

ASK YOUR DOCTOR

About Washday

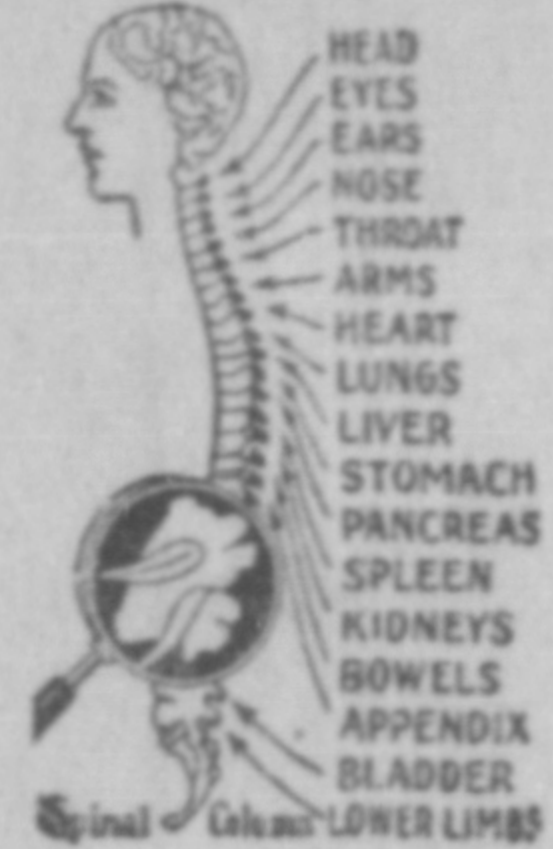
Family Doctors know that a washtub is the barrier to a woman's health and happiness. Why endure this strain on strength and vitality. Try the laundry way. Just gather the soiled clothes . . . telephone us . . . and wash-day is over.

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

Spring Hats

Demers

Costumes

Latest Frocks

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

SEA MONSTERS ARE DISCUSSED

PROFESSOR GOWANLOCK THINKS SEA SERPENT IS OARFISH OR KING OF THE HERRINGS

HALIFAX, N.S., March 26.—Referring to a story describing the adventures of a Lunenburg "old salt" with a sea monster that boarded his ship on the Banks some 20 odd years ago, Professor J. A. Gowanlock, fisheries expert and professor of biology at Dalhousie University, declares that the yarn may not be so "tall" as some would think. The story told of a huge monster with a head like a horse on a five foot neck that hauled itself over the side of the schooner showing only a part of its great length, and was shot by terrified men on board, afterward sliding back and disappearing into the sea.

"As a matter of fact," said Professor Gowanlock, "his description of the sea serpent closely accords with descriptions of what is in many ways the most remarkable of all known fish, the 'Oar Fish' or 'King of the Herring,' whose scientific name is 'Regalecus Glesne.' This astonishing beast has been captured at widely separated points, from New Zealand to the most northern Scandinavian coasts, with, for example, some fifty records for Northern European waters. One specimen which came ashore at Bermuda was 26 feet long, while another 25 feet long had been recorded.

"In spite of its great length the King of the Herring is only a foot high and is so compressed laterally that its thickness is less than four inches. The group to which the King of the

IS Chiropractic a Fake?

MONDAY HEALTH TALK
No. 8
R. E. EYOLFSON, D.C., Ph.C.

We constantly hear the expressions, "Chiropractic is the biggest fake that was ever pulled off." "They even have medical men within their ranks," etc. I am therefore placing before you the opinions of a few prominent medical men, to show that there are two sides to the question.

"The drugless healer is one of the best things that has come into the life of the present."—Chas. Mayo, M.D., Rochester, Minn.
"Chiropractic meets human needs to a far greater extent than any other pathy. It would be difficult to tell exactly what percentage of cures are possible by spinal adjustments; the percentage is so large, however, that the necessity of the employment of all other measures pales into insignificance."—Alfred Walton, M.D., Philadelphia, Pa.

