Kellogg's ALL-BRAN Gave Only Permanent Relief

As everybody knows, the market is flooded with cathartics, pills and patent compounds for the relief of constipation. At best, whatever results are obtained are temporary. Besides, there is the danger in certain drugs and the habit-forming

Mr. P. M. Fisher (address on request) has something to say on this subject which will be interesting to all constipation sufferers. He says:

"For many years I suffered from constipation and used, for relief, all kinds of laxatives. After a few days' treatment, I would only find my condition the same as before and at

"Some time ago I started to use Kellogg's ALL-BRAN regularly, once other medicine to procure the desired result, and it keeps me in a very healthful condition."

Kellogg's ALL-BRAN is positively guaranteed to relieve both temporary and recurring constipation or the purchase price will be

In addition, it adds needed iron to the diet. You will like its delicious flavor. There are many delightful ways to eat it. Your grocer has Kellogg's ALL-BRAN. Served everywhere. Made by Kellogg in London, Ontario.



Mr. and Mrs. H. G. Kennedy and child will leave on tomorrow morning's train for Prince George Successful Whist Kennedy is a member of the composing room staff of the Daily News.



TATHETHER it be a cut, a bruise, sprain, burn or scald, Zam-Buk provides the handiest and surest means to quick,

perfect healing. It is from certain valuable herbal extracts that Zam-Buk gets its power to subdue pain and inflammation, its germdestroying activity and fine

skin-growing property. Zam-Buk is splendid for chapped hands, frost-bite, chilblains, etc. Get a box to-day!



LAST EVENING

Oddfellows Lead For Dybhavn Cup and Three Teams Tied For Newton Trophy

Prince Rupert Fraternal Whist League results last night were as

Canadian Legion 4, Grotto 5. Dry Dock 6, Seal Cove 3. Leif Erikson 5, Moose 4. St. Andrews 7, Elevator 2. Six Musketeers 4, I. O. O. F. 5

Dybhavn Cup Standing

	W.	L. I	Pt
I. O. O. F.	10	1	1
Grotto	8	3	
St. Andrews	7	4	
Dry Dock	7	4	
Moose	6	5	
Leif Erikson	5	6	
Six Musketeers	4	7	
Seal Cove	3	8	
Canadian Legion	3	8	
Elevator	2	9	

Newton Cup Standing

		W.	L. Pts
	Dry Dock	2	0
	Leif Erikson	2	0
	I. O. O. F	2	0
	Six Musketeers	1	1
	Moose	1	1
	Grotto	1	1
	St. Andrews	1	1
	Canadian Legion	0	2
_	Seal Cove	0	2
d	Elevator	0	2

Drive and Dance

Affair Held Last Night by Men's and Women's Orange Organizations

A very successful whist drive and dance was held last night in the Metropole Hall under the joint auspices of the Loyal Orange Lodge and the Ladies' Orange Benevolent Association.

whist and prize-winners were: Ladies' first, Mrs. J. Field; second, Mrs. J. W. Moorehouse; consolation, Miss B. Eastman; men's first, G. B. Ayers; second, J. A. Teng, on cut with Thomas Boulter; consolation, F. M. Davies.

ments were served and dancing fol- rather than a salary, does not so lowed with music by an orchestra readily find the compansionship he consisting of Dave Eastman, Mrs. craves. J. S. Black and J. Hansen. George Boulter was master of ceremonies for the dance.

During the evening songs were sung by J. Melville. Mrs. J. Boulter won a \$5 gold piece for being the holder of the lucky admission ticket. No. 87.

The committee responsible for the success of the evening's proceedings consisted of Mrs. J. Mur- opportunities that should belong to ray, Mrs. F. Barber, Mrs. J. H. Smith, Mrs. M. Roles, Staff Sergeant Alex McNeill, George Boulter, Fred Boulter and others.

James A. Brown of Port Essington arrived in the city on yesterday afternoon's train from the Skeena River for a brief visit in

Frank LeRoy, Grand Aerie Official, Tells Local Audience Interesting Things About Order

Prince Rupert Aerie, Fraternal Order of Eagles, received a good-will visit from Frank Le Roy of Victoria, in connection with the opening of their new club rooms, and during the course of his remarks hearers were the recipients of much valuable information concerning their organization.

The speaker said in part: "The 8 Fraternal Order of Eagles has 600,-1 000 members. Its real estate exceeds \$22,000,000. Its invested funds have passed the \$10,000,000 mark. Cash on hand, lodge furnishings, and club fixtures are worth \$10,000,-3 000 more. During the year ending June 1, 1927, 90,000 men joined the F. O. E. More than half a million have come into our ranks since 1920. In finances and in membership, ours is today the fastest growing fraternity in the U.S.A.

"How has this come about? What do we offer that inspires men to join with their fellows in carrying on our work and sharing in the benefits of our order?

