



"I'm So Tired"

There is such a thing as being temporarily tired as a result of hard work. This condition is relieved by a good night's rest. But when you are continuously tired at slight exertion and feel the ordinary daily tasks too much for you, it is time to consider the condition of the nervous system.

You find yourself easily irritated and worried, you have not the energy and strength to carry out your usual daily program, you do not sleep well and get up tired in the mornings, you may have headaches, and you feel down-hearted and discouraged.

Your nerves are tired, weak and exhausted, and you need the assistance which is best supplied by Dr. Chase's Nerve Food.

Miss Amy L. Metcalf, R. No. 3, Arthur, Ont., writes:—

"I have used Dr. Chase's Nerve Food with the most favorable results. One spring I was very weak and run-down, and did not sleep well. I was very nervous and would cry for any little thing. My heart was weak and my head ached almost constantly. The doctor's medicine did me no good, and finally I began to take Dr. Chase's Nerve Food. After using six boxes of this medicine I felt fine. I have never used anything which has done me as much good as Dr. Chase's Nerve Food, and I have also found Dr. Chase's Kidney-Liver Pills an excellent remedy.

"This is to certify that I know Miss Amy Metcalf, and believe her statement with regard to Dr. Chase's medicines to be truthful and correct."—A. R. Springer, Methodist Minister, Arthur, Ont.

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

Snipe did not come up to his expectations after the final overhaul, he would hire the submarine chasers of the Fleet and snipe her into toothpicks.

The Annie O, Captain Jos. O'fat, arrived in port from Port Simpson on Thursday morning with a good sized cargo of colachans, which he has marketed to local retailers.

The Emily G., Captain M. Scott, left for the Dominion Cannery on Thursday. Cap has been engaged for the season at the cannery.

Captain Jack Carl, of the troller Carl, left port over the week end for the salmon trolling grounds.

The Gilford, Captain W. Hobbs, is undergoing an overhaul to her machinery, at Cow Bay, and upon completion of the work will proceed to the halibut banks.

Captain Mahoney of the Hancock had an accident aboard during his last trip, inadvertently dropping a cigarette end into the clutch which put the whole machine on the blink. As a consequence the craft is undergoing machinery repairs in the home port.

The "Lifole" port was agog with excitement on Friday morning when the mystery ship was sighted, from the land batteries, making for port with Flossie Flirt, the Admiral and the Admirable aboard. In spite of the fact that the secret service had been locked up it somehow got abroad that a certain boat was responsible for this excursion, and some crowd awaited its docking. The first to set foot on the gangplank was the heroine of the trip, Flossie Flirt, clad in a suit of oilskins, and but for a black eye the lady was unrecognizable. After much handclapping and open mouthed wonderment, it was possible to get a slight account of the trip from the Cow Bay Amazon. It appears that after three days out, some alteration took place between Flossie and the Admirable regarding the attentions paid to the former by the guy running the engine. Flossie said that the Admirable was jealous because the gentleman in question assisted her to remove a halibut hook which had caught in her stocking. The result was that words arose with the tide and Flossie becoming enraged grabbed an anchor and threw it at the Admirable, which struck the enemy on the head but rebounded and caught Flossie in the eye, hence the blackness. At this juncture the Admiral intervened with a couple of gats and quieted the combatants.

Flossie stated the trip was a most enjoyable one, but for the fact that the darned hooks were a bloomin' nuisance, and as a consequence most of her wardrobe had found its way into the salt chuck, and that if her engineering friend had not come through with a suit of oilskins, pants and all, that the police would not have allowed her to land. Among the fish captured by Flossie were several splendid specimens of octopus, devil fish, cat fish and catfish, several of which had been loaned to an up town fish house to display for the benefit of the public. During the trip the weather was fairly good but Flossie thought that

The Virginia, Capt. W. Green arrived in port on Wednesday with a goodly load of halibut. Cap reports splendid weather prevailed during the trip and every little thing went off fine.

The Maeve, Captain Carey, is all fixed up in the Bone Yard Creek, Cow Bay, ready for the salmon trolling season.

The S. S. Beatrice arrived during the week with coal and a shipment of lumber for Albert & McCaffery. A scow load of lumber is at present loading in Vancouver, and is expected to arrive early in the coming week. This is for local consumption.

The White Star is undergoing gear overhaul, and will return to the high spots over the week end.

The ice conveyor is undergoing repairs at the Booth Fisheries.

Captain A. Swanson, is fitting a new engine in the Provincial at his own dock. The addition is a new Atlas, 35 h.p. engine, which succeeds the old original 20 h.p. engine. It is anticipated the work will be completed in about a week's time.