"I have been astonished by the good results obtained from Chiropractic."—F. A. Hall, M.D., Indianapolis, Ind.

"A patient whom I did not treat, but know very well, had diagnosis by good men in the City of Portland for tuberculosis of the bowel and was sent home to die. He took up with a cult and writes me that he is absolutely well, having gained 30 pounds or more."—Richard Cabat, M.D., Chief Medical Staff, Massachusetts General Hospital.

"Under spinal adjustments, acute diseases are cut short and abated, and chronic diseases recover which have been believed to be incurable."—A. A. Gregory, M.D.

"I practise Chiropractic constantly."—R. C. Ellsworth, M.D., Astoria, Ore.
Some of you may still be skeptical about the efficiency of Chiropractic in the treatment of disease. But, the forerunners of the modern steam engine, flying machine, telegraph and radio have had their quota of "can't be done," "they're crazy," and look at them today.

Enquiry re your health problem is solicited.

R. E. EYOLFSON

CHIROPRACTOR
623 Third Avenue West
Phones—
Office: Blue 85.
Residence: Black 252.

Bitter Enemies

"Fruit-a-tives" the Foe of Constipation

NEW MILLS, N. B.—"I can honestly say 'Fruit-a-tives' are the best internal regulator I have ever used. Other remedies, and I have tried many, cause pain and griping, but 'Fruit-a-tives' always act easily and effectively. I most sincerely recommend them."

Mr. S. MacNair.

Made from the intensified juices of fresh fruits combined with tonics, "Fruit-a-tives" is a natural medicine. It strengthens the system to act naturally without the continuous use of laxatives—25c and 50c a box.

Herrings belongs, are denizen of the ocean depths adapted for life in those quiet waters. Only occasionally are they by some unusual disturbance, cast up to the surface.

SPORT CHAT

With the big return bout settled for Wednesday night of next week, Dido Gurvich of Prince Rupert and Jimmy McDonald of Vancouver are now in real training for the event. Starting last evening, Gurvich will work out nightly in the Grand Terminal Club where the preliminary boys are also working. McDonald has taken up his training quarters in the Empress Club.

More than usual interest is being taken in the city billiard championship games which are now in progress. Bill Long's flashy victory over Jimmy Hamilton last Friday evening has boosted his stock as a favorite to retain the earlier title which he already holds. He and Fred Pyle are already in the second round. The match on Tuesday night between Mayor McMorille and Don Brown promises to be the most interesting of the remaining first round senior games.

Babe Ruth, who has enjoyed unusual success in picking pennant winners in past years, handicaps the 1928 big league races as follows:

National—Cardinals, Pirates, Giants, Cubs, Reds, Braves, Robins, Phillies
American—Yankees, Athletics, Senators, Tigers, Indians, White Sox, Red Sox, Browns.

Sweden receives 68,000 foreign tourists every year of whom one-eighth are Americans, who make an average sojourn of 19 days and leave behind them \$6,000,000.

MORTGAGE SALE OF SHIP (CHIEF SKUGAID)

TAKE NOTICE that under and by virtue of a certain Ship's Mortgage dated the 4th day of February, A.D. 1927, which will be produced at the time of sale, there will be offered for sale by Public Auction by Smith A. Nickerson, Sheriff, at 3 o'clock in the afternoon on MONDAY, MARCH 26, A.D. 1928, at his Office in the Court House, in the City of Prince Rupert, Province of British Columbia, the gasoline screw fishing vessel named "CHIEF SKUGAID," together with her boats, gear and appurtenances.

Terms of sale: Cash.

For further particulars in connection with the sale apply to the Montreal Finance Company, Limited, 1104, Standard Bank Building, Vancouver, B.C., or to Patmore & Fulton, Scott Block, Prince Rupert, Solicitors for the Mortgagee.

