



A BETTER, BRIGHTER BREAKFAST

The better the breakfast, the brighter the day. Don't fog the brain and clog the body by eating a heavy, indigestible breakfast. Brighten the day by eating Shredded Wheat with milk and go to work with buoyant step and mental alertness. Shredded Wheat with milk makes a complete well-balanced meal containing everything the human body needs for growth and strength. Try it with berries and cream. It's a rare treat.

SHREDDED WHEAT



WITH ALL THE BRAN OF THE WHOLE WHEAT

THE CANADIAN SHREDDED WHEAT COMPANY, LTD.

A Graduate Pharmacist is Always on Duty

at Ormes Limited Dispensary

BRING YOUR PRESCRIPTIONS TO

Ormes Ltd.

The Pioneer Druggists

THIRD AVE. & SIXTH ST. — TELEPHONES 876 200

Three Graduate Pharmacists

UNION STEAMSHIPS LIMITED

Sailings from Prince Rupert
For VANCOUVER, VICTORIA, Alert Bay, etc. Tuesday, 3.30 p.m.
For VANCOUVER, VICTORIA, Alert Bay, etc. Friday midnight
For ALICE ARM, ANYON, STEWART, Nans River, Port Simpson, Sunday, 8.00 a.m.
For PORT SIMPSON and WALES ISLAND, Thursday p.m.
122 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 Service

SAILINGS FROM PRINCE RUPERT

To Ketchikan, Wrangell, Juneau, Skagway—May 10, 21, 31.
To Vancouver, Victoria, Seattle—May 4, 14, 21.
Princess Mary—Ocean Falls, etc., Vancouver and Victoria, every Friday, 10 p.m.
Agents For All Steamship Lines
W. C. Orchard, General Agent, 3rd Ave., Prince Rupert, Phone 34

CANADIAN NATIONAL

The Largest Railway System in America

STEAMSHIP AND TRAIN SERVICE

Sailings from PRINCE RUPERT for VANCOUVER, VICTORIA, SEATTLE and intermediate points, Thursday & Sunday 10 a.m.
For ANYON and STEWART each Wednesday & Saturday at 4 p.m.
For NORTH and SOUTH QUEEN CHARLOTTE ISLANDS, Wednesdays at 10 p.m.
For SKENA RIVER POINTS, Mondays, 8 a.m.
For KAS RIVER POINTS, Tuesdays, 8 a.m.

PASSENGER TRAINS LEAVE PRINCE RUPERT—

DAILY EXCEPT SUNDAY at 1 p.m., for PRINCE GEORGE, EDMONTON, WINNIPEG, all points in Eastern Canada, and United States.

Agency All Ocean Steamship Lines

City Ticket Office, 528 Third Ave., Prince Rupert—Phone 260

Local Items

Dentist, Dr. J. R. Gosse, Phone 686.

Try Minehead egg coal for kitchen use. Clean and hot. Phone 771

M. A. Burbank, divisional engineer for the Canadian National Railways, returned to the city on today's train from a trip to the interior on official duties.

James S. Irvine, who has been spending the past two weeks in New Hazelton recuperating from a long and severe attack of influenza, returned to the city from the interior on this afternoon's train, his health considerably improved as a result of the change.

CANADIAN PACIFIC

CANADA'S GREATEST STEAMSHIPS

Empress of Britain 40,000 tons 1931

Empress of Japan 26,000 tons 1930

FROM MONTREAL

TO BELFAST-GLASGOW

June 11, July 2 Melita

June 21 Minnedosa

XNot calling at Belfast

TO GLASGOW-BELFAST-

LIVERPOOL

June 6 Duchess of Bedford

June 13, July 12 Duchess of York

June 14 Montcalm

June 27 Duchess of Richmond

XNot calling at Glasgow

XCalling at Reykjavik (Iceland.)

TO CHERBOURG-SOUTHAMPTON

HAMBURG

May 29, June 26 Montclare

TO HAVRE-SOUTHAMPTON-

ANTWERP

July 3 Metagama

FROM QUEBEC

TO CHERBOURG-SOUTHAMPTON

June 4, June 25 Empress of France

June 11, July 2 Empress of Australia

June 18, July 9 Empress of Scotland

June 24 Empress of Japan

FROM VANCOUVER

To Hawaii-Japan-China-Philippines

May 29, July 24 Empress of Asia

June 12, August 7 Empress of Canada

June 26, August 21 Empress of Russia

XIncluding call to Honolulu.

Apply to Agents everywhere or

J. J. FORSTER

Steamship Genl. Pass. Agent

C.P.R. Station, Vancouver

COMMODORE

CAFE

The latest thing in lunch counters just installed.

