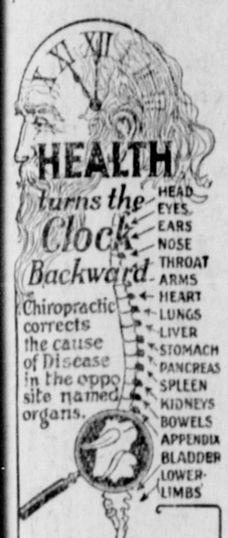
Sciatic Rheumatism

The Sciatic Nerve is the main motor nerve of the lower limbs. Branching off from the spine in the region of the hips, its work begins where it leaves the spinal column. When pressure occurs on this nerve, the victim is crippled.



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.

For this reason cause and effect are more closely related in sciatica than in most other conditions. When a spinal bone presses upon the sciatic nerve, the resultant pain begins right at the point of pressure.

For the same reason, Chiropractic Spinal Adjustments secure results more quickly and surely in sciatica than in most other conditions—because they are applied directly to the seat of the trouble and remove the cause.

HIS CANE NOW DISCARDED

"For months I had been suffering from Sciatica. I was in such shape I couldn't sleep, work or rest, and was hobbling about on a cane. A friend suggested that I try Chiropractic. I was backward about investigating Chiropractic, figuring it would be like all the other things I had tried without results, but the time came when I was willing to try anything. Adjustments were started, and I will frankly say that I was relieved from the first one. I laid my cane aside after the fourth adjustment and haven't picked it up since. It has now been a year past and I have not lost a day's work—have had no return of the trouble since."—Grant Taylor, Chiropractic Research Bureau, Statement No. 2088-K.

YOUR APPOINTMENT
For Health can be made by telephone

D. A. McMillan

Palmer Graduate
CHIROPRACTOR
Rooms 6 and 7 Exchange Block. Phone 691
Patho-Neurometer Service
Open Evenings

DEMAND

"Rupert Brand"

Kippers

"THE DAINTIEST BREAKFAST FOOD."

Smoked Daily by

Canadian Fish & Cold Storage Co., Ltd.

Prince Rupert, B.C.

SAVAGE

ELECTRIC WASHER AND DRYER.

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

Cash Price $190

Also Easy Terms

KAIEN HARDWARE CO.

FINE MATERIALS, SKILL AND EXPERIENCE, AND AGE IN AN OAK CASK, ARE REQUIRED TO PRODUCE

"CANADIAN CLUB" WHISKY

W37

s 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. tf

B.C. Undertakers. Phone 41.

G. A. Woodland was a passenger for Bella Bella this morning on the Catala.

Mrs. A. J. Gillatt of Sandspit sailed for the south on the Catala this morning.

Mrs. C. W. Swanson was a passenger for Butedale on the Catala this morning.

The orchestra will play in the Commodore cabaret on Wednesday and Saturday evenings. 39

Oller Besner returned to the city on the Catala last evening from a trip to southern cities.

Big Four Taxi, Phone 4, solicits your patronage. Safety, courtesy and dependability is yours. tf

Miss Mazel Cox left on this morning's train to be with her parents, Mr. and Mrs. E. R. Cox at Hazelton.

St. Valentine's Juvenile Masquerade, February 14, in Boston Hall, under auspices of Knights of Pythias. 36

A. M. Davies, of the staff of the provincial forestry office, sailed for Vancouver on the Catala this morning.

C.P.R. steamer Princess Mary, Capt. Cliff, arrived from Alaska this morning at 8:30 and sailed for Vancouver at 9:30.

John Hockin of Prince Rupert has arrived in Vancouver and will spend sometime in the city.—Vancouver Province.

Miss Verna Brochu, who has been seriously ill, is now making rapid progress toward recovery in the Prince Rupert General Hospital.

Ignace Jan Paderewski, world famous pianist, was one of the passengers aboard the steamer Tahiti, which left Vancouver this week-end for the Antipodes.

The Ocean Transport Co.'s freighter Yogen Maru, which loaded wheat here last week, will deliver 133,334 bushels at Tsumi, Japan, and 66,666 bushels at Kobe.

Passengers sailing for the south on the Catala this morning included Mrs. R. Mason, Mrs. A. J. Gillatt, Mrs. C. W. Swanson, W. Laing, A. M. Davies and G. A. Woodland.

