

Here We Are Again! 95c Sale

You not only save 5 per cent but you also get bargain prices for your dollar.

- 12 lb. Granulated Sugar . . . 95c
- 8 tins Milk, any kind . . . 95c
- 2 lb. Fresh Ground Coffee . . . 95c
- 12 lb. Bulk 65c Tea . . . 95c
- 12 lb. Dry Green Peas . . . 95c
- 7 tins Heinz Pork and Beans . . . 95c
- 3 Bottles Heinz Catsup, large . . . 95c
- 2 Bottles Heinz Vinegar, qts. . . 95c
- 2 lb. Bulk Butter . . . 95c
- 2 dozen Local Eggs, Extras . . . 95c
- 4 tins Libby's Asparagus Tips . . . 95c
- 4 tins Lombard Plums . . . 95c
- 5 tins Dessert Bartlett Pears . . . 95c
- 6 tins Singapore Sliced Pineapple . . . 95c
- 1 tin Empress Strawberry Jam . . . 95c
- 3 tins White Cherries, 2's . . . 95c
- 6 tins Corn or Tomatoes . . . 95c
- 12 bars Palm Olive Soap . . . 95c
- 4 pkgs. Princess Flakes . . . 95c
- 19 bars White Swan Soap . . . 95c
- 3-35c pkgs. Robin Hood Oats . . . 95c
- 7 tins Campbell's Tomato Soup . . . 95c

We are pulling on a big sale in Oranges, Lemons and Grapefruit, all sizes and prices. For this week we have a special on small sizes.

Oranges and Lemons, per dozen . . . 25c

or 4 dozen for . . . 95c

Fresh Whipping Cream Daily.

B.C. Butchers and Grocers, Ltd.
Phones 45 and 574

We are Sole Agents for

Rochon's

Chocolates

\$1.00 per lb.

ROCHON'S FAMOUS
ALMOND CRISP
\$1.00 per lb.

Rupert Pharmacy
Prescription Specialists
Phone 94. We deliver.

GOSSARD

Corsets Brassieres Corsettes

Come in and let us fit you with one of these.
Expert corsetiere in attendance.

H. S. Wallace Co. Ltd.

Fisherman's Benefit

- Small White Beans, 17 lbs. for . . . \$1.00
- Brown Beans, 15 lbs. for . . . \$1.00
- Rice, Nol. Jap., 41 lbs. for . . . \$1.00
- Sago, reg. 2 for 25c, 12 for . . . \$1.00
- Tapioca, reg. 2 for 25c, 12 for . . . \$1.00
- Dry Green Peas, 13 lbs. for . . . \$1.00
- Pearl Barley, 13 lbs. for . . . \$1.00
- Split Peas, reg. 2 for 25c, 12 for . . . \$1.00
- Swift's Bacon, by side, per lb. . . . 45c

Mussallem Grocery
Co. Ltd.
Phones 18 and 84

MODERN GIRL IS CONDEMNED

Doctors Say She Tries to Keep Herself Slim and it Menaces Her Health

BALTIMORE, Feb. 8. — The champion lightweight of the world, the Modern Girl, if she wishes to hold her fashionable title, will have to put on the gloves against a formidable opponent of quite another class. For the Medical Profession is menacing her with a salutary knock-out.

An Obsession
"The desire of the modern girl to be extremely thin has become an obsession that is threatening her health and happiness," said Dr. Lewellyn F. Parker, emeritus professor of Medicine, Johns Hopkins University.

"The ideal of the exaggeratedly thin figure, dictated by the fashion of the moment, is sure to pass, but it may not go, I am afraid, until it has been the cause of many tragedies."

Wrecked physical health, especially insidiously developing tuberculosis and nervous breakdown are frequently the results of under-nourishment, declared Dr. Barker, outlining the dangers seen by medical men in underweight.

Ideal Wrong
"The trouble with young women today is that their ideal of what is proper weight is all wrong. They have developed an obsession against being fat. They say to doctors: 'I would rather die than get fat.' Some of them starve themselves to the point of almost literally carrying this out. Often already too thin, they diet to grow thinner. By unscientific dieting they fail to eat a balanced ration, and thus predispose themselves to food deficiency diseases. They smoke constantly, especially during meals, to take away the normal appetite they have, and by too many cigarettes increase their nervousness."

