

Be Young at Sixty!

MANY a man with wife and children to support earns a salary that permits of only moderate savings. Month by month he is impressed with the necessity of systematically budgeting his income so that a competence will be available for dependent years—when subsistence must be provided from *income* rather than *earnings*.

Travel and play at 60 or 65. A Double Maturity Endowment policy, taken NOW will enable you to grow old gracefully.

THE MANUFACTURERS LIFE INSURANCE COMPANY

HEAD OFFICE • TORONTO, CANADA

Branch Office—202-6 Rogers Bldg., Vancouver.
B. A. Travis, Branch Manager
NORRIS W. PRINGLE, DISTRICT REPRESENTATIVE
Prince Rupert, B. C.

CANADIAN NATIONAL STEAMSHIPS

Prince Rupert DRYDOCK AND SHIPYARD

OPERATING G. T. P. 20,000-TON FLOATING DRYDOCK
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

UNION STEAMSHIPS LIMITED

Sailings From Prince Rupert
For VANCOUVER, VICTORIA, Swanson Bay, Butedale, Alert Bay, etc., Tuesday, 3:30 p.m.
For VANCOUVER, VICTORIA, Butedale, Alert Bay, etc., Friday midnight
For ALICE ARM, ANYOX, STEWART, NAAS RIVER, Sunday, 8:00 p.m.
For PORT SIMPSON AND WALES ISLAND, Thursday, 9 a.m.
123 2nd Avenue, E. M. SMITH Agent, Prince Rupert, B. C.
Through tickets sold to Victoria and Seattle and baggage checked through to destination.

B. C. COAST STEAMSHIP SERVICES SAILINGS FROM PRINCE RUPERT

To Ketchikan, Wrangell, Juneau and Skagway—May 1, 11, 22
To Vancouver, Victoria and Seattle—May 5, 15, 26
PRINCESS ROYAL—Ocean Falls, etc., Vancouver and Victoria every Friday 5 p.m. Agents for all Steamship Lines.
W. C. ORCHARD, GENERAL AGENT
3rd Ave., Prince Rupert, B. C. Phone 31

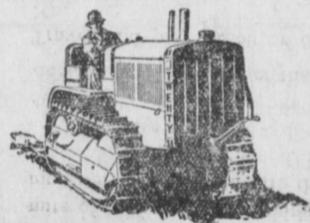
CANADIAN NATIONAL

The Largest Railway System in America
STEAMSHIP AND TRAIN SERVICE

Sailings from PRINCE RUPERT for VANCOUVER, VICTORIA, SEATTLE and intermediate points, each Thursday and Sunday, 10:00 p.m.
For ANYOX and STEWART, each Wednesday and Saturday, 4:00 p.m.
For NORTH AND SOUTH QUEEN CHARLOTTE ISLANDS, Fortnightly

PASSENGER TRAINS LEAVE PRINCE RUPERT DAILY EXCEPT SUNDAY at 11:30 a.m. for PRINCE GEORGE, EDMONTON, WINNIPEG, all points Eastern Canada, United States.

AGENCY ALL OCEAN STEAMSHIP LINES
City Ticket Office, 528 Third Ave., Prince Rupert—Phone 260



LOGGING AT HALF THE COST OF HORSES

Bigger Production Economical Operation

CATERPILLAR TRACTORS

Make Bigger Profits
Sole Distributors for B. C.
MORRISON TRACTOR & EQUIPMENT CO., LTD.
940 STATION STREET, VANCOUVER, B. C.
Branches: Kelowna, E. C.; Nelson, B. C.; Prince George, B. C.



GILL NETTERS ACTIVE NOW

About One Hundred Boats Fishing On Skeena River and Sixty on Naas

There are about 100 gill net boats now fishing for spring salmon at the mouth of the Skeena River, while some 60 boats are similarly engaged on the Naas River. The fishing is not very good as yet, according to word received in Prince Rupert.

The fish are being sold on the fresh fish market or placed in cold storage.

Following the issuance of writs out of Admiralty Court charging the four American trolling boats, which were recently seized by C.G.S. Malaspina, with illegal use of Canadian harbors, it will probably be some time now before anything further of a definite nature transpires in connection with the prosecution of the vessels.

JAMS!

