

What a Difference

When You Let The Laundry Do The Washing

GONE are the tell-tale signs of worry and drudgery—for the woman who lets us shoulder the burden of the family washing! Youthful contour—sparkling eyes—hands that are graceful and velvet smooth—all these are her's who sensibly avoids wash-day toil. Patronize us regularly—your mirror will soon detect an amazing change.

The LAUNDRY Does it best

CANADIAN LAUNDRY

and Dry Cleaners
Phone 8

Do This

For your own interest, there is one thing you should do, and that is, to learn for yourself what Chiropractic is, what it has accomplished, and what it can accomplish for you at need. This is stated regardless of your present state of health.

All health authorities agree that prevention is better than cure, and no sensible person can disagree. Lacking in modesty though it may seem, I confidently state that Chiropractic can do more to prevent disease than any other agency, for it removes the cause.

By my chiropractic health method I correct diseases of the eyes, ears, nose, throat, lungs, heart, stomach, liver, kidneys, bowels and lower organs.

YOUR APPOINTMENT For Health can be made by telephoning Green 241.

W. C. Aspinall

CHIROPRACTOR
Exchange. Block

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 957.

Dr. Alexander

Smith Block
Phone 575

DENTIST

Here's Speedy Relief From Bunion Pains and Soft Corns

Emerald Oil Must Give Complete Satisfaction or Money Cheerfully Refunded

Get a two-ounce bottle of Moone's Emerald Oil (full strength) today. Every well stocked drug store has this, with the distinct understanding that your money will be cheerfully returned if it does not reduce the inflammation, soreness, and pain much quicker than any remedy you ever used.

Two or three applications of Moone's Emerald Oil and in fifteen minutes the pain and soreness disappears. A few more applications at regular intervals and the inflammation is gone.

And as for Soft Corns a few applications each night at bed time and

they just seem to shrivel right up and scale off.

No matter how discouraged you have been with pads, shields, or other applications, if you have not tried Emerald Oil then you have something to learn.

It's a wonderful formula—the combination of essential oils with camphor and other antiseptics so marvellous that thousands of bottles are sold annually for reducing varicose or swollen veins.

Every good druggist guarantees the first bottle of Moone's Emerald Oil to end your foot troubles or money back.

LOCAL NEWS ITEMS

J. L. Christie returned to the city on the Prince Rupert this morning from a brief business trip to Anyox and Stewart.

T. J. Shenton, inspector of mines, returned to the city on the Prince Rupert this morning from a trip to Anyox on official duties.

Miss Irene Morrison called this morning by the Prince Rupert on a holiday trip to Vancouver, Victoria and other points in the south.

Oscar Gendron of Terrace reached the city from the interior on yesterday afternoon's train and called this morning by the Prince Rupert for Vancouver.

D. W. McLeman, pioneer hardware merchant of Stewart, was a passenger aboard the Prince Rupert this morning going through to Vancouver on a business trip.

George G. Bushby, after having spent a few days in the city on business in connection with his local interests, called this morning by the Prince Rupert on his return to Victoria.

John M. Morrison, formerly of Alice Arm and now located in Vancouver, arrived in the city on the Prince Rupert this morning following a visit to the Arm and will be here for a few days.

W. A. Lewthwaite, associate of Hon. H. H. Stevens, M.P., was a passenger aboard the Prince Rupert this morning returning to Vancouver after a brief visit to Stewart to institute reconstruction work on the Portland Canal Short Line Railway which is to be opened up for traffic.

C. G. Stimpson, general manager of the Baxter Pole Co., which is operating extensively in Massett Inlet, arrived in the city from the Islands on the Prince John last night and will return to Port Clements on the same vessel tomorrow night. The Baxter Pole Co. is now establishing a new camp about four miles from Port Clements and has a

large crew of men engaged in building a road into it.

The condition of Hugh M. Smith of the city fire department who is ill at his home with pneumonia was reported this morning to be still critical.

Harry Zeffert, well known Stewart merchant, was a passenger aboard the Prince Rupert this morning going through to Vancouver to meet Mrs. Zaffert who is returning from a trip to England.

J. E. Miller, inspector of customs, and his assistant, Thomas Mason, returned to the city on the Prince Rupert this morning after making the round trip to Stewart and Anyox and stopped off here on official duties.

