# When you want more for Soups, Gravies, Dews and Downies,

The Goodness of Beef Tin of 4 cubes, 15c.

tin of 10, 30c.

## The Affliction of "Big-Neck"

The unsightly goitre-big-neck-some people call it, is not alone an affliction in itself, but in certain types of cases is the fore-runner of very serious, sometimes fatal, consequences.



The lower nerve under the magnifying glass is pinched by a misaligned joint Pinched nerves cannot transmit healthful impulses, Chiropractic adjusting removes the pressure / . The upper nerve is free as nature intends.

Due to a deficiency in the nerve supply to the thyroid gland a dis-eased condition develops and swelling occurs, sometimes entirely upon the surface, without dangerous consequences, sometimes inwardly with strangulation and impaired sight following.

Chiropractic spinal adjustments remove the interference with nerve lines and permit normal functioning of this gland. Cases are upon record showing as much as five inches reduction in neck circumference after three months of adjustments.

AFTER FORTY YEARS WITH A GOITRE-

"For forty years I have suffered with goitre. I had been advised to have it operated upon, but would not hear of an operation. After witnessing the result of chiropractic adjustments with several members of my family, I decided to see if I too could be helped. have now been taking adjustments for several months and can see my goitre reducing almost daily. I feel that I cannot say too much as to the merits of Chiropractic for human ailments."-Mrs. A. Powell, Chiropractic Research Bureau, Statement No. 2075-L

YOUR APPOINTMENT for health can be made by telephoning.

## D. A. McMillan

Palmer Graduate CHIROPRACTOR

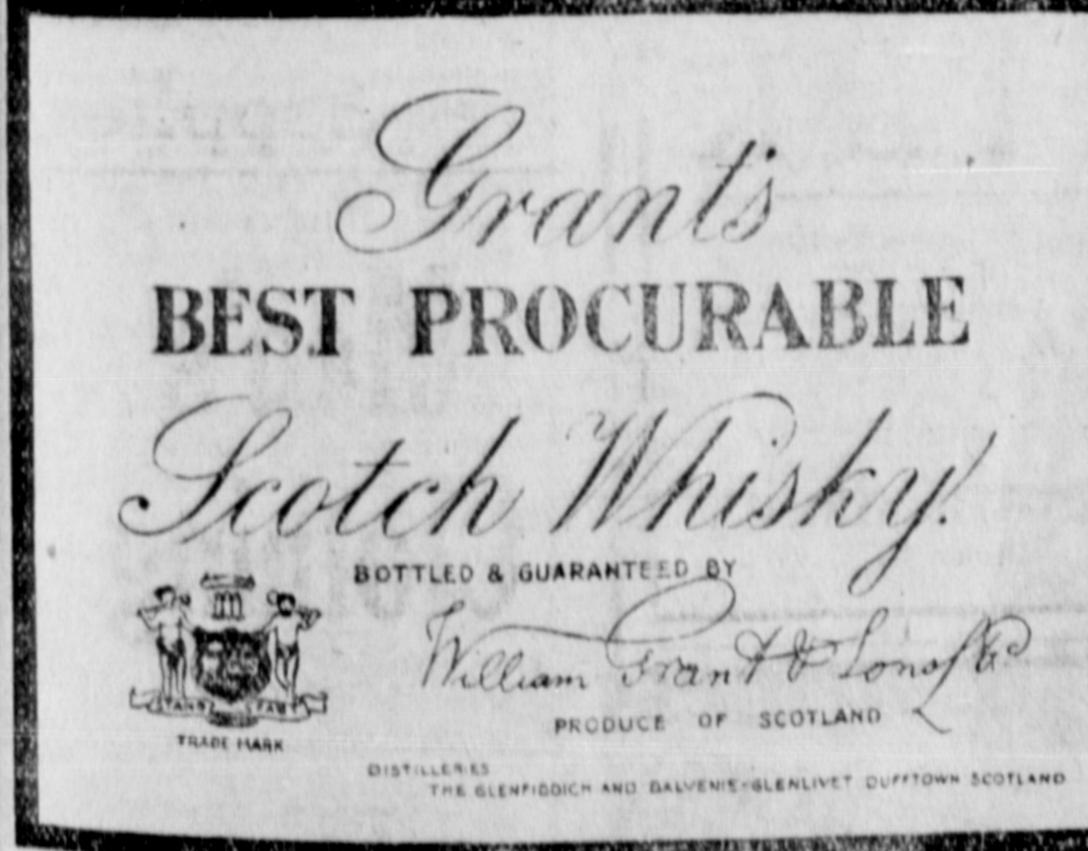
Rooms 6 and 7 Exchange Block.

