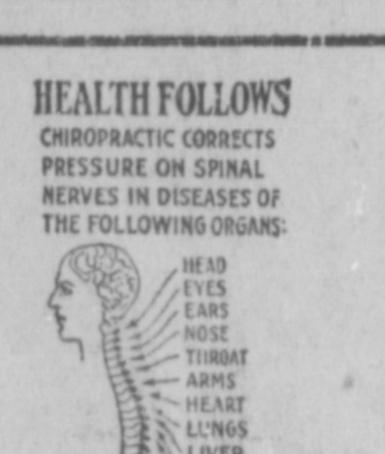
When You Let The Laundry Do The Washing

GONE. are. the tell-tale signs of worry and drudgery-for the woman who lets us shoulder the burden of the family washing! Youthful contoursparkling 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

Dry Cleaners

Phone 8



PANCREAS

SPLEEN

KIDNEYS

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

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.

Smith Block Phone 575

TERRACE IS THAWING SLIGHTLY HAZELTON AND BURNS LAKE BOTH HIGH TEMPERATURES

The Government telegraphs at 8 o'clock this morning reported warmer weather almost everywhere in the district, particularly along the C.N.R. and at the head of Portland Canal. It is thawing slightly today at Terrace while at Hazelton and Burns Lake the temperatures are high. Both Alice Arm and Anyox report no frost. The detail of the reports follows: Prince Rupert .- Overcast, calm; temperature, 8.

Haysport.-Cloudy, light wind, temp.

Port Simpson. - Cloudy, calm, temp.

Terrace.-Cloudy, calm, temp. 33. Rosswood.-Cloudy,calm, temp. 28. Aiyansh.-Part clody, calm, temp. 28. Alice Arm.-Clear, calm, temp. 32. Anyox-Clear, calm, temp. 32. Stewart.-Clear, calm, temp. 28. Hazelton.-Clear, calm, temp. 30. Smithers .- Part cloudy, calm, temp.

Burns Lake.-Cloudy, calm, temp. 30. Telegraph Creek .- Cloudy, calm, temp.

Nahlin.-Clear, 24 below. Atlin.-Cloudy, 5 below.

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 MRS. I. W. POWELL will be produced at the time of sale there will be offered for sale by Public Auction by Smith A. Nickerson, Sheriff. in the Court House, in the City of umbia, the gasoline screw fishing vesse' named "CHIEF SKUGAID," together with of historical prominence and a pioneer 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 Mort-DATED at Prince Rupert, B.C., this 5th day of March, A.D. 1928.

The

MONDAY HEALTH TALK

R. E. EYOLFSON, D.C., Ph.C.

par; when your head aches or your stomach troubles; when throat is sore or you have a "cold," or the back aches or rheumatism cripples-you want relief.

When that time comes, bear in mind that the natural way to do a thing is the right way to do it a thing is the right way to do it. The natural way, in matters of health is to remove the cause. rather than attempt to treat the

Chiropractic spinal adjustments remove pressure from nerves. which is the cause of over 90 per cent of ill-health.

YOUR CONSULTATION IS INVITED

CHIROPRACTOR 623 Third Avenue West Phones-

Office: Blue 85. Residence: Black 252.

(SELVIG BROS.) Phone 765 Third Ave.

> KJOT FISK GRONSAKER GJETOST NOKKELOST FETMYSOST PRIMULA GAMMELOST FISKEBOLLER FLATBROD

MULTER O.S.V. 1st kl. varer. Billige priser. Hurtig ombringelse.



What Shall We Give?

DACK through the centuries Christmas has always been a time for the giving of presents-big or little things to delight and gladden the hearts of children and their elders.

But where are the Christmas presents of other years—the toys, the useful things? Broken—worn out—forgotten.

Keep alive the spirit of your gift. Let it bring happiness and contentment from year to year—add a Royal Bank Savings Book to your list of Christmas presents.

Christmas Presentation Covers are provided for Gift Books.

The Royal Bank of Canada

Prince Rupert Branch - - F. E. Robertson, Manager

Whitehorse.--Clear, calm, temp. 15 Carmacks.-Cloudy, calm, 20 below. Dawson.-Cloudy, south wind, 25 be-

OF VICTORIA DIES

VICTORIA, March 12.-Mrs. I. W of the city, died Saturday.

NEW ROAD BRINGS MANY VISITORS bus.

