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Mussallem's Meat Market

Pork Chops, Shoulders, per lb. 25c
Loin Pork Chop, per lb. 35c
Side Pork, per lb. 22c
Sirloin Steak, 2 lbs. .. 55c
Round Steak, 2 lbs. 45c
Mutton Chops, per lb. .. 35c
Lamb Chops, per lb. 40c
Veal Chops, per lb. 25c
Veal Steak, per lb. 25c
Pork Sausages, 2 lbs. for 35c
All kinds of Fish, Smoked and fresh.

Mussallem's
MEAT MARKET

Perfect Sight

A matter of foresight.
Many cases of eye trouble are averted by early application of proper lenses.
Present neglect may mean future trouble.

A. E. Ireland
Graduate Optometrist
319 Third Avenue.
(Opposite G.W.V.A.)

WOOD

Dry Jack Pine, Cedar, Birch and Spruce
Per load $6.50
Per half load $3.50
Per sack 50c
Firelighters, 48 for $1.00 delivered.

HydeTransfer
139 Second Avenue
Phone 580 Night or Day
WE BUY BOTTLES.

LINDSAY'S
Cartage and Storage
Phone 63
Cartage, Warehousing, and Distributing. Team or Motor Service.
Coal, Sand and Gravel.
We Specialize in Piano and Furniture Moving.

PEACE PROGRAM OF RED CROSS

CANADA IN THE FRONT RANK IN HEALTH WORK SAYS DR. F. W. ROUTLEY, DIRECTOR OF ONTARIO DIVISION

TORONTO, Jan. 26.—"Why has the Red Cross a Peace-time Program? And why did the Canadian Red Cross go on with its work after the war?" These two questions were asked Dr. F. W. Routley, director of the Ontario division of the Canadian Red Cross when he returned recently from a three months' sojourn in France where he was in charge of the health section of the League of Red Cross Societies which is composed of fifty-six nations, all of whom are "carrying on" in peace time as energetically as they did during the war.

"The reason for the peace time program of the Red Cross" said Dr. Routley "is that the war revealed some very startling facts with regard to the physical condition of the world's manhood. Never before had such immense numbers of men been subjected to medical examination and the results were astounding. A summary of the medical reports on the British draftees showed that of every nine men three were fit, three were infirm, two were almost physical wrecks and one a chronic invalid. In Canada we found that almost exactly one half the draftees were physically unfit for full service in the field. In all countries similar conditions were found. Our long-held illusion that in peace there need be no struggle to attain and maintain health among the people was forever dissipated. It was for the first time realized that good health is a fundameptal essential to all national greatness and that it cannot be found in war times unless it has existed in times of peace.

"Soon after the Armistice the Five Great Powers (Great Britain, France, Italy, Japan and the United States) became active in the initiation of a committee "to formulate and to propose to the Red Cross Societies of the world a program of Red Cross work in interests of humanity." A conference of medical experts—one of the most remarkable gatherings of authorities on health questions the world had seen—met at Cannes in April, 1919, and decided after careful deliberations, "that a non-political organization such as the Red Cross would be able to educate the public regarding the means of prevention of disease, and would be in many other ways able to stimulate, support and aid all governments in their health work."

RED CROSS LEAGUE

"So in the Covenant of the League of Nations, at the request of all the nations participating in the Peace Conference a special article was inserted defining a peace time program for the Red Cross and in 1919 the League of Red Cross Societies was formally brought into being. Headquarters of the League are in Paris where a staff of nearly one hundred experts representing many nations carry on the work of the secretariat which consists of the Divisions of Nursing, Disaster Relief, Junior Red Cross and the Health and Publications sections where my own work lay.

"The League, in my opinion, is doing an invaluable work toward the rehabilitation of many of the war torn countries of Europe :it is making equally invaluable contributions to the cause of preventive medicine through the collection and dissemination by its experts of the best health knowledge; and it was most gratifying to find that Canada occupies a front rank position in public health work and is shoulder to shoulder in methods and vision with the four or five great nations of the world.