Patho-Neurometer Service

Phone 691

Open Evenings

"TRY A NIP TONICHT"



The Original Label - look for it at the Vendor's and insist on GRANT'S "BEST PROCURABLE"

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

### Local and Personal

Arthur's Taxi. Phone 678

B.C. Undertakers. Phone 41

of a Taxi, phone

S. Darton is sailing tomorrow for Victoria aboard the steamer Prince George on a brief holiday trip.

Sisters St. Cyprian and M. Angels are sailing for the south on the steamer Prince George tomorrow morning.

Meeting of women of all the churches in the Anglican Church on Friday, at 3 p.m. to pray for world-wide missions.

Cooper Wrinch arrived from Hazelton to today's train and will sail tomorrow for Victoria where he will meet his father, Dr. H. L. Wrinch, M.L.A.

H. Roberts, charged with concealing money from his creditors, was committed for trial by Magistrate McClymont this morning. The accused will appear in the County Court before Judge Young for election.

Lighthouse tender Newington, Capt. Harry Ormiston, returned to port at 5 'clock last night from a week's trip to Cape St. James and, after coaling, proceeded this afternoon to Massett Inlet where a light is out.

R. Whiteside, representative of Kellogg's cereal products, was among the arrivals in the city from Vancouver yesterday afternoon. He is a hrotherin-law of W. E. Baillie, chief engineer of the steamer Prince Rupert.

After an extensive repair job in the local dry dock where she has been for well over a month, C.G.M.M. freighter Canadian Ranger, Capt. Bannerman, sailed at 7 o'clock last night for Union Bay where she will bunker and receive

Mrs. C. T. Partington, wife of the late Major Partington who lost his life in service at the front, is now residing in West Vancouver. Miss Dorothy Par ington is finishing her last year University and plans on becoming a High School teacher.

R. C. St. Slair, assistant chief forester for the province of British Columbia. 4 arrived in the city from Victoria yester- + This question will be discussed at day afternoon and proceeded by train for the interior to hold rangers' examinations at Terrace, Smithers and Burns Lake. District Forester R. E. Allen, is accompanying him on the trip through Prince Rupert district.

T. C. Duncan, formerly superintendent + March 13 .- "The Bible-Is it the of utilities in Prince Rupert and for the last few years located in Vancouver, is + March 20 .- "Is Jesus Christ diabout to become identified with a power !! project up the Pacific Great Eastern + March 27 .- "What is meant by Railway. Mrs. Duncan will leave next + week to visit her home in New Zealand. April 3 .- "Is Man Immortal?" Their son, Cedric, has been engaged in April 10 .- "Why did Jesut Christ & accounting work at Vancouver. April 17 .- "Did Jesus really rise

After having undergone annual overhaul in the local dry dock, C.N.R. . These addresses will state in steamer Prince Charles, with Capt. E. | plain language the solid sub-Mabbe in command, sailed at 10 o'clock & stantial reasons we have for bethis morning for Ladysmith where she | lieving the great truths of the will load coal before proceeding to 4 Christian religion. In these days Vancouver to take over the run of the + of doubt and questioning, we all Prince John for at least one trip in the want to know what foundation service from Vancouver to the Queen there is for faith.-Come and Charlotte Islands and Prince Rupert. 4 hear! being due here next Thursday.

A lot of very cheap tea has recently been placed on the market. This tea is mostly very inferior in quality.

PACIFIC STEVEDORING & CON-TRACTING CO. LTD.

(IN VOLUNTARY LIQUIDATION)

NOTICE TO CREDITORS

TAKE NOTICE that a Meeting of Building, Victoria, B.C., on Monday, the PROMOTER OF LOCAL hat all claims against this Company after which I shall distribute the assets of the Company having regard only to such claims as have been duly filed. VINCENT C. MARTIN.

Liquidator, 509 Union Bldg., Victoria, B.C.

Established 1923:



Any evening by appointment

DEDKERTEN DR.F. P. NENNI

DENTIST Exchange Block.

Phone 109 waterfront

## Sharpens Morning Appetites

## and sustains through vital, busy hours

Some appetites don't waken till the morning is half spent. They do not welcome breakfast, and so they take little of it. A day that is not started with an active digestive system is a day that is badly begun.

Start your day right by having Quaker Oats. It sharpens morning appetites. Its tempting aroma arouses a welcome as friendly as the genial Quaker himself.

Warm, appetizing, gratefully soft, it is pleasing to the stomach. A breakfast to enjoy. It wakens dormant digestive organs. Because it assimilates so easily, body and brain quickly reach high capacity for work.

For busiest hours, Quaker Oats satisfies and sustains. It supplies the fuel the body needs. It contains 16% protein, the tissue builder; 65% carbohydrates, the energy producer; and the all-important vitamines and mineral salts.

## Quaker Oats -you have always known

Quick Quaker

IS THERE A GOD?

You believe there is-

WHY?

THE BAPTIST CHURCH

Next Sunday evening, being the

the Rev. W. F. Price on

as follows:

Foundations of the Faith

Word of God?"