- strawberry, 4s 75c
- Raspberry 4s 65c
- Plum, Greengage, Apricot, Gooseberry 60c
- Cherry, Red Currant, Black Currant, Pineapple 75c
- Orchard City Jams, 4s 50c
- Marmalade, Orange, 4s 60c
- Jams, 2s 45c
- Marmalade, 1s 25c
- Campbell's Tomato Soup, 7 for \$1.00
- Terrace Turnips, 8 lbs. 25c

All Fresh Fruits and Vegetables Arriving Every Boat

Mussallem Grocery Co. Limited
417-423 5th Ave. E. Phones 18&84
P. O. Box 575

Week-End Specials

- NABOB COFFEE—1-lb. tin 60c
 - ROBIN HOOD QUICK OATS—Pkg. 30c
 - CAMPBELL'S VEGETABLE SOUP—3 tins 40c
 - CAMPBELL'S OXTAIL SOUP—3 tins 40c
 - NABOB GREEN BEANS—3 tins 50c
 - McCORMICK'S SODA BISCUITS IN PAILS—Each 50c
 - NABOB TOMATOES—2 1/2 lbs. 3 tins 50c
 - WHOLE WHEAT VEGETIZED WAFERS—Pkg. 30c
 - BLUE MOUNTAIN PINEAPPLES—Sliced 2s. 3 tins 40c
 - ROYAL CITY SPINACH—2s. 3 tins 50c
 - QUAKER CORN—2s. 3 tins 50c
 - EGGS—Fresh extras. 3 doz. \$1.10
 - GOLDEN CHURN BUTER—3-lb. brick \$1.40
 - NABOB PEACHES—2s. 3 tins 70c
 - KING BEACH GREENGAGE PLUMS—2s. 3 tins 50c
 - HEDLUNDS QUICK DINNER—1-lb. tin 30c
 - BRUNSWICK SARDINES—4 tins 25c
 - HEINZ TOMATO SOUP—Medium. 3 tins 50c
 - PEARL WHITE NAPHTHA SOAP—1 1/2 lbs. 50c
- We Handle Largest Assortment of Cheese in Town

Alberta Market

P. GAMULA, Proprietor
Fifth Street. Phone 208

SUN TELLS OF DISMISSAL OF NORMAN WATT

The Vancouver Sun in a full column article on the dismissal of Norman Watt has the following: Dismissal of Norman Watt, government agent at Prince Rupert, by Hon. W. C. Shelly, is being investigated by the provincial executive of the Canadian Legion.

Mr. Watt is a war veteran. He was badly gassed overseas and his health has been precarious ever since. He is married and has two or three young children.

Mr. Shelly's announcement intimated that Mr. Watt was dismissed for political interference. This his friends here refuse to believe.

Mr. Watt was private secretary to Hon. T. D. Pattullo for some years and when his health proved unequal to the strain of long and irregular hours he was appointed government agent. The vacancy to which he was appointed arose when Col. J. H. McMullin was promoted to be superintendent of police.

Prominent Liberals expressed the opinion that Mr. Watt's dismissal was because of his former association with Mr. Pattullo. During the time he has been government agent they say he has taken no part in politics.

Cyril Orme, prominent Conservative from Prince Rupert, who happens to be in town, said he had never heard of any complaint against Mr. Watt, whom he knows well.

"If they haven't something to hang the dismissal on they will be out of luck," he said, referring to the government.

Hotel Arrivals
Prince Rupert
D. Chisholm, Edmonton; S. R. Sewell, Vancouver; G. F. Hughan, Aiyansh; C. W. Cash, Seattle; J. M. Dodge, Anyox; Mrs. Ernest Blue and daughter, Hyder; A. L. Gray, Victoria; C. N. Mitchell, Montreal; G. Woodhouse, C.N.R.; S. R. Donaldson and J. J. Donaldson, Port Essington.

Royal
Jack Watt, John Worldsen and John Larsen, city; W. Eakin, B. Zukoff and Steve Eluff, Anyox.

Savoy
F. Patterson and D. Hagland, Porcher Island; R. G. Cunningham, Port Essington.

Central
Anton Molver, Ketchikan.

BUSH'S Groceries

- KELLOGG'S CORN FLAKES—Pkt. 10c
- RED ARROW SODA BISCUITS—2-pkts. 45c
- CHOCOLATE ECLAIR'S BISCUITS—lb. 40c
- MARKET DAY SEEDLESS RAISINS—2-lb. pkt. 25c
- 4-lb. pkt. 45c
- SINGAPORE PINEAPPLE—2 tins 25c
- HEINZ VINEGARS—Bottle 25c
- SWEET JUICY ORANGES—4 doz. 75c
- B. C. FRESH PULLET EXTRA EGGS—3 doz. \$1.00
- 5-STRING BROOMS 40c

Bush's Groceries
PHONES 211 AND 212
WE DELIVER

SUITS! SUITS!

MADE TO ORDER
Cutting, Workmanship and Style All Guaranteed
SUITS STEAM CLEANED AND PRESSED
We Deliver to Any Part of the City.
Ling, the Tailor
Phone 649

MILK MILK
Fresh Pasteurized Milk and Cream Daily.
EARLY DELIVERY Throughout the City.

VALENTIN DAIRY
Telephone 657.

LOVE COMEDY AT CAPITOL

Also Thrilling Train Robbery In Which Laughs Are Mixed With Villainy

A strong star for "Strong Boy," Victor McLagen's new picture, with a powerful supporting cast and a robust theme, are to be at the Capitol Theatre tonight and tomorrow night. The assisting comedians are Farrel MacDonald, Clyde Cook and "Slim" Summer-ville, "the three Mirthgeteers" of filmdom.

