

ASK YOUR DOCTOR

About Washday

Family Doctors know that a washday is the barrier to a woman's health and happiness. Why endure this strain on strength and vitality. Try the laundry way. Just gather the soiled clothes . . . telephone us . . . and wash-day is over.

The LAUNDRY Does it best

CANADIAN LAUNDRY

and Dry Cleaners

Phone 8

HEALTH FOLLOWS



A SOUND INVESTMENT IN HEALTH Produces a Bigger Dividend than the safest bond

W.C. Aspinall

CHIROPRACTOR 6 Exchange Block Green 241

COAL Prices DOWN

Pembina Peerless Egg \$12.00
Pembina Washed Nuts \$11.25
Alberta Sootless Egg \$12.00
Alberta Lump \$13.00
These Coals are under cover and delivered dry.

Hyde Transfer AND COAL CO.

139 Second Avenue

MILK -- PRICE Reduced to

12 pints for \$1.00
7 quarts for \$1.00
Cash price tickets.
McBride Street store now closed

Valentin Dairy

Office and Dairy - 11th St. Telephone 557.

Dr. Alexander

Smith Block Phone 575

DENTIST

OFFICERS FOR NEW COMPANY

ESPERANZA OF ALICE ARM HOLDS ITS INITIAL MEETING HERE LAST NIGHT

The newly-formed Esperanza Mining Company held its first meeting yesterday in the office of the secretary-treasurer, B. H. Mortimer, approved all the work of incorporation and elected a permanent board of directors. These were Norman Fraser and Angus MacDonald of Alice Arm, Thomas McMeekin and D. B. McDougall of Prince Rupert, and Peter Gordon of Anyox.

Mr. Fraser, who has had charge of the mine for the syndicate that formerly owned it, told of the operations up to the present time and hopes were expressed that a material showing would be made this season. The company is capitalized at \$500,000 in dollar shares, which today show a market value of 25c each.

KITCHEN SHOWER FOR MISS MAYDO LARKIN

Something Like Thirty Guests Assembled Last Night at Home of Mrs. F. G. Dawson

Miss Mayo Larkin, who is to be married next week to Arthur Nickerson of Anyox was the guest of honor last night at the home of Mr. and Mrs. F. G. Dawson at a kitchen shower given by about thirty young people and arranged by Mrs. Dawson and Miss Agnes Dawson. The large guest room was tastefully decorated with hearts and tulips.

The guests were entertained with the drawing and reading of horoscope and contest games. Then at the appointed bag of gifts, the old man being personated by Miss Dawson in suitable costume. Each gift was accompanied by an amusing rhyme and these were read by the recipient and caused much merriment.

Another interesting feature was a bride made from a broom and other kitchen articles and with a dusting cloth for veil that was also presented to the bride-to-be. Those present included: Miss Larkin, Mrs. Larkin, Misses Stella Nickerson, Dorothy Macdonald, Evelyn Macdonald, Margaret Graham, Myra Harvey, Virginia Bell, Cathie Irvine, Frances Cross, Mollie Cross, Marjorie Lancaster, Willa Dyer, Mrs. H. M. D. Lamb, Misses Ada Mizingohr, Norma

Stop! Look! Listen!

Grocery Specials 3 DAYS ONLY

- Granulated Sugar, 10 lbs. . . 79c
- Chibee Evaporated Prunes, 4 lbs. . . 35c
- Dry Green Peas in satchels, 2 pkgs. for . . . 25c
- Victoria Cross Cocoa, 5 lb. pkge. . . 69c
- Mayflower Toilet Soap, 4 cakes . . . 35c
- Fels Naptha Soap, per carton 87c
- Heinz Cream Tomato Soup, reg. 2 for 25c. Special, per tin 11c
- Per dozen . . . \$1.27
- Heinz Tomato Catsup, per bottle . . . 30c
- 6 lb. Boxes Sodas . . . 69c
- Extra Special Sultana Raisins, 3 lb. for . . . 39c
- Libby's Apple Butter, large tins . . . 19c
- To clear, your choice, as you like 'em—Scribblers, Erasers, Pencils, Rulers, 7 for . . . 25c
- Pullet Extras, guaranteed, 3 doz. for . . . \$1.00

B.C. Butchers & Grocers Limited

Phone—45-574

Spring Hats

Demers

Costumes

Latest Frocks

More Food Value



FEWER frills and more "regular" food—that's what most men want. But they like flavor, too. Let Carnation Milk help you put both flavor and food value into plain dishes. Its double richness and creamy smoothness do it. Nothing but water taken out. Nothing added. Write for free Cook Book Carnation Milk Products Co. Limited 144 Abbott Street VANCOUVER, B.C.

