Table Bulkley Valley

BEEF PORK MUTTON VEAL FRESH KILLED POULTRY Skeena River Farm Produce VANDERHOOF CREAMERY BUTTER NORTHERN INTERIOR CO-OPERATIVE Phone 81

Do Your Bowels move regularly, or do they become constipated

There is no medium through which disease so often attacks the system as by allowing the bowels to become constipated, and there is no other trouble that flesh is prone to that is more liable to be neglected, because material inconvenience may not be felt, at once, from irregular action of the bowels. When there is not regular action the retention of the decayed and effete matter, with its poisonous gases, soon poisons the whole system by being absorbed into it, causing violent sick and bilious headaches, internal bleeding or protruding piles, heartburn, jaundice, etc.

MILBURN'S LAXA-LIVER PILLS will regulate the flow of bile to act properly on the bowels, thus making them active and regular, and removing the constipation and all its allied troubles. Mr. Samuel Buckler, Tatamagouche, N. S., writes:—"For over a year I suffered with constipation. I took several different kinds of medicine, but could only get temporary relief. I was told to try Milburn's Laxa-Liver Pills. I procured two of them, but after I had taken one I found that I was relieved of my trouble. I do not hesitate to recommend Laxa-Liver Pills for any kind of constipation."

Price, 25c a vial at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont. course to the spawning grounds. At the time of the runs, it is extremely fat, so much so that it is said by Dr. Jordan that when dried and a wick drawn through the body it may be used as a candle. On the Naas River, B. C., a stream in which the run is the greatest, a factory has been operated for the manufacture of oulachan oil. It is proposed to substitute it for cod liver oil. Indians in Alaska take the oulachan and bury it in the ground in great masses. After they are well decayed they are taken from the ground and the oil extracted.

Favorite Dish. The oulachan is about ten to twelve inches in length, of a whitish silvery color. Broiled or fried it is a favorite dish in British Columbia. It is fat, tender, juicy, richly flavored and practically free from the many troublesome bones. This last ought to bear weight with some people. Very often distaste of fish arises from the fact of having to carefully dissect the many minute but greatly troublesome bones from the fish. One drawback is that it does not bear transportation well.

Capelin, another variety, closely resembles the oulachan. It is very abundant on all the Arctic coast of America in the Atlantic and the Pacific. Natives of Arctic regions depend largely upon the capelin as a source of food. On our Pacific coast from San Francisco northward to Bristol Bay in Alaska, we have the Pacific smelt. It is about eight or nine inches in length, a very weak and feeble species. The flavor is excellent although the flesh is soft. It has no good keeping qualities.

Surf smelts are also plentiful in the North Pacific. They are so called because they spawn in the surf. It is a firm-fleshed and fat little fish, slightly inferior to the oulachan in flavor. Quillite Indians of Washington, says Dr. Jordan, believe that "the first surf smelt that appear must not be sold or given away to be taken to another place nor must they be cut transversely, but split open with a mussel shell."

Other Varieties. The pond smelt, dusky in color and slightly transparent, we find in northern waters of Alaska, and in Behring Sea southward to Japan. The pond smelt is somewhat similar to the surf smelt, though only spawning in fresh water pools.

The grayling, so prolific in Alaska and our own northern waters, is closely allied to the smelts. It is a very gamey fish and an interesting customer for sport fishermen. St. Ambrose once described it as the "flower of fishes," presumably on account of its gay coloring.

As a rule fish are drawn before they are transported to market as it means a reduction in weight of from fifteen to twenty per cent, but it is only in exceptional cases that this is ever done with the smelt. While smelts are not as plentiful as in former years, fishermen are getting good prices for this delicious little fish. During the year 1920 87,555 cwts. of smelts were caught and landed in Canada with a first hand value of \$971,206. Canada exported during the same period 61,855 cwts. with a marketed value of \$673,942.

The intelligent, shrewd attention which is given to selling should include advertising.

TERRACE

Mr. Stanger who has been seriously ill for the past two weeks, is slightly improved in health. Messrs. Walton, Ardagh and Pillsbury were in town for a few days this week on business. W. Brewer and S. Kirkaldy have been erecting a building next to the butcher shop. This building is to be occupied by Mr. Donaghy.

Mrs. Warner and son left on Thursday for Vancouver.

The erection of Mr. Atwood's home across the river is nearing completion.

Building operations have commenced on the Lakelse Community Hall.

