It Isn't a Long Walk

Take the few steps to the Breadbox several times a day—whenever you feel low in energy.

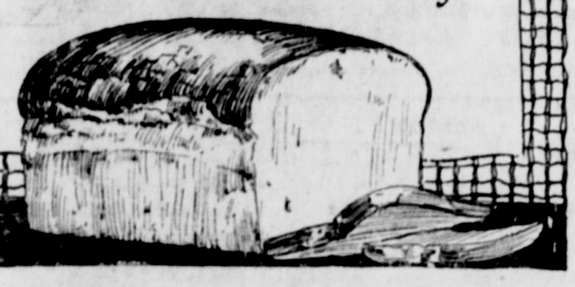
Get yourself a slice of

GOOD BREAD

Have it served with all your meals.

It will preserve your health. Eat plenty of this pure, wholesome loaf, nature's perfect food. Better far keep your health than try to re-gain it.

La Casse Bakery



Attractive

Coats

The smartest inspirations of fashion in the new Spring Coats. Designed in the latest styles, showing the straight line beltless effects, fashioned of the latest fabrics—they are garments of rare beauty.

Prices are most moderate from

$20.00

VENUS HOSIERY.
IRIS BRASSIERES.

"DEMERS"

Phone 27. P.O. Box 327.

A BARGAIN! *A BARGAIN!*

3 PIECE

Chesterfield Suite

In Leather, formerly $200, selling now at

$175

Also one cretonne covered **DIVANETTE**, regular price $60, A snap for **$40.**

BARRIES' HOME FURNISHINGS

The House of Quality.

Phone 123. Third Ave.

SMOKED FISH

AT ITS BEST

There are just Two Rules to Follow to Enjoy the BEST Smoked Fish, AT ITS BEST.

These Rules are—

1—**Buy "Rupert Brand."** Rupert Brand is always delivered to the stores in clean new boxes clearly stamped "Rupert Brand."

2—Wrap in cooking paper, cook in moderate over for 20 to 30 minutes, remove paper and serve at once.

Four Kinds — Breakfast Kippers, Bloaters, Smoked Black Cod and Kippered Salmon.

At all Fish and Meat Markets, and Grocers.

Canadian Fish & Cold Storage Co., Ltd.

PRINCE RUPERT

Local and Personal

B.C. Undertakers. Phone 41.

Mayners, Undertakers. Phone 351. tf

Great War Veterans special general meeting Friday, April 4 at 8 p.m.

Hairdressing. Marcel Waving, Almomeal (Clasmic Pack). Miss A. Rorvik. By appointment. Phone Red 519. tf

Remember the annual meeting of the Tennis Club in City Hall Friday afternoon at 5 p.m. Intending members invited. 81

G. A. Woodland, manager of the Imperial Oil Co., returned yesterday afternoon on the Prince George from a business trip to Vancouver.

Tom Shimizu, proprietor of the Dominion Cafe, who has been on a business trip to Vancouver, returned to the city on the Prince George yesterday afternoon.

A picture of Roy McNaughton, greeter of the Prince Rupert Gyro Club, appears on the community service page of last Saturday's Vancouver Province.

J. McGlashin, who has been forced on account of ill health to give up fox farming in the vicinity of Juneau, Alaska, left on last night's train for Noyes, Minnesota.

Thomas Oxley of the Dome Mountain mine staff returned by the Prince George yesterday afternoon from Vancouver where he was visiting with his family and proceeded by train to Telkwa.

Mr. and Mrs. W. Keith returned to the city from Victoria on the Prince George yesterday afternoon. Mr. Keith's health is now much improved following the severe attack of pneumonia he suffered prior to going south.

A. Witherow, marine superintendent of the Coastwise Steamship & Barge Co., was a passenger bound for Stewart on the Prince George yesterday. The trip north is in connection with a company barge which capsized recently at Stewart.

Among the flowers sent to the funeral of the late Mrs. Lofthus which took place yesterday was a wreath from the mechanical staff of the Canadian Fish & Cold Storage Company, Mr. and Mrs. Simon A. Swanson, Willie Swanson, Mr. and Mrs. Leaper, Mr. and Mrs. R. H. Smith, the staff of the Universal Trading Co.

A. E. Crawford, brother of Jack Crawford, purser of the steamer Prince George, arrived from the south yesterday afternoon and proceeded by train to Prince George where he will visit with his sister, Mrs. W. L. Armstrong. He will return to Vancouver by way of Jasper before going back to Ocean Falls where he is a member of the Pacific Mills store staff.

ANNOUNCEMENTS

L.O.B.A. Sale of Work, Metropole Hall, April 3.

Methodist Easter Sale. Tea, sewing, home cooking. Red Cross Hut, April 5.

Royal Purple Easter Bazaar and Sale of Home Cooking, April 8.

Hill 60 Chapter, I.O.D.E. Amateur Theatricals, April 14.

Salvation Army Ladies' Home League Sale, Wednesday, April 16.

Presbyterian C.G.I.T. Concert, April 16, Empress Theatre. tf

Queen Mary Chapter I.O.D.E. Daffodil Ball, Easter Monday. tf

Concert for Anglican Church at Empress Theatre, April 28, by Symphony Orchestra. Tickets 50c.

Catholic Church Spring Sale and Social evening, Metropole Hall, April 29.

Elks' Minstrel Troupe. First show May 1.

Ridley Home Bazaar, May 1.