The following boats marketed fish during the week, the majority of which left for the high spots:

Sun Wing, Bryan, Naimak, Brothers, Thelma, Tyeo, Ring-leader, D.C.F., W. & T. Iris, N. & F., Fisher, Elfin, Renell, Rose-point, Nornen, Tom and Al, Florence, Osumi, Lancing, Vivian, Fram, Sampson, Johanna, Gullford, Tramp, Virginia, Cape Spencer, Cora, Oonah, Rosepit, Timber Wolf, Evolution, Yakatuk, Atlas, Arctic and White Star.

The following boats are at present in port: Annie O, Johanna, Betty, Laura of Seattle; Eastern Point, Pug, Cub, Boula, Eol, Atlas, Arctic, Tramp, Selma, Torberg, Carl, Jean, Beaver Cove, Roy W., Laura E., Gilford, Mab, Gladys B., Hanaco, Dolphin II, Alliance No. 1, White Star, Wanderer, Bryan of Ketchikan, Viv-

the waves took advantage of her innocence after meals, and had been the result of her losing a deal of weight. An idea struck Flossie for the culinary department when on a sea voyage, and the concoction, if successful, will be called "Anchor Pie." The idea is that with each piece of pie, for those who suffer with seasickness, a suitable weighty piece of dough, termed an anchor, will be hung on to each mouthful thus assuring that it stays put.

Captain Roy Ross of the troller Sam Rock is leaving for the Baltimore Cannery over the week end.

Skipper Joe Cote of the Lydia K, is suffering from a poisoned hand and is under the care of a doctor. Everything is in good shape aboard for the salmon season and the skipper will pull out as soon as his hand will permit.

The Marguerite, Captain Morrison, arrived in port early on Thursday morning with 6,000 pounds of halibut, and reported a very successful trip. Cap will be leaving for the high spots again over the week end.

The Cape Spencer, Captain Dan Larsen arrived in port on Tuesday morning with 14,000 pounds of the best, and stated that the trip had been O.K. After overhauling gear and machinery he left for the halibut grounds last night.

Captain Erickson, Alliance No. 1, will be in port for two or three days overhauling machinery.

The Eastern Point, Captain Sheehan, is being fixed up at Cow Bay prior to her first fishing trip of the season. This craft has been laid up at Seal Cove all winter.

The Canadian Fish and Cold Storage steam trawler Andrew Kelly, skippered by Captain David Candow left port on Friday night on the independent lay.

Herring fishing operations have been suspended by the Cold Storage, a sufficient supply being on hand.

James Lee, manager of the Atlin Fisheries has resumed his active role in the fishing game after a ten-day flu attack.

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The Daily Mail and Empire.

45 KILLED IN RAILWAY WRECK, CANADIANS AMONG DEAD

Chicago-Toronto-Montreal Flyer Cut in Two by N.Y. Central Train

Every Day the toll taken by death from among your friends gives you cause to think of what might happen to your wife and children, should you suddenly pass away. What would they do for the regular income you have always provided—for a home, for food, clothing and other incidentals? End the anxiety that news of a death brings to your mind by taking out a Manufacturers Life Monthly Income Policy. It will give your wife a definite income every month as long as she lives.

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HEAD OFFICE, - TORONTO, CANADA. R. E. HARRAP, Supervisor for Northern British Columbia, Prince Rupert, B. C.

Without any obligation, will you kindly furnish me with full particulars of your Guaranteed Monthly Income Policy. I am..... years of age, and am (married, single) Name..... Address.....

Waterfront Whiffs

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

The Admiral of the Mosquito Fleet reports that with better weather prevailing during the week the fishing has improved and consequently the morale of the crews has taken an upward trend. Some twenty carloads of fish have been marketed and shipped to Eastern points, which is much in excess of last week's catch.

The colachan, or-candle fish as they were originally called on the Pacific Coast, has been plentiful along the Government wharf during the week, the first arrivals this season. A good local market has offered for this class of fish, and the restaurants have been working overtime cooking them up. The Emma D, Captain Dudoward, arrived in port on Wednesday night from the Naas River with some seven tons of colachans, which were snapped up by the colachan King, in the person of Bill Shrubbsall. Bill has a bunch of the fish already packed for eastern shipment. The oil therefrom will be bottled and shipped to an eastern metropolis labelled "Shrubbsall's hair oil for shrubless scalps," and Bill guarantees that its persistent application will grow hair on a billiard ball.

No arrivals of fur are reported during the week.