TIMBER SALE X 7809.
Sealed Tenders will be received by the District Forester not later than noon on the 6th day of February, 1926, for the purchase of License X7809, Maude Island, Skidegate Inlet, Q.C., to cut 1,150,000 feet board measure of spruce, hemlock, and cedar sawlogs.

Two (2) years will be allowed for removal of timber.
Further particulars of the Chief Forester, Victoria, or the District Forester, Prince Rupert, B.C.

WATER NOTICE.
Diversion and Use
TAKE NOTICE that George Little and Clair L. M. Giggrey, whose address is Terrace, B.C., will apply for a license for clearing streams purposes on Kitsum-zalini River (from its mouth to source, approximately 15 miles), which flows southerly and drains into Skeena River, about 10 miles east of Prince Rupert. The river to be used for rafting, driving or otherwise conveying poles, piling, ties, saw logs and all forest products, and the construction of booming and holding grounds at the mouth of said river and elsewhere. This notice was posted on the ground on the 6th and 7th days of January, 1926. A copy of this notice and an application pursuant thereto and to the "Water Act" will be filed in the office of the Water Recorder at Prince Rupert, B.C. Objections to the application may be filed with the said Water Recorder or with the Controller of Water Rights, Parliament Buildings, Victoria, B.C., within thirty days after the first appearance of this notice in a local newspaper. The date of the first publication of this notice is February 6th, 1926.
G. L. M. GIGGREY,
C. L. M. GIGGREY,
Applicants.

LAND ACT.
Notice of Intention to Apply to Lease Land.
In the Prince Rupert Land Recording District and situate on an unnamed Islet in the Eastern entrance to Hudson Bay Passage near Dundas Island. Blue Print R.M. 14.

LAND ACT.
Notice of Intention to Apply to Lease Land in Queen Charlotte Islands Land Recording District of Prince Rupert, and situate two and one-half miles west of Alford Bay, Skidegate Inlet.

LAND ACT.
Notice of Intention to Apply to Purchase Land.
In Land Recording District of Prince Rupert, and situate on the South Shore of Captain Cove, Pitt Island, Province of British Columbia.

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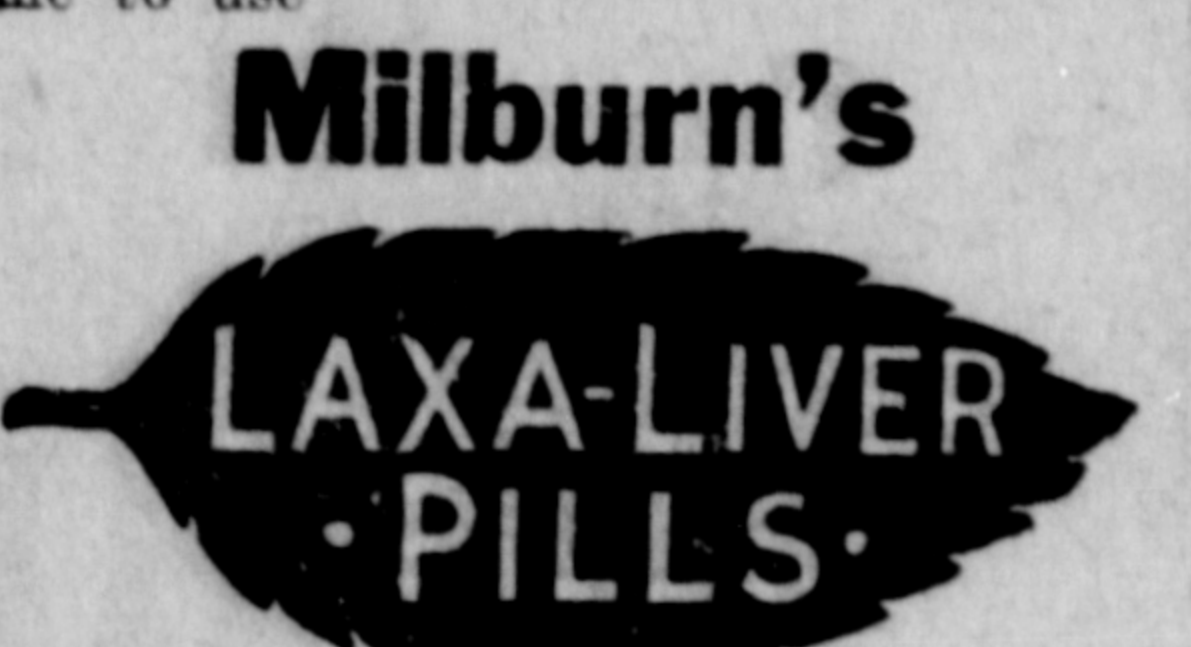
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WEST of ENGLAND STORE
Third Avenue Phone 753