Tourist traffic into Yoho National Park was five times greater the year of the opening of the motor highway from in the previous season. In 1925 visitors 18,667 bus. to this park numbered 6,000. In 1926 after the road was opened, visitors numbered 30,000

NOTICE.

Re-Certificate of Title No. 2094 I to Lots London, 112,201 bus.

Lots seventeen (17) and eighteen 14.933 bus. (18), Block twenty-six (26), Section 14.933 bus. Re-Certificate of Title No. 8902 I to Lot Hamburg or Dunkirk 67,200 bus. nineteen (19), Block ten (10), Sec-

forty-three (43), forty-four (44) and (27), Section eight (8), City of for Taiftao 42,833 bus.

office, notice is hereby given that from the date of the first publication hereof, issue a provisional Certificate of bushels. Title in lieu of each of the said lost Certificates, unless in the meantime valid objection as to any be made to me DATED at the Land Registry Office.

When you are feeling below 1928. Prince Rupert, B.C., this 3rd January.

H. F. MacLEOD. Registrar of Titles.

1 lb. Fresh Ground Coffee. 5 lbs. Granulated Sugar.

1 dozen Eggs, fresh extras. Regular \$1.35 value.

Special \$1.15 LOT 2— 5 lbs. Brown Sugar.

5 lbs. Small White Beans. 1 lb. Dry Salt Pork. Regular \$1.25 value.

Special \$1.00 LOT 3-

2 lbs. Best Macaroni. 1 lb. Ontario Cheese.

1 tin Tomato Paste. 1 tin choice Mushrooms. Regular \$1.50 value.

Special \$1.15 LOT 4-

1 lb. tin Braid's Tea. 5 lbs. No. 1 Jap Rice. 2 lbs. Sultana Raisins.

1 pkge. Wheatena. Regular \$1.95 value. LOT 5-

2 pkgs. Princess Flakes. 12 bars Palmolive Soap. 6 rolls Toilet Paper. Regular \$1.80 value.

Special \$1.45 LOT 6-5 lb. Pail Silver Leaf Lard. 1 lb. New Zealand Butter. 10 lb. Sack Pastry Flour.

Regular \$2.45 value. Special \$2.00

mincila illainti P. GAMULA, Proprietor Fifth Street. Phone 208

WHEAT SHIPMENTS FROM VANCOUVER TO VARIOUS WORLD PARTS

Number of Small Shipments Despatched During Last Week

VANCOUVER, March 12 .- A number was correspondingly powerful." Prince Rupert, Province of British Col- Powell, widow of the late -Dr. Powell of small shipments with but few full Ergosterol is stated to be "an abundcargoes have been despatched during ant and readily available source of an the week as follows:

Nollington Court for U.K.-Continent vent rickets in a rat."

310,000 bus. Handicap for 37,333 bus.

Witell for Hamburg 37,333 bus.; for fish. Bremen 37,333 bus. Min for Rotterdam 277,333 bus.

Artenau for London 337,333 bus.

Toftwood for Hamburg 64,000 bus.

Norfolk Maru for Kobe 33,333 bus.; to be extremely rich in the vitamin. Arabic Maru for Moji 117,500 bus.

Iyo Maru for Kobe 70,000 bus. 'Robert Dollar for Yokohama 31.667 ten times as much vitamin "A" as a bus: for Kobe 33,334 bus. Point Sur Bierta for Colomba 27,000 content of butter varies widely accord-



DEPARTMENT OF PUBLIC WORKS

BELLA COOLA LOCK-UP

ceived by the Minister of Public Works kenzie Electoral District, B.C.

24th day of February, 1928, and further able shortage of milk fat; it is the information obtained at the Department problem of the supply of fat soluble of Public Works, Parliament Buildings, vitamins, and this, in the light of the and at the offices of the Government Agents, Vancouver and Prince Rupert, discoveries just described, can now be and the office of the Public Works De- cheerfully faced. partment, Bella Coola. Copies of plans, specifications, etc.,

can be obtained from the Department can be met by the addition of vitamin on payment of a deposit of Ten Dollars "A" from liver fat to the diet, either (\$10.00) which will be refunded on return of the plans, etc., in good condi- with butter or with margarine, or in sarily accepted.

Deputy Minister and Public Works Engineer. Department of Public Works Enginee Parliament Buildings. Victoria, B.C.

Want More Letters



Pacific Milk prizes continue this week, so we want more letters. Write today. For the best letter on why you like Pacific Milk we give:

fic Milk (talls). 2nd Prize-1/2 case. 3rd and 4th Prizes-1/4 case

each. \$10.00 in cash.

