

LIFE BURDENED BY DYSPEPSIA

Health and Happiness Came With "Fruit-a-lives"

Made From Fruit Juices and Tonics

"Fruit-a-lives", the wonderful medicine made from the juices of apples, oranges, figs and prunes, is one of the greatest means of doing good that this country of ours has ever known.

"Fruit-a-lives" is bringing health to hundreds and hundreds of people who suffer with Chronic Constipation, Biliousness and Dyspepsia.

Mr. Frank Hall of Wixeyale, Ont., says, "I purchased a box of "Fruit-a-lives" and began the treatment. My condition improved immediately. The dyspepsia ceased to be the burden of my life as it had been, and I was freed of Constipation".

50c. a box, 6 for \$2.50, trial size 25c. At dealers or sent by Fruit-a-lives Limited, Ottawa, Ont.



Doings of the Mosquito Fleet which is the chief source of Prince Rupert's prosperity

The Fish Exchange, Canadians were high at 15.5c and 6c and low at 12c and 5c. Americans were high at 17.6c and 8c, and low at 14c and 6c. Arrivals were: Canadian—Hippo, Cape Spencer, Gibson, White Lily, Lillian M., Westerner, H. & R., Oh Bill, Kain, Thelma, P. Dorreen, Tilly S., Cayenne, Azores, W. & E., Mah, Tallow, Overdale, Margalice, D.S.T., Rennell, Fanny F., Mary M., Christopher, Cape Spear, Nautilus, Vigil, Reveille, W.T., Salma and Toddy.

American—Arctic, Volunteer, Venus, Western, Peacock, Royal, Laning, Wabash, Sherman.

New Fleet Uniform

The old despised hard hat, commonly known as the "Christie-stiff," is evidently coming into its own again judging from the startling style now being adopted by some nauticals along the waterfront. It would seem to be a new fashion imported from distant lands. To see a fisherman in a hard hat, one of those anemic looking things consisting of a sand screen like helmet and a consumptive crown, wearing high boots and jersey of the same hue and wielding a two-handed cigarette, is a sight for sore eyes. This remarkable headgear seems to work fine on fine days but in a high wind it appears to keep the wearer busy chasing after it, and it has been suggested that a bit of regulation elastic—as used on a child's straw hat—wound under the chin and around the Adam's apple of the throat would be an improvement of a permanent nature. In high boat circles the wearers of the new headgear have been dubbed the "dish pans" for the simple reason that when lifted off the head and turned upside down the hard hat makes a wonderfully convenient dish for washing up or using for other domestic purposes. So nifty does the new "dish pan" brigade look when lined up on parade that it is quite on the cards this new form of head-dress will be adopted as the regulation uniform for all members of the fleet, of course plus the elastic stunt.

Decides to Buy Engine

Girls! The Capt. Khort matrimonial idea is entirely off. While the skipper did have serious intentions in this regard, as outlined in these columns last week, something has happened which has caused him to change his mind. He probably came to the conclusion that a new engine would serve him better. At any rate he is now negotiating with a local firm of engineers to give him a price on a new 20-30 h.p. engine and has emphatically stated that no females need apply to the boat on matrimony bent. We regret to dash the hopes of many fair damsels to the ground—so to speak—in such a heartless manner but it is considered a duty in the interests of many who may be preparing a trousseau.

Fresh Herring Bait at Captain's Cove and Jap Inlet.

Repair work is being carried out on the Prince Rupert Yacht Club boats. New piles are being driven and stalls put in to take care of the increasing membership.

Nortonon in Port

The latest power boat to arrive in port from Vancouver is the Nortonon, skippered by Capt. Eli Tingley. The Nortonon made port on Wednesday night after an uneventful trip up the coast. This craft will engage in the salmon packing business on the west coast. Her dimensions are 55 foot long by a 13 foot beam and she derives a useful turn of speed from a 30 h.p. Gorliss engine. The Nortonon is now at the dry dock for necessary engine repair work before proceeding out on her season's work.

Radio Lost Men

The Canadian Fish & Gold Storage Co.'s trawler James Caruthers, which arrived in port on Monday last with 25,000 pounds of halibut, reported that the American schooner Radio, Capt. Angelsen, had lost two men while fishing on the northern fishing banks. No details are known as to the names of the drowned men or just how the fatality happened.