A Severe Illness Caused Constipation

Mrs. Wm. Hill, Wapella, Sask., writes:—"Three years ago I had a very severe illness, and ever since I have suffered with constipation. A few months ago a friend advised me to use



which I did, although not expecting any results, but I am pleased to say that since using them I have had perfect use of my bowels without any trouble or pain, and have never had bleeding piles since. Now, I never fail to recommend 'Laxa-Liver Pills' to all my friends."
Put up only by The T. Milburn Co., Limited, Toronto, Ont.

APPEALS MADE ON ASSESSMENT

(continued from page one)

block 7, lot 20.
M. M. Stephens, section 2, block 16, lots 27 and 28.
M. M. Stephens, section 7, block 10, lot 8.

Mrs. Dora Stephens, section 2, block 16, lot 18.
Mrs. Dora Stephens and J. H. Kelly, section 5, block 16, lot 11.
Regina Finkelstein, section 2, block 12, lots 50 to 51.

Regina Finkelstein, section 5, block 16, lots 7 and 8.
Armand De Bernis, section 1, block 10, lot 15.
Armand De Bernis, section 2, block 19, lots 31 to 43.

Vivian Kennedy, section 5, block 27, lot 46.
Mrs. Susan Pringle, subdivision "e" of lots 23 and 24, block 6, section 5.

William Wilby, section 1, block 8, lot 21, and section 5, block 4, section 21.
Dr. A. A. McIntyre, section 1, block 22, lots 5 and 6.

G.T.P. Development Co. per R. B. Nicholls, all property owned by the company.
Matilda G. Dugas, section 6, block 26, lots 11 and 12.

M. W. McLeod, section 1, block 22, lots 9 and 10.
Somerville Cannery Co. Ltd., waterfront block "L," 203, 13 feet.

J. A. Lindsay, sectional, block 23, lot 22.
H. M. Greene, section 5, block 9, lot 14.

Excessive assessments in all cases is claimed and there are certain allegations of inequality. The following lots recently sold by the city for taxes were placed on the 1926 roll by the court:

Lot 98, block 20, section 2, J. T. Jones.
Lots 19 and 20, block 18, section 7, United Church of Canada.

Lots 7 and 8, block 1, section 6, Sam Antons.
Lot 21, block 37, section 5, G. C. Walker.

A Yorkshire Traveller

A commercial traveller of today could hardly recognize himself in this description of a Yorkshireman who boasted of doing seventy calls a day.
"How do you do it?" asked a friend.

"Oh," said he, "I puts my head inside 'l' door, and 'Marnin', I says. 'Marnin', says she. 'Owl?' I says. 'Now!', says she. 'Marnin', I says. 'Marnin', says she. And off I goes to 'l' next shop."

PLEA FOR NURSES

Few Able to Stand Nerve and Physical Strain of Intensive Work Required

WINNIPEG, Feb. 8.—"That one class should be reduced to invalidism by the process of restoring others to health," was the problem dealt with by Miss Georgina Thompson, R.N., at the twelfth annual meeting of the Manitoba Association of Graduate Nurses. The twelve-hour day for nurses, Miss Thompson explained, deprived them of any social life whatever, and the necessity for remedying this was eminent. The speaker hoped to bring about better conditions by an appeal to public opinion, which she believed reasonable on the whole. Few women were able to stand nerve and physical strain at the intensive work, and conditions should be changed to convert a work of drudgery into a willing service to those who suf-

YOUNG INDIAN TO BE TEACHER

Krishnamurti Is Not Looked to as Messiah but as Person Through Whom Teacher Speaks

Amie Besant, theosophist, 78 years of age, still plays an active part in world affairs. Now she is being much discussed because of her relations with a young Hindu who is looked upon as a new inspired leader in India. Krishna was one of the world's saviors, born of a virgin, crucified and raised from the dead, and Krishnamurti was named after him. Here is what Mrs. Besant says:

"I accepted, in 1909, from their father, the guardianship of two young brothers. My reason for this was that I was told the elder brother had been selected to give his body as a 'vehicle' for 'the world teacher' on his approaching coming, if he had proved worthy of the privilege when he reached manhood."