After a trip which was rough in spots, C.N.R. steamer Prince John, Capt. Neil McLean, arrived in port at 11:30 last night from Vancouver via the Queen Charlotte Islands. The vessel brought about fifteen passengers from the Islands and her cargo includes cement and lumber for Albert & Mc-

Caffery and the dry dock. The John will sail at 8 o'clock tomorrow evening on her return south via the Islands.

C.P.R. steamer Princess Beatrice, Capt. Robert Thomson, is reported due at 9 o'clock tomorrow morning from Vancouver and wayports.

James Killas returned to the city from a business trip to Premier on the Prince Rupert this morning. His commissary, which was burned down in the recent fire at Premier, is to be re-established.

W. A. Talbot, assistant district engineer for the provincial department of public works with headquarters in Anyox, is a visitor in the city, having arrived from the north on the Prince Rupert this morning.

The schoolboard last night accepted the tender of Albert & McCaffery to supply one car load of coal to the schools at \$11 a ton. Other firms tendering were Prince Rupert Feed Co., Hunters, and Philpott, Evitt & Co.

Hospital matters were discussed by the Trades and Labor Council and a male attendant for night service was urged. The question of unemployment insurance was brought up and the Saturday half holiday movement endorsed. S. D. Macdonald presided.

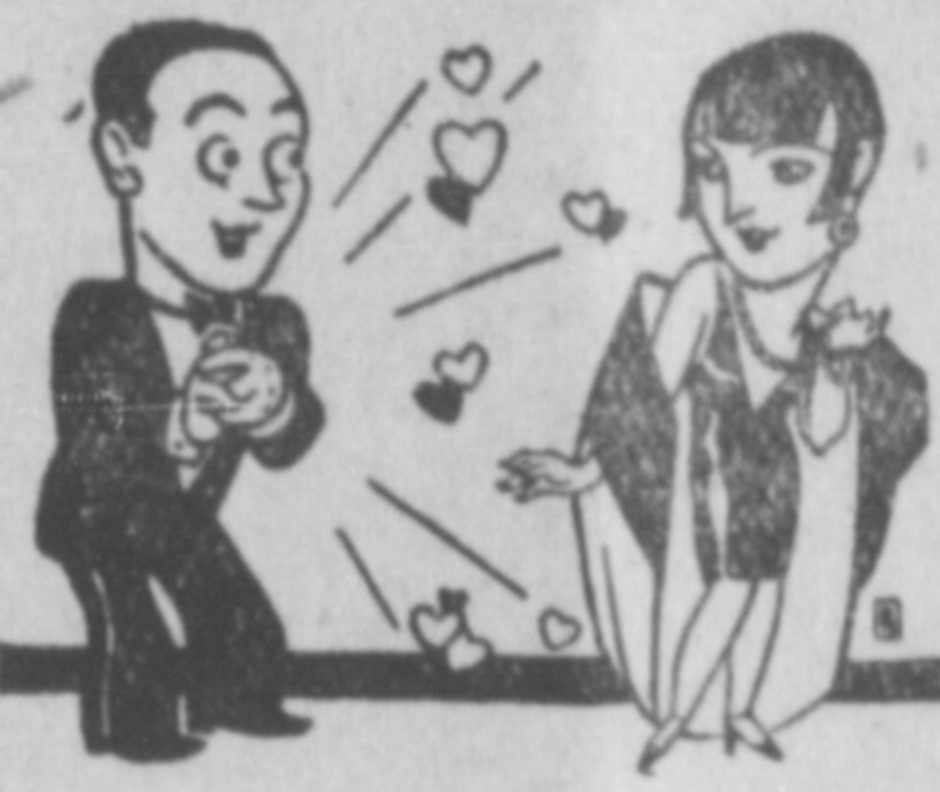
Victor Records



Diane

(I'm in Heaven When I See You Smile)

Waltz The Troubadours 21000
Organ Jesse Crawford 21146



Is She My Girl Friend?

Fox Trot Coon-Sanders Orchestra 21148
Vocal Johnny Marvin 21153

My Ohio Home

Fox Trot Jean Goldkette and His Orchestra 21166

My Blue Heaven

Vocal Gene Austin 20964
Fox Trot Paul Whiteman and His Orchestra 20828
Organ Jesse Crawford 21092
Instrumental Victor Salon Group 35875



Among My Souvenirs

The big hit of the season!

