

### Do You Keep

a close tab on your digestion? This is important. It will pay you well to do so. Digestion is complicated and its processes often become disordered. This brings immediate discomfort—often severe pain. Use

# BEECHAM'S PILLS

This valuable preparation has for years been found to relieve indigestion, biliousness, sick headache and constipation. Thousands of careful folks have learned to use Beecham's Pills, which have proved both corrective and preventive. Experience has taught them to always have a box handy. Profit by their example—always have Beecham's Pills

### In Your Home

SOLD EVERYWHERE IN CANADA.

Largest Sale of any Medicine in the World

## Be the 'Candy' Kid

And Buy a Box of

# PURDY'S

### The Autocrat of the CANDY World

Ideal for the Home, the Party or the Theatre.  
A TOOTHsome DELIGHT IN A BEAUTIFUL BOX.  
All Sizes — All Prices.

Sole Agents:—

## Prince Rupert CIGAR STORE

Third Avenue. WE CASH CHEQUES.

## 1st NORTH B. C. REGIMENT,

102nd Battalion C.E.F.

# Recruits Wanted

Age limit 18 to 45. Young men from 16 to 18 can join with parents' consent.

Commencing Wednesday, January 9th, a comprehensive six weeks' course of military training will be conducted under a regular army instructor loaned to the Regiment for this purpose.

Physical training and boxing under qualified instructors.

Recruits will be examined Mondays and Wednesdays at 8 p.m.

## HEATER BARGAIN

No. 213 Sunbeam Heater, reg. price \$17.50.  
Special this month only \$14.00

No. 215 Sunbeam Heater, reg. price \$22.00.  
Special this month only \$18.00

Buy now and save money.

## KAIEN HARDWARE CO.

Tel. 3. We Deliver. P.O. Drawer 1646

## DENTISTRY

### Dr. Jos. Maguire

Rooms 7, 8, 9 Smith Block  
Office Hours, 9 to 9  
Phone 575 Lady Assistant

## Shockley's Planing Mills

Phone 383.

Sole Agents for

Royal Mills, Hanall, B.C.	Lumber
J. Fyfe Smith Co.	Hardwood
Fraser Mills	Fir Veneer
Dimension Lumber, Fir, Spruce and Cedar.	Spruce
and Cedar Shiplap.	Spruce Planing.
Mouldings, Glass, Shingles, Fir Veneer, Cedar Piling.	

## EGG MARKET MUCH HIGHER

### Rhubarb Coming from Islands—Huge Jap Orange Consumption—California Oranges Very Cheap

The local egg market is decidedly higher this week and the Southern market is up 7c per dozen all around. For the information of the public it might be stated that there are four distinctive grades of fresh eggs in British Columbia. They are as follows:

B.C. Fresh pullets.  
B.C. Fresh pullet extras.  
B.C. Fresh firsts.  
B.C. Fresh extras.

The potato market is very firm on good quality stock and will most likely hold this position for the next sixty days if not until new potatoes start again.

Imported hothouse rhubarb made its first appearance for the season this week and a splendid quality is now showing at 30c. per pound. Of local interest will be the announcement that the first shipment of hothouse rhubarb grown in this vicinity is promised on the next steamer arriving from the Queen Charlotte Islands.

Jap oranges are over for this season. Due to the low price, sales in this line locally were more than double anything in previous years. A rough estimate of local consumption of this popular fruit places the sale at from 10,000 to 12,000 bundles—20,000 to 24,000 boxes. In other words, each man, woman and child in the city averaged four boxes this winter.

**A Penny an Orange**

Never in the memory of Prince Rupert retailers have California oranges been so low in price as they are just now. This is especially true in the smaller varieties. A penny an orange seems an impossibility in this city but that is the price being quoted in several of the leading stores.

The new season's bulk dates are expected within the next two weeks. The opening price will be about the same as prevails now.

During the past few weeks sugar has dropped half a cent a pound but it is now rising again. Flour shows a slight drop.

Retail prices prevailing today in the city are as follows:

Butter	50c
Alberta	50c
Brookfield and Shamrock	50c
E. C. D.	50c
Vanderhoof	50c
Dairy No. 1	40c
Lard	23c
Pure	23c
Compound	20c
Cheese	35c
Ontario solids	35c
Kraft	50c
Ingersoll loaf	50c
Jack	60c
Napoleon Limberger	70c
Roquefort	\$1.00
Eggs	55c
B.C. Fresh Firsts	55c
B.C. Fresh Extras	60c
B.C. Fresh Pullet Extras	50c
Local	75c
Local Fresh Pullet	65c
Vegetables	15c
Sweet Potatoes, lb.	15c
Potatoes, 100's	\$2.50
B.C. Onions	5c
Walla Walla Onions, 4 lbs.	25c
B.C. Onions, sacks	\$3.85
Celery, California, large heads	35c
Beets, per lb.	4c
Beets, per 100	\$2.75
Carrots, per lb.	4c
Carrots, per 100	\$2.50
Turnips, per lb.	3c
Turnips, per 100	\$1.50
Brussels Sprouts	30c

