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Many thousands of Canadian housewives have learned the convenience, economy and thorough satisfaction of using Carnation Milk for every milk requirement of their families.

They use Carnation Milk because it is twice as rich as ordinary milk, because it tastes so good in coffee, on cereals, on fruits and in cooking. It is always clean, sweet, pure, sealed in air-tight tins and kept safe by sterilization.

These housewives buy Carnation with their groceries. They are never out of pure milk. No delays or disappointments. Your grocer has it!

Produced in Canada

CARNATION MILK PRODUCTS CO. LTD.

134 Abbott St., Vancouver, B.C.

You can dilute the double-rich contents of this tin until the quart bottle overflows with pure milk.

## NEW OFFICERS ANYOX TENNIS CLUB ELECTED

J. E. C. Stroud is President for the Coming Year: Daylight Saving Favored

ANYOX, March 26.—The Annual meeting of the Anyox Tennis Club was held on Friday evening, March 21, in Recreation Hall, with the retiring president, L. F. Champion, in the chair. Election of officers for 1924 took place, the new officers being:

President, J. E. C. Stroud. Vice-President, R. H. Manzer. Secretary - Treasurer, George Lacey.

Executive committee, Mrs. John Conway, Mrs. W. F. Eves, B. E. Crawford and D. Cole.

As Mr. Stroud was not present, Mr. Champion continued to act as chairman throughout the meeting. The Community League secretary, at the request of the meeting, outlined plans for the alterations of the courts as approved by the council if the cost was not to be too great, about eighteen hundred dollars being the amount considered necessary. Geo. Lee felt that the work should be done this year if possible, even though it cost a little more than the figure mentioned.

A vote of thanks was tendered to the Community League Council and the secretary on a recommendation by the chairman for the assistance given during the past year.

It was decided to have the same playing and court rules as governed in 1923. H. T. Ballion introduced the subject of Daylight Saving, and a resolution was passed unanimously to have it come into effect in Anyox, a copy of the resolution to be forwarded to the Community League for its support.

## HIGH SCHOOL CLUB DEBATE AT ANYOX

Enjoyable Event at Smelter Town Brought Out Good Speaking Talent

At the regular meeting of the High School Club, held on Friday afternoon last, with the president, Miss Janet Moffatt, in the chair, a debate took place between two teams, comprising for the affirmative, Misses O'Neill, McAllister and Gawn Moffatt; negative, Misses Teabo, Rice and Arthur Teabo. The subject of the debate was "Resolved that Prisons should be Reformatories." The debaters for both sides did splendidly, the award going to the negative, the affirmative, although presenting their case more capably than their opponents, had no convincing facts to offer. F. M. Kelley acted as judge and Rev. J. Gibson, who rendered some kindly advice, was the critic.

As a finale to a pleasant and enjoyable afternoon, ice cream and cake was served by the young lady members of the High School Club.

## STEWART

One of the successes of the season was the dance given in honor of Ireland's patron saint in the Stewart Opera House by the Women's auxiliary of the Stewart General Hospital. There were thirteen donations for raffles and the music, the hall and the refreshments were donated, Misses Muriel and Helen Crawford and Hazel and Edna Stratford.

## WAS CONSTIPATED FOR SEVERAL YEARS

If you have suffered from constipation for years, tried all kinds of remedies without getting relief, if you have been subject to all the miseries associated with constipation, wouldn't you consider it a blessing to be able to keep the bowels regular and in a good healthy condition and prevent disease getting a foothold on your system?

Milburn's Laxa-Liver Pills are indicated just for this purpose; their regular use relieving the worst cases of constipation. Mr. M. Hedican, Sudbury, Ont., writes: "I have been troubled with constipation for several years. I began to use Milburn's Laxa-Liver Pills and find them to be the best remedy I have ever used for regulating the bowels and liver. I always keep them now and recommend them highly."

Milburn's Laxa-Liver Pills are 25¢ a trial at all dealers, or mailed direct on receipt of price by The T. Milburn Co., Limited, Toronto, Ont.