Fox Trot Roger Wolfe Kahn and His Orchestra 21084
Instrumental Paul Whiteman's Concert Orchestra 35877

Also the latest Red Seal records by famous Victor artists

Victor Talking Machine Co.



of Canada, Limited

Weekend Specials

50 ONLY, PICNIC HAMS AT 95¢ EACH
Circle "S" Brand, average weight 4 1/2 lbs. each. Phone your order early as quantity is limited.

Blue Mountain Sliced Pine-apple, 2's
Special, 3 tins for 40¢
White Wonder Soap
5 for 25¢
20 for 95¢
Hillsdale Asparagus (not tips)
Large tins, special each 25¢

COMBINATION X
These are all large tins.
1 tin Quaker Royal Anne Cherries.
1 tin Quaker Peaches.
1 tin Quaker Apricots.
1 tin Nabob Green Gages.
Regular \$1.40.
Special, 4 for \$1.00

HARRY HORNE'S PRODUCTS
3 for 25¢. Per dozen 95¢ (your choice)
Jelly Powders—Flavors orange, crabapple, grape, lemon, loganberry, strawberry, raspberry, cherry, peach, pineapple.
Custards and Puddings—Vanilla, lemon, standard, tapioca.
Icings—Chocolate, strawberry, caramel, orange, lemon and cherry.
Also Horne's Gelatine at same price.

New Hollow Dates, in bulk,
2 lb. for 25¢
5 lb. for 55¢
Dorothy Milk, Baby Size,
per tin 5¢
Limit 20 tins to each customer.

Royal City Pork and Beans
Special, 3 for 25¢
Weston's Fruit Cake—
It's a pleasure to sell this line.
Kitch Fruit, per lb. 50¢
Cherry Fruit, per lb. 45¢
Genoa, per lb. 45¢
Valencia, per lb. 45¢
Special Price by the Slab.
Libby's Pork and Beans, medium size, 2 tins for 25¢

COMBINATION SPECIAL
6 lb. No. 1 Jap Rice.
4 lb. Sultana Raisins.
Reg. \$1.15. Special 95¢

EXTRA FANCY CHICKENS
White Plymouth Rocks. Our second shipment arrives Thursday. These birds are fresh killed by an expert, and are guaranteed to be under 1 year old. They average 7 to 8 lbs. each. 12 only to sell at 45¢ per lb.
Please specify whether to be cleaned and drawn. No extra charge.

CANNED VEGETABLES
Assortment "K"
3 tins Nabob Tomatoes, 2's.
3 tins Quaker Peas, No. 5.
3 tins Quaker Corn.
3 tins Quaker Refusee Beans
Reg. \$2.15 doz. Special \$1.85

CANNED FRUITS
Assortment "M"
2 tins Rosedale Peaches, 1's.
2 tins Royal Anne Cherries, 1's.
2 tins Rosedale Pears, 1's.
2 tins Libby's Fruit Salad, 1's.
2 tins Rosedale Apricots, 1's.
2 tins Libby's Sliced Pine-apple, 1's.
Regular \$3.25 dozen.
Special, per dozen \$2.50
Weston's Sample Tins Fancy Assorted Biscuits 85¢
Brown Sugar, 4 lbs. for 25¢
Limit 8 lbs. to customer.
Victoria Cross Sockeye-Salmon, 1/2's, 2 tins for 45¢
per dozen \$2.50

"AN APPLE A DAY KEEPS THE DOCTOR AWAY"
"C" Grade Winesaps, wrapped stock, per box \$3.10
These are heavy pack, medium size, running 175 to the case. Just the size for the kiddies.

Robin Hood China Oats, with cup and saucer, pkg. 37¢
Wild Rose Pastry Flour, 10 lb. sacks 55¢
Ridgway's Old Country 5 O'clock Tea—
6 lb. tin, special \$2.49

Sunkist Oranges, sweet and juicy, medium size, 3 dozen \$1.00
California Grape Fruit, 3 for 25¢
Large Ripe Bananas, 2 lbs. 35¢
Sunkist Lemons, per doz. 40¢

FRESH MEATS AND FISH
Beef, Pork, Veal and Lamb at lowest prices. The combined grocery and meat stores are outselling the specialty stores today. One delivery does the work. We handle Fresh Fish, Halibut, Spring Salmon, Crabs, Shrimps, Cod Fillets, Smoked and Salt Fish of all kinds.