Spring salmon has put in an appearance during the week, in small quantities, caught mostly around Island Point, McIlkatta and Wark Canal by trollers. With the advent of the spring salmon season the owners of trolling boats are busy putting their boats in order for the forthcoming season, and a number of boats have already left port on salmon trolling bent.

There is an undercurrent of keen dissatisfaction among the fishermen generally, with regard to the inefficient ladder accommodation and the lack of artificial lighting along the government wharf. With the present condition—boats coming in at night and tying up on dark nights, it is practically impossible for them to see their mooring station, and the lack of lighting facilities often means damage to their boats when nearing the wharf. The lack of proper ladders, leading from the boats to the top of the wharf is a real sore point, and the fishermen are unanimous in the opinion that additional ladders should be constructed. At present when any number of boats are tied, one has to scramble across

sometimes a dozen boats before a ladder can be reached. With a light swell running this is no easy task, and life is often endangered. The few ladders now affording passage way from the top of the wharf to the decks of boats are in bad condition, and need repair, while they are too far apart. Additional ladders are badly needed. For a fishing port of importance, and the practically small outlay necessary to remedy these defects, the fishermen consider that something should be done along these lines to aid them in their calling.

A scow load of fish boxes for the Canadian Fish & Cold Storage, and a scow load of lumber for local consumption arrived during the week from the Georgetown mill.

Captain John Olan of Lawson Harbor arrived in port on Wednesday to take on supplies prior to leaving on a salmon trolling expedition.

The Wigwam, Captain Claud Ketchum, is loading two donkey engines on a scow for transport to Surf Inlet. These engines are to be used by the J. R. Morgan Logging Company.

Captain Newcombe has completed the overhaul of the Dixie Rupert, and everything is in good shape for the forthcoming season.

Captain "Frenchy" claims to have the only unsinkable craft on the Pacific coast. The craft claiming this distinction is known as The Snipe, and is at present moored at Salt Lakes. The skipper states that he has tried hard on several occasions to sink her from both ends, but that it would never work. If she gets her nose down first it comes up again, and if her stern gets submerged it is only for a few seconds when up she comes, with the best of luck. Frenchy also claims that her engine holds the record for turning an honest head of black hair to a silver grey in double quick time. He has recently come to the conclusion that the only way to prevent engine trouble is to throw the engine overboard.

However, having had the craft for some time he hates to part with an old friend and after serious consideration has decided to give her another chance. With this object in view Capt left Cow Bay on Thursday morning aboard the Mauritania with a load of lumber and several instruments of torture, and said that if The

Was Troubled With Her Stomach For Five Years

Mrs. Samuel Ward, Millersdale, Sask., writes:—"I feel that I must write to you before another day passes. I am so happy and so grateful to your splendid medicine, Burdock Blood Bitters, for after an illness of five years I am better. I had stomach trouble so bad, I could not bear the smell or taste of food of any kind, and got so thin and weak I could not work. I had four doctors attend me, but they did me no good. I was in no pain, but felt so ill, at times, I thought I would die. In fact, all my friends were sure I could not live many months. This time last year I saw where a man was relieved of stomach trouble by Burdock Blood Bitters, so my husband got me two bottles, but I had no faith in it after all the different medicines I had taken, however he insisted, and after the first two days I must say I began to feel better, and after the first bottle I felt so much better I went out a little every day, but could not go alone I was so weak, but I soon got so I could walk and eat, and have got quite stout. I am nearly seventy years of age and I feel better than I have for years, and can do all my housework. You may make use of this letter if you wish, as it may be the means of making others as well and as happy as I am." B. B. B. is manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

We are sure getting into the strides of a metropolis. A brand new fish museum is in our midst where specimens of the amphibious man eaters and bait eaters of the deep are displayed in tanks, cages, and on boxes outside. It takes a nifty man to run a show like this and the city is fortunate in having a dare-devil trainer within call in the person of Jim Bacon. Jim would just as soon walk into a cage of shrimp eating devil-fish in his pyjamas as he would serve out a pound of cold clammy sausages. It is understood Jim is training a catfish, which he has named Snappy, to wag his head to the tune of some banjo jass. It has been a bit of strain on the banjo, to say nothing of the strain on the catfish, and Jim has fixed up some special strings on the instrument, which some would call hawasers.

The question for the advertiser to consider is how many people read the paper. You can't get results without circulation.

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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.

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Third Avenue

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

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 bean 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 injures 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.

.. USE ..

"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

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"It's Better when Baked by Electricity"

Get Rich Quick

A \$5 GOLD PIECE will be placed in our QUALITY MILK BREAD on FRIDAY or SATURDAY

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