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And Grows New Firm Flesh on Thin, Pale, Nervous and Run-down Folks

Are you troubled with humiliating skin blemishes? Are you thin—or do you feel the need of more energy or "pep"? If so, mail coupon for the amazing Three-Day FREE Trial Treatment of the wonderful Ironized Yeast Vitamins Tablets. Try these remarkable tablets—two with each meal. Then get ready for a surprise!

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Mail this coupon with your name and address to H. H. Ritchie & Co., Ltd., 10 McCall St., Toronto. By return mail you will receive absolutely FREE our famous 3-Day Trial Treatment. Watch the Quick Results!
Dept. 483

results is because it supplies thin and run-down folks with the three vitamins, which though vitally essential to health, are lacking in the modern diet. But more than that, it supplies your blood with the iron needed to make it rich, red and strong. Vitamins alone are fine—but when taken with iron, as in Ironized Yeast, they bring their good results just twice as quickly, in many cases.

Watch The Results!

Pimples, blackheads, boils, etc., begin to disappear almost "while you wait." You will feel an almost immediate increase in your ability to tackle hard work. And as for getting new firm flesh on your bones—thin folks report gaining five pounds and more on the first package of Ironized Yeast!

Yeast Best With Iron

Ironized Yeast is pleasant to take and will not cause gas or in any way affect the stomach as it contains a specially cultured yeast which is grown under the strictest supervision for medicinal purposes. Therefore it brings such splendid results. **IRONIZED YEAST is sold at all Drug Stores on our guarantee of complete satisfaction from the first package or your money refunded.**

Sales Representatives: Harold F. Ritchie & Co., Ltd., Toronto

Try Ironized Yeast Today!

If you want to banish skin eruptions and quickly acquire a fresh, youthful, clean-looking skin—if you are thin and run-down and want to fill out your figure with firm hard flesh and increase your energy so that work will be a pleasure instead of a tax—then try Ironized Yeast at once.

Just mail coupon as directed above for the wonderful Three-Day FREE Trial Treatment. You will very likely be amazed at the improvement just three days will show in you. Test it absolutely FREE! Mail coupon today.

RAILWAY GIVEN ITS POWER RATE

Council Last Night Adopted Report Turned Down By It a Fortnight Ago.

COMPANY WILL GET ENERGY AT 4c TO 1c.

Adopting a recommendation of the superintendent of utilities and the utilities committee, the city council last night decided to enter into a contract with the Canadian National Railways to supply electrical energy at the city boundary, near the present general offices, in bulk at 4c to 1c rate, subject to changes in rates that may be brought in with the proposed new light and power bylaw and with a minimum provision of 81 per cent power per month. The report of the utilities committee followed the receipt of a second application from H. H. Eager, superintendent of rolling stock, asking that the Railway Co. be given one rate for power delivered in bulk from the city's primary lines instead of the several lines.

Mutual Advantages.

The company will accept the power from one point at the boundary of their property and will supply their own transformers and equipment for its distribution. The company at the present time is using 80 kilowatts and with the addition of the salmon dock, 70 kilowatts, and the station, 20 kilowatts, this will be raised to 170. It is also proposed by the company to do away with its own power plant at the round house and use city energy for its work there requiring an additional 45 kilowatts. The city, in giving the new rate will practically cut the price to the railway company in half but will be relieved of the necessity of putting in a \$6500 investment for new transformers and line and also of a heavy overhead expense. Also the city, under this agreement, will have available for other uses transformers to the value of \$1000, meters \$150 and also wire and poles. It is expected that the revenue derived from the doubling of the company's consumption will be about equal to that now coming from the present demand and the city will be relieved of the high cost of installation of the line which it would otherwise have been necessary to build and also of the overhead.

Adoption of the utilities committee's report giving the railway company the new rate was moved by Ald. Dybbavn and seconded by Ald. Kerr and carried by the council. Ald. Collart and Ald. Montgomery voting against it. When the report came up at the council meeting two weeks ago those voting against it were Ald. Collart, Ald. McLeod, Ald. Collart and Ald. Montgomery. Ald. Collart and Ald. Montgomery stood their ground again on this occasion. Mayor Rochester did not have the opportunity of voting on account of the council giving it a favorable majority and Ald. McLeod was not present. Ald. Dybbavn was not present at the previous meeting and the proposition was turned down on a minority vote.