## RELIEVES VICTIMS OF LIVER POISON!

Remarkable Prescription of Dr. Thacher Enables Toronto People to End Cause of Sick-Head-aches, Constipation, Sour Stomach and Nervous, Run-Down Condition.

Poisoned! Made sick by neglecting to cleanse and tone the Liver when it is sluggish and clogged up with poisonous waste! This is why so many wake up feeling dull and tired — tongue coated, bad taste and offensive breath.

It explains why a sluggish liver is attended by such symptoms as Constipation, Biliousness, Sick Headaches, Sourness and Gas on a Weak Stomach, Loss of Appetite, Pains in the Back and Sides, and a nervous, run-down condition—symptoms that lead to the dangerous and expensive sick-bed unless corrected in time.

Dr. H. S. Thacher, noted medical practitioner, perfected a wholesome vegetable prescription to keep the liver healthy. It is giving quick relief and renewed strength, energy and vigor to numbers here. This prescription, known pharmaceutically as Dr. Thacher's Liver & Blood Syrup, doesn't cost much, pleasant to take and contains only ingredients that are known to physicians for their corrective and health-giving properties.

Try this great prescription, yourself. Notice the quick difference in the way you look, eat, sleep and feel. You will be completely satisfied; otherwise, there will be no cost.

Dr. Thacher's Liver & Blood Syrup is sold and recommended by Ormes Ltd., Cor. 3rd Ave. and 6th St., Prince Rupert, B.C., and by leading druggists in each city and town.

ford and Cherry Campbell served the refreshments, wearing white aprons and caps trimmed with shamrocks. Both financially and socially the dance was a success.

R. L. Clothier and family left for Victoria where the family expect to remain until June. Miss Lois Comer accompanied them.

Mrs. W. J. Crawford gave a bridge tea for Mrs. M. Boyd who is leaving Stewart. Those present were Mrs. M. Boyd, Mrs. P. Backus, Miss Helen Hall, Mrs. R. Crosby and Mrs. H. Stratford.

Mrs. M. Boyd left for her home in Clinton after a long visit with her daughter Mrs. R. Crosby.

## VANDERHOOF

Pending the appointment of a permanent managing secretary Stephen Jones is in charge of the Vanderhoof creamery.

The provincial government has started work with engine and grader on the town streets.

Mrs. Lewis Johnson is about to leave for Alberta. The members of the Ladies' Aid Society made her a presentation last week and a handkerchief shower was held in her honor at the home of Mrs. E. F. Wynne-Heath.

## Ten Years Ago in Prince Rupert

March 26, 1914.

A census of Prince Rupert is being taken today by the civic authorities.

George B. Hull, resident engineer for the federal public works department, announces that plans for the new post-office here have been prepared in Ottawa and tenders for the erection of the building will be called at once.

The Daily News popularity contest is going strong and many nominations have been posted.

## COMES NATURAL

"I see that in all the warring countries women are said to learn to operate munition machinery in a few days."

"Well?"

"I can hardly believe it."

"I see nothing incredible about it. Women are natural mechanics. My wife can fix anything around the house with a hair-pin." — Louisville Courier-Journal.

# You need a PILOT

EVERY good ship, nearing port, takes on a pilot. Usually, the law requires it. The pilot knows the channel. With his capable hands at the helm, the vessel is safe. Without him, there is danger of the shoals.

When you set sail on a shopping tour you, too, should have a pilot. Everybody needs one. And well-informed shoppers always have one—ADVERTISING.

Advertising keeps you off the rocks of extravagance and waste. It takes you straight into the port of economy. It tells you plainly where to go for what you want. It shows you how to save steps—and money—and time. By watching it carefully, each day, you are able to buy to best advantage.

Often, the advertisements will keep you from making an unwise purchase by pointing out just why one article suits better than another. It points out for you the pick of the country's market and the selection of the particular kind, shape, size and color that best suits your taste and fits your pocket-book.

Whether you want food, clothing, furniture or a toy for the children, the advertisements can help you.