Carnation Milk "From Contented Cows"

Mizingohr, Laura Stevens, Lilian Lowe, Ruth Hilchey, Mrs. J. Muldoon, Misses Ina Woods, and Margaret Eyoifson.

FORMER RESIDENT DIED IN WALES

Mrs. John Raymond Lived Here for Number of Years and Was Church Worker

Many local friends will regret to learn of the death which occurred last month at the home of her sister, Mrs. L. Jones in Pylorstown, South Wales, of Mrs. John Raymond, who resided in Prince Rupert for some seven years, having left for the Old Country about five years ago. The husband of the late Mrs. Raymond, also deceased, was engaged here as a stevedore during his residence in the city. They came here from Francois Lake where they had been engaged for some years in ranching. The late Mrs. Raymond, who was 55 years of age and a native of Wales, was a faithful worker in St. Andrew's Anglican Cathedral while in Prince Rupert. She had many friends and was much esteemed. After the death of her husband, she had made residence here with Mr. and Mrs. Frank Morris. Interment took place in Ferndale Cemetery, Glamorganshire, South Wales.

THIS WEEK'S SPECIALS

- Nabob Coffee, 1's, per tin . . . 65c
- Nabob Tea, 1's, pkg. . . 70c
- Christie Sodas, per tin . . . 45c
- Butter-Krust Toast, pkg. . . 35c
- Heinz Chili Sauce, bottle . . . 35c
- Nabob Pure Honey, 12 oz. jar 30c
- C. & B. Pickled White Onions, jar . . . 50c
- C. & B. French Capers, 4 oz. bottle . . . 30c
- Quaker Corn on Cob, 2 1/2's, per tin . . . 30c
- Columbia Peas, 2 1/2's, per tin 28c
- Columbia Sliced Peaches, per tin . . . 23c
- French Mushrooms, per tin . . . 45c
- Mazola Oil, 1 lb. tin . . . 40c
- 2 lb. tin . . . 75c
- 4 lb. tin . . . \$1.40
- 8 lb. tin . . . \$2.50

Alberta Market

P. GAMULA, Proprietor Fifth Street. Phone 208

30,000 ANIMALS IN JASPER PARK

CENSUS REVEALS LARGE NUMBER MOUNTAIN SHEEP, DEER, GOAT, BEARS AND OTHER CREATURES

JASPER, March 20. — In the ordinary sense of the word, taking the census is an easy and prosaic business. But it is not quite so trite in Jasper National Park, which is a wild animal sanctuary five thousand square miles in area. A man can hardly go up to a grizzly bear and say, "Good morning, sir. I'm taking the census. How many are there in your family?" If the census-taker does that there is likely to be one less in his own family. Of course the animals are not all as careless in their treatment of stray humans as the grizzlies, but it isn't any easier to keep track of the high-stepping sheep and the swift-running caribou.

In spite of all handicaps, the wardens have been able to get a very good estimate of the inhabitants of Jasper. Rocky Mountain sheep and mule deer head the list, they say, with ten thousand and head each. There are between two and three thousand goats; between one thousand and two thousand caribou; about eighteen hundred moose, one thousand elk; between one hundred and fifty and three hundred grizzlies; and about two thousand black and cinnamon bears. Beaver are plentiful and there are great numbers of otters, fishers, martins, mink, muskrats and porcupines. Figures for these small animals are not available, but, if they are not included, Jasper's animals residents go beyond thirty thousand in number. And that is a conservative estimate.

A few years ago, some of Canada's finest animals, such as the bison, were threatened with extinction, but the national parks were created and the animals are secure for ever. Since Canada's last natural hunt for many of them, the educational value of the game preserve is great, and apart from education, there is always a thrill in coming upon a lordly mountain ram standing in the road with head up, watching you curiously, or in catching sight of a beautiful deer scampering off in the woods. Travellers in Jasper have remarked the taming effect freedom from fear of man has had on the wild animals and have been amazed how "doc" they could come to the bears and even the very shy animals such as the deer and the sheep. That this is something to be desired, everyone will agree, especially the student of wild life and the photographer. The photographer is only hunter allowed to shoot and many beautiful trophies are "brought down" every season by the camera.