"Strong Boy" is a bustling, strong-armed love comedy that teems with life, tingles with humor and presents the former star of "What Price Glory?" in his sunniest vein. McLagen is cast as a baggage-room Romeo who finds himself in a trunkful of trouble when a baby, a monkey and a rope of pearls get tangled up in his domain. If the start is hectic, the finish is more so for "Strong Boy" concludes with a thrilling train robbery that mixes laughs with villainy. A charming love story of a girl's successful attempt to fire her sweetheart with ambition is skillfully entwined with farcical adventures that will tickle your sense of the ridiculous. Lovely Leatrice Joy is McLagen's little lady.

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SELLAR'S SPECIALS

- LOCAL EGGS—Just arrived. Per doz. 40c
- 3 doz. \$1.15
- BULK SUGAR—15 lbs. 95c
- WESTON'S SODAS—2-3-4 lbs. net. Per ctn. 45c
- CHOCOLATE ECLAIRS—Just arrived. Per lb. 35c
- 3 lbs. \$1.00
- GINGER SNAPS—Fresh and crisp. Per lb. 20c
- OYSTER CRACKERS—Per lb. 20c
- GRAHAM WAFERS—Just arrived. Per lb. 25c
- 2 lbs. 45c
- CREAM OF TOMATO SOUP—Heinz, small. 3 tins 35c
- BAKED BEANS T. S.—Heinz, small. 3 tins 35c
- 3 LARGE CAKES GLORY BATH SOAP AND WASH CLOTH—All for 30c
- Fresh Vegetables—Provisions

Sellars' Grocery
Third Avenue
PHONES 45 AND 574

Dr Alexander
PHONE 575
BESNER BLOCK
DENTIST

Capitol Entertainment
CANADA'S FINEST
WEDNESDAY and THURSDAY
GREAT COMEDY SPECIAL
"STRONG BOY"
With Victor McLagen and Leatrice Joy
VAUDEVILLE
8:45 P.M.
HARRY WILLIS, "THE VERSATILE VENTRILOQUIST"
NEWS-COMEDY, "THE KANGAROO'S KIMONA"
and THE VIRGIN QUEEN Comedy in Colors
Admission, 50c and 15c
Two Shows, 7-9 p.m.

The Lobby
Prince Rupert, B.C.

Vary your dinners with fish and eggs
by Mary Blake

Women often tell me that their greatest difficulty in meal planning is to get variety into the main dish. It is easy enough to build a dinner, once you have selected the meat, but it takes thought to get away from the obvious round of steaks and chops and roasts.

Why not now and then substitute fish or eggs? By combining either one with milk, you have a dish rich in food values—protein, minerals and vitamins. There are any number of delectable ways in which these combinations may be made—omelets of all sorts, creamed eggs, souffles, creamed tuna, shrimp or lobster, scalloped oysters, salmon souffle.

You must have a dependable milk supply
In any cooking that calls for milk, I never take chances. I use nothing but Carnation Milk. I know that it is the purest of high grade milk from selected herds. I know that it is rich in cream—doubly so—for it is evaporated to double thickness. I know that I will always find it sweet and good, no matter how large the quantity I have on hand, for it is sterilized for safe-keeping.

I can count on Carnation always for potently delicious results—extra creaminess, velvety smoothness of texture, and fragrant delicacy of flavor. The best informed domestic scientists agree that it is not only better in results than ordinary bottled milk, but that it is particularly economical.

Carnation Tuna Fish a la King
2 tbs. butter, 1/2 green pepper shredded, 1 hard-cooked egg, 1/2 cup chopped mushrooms, 3 tbs. flour, 1 cup Carnation Milk, 1 cup water, salt and pepper, 1/4 cups tuna fish, 1/4 cup peas. Sauté green pepper and mushrooms in butter until tender (about 10 minutes), keeping covered. Remove mushrooms and pepper and blend flour with butter; add Carnation diluted with water and cook until mixture is thickened, stirring constantly. Place flaked tuna fish, peas, egg, mushrooms and pepper in double boiler; add sauce; cook over hot water 10 minutes. Serve in party shells or on toast points. Serve with Lobster or shrimp may be used in place of tuna.

Baked Eggs a la Carnation
1 1/4 tbs. butter, 1 1/4 tbs. flour, 1/4 tsp. salt, 1/4 tsp. pepper, 1/4 cup Carnation Milk, 1/2 cup water, 4 to 6 eggs, buttered bread crumbs. Make with Carnation diluted with water. Pour into shallow baking dish. Cover with eggs, being careful not to break yolks. Sprinkle buttered bread crumbs over top and bake in moderately slow (325°F.) oven until eggs are firm. Garnish with parsley.

The Best of Milk

Carnation Milk is simply pure, sweet whole milk, evaporated to double creaminess. Nothing is added; nothing removed but about half the water. Try this dependable, convenient, economical milk.
(See recipes above)

Produced in Canada

"from Contented Cows"

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