Let Advertising Steer Your Steps



## SMART SUITS

Decidedly different in style—developed of the highest quality fabrics, finest workmanship and latest designs

Prices most reasonable

VENUS HOSIERY  
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## ELKAY'S STRAW HAT DYE

Make old Straw Hats look like new. It is permanent and waterproof. Easy to apply and dries quickly to a lasting finish.

In All The Popular Colors

## ORMES LTD.

The Rexall Store. The Pioneer Druggist.

## Canadian National Railways

### Prince Rupert

## DRYDOCK AND SHIPYARD

Operating G. T. P. 20,000 Ton Floating Dry Dock  
Engineers, Machinists, Boilermakers, Blacksmiths, Pattern makers, Founders, Woodworkers, Etc.

ELECTRIC AND ACETYLENE WELDING.

Our plant is equipped to handle all kinds of MARINE AND COMMERCIAL WORK.

PHONES 43 and 385.

## Sport Chat

In spite of the fact that there have been several unforeseen delays in connection with the preliminaries of their campaign, the members of the Gyro Club have every hope of getting their playground equipment set up at the corner of McBride Street and Sixth Avenue before the summer holidays commence in July.

The decision to start on the project was made just six weeks ago and since that time good progress has been made. It was not the raising of money that constituted the main difficulty but, strange to say, it was the finding of a ground on which to erect the paraphernalia. It was the expectation of none that they will be called upon themselves to face the problem of ground improvement. Though the Gyros find it hard to understand why the suggestion is made that they should have to pay in order to give something away, they are still hopeful that the city will do the right thing by them in furtherance of their efforts. A satisfactory arrangement with the civic finance committee it is expected, will be reached at a conference to be held next Saturday morning.

With the big event still ten days off, plans are already well under way for the opening baseball game of the season scheduled for Sunday, April 6 between the Gyro Club and the Inlander Mess. The entire proceeds, it is announced, will go to the Gyro Club's playground fund. Art Easson has been selected to captain the Gyro crew while "Slim" Foster seems to be the main force in getting the Inlander outfit together. The following are those from whom the Gyro representatives will be selected: Art Easson, Stan Tay-

lor, Leo Waugh, Fred Henning, Milton Gonzales, A. R. Nichols, S. K. Campbell, Norris Pringle, Sidney Bazzett-Jones, Doug. Stork, George R. Tite, Dr. Tail and Joe Greer. The following constitute the talent offering for the Inlander: "Slim" Foster, S. Wrigglesworth, T. Garnett, J. W. Hamilton, Tom Clarke, J. Radburne, C. Thompson, W. Watt, Harry Welford, R. Bartlett, and Ed Jenner.

Not a single active ball player remains in the American League who was listed in the organization when Tyrus Cobb made his debut. Cobb came to the American league in the fall of 1905. The coming season will be his 20th in the big show. Not once since 1906 has he fallen below the 300 mark in batting. Several times he has bettered 400. Cobb for several years has showed signs of slowing up but at that he is still faster than a majority of the big league players. The lively ball, according to Cobb, was his savior, just at a time when his legs began to bother him. "The lively ball," he says, "took the premium off running and placed it all the stronger on hitting, and I could always hit." Cobb figures that he is good for at least two years more at top speed, unless a serious injury should set him back. His lone ambition in baseball is to win a pennant and a world series: a goal which still appears some distance away, despite the fact that his club finished second last year.

## SO SNAPPY

The young man was fondling her right hand.

"A nice diamond," he said, awkwardly. "Diamonds are beautiful stones, but on the other hand—"

"Oh, Jack," she murmured, "you make me so happy."—Kansas City Star.

## The Pastime Cigar Store

Opp. Empress Hotel.  
Tobacco, Cigars, Cigarettes, Candies and Soft Drinks.  
We have a pleasant back room. Come in and make yourself at home.  
W. M. Whiting, Prop.

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### Thor Johnson

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## Seeds Seeds

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Pratt's Baby Chick Food and Poultry Supplies  
Our famous Edson Coal in any quantities. Phone 58.  
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