Mrs. Nellie Purkins of Prince Rupert is visiting friends in the city for a few days, says the Victoria Colonist.

Another 500 tons Nanaimo Wellington Lump Coal just arrived. The best yet. Albert & McCaffery, Ltd. tf

R. G. Johnson, manager of the Inverness cannery, is expected to arrive in the city on the Princess Beatrice on Saturday.

CUT FLOWERS, POT PLANTS, Garden Seeds, Fertilizers. Mrs. McCarthy, THE FLORIST, Emad Block. Open Saturday. tf

Mr. and Mrs. J. W. Eastwood of Digby Island, who have been on a holiday trip south, returned home by the Prince George yesterday afternoon.

Mr. and Mrs. H. E. Wilkins, who arrived in the city this week from Anyox, left on last night's train for Chicago. Later they are going to Ontario.

Archie Robinson, the midget newsboy of the Daily News, is leaving on the eastbound train tonight for a brief visit to his home at Skeena Crossing.

James McDougall pleaded guilty in the police court this morning to a charge of supplying liquor to Indians and was fined $100 and costs with the option of sixty days' imprisonment.

W. A. Allen, general manager of the Commercial Travelers' Library Association, arrived from Vancouver yesterday afternoon. After spending a few days here on business he will leave at the first of the week for Alaska.

Father P. J. McGrath, O.M.I., is sailing tomorrow morning by the Prince George for Vancouver where he will officiate at the funeral of the late Martin O'Reilly. Father E. Allard is coming here to relieve during the absence of Father McGrath.

The power boat Viner, Capt. J. Thomas, left port this morning on a combined business and pleasure trip to the Skeena river canneries. Accompanying the skipper on the trip was the Misses Winnie and Millie Exley and Mrs. J. Toman and daughter of Telkwa.

Oscar Eden of Prince George arrived by the Prince George yesterday afternoon after having spent the past two months holidaying in California and the Western states. He will proceed to Prince George on tonight's train. He has a stepdaughter attending the convent here.

Mr. and Mrs. Thomas Ross and child arrived in the city from Edmonton last night and will spend a few weeks visiting here with Mrs. Ross' parents, Mr. and Mrs. Hugh Killin, 352 Eighth Avenue East. Mr. Ross, who is with the C.N.R. engineering staff, was formerly located here and at Smithers. Mrs. Ross was formerly Miss Beatrice Killin.

Mr. and Mrs. J. K. Frost, who was recently married in the south, arrived in the city on the Prince George yesterday afternoon and proceeded by train to Terrace where they will take up their residence. Mrs. Frost was formerly Miss Agnes Craddock, R.N., lady superintendent of the Smithers hospital. Mr. Frost, who was formerly located here, is in the forestry service.

Dale L. Pitt, manager of the Premier Mine, passed through the city yesterday afternoon bound north to Stewart after a business trip south. While in Vancouver, Mr. Pitt denied the report that the Premier Co. was planning the building of a railway up the Salmon River. The present tram line, he stated, was capable of taking care of all the transportation requirements.

Three full fledged pursers are holding down the office of the C.N.R. steamer Prince George this voyage. Jack Crawford is in charge and his assistants are Bert Robson, purser of the Prince John, who has returned from a holiday trip to California, and Fred Coram, formerly purser of the Prince Albert. Norman McLean, purser of the Prince Rupert, is in charge of the office on the Prince John and Arnold Evans, first assistant of the Prince George, is assisting him.

PLAYER'S NAVY CUT CIGARETTES

"Super-Quality"

10 for 18¢
20 " 35¢
and in tins of 50 and 100

More sold than all other brands combined

Beautifully Cool and Sweet Smoking

S. D. Johnstone was this afternoon chosen by the Rotary Club to attend the district conference at Spokane on their behalf.

At the Rotary Club luncheon this afternoon President Hugh Grant expressed regret at the death of Martin O'Reilly, a former businessman of this city and also expressed on behalf of the club sympathy for the widow and children in the loss they had sustained.

WIRELESS REPORT

8 a.m.

DIGBY ISLAND.—Part cloudy; calm; barometer 29.91 temperature, 34; sea smooth; 8 p.m. spoke Admiral Peary 903 miles from Seward northbound; 11.30 p.m. spoke steamer Redwood left Ketchikan southbound; 11 p.m. spoke steamer Prince George out northbound.

DEAD TREE POINT. — Clear calm; barometer, 29.74; temperature, 28; sea smooth.

BULL HARBOR.—Sleet, calm; barometer, 29.81; temperature, 36; light swell; 11 p.m. spoke steamer Venture left Hardy Bay northbound.

Noon

DIGBY ISLAND.—Part cloudy calm; barometer, 29.99; temperature, 41; moderate swell.

DEAD TREE POINT. — Rain, calm; barometer, 29.78; temperature, 43; sea smooth.

BULL HARBOR.—Cloudy, fresh N.W. wind; barometer, 29.88; temperaiure, 40; light swell.

CARD OF THANKS

Mr. Lofthus and family desire to thank all friends for their kind sympathy during their sad bereavement; also for floral tributes.

Win Her Affections

A BOX OF

Purdy's Candy

WILL DO IT

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.

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.

If You Are BOAT-BUILDING

We have Hardwood, Fir and Cedar Boat Lumber.
If you are tired of Kalsomine and Paper, try Fir Veneer Panelling.
If you are thinking of building a house, we have any lumber you require, also Sash, Doors, Glass.

SHOCKLEY'S Planing Mills

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