

# Build up your Strength Against Winter Ills

A little Bovril in your diet every day makes a lot of difference; you get more real nourishment from less food and avoid clogging your system with excess that creates fatty tissues.

## BOVRIL

Builds Strength Without Fat



### Local Items

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

Felt Hats, new shapes, \$2.75. Wallace's.

Glasses fitted by registered optometrist at Heilbronner's Store. (11)

Joseph Rogers of the Rupert Marine Products Ltd. will sail on the Prince George tonight for a trip to Vancouver and Victoria.

T. Anderson and Mergan Flye, employees of the Granby Co., who have been on a trip to the Old Country, were passengers aboard the Prince George yesterday returning to Anyox.

Attention Elks! Special meeting will be held in Elks' Home Friday, March 28, at 7:30 p.m. prompt, to honor Deputy Grand Exalted Ruler Alex Young, Ladies of the Royal Purple and all Elk Ladies are invited to dance which begins at 9:30 p.m.

W. K. Gwyer, district engineer for the provincial department of public works, was the speaker at the weekly luncheon of the Rotary Club today, giving some interesting reminiscences in connection with his work. Business at the luncheon also included nomination of officers for the coming year.

There was a meeting of the directors of the fair board last night for the purpose of disposing of some routine matters. The question of the native band competition came in for some discussion. Power was given the building and grounds committee to repair the roof of the building and make some desirable changes. Some slight additions to committees were made. Alderman Pillsbury going to the finance and buildings and ground committee; Alderman P. H. Lindsay to the sports and attractions and Alderman H. F. Pullen to the advertising and publicity and also to the exhibits committees.

### ANNOUNCEMENTS

Open Badminton Tournament Cathedral Hall, March 31. In aid of Organ Fund.

Eagles Whist Drive and dance April 2.

Presbyterian Easter Sale April 3.

Moose Whist Drive and Dance, April 4.

Eagles Smoker April 7.

First United Church Easter Sale April 10.

Daffodil dance April 21 in I. O.D.E. Hall.

Moose dance April 21.

Catholic Women's League Spring Sale April 24.

Ridley Home Bazaar May 8.

### HOTEL ARRIVALS

#### Central Hotel

UNDER NEW MANAGEMENT  
Steam Heat; Travellers' Sample Rooms; Hot and Cold Water  
Free Bus Meets All Trains and Boats

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.

#### New Royal Hotel

J. Zarelli, Prop.  
THE HOTEL WORTH WHILE  
Hot & Cold Water; Steam Heat  
75c PER DAY AND UP  
Telephone 281

#### Royal

Walter Wesley, Prop. Simpson; Sam Ayers and F. Skellum, City.

## Nervous Dyspepsia Bad Liver, Headache of Years Vanish



"For years was troubled with bad headaches, nervous dyspepsia and liver troubles. Finally tried 'Fruit-a-lives' and am once more entirely well." — R. A. Bovy, Trenton, Ont.  
Years-old liver trouble, constipation and over-eating with "Fruit-a-lives," say thousands. Dyspepsia, biliousness, heartburn, gas, sick headaches go like a flash. Nerves quiet, sound sleep at once. Kidney and bladder ills, pain in back vanish like magic. Rheumatism, neuralgia, neuritis de-camp quick. Complexion clears in no time.  
Ten of nature's greatest remedies combined in handy little tablet. Marvelous discovery of famous Canadian doctor. Speedy results.  
Get "Fruit-a-lives" from druggists today. Be new person tomorrow.

Wool Dress Goods, 50c. yard. Wallace's.

Money to loan on improved City property. Helgerson, 75

Allan A pure silk Hose, best colors, \$1.00 pair. Wallace's.

This afternoon's train due from the East at 3:30, was reported this morning to be on time.

A. J. Lancaster, provincial collector, sailed yesterday afternoon on the Prince George for a trip to Stewart on official duties.

Miss Grace Rutherford, who has been a visitor in the city for the past month or so, will sail by the Prince George tonight on her return to her home in Vancouver.

Mrs. Guy Patrick, who has been visiting here for the past couple of weeks with her brother and sister-in-law, Dr. and Mrs. J. H. Carson, Fifth Avenue West, will sail by the Prince George tonight on her return to Vancouver.

Ven. Archdeacon E. Hodson of Ocean Falls administrator of the diocese of Caledonia during the absence in England of Bishop G. A. Rix, sailed yesterday afternoon on the Prince George to make the round trip to Anyox and Stewart on ecclesiastical duties and will sail by the same steamer this evening on his return to Ocean Falls.

Union freighter Chilliwack, Capt. John Muir, having made a special trip to Anyox, Stewart and other northern points with freight, mail and passengers from the steamer Camosun which had to discontinue her voyages here on Sunday following her stranding, returned to port from the north at 5:30 last evening and sailed soon thereafter on her return to Vancouver.