GREEN VEGETABLES
Fresh Spinach, 2 lbs. 35¢
Fresh Rhubarb, lb. 15¢
Fresh Tomatoes, lb. 40¢
Cauliflower, per head 40¢
Chula Vista Celery, lb. 12 1/2¢
Head Lettuce 15¢
New Texas Cabbage, lb. 10¢
Del Monte Prunes, 40,50,
4 lb. wood box 59¢

PROVISIONS
New Zealand Cheese, lb. 39¢
This is a new shipment just arrived. Quality stock.
Maid of Clover Creamery Butter—
In bulk, 3 lbs. \$1.40
14 lb. brick \$6.00
B.C. Fresh Pullet Eggs—
3 dozen \$1.00
B.C. Fresh Firsts, 3 dozen \$1.15
B.C. Fresh Extras, 3 dozen \$1.25

Cash and Carry Grocery

Corner Fulton and Sixth Ave.

SAVE THE COPPERS

Sugar, Granulated, 10 lbs. 73¢
Milk, any brand, per tin 12¢
Tea—Malkin's Best, Blue Ribbon, or Nabob, lb. 70¢
Bulk Tea—Excellent quality, per lb. 59¢
Coffee—Great West, Malkin's Best, Nabob, lb. 65¢
Coffee—Fresh Ground, per lb. 49¢
Creamery Butter, per lb. 43¢-46¢
3 lbs. in one block \$1.25
Salt Pork, per lb. 32¢
Bacon, Swift's Premium, back, special per lb. 42 1/2¢
Picnic Hams, per lb. 22¢-24¢
Eggs, strictly fresh, 3 doz. \$1.18
VEGETABLE SPECIAL
10 lb. Carrots
10 lb. Turnips
10 lb. Potatoes (Ashcroft)
4 lb. Onions
34 lbs. for 93¢

Tomatoes, large tins, 6 for 95¢
Pineapple, Singapore, 7 for 95¢
Canned Fruits, assorted, 3 for 89¢
Soap, Fels Naptha, per bar 8¢
Royal Crown Soap, per carton 25¢

Fresh line Green Vegetables every boat at attractive prices
FRESH MILK AND CREAM IN FRIGIDAIRE

AGAINST SUMMER TIME CHANGE IN BRITISH COLUMBIA

(Victoria Colonist)
It is not often that this newspaper takes issue with decisions reached by the board of directors of the Chamber of Commerce, but we fully believe that body has made a retrograde step in advocating the introduction of daylight saving in this community. It is not wanted by transportation interests; it is not wanted by farmers, it is, most assuredly, not wanted by those mothers who are preoccupied with the care of their children. It is a plan which finds no favor among those who believe that there are certain customs, the usage of which leads to more harmonious relations between neighboring cities. So far as is known there is no intention of making daylight saving a provincial custom during the coming Summer. There is no indication that Vancouver seeks to effect a change. Most certainly the adoption of fictitious times does not interest other points on Vancouver Island. It is not known that there is any place in the Puget Sound district where the intention is to adopt it this year.

CRANEMAN KILLED
VANCOUVER, March 9.—Jack Simpson, steam crane tender at the Rat Portage Company's mill was instantly killed today when struck by a load of timber.

WESTHOLME THEATRE

FRIDAY AND SATURDAY, 7 and 9 p.m.
Saturday Matinee, 3 p.m.

"NELSON"

The life story of the victor of Trafalgar, Britain's national hero of the sea. A British production filmed with the co-operation of the British Admiralty. Battles of Copenhagen, The Nile, St. Vincent, and Trafalgar in superb realism.
CEDRIC HARDWICKE AS LORD NELSON
Huge All-Star Cast.

AESOP'S FILM FABLES
METRO-GOLDWYN NEWS GAZETTE
Admission 35c and 10c

Rupert Table Supply

3 Phones—210 - 211 - 212
Prompt Delivery—9:30 a.m. 11:30 a.m. 2:30 p.m. 4:30 p.m.
Courteous Service

To Every Woman

who is eager for new ideas in home decoration—new color combinations for the sun porch, new color schemes for baby's room, new color beauty everywhere in the house—"61" Brushing Lacquer comes as a household blessing.

Kaien Hardware Co.
Telephone 3