SALARIES OF JUDGES

OTTAWA, March 21.—A special committee of fifteen will investigate to increase the salaries of judges. The motion to do so carried by 111 to 58.

EASTER HOLIDAYS

OTTAWA, March 21.—Parliament will adjourn for ten days for Easter from March 30 to April 10.

Market Prices

- Prices current are as follows:
- LARD . . . 25c
 - Compound . . . 20c
 - EGGS . . . 35c
 - B.C. Fresh pullets . . . 35c
 - B.C. Fresh firsts . . . 40c
 - B.C. Fresh extras . . . 45c
 - Local new laid . . . 50c
 - FISH . . . 50c
 - Smoked kippers, lb. . . 15c
 - Kipped salmon, lb. . . 25c
 - Smoked black cod, lb. . . 20c
 - Finnan haddies, lb. . . 25c
 - MEATS . . . 30c and 40c
 - Fowl, No. 1, lb. . . 38c and 40c
 - Roasting chicken, lb. . . 45c
 - Ham, sliced, first grade . . . 50c
 - Ham, whole, first grade . . . 35c
 - Ham, picnic, lb. . . 22 1/2c
 - Cottage rolls, lb. . . 29 1/2c
 - Bacon, back, sliced . . . 50c
 - Bacon, side . . . 45c to 55c
 - Pork, dry salt . . . 38c
 - Ayrshire bacon, lb. . . 35c
 - Veal, shoulder . . . 25c
 - Veal, loin . . . 40c
 - Veal, leg . . . 35c
 - Pork, shoulder . . . 28c
 - Pork, loin . . . 40c
 - Pork, leg . . . 35c
 - Beef, pot roast . . . 15c to 20c
 - Beef, boiling . . . 12 1/2c to 18c
 - Beef, steak . . . 30c to 45c
 - Beef, roast, prime rib . . . 32c
 - Lamb, chops . . . 50c
 - Lamb, shoulder . . . 38c
 - Mutton, leg . . . 40c
 - Lamb, leg . . . 48c
 - Mutton, chops . . . 40c
 - Mutton, shoulder . . . 30c
 - BUTTER . . . 45c
 - Brookfield, Shamrock and Woodland, lb. . . 50c
 - E.C.D., lb. . . 50c
 - Capitol, 2nd grade, lb. . . 45c
 - Fraser Valley, lb. . . 50c
 - New Zealand, in bulk . . . 48c
 - prints . . . 50c
 - Alberta Creamery . . . 45c
 - CHEESE . . . 65c
 - Camembert cheese, 8 oz. pkg. . . 65c
 - Kraft Limberger, 1/2's . . . 35c
 - Ontario solids . . . 35c
 - New Zealand solids . . . 30c
 - Stilton, lb. . . 40c
 - Kraft . . . 45c
 - Norwegian Goat . . . 65c
 - Napoleon Limberger . . . 70c
 - Roquefort . . . 75c
 - Swifts Brookfield, lb. . . 45c
 - Gorgonzola, lb. . . 75c

When your Child has Croup

RUBBED on throat and chest, the effect of Vicks in relieving spasmodic croup is two fold:
(1) Its medicated vapors, released by body heat, reach air passages direct;
(2) At the same time it stimulates the skin, thus helping the inhaled vapors ease the difficult breathing.



Weekend Specials

150 POUNDS FORESTVILLE CREAMERY BUTTER PRINTS Special 3 lbs. for \$1.30 Limit 6 lbs. to each customer. Make it snappy if you want to secure any of this butter. All Butter Prices have advanced to the highest point this season. We expect market to hold firm for at least six weeks.