DATED at Prince Rupert, B.C., this 5th day of March, A.D. 1928. 71

THIS WEEK'S SPECIALS

- Braid's Best Coffee, per lb. . . . 60c
- Braid's Best Tea, in tins, per lb. . . . 70c
- Sugar, 10 lbs. for 75c
- Flour, all brands, 49 lb. sack \$2.55
- Wild Rose Flour, 10 lb. sack 55c
- Fancy Mixed Biscuits, special, 3 lbs. for 95c
- Del Monte Sliced Pineapple, 2's, per tin 30c
- Aylmer Crushed Pineapple, 2 1/2's, per tin 25c
- Nabob Red Plums, 2 1/2's, per tin 25c
- Empress Jam, 4 lb. tin 50c
- Your choice of Prune, Red Plum, Greengage, Gooseberry or Loganberry.
- Malkin's Strawberry Jam, 2 lb. tin 38c
- Seedless Raisins, 4 lb. pkg. special this week 50c
- Instant Postum, large tin 50c
- Swansdown Cake Flour, pkg. 45c
- Swift's Premium Bacon, average 4 1/2 lbs. apiece, per lb. 42c
- Circle "S" Picnic Ham, per lb. 22c
- Eggs, Fresh Extras, 3 doz. \$1.15
- Royal Crown Soap, 6's, pkg. 22 1/2c
- Fels Napha Soap, pkg. 85c
- Sunkist Oranges, your last chance, 3 dozen \$1.00

Alberta Market

P. GAMULA, Proprietor
Fifth Street. Phone 208

Market Prices

Prices current are as follows:

LARD
Pure 25c
Compound 20c

EGGS
B.C. Fresh pullets 35c
B.C. Fresh Hirts 40c
B.C. Fresh extras 45c
Local new laid 50c

FISH

Smoked kippers, lb. 15c
Kipper salmon, lb. 25c
Smoked black cod, lb. 20c
Finnan haddies, lb. 25c

MEATS

Fowl, No. 1, lb. 38c and 40c
Roasting chicken, lb. 40c
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 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 35c
 Mutton, leg 40c
 Lamb, leg 48c
 Mutton, chops 40c
 Mutton shoulder 30c

BUTTER

Brookfield, Shamrock and Woodland 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

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 70c
 Swift's Brookfield, lb. 45c
 Gorgonzola, lb. 75c
 McLaren's Cream, jars 45c and 85c
 Brookfield Swiss cheese, 1/2 lb. pkg. 30c
 Brookfield Canadian cheese, 1/2 lb. pkg. 25c

GRUYERE

Golden Loaf, lb. 45c
 Jack, lb. 50c
 Romano Sardo, lb. 75c
 Gammelost, 1/4 lb. 30c

SUGAR

White, per 100 \$7.25
 Yellow, per 100 \$6.75

FLOUR

Flour, 49's, No. 1 hard wheat \$2.75
 Pastry flour, 10's 65c
 Pastry flour, 49's \$2.90

VEGETABLES

Beets, 6 lbs. for 25c
 Beets, sack \$2.75
 Carrots, 8 lbs. for 25c
 Carrots, sack \$2.25
 Potatoes, 8 lbs. 25c
 Sack \$2.25
 Parsley, bunch 10c
 Cauliflower, B.C. head 40c
 California head lettuce 15c
 Garlic, imported, per lb. 40c
 Leeks, bunch 10c
 California celery, head 10c & 15c
 Spinach, local 2 lbs. 35c
 Texas New Cabbage, lb. 10c
 Spanish onions, per lb. 10c
 Cooking onions, 4 lbs. for 25c
 New green onions, per bunch 3c



TIMBER SALE X6731

There will be offered for sale by Public Auction at the office of District Forester, Prince Rupert, B.C., at noon on April 18th, 1928, the Licence X6731, Oastish Bay, Mussel Inlet, C.R. 3, to cut 749,000 feet board measure of Spruce, Cedar, Hemlock and Balsam sawlogs. Any person unable to attend the Auction in person may submit a sealed tender to be opened at the hour of auction and treated as one bid.