Duncan Explains.

In explaining the report, T. C. Duncan, superintendent of utilities, stated that the railway company was entitled to the double rate of 5.2c to 1.3c for light and 4c to 1c for power in any case. With the adoption of the 4c to 1c rate for delivery in bulk to the company the city would likely receive more revenue with the increased demand and the company would be put on a similar footing to Digby Island. If the city undertook to supply the energy from the secondary lines an expenditure of \$6500 for new transformers and equipment would be necessary as well as a heavy overhead. If the new rate were adopted there would be recoverable for the city about \$1000 worth of transformers, \$150 of meters and poles and wire to small values from the present distributing lines over railway property. The revenue last year from the company had been \$3503.63. Leaving out the round house but taking into account the ocean dock and the station the load would now be doubled and the city would re-

ceive as much under the 4c and 1c bulk rate as it was getting at present.

In inquiring as to the \$6,500 expenditure that would be necessary if the city refused the bulk rate and undertook to deliver the power transformed itself, Ald. Collart questioned the policy of the city putting in equipment on the railway property in any case.

Legal Standpoint.

City Solicitor Hooper took the ground that the railway company was entitled to the 4c to 1c rate. Legally, he should think they could buy energy in the form of power and do what they wanted with it, transforming it to light if they saw fit.

Ald. Dybbavn said he could not fairly see where the company was not entitled to the 4c to 1c rate. It was a legitimate proposition called for under the bylaw.

Ald. Montgomery said that in view of the fact that the company had been getting the energy distributed where they wanted it on the railway property at the city's expense in the past he had doubt when they offered to distribute it themselves at 4c to 1c. There was at least sufficient reason to investigate. He considered they had been getting a fair rate. He did not think the council had ever sold in bulk before except to Digby Island. He had not been on the council when the rate was given to the Prince Rupert Lumber Co.

"Yes, you were," interjected Ald. Kerr.

Montgomery's Logic.

Ald. Perry said that there was no logic in Ald. Montgomery. He had the faculty of spreading a minimum amount of matter over a maximum amount of space. Surely if they were relieved of heavy cost of installation and overhead, the company was entitled to a power rate. Of course the policy might be first settled as to whether the city was to continue putting in equipment over private property.

Ald. Collart said he saw no reason why the railway should be given a 4c to 1c bulk rate when they would pay 5.2c to 1.3c for light. He was not prepared to give the company more than was coming to it. Ald. Kerr was of the opinion that as long as the company paid for the energy through the meter it made no difference what they used it for.

Favor Big Interests.

"I would like to know," asked Ald. Montgomery, "what proposition ever offered by a big company this council would buck or what proposition offered by a little fellow they would not turn down. The same policy is being adopted all the time. The revenue is being cut in two in this agreement and only \$1000 in equipment is recoverable. A policy is being set that had never been set before. I am utterly opposed to the combining of two rates and more of the aldermen will oppose it before many months have passed. We might at least wait for a few weeks until the new bylaw is brought in."

With some cursory discussion as to the relation of this contract to the dry dock and the matter of minimum charges the discussion closed and the report was adopted on the division recorded.

Sport Chat

Ping-pong enthusiasts have reappeared in such numbers in England that plans are being formulated for the organization of an All-England club. It is proposed to have a clubhouse in London which will be capable of accommodating 16 to 25 tables where singles and four-handed games will be staged.

There is every evidence that the 1922 golfing season in England and the United States will be no less interesting than that of last year when teams of United States amateurs and professionals made organized attempts to annex English championships. "Jock" Hutchinson, world's champion, will arrive at Sandwich in June from Chicago to defend his title.

One of the most famous trainers of race horses in the world died at Newbury, England, in February. Perhaps no trainer ever had a larger number of famous and victorious race horses under his charge and their success shows evidence of the skill with which they were treated. Porter first became famous in the 80s.

MACDONALD'S Cigarettes



The Tobacco with a heart
10 FOR 15¢

King George V sent a telegram to Mrs. Porter expressing regret at Mr. Porter's death and saying that he had known him for years.