Delicious Waffles

Served by means of very latest Equipment

Business Men's Lunches a Specialty

Get the Commodore Habit

HOTEL ARRIVALS

Central Hotel

UNDER NEW MANAGEMENT

Steam Heated; Travellers' Sample Rooms; Hot and Cold Water

Free Bus Meets All Trains and Buses

Rates \$1.00 and Up

SPECIAL MONTHLY RATES

C. R. BIGGART & A. DONALD

Proprietors

PHONE 51

Savoy Hotel

Prince Rupert's leading family hotel. Hot and cold water in all rooms

A. J. PRUDHOMME, Prop.

Cor. of Fraser and Fifth Sts.

Savoy

Mr. and Mrs. E. F. Dudoward

and son, Port Simpson; Mrs. H. Helin and Miss W. Tait, Balmoral

Cannery; C. McPhee, Vancouver;

E. J. Fitzpatrick, R. Burton, Paul

Brentzen and Carl Brentzen, city.

New Royal Hotel

L. Zarell, Prop.

THE HOTEL WORTH WHILE

Hot and Cold Water; Steam Heat

75c PER DAY AND UP

Telephone 281

Royal

Elgin Cummings, Balmoral; W.

G. Valpy, Ecstall River; H. Lavery,

Anyox; Mr. and Mrs. William

Spalding, Port Essington; J. Dou-

cet, Vancouver.

"Skinny! I Gained 11 Lbs. in 8 Weeks and Boy Friend"



"After trying several tonics I tried Ironized Yeast. In 8 weeks gained 11 lbs., now complexion, round limbs. Best of all a boy friend."—S. M. Salino.

Men and women are amazed at gain and women are amazed at how they vanish. Body limbs round out. Sallow, bleached skin gets clear and rosy like magic. Nervousness, indigestion, constipation disappear overnight. Sound sleep, New pep from very first day.

Two great tonics in one—special weight-building Malt Yeast and strengthening Iron. Pleasant little tablets. Far stronger than unmedicated yeast. Results in 1/2 time. No yeast taste. No gas.

Don't go round "skinny," ugly, unattractive. Get Ironized Yeast from drugist today. Feel great tomorrow. Money back from manufacturer if not delighted with results.

Scandinavian Dance Saturday night, Metropole Hall at 8.30. 121

Insure your furniture and save tears if it burns, costs little. Helgerson. 121

Miss K. Newell, who has been visiting here for some time with Mr. and Mrs. G. W. Nickerson, Fifth Avenue West, sailed by the Prince George last night on her return to Seattle.

Mrs. Huntley A. Watt sailed last night on the Prince George for Vancouver to join Mr. Watt who has been transferred there in the Canadian National Telegraphs service and who left the south a few days ago.

SELECT SPEYSIDE

The choice of those men who appreciate good Scotch Whisky



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

BUSH'S Grocerteria Week-End Specials

FLOUR—	\$2.40
49-lb. sack	
POTATOES—	25c
8 lbs.	
per sack	\$2.95
MACARONI—Ready cut	10c
1-lb. pkt.	
VERMICELLI—	10c
1-lb. pkt.	
APRICOTS—	30c
2 1/2-lb. tin	
TEA—Malkin's or Nabob	55c
1-lb. tin	
EMPRESS COFFEE—	55c
1-lb. tin	
TOMATOES—No. 1 Hot-	40c
house, per lb.	
CARROTS—	10c
per bunch	

Bush's Grocerteria
PHONES 211 AND 212
FREE DELIVERY

Glasses fitted by registered optometrist at Heilbronner's Store. (tf)

Dr. Alexander has now installed an ex-ray service. 121

A. J. Galland of the excise department returned to the city on today's train from a trip to the interior on official duties.

The first Ketchikan-Prince Rupert ball game will be played at 1.30 tomorrow and the second at 6.30. Track Events at 1 p.m.

Miss Eva Morris, daughter of Mr. and Mrs. Frank Morris, left on today's train for Usk where she will spend the holiday week-end.

R. Lavery of Anyox arrived in the city on the Prince George last evening from the smelter town and entrained here today for a trip to Canajoharie, New York.

Union steamer Cardena, Capt. Andrew Johnstone, arrived in port at 1.45 this morning from the south and sailed two hours later for Wales Island, Port Simpson and the Skeena River whence she is due back here tonight south-bound.

Dr. R. G. Large, who has been on a two weeks' trip to Vancouver to attend the United Church Conference, arrived in the city from the south on the Cardena this morning and will proceed from here to Port Simpson on his power cruiser Sunbeam III.

W. H. Tobey, C.N.R. divisional superintendent, returned to the city on today's train from a ten-day inspection trip along the line as far as Red Pass Junction. Going up the line Mr. Tobey made the trip by motor car for the purposes of minute inspection.

Richard Peterson got drunk and boisterous last evening and this morning was fined \$25 by Magistrate McClymont for being intoxicated and an additional \$25 for assaulting Constable G. S. Blaney while he was being arrested. Peterson, who is a logger from the Prince George district with a stake of \$300 paid the fines and also for damage he did to a car while being taken to the lock-up.

ANNOUNCEMENTS
Eks' dance May 23, Eiks' Home.

Moose Whist Drive and Dance May 30.