The answer holds no mystery. The explanation is not even complicated. Broadly speaking, men become members of the F.O.E. for two reasons. First, they find in this order a certain opportunity to do many of the things that every patriotic American citizen longs to do,-to further principles and ideals in which he believes. Second, they are able, at the same time, to better themselves physically, mentally and spiritually.

"As the nation is dedicated to the principles of Liberty, Truth, Justice and Equality, so is the Fraternal Order of Eagles, in the causes it supports, steadfastly pledged to follow a course that will help more fully to achieve, during our life-There were twenty-five tables of time, a realization of these ideals. Man is a social creature. His life is spent with his family and his fellows, to form attachments for other humans. Such companionship, amid delightful surroundings in the privacy of a clubhouse, is easily attained by the man of wealth. But After cards, delicious refresh-otherman who works for a 'wage'

Filling Want

"The aerie homes and clubhouses of the Fraternal Order of Eagles are of thousands of our men. They stand, all over the land, in fulfillment of the desire of the 'average man' to join with his fellows and enjoy the social comforts and the

"During the past year, the building program of our order has been greatly stimulated. We point with justifiable pride to the completion in 1927 of what is conceded to be the outstanding fraternal structure of the United States—the Temple of Milwaukee Aerie, Fraternal Order of Roy. Eagles. This edifice was built at a Twenty-five thousand Milwaukee Eagles find here every comfort that makes life more livable.

"But there are other ends that we seek to equal, perhaps greater, moment. One of the ever present fears of the wage earner is sickness, either Now Has Good Lead Over Elks in of his family or himself. Doctor bills—and there are mighty few who have not faced them—are a heavy drag on the purse of the wage earn-

F.O.E. has made a record of which fixture 750 to 651. it may justly be proud. Eagles are tent physician who may be called at any time of the day or night to are All Re-elected minister to the needs of the head of the family, his wife, his children, and any of his dependents.

Sick Benefits

"In addition, every Eagle receives, after the first week of his TERRACE, Jan. 31.-Nominations pay check is cut off.

achievements I have voiced the F. the old commissioners were all re-O. E. extends the hand of welcome. elected for a further term of two Our deeds, however outstanding in years.







IN Ovaltine you have three of Nature's best tonic foods-milk, eggs and barley malt, concentrated by an exclusive scientific process and affording, unimpaired, every one of the essential vitamins, as well as the organic phosphorus to feed nerves and brain, the proteins for bone and muscle, and the carbohydrates and fats for

Easily digested. Quickly assimilated. Delicious. Children love it!

warmth and energy.

The friend of growing children

WHEN your children come home from school they are tired. If not noticeably tired physically, nearly always tired or a little fagged mentally and nervously. They are ready for a cup of delicious Ovaltine to restore their spent energy. Indoor confinement during school hours, with its pursuant call for mental concentration, comes at a time in a child's life when Nature is making insistent demands upon his or her strength and vitality. . during the days of growth. Recognizing this truth, some schools serve milk to the children at recess time.

Milk is Good—But Ovaltine is Better

Ovaltine is the finest thing in the world for replacing quickly the energy children use up so fast. A sure way to build strong bodies and to maintain rosy-cheeked, glowing health.

Ovaltine is sold at all good stores, in 50c, 75c, \$1.25 and special \$4.50 family size tins; also served at soda fountains.

OVALTINE RUSKS

Only finest Canadian Wheaten flour and Ovaltine are used in making Ovaltine Rusks. They are delicious and far more nourishing than ordinary rusks or biscuits. They are a sure means to sound white teeth and firm healthy gums.

TONIC FOOD BEVERAGE

Builds-up Brain, Nerve and Body

455 King St. West, Toronto, Ontario



the past, can be made even more imposing through numbers—by the addition of new members. By such healthy growth we assure ourselves and the world of the continuance today filling that want for hundreds of our program.—'Let us strive to make men useful and happy."

Mr. LeRoy was speaking on the occasion of the opening of the new club rooms of the local Aerie in the De Luxe Hall which has been leased by the lodge for five years. There was a full turn-out of members at the gathering over which Thomas Clough, the worthy president, presided.

J. C. Brady M.P. also spoke, acknowledging some of the remarks which had been made by Mr. Le

A good-sized class of candidates was initiated at the meeting.