The 1922 Kentucky Derby will be run at Churchill Downs, Kentucky, on May 6. There are 92 entries for the annual classic and the number includes three colts belonging to J. K. L. Ross, Toronto, the famous Canadian turfman. Harry Payne Whitney of New York has entered seven thoroughbreds and E. R. Bradley of Kentucky eight.

The persistent exodus of leading British golfers from Great Britain to the United States continues to receive emphasis in the London press. A special correspondent in writing on the subject states: "It would seem to be a deliberate attempt to make a corner in the world's golfing talent. Human nature being what it is, there is nothing strange or unnatural in the craftsman selling his skill in the most lucrative market. Only a purely altruistic mind could dictate any other course. Unfortunately we live in a materialistic age." Referring to Hutchinson and Barnes as two British-born players, acknowledged masters, who have migrated to the United States, he reviews the list of others which he says is "not only a formidable but a startling one."

If you wish to make yourself heard, do it through the newspaper with the guaranteed circulation. It is instantly audible.

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 15 chains south of the southwest corner of Lot 1437, thence north 80 chains, thence east 80 chains, thence south 80 chains, thence west 80 chains to point of commencement, and containing 640 acres or less. KATHLEEN MONCKTON, P. M. Monckton, Agent.

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 northwest corner of Lot 1428, thence north 80 chains, thence west 80 chains, thence south 80 chains, thence east 80 chains to point of commencement, containing 640 acres. Located January 23, 1922. P. M. MONCKTON.

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The Coffee "that has 'em all beat" One of our customers, under date of March 24, writes as follows:

"By the way we wish to compliment you on your Supreme brand coffee, it certainly stands up to its name, and our customers who have used it pronounce it delightful; 'it is the real goods.' There is no question about the GOODNESS of 'Supreme' Coffee. Order a pound today and have a real treat."

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Spring : Opening SALE

In our new premises in The Frizzell Block, on
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We have arranged for your convenient viewing the cream of the new Spring Modes developed in the most favored of the Season's Fabrics.

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MRS. EGGERT SPEAKS PRESBYTERIAN LADIES

Interesting Talk on Education of Girls—Miss Grant Sings and Mrs. Fraser Plays.

The Presbyterian Ladies' Club held its regular monthly meeting in the Manse yesterday afternoon. Mrs. T. B. Hooper, president, was in the chair and there were 23 ladies present. An interesting talk on "The Education of Our Girls" was given by Mrs. E. C. Eggert and a general discussion followed. Miss Kathleen Grant favored the gathering with a vocal solo "What's in the Air Today?" and Mrs. H. C. Fraser rendered a piano solo. A vote of thanks to those contributing to the program was moved by Mrs. D. McD. Hunter, seconded by Mrs. H. R. Grant, and passed unanimously.

BASEBALL

American League.

St. Louis, 15; Cleveland, 1.
New York, 3-6; Boston, 5-1.
No other games.

Coast League.

Vernon, 3; Seattle, 1.
Saskatoon, 2; Los Angeles, 4.
Sacramento, 6; San Francisco, 4.
Oakland, 3; Portland, 5.

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

Take notice that I, P. M. Monckton, of Terrace, B. C., surveyor, intend to apply for a license to prospect for coal, petroleum and natural gas on the following described lands: Commencing at a post planted 15 chains south of the southwest corner of Lot 1437, thence north 80 chains, thence east 80 chains, thence south 80 chains, thence west 80 chains to point of commencement, containing 640 acres or less. P. M. MONCKTON, Agent.

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

Take notice that I, G. F. Monckton, of Victoria, B. C., miner, intend to apply for a license to prospect for coal, petroleum and natural gas on the following described lands: Commencing at a post planted 15 chains south of the southwest corner of Lot 1437, thence north 80 chains, thence east 80 chains, thence south 80 chains, thence west 80 chains to point of commencement, containing 640 acres or less. G. F. MONCKTON, Agent.

P. M. MONCKTON, Agent.

P. M. MONCKTON, Agent.

P. M. MONCKTON, Agent.

P. M. MONCKTON, Agent.

P. M. MONCKTON, Agent.