Almonds	25c
Brazils and filberts	25c
Walnuts, California No. 1	40c
Chestnuts, lb.	35c
Peanuts	20c
Ground Almonds	85c
Almond Paste	75c
Walnuts, Manchurian	25c
Sugar	\$10.65
White, per 100	\$10.15
Yellow, per 100	\$10.15
Flour	\$1.90
Flour, 49's, No. 1 bread	\$2.20
Pastry Flour, 49's	\$2.20
Fish	25c
Red Salmon, frozen	25c
Halibut	25c
Smoked Kippers, lb.	15c
Smoked Black Cod, lb.	20c
Finnan Haddies	25c
Salt Mackerel	25c
Eastern Salt Herring, 2 for	25c
Salt Codfish Fillets, lb.	30c
Boneless Salt Cod bricks, lb.	25c
Holland Herrings, per crate	\$1.65
Fresh Crabs	20c
Fresh Shrimps	30c
Meats	30c
Fowl, No. 1	30c
Roasting Chicken	40c
Ham, boneless, first grade	55c
Ham, whole, first grade	38c
Bacon, back	50c
Bacon, sliced	40c to 55c
Ayrshire Bacon, lb.	35c
Veal, shoulder	18c
Veal, loin	35c
Veal, leg	25c
Pork, shoulder	25c
Pork, loin	35c
Pork, leg	35c
Beef, pot roast	10c to 15c
Beef, boiling	8c to 10c
Beef, steak	25c to 35c
Beef, roast prime rib	25c
Mutton, leg	35c
Mutton, chops	35c
Mutton, shoulder	22c
Lamb, leg	45c
Lamb, chops	45c
Lamb, shoulder	28c
Feed	100 lbs. Ton.
Wheat, No. 4	\$2.25 \$14.00
Wheat, No. 3	\$2.35 \$13.00
Oats	\$2.35 \$14.00
Bran	\$1.85 \$35.00
Shorts	\$1.95 \$37.00
Barley	\$2.40 \$15.00
Poultry Mash	\$3.00
Hay, carload, per ton	\$27.00
Hay, less, per ton	\$29.00
Alfalfa, per ton	\$36.00

## THE WHOLE FAMILY WAS LAID UP WITH SEVERE COLDS

On the first appearance of a cough or cold, our advice to you is to get rid of it before it has a chance to grow worse; gets settled on the lungs, and causes bronchitis, pneumonia, or other serious lung troubles.

Dr. Wood's Norway Pine Syrup will immediately relieve the cold or cough on its inception.

Mrs. David Ayres, Kearney, Ont., writes:—"Our whole family was laid up with severe colds, and we didn't seem to be able to get any relief from anything we used until, one day a friend came in and told me we would be sure to get rid of our colds if we used Dr. Wood's Norway Pine Syrup. I decided to take her advice, and in no time our colds were all gone."

Now, knowing the value of your remedy, we will always keep it on hand so as to have it in case of emergency."

Dr. Wood's Norway Pine Syrup is 35c a bottle; large family size 60c; put up only by The T. Milburn Co., Limited, Toronto, Ont.

## OLD COUNTRY BOOKINGS

Passports secured and tickets issued via White Star, Cunard and Anchor-Donaldson Lines. The Canadian National Railways make direct connections with steamers of these lines. Full information at City Ticket Office, Canadian National Railways, 528 Third Avenue, Prince Rupert, B.C. Phone 260.

## Veterans' Associations' Bovril Poster Competition closes definitely

### MARCH 31st

Each donation of \$1.20 entitles to ticket-folder containing 16 color-posters, giving an opportunity of winning 1st prize, about \$55,555.00 or others of the 2,003 prizes, combined value, \$30,000, about \$138,888.

Send Donation of \$1.20 and play the game.

Address donations to any of the following organizations or their branches:

Veterans' Association of Great Britain, 2725 Park Ave., Montreal.  
Great War Veterans' Association, Citizen Building, Ottawa.  
Army and Navy Veterans in Canada, 121 Bishop Street, Montreal.  
Imperial Veterans in Canada, 790 Main Street, Winnipeg.  
Tuberculous Veterans' Association, Room 47, Citizen Building, Ottawa.

## Local and Personal

B.C. Undertakers. Phone 41.  
Mayners, Undertakers. Phone 361.

Moose whist drive and dance, Metropole Hall, January 30. 25

Fresh shipment Nanoose-Wellington coal just arrived. Philpott, Evitt & Co. 1f

We buy, sell and exchange furniture and all useful articles. Prince Rupert Exchange. Phone 652. 1f

The Seaside Lunch Counter, Cow Bay, is for sale. For information phone Red 400 or apply N. M. McLean, Cow Bay. 27

Ralph Harrap sailed last night on the Cardena enroute to Montreal on a business trip. He will stop off at Ocean Falls and Vancouver.