Washable Rag Rugs, 27x54, 2 for \$1.00. Wallace's.

### TOO LATE TO CLASSIFY

GOOD Housekeeper wants work by the day or hour. Phone Black 802. 78

### Chest Colds

Rub well over throat and chest  
**VICKS VAPORUB**  
OVER 21 MILLION JARS USED YEARLY

### SUITS! SUITS!

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

### Central Hotel

UNDER NEW MANAGEMENT  
Steam Heat; Travellers' Sample Rooms; Hot and Cold Water  
Free Bus Meets All Trains and Boats

Rates \$1.00 and Up  
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Prince Rupert's leading family hotel. Hot and cold water in all rooms

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Hot & Cold Water; Steam Heat  
75c PER DAY AND UP  
Telephone 281

### Royal

Walter Wesley, Prop. Simpson; Sam Ayers and F. Skellum, City.

### W. Goldbloom

Fur Buyer  
Pays highest prices in the north for raw furs. Just now he is open to buy all varieties of pelts and to give trappers and others the best deal they can get anywhere.  
See Goldbloom First

### 4 a Taxi Phone 4, Big 4 Taxi. ft

Exceptional Values in Turkish Towels. Wallace's.

Billiard championship match tonight. Brown vs. Tinker. 73

Girl Guide concert Friday at 8 p.m. in Cathedral Hall. Presentation of colors. Dancing and marching exercises. Admission 35c, children 20c. 73

Month-end Specials, see our windows WALLACE'S.

Get the Ad. reading habit. It pays.

### Mail Schedule

For the East—  
Mons., Weds. & Sats. 10:30 a.m.

From the East—  
Suns., Tues. & Thurs. 3:30 p.m.

For Vancouver—  
Sundays 4:30 p.m.  
Tuesdays 12:30 p.m.  
Thursdays 9 p.m.  
Fridays 11 p.m.  
Mar. 12 and 23 p.m.

From Vancouver—  
Sundays 4 p.m.  
Wednesdays 10:30 a.m.  
Fridays 11 p.m.  
Saturdays 10:30 p.m.  
Mar. 19 and 29 a.m.

For Stewart and Premier—  
Sundays 7 p.m.  
Wednesdays 3 p.m.  
Saturdays 3 p.m.

From Stewart and Premier—  
Sundays 8 p.m.  
Tuesdays 11:30 a.m.  
Thursdays 8 p.m.

To Naas River and Port Simpson—  
Sundays 7 p.m.

From Naas River and Port Simpson—  
Tuesdays 11:30 a.m.

To Queen Charlottes—  
March 8 and 22 a.m.

From Queen Charlottes—  
March 6 and 20 a.m.

For Alaska—  
March 19 and 29 9 p.m.

From Alaska—  
March 12 and 23 p.m.

For Anyox and Alice Arm—  
Sundays 7 p.m.  
Wednesdays 3 p.m.

From Anyox and Alice Arm—  
Tuesdays 11:30 a.m.  
Thursdays 8 p.m.

Light cakes that keep moist for days are obtained by using 1 tablespoon less per cup of Purity if your recipe calls for ordinary pastry or soft wheat flour.

### PURITY FLOUR

Unrivalled for Bread  
The Brackman-Ker Milling Limited  
At all Principal B. C. Points

### Cakes

For richer flavor and finer texture use Borden's St. Charles in place of ordinary milk. The difference will surprise you.

FREE RECIPE BOOK  
The Borden Co. Limited, Dept. A  
Homer Arcade Bldg., Vancouver  
Please send me St. Charles Recipe Book.

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
78

Two Sizes:  
Tall 16 oz.  
Small 6 oz.

Borden's St. Charles unsweetened milk

See Goldbloom First

**SAIL CUNARD**

ALAUANIA  
ANDANIA  
ANTONIA  
ASCANIA  
AURANIA  
AUSONIA

Utter comfort... at new low cost!

The Ascania Drawing Room (Cabin Class) with its quaint chintz walls... its intimate corners that invite gay confidences... what charm! what comfort! Cunard Cabin and Tourist Third Cabin accommodations is always delightful. And how little it costs! Minimum Cabin Class rates from Montreal by Cunard now only \$130 to North British Ports, \$135 to Channel Ports. Reduction of 12% on round trip Cabin bookings in the ten off-season months. Tourist Third rates adjusted.

Weekly sailings to Europe from Montreal (and Quebec), from April 26th onwards.

Book through The Cunard Line, 622 Hastings St., W., Vancouver, (Telephone Seymour 3648-9), or any steamship agent.