Wrote While 'Body Slept'
"In 1910 this boy wrote down teachings he had received from his teacher during the sleep of the body, which were published in a well known little book, 'At the Feet of the Master,' on December 28, 1911. The remarkable overshadowing of this young boy took place at Benares, and a hall full of members of the Theosophical Society prostrated themselves before him. We kept these events as quiet as possible, but rumors got about, causing uncomfortable followings of him about the grounds of our house and manifestations of respect, which led me to return as soon as I could to England. I feared, quite unnecessarily, that these events might give rise to conceit."

"The brothers were educated privately in London and more than fulfilled the hopes placed in them. Last summer, in Holland, I mentioned to a large audience composed of members of an order to which only believers in the coming of 'the world teacher' are admitted, that Krishnamurti was the teacher's chosen vehicle. This fact already was largely recognized among them in consequence of his speeches and writings. I suppose this is the basis of the inaccurate statements made subsequently in the London papers. I never had any idea of 'proclaiming him the Messiah.'

Heard 'Voice' Speak
"Krishnamurti lectured on December 28, to a large audience and concluded by speaking of the 'world teacher' in these words: 'He comes to lead us; he comes only to those who understood, who suffered, who were unhappy, who were unenlightened; he comes only to us who want, who desire, who long.'

"Here, there was a slight start and a voice of penetrating sweetness rang out through Krishnamurti's lips. It said: 'I come for those who want sympathy, who want happiness, who are longing to be released, who are longing to find happiness in all things. I come to reform, not to tear down; not to destroy, but to build.'

"This meeting broke up in silence. Probably some account of it filtered out. That the world teacher spoke then through Krishnamurti, I believe, I believe we are beginning a new age, a new civilization, as has occurred before in human evolution."

BOY SCOUTS SAVE NUMBER OF LIVES

LOGAN, Utah, Feb. 8. — Boy scout troops affiliated with the Cache Valley council, comprising several counties in Northern Utah and Southern Idaho, have saved a total of 14 lives since organization.

The majority of the rescues were of persons drowning; others were automobile accidents with death from bleeding, or fire threatened.

One of the boy scouts reported saving his own life by employing first aid knowledge taught him as a scout, when he cut away flesh and cauterized the wound made by a rattlesnake that bit him as he was climbing a cliff.

WIRELESS REPORT

8 a.m.
BULL HARBOR. — Raining, strong southeast wind; barometer, 29.90; temperature, 48; sea rough; 8 p.m. spoke motorship Noreo, Seattle for Ketchikan, 325 miles from Seattle.