Moose picnic, Digby Island, June 22.

C. N. Recreation Picnic to Terrace July 1.

Canadian Legion picnic Digby Island July 6.

TENDERS FOR FIREMEN'S UNIFORMS

Tenders will be received by the undersigned up to Monday, 2nd June next, at 5 p.m., for seven firemen's uniforms.

Samples of cloth must be submitted, and workmanship must be first class in every respect.

The lowest nor any tender not necessarily accepted.

D. J. MATHESON,
Purchasing Agent

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UDL RYE WHISKY



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Church Services

CHRISTIAN SCIENCE
Christian Science Society, 245 Second Avenue

This Society is a branch of the Mother Church, the First Church of Christ, Scientist, in Boston, Mass. Sunday morning service at 11 a.m. Subject, "SOUL AND BODY." Sunday School at 12 noon. Testimony meeting on the first Wednesday evening of each month at 8 o'clock. The public is cordially invited. Reading room, 245 Second Avenue, open on Mondays and Thursdays from 3 to 8 p.m.

FIRST UNITED CHURCH

Pastor, Rev. A. Wilson, B. A.

Morning worship at 11 a.m. Sunday School at 12:15. Song service at 7:30. Solo "But the Lord is Mindful of His Own," Mrs. E. Anderson. Anthem, "Seek Ye the Lord," Soloist, W. Plommer. The pastor will preach at both services.

ST. ANDREW'S CATHEDRAL

(Church of England)

Very Rev. J. B. Gibson, Dean

Empire Day Services. Sunday School at 10 a.m. Morning prayer and sermon at 11 a.m. Church parade of Girl Guides and Boy Scouts. Evening prayer and sermon at 7:30.

LOW SUMMER FARES



THIS year go East via the SCENIC route! Go CANADIAN NATIONAL ... and travel "de luxe."

Plan a few days at Jasper Park in the Rockies, and visit Minaki Lodge in the Lake of the Woods country.

Tickets on sale May 22 until September 30. Choice of routes. Liberal stopovers. Return limit October 31.

SPECIAL FEATURE
Cruise across the Great Lakes from Port Arthur to Sarnia. It's only \$10.00 extra.

For Information Write

R. F. McNaughton, Dist. Pass. Agt. Prince Rupert.

Lutheran Aid Tea and Sale

Affair Yesterday was Success, Substantial Amount Being Realized

The West End Ladies' Aid of St. Paul's Lutheran Church held a successful tea and sale of home cooking in the church yesterday afternoon, a goodly sum being realized as a result of the affair.

Mrs. Thomas Dybhavn was convener and Mrs. John H. Hanson received the guests. Mrs. Karl Dybhavn had charge of the tea room assisted by Miss Thora Peterson while Mrs. K. Knutsen, Mrs. M. Hveding and Miss Corinna Peterson looked after the kitchen. In addition to being general convener Mrs. Tom Dybhavn was in charge of the home cooking table.

Baptist Church Entertainment

Large Crowd Enjoyed Fine Program Yesterday

In the parlors of the Baptist Church yesterday quite a large number met and spent a most enjoyable time. A fine program of instrumental and vocal talent was presented after which the party entered into a social time and partook of refreshments. The committee in charge of the affair were Mrs. Vic. Houston, Mrs. F. Cameron, Mrs. C. Larkin, Mrs. F. Morris and Mrs. Peters.

The program was as follows: Selections ... Rainbow Orchestra Violin solo, Miss Pylis Hamblin Recitations, Mrs. Geo. Hibberd Pianoforte, Mrs. Clifford Gilker Violin Duet, Miss Lawrence and Bert Cameron.

Local duet, Bob and Dave Houston.

C.P.R. steamer Princess Mary, Capt. S. K. Gray, is due in port at 5.30 this evening from Vancouver and waypoints and will sail later in the evening on her return south.

Local Girl Is Terrace Bride

Miss Florence Montgomery Wedded on Monday to Wilfred Gardner of Pacific

TERRACE, May 23:—Miss Florence Montgomery of Prince Rupert, became the bride of Wilfred Gardner of Pacific in the parsonage on Monday, Rev. A. W. Robinson officiating. Edward Hogan, also of Pacific, was witness.

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



Gleaming hair!

The way modern hair dressers accentuate your hair by lovely lines and contours makes it important to keep the hair in perfect condition.

Now, millions know the quickest way to give the hair new life and lustre; to bring out its natural color, is with Danderine. It is so easy to use; you simply moisten your brush with it each time you arrange your hair.

Danderine dissolves the crust of dandruff; stops falling hair; puts the scalp in the pink of condition. It helps the hair grow long, silky, abundant; gives it more lustre than brilliantine. It makes the hair easy-to-arrange; holds it in place. Waves look nicer; stay in longer when "set" with Danderine.

Danderine

The One Minute Hair Beautifier
At All Drug Stores—Thirty Five Cents

Early Ad. Copy is appreciated