- Cut Cherries, per lb. . . 39c
- Rogers Golden Syrup, 5 lb. pail, special . . . 43c
- Blue Ribbon Peaches, 11 oz. pkg., reg. 25c, while they last, half price, 2 for 25c
- Pride of Canada Maple Syrup qt. bottles, Special, each . . . 89c
- Crossed Fish Sardines. The finest on the market, special, 2 for . . . 29c
- Silverlake Salmon, 1's, 2's, Special, 2 tins for . . . 35c
- Ensign Brand Log Cabin Syrup, 2's, Special, 2 tins for . . . 35c
- Granulated Sugar in bulk 14 lbs. for . . . \$1.10
- Limit 23 lbs. to each customer.
- Iceing Sugar, 2 lb. pkg. . . 19c
- Evap. Apricots, special, 2 lbs. for . . . 45c
- Catsup in tins, 2's . . . 15c

EASTER NOVELTIES, 10c and 15c
Chocolate Hens and Easter Eggs at . . . 15c each
Chocolate Rabbits, Egg Cups, and Neals at . . . 10c each
Our stock is complete. Wait until Easter Week and pay twice as much?

COMBINATION VEGETABLE SPECIAL 40 lbs. \$1.00
Following assortment:
15 lbs. Terrace Turnips.
8 lbs. B.C. Carrots.
5 lbs. Red Beets.
4 lbs. Cooking Onions.
8 lb. Potatoes.

HOME MADE MINCE PIES These are genuine Made Deep Mince Pies Each 50c
We are experimenting to see if there is a demand for first class pastry.

DOROTHY MILK, \$5.25 per case. 3 sizes, baby 96 to case; talls 48 to case; hotel 24 to case Talls, 9 tins for \$1.00

COMBINATION SPECIAL Lot 1.
1 tin Delmonte Sliced Pineapple, reg. 25c.
1 tin Libby's Crushed Pineapple, reg. 25c.
1 tin Sliced Peaches, reg. 25c.
1 tin Rosedale Apricots, reg. 25c.
1 tin Bartlett Pears, reg. 25c.
Special 5 for \$1.00

FRUITS & VEGETABLES
Sunkist Oranges, 3 doz. for . . . \$1.80
Jumble Pack Apples, per doz. . . \$2.15
Florida Grape Fruit, 2 doz. . . 2.00
California Grape Fruit, 2 doz. . . 2.00
Fresh Rhubarb, per lb. . . 15c
Chula Vesta Celery, per lb. . . 12 1/2c
Head Lettuce, 2 for . . . 25c
Mexican Tomatoes, lb. . . 35c
Lemons, per doz. . . 35c
Cucumbers, each . . . 30c
Cauliflower, 35c and 40c
Green Peppers, lb. . . 35c
Parsley, bunch . . . 10c
Texas Cabbage, 3 lbs. . . 25c
Bunch Carrots, 2 for . . . 25c
Green Onions and Leeks.

PROVISIONS
Picnic Hams, each . . . 95c
Back Bacon in piece, average 4 lb., per lb. . . 35c
Cold Roast Pork, lb. . . 50c
Golden Leaf Cheese, 2 1/2 lb. Brick . . . 80c
Lard in bulk, 2 lbs for 30c
Ayrshire Roll Bacon, machine sliced, lb. . . 35c
B.C. Fresh Pullets Eggs, 3 doz. for . . . \$1.00
B.C. Fresh Firsts (med. size) Eggs 3 doz. for . . . \$1.15
B.C. Fresh Extras, large size Eggs, 3 doz. for . . . 1.25
Sterling Chow Pickles, 1 lb. jar, special . . . 15c

FRESH MEAT DEPARTMENT
Leg Roast Pork, lean, 1/2 or whole leg, lb. . . 25c
Each Leg of Pork weighs an average of 8 pounds.
Our butcher is an expert on Rolled Roast Beef.
We carry a complete stock of Fresh Fish, Halibut, Cod Fillets, Crabs, Shrimps, etc.

CUSTOMERS' SPACE
For Quick Sale—Monarch Range \$50.00
6 hole, in good condition, stove pipes and bake pans included.

Rupert Table Supply

3 Phones—210 - 211 - 212

WESTHOLME THEATRE

WEDNESDAY and THURSDAY, 7 and 9 p.m.

Dorothy Mackail and Jack Mulholland

'Smile, Brother, Smile'

E. J. RATCLIFFE, T. ROY BARNES, PHILO McCULLOUGH, YOLA D'AVRIL and others.

AESOP'S FILM FABLES. PATHE REVIEW. Admission . . . 35c and 10c