Numerous strangers are in town lately, chiefly in connection with oil.

Mr. Yorke who has been manager of the Hartford restaurant is opening a cafe in the old Gem building which has been enlarged.

The Married People's club held a meeting on Thursday evening at the home of Mr. and Mrs. Olsson. Considerable business was done.

Mrs. Laufear and Miss French of "Hill Farm" are having an addition put to their house in anticipation of summer guests.

Mr. LaZelle has sold his hardware store to Mr. Hall. Mrs. LaZelle and family will be here till the fall, when they expect to go south.

Mr. and Mrs. Yorke and family have moved in from the country and are occupying the small Sunday house.

The Community Club held a Whist Drive in the club's room on Friday evening. Preparations for a play to be given in aid of the Community Club, have been going on for some time, and the play is to be given in Progress Hall on Friday, March 31.

Sealed tenders will be received by the Minister of Lands at Victoria not later than noon on the 6th day of April, 1929, for the purchase of License X-546, to cut 1,000 cords of cordwood, on an area situate near Ocean Falls Township, Range 3, Coast Land District.

Four (4) years will be allowed for removal of timber. Further particulars of the Chief Forester, Victoria, B. C., or District Forester, Prince Rupert, B. C.

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Pacific Milk Co. Limited Factories at Abbotsford and Ladner, B. C. Limited VANCOUVER 328 DRAKE STREET

COAL

Exclusive selling agents FOOTHILLS AND CADOMIN COALS Delivered in your bin Screened Lump, ton \$14.00 Screened Stove, ton 13.25 YOU'LL LIKE IT Consumers Coal Co. Ltd. Phones 7 and 311 Lorne MacLaren, Manager

WESTHOLME THEATRE

MARGUERITE CLARK

"Scrambled Wives"

Charles Chaplin in "The Pawn Shop" Admission. 15c and 35c

Wednesday and Thursday....."The Sky Pilot" Friday and Saturday....."Little Lord Fauntleroy"

Six Rules for Making GOOD COFFEE

KEEP YOUR COFFEE AIRTIGHT—It loses its strength and aroma when exposed to air. Keep it in an airtight container. MEASURE CAREFULLY—Experiment until you find just the proportions of coffee and water that suit your taste. Then stick to them; guessing usually means a poor cup of coffee. USE GROUNDS ONLY ONCE—Don't leave the coffee grounds in the pot for the next meal. Used coffee grounds are of no more value in making good coffee than ashes in building a fire. USE BOILING WATER—Boil your water, but don't boil your coffee; don't let the water and the ground beans boil together after they are mixed. SERVE AT ONCE—Many a pot of perfect coffee has been ruined by letting it cool. If you must wait, keep the coffee piping hot but never let it boil. Re-cooking it ruins the flavor. SCOUR THE COFFEE POT—It is not enough to give the pot a hurried rinse and set it away to dry. Scour it even more carefully than other cooking utensils.

"SUPREME"

BRAND FRESH ROASTED COFFEE The Coffee that "Has 'em all Beat"

STEWART & MOBLEY, LTD. Coffee Importers and Roasters, Prince Rupert Sold only in 1 lb. Airtight Cartons

FIRE OR THIEVES

May rob you of your valuables if kept at home. A SAFETY DEPOSIT BOX will give you every protection. Annual rental \$5 and upwards.

THE ROYAL BANK OF CANADA

Phone 15. Peter Black, Agent, Main Office Hotel Central PHONE YOUR ORDERS TO NO. 15 at any time, day or night. There will always be some one to take them.

Prince Rupert Coal Company

Exclusive Representatives Ladysmith-Wellington, Pembina, Peerless and Yellow Head Coals.

Yellowhead Coal

	On Dock	Delivered
LUMP, Bulk	\$11.00	\$12.50
LUMP, Sacked	11.75	14.00
MINE RUN, Bulk only	9.75	11.25
NUT, Sold in Carloads only		8.50

Analysis—Fixed Carbon, 49.2 per cent; volatile matter, 37.4 percent; ash, 9.6 per cent; moisture, 3.8 per cent; sulphur, 0.19 per cent; B. T. U. air dried, 11,650. This is a High Grade Bituminous Steaming Coal, especially suitable for High Pressure Boilers and Furnaces. The lump is a very Superior Stove Coal. Let us send you a trial load of Mine Run for your furnace or half ton Lump for your heating stove.