The Canadian schooner Fisher with 8,000 pounds was the only halibut boat marketing at the Fish Exchange this morning. Her catch went to the Canadian Fish & Cold Storage Co. at 16c and 8c.

F. S. Sheppard, C.N.R. travelling auditor who has been here for the past few days on official business, is returning to Vancouver via the Queen Charlotte Islands on the Prince John this evening.

Colonel McMullin, head of the provincial police throughout B.C. and formerly government agent in this city, is due to arrive on the steamer this afternoon from the south. He is coming on a regular tour of inspection.

Passengers booked to sail for the Islands on the Prince John this evening include M. Nishimura, A. A. McRae, M. Shikita, J. English, S. L. Warrior and F. Johnson for Buckley Bay; J. McDougall for Port Clements, and William Struthers for Cumshewa.

## ALICE ARM

A. D. Yorke has installed the first radio outfit in Alice Arm. He has already heard concerts from Calgary, San Francisco and Jefferson City, Missouri.

The Alice Arm Freighting Co. has received a contract from C. P. Riel for the hauling of one and a quarter million feet of logs from the woods to the Kitsault River.

Paul McMaster has arrived from Vancouver to supervise construction of the Kitsault River suspension bridge for the provincial government. Construction of the bridge will start as soon as piling and material is assembled on the site.

Prosperous advertising means regular continuous advertising.

## Invalid Cookery

Oxo Beef Cubes are the easiest way to take nourishment and the easiest way to make nourishment.

Delicious, strengthening beef tea, and other nourishing dishes for invalids and convalescents may be prepared at a moment's notice.

And Oxo Cubes have a thousand and one general cooking uses for all the household, adding variety, flavor and nourishment to the meals you serve

Oxo Scrambled Eggs  
Scramble one or more eggs as required and put them on toast, over which has been spread a layer of chipped Oxo, mixed with a little butter. Poached eggs may be served in the same way.

# OXO CUBES

In tins of 4, 10, 50 and 100 Cubes.

## GUARANTEED RELIEF

from Stomach and Bowel Disorders

A single dose of this simple combination of mineral, fruit and vegetable compounds will relieve the most stubborn case of indigestion. This remedy is GUARANTEED ABSOLUTELY HARMLESS and will not harm the most delicate stomach. The action of Jo-To on the mucus membrane of the stomach and other digestive organs is wholly of a cleansing nature which both soothes and heals. Indigestion as indicated by GAS PAINS, SOUR STOMACH, ACID STOMACH, BURNING STOMACH, BLOATING, BELCHING and all after-eating distress is quickly relieved by taking a teaspoonful of Jo-To in two-thirds of a glass of hot water. In ninety-nine cases out of a hundred relief is almost immediate. The regular use of Jo-To promotes the most gratifying healthful conditions. Jo-To cleanses the stomach and bowels in a manner which promotes a lasting benefit. Get a package of Jo-To at your druggist, take it according to directions and you will be surprised at the quick improvement in your general health. A business man recently said:

"I believe JO-TO is as necessary to the average human being as is good soap, clean water and a fresh towel."

SPECIAL NOTE  
Jo-To is sold by leading druggists under a guarantee of satisfaction or your money refunded without question or inconvenience. All we ask is that you follow directions.

50c and \$1 Cartons  
ALL DRUG STORES

# JO-TO

Stops INDIGESTION SUFFERING

The Dr. Middleton Food Products Company Limited  
VANCOUVER - - B.C.

## PULFORD'S CREAM of OLIVES

### 50c

Cures Chapped or Cracked Hands, Chafing, Soreness, Itching, Roughness, Redness and all irritation of the skin. For after shaving and for keeping the hands in good condition it is unequalled.

FREE TO ADULTS ONLY.

Call in and get a 10c bottle free, so that you may try it out yourself.

# ORMES LTD.

The Rexall Store. The Pioneer Druggist.

# BONDS

## Are the Best Investment

We recommend the following as being safe, saleable and of fair return:—

City of Vernon—	5 1/2% due 15th June, 1938, at \$98.04.	Yield 5.70%
City of Duncan—	6% due 18th May, 1953, at \$104.29.	Yield 5.70%
City of Prince Rupert—	6% due 1944 to 1950, at \$101.34.	Yield 5.90%

Orders may be wired at our expense, interest accrued to date of payment must be added. We pay delivery charges.

## Gillespie, Hart & Todd, Ltd

Head Office: VICTORIA, B.C.

## BARRIE'S Home Furnishings

WE SELL FOR LESS.

It will pay you to consider this fact, when you are planning to buy

# Furniture for Your Home