

A SIMPLE STEP TOWARDS HEALTH

Kellogg's ALL-BRAN is a Daily Essential and Millions Know Its Effectiveness in Relief of Constipation

Perhaps the one simple thing you are not doing to guarantee permanent health is having sufficient roughage in your food. Absence of this roughage is the direct cause of constipation which results in so many other ills—headaches, listlessness, general depression, indigestion and, sometimes, serious disease.

Kellogg's ALL-BRAN is roughage. It is positively guaranteed to relieve both temporary and recurring constipation or the purchase price will be refunded. Two table-spoons daily (in serious cases, with each meal) is the proper amount.

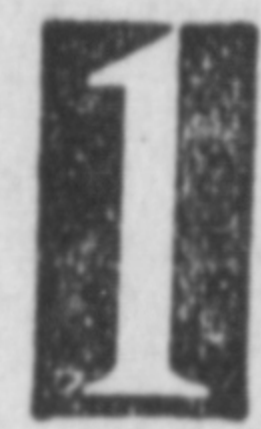
Kellogg's ALL-BRAN also helps you to health in other ways. It is rich in iron, practically all of which goes into the blood, bringing

red, healthy color to the complexion. It helps prevent anemia. Be sure to include it in reducing diets.

Many eat Kellogg's ALL-BRAN with cream or milk added. It is a delicious addition to cereals, fruits and soups. In cooked foods, such as bran muffins, it is just as effective in the relief of constipation. Recommended by doctors. Ask your grocer for Kellogg's ALL-BRAN in the red-and-green package. Served everywhere. Made by Kellogg in London, Ontario.



Numbers made famous by Quality



No. 1 Hard Wheat is the world's standard. There is no "just as good" substitute. The superlative quality of this famous strain makes Canada's Golden West the world's most famous granary.

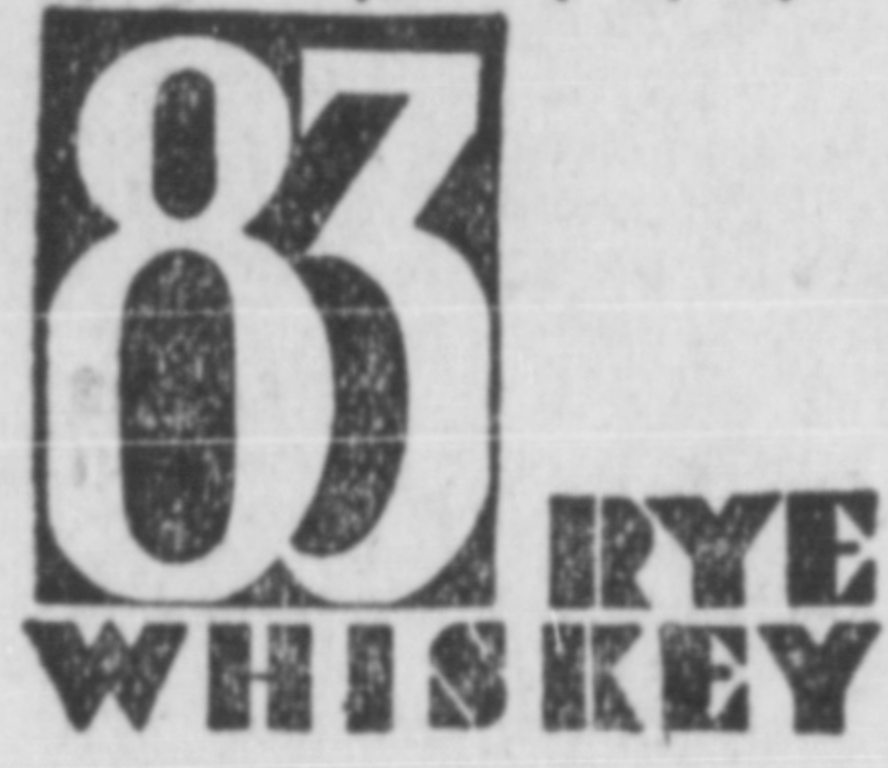


The Original

Seagram

Like "No. 1 Hard," Seagram's 83 has no "just as good" substitute.

Bottled from the oldest stocks of whiskey in Canada. The Government strip tells the story.



