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A few reasons why our prescription department is increasing:

We use only fresh, chemically pure drugs.

No Substitution
Prompt Service
Moderate Price.

Every prescription is dispensed by a fully qualified dispenser.

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Rupert Pharmacy
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Phone 94. We deliver.

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In Our Meat Department

Pot Roast, per lb.	12½c
Rib Roast, per lb.	20c
Round Steak, 2 lbs. for	45c
Shoulder Steak, per lb.	15c
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Fresh Vegetables arriving every boat.

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LINEN TABLE CLOTHS,
54 inches
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We aim to please.
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HEALTH TALK TO TEACHERS

Miss Harrison of Hospital Gives Interesting Address at Booth School

The regular monthly meeting of the Prince Rupert Parent Teachers' Association took place in the Auditorium of the Booth School on Wednesday evening. The president, Mrs. Arnott, was in the chair and there was a good attendance of parents and teachers.

The secretary's report showed that there was a balance in the treasury of $74.83. This included the proceeds from the sale of candy put on at the different schools before the Easter holidays.

Mrs. Donald Ross, for whom Mrs. S. D. Johnston played the accompaniments, sang "Within the Garden of my Heart," and delighted the audience even more with "Rain."

After a little community singing in which the "community" surprised themselves, Miss Harrison, R.N., matron of the Prince Rupert Hospital, gave an extremely interesting and thought-compelling address on "Health in Education, and Education in Health."

Not an End

While stressing the importance of health, the speaker pointed out that health was not an end in itself. The best conception is that in acquiring and maintaining health we get the highest possible enjoyment out of life. It shows itself in service to others and the ability to meet the needs of everyday life and deal with them.

A mistaken idea of the economic demands of the times often results in injury to health. Success in life is not more important than health, nor is service more important. The forcing of children into professions for which they are not equipped, but which promise a measure of so-called success is often nothing short of a tragedy.

Food a Factor

Health depends on the right kind and proper amount of food, exercise and the formation of careful habits. People should avoid poisons, and should maintain a wholesome attitude of mind. A well-trained and vigorous body plus a well-trained and vigorous mind should be the objective.

Miss Harrison referred to the value of the vitamines in the maintenance of health from a physical point, and to the need for confidnce, open-mindedness and belief in the goodness of life from the psychological point of view. Happiness and health cannot be bought; they are a by-product of wholesome activities and must be won.

A very hearty vote of thanks to Miss Harrison was moved by J. H. Brady and seconded by D. H. Hartness.

A very keen discussion followed regarding what should be done regarding the epidemics of chicken pox and measles that are somewhat prevalent at present.

Lack of Uniformity

Lack of uniformity in the views of different doctors regarding need for children to be kept away from school if one in the family is ill, made it difficult to keep epidemics from spreading and the executive was instructed to get in touch with the health officer to see if some definite policy could be adopted.

Altogether Miss Harrison's talk was one of the outstanding lectures ever given under the auspices of the Parent-Teacher Association, and made a deep impression on all who heard it.

Refreshments were later served in the domestic science rooms.

Sleep is Nature's Nerve Restorer

"THAT may be very true," you say, "but that is just the trouble I cannot sleep."

And that is just why we are going to tell you about Dr. Chase's Nerve Food, which is generally conceded to be the greatest of nerve restoratives.

It is not a sleep producer in the sense of being a narcotic. But it does naturally and gradually restore the wornout nervous system and in a few days you find yourself enjoying sound, restful sleep.

Sleeplessness is, perhaps, the most outstanding symptom of nervous exhaustion. Without sleep there is no chance of replacing at night the nerve force used up during the day in the activities of life.

Without such aid as Dr. Chase's Nerve Food affords you are doomed to physical bankruptcy.

By using this treatment and taking as much rest as possible you will very soon find yourself on the highway to health. But a little patience is necessary. A condition which has been years in developing cannot be overcome in a day. Of one thing you can be certain and that is that with each dose of the nerve food you are supplying to the blood and nerves the elements of nature which are essential for the restoration of the human system. Dr. Chase's Nerve Food, 60 cts., all dealers or The Dr. A. W. Chase Medicine Co., Limited, Toronto 2, Canada.

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Letitia ..... May 28, June 25, July 23
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Money orders, drafts and travellers cheques at lowest rates. Full information from Agents or Company's Offices, 622 Hastings St. W., Vancouver, B.C. Phone, Sey. 3648.

CANNED FRUIT

We have still a very large stock of Canned Fruit and we are going to dispose of the most of it this week at prices unheard of. Buy now.