ADDRESS: PACIFIC MILK 328 DRAKE STREET Vancouver, B.C.

Medical Research Council Great Britain Reports Great Success in Work

LIVER FATS TESTED

Margarine May Replace Butter if Vitalized by a Proper Supply of Vitamin "A"

ocal experimental station on testing for vitimins in the livers of dog fish, it is interesting to note what is done elsewhere along similar lines. The Manchester Guardian has an interesting account of the work of the Medical Research Council which follows:

"Among all the investigations the most obviously dramatic in its course and its results, and probably the most important in its immediate practical value, is that in which Dr. O. Rosenheim, F.R.S., and T. A. Webster in the National Institute have been engaged. They have succeeded in producing the so-called vitimin D-itself of unknown chemical nature, and till lately obtained only as a product of living substance-by the action of ultra-violet light upon a definite chemical sub-

tance-namely, asterol." The results of a series of experiments with purified cholesterol were communicated to Professor Windaus, of Gottingen, who made a suggestion that ergosterol should be tested again.

"Ergosterol was again examined when it was found that its absorbent action on ultra-violet rays was about 2,000 times as strong as that of the ordinary, impure cholesterol, and that the vitamin produced from it by radiation

astoundingly potent preparation of Bridgepool for Rotterdam, 279,556 vitamin D, a daily dose of one tenmillionth of a gramme sufficing to pre-

WHERE VITAMIN "A" IS FOUND The growth promoting vitamin A Reliance for Glasgow 37,333 bus.; for had also been the subject of many ex-Lake Louise to Field in Yoho Park than Liverpool 18,667 bus.; for Manchester periments over a wide range of different organs of mammals, birds, and

Dr. Rosenheim and Mr. Webster had found "thatt he proportion present in i some liver fats may far exceed that George Washington for Hull 149,332 found in cod liver oil, hitherto believed bus.; Norwegian ports 56,000 bus.; to be the richest source of this vitimin. The liver oils of the salmon and Clearpool for Hamburg 221,667 bus. the halibut may be more than a hun-Actor for Liverpool 74,668; London dred times as rich in vitamin "A" as cod liver oil, though these oils are not Georgie for Havre with option of likely to be a useful commercial source of the vitamin any more than the liver fats of birds like the grouse ort Juyo Mary for Yokohama 80,467 bus, the goose, which have also been shown "Dr. Rosenheim and Mr. Webster

have found, however, that the liver fats of the sheep, calf, and ox contain good cod liver oil. The vitamin "A" ing to circumstances; sheep or ox liver fat contains from 200 to 1,000 times more vitamin "A" than a good average

sample of butter." MILK MAY BE DEFICIENT

The report goes on to say that milk fats may be dificient in vitamins, though agriculturalists have had means put in their hands for avoiding this deficiency by attention to the diet and environment of live stock, and contin-

"The place of butter cannot be supplied by margarine so long as that is SEALED TENDERS, endorsed "Tender itself deficient in vitamins. The crufor Lock-up Bella Coola," will be re- cial problem, however, for this and up to 12 o'clock noon of Monday, the other countries—though probably in no 19th day of March, 1928, for the erec- other country is the nutritional need up building at Bella Coola in the Mac- more pressing than at present in thisis not now therefore the hopeless prob-Plan, specification, contract, and forms lem offered by the apparently inevit-

"Our national needs of vitamin "A" other ways. The home supply is read-The lowest or any tender not neces- ily supplemented is necessary by Em-P. PHILIP. pire produce, and it has been found already that the vitamin content of fat from imported New Zealand liver is the same as that from the liver of home killed animals. It will be noted that these fats extracted from liver are wholly free from the unpleasant flavors of fish-oils, and the low melting-points of liver fats greatly aid their easy incorporation with other fatty food materials.'

THE IMPORTANCE OF DIET Discussing the work of the Nutrition

Committee, the Council state: "The knowledge we have so recently! gained only serves to illuminate the darkness of our present ignorance. In hardly more than a dozen years disorders believed to be specific diseases such as beri-beri, scurvy, and rickets have become assignable to dietic errors We cannot guess what new relations to diet of disease, or of liability to disease, are waiting to be revealed.