New Forestry Boat

The new forestry cruiser "B.C. Forester," Capt. F. E. Mitchell, put into port on Saturday last and was much admired by nautical men and others who took the

During the week 290,700 lbs. of halibut has been marketed on

Delivered in Bulk.
At \$10.00 per ton.

This is a very superior furnace coal. It gives a bright hot fire and is entirely free from soot, clinkers, slack and dirt. Some of the largest heating plants in the city are now using it with entirely satisfactory results.

STERLING STOVE COAL,
Delivered in Sacks,
At \$12.50 per ton.

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Cartage, Warehousing, and Distributing. Team or Motor Service. Coal, Sand and Gravel. We Specialize in Piano and Furniture Moving.

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M. S. SING TAILOR, CLEANING AND PRESSING

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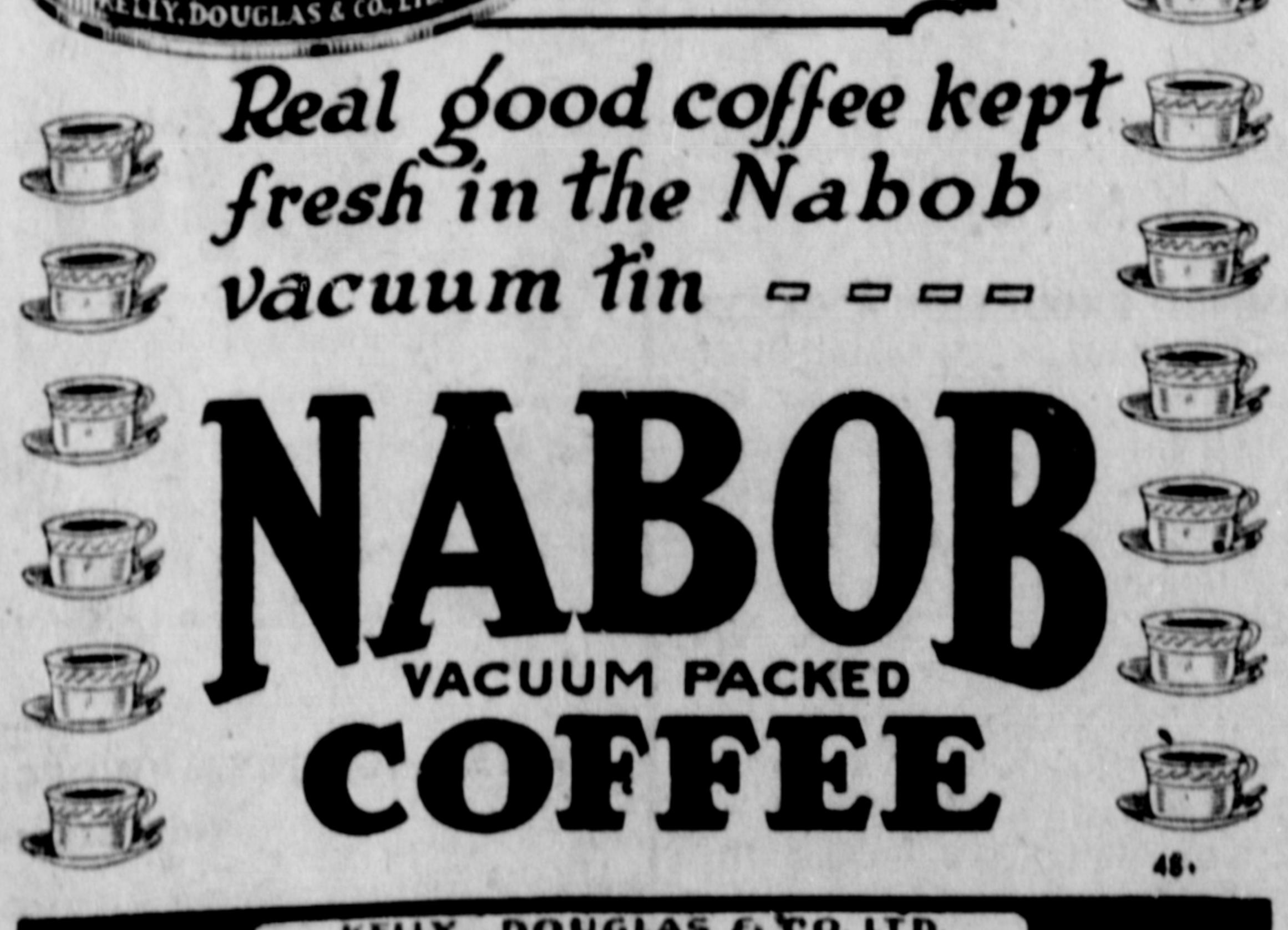
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More cups per pound