7-CR  
CABIN + TOURIST THIRD CABIN + THIRD CLASS

## DRAW UP NEW PACT

Committee to Draft Agreement Between Britain and France Regarding Mediterranean

LONDON, March 27.—It was learned today that a committee of experts had been established to draft a Mediterranean Pact which will be a new guarantee of French security and will still not commit Great Britain beyond the obligations already implied in Articles XI and XVI of the League of Nations covenant.

### Stock Quotations

(Courtesy S. D. Johnston Co.)

Bayview, 1 1/2, 2.	Almont, 1.26, 1.27.
Big Missouri, 61, 62.	Dalhousie, 1.45, 1.49.
Coast Copper, 20.00, 22.00.	Devenish, 21, Nil.
Cork Province, 2 1/2, Nil.	Fabian Pete, 5 1/2, 6 1/2.
Cotton Belt, 15, Nil.	Home, 9.25, 9.40.
Dunwell, 2, Nil.	Hargal, 1.12, 1.16.
George Copper, 2.40, 2.50.	Freehold, 74, 75.
Georgia River, 7, 8.	United, 70, 75.
Glacier, Nil, 8.	Sterling Pacific, 21, 21 1/2.
Golconda, 74, 75.	Mercury, 30, 32.
Grandview, 9, 9 1/2.	Independence, 3, 4.
Independence, 3, 4.	

Oils

A. P. Consolidated, 1.87, 1.88.
Calmont, 1.26, 1.27.
Dalhousie, 1.45, 1.49.
Devenish, 21, Nil.
Fabian Pete, 5 1/2, 6 1/2.
Home, 9.25, 9.40.
Hargal, 1.12, 1.16.
Freehold, 74, 75.
United, 70, 75.
Sterling Pacific, 21, 21 1/2.
Mercury, 30, 32.
Independence, 3, 4.

## COAL! COAL!

PEMBINA EGG—Delivered, per ton ..... \$12.00  
ALBERTA EGG—Delivered, per ton ..... 12.50  
ALBERTA LUMP—Delivered, per ton ..... 13.50

Special Prices On Your Winter Supply

## WOOD

JUST ARRIVED, NEW SHIPMENT OF BIRCH AND JACK PINE MILL ENDS—Per load ..... \$4.50  
BOX CUTTINGS—Per load ..... 3.50

## HYDE TRANSFER—PHONE 580

PHONE 580

**BLUE RIBBON COFFEE**

Roasted and ground from choice beans and packed by vacuum process in air-tight tins—the aroma and flavour of Blue Ribbon Coffee appeal to every taste. Order a tin from your grocer today and try it.

## EASTER RABBITS, EASTER EGGS EASTER NOVELTIES

Our Easter Goods Have Arrived and Are on Display

### Ganongs' and Pascalls'

See Our Windows

HAVE SOME PUT AWAY IF YOU DESIRE

## 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, Butedale, Alert Bay, etc. Tuesday, 8:30 p.m.  
For VANCOUVER, VICTORIA, Butedale, Alert Bay, etc. Friday midnight  
For ALICE ARM, ANYOX, STEWART, Naas River, Port Simpson, Sunday, 8:00 a.m.  
For PORT ELMERSON 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—  
March 8, 19, 29.

To Vancouver, Victoria, Seattle—  
March 12, 23.

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 31

## 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 p.m.  
For ANYOX each Wednesday at 4 p.m.  
For STEWART each Wednesday and Saturday at 4 p.m.  
For North and South Queen Charlotte Islands fortnightly.

PASSENGER TRAINS LEAVE PRINCE RUPERT MONDAY, WEDNESDAY and SATURDAY 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

### TELEPHONE 657

VALENTIN DAIRY FOR SKEENA BRAND

Creamery Butter & Cottage Cheese

FRESH PASTEURIZED MILK AND CREAM DAILY

Early Delivery Throughout the City

### PRINCE RUPERT STEAM BATHS

Dear Sir and Madam: WHY HESITATE? Steam baths and massage promote health and happiness. Personal cleanliness produces a charming personality. Massage induces the natural health to go with it. Why Not Enjoy Both? The Prince Rupert Steam Baths offer you both at very reasonable rates. And we feel sure that one trial will convince you. Your patronage is solicited, and inspection is invited. May we expect you? Respectfully,  
Prince Rupert Steam Baths.

Hours  
Ladies 2 p.m. to 5 p.m. daily.  
Gents 5 p.m. to 10 p.m. daily.

## COAL

Buy the real Coal—our famous Edson and Cassidy-Wellington—in any quantities. Also Bulkley Valley Hay, Grain and Robin Hood Flour.

Prince Rupert Feed Co.  
PHONES 58 AND 558