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For thirty-five years millions have shown preference for Shredded Wheat over all other cereal foods and it's so easy to understand why. It's the whole wheat in its most digestible form. The crisp, crunchy shreds encourage thorough chewing—and the more you chew it the better youlike it. So easy to serve a quick breakfast because it is ready-cooked. Delicious for any meal.

SHREDDED WITH ALL THE BRAN

OF THE WHOLE WHEAT THE CANADIAN SHREDDED WHEAT COMPANY, LTD.

Advertise in "The Daily News" the people of Northern B.C. That part were R. C. S. Randall, C. E. S. ever been known to run on the is through the Daily News. Gow, E. Thompson, A. Fowlie, J. Queen Charlotte Islands.

Famous English Lady Here Demon strating Most Modern Methods

"What is a Home Economist? That is the question which was asked of Miss E. Frances Thompson, who is lecturing at the Moose Hall today, tomorrow and Monday.

It looked as if she would be rather formidable person, this Miss Thompson "internationally-known Home Economist, formerly lecturer for the London County Council," whose radio talks are looked forward to by numerous Ontario housewives. But Miss Thompson seemed anything but formidable when the interviewer met her.

The only formidable thing about Frances Thompson is her air competency. You feel that she knows what she is talking about, and knows it by virtue of doing some good hard work on that particular subject. She is a bright young woman, with fair hair, attractive personality, and a pleasant English accent, not too pronounced.

She told what good fun it was, showing domestic science classes and eager young brides how they from both the towns. could make the same delicious dishes that their mothers made. with about one-tenth the effort.

"And what," was asked her, reurning to the original purpose of our quest, "is a Home Economist? "A Home Economist," she paried, "is a person who holds a de-

gree in home economics." "And what is-or are-home ec-

nomics?" "I suppose that home economics night be said to be domestic science carried just a little bit further," said this expert, considering. "Domestic science has come to eally useful and to study the best man. neans of using them.

uses that they are put to. It renains for some woman to write in and tell how she is using the vacuum cleaner blower for drying her hair.

"Proper diet, proper ventilation, economical purchasing, budgetary basis—that is home economics."

Work in London

Miss Thompson used to be Home Economist for the London County Council. "It was fascinating work," "talking to the classes in the L.C.C. day and evening schools. The home than in London, and the girls and women to whom I talked in the day and evening classes were determined to be the best housewives they knew how. Many of them couldn't hope to own all the gadgets that make life easy for the woman who can affor dthem, but they all felt, and rightly, that they could learn a great deal about the sciences of eating and living that people in the past never dreamed of.

"In Canada this feeling is present to an even greater degree. Although I have only been here a few months I feel that I am really doing something to make living here more pleasant.

"My work here is easier than in England, for you in Canada demand already a greater degree home comfort than they have in England. Electric ranges, electric refrigeration, vacuum cleaners and all the other labor saving devices are accepted here to a much greater degree than in England. For example more housewives in the Old Country still buy their supplies in day to day "tuppeny" lots. The shopping expedition once or twice a week, made possible by refrigeration, is a rarity in England. And of course the housewife who buys a day's supply at a time pays far more proportionally than the woman who can buy a larger quantity.

and keep it fresh. "And that is just one sample of the home economics you are asking about," she said as we parted.

Gust Christianson has bought out the New Hazelton Hotel and intends to make a number of improvements to the hostlery.

The Women's Auxiliary Hazelton Hospital held its monthly meeting on Tuesday at the home of Mrs. James Turnbull. April was selected as the date for the annual daffodil dance.

Charles William English was instantly killed last week when he fell off a sleigh, the body being found by Thomas Bracewell. Deceased, who was engaged in hauling poles, served in the Great War. He is survived by a widow and family at Hagwilget.

Oscar Lind returned last weel from Vancouver where he spent couple of weeks visiting with his brother, John.

A successful dance was held the New Hazelton Hall last Friday night by the Social Club of Hazel-

J. C. K. Sealy was down from Smithers last week and spent a few days here.

The Felix Bridge Club met on Mrs. S. J. Winsby. Prize-winners were Mrs. W. W. Anderson and Mrs Walton Sharpe.

SMITHERS

Although the councillors have Coast. be particularly the study of diet been elected for several weeks and and cooking. In home economics several meetings have been held by

"You would be surprised how Alterations in the boundaries of get such interest in lectures like dary be at a point a short distance spruce to St. Paul, Minn. hose I'm giving here. And yet, below Terrace, eliminating the even the companies that make remote coast stretches, and that times don't know all the possible to include a portion of the Babine district now in Omineca riding.

