At the end of washday how old do you feel?

-And a few years of this tiring toil will make you actually as oid in appearance as one day's work now makes you feel.

Keep your youth by using our Thrif-T-service. Its cost is very slight, yet your entire bundle will be washed carefully, the flat work will be ironed, and just the wearing apparel left for you to finish. And this comes back to you damp, ready to starch and iron or hang on the line. May we send for your bundle-next washday?

5c Per Pound, Plus 1c Per Piece. Minimum Charge \$1.00 CANADIAN LAUNDRY AND DRY CLEANER Phone 8.



February--14

Is a great day for a party. Dan Cupid has given us so many attractive symbols-hearts, flowers, arrows, Valenies which make decorating easy and suggest many ap-

Dennison party favors, place cards, crepe paper, immed seals, hearts, hats. Whatever you require for lentine Day-we have it.

Mail Orders Despatched Same Day.

Coaxing Sleep

With "Our Special"

Simmons Unit \$40.00 complete

Two-tone Walnut Steel Bed, non-sagging coil spring new layer felt mattress.

Phone 123

3rd Avenue and 1st Street.

B.C. and

February 17.

ment here.

Limited Head Office, Vancouver ford

AN INACTIVE LIVER Local and Personal IS THE CAUSE OF CONSTIPATION

B.C. Undertakers. Phone 41. When your liver gets sluggish and inactive your whole health suffers. Hayners, Undertakers, Phone 351

You'll like our coal! Consum.

G.W.V.A. 7th Annual St, Val-

S. G. Harlan returned on the

Cardena yesterday afternoon

H. Atchison arrived on the

The Hon. T. D. Pattullo will

address the Women's Canadian

at 3.30 p.m. in the Boston Hall.

Valhalla Dance in Metropol

mission, gentlemen 75c, ladies

R. M. Winslow, sales manager

for the Canadian Fish & Cold

Storage Co., returned on the Car-

Entertainment, incuding comedy

Iplaylet, at Booth School Audi

torium, Feb. 11 and 12 at 8 p.m.

Tickets to be had of all school

Miss C. Bagshawe, Richardson

N. Lando, fur buyer, arrived

Venture, arrived from Van-

INNOUNCEMENTS

+++++++++++++

Elks' Smoker, February 10.

from Vancouver on the Cardena

Rupert hotel.

business trip to Vancouver.

oc. Westholme Orchestra in a

endance. Refreshments.

fall, Tuesday night at 9.30.

Cardena yesterday afternoon on

his way to Claxton where he wil

ers Coal Co. Phone 7.

ruary 12, 9.15 p.m.

from a brief trip south.

join the cannery staff.

Guests and tea.

Colonist.

April 4.

Your bowels become constipated; you Methodist Church Easter Sale, have sick and bilious headaches; your 34 tongue coated and furry; your breath bad; specks float before your eyes, and often yeu feel as if you were going to house faint, especially if in a crowded place tf. where there is little or no ventilation.

When in this condition there is only Basketball tonight Elks' Home one thing to do, and that is to take

MILBURN'S LAXA-LIVER PILLS

o that it will regulate the flow of bile entine's Ball, Thursday, Feb- to act properly on the bowels, and thus 36 clear away all the poisonous matter that

C. T. Cabrera, M.E. of Massett, left on Saturday evening's train for Philadelphia on business with the P.B.C. Mines Ltd.

Provincial Constable A. W. Collins, who went south with Club on Saturday, February 14 prisoners, returned to the city on the Cardena yesterday afternoon.

> Constable Alex Volume, who has been acting as stenographer and clerk in the local provincial police office, has resigned from

Customs collections for the month of January totalled \$19 .-855.06 according to announcement made this morning at the dena yesterday afternoon from a customs house.