Strawberries, Raspberries, Loganberries, and the large cans of Peaches, any assortment, 3 tins for 95c
4 tins Peaches, Pears, Apricots, Plums, or crushed Pineapple 95c
6 tins No. 4 Peas, special for 95c
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Malkin's Best Pure Plum Jam, 4 lb. tin 55c
Pure Orange Marmalade, 4 lb. tin 65c
Blue Ribbon Tea, 2½ or 5 lb. pkg., per lb. 65c
4 bottles Sterling or 3 of Heinz Catsup 95c
10 tins Sally Ann or Classic Cleanser 95c
19 bars White Swan Soap .. 95c
12 bars Palm Olive Soap ... 95c
4 cartons Sunlight Soap 95c
19 rolls Toilet Paper 95c
4 tins Lobster or Shrimp .. 95c
3 combs Pure Honey 95c
3 lb. McCormick's Sweet Biscuits 95c
7 tins King Oscar Sardines 95c
4 lb. Swedish Healthbread .. 95c
12 pkgs. Jelly Powders ... 95c
7 tins Heinz or Campbell's Tomato Soup 95c
2 rings Gruyere Swiss Cheese 95c
5 lb. California Table Figs .. 95c
2 doz. Local Fresh Eggs 95c
2 lb. best Creamery Butter .. 95c

Be sure to get your order in for a Sack of our good Spuds this week.

This week only for $3.50
Large pkgs. Robin Hood Rolled Oats 25c
4 lbs. Cleaned Currants, special 55c

Fresh Fruit and Vegetables None Better

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GOVERNMENT LIQUOR ACT.

NOTICE OF APPLICATION FOR BEER LICENCE.

NOTICE IS HEREBY GIVEN that on the 15th day of May next the undersigned intends to apply to the Liquor Control Board for a Licence in respect of the premises being part of the building known as "Queen's Hotel," situate on Main Street, Massett, B.C., and upon the lands described as Lot 5, Block 14, Map 946A, Prince Rupert Land Registration District, in the Province of British Columbia, for the sale of beer by the glass or by the open bottle for consumption on the premises.

DATED at the City of Prince Rupert, Province of British Columbia, this 17th day of April, A.D. 1926.

MILDRED LILIAN DUNN,
Applicant.

Dr. Alexander

Smith Block
Phone 575

DENTIST

She Couldn't Sleep Heart Was So Bad

Mrs. J. D. McClintock, Charlottetown, P.E.I., writes:—"About a year ago I was greatly troubled with my heart.

I could not sleep at night, and was so nervous I imagined that I could see everything in the room moving, and would have to turn on the lights before I could get to sleep.

After having read of your

MILBURN'S HEART AND NERVE PILLS

I took several boxes of them, and can now get a full night's sleep without any trouble, and feel fine in every way."

H. & N. Pills have been on the market for the past 32 years; all dealers sell them; put up only by The T. Milburn Co., Limited, Toronto, Ont

NOTICE.

IN THE MATTER of an application for the issue of a Provisional Certificate of Title for Assigned Lot "B" of Lot seven (7), Block forty-six (46), subdivision of Lot seven hundred and forty-six (746), Queen Charlotte District (Map 1079).

Satisfactory proof of the loss of the Certificate of Title covering the above land having been produced to me, it is my intention to issue, after the expiration of one month from the first publication hereof, a Provisional Certificate of Title to the above land in the name of Paul Onefrie Massari. The original Certificate of Title is dated the 25th of August, 1919, and is numbered 11100 I.

Land Registry Office, Prince Rupert, B.C., 24th March, 1926.

H. F. MACLEOD,
Registrar of Titles.

MAJOR SAW WHALE AND FEARED FINS MONSTER OF DEEP

R. J. Burde Able to Make Close Inspection of Sperm Bull from Gasboat in Pacific Ocean

ALBERNI, April 24.—Major R. J. Burde, making his bi-annual tour of the West Coast of his constituency during the last week had an exciting experience in a gas boat. Making the fifty mile stretch southbound form Nootka Cannery to Clayoquot in the Goodlad Bros.' trolling boat Beauty, the weather being favorable, the outside direct passage was taken, making the course about ten miles off-shore out in the open Pacific.

When twenty miles out from Clayoquot a large whale was sighted leisurely sporting itself on the surface a quarter of a mile seaward. The Major, anxious for a close-up, requested the helmsman to head in the direction of the monster, when hardly had the little gasboat turned when an exceptionally large bull sperm whale suddenly emerged only fifty yards from the boat. It spouted a solumn of water twenty feet in the air, then apparently suddenly sighted the boat and lashed its tail viciously and disappeared beneath the waves.

One can imagine the Major's feelings for the few minutes to follow as to whether and where the monster would come up again, for it was more than twice the length of the gasboat. While it was on the surface so close was it that those aboard could not only easily discern the peculiar markings of the whale, but could plainly see masses of barnacles upon its back.

SPORT CHAT

With two brand new teams, at least as far as names go, in the field and the third team having made its initial appearance only last year, there will be a new shuffle in the local football deck when the season opens of May 14 with the first game in the Stuart Shield series and the deal should cause a good deal of interest in this popular outside sport. While the organizations are new, the players of past years who are left in the city, with few exceptions, will again be found on the field and there will be the usual smattering of new blood. At this date, it would be hard to predict who may come out on top as the season advances and the various trophies are contended for. The Moose, Grand Terminal Club and Cold Storage are the only teams so far enrolled although in some quarters there seems to be a feeling that the Great War Veterans may yet get in the game before the season is far advanced. The Vets have not yet notified the league definitely of their intentions.

