ore. Development will also be con-

ized Yeast feel fine. Gained 22 lbs."

Thousands write new Ironized

-Mrs. Laura Benoit.



## After the evening's bridge serve Ovaltine

MANY people hesitate to drink tea or coffee at night through fear of sleeplessness.

Serve Ovaltine for a change after your next bridge. Make it according to directions, adding a touch of whipped cream for extra smoothness and daintiness.

You've no idea how delicious Ovaltine is! Its natural flavour delights even the most fastidious palate—and in Ovaltine there is exceptional nourishment which re-builds nervous energy and promotes natural, healthful sleep.

Ovaltine is a scientific concentration of nature's most nourishing foods-ripe barley malt, fresh eggs, and creamy milk,-a delightful source of energy.

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Builds-up Brain, Nerve and Body

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# News of the Mines

AROUND PRINCE RUPERT

Ore Body Expected to Be Encountered Soon in Saddle—Activity in Alice Arm District Forecast— Mayou to Resume Work

It is expected by P. E. Peterson, consulting engineer for the Silver Crest Mining Co. Ltd., who recently spent a week on the property, that only a short distance further will have to be driven on the Saddle mine on Hastings Arm before the full rich ore body is broken into. Mr. Peterson made a complete examination of the underground work at the Saddle during the winter months and expressed satisfaction with the manner in which the work had been carried out. The main tunnel has now been driven a

distance of 456 feet from the portal'and 18 feet of crosscuts has also by the Mayou Gold Copper Mining been driven. The tunnel now has a Co., on its Stewart property near vertical depth of 200 feet from the the head of Bitter Creek, it was desurface. Although it has not yet cided at the annual meeting of the reached its objective which is the company held recently in Vancourich silver lead ore developed by ver. William Tompkins, mine susinking a shaft, the latter part of perintendent, presented a report the tunnel cut through a form of setting for the work done and the mineralization and in several places results attained last season. This high grade was encountered. Work work will be continued on the goldhas been suspended recently on ac- copper zone as what has been done count of a shortage of powder but indicates the possibility of opening will be resumed as soon as possible. up a large tonnage of commercial

The Alice Arm district will see tinued on the C. vein in the silver more mining activity during the zone where work last season met coming season than it has done with encouraging results. A trial since the hectic days when the Tay-shipment of two and a half tons lor Mining Co. was tearing out ore from No. 1 vein to Trail smelter asfrom the Dolly Varden mine to get sayed .02 gold, 101.1 ounces silver, it to the market while the price of 21.7% lead and 28% zinc, this not silver ranged between \$1 and \$1.30 being sorted ore. Officers elected at per ounce, says the British Colum- the annual meeting were: presibia Miner. The Taylor Co. so suc- dent, E. E. Hall; vice-president, A. cessfully scuttled the mine that M. Whiteside; secretary, C. E. Neil; none of the many engineers who mine superintendent, William examined it would entertain it un- Tompkins; director, F. E. Hall. til Britannia Mining & Smelting Co. became interested in the Toric and its engineers and geologists had an opertunity to examine the After Baby Came Dolly Varden at leisure. Exploration at the Toric is understood to be I Was Weak, Skinny very satisfactory. A raise has been I Was Weak, Skinny put up from the bottom level to the surface and a winze has been sunk 220 feet below the bottom level and exploration is now under way by crosscuts and drifts at this new level. All the exploration is said to have been done in commercial ore though of a low grade at present market prices but the largeness of Yeast adds 5 to 15 lbs. in 3 weeks. Company's Properties Have Not Yet the deposit compensates for the Ugly hollows fill out. Bony limbs lowness in grade. The development get graceful roundness. Muddy of this deposit will be continued skin gets clear and rosy like magic. and, at the same time, the company Nervousness, indigestion, constipawill thoroughly explore the Dolly tion vanish overnight. Sound sleep Varden and Wolf groups. The Alice new pep from very first day.

As soon as weather conditions icated yeast. Results in 1/2 time. No Financial Post. will permit, work will be resumed yeasty taste, no gas.

# Week-End Specials

WILD ROSE Pastr	y Flour— 50c
ROBIN HOOD Oat Tumblers, 2 pkgs	4 - 4 - 4 - 4 - 4 - 4 - 4 - 4 - 4 - 4 -
NABOB Red Plums	-2's <b>15c</b>
MALKIN'S BEST I	Honey- 75c
MARSH'S Grape J per bot.	uice- 40c
NABOB Tea— 1-lb. pkg.	60c
NABOB Coffee— 1-lb. tin	60c
SUNNYBROOK Creery Butter-3-lb	eam- \$1.20 brick \$1.20
HEINZ Sandwich F	2 4 6 4 7
HEINZ Cooked Sp. 2's, 2 tins	990
HEINZ Red Kidney	Beans-25c
EXTRA LARGE FI	
FRASER VALLEY Jam-4-lb. tin .	-agua-
ROWNTREE'S Coc	400
CHRISTIE'S Assort	ed Fancy 40c
per lb.	hes 20c
CHOICE Dry Pears	25c
A 11	N/ 1 .