Two years will be allowed for removal of this timber.

Further particulars of Chief Forester, Victoria, or District Forester, Prince Rupert, B.C.



TIMBER SALE X9957

Sealed Tenders will be received by the Minister of Lands at Victoria, B.C., not later than noon on the 31st of April, 1928, for the purchase of Licence X9957, to cut 209,295 lineal feet of Cedar poles and piling on an area situated on Lot 424, Kumbie Slough, Queen Charlotte Islands Land District.

Two (2) years will be allowed for removal of timber.

Further particulars of the Chief Forester, Victoria, B.C. or District Forester, Prince Rupert, B.C.

MINERAL ACT (Form F.)

CERTIFICATE OF IMPROVEMENTS NOTICE

Princess Pat, Lot 4366; Pilot, Lot 4367; R.A.F., Lot 4368; Observer, Lot 4369, Mineral Claims, situate in the Atlin Mining Division of Cassiar District. Where located: On Munro Mountain about four miles from the town of Atlin.

TAKE NOTICE that we, James Stokes and C. R. Fraser, Free Miner's Certificate No. 89980-90061, 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.

Aud further take notice that action, under section 85 must be commenced before the issue of such Certificate of Improvements.

Dated this 5th day of March, A.D. 1928. H. McN. FRASER, Agent.



H. J. Trihey, K.C.

Becomes Director of Victor Company

H. J. Trihey, K.C., well-known Montreal Attorney played important part in re-organization of Company in which he now holds Directorship.

Announcement is made from the offices of Victor Talking Machine Company of Canada Limited, Montreal, of the election of Mr. H. J. Trihey, K. C., as a director of the Company. Mr. Trihey is also a director of the Montreal City and District Savings Bank and of Canada Foundries and Forgings, Ltd.

Mr. Trihey, who is also the Victor Company's Counsel, began his association with the talking machine industry in 1921, when he was retained as counsel for Berliner Gramophone Co., Ltd., at a time when that company's affairs were in a disorganized state. He took an active part in the reorganization which ultimately resulted in the formation of Victor Talking Machine Company of Canada Limited. Mr. Trihey is, consequently eminently fitted for his new and important post in this well-known Canadian organization.

Mr. Trihey fills the vacancy in the Directorate created by the resignation of Mr. B. Gardner, who recently left for Japan to organize and become Managing Director of Victor Talking Machine Company of Japan Limited.

Leeks, 2 for 15c
 California radishes 15c
 Turnips, 6 lbs for 25c
 per sack \$3.00
 Brussels Sprouts, per lb. 25c
 Hothouse Rhubarb, lb. 15c

FRUIT

Oranges, Valencia, dozen 40c to \$1.00
 Lemons, Sunkist, dozen 40c and 50c
 Imperial Valley Grapefruit 3 for 25c
 Florida grapefruit, each 15c
 Bananas, 2 lb. 35c
 extracted honey, lb. 25c
 Dates, bulk, 2 lbs. for 25c

RAISINS, bulk, per lb. 15c

Sweet Potatoes, 2 lbs. for 25c
 California layer figs, per brick 20c
 California Dainty Dates, package 25c
 Yellow Newtowns "C" grade \$3.50
 Fancy \$3.75
 Extra fancy 4.00
 Winesaps, "C" grade \$3.50
 Fancy \$3.75
 Extra Fancy \$4.00
 Navel oranges, 40c to \$1.00

DRYED FRUITS

Lemon and orange peel 30c
 Iron peel 50c
 Black cooking figs, 2 lb. 25c
 White figs, 2 lb. 25c
 Currants, 2 lbs. 35c
 Apples 25c
 Peaches, peeled 25c
 Apricots, lb. 35c
 Prunes, 90-100, 4-lbs 25c
 25 lb. box \$1.50
 Prunes, 60-70, lb. 10c