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THE WEATHER

Prince Rupert — Clear, calm; light north wind, temperature, 25.
Terrace—Clear, strong northeast wind, 2.
Rosswood—Clear, calm, -6.
Aiyansh—Clear, calm, -8.
Alice Arm—Clear, calm, -8.
Anyox—Clear, calm, -10.
Stewart—Clear, calm, 20.
Hazelton—Clear, calm, -14.
Smithers—Clear, east wind, -12.
Burns Lake—Clear, calm, cold.
Vanderhoof—Clear, calm, -26.
Quesnel—Clear, calm, cold.
Second Cabin—Clear, calm, -27.
Eighth Cabin—Clear, calm, cold.
Haysport—Clear, calm, 28.
Port Simpson—Clear, calm, 29.

For quick results try a "want-ad" in the Daily News.

S. D. Johnston Co., Ltd.

Correspondents For MILLER, COURT & CO., LIMITED

For the benefit of the investing public, Miller, Court & Co., Ltd., publish a semi-monthly market report, dealing with mining, oils and industrial stocks, which is available at our office on the 1st and 15th of every month.

We offer prompt and reliable service in the execution of orders to buy or sell all stocks on the Vancouver, Calgary and Toronto Exchanges.

S. D. Johnston Co. Ltd. 610 2nd Avenue—Phone 130 Prince Rupert, B.C.

TERRACE ANNUAL

Many Subjects Covered In Report of Board of Trade Secretary

TERRACE, Jan. 17.—The following was the report of the secretary, H. Halliwell, at the annual meeting this week of the Terrace Board of Trade:

"In the history of the Terrace Board of Trade 1929 proved itself a worthy successor to 1928. The board has sustained its interest in efforts to secure the public well-being of the district throughout the whole year and much good work has been accomplished.

"At the last annual meeting the question of finding parking space for cars at Lakelse Lake was raised on two counts, one an offer to donate land by Mr. Johnston, and another a suggestion that the government be asked to provide land for the purpose at the north end of the lake. This subject has occupied the attention of the board during the whole year and now we understand that the Public Works Department has in hand the proposal to provide a 66-foot roadway for half a mile along the north end of the lake.

"The question of a close time for fishing for trout in Lakelse Lake and river was also raised at the last annual meeting and has been followed up throughout the year and we are expecting at any time to have an intimation from the Department of Marine and Fisheries to the effect that in the new regulations our wishes will be respected.

"The recommendation of public works for the advancement of the district is, of course, one of the major purposes of the board, and representations covering a wide range of possible improvements have been submitted from time to time to the government, the local member and the district engineers, and in all cases these have been well received. Many of our suggestions have been carried out and many more are scheduled for early attention. In this regard Mr. Gordon, as our representative, interviewed various members of the cabinet while he was in Victoria.

"A considerable addition has been made to the mining library during the year and the same has been made use of to a much greater extent than in the previous year. "A promise was received early in the year from the Minister of Mines to investigate the desirability of instituting an ore sampling works at Prince Rupert, but so far nothing has been heard of his decision in the matter.

Lectures Given

"An excellent lecture by a professor of the B. C. University was given under the auspices of the board in May and another is promised for the coming spring.

"A good deal of publicity work has been done during the year and several pictures have been sent out for publication.

"The American Consul at Prince Rupert was provided, by request, with information regarding the possibilities of airplane landings in this district, and in order further to assist aviation the board made representations to the meteorological office, as a result of which a dry and wet bulb thermometer is to be installed here and conditions of atmosphere to be more fully noted.

"The question of the proposed establishment of a new province was considered at length by the council and it was decided to support the proposal falling more satisfactory service from the provincial government.

"The attention of the postal authorities was called to the need for a daily mail service, and doubtless that action helped to secure the adoption of the express car mail box on trains not equipped with mail cars.

"The Peace River outlet question has all along occupied the attention of the board and every effort has been put forward to induce the authorities to adopt a policy which will result in the line being placed where it will be of the utmost economic advantage to the country. This attitude was supported by the national convention of the Canadian Chamber of Commerce.

"Efforts have been made to secure the provision of a car for police purposes in the district and this is still under consideration by the authorities.

"The railway company has been approached on more than one occasion with suggestions for improved services and in most cases they have responded in a satisfactory way.

"Various suggestions for town improvements have been passed on to the local commissioners and in



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Zam-Buk contains valuable herbal extracts which lubricate the tissues, soothe pain, allay inflammation and grow new healthy skin. Cold-sores, 'chaps', frost bite, chafing and similar troubles are quickly ended by Zam-Buk.

It provides the handiest and safest antiseptic dressing for all injuries and skin troubles.

COLDS—For cold in the head, smear a little Zam-Buk over the palms of the hands, and inhale. For colds in chest or back, rub briskly with slightly-warmed Zam-Buk night and morning.