P. GAMULA, Proprietor

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٠	Wyny INO	L
5	GIVE US A TRIAL ORDE	R.
0	WILL FIND IT WORT	СН
3	SUNLIGHT SOAP— per pkg.	2
	PEARL NAPTHA SOAP— 13 bars	678
)	CARROTS & TURNIPS— 10 lbs.	2
0	CUT MACARONI— per lb.	
0	AUSTRALIAN RAISINS— 3 lbs.	6.0
	CLARKS SOUPS— S Assorted, 11 tins	1
-	SNOW STORM PIL- CHARDS—1/2's, 3 tins	2
	SPLIT PEAS—  3 lbs.	2
	PICKLES—Per bot.	2
•	HEINZ PICKLED WHITE ONIONS—Per bot.	64
0	Per lb.	6.6
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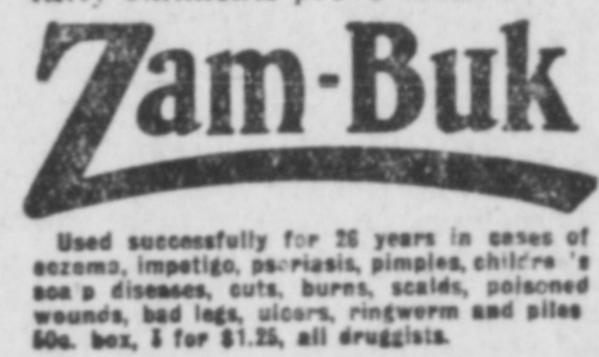
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## Gained 22 Lbs. BIG MISSOURI "After baby was born I was very weak, skinny. Since taking Iron-

Reached Point Where Worth Is Reflected in Share Value

Properties in which the Big Missouri Mining Company is interes-Arm-Dolly Varden railway is to be Two great tonics in one-special ted have not been developed to the reconditioned chiefly at the ex- weight-building Malt Yeast and point where their potential worth pense of the provincial government. strengthening Iron. Pleasant little can be reflected in the value of the tablets. Far stronger than unmed- shares of the company, says the

> The company is a Nevada incor-So quit being "skinny," tired, un- poration operating as a holding attractive. Get Ironized Yeast company and its principal interest from your druggist today. Feel is 47% of the outstanding common great tomorrow. Money back from stock of the Buena Vista Mining manufacturer if not delighted with Company, a British Columbia incorporation which owns the Big Missouri Mine, located in the Portland Canal Mining Division of Bri-

Consolidated Mining and Smelting Company of Canada Ltd., owns 53% of the common stock of Buena Vista Mining Company and has to December 31, 1929, purchased over \$97,000 of the company's bonds as compared with \$50,000 purchased by the Big Missouri Mining Company, proceeds from which are being used to develop the property. Exploration work to date indicates YOU the presence of considerable quantities of ore of commercial grade over mineable widths. Further work must be done, however, before the extent of the ore body can be definitely gauged and estimated. 50c The thorough and comprehensive manner in which the property is being developed by Consolidated 25C Smelters indicates that it is one of

promise. Since Big Missouri's outstanding capitalization is 4,400,000 shares of \$1 par value and its interest in Buena Vista is 47% of the 500,000 shares outstanding any distribu-. UU tion of dividends paid by Buena Vista would amount to fewer cents 250 per share for Big Missouri shareholders. Assuming that Buena Vis-20C ta paid \$1 per share dividends on its \$500,000 outstanding capitalization, only 5 cents per share would be available for distribution to Big Missouri shareholders.

PHONE 575 BESNER BLOCK

# Alaska Man Gets

J. L. Galen Granted Airplane Con-

J. L. Galen, president of the Mt. McKinley Park Transportation Company returning north on the ss. Alaska stated that while in Washington, D.C., recently he succeeded in securing the right to operate an air transportation line within the boundaries of Mt. Mc-Kinley National Park, says the Ketchikan Chronicle. This concession, Mr. Galen said, for an air line American within the park is the first and only one granted by the government to date in any national park.

On his return home Mr. Galen stopped off at Hatton, North Dakota, to attend the funeral of the late Colonel Ben Eielson. Over 20,-000 people, including many from far distant points, gathered in the little town of Hatton to attend the impressive services accorded the dead aviator by his home town.

Mr. Galen left for the east about three months ago and during his Talking Comedyabsence visited in New York, Boston, Washington, D.C., and other big cities of the east and middle

The Prince Rupert Rotary Cub probably achieved what it has been trying to do for some time. It had yesterday 100 per cent. attendance of those members who were in the city and two members who were in Vancouver, Don Finn and John Dybhavn, promised to attend there. If they were present, the club made its first 100 per cent. attendance since its inception.

C.N.R. TRAINS

From East-Sundays, Tuesdays, and Thursdays. 3.30 p.m. For East-Mondays, Wednesdays Saturday at 11:30 a.m.

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TALKING and SINGING

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"PERMANENT WAVE" "SCENIC" You should see thr

TWO SHOWS, 7 & 9 P.M.

program

Admission - 20c and 65c SAT. MATINEE

At 2:30-15c and 40c

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## OLD COUNTRY ALE

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