MATTERS OF INTEREST

"Our Canadian Nursing Outpost Hospitals, the first of their kind in the world, our Junior Red Cross which began in 1914 with one small group in Montreal, our Visiting Housekeepers' plan for assisting distressed families and our general procedure with regard to health work in Canada I found to be all matters of the greatest interest to my fellow workers in Europe. Several countries are already imitating our Outpost Hospitals idea. It has spread to Australia, Norway, Sweden, Poland and Bulgaria; the Germans are trying out in some of their bigger cities the Visiting Housekeeper plan and there is universal enthusiasm regarding the immense possibilities of the Junior Red Cross which began with us but has now a membership of over ten millions throughout the world. Of the great tasks being undertaken in Europe by the Red Cross I found the re-establishment of the Bulgarian refugees of perhaps the most intense interest but there is much else to arrest attention. An international course in public health nursing has been recently inaugurated at Bedford College, England, for nurses from all countries and already there are women from fourteen different countries in attendance. Just think what Florence Nightingale would have thought of that as a stride in preventive medicine and the healing arts! But it is only one sample of the constructive work which is being undertaken in a dozen different directions by the League of Red Cross Societies in its peace time program."

DEPARTMENT OF LANDS

NOTICE
Application for Grazing Permits for the Season of 1927.

Application for permits to graze livestock on the Crown ranges within any grazing district of the Province of British Columbia, must be filed with the District Forester at Fort George, Kamloops, Nelson, Prince Rupert, Vancouver, or Williams Lake on or before March 31st, 1927.

Blank forms upon which to submit applications may be obtained from the District Foresters at the above named places, or from the Department of Lands at Victoria, B.C.

G. R. NADEN,
Deputy Minister of Lands.
Department of Lands,
Victoria, B.C.,
January 4, 1927.

LAND ACT

NOTICE OF INTENTION TO APPLY TO TO LEASE LAND

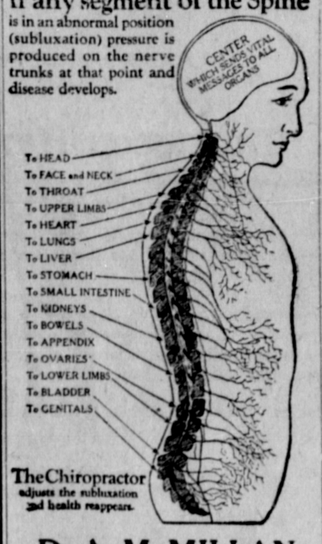
In Prince Rupert Land Recording District of Prince Rupert, and situate on the north shore of Crescent Inlet, Moresby Island, Queen Charlotte Islands, in the Province of British Columbia, and being about one and a half miles from the head of the Inlet.

TAKE NOTICE that James Field, of Prince Rupert, B.C., occupation Marine Broker, intends to apply for a lease of the following described lands:—

Commencing at a post planted on the north shore of Crescent Inlet, about one and a half miles from the head of the Inlet; thence northwesterly 20 chains; thence southwesterly 20 chains; thence southeasterly 20 chains; thence northeasterly 20 chains, and containing forty (40) acres, more or less.

JAMES FIELD,
Applicant.
Dated November 27, 1926.

If any segment of the Spine is in an abnormal position (subluxation) pressure is produced on the nerve trunks at that point and disease develops.



The Chiropractor adjusts the subluxation and health reappears.

D. A. McMILLAN
Palmer Graduate
CHIROPRACTOR
Patho-Neurometer Service.
Open Evenings
Rooms 6 & 7, Exchange Block
Phone 691

ANGER, the TAILOR
Suits made to order. in our shop as low as $50
223 Sixth Street

GEORGE RORIE
CHARTERED ACCOUNTANT AND AUDITOR
Phone 387
243 Second Avenue West, Prince Rupert

For appetizing breakfasts

Quick Quaker

"Stands by" you through the hours when your most important work is done. Cooks in 3 minutes—that's faster than toast.

Sealed Cartons Only

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LAND ACT

NOTICE OF INTENTION TO APPLY TO TO LEASE LAND

In Prince Rupert Land Recording District, and situate at Huston Inlet, Queen Charlotte Islands.