Zam-Buk SOOTHES PAIN PREVENTS BLOOD-POISON.

40c box: 2 for \$1.25. Of all druggists.

most cases they have been acted on. Other matters are still under consideration.

"The national convention was approached with a request for their support to the construction of a copper refinery at the coast, but no action was taken, the resolution being regarded as not sufficiently explicit.

"The attention of the government was drawn to the desirability of the road from Kitimaat to the Naas being constructed, and an urge was also sent to the government asking them to make the terms to the promoters of the Telkwa-Kitimaat Railway as easy as possible.

Work On Trails

"Improvement work on mining trails throughout the district have been recommended to the Mining Department.

"Three members of the board were able to attend the annual convention meetings of the Canadian Chamber of Commerce at Edmonton and Calgary, and they also accompanied the delegation on its trip through part of the Peace River territory. From all reports, our delegates unquestionably exercised a good influence on the convention in the matter of the Peace River outlet.

"An effort has been made to secure the Indian reserve near Michaud Bros. place, in order to make it into a public park. The question is not yet settled.

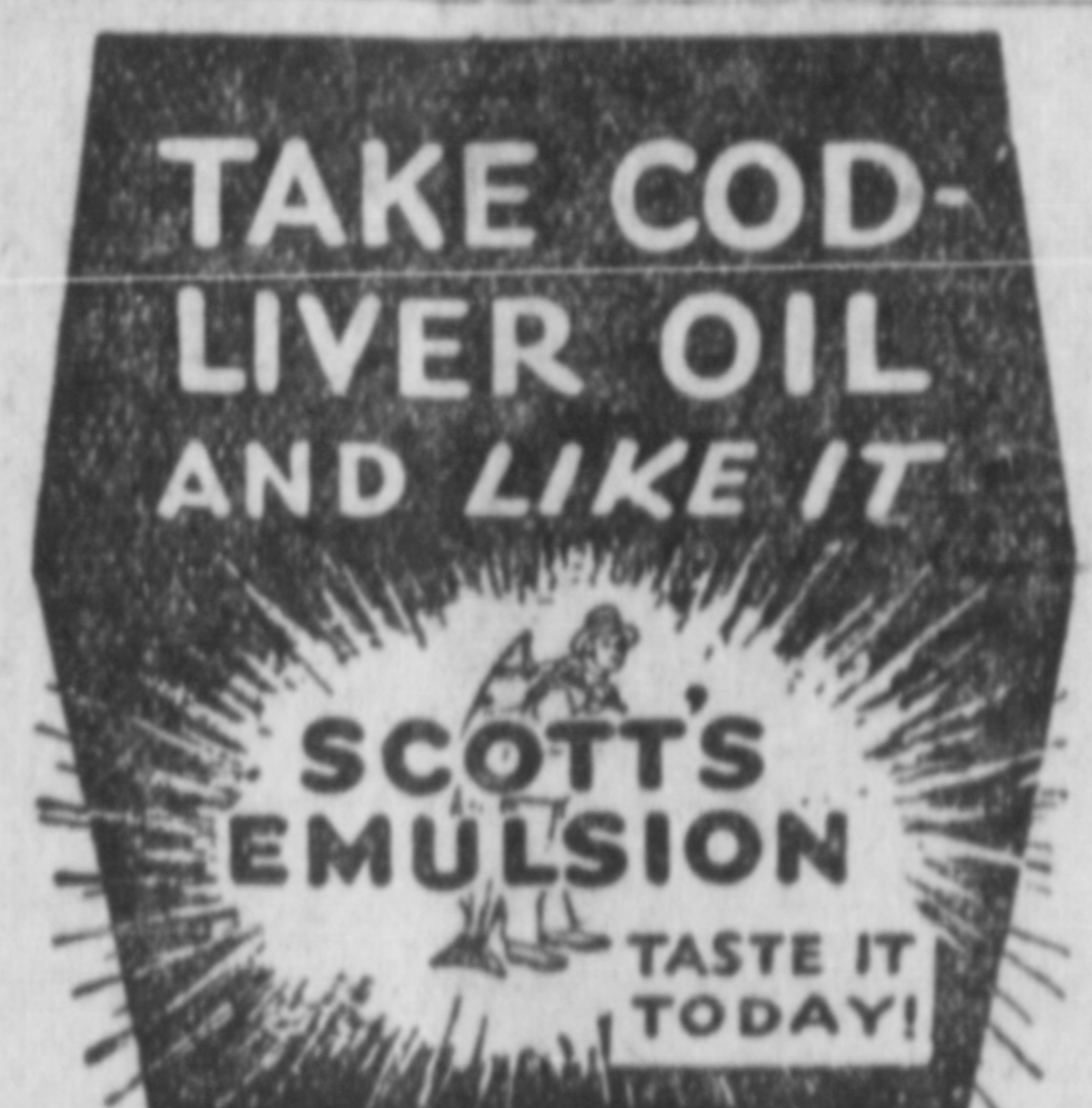
"Pressure has been brought to bear on the government to have work on the bridge over Kalum River started as soon as possible and before the spring floods hamper the workers.