"The Holy Trinity."

from the dead?"

& Services commence at 7.30 p.m.

drive and dance, March 3.

chen wardware.

Women of Mooseheart Legion whist

Customs and excise collections for

Denny Allen Co. Annual March Sale.

worth crockery, china, glassware, kit-

Vancouver to New York

G. H. Collins, who was a resident in

the city in the early days, having pro-

moted the plant of the Canadian Fish &

Cold Storage Co. here, arrived from the

south on the steamer Prince George yes-

terday afternoon and will be in the

Mr. Collins spoke very optimistically

this morning as to the future of the

city and said that one had to really

get away from the place to appreciate

the opportunities here for development.

The natural resources of the district,

which were immense, would be sought

after by the outside world and the es-

tablishment of industries here would

Mr. Collins, who last visited the city

.vorable impression was left with ar-

rivals by the large elevator plant on the

about two years ago, spoke apprecia-

tively of the improvements made.

city until Saturday morning when he

will leave for New York.

naturally result.

-cooks in 3 minutes



#### Two Kinds

You can get Quaker Oats in two forms-the large plump whole flake or the half flake, rolled thin, and partly cooked. Both are of the same Quaker Quality, famous in 58 countries. If you wish to make porridge while you boil the coffee or make the toast, use Quick Quaker. It cooks in 3 minutes. Every package bears the name

and picture of the Quaker. No

other is "just as good".

#### PERSONALLY CONDUCTED EUROPEAN TOURS

Personally Conducted Tours have been + arranged this Summer, under the joint + supervision of the Canadian Nationa + Railways and the Cunard Steamship + Company to Great Britain and Europe + and return. All transportation, , hotel + and sight-seeing expenses included in + fares. Call at City Ticket Office, Third Avenue, or phone 260, for particulars and + descriptive literature.

Eternal smashing of fanatics is the . price of liberty.



TIMBER SALE X 8815.

lemlock, Balsam, Spruce and Cedar of nead, Range 4, Coast District.

Provided any one unable to attend der to be opened at the hour of auction Further particulars of the Chief Forester, Victoria, B.C., or District Forester,

IN PROBATE.

IN THE SUPREME COURT OF BRITISH COLUMBIA the month of February totalled \$33 .- In the Matter of the Administration

In the Matter of the Estate of Joseph F Bowman, Deceased, Intestate. TAKE NOTICE that by order of His Two weeks only. Your 80c buys \$1.00 Honor, F. McB. Young, the 24th day of Administrator of the estate of Joseph 52 F. Bowman, deceased, and all parties having claims against the said estate are hereby required to furnish same, pro-COLD STORAGE HERE

Official Administrator. G. H. Collins Visiting City Enroute From Prince Rupert, B.C. Dated the 24th day of February, A.D.

NORMAN A. WATT.

Quick V Relief From BRONCHITIS Distressing bronchial colds are

immediately relieved by Buckley's Mixture. It penetrates, clears action of "Buckley's". Whooping Cough and Croup are relieved ness. Druggists everywhere sell and guarantee Buckley's Mixture.

W. K. Buckley, Limited, 142 Mutual St., Toronto 2

MIXTURE Acts like a single sip

### Canadian National Steamships Co. Limited

# Prince Rupert

SHIPYARD Operating G.T.P. 20,000 Ton Floating Dry Dock

makers, Founders, Woodworkers, Etc.

Engineers, Machinists, Boilermakers, Blacksmiths, Pattern-

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

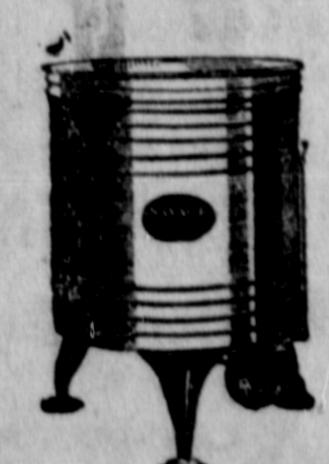
PHONES 43 and 385

# Six Choices

New Brunswick Phonograph ...... \$115 to \$385 New Sonora Phonograph ...... \$135 to \$175 New Columbia Phonograph ..... \$125 to \$375 New McLagan Phonograph ..... \$110 up New Gold Medal Phonograph ...... \$90, Consul New Ampliphonic Phonograph ..... \$90 All new reproducing models, see our floor display. You are cordially invited to come in and hear them. Terms ar-

J. LORNE MacLAREN, Ltd.

Mason & Risch Pianos Third Avenue, Corner Fifth Street



ranged.

## SAVAGE

ELECTRIC WASHER AND DRYER.

Washes, Blues, Rinses and Dries without wringer or having to put your hands in the water.

Cash Price ..... \$190 Also Easy Terms

KAIEN HARDWARE CO.