1st Prize-1 full case Paci- "In many of the simplest matters no physicians or surgeons can give advice based on scientific knowledge, even if they hazard opinions based on earnest but uncontrolled observations. It is not yet scientifically known, for in-For the best letter of all stanec, how much water a man should written during the four weeks, drink in the day, or what is the best kind of bread to eat. It is for those who have the most reason to know the public value of this kind of knowledge to persuade public opinion along the only secure path towards it, namely. the timely and liberal support of scientific investigation."

Advertise in The Daily News

OUR WHOLE STOCK MUST BE DISPOSED OF QUICKLY

Here are mentioned only a few of the many hundreds of bargains awaiting your own selection at prices that are away down-down. You will see many others in our store when you come in. It will pay you to buy now when you can buy real quality goods at bargain prices.

MEN'S SHIRTS

Men's Blanket Flannel all wool Shirts, reg. \$4.50. To be sold at each ... \$2.45 Men's Strong Work Shirts, made to stand the hardest wear. Only a limited quantity. Regular \$1.50 value. Now each 90¢ A great assortment of English Broadcloth Shirts of

the very best makes, to be

sold at less than manufac-

turers' prices. MEN'S SOCKS Hanson's Heavy Pure Wool Socks, reg. 65c a pair. Now 40e

Heavy all wool Socks, suitable for rubber boots, reg. 40c value. Now 2 pairs for 45¢ Cashmerette Socks-a fine quality-black and brown, reg. 30c a pair. Now 2

UNDERWEAR Stanfield's heavy all wool Red Label Underwear, reg.

pairs for 35¢

LADIES' HOSE

Ladies' Hose at remark-

ably low prices-less than

A large assortment of

going for \$4.45

\$2.50 a garment. Now

The same quality in Combin-

Penman's Heavy Wool Com-

ation only at \$3.75

binations, reg. \$3.50 value.

Now \$2.65

and Drawers, reg. \$2.00 a

garment. Now each \$1.25

reg. price \$1.25. Now.

each garment 79c

Penman's "71" Combina-

tions, reg. \$2.50. Now

Penman's "71" Underwear

for Boys. Sizes 24 to

32. Combinations only.

Regular \$1.90. Now \$1.25

MEN'S PANTS

Men's Khaki Pants, from the

best makers. Reg. \$2.25

value. Clearing them out

for \$1.35

made in Nova Scotia. Reg.

value \$5.75 per pair. Now

Men's Burnock Brand Pants,

Penman's "71" Underwear,

Penman's All-Wool Shirts

MEN'S SUITS 200 Men's Suits and 75 Men's Overcoats by the best makers-you have your pick at 60c on the

dollar.

manufacturers' cost.

OVERALLS The Best Men's Overalls made. A bargain at \$2.25. Now at clearing price

..... \$1.65 One line of Men's Overalls, not heavy 95¢ Overalls for Boys. Sizes from 8 to 14 years. The best make, reg. \$1.25. Now going for 65¢ Men's Khaki Combination Overalls. Well made, reg.

..... 82.25 FOR BOYS

\$3.75. Now going for

Nice Broadcloth Blouses for Boys in all colors. Regular \$1.75 value. Going for 95¢ Boys' Flannelette Pyjamas.

Regular \$2.00 value. Going for 99¢ Suits for Boys. We have a good assortment. Regular \$6.50 value. Each suit to be sold at \$3.95 Boys' Long Pants. Khaki good hard wearing stuff. Each pair going for 95¢

Third Avenue

FOR THE HOUSEHOLD A big assortment of harr Flannelette Blankets in grey and white: 10-4 sm. Regular \$2.50 value. All going now for \$1.70 Pillowslips. Forty-two inches long. Regular 50c value

Now going for 25e Turkish Towels. Fine absorbent material, made it England. Regular value. Now going each

FOR MEN

A big lot of Blazers for Men. all patterns and stripes. For this summer's wear. Reg. \$3.50 for \$1.95 All-Silk Neckties, very fine quality. Reg. 75c value.

Three-quarter length Rubber Boots for men. Made by Dominion Rubber Co., reg. Gillett Razors. Large case. reg. \$100 value for .. 700

Small case, reg. 50c value,

Now 256

Telephone Blue 418

J. B. Miller, Proprieto

WESTHOINE THEATR

MONDAY ONLY, 7 and 9 p.m.

Rin-Tin-Tin "A Dog of the

TOM GALLERY, DOROTHY GULLIVER, JOHN PETER and many others.

> COMEDY - "BREAK AWAY" PARAMOUNT NEWS

Admission - - - - - 35c and 10c