TAKE NOTICE that Robert M. Currie, of Vancouver, B.C., occupation fish packer, intends to apply for a lease of the following described lands:—

Commencing at a post planted at northeast corner about 1,000 feet westerly from miners' cabins at head of Huston Inlet; thence westerly 20 chains; thence southerly about 12 chains, thence easterly 20 chains; thence northerly about 12 chains, and containing 24 acres, more or less.

ROBERT M. CURRIE,
Applicant

LAND ACT

Skeena Land District, District of Queen Charlotte Islands.

TAKE NOTICE that sixty days after date, I intend to apply to the Chief Commissioner of Lands for a licence to prospect for coal and petroleum over 640 acres of land bounded as follows:

Commencing at a post planted at the southwest corner of Section 36, Township 3, Graham Island, and marked "A.J.G.'s southwest corner"; thence east 80 chains; thence north 80 chains; thence west 80 chains; thence south 80 chains to point of commencement, being Section 36, Township 3, Graham Island, B.C.

A. J. GORDON,
Locator.
Dated December 17, 1926.

Fuller's Tea
is good tea.

WE WANT YOU TO TRY IT.
Include a pound package in your next order.
The regular price is 75c. If you will take two lbs. this week the price will be 2 lb. for $1.15
Satisfaction guaranteed or money refunded.

Specials This Week are:
Sterling Catsup, per bottle .. 20c
Heinz Catsup, 3 bottles for .. 95c
Heinz Pork and Beans, 15c size, 6 tins for 70c
Only a few cups and saucers left on the "Jif" deal. Get yours now, only 25c
50c Navel Oranges at 2 doz. for 75c
Nabob Pure Strawberry Jam, per tin 75c
Nabob Pure Plum Jam, per tin 50c

B.C. Butchers & Grocers
Limited
Phones 45 and 574.

SUN SPOTS AND RATE OF DEATH

HAVE BEEN BLAMED FOR EVILS ON EARTH—MORE CHILDREN SAID TO DIE WHEN THEY ARE FREQUENT

Sunspots have often been blamed for the evils which have from time to time afflicted the earth. And meteorologists have linked up the cycle of frequency of sun spots corresponds exactly to the periods of high death rates among children caused by diphtheria, measles, scarlet fever and whooping cough; still, they do claim that there exists a periodicity of these diseases which manifests itself at about the same period as sun spots are visible.

An analysis of the above mentioned diseases, made by the bureau of statistics of an insurance company, has revealed the fact that since the year 1900 (date of the the first observations) they have pursued a parallel course. A definite and significant correlation exists between measles and whooping cough, just as a similar correlation exists between scarlet fever and diphtheria.

According to the bureau of statistics, it is impossible to determine exactly the causes of the periodicity of the diseases mentioned above. It has been customary, however, to associate these periodicities either with the cycle of pathogenic organism causing the disease, or with the periodical phenomenon of atmospheric conditions. It is pointed out that the cycle of frequency of the sun spots is about every seven years. Meteorologists have also observed a cycle correlative to the preceding one in the case of abundant rainfalls.

The above fact bears out the popular belief that "disease is brought about by rain."

MORTALITY OF MOTHERS HIGH

MONTREAL, Jan. 27.—(By Canadian Press).—The Gazette's women's page editor says of Miss Margaret Bondfield, M.P., who is visiting Canada: "She gives the impression of great practical ability and keen grasp of the questions of the day. Nothing could be farther removed from the fanatical type of agitator. She is logical and reasonable in her presentation of fact, and has a cheerful confidence that conditions will gradually improve in British industry, though she deprecates the attitude that a reaction has already set in. Among the matters affecting women workers, Miss Bondfield instanced the White Lead Bill, which is due to come before the House in its next session. This bill would prohibit the employment of women in the industries concerned on the ground of health. The Maternity Convention is another piece of legislation, which would compel a woman to stop work six weeks before the birth of her child and not to return until six weeks after, providing maintenance and care for her during this twelve week's period.

"Our maternal mortality is high. An average of 3,000 women each year lose their lives in childbirth, and many more are permanently injured. The Maternity Convention is aimed at reducing this terrific rate of mortality and disability."