"The illness of the president during the last few months was much regretted and we are glad to see him back in his accustomed place.

"Now we are facing another year and we must ask all health-minded men in the district to join hands with us and enable us to do even better work in 1930, for our success will be in direct ratio to the loyal public support which we receive."

FEW PENCILS ARE YET TO BE GIVEN FOR SUBSCRIBERS

There are still a few Redi-point pencils on hand to be given to pupils of the schools, either in the city or country, who send in subscriptions to the Daily News. One pencil goes to each new one, cash with order. Send or bring the money and the pencil is handed over the counter or mailed, as may be requested.



TRADE WITH ALASKA FOR TERRITORY AT MOUTH OF CANADIAN RIVERS IS SUGGESTED BY ROTARY CLUB SPEAKER.

(Continued from page one)

Lakes, and suggesting that the White Pass Railway should have gone up the Taku River instead of by the route it took, as it would have had a much better grade and would not have encountered the snow hazards.

It was particularly with the Taku and Tulsequah mining sections that Mr. Monroe dealt. There was every evidence, he said, that two large mines would be developed there, and he strongly urged Prince Rupert to get after the business. He thought the present freight rates, which were exactly the same from Prince Rupert as from Vancouver, worked a hardship on this port. This might well be taken up through the Board of Trade. Last year Vancouver profited to the extent of about \$75,000 by the business and it would be much greater this year. Already a post office was being established and the Mounted Police had a centre there. In the Prince Rupert office 300 free miners' licenses had been issued for the district.

The Tulsequah River was on the eastern contact belt and there might well be a number of mines developed from the many claims that now blanketed the country.

Another part of Atlin not far from Stewart on the Unuk River is the latest interesting section and Mr. Monroe said he had reason to believe there would be a rush there soon.

Mr. Monroe said he found considerable apathy here in regard to the Atlin district, but he was strongly of the opinion that Prince Rupert should benefit largely from the opening up of the country.

Civic Election Is Celebrated by Canadian Legion

There were the usual festivities at Canadian Legion headquarters last night, following the announcement of civic election results. Mayor-Elect C. H. Orme and a number of the aldermen-elect were present and gave brief speeches.

Week-End Specials

- SWIFT'S PICNIC HAMS—All sizes. Per lb. 24c
- SUNMAID SEEDLESS RAISINS—2-lb. packages. 25c
- SHELLED WALNUT QUARTERS—2 lbs. 75c
- ICING SUGAR—2-lb. pkg. 20c
- ROYAL CITY APRICOTS—2s. 2 tins 55c
- NABOB RED PLUMS—2½s. 2 tins 45c
- ROSEDALE PEACHES—Sliced 2½s. 2 tins 55c
- COLUMBIA APRICOT JAM—4-lb. tin 55c
- NABOB PUMPKIN—2s. 2 tins 25c
- NABOB BARTLETT PEARS—2s. 2 tins 55c
- DRY BLACK FIGS—2 lbs. 25c
- DRY PRUNES—70-80. 2 lbs. 25c
- SUNNYBROOK CREAMERY BUTTER—3-lb. brick. \$1.30
- EGGS—Fresh firsts. Per doz. 55c
- EGGS—Fresh extras. Per doz. 60c
- NAVEL ORANGES—Medium size. 3 doz. 95c

Alberta Market

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A \$2,000,000 PRODUCTION with ALL-STAR CAST

COMEDY—"LADIES' CHOICE"
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ADMISSION, 20c AND 65c; SATURDAY MATINEE, 15c AND 40c

Election Returns Will Be Given Thursday

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- SUNLIGHT SOAP—Per pkg. 22c
- CROWN CLEANSER—4 tins 25c
- KLONDYKE SOAP—3 bars 85c
- EAGLE LOBSTER—¼s. Per tin 21c
- ROWNTREE'S AND COWAN'S COCOA—½s. Per tin 24c
- LIQUID VENEER—Reg. ular 30c for 24c
- TABLE FIGS—2 lbs. 35c
- RAISINS—Per lb. 13c

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