Prunes, 30-40 15c
 40-50, 2 lbs. 25c
 25 lb. box \$2.75

Evaporated pears, halves, lb. 25c
 25 lb. box \$5.50

NUTS

Almonds, shelled Valentias 65c
 Brazils 35c
 Walnuts, broken shelled 50c
 Walnuts, shelled halves 65c
 Almonds 35c
 Peanuts 20c
 Manchurian walnuts 25c
 California walnuts 40c
 No. 1 mixed nuts 35c
 New filberts 25c

FEED

Wheat, No. 5 100 lbs. \$2.90
 Oats \$2.70
 Bran \$2.00
 Shorts \$2.10
 Middlings \$2.50
 Barley \$2.75
 Poultry mash \$3.30
 Special egg mash \$3.60
 Oyster shell \$2.20
 Scratch food \$3.20
 Beef scrap \$5.00
 Ground oil cake \$4.25
 Baby chick feed \$4.25
 Fine oat chops \$2.90
 Crushed oats \$2.90
 Fine barley chop \$2.90

TOO LATE TO CLASSIFY

FOR SALE — FRUIT AND CHICKEN Ranch, 20 acres, 6 acres under cultivation, 100 producing fruit trees; house and barn; two miles from Terrace, \$3000.00, terms if desired. McRae Bros., Ltd. 78

FOR SALE — ORTHOPHONIC GRAMOPHONE with 21 records. Also Singer machine in good condition. Spot cash. Phone Red 246. 79

FOR SALE — SOME GOOD BUYS IN trolling boats, packers and seiners. See Field, Northern Exchange, Cow Bay. 96

HOUSE TO RENT (MODERN). Furniture for sale.—Phone Red-259. 11

WESTHOLME THEATRE

MONDAY ONLY, 7 and 9 p.m.

"No Place to Go"

A comedy-romance of Broadway and the South Seas.
LLOYD HUGHES, MARY ASTOR, HALLAM CEELEY, JED PROUTY, RUSS POWELL, MYRTLE STEDMAN, VIRGINIA LEE CORBIN and others.

COMEDY — "TIE THAT BULL"
PARAMOUNT NEWS
Admission 35c and 10c

DEMAND

"Rupert Brand" Kippers

"THE DAINTIEST BREAKFAST FOOD"
Smoked Daily by

Canadian Fish & Cold Storage Co., Ltd.
Prince Rupert, B.C.

Chiropractic

I wish to announce to the people of Prince Rupert that I have opened offices in the Wallace Block, corner Third and Fulton.

My system of curing acute and chronic diseases is ultra-modern — and rarely fails! I wish especially to get in touch with those people who are suffering from so-called incurable disorders.

Without obligation on your part, call in and allow me to explain my system to you.

Dr. C. O. McKAY, D.C.

Phone 134

Canadian National Steamships Co. Limited

Prince Rupert DRYDOCK AND SHIPYARD

Operating G.T.P. 20,000 Ton Floating Dry Dock
Engineers, Machinists, Boilermakers, Blacksmiths, Pattern makers, Founders, Woodworkers, Etc.
ELECTRIC AND ACETYLENE WELDING.
Our plant is equipped to handle all kinds of MARINE AND COMMERCIAL WORK.
PHONES 43 and 385

SALE of DRESSES

A fortunate purchase of Ladies' Dresses at remarkable low prices. All new styles and popular fabrics.
British Spun Silks, Flat Crepes, Crepe Back Satins, Crepe de Chines, etc., not two dresses alike.
36 British Spun Silk Dresses, tailored styles, long sleeves \$9.95
10 Crepe-de-Chine Afternoon and Evening Frocks \$12.50
15 Italian Flat Crepe Dresses, and Crepe Back Satins \$15.00
6 Jap Spun Silk Dresses \$3.95
4 Black Duchesse Satin Dresses, sizes from 36 to 42 \$8.50

FRASER & PAYNE

Universal Trading Co.