STOMACH SO BAD CAN'T EAT EVEN FRUIT

"For years was badly constipated and troubled with gas after eating. Could not eat fruit and many other things. Adlerika has done me good—can now eat anything." (signed) W. H. Fletcher. Adlerika removes GAS and often brings astonishing relief to the stomach. Brings out a surprising amount of old waste matter you never thought was in the system. Stops that full bloated feeling and makes you enjoy eating. Excellent for chronic constipation.—Ormes Limited, Druggists.

Week-end Specials

MEAT DEPT.
Eastern Salt Herrings, special, 3 for 25c
Nova Scotia Salt Cod, 2 lb. bricks, special 33c
Smoked Kippers, per lb. 15c
Veal Stew, per lb. 12½c
Veal Pot Roasts, per lb. .. 17½c
Veal Steak, per lb. 25c
Boiling Beef, per lb. 12½c
Hamburger, per lb. 15c
Beef Sausage, per lb. 15c
Oven Roast, per lb. .. 20c to 25c
Fresh Crabs and Shrimps, market price.
Picnic Hams, per lb. 19½c
Pure Lard, 3 lb. tin 65c
Pure Lard, 5 lb. tin $1.10
Pure Lard, 10 lb. tin $2.15

California Table Figs, 2 lbs. for 25c
We have only a limited amount of above. Phone your order early.
New Season's Bulk Dates, 2 lbs. for 25c

COMBINATION SPECIAL
4 tins Canned Fruits, 95c
Your choice of the following:
Nabob Red Plums, 2½'s.
Malkin's Sliced Peaches, talls, 1's.
Malkin's Bartlett Pears, 2's.
Quaked Pitted Red Cherries, 2's.
Malkin's Apricots, 1's, talls.
Saanich Loganberries, 1's, talls.
4 tins assorted, 95c

Evaporated Peaches, per lb. .. 25c
Black Figs, 2 lbs. 35c
White Figs, 2 lbs. 25c
Market Day Raisins, 4 lb. pkg. 60c
Burma Rice, 3 lbs. 25c
Table Raisins to clear, per pkg. 15c
Jelly Powders, all flavors, 4 for 25c

Feed Lines at Clearance Prices
Barley Chop, per sack $2.20
Whole Barley, per sack $2.10
Crushed Oats, per sack $2.50
Oat Chop, per sack $2.50
Feed Oats, per sack $2.40
Ground Oilcake, per sack .. $3.75
Developer, per sack $3.35
Baby Chick Feed, per sack $3.65

Van Camps Soups, 2 for 25c
Vegetable or Tomato.
Breakfast Bacon, machine sliced, per lb. 39c
Penick Salad Oil, made from pure corn—
Pints 35c; quarts, 70c; ½ gal. $1.35; gallon, $2.60

STOCKTAKING SPECIALS
Pure Spices, any kind, at 3 tins for 25c
Pure Extracts, all flavors—
2 oz. special 22½c
4 oz. special 41c
8 oz., special 75c
Above lines are Malkin's Best and above prices are made to facilitate stocktaking. This is your chance to stock up and save money.

Rupert Table Supply Co
Phones 210 and 211

DINNERWARE

See our windows for dinnerware. We have a wonderful selection of the latest patterns in Johnson Bros.'

"Pareek" China
At prices equal to any in Canada

Visit Our Basement Store
We Save You Money

Max Heilbroner
Diamond Specialist 527-529 Third Avenue

WESTHOLME THEATRE
TONIGHT ONLY, 7 and 9 p.m.

"DON JUAN'S 3 NIGHTS"
Distinguished cast
LEWIS STONE, SHIRLEY MASON, JED PROUTY, KALLA PASHA, MALCOLM MACGREGOR, MYRTLE STEDMAN, ALMA BENNETT, GERTRUDE ASTOR, BETTY FRANCISCO and others.

COMEDY — "WATCH OUT."
AESOP'S FILM FABLES

Admission - - - - - - 35c and 10c

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.

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, ANYON, ALICE ARM, STEWART and Naas River Canneries, Sunday, 8 p.m.
123 2nd Avenue. R. M. SMITH, Agent. Prince Rupert, B.C.

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EVERYTHING REDUCED
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The H. S. WALLACE Co., Ltd.
Phone 9. 3rd Ave. and Fulton

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