With the first shoot of the North B.C. Regiment Rifle Association on the McNicholl Creek range dated for Sunday, May 2, and the Prince Rupert Gun Club preparing for the opening of the Park Avenue trap-shooting range next week, the marksmen of the city will soon be engaged in the season's competitions. Members of the Gun Club turned out on Thursday afternoon at Park Avenue and did some fixing up of the traps after which a few rounds of ammunition were cracked off in practice. The annual meeting of the Gun Club will be called, it is expected, in the course of the next few days. Dr. E. S. Tait is the president and Jack Keefe, the secretary.

The opening baseball game of the season at Hazelton was played last Saturday between a white team of Hazelton and a native aggregation from Glen Vowell. It was a snappy and interesting match which the whites won by a score of 12 to 10. "The result," says the Omineca Herald, "the Indians believe was due to a bum decision of Umpire C. W. Dawson. He will be pretty careful in future because the natives have learned the gentle art of razzing "His Umps" and Bud wants to keep his scalp even though there is no hair on it and few natives would care to wear it as an ornament."

"Why is mother rolling up her sleeves?"

"To punish Mame for rolling down her stockings."

UMBRELLAS

Many have expressed delight at being able to purchase an Umbrella knowing that they are getting as good value as they would in any other place in Canada; also in having an assortment to choose from equal to any in the large centres.

See our Window Display.

Optical Department

Eyes examined, Vision tested, Glasses fitted by a registered optometrist. All lenses are ground by an experienced operator, exactly to prescription and carefully inspected. This expert optical service may be had at very reasonable prices.

Max Helbroner
527-529 Third Avenue

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JACK HOLT and BILLIE DOVE
— in —

"Wild Horse Mesa"

Zane Grey's famous tale of the West. A story of the Arizona wild horse country, where horses know no master and hearts know the thrill of love. The tale of two brothers fighting for the same girl and how the capture of a magnificent wild horse settled their rivalry. Furious fist fights, reckless riding and a stupendous horse stampede climax. Story for story, pouch for pouch, thrill for thrill, a better western has yet to be filmed. Strong cast:

Jack Holt, Billie Dove, Noah Beery, George Magrill, George Irving, Douglas Fairbanks Jr., Edith Yorke and others.

FELIX COMEDY CARTOON. PATHE REVIEW.
Admission 50c and 25c

DOLLAR : SALE

For Saturday the 24th, Monday the 26th, and Tuesday the 27th.
Also 15 per cent Discount on all Ladies' and Men's Running Shoes, 10 per cent on all Children's
10 PER CENT OF SATURDAY'S TOTAL RECEIPTS WILL BE DONATED TO THE GYRO PLAYGROUND FUND.

You are familiar with our sales. We never disappoint you. Our offer is always genuine. For instance, you have bought Ladies' Monarch Green Stripe Silk Stockings for $1.25, now on sale for $1.00.

Also 2 pairs Art Silk Hose, which are sold regularly for 65c. During the sale, 2 pairs for $1.00.

You know how the D.M.C. Embroidery Cotton sells. Today it is 22 skeins for $1.00.

Now follow the list—

Ladies' Lisle Hose, reg. 50c. Sale, 3 pairs for $1.00
Ladies' Chamois Gloves, assorted patterns and sizes, reg. $1.35 to $1.50. Sale, per pair $1.00
Clark's Embroidery Cotton, 24 skeins for $1.00
9 balls cr. Cotton for $1.00
Royal Society Celestia, reg. 2 for 15c. Sale, 15 skeins for $1.00
Ladies' Cotton Bloomers, reg. 65c. Sale, 2 for $1.00
Ladies' Vests, reg. 65c. Sale, 2 for $1.00
Ladies' Cotton Vests, reg. 40c. Sale, 4 for $1.00
Hand Towels, reg. 45c per pair. Sale, 3 pairs for .. $1.00
White Cotton, 36 inches wide, reg. 25c. Sale, 6 yards for $1.00
Grey Cotton, reg. 30c. Sale, 5 yards for $1.00
Scrim, White and Ecru, reg. 30c. Sale, 5 yards for .. $1.00
English Gingham, 36 inches wide, reg. 60c and 65c. Sale, 2½ yards for $1.00
White Flannelette, reg. 30c. Sale, 5 yards for $1.00
Men's Canvas Gloves, 5 pairs for $1.00
Men's Cashmere Socks, reg. 75c. Sale, 2 pairs for .. $1.00
1 tin Snap, 1 bottle O'Cedar Polish, 2 packages Steel Wool and 2 tins Brasso Metal Polish, all for $1.00

Visit our 10c, 15c and 25c Department

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