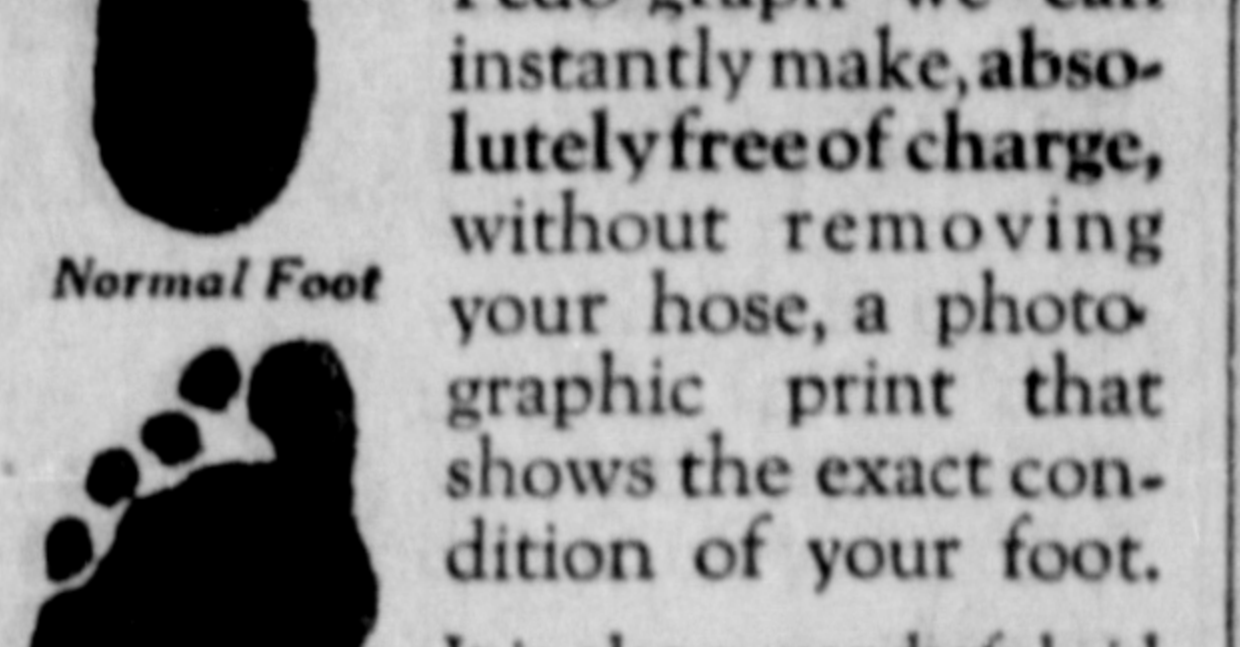
DEAD TREE POINT. — Barometer, 29.78; temperature, 39.
DIGBY ISLAND. — Raining, fresh southeast wind; barometer, 29.62; temperature, 45; sea rough; 1:30 a.m. in steamer Camousun northbound; 8 p.m. spoke tug Cape Scott with Bingame in tow, anchored in Glauzeel bound for Massett; 9 a.m. steamer Northwestern due Ketchikan.

Noon
BULL HARBOR. — Raining, southeast gale; barometer, 29.75; temperature, 44; sea rough; 9 a.m. spoke tug Pacific Monarch in Milbank Sound northbound.

DEAD TREE POINT. — Barometer, 29.78; temperature, 40.
DIGBY ISLAND. — Raining, strong southeast wind; barometer, 29.44; temperature, 47; sea rough; 11:45 a.m. in steamer Princess Mary northbound.

Don't Guess

Know the true condition of your feet. With Dr. Scholl's Podo-graph we can instantly make, absolutely free of charge, without removing your hose, a photographic print that shows the exact condition of your foot.



It is also a wonderful aid in fitting shoes so they will be absolutely comfortable. If you have any form of foot trouble — weak or broken down arches, flat foot, corns, callouses, bunions, painful heels, weak ankles, etc. — be sure and see our Foot Comfort Expert. He can show you why you suffer and how to get quick and lasting relief.

Don't wait. Come in today and have your feet Podo-graphed. This Service is absolutely free.

Jabour Bros., Ltd.

Though there had been much criticism of the nursing profession by the medical, Miss Thompson felt that they had many friends among them and that the public, while many were unable to afford the services of a trained nurse did not feel that she was too highly paid. The reason, she explained, that many regarded the charge as exorbitant was that nursing had been looked upon always as a philanthropic pursuit rather than as a means of livelihood, this conception dating from mediaeval days.

ZENOVIEFF LOSES OUT AT INTERNATIONALE

(Manitoba Free Press.)
The story from Riga to the effect that Trotsky is pushing the extremists out of the government of Russia contains one interesting and significant point: It says that Zinovieff is shortly to lose his position as head of the Communist International.

Zinovieff became famous as the alleged source of the letter which caused the defeat of the British Labor government. That letter, supposed to come from him, consisted of elaborate instructions to the British Communists as to how they were to corrupt the British army and navy in the interests of Communism. The Zinovieff letter produced some exceedingly pointed comment about the "Communist Internationale" from British Labor writers.

For Sale Auditorium

Rink and Hall
The leading hall of the city, situated on lots 9 and 10, block 19, section 5. Building is 50 feet by 100; 16 foot ceiling; 7 foot balcony all around building; newly plastered; No. 1 maple floor. Dining room and equipment and seating capacity for 400 persons. Piano and Wurlitzer military band organ, style 125; 200 pairs Richardson ball-bearing skates. Thoroughly equipped throughout for both dancing and skating. With theatre equipment can be used as such.

Also for sale, lots 8 and 9, block 15, section 6. Clear titles to property.
For further information, apply to L. J. Marren, P.O. Box 146, Prince Rupert, B.C.

Dr. Alexander

Smith Block
Phone 575
DENTIST