> C.P.R. steamer Princess Mary. Capt. C. C. Saintey, northbound from Vancouver to southeastern Alaska, arrived in port at 3 o'clock this afternoon.

children. A good laugh assured. John Willman of the Kleanza sawmili arrived from Usk on this morning's train. He is visiting Street, entertained on Wednesday the city on business and expects

her brother, Jeffery, who is in the city from Stewart-Victoria yesterday afternoon. He is ac- local hospital for some time.

companied by Mrs. Lando and C.P.R. steamer Princess Beatthey are registered at the Princerice, Capt. Thomas Cliff, from Vancouver and wayports, was in Miss N. Johnstone, sister of port from 6:30 to 11 o'clock Satapt. A. Johnstone of the steam- urday night. The vessel had a few passengers and considerable) couver on the Cardena yesterday freight.

afternoon. She expects to re-A. A. Cox, Vancouver architect returned on this morning's train At the Methodist Church last from Edmonton where he has light, pictures were shown de- been for several weeks on propicting the work in China of the fessional business. He will spend Church Missionary Society and a few days in the city before prothe Women's Missionary Society, ceeding south.

They were very enlightening F. S. Wright, formerly of this showing modern institutions and equipment such as hospitals, city and now with the Edmonton universities, dental clinics, print- Auto and Good Roads Associa ing presses, pharmacy depart- tion, delivered an address before ments, etc. Rev. G.-G. Hacker the Jasper Board of Trade last addressed the congregation suit- week on the work of the Associaltion with regard to better roads feet per acre west of the Coast Range and the attraction of tourists to ++++ Alberta.

APPOINTMENTS ON RAILWAY ANNOUNCED G.W.V.A. Annual Ball, Febru-

WINNIPEG, Feb. 9. - The ap-C.N.R. Employes' Annual Ball, pointment is announced here by A. Hesketh, superintendent of investigation for the Canadian Na- the Bulletin "How to Pre-empt tional Railways, of Inspector Geo. Land." Elks' Annual Novelty dance, Willis, of Manitoba district, to succeed Inspector Donald Mc-Leod, as inspector of Edmonton district with headquarters at Ed-

> Inspector A. C. Young succeeds Mr. Willis as inspector of investigation for Manitoba district with headquarters at Winnipeg. Both appointments are effective rom: February 1, 1925, and In- ditions including payment spector Willis will leave shortly stumpage. for Edmonton to assume his new

SEVEN MILLIONS

BERLIN, Feb. 9 .- The Berlin social democratic organ, Vorwarts, estimates that the strength of organized Socialists! throughout the world in 1924 was 7,000,000. England heads the list with 3,156,000 members of the Labor party, Germany comes second with 860,000 and Austria third with 566,100.

BIRTH

On February 7, a son was born to Mr. and Mrs. Hugh Forrest, 544 Ninth Avenue West, at the head. Prince Rupert General Hospital.

ACPISD Tasty cracker

If you like shredded wheat biscuit you will like Triscuit, the shredded wheat cracker. It is not made of flour—it is made of perfect whole grains of wheat cooked in steam, shredded, compressed into a cracker and baked in electric ovens. Its crispness compels thorough chewing. The more you chew it the better you like it. A lot of real food in condensed form. At

The Canadian Shredded Wheat Company, Ltd. Niagara Falls, Ontario

all first class grocers.

The Shredded Wheat Cracker

TRY EXPERIMENT

MUNICH, Feb. 9 .- A baker at evening at a dance in honor of to return to the interior tonight. the head of the largest city of state reported to be overwhelm-Mrs. W. F. Boyer arrived from ingly monnarchical, this demo-Smithers on last night's train to cratic spectacle is presented by join Mr. Boyer who is recover- the elevation of Alderman Scharling from an illness which has nagl to the office of mayor of the caused his confinement to the Bavarian capital, Munich. Scharnagl is a baker by trade.