Union steamer Catala, Captain A. Johnstone, reached port this morning at 1:30 from Vancouver and way points and sailed again this morning at 9 on her return trip south.

R. F. McNaughton, C.N.R. district passenger agent, is on a trip to the interior as far as McBride on official duties. He will return to the city about the middle of next week.

St. Valentine Tea and sale of home cooking by the Presbyterian Church Ladies' Aid, will be hld at the home of Mrs. S. Massey, Fourth Avenue West on Monday afternoon from 3 to 6. All are kindly invited.

Pastor I. A. Johansen taler søndag eftermiddag paa Metropole Hall. Hans emne er; "Skal Prince Rupert ha it sjomandshjem iller ikke?" Alle Skandinavere i Rupert bedes om at mode frem til ditte mode.

The Imperial Oil Co.'s tanker Mina Brea is due shortly from the south with oil for the company's local tanks. Capt. Larry Thomson, who went to Vancouver this week with the Japanese grain boat Yogen Maru, will pilot the Mina Brea north.

Trappers! Call and show your furs to the Old Reliable House. It will pay you as we can guarantee to give you higher prices than anyone else. We have big orders for all kind of furs, especially mink. Wm. Goldbloom, Second Avenue. Phone 522. tf

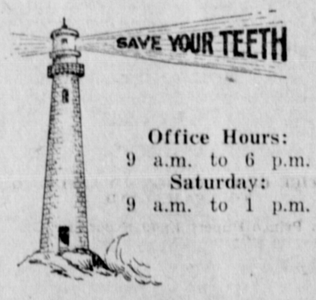
ANNOUNCEMENTS

Knights of Pythias St. Valentine's Juvenile Masquerade Ball, February 14.

Canadian National Employes Ball, Friday, February 18.

Elks' Annual Invitation Ball, February 25.

Established 1923.



Office Hours:
9 a.m. to 6 p.m.
Saturday:
9 a.m. to 1 p.m.

Any evening by appointment

DR. F. P. KENNY

DENTIST

Exchange Block. Phone 109

TIRED OUT? RUN DOWN? NERVES GONE?

"FRUIT-A-TIVES" MAKES LIFE WORTH LIVING AGAIN

MR. J. O. RINGHEIM.

"Before I learnt about 'Fruit-a-tives' I felt tired out and run-down, and my nerves were completely gone. Work seemed impossible. Since taking 'Fruit-a-tives' I feel like doing my work. Life is worth living again. I owe my present good health to 'Fruit-a-tives' and unhesitatingly recommend them."

So writes Mr. John O. Ringheim, of Wynndel, B.C., whose experience is typical of thousands restored to health by this fine fruit medicine.

When the bowels and kidneys are not functioning properly and the stomach is hampered in its work, nervous troubles often follow. "Fruit-a-tives", the natural medicine, sets things right quickly and safely. "Fruit-a-tives" is composed of fresh fruit juices, intensified and combined with tonics—a wonderful medicine. Step into the nearest drug store. Buy a 25-cent or 50-cent box. And know good health again.

Our shingles cost less and last longer. Seal Cove Lumber Co. tf

Westholme tonight, "Three Bad Men"—another Covered Wagon, huge all-star cast. 36

Mrs. Ira Reid of Georgetown sailed this morning for the south on the Catala.

Mrs. George Frizzell sailed for Vancouver this morning on the steamer Princess Mary.

Mr. and Mrs. G. Moore are returning to Queen Charlotte City on the Prince John tonight.

Mr. and Mrs. H. Darling returned to Smithers on today's train after a short stay in the city.

Queen Mary Chapter I.O.D.E. Election of officers in I.O.D.E. Hall on Monday afternoon at 3.30.

A. A. Connon is leaving tonight for Lockport on a business trip aboard the steamer Prince John.

Mr. and Mrs. G. O. Johnson and family were passengers for the south on the Princess Mary this morning.

E. H. Simpson, manager of the Langara Packing Co., is returning to Massett tonight on the Prince John.

W. M. Morgan, merchant at Lockport, returns home to the Islands on the Prince John, sailing this evening.

Fresh cut Daffodils, Narcissis, Tulips, etc. from our own greenhouse in Prince Rupert. Prince Rupert Floral Shop. 37

Fred Ball, charged with intoxication was fined $25, with the option of 30 days in jail, in the city police court this morning.