Real good coffee kept fresh in the Nabob vacuum tin

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VACUUM PACKED
COFFEE

48.



Brings Strength and Vigor When Mother Most Needs It

WHAT joy there is in the home when baby arrives.

kept at high water mark all through this trying time.

What a relief after months of anxiety.

Now the mother looks forward to returning strength and vigor.

But oftentimes this is slow in coming and the weeks drag on until the strain brings depression and discouragement.

So many mothers have written to us about the great benefit they have obtained by the use of Dr. Chase's Nerve Food under these conditions that we cannot refrain from passing along the good words.

Since prevention is always the better way it is wise to use Dr. Chase's Nerve Food during the expectant period as well as after baby comes.

By so doing the blood is kept rich, the nerves steady and the general health is

Then after baby's advent you quickly pick up strength and know the joy of healthful motherhood.

Mrs. H. McClure, Norwood, Ont. writes:

"After my baby was born I was terribly weak and run down, with a weak, painful feeling across my back. I had heard so much of Dr. Chase's Nerve Food that I decided to try it, and before very long I began to feel stronger. Three boxes proved enough to make me quite strong and well again. I also used Dr. Chase's Ointment; for a rash which broke out on the baby and it worked wonderfully—the rash disappearing completely in a short time."

Dr. Chase's Nerve Food, 60 cents a box of 60 pills, at all dealers or Edmanson, Bates & Co., Ltd., Toronto.

SPRING STEAMSHIP SERVICE

S.S. Prince Rupert and Prince George

Will sail from PRINCE RUPERT for VANCOUVER, VICTORIA, SEATTLE and intermediate points each Thursday and Sunday at 11:00 p.m.

FOR ANYOX Wednesday, 10:00 p.m.

FOR STEWART Saturday, 10:00 p.m.

S.S. PRINCE JOHN for VANCOUVER via Queen Charlotte Islands, May 10th, 24th.

PASSENGER TRAIN, DAILY EXCEPT SUNDAY.

Leave Prince Rupert 6:45 p.m. for PRINCE GEORGE, EDMONTON, WINNIPEG, all points Eastern Canada, United States.

AGENCY ALL OCEAN STEAMSHIP LINES.

City Ticket Office, 528 Third Ave., Prince Rupert. Phone 280.



CANADIAN PACIFIC RAILWAY

B.C. Coast Services

Sailings from Prince Rupert

S.S. PRINCESS MARY.

For Vancouver, Victoria and Seattle, May 2, 13, 23

For Ketchikan, Wrangell, Juneau and Skagway, May 9, 19, 30

S.S. PRINCESS BEATRICE.

For Buteadale, Swanson Bay, East Bella Bella, Ocean Falls, Namu, Alert Bay, Campbell River, and Vancouver, every Saturday, 11 a.m.

Agency for all Steamship Lines.

W. C. ORCHARD, General Agent.

Corner of 4th Street and 3rd Avenue, Prince Rupert, B.C.

UNION STEAMSHIP COMPANY OF B.C., LTD.

Sailings from Prince Rupert.

For VANCOUVER, VICTORIA, Ocean Falls, and Swanson Bay, Tuesday, 6 P.M.

For VANCOUVER, VICTORIA, Alert Bay, and Swanson Bay, Saturday Noon.

For ANYOX, ALICE ARM, STEWART, Wales Island, Sunday 8 P.M.

For PORT SIMPSON and Nass River Canneries, Friday A.M.

J. Barnsley, Agent.

Prince Rupert, B.C.

Phone 280.

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