SYNOPSIS OF

PRE-EMPTIONS

British subjects over 18 years of age. and by aliens on declaring intention to become British subjects, conditional upon residence, occapation, nd improvement for agricultural

Full information concerning reguations regarding pre-emptions is given in Bulletin No. 1, Land Series, "How to Pre-empt Land," copies of which can be obtained free of charge 'y addressing the Department of Lands, Victoria, B.C., or to any Government Agent.

Records will be granted covering only land suitable for agricultural purposes, and which is not timberland, i.e., carrying over 8,000 board and 5,000 feet per acre east of that

Applications for pre-emptions are to be addressed to the Land Commissioner of the Land Recording Division, in which the land applied for is situated, and are made on printed forms, copies of which can be obtained from the Land Commissioner. Pre-emptions must be occupied for five years and improvements made to value of \$10 per acre, including clearing and cultivating at least five acres, before a Crown Grant can be

For more detailed information see

PURCHASE

Applications are received for purchase of vacant and unreserved Crown lands, not being timberland, for agricultural purposes; minimum rice for first-class (arable) land is \$5 per acre, and second-class (grazing) land \$2.50 per acre. Further information regarding purchase or lease of Crown lands is given in Bulletin No. 10, Land Series, "Purchase and Lease of Crown Lands." Mill, factory, or industrial sites on timber land, not exceeding 40 acres, may be purchased or leased, the con-

HOMESITE LEASES Unsurveyed areas, not exceeding 20

acres, may be leased as homesites, conditional upon a dwelling being erected in the first year, title being obtainable after residence and improvement conditions are fulfilled and land has been surveyed.

LEASES

For grazing and industrial purposes areas not exceeding 640 acres may be leased by one person or a

GRAZING

Under the Grazing Act the Province is divided into grazing districts and the range administered under a Grazing Commissioner. Annual grazing permits are issued based on numbers ranged, priority being given to established owners. Stock-owners may form associations for range management. Free, or partly free, permits are available for settlers, campers and travellers, up to ten

FISHERMEN!

Look over your First Aid Kit and see that it is complete. Here are some of the things you should have on

board before you put to sea: IODINE BANDAGES LYSOL

EPSOM SALTS BORACIC ACID DRESSING FOR BURNS, ABSORBENT COTTON, FIRST AID BOOK

ADHESIVE PLASTER

For your Personal Kit you will also need SHAVING SOAP RAZOR RAZOR BLADES

SHAVING BRUSH TOOTE PASTE TOOTH BRUSH Buy your supplies from us and be sure of receiving

satisfaction. ORMES LTD.

Pioneer Druggists Third Avenue Ask for a Tide Book for 1925. They are Free.

The Rexall Store Phones 82 and 200

Helgerson Block.

COMB

Phone 109.

Dr. F. P. KENNY - DENTIST

The standard of dentistry I have to offer is measured by these words- HONEST, RELIABLE, PERSONAL. My methods are the latest, my fees are moderate, and the guarantee I give is UNCONDITIONAL . ABSOLUTE SAT-ISFACTION is my only aim.

GET MY ESTIMATE FIRST.



This advertisement is not published or displayed by the Liquor Control Board or by the Government of British Columbia.

Rupert Fish,

Fresh Frozen—All varieties.

Fresh Fish—All varieties in season.

Smoked Fish—Our well known "Rupert Brands."

Finnan Haddie_"Thistle Brand" Nova Scotians.

Canned Salmon-Pinks, Skeena Sockeye, etc.

Salt Fish-Herring, Salmon, Black Cod, Grey Cod

Shell Fish-Crabs, Shrimps, Clams.

Canadian Fish & Cold Storage Co., Ltd. Prince Rupert. B.C.

Products



Pacific Milk enjoys the patropage of most of our citizens; who use canned milk. This is, one British Columbia industry which has no complaint whatever to make of preference being shown to brands produced outside our province. If people used other B.C. products in the same proportions there would be no lack of employ-

Pacific Milk Co.

Factories at Ladner and Abbots-