Mr. and Mrs. George Little and daughter returned to Terrace on this morning's train after a short visit in the city.

Motorship Bellingham, Captain J. E. Anderson, reached port last evening from Ketchikan with four carloads of frozen halibut and salmon for shipment to the eastern market.

A. Wells, of Edmonton, special representative of the Knight of Columbus, left on this morning's train for the east after visiting the local council at their meeting last night.

Charles Hunter, a well known pioneer of the city and a former prominent Socialist leader in the city, is lying seriously ill in the Prince Rupert General Hospital. He has completely lost his eyesight.

Mr. and Mrs. G. C. Andrew, formerly of Stewart, who are locating in eastern Canada sailed for the south on the Princess Mary this morning enroute to Regina. Mrs. Andrew is a sister of George Clothier of this city.

Now here! Louis F. Coles, piano tuner. For many years with Brinsmead, London, England; Martin Orme, Ottawa; Mason and Risch, Toronto. Repairs and adjustments of player pianos and grands a specialty. Central Hotel. Phone 15. 37

Dr. H. C. Wrinch, M.L.A. for Skeena, is much in the limelight at the Victoria legislature this winter. For the second time within a few weeks, he had his picture in the Vancouver Province on Tuesday. This time it was in connection with the announcement of his health insurance scheme.

Church Notices

ST. ANDREW'S CHURCH.
Church of England
Rector, Archdeacon G. A. Rix.
Sunday services at 11 a.m. and at 7.30 p.m. Sunday school at 2.30. Holy Communion first Sunday of month at 11 a.m.; third Sunday of month at 8 a.m.

BAPTIST CHURCH.
Minister, Rev. W. F. Price.
Sunday services at 11 a.m. Subject: "The Sheperd Lord." Evening at 7.30. Subject, "The Supreme Challenge of Life." Bright singing. Reverent worship. Gospel preaching. Music and song at 7.15. Organist, W. Vaughan Davies.

CHRISTIAN SCIENCE SOCIETY.
Service every Sunday morning in the Hays' Block, 245 Second Avenue. Subject on Sunday "Soul." Testimony meeting on Wednesday evening at 8 o'clock.

RUPERT EAST UNITED CHURCH
Anniversary Service on Sunday evening. Preacher, Rev. Geo. G. Hacker, Prince Rupert School of Music orchestra and Harmony quartette. Mrs. R. Wilson, accompanist.

UNITED CHURCH.
Morning service at 11 o'clock. Preacher, Rev. Evan Baker. Sunday School at 2.30. Evening service at 7.30 is the annual Young People's Service and is in charge of the Canadian Girls in Training. Special music by the girls' choir and a special address on young people's work. Encourage the young people by attending this service.

PRESBYTERIAN CHURCH.
Morning worship at 11 o'clock. Sunday School at 12.15. Evening service at 7.30. Preacher, Rev. W. J. Seeds of Vancouver.

SALVATION ARMY
Sunday Services. Morning at 11 o'clock. Holiness. Sunday School at 2.30. Evening service at 7.30. Salvation. Public meetings on Thursday and Saturday. All are welcome to these meetings.

PASTOR WILL SPEAK ON NEED OF SAILORS' HOME FOR PRINCE RUPERT

Rev. I. A. Johansen will speak on Sunday afternoon in the Metropole Hall at 3 o'clock. The subject will be "Shall we have a Sailors' and Seamen's Home in Prince Rupert?" All Scandinavians in Rupert are urged to attend.

The steamer Prince Rupert will make one more round trip to the south before laying up here for annual overhaul. The steamer Prince Charles will leave here on February 25 for the south and the steamer Prince George will take the run out of Vancouver on February 28, according to word received at the local C.N.R. ticket office this morning.

Pennsylvania, considered chiefly an industrial state, has more money invested in agriculture than any other industry but mining. An income of $500,000 a year is produced by 200,000 acres.

Linwood V. Castner of Medomak, Me., claims the world's clam digging championship. He dug 456 bushels of clams in 39 days, his best day's record being 18¼ bushels.