Partially Played Billiard League Fixture

Another postponed game in Tueser. Yet no real man will permit any day evening's Billiard League fixof those under his roof to suffer ill- ture was played last night, W. J. ness unattended. And surely no Nelson, Grotto, defeating A. A. Easwage-earner can afford not to be son, Elks, by a score of 250 to 241. With three games of the five now "In this field of medical relief the played, Grotto is leading on this

furnished, without cost to the individual, the services of a compe- 1929 Commissioners

George Little, J. K. Gordon and E. T. Kenney Will Make Up Council This Year

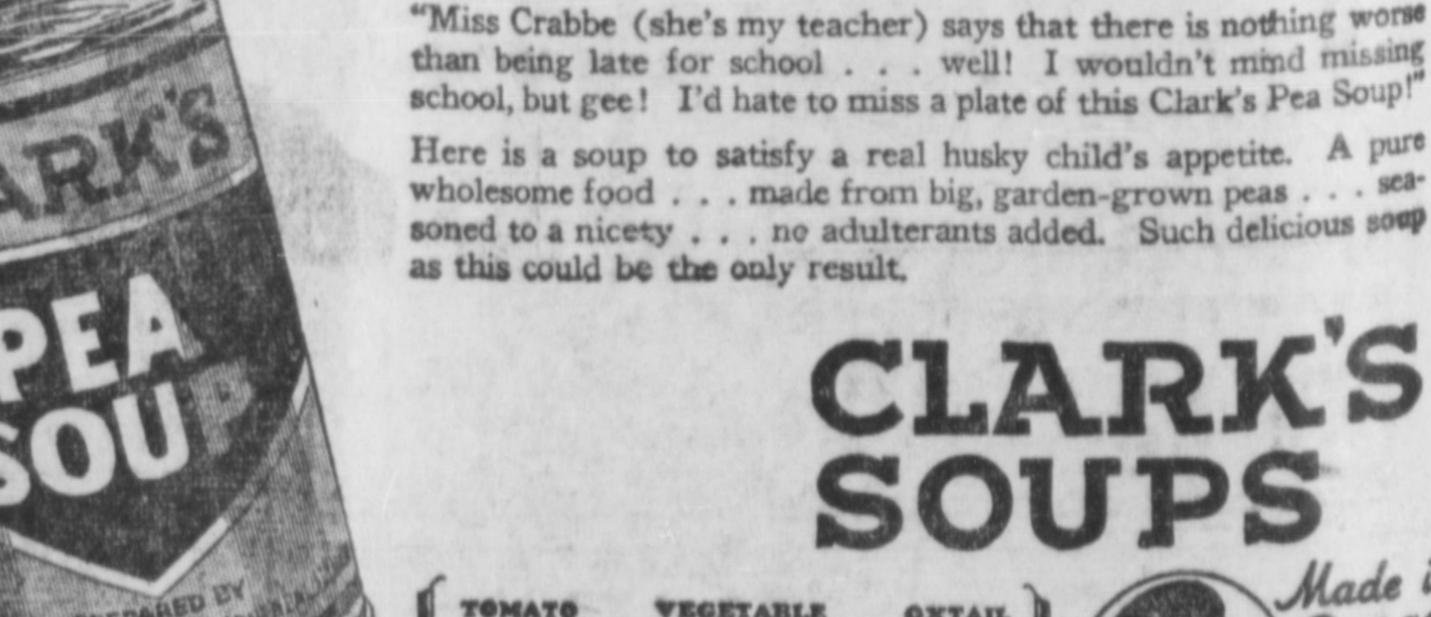
illness, sick benefits sufficient to were made for the offices of comfree him from many of the fears missioners of the corporation at and worries that come when the Terrace, H. Halliwell being the returning officer. Three commis-"And when death, the inexorable, sioners are required and there were comes, the Eagles always respond- four nominations-George Little, J. and promptly. From the aerie funds K. Gordon, Edward T. Kenney and is taken a reasonable sum to insure Fred C. Bishop. The first named the decent burial of the member. | three are the retiring commission-"To all those who believe in the ers and, the nomination of Mr. Bispractical, the patriotic, the spiritual hop having been adjudged illegal,



The contents of Clark's Ped Soup have passed Federal Government inspection

"Can't fool me, Mom it's Clark's Pea Soup!"

MOM is certainly some cook. Been cooking for our family for twenty years (so Pop says). But when it comes to soup . . . CLARK'S SOUP! . . . she says she couldn't make such good soup no matter how she tried (and, if you knew my Mom that's some compliment).



wholesome food . . . made from big, garden-grown peas . . . seasoned to a nicety . . . no adulterants added. Such delicious some as this could be the only result.

SOUPS

OXTAIL GREEN PEA MUTTON BROTH SCOTCH BROTH MOCK TURTLE JULIENNE CELERY MULLIGATAWNY CONSOMME

W. CLARK LIMITER Establishments at MONTREAL, P.Q., ST. REMI, P.Q., and HARROW, ONT.



Numbers made famous by Quality

Due to the long list of famous

men who have occupied "No.

10 Downing Street" as Prem-

iers of England-this humble

sounding address is probably

the world's most famous street

AA SS W DA BF WY W Another famous number is Seagram's "83", the premier Rye whiskey.

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

This advertisement is not published or displayed by the Liquor Control Board or by the Government of British Columbia.