NOTICE

Under and by virtue of the provisions of Section 28 of the "Mineral Act," notice is hereby given Messrs. Malcolm Smyth, Edmund Langis, Harold Hansen and Albert Moore, that there is owing to the undersigned for Assessment Work performed on the Cordilla Group of Mineral Claims, Princess Royal Island, Skeena Mining Division, the sum of $393.88, and that unless said persons pay their proportionate share of the cost of such Assessment, together with all costs of advertising, etc., to the undersigned at Butedale, B.C., on or before May 12, 1927, application will be made to the Gold Commissioner, Prince Rupert, B.C., to have their respective interests in the herein mentioned Mining Group of Mineral Claims vested in the undersigned.

JACOB KOSKI.

MINERAL ACT

CERTIFICATE OF IMPROVEMENTS
NOTICE

Juanita, Anyox, Granby, Alamo, Rodeo, Pinto, Wann Fractional No. 2, and Monte Fractional Mineral Claims, situate in the Atlin Mining Division of Cassiar District. Where located:—On Wann River, Taku Arm of Tagish Lake.

TAKE NOTICE that I, Charles V. Bob, Free Miner's Certificate No. 89768, intend, sixty days from the date hereof, to apply to the Mining Recorder for a Certificate of Improvements, for the purpose of obtaining a Crown Grant of the above claim.

And further take notice that action, under section 86, must be commenced before the issue of such Certificate of Improvements.

Dated this 1st day of January, A.D. 1927.

H. McN. FRASER, Agent.

The Life After Death
and a real world beyond is shown in Swedenborg's great work on

HEAVEN AND HELL

Over 400 pages — only 25c post paid.

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486 Euclid Ave., Toronto, Ont.

THE LABEL IS RED AND WHITE

ENDLESS CARE PROTECTS ITS PURITY

It Looks Creamy
It Tastes Creamy
It is Creamy

MILK is a fragile food, easily spoiled. That is why Carnation takes such extraordinary care with the milk which goes into the Carnation tin.

Carnation quality starts at the farm. Selected farms—selected herds—the Carnation Field Force performing an endless service of inspection and education on the farms—rapid handling—scientific treatment—these are the secrets of Carnation purity and quality.

You'll like Carnation Milk. It is just pure, fresh milk made doubly rich by evaporation and kept safe by sterilization. Use it undiluted in place of cream at one-third the cost of cream. Use it diluted in all cooking—with better results and less cost. Order several tins or a case of 48 tins from your grocer.

CARNATION RICE PUDDING—Two cups Carnation Milk diluted with 2 cups water, ½ teaspoon salt, ⅓ cup sugar, ½ cup seedless raisins, grated rind of ½ lemon, ⅓ cup rice. Combine all ingredients except raisins. Turn into buttered baking dish, set in pan of hot water, and bake in 300 degrees F. oven three hours. Stir several times during first hour to keep rice from settling to bottom. After pudding has cooked two hours, stir in raisins. Return to oven and finish baking.

Send for a free copy of Mary Blake's Cook Book. Address Carnation Milk Products Company, Limited, Aylmer, Ont.

Carnation Milk

"From Contented Cows" *Produced in Canada*

TWO SIZES — TALL AND SMALL

The Rexall Store

ONE CENT SALE

For one week only, commencing Monday, February 14, and closing Saturday, February 19.

THE PLAN

Buy a 50c article and get another one for 1c, or two for 51c.

AN EXAMPLE

You buy a 35c Toothbrush and you will get another Toothbrush for 1c, or the two for 36c.

The biggest bargain-giving event of the year.

SHOP EARLY AND AVOID THE RUSH.

Ormes Ltd.

The Pioneer Druggists
Three Registered Pharmacists
3rd Ave. and 6th St. Phones 82 and 200

WASH DAY SUPPLIES

Willow Clothes Baskets ..... $1.75 to $2.00
Galvanized Pails
Clothes Lines
Ironing Boards
Galvanized Tubs
Wash Boards
Clothes Racks

Easy Vacuum Electric Washers ..... $140.00 and $180.00

Thompson Hardware Co., Ltd.

UNION STEAMSHIPS LIMITED

Sailings from Prince Rupert.

For VANCOUVER, VICTORIA, Swanson Bay and Alert Bay, etc., Tuesday, 5 p.m.

For VANCOUVER, VICTORIA, Alert Bay and Swanson Bay, etc., Saturday, 9 a.m.

For PORT SIMPSON, ANYOX, ALICE ARM, STEWART and Naas River Canneries, Sunday, 8 p.m.

123 2nd Avenue. R. M. SMITH, Agent. Prince Rupert, B.C.