The Oddfellows' Lodge staged a most enjoyable dance last Friday Skidegate Bridge night. Refreshments and music Skidegate Bridge most enjoyable dance last Friday were of the best although the attendance was not quite as large as control and everything that helps might have been expected. Telkwa to run the home on a surface-like had a fine representation at the af-

A Parent-Teachers' Association has been organized here with officers as follows: honorary president, H. E. Blanchard; president, Mrs. L. she said, in reply to a question, S. McGill; vice-president, V. Crockett; secretary-treasurer, Miss Alice Smith; program committee, Mrs. F. V. Foster, Mrs. H. E. Blanchard and R. Nesbitt.

Following the regular meeting this week of the local branch of the Women's Institute, the members adjourned to Jimmy James' butcher shop where the proprietor gave them an interesting demonstration of the cutting of beef.

C. D. Orchard, district forester here, is being transferred to the head office of the department in Victoria and will be succeeded here by Charles J. Haddon, formerly district forester at Williams Lake and more recently in charge at Nelson. C. C. Ternen is being moved from here to Nelson to succeed Mr. Haddon there and S. Marling will come here from Victoria to take Mr. Ternen's place.

Talking pictures have been installed in the Princess Theatre

On three nights during the past week the thermometer descended to below zero, the lowest reading of the week having been seven be- Is First Time This Variety Has Been low on Sunday.

Half a dozen local veterans of the South African War got together Gow, E. Thompson, A. Fowlie, J. Queen Charlotte Islands.

Newell, J. Masson and F. Moffat. Dr. Lyon was pianist for the evening and William Bexon, presenter.

The Prince George branch of the Canadian National Recreation League at its annual meeting last week, elected the following officers for the year: honorary president, W. H. Tobey (Prince Rupert); honorary vice-presidents, Archie Watt, M. A. Burbank and P. G. Russell; president, D. G. Fraser; vice-president, W. Morsh; secretary, G. Burgess; treasurer, J. Roberts; auditors, G. Bennett and F. Ward; chairman of entertainment committee, E. Ireland; lawn bowling, W. Goheen; hockey, A. J. Rogers; rifle shooting, R. A. Harlow; baseball, J. D. McLeod; tennis, E. Gunderson; softball, A. G. Cambpell, publicity, F. Clark.

A delegation consisting of Mayor Patterson; Dr. R. W. Alward, president of the Board of Trade; Ald. F. D. Taylor, president of the Agricultural Association, and Levi Graham, president of the local Conservative Association, left on Tuesday to interview Premier Tolmie in reton. People were in attendance gard to matters affecting this dis-

SKIDEGATE

Capt. and Mrs. J. Haan jr. and family have moved over from Tuesday evening at the home of Sandspit and taken over the Barge estate at Queen Charlotte City where they will make their future

> Several halibut boats from Prince Rupert passed through the Inlet during the past week en route to !! the fishing grounds on the West

Thirty natives of the American we study the most efficient appli- the board, the chairman of the Haida tribe from Craig, Alaska, cations of labor saving devices to board of village commissioners have been paying a fraternal visit the uses, of the home. We try to here has not yet been selected. Last to Skidegate Mission. It was the pick out the appliances that are year, L. B. Warner was the chair- first time they were here and they were very pleased with their visit.

Mr. Pinzley, manager of the nany women haven't any idea how Skeena electoral district are being Bernsfield Logging Co., is on a visit to use all the modern devices that sought by the Smithers District to Prince Rupert in connection they own. Most of them realize Chamber of Commerce. The sug- with shipment this week on the their ignorance; that is why we gestion is that the western boun- Prince John of 24,000 feet of rived

Charles Miller, Queen Charlotte these appliances themselves some- the eastern boundary be extended City barber, is moving one of his location.

tained At Delightful Affair Last Week

SKIDEGATE, March 7:-A very enjoyable party was held on Thursday night tast at the home of Mr. and Mrs. E. C. Stevens. Bridge was the order of the evening and prize is nowhere of more importance L. H. Kenney, Miss P. Downey, Mrs. | winners were: ladies' first, Mrs. G. Emmerson; second, Mrs. E. Palmer; men's first, C. Miller; second, G. Chastney. The hostess served delicious refreshments.

> Among the guests were: Mr. and Mrs. E. Palmer, Mr. and Mrs. E. J. Palmer, Mrs. John R. Morgan, Mr. and Mrs. G. Chastney, Mr. and Mrs. H. R. Beaven, Mr. and Mrs. A. Duval, Mrs. A. Christiansen, C. Mill . P. Dover, Mr. and Mrs. A. Jones Gold Dust-Per pkg. and Mr. and Mrs. G. Emmerson.

Selwyn Inlet To Have Large Crew

Kelley Logging Co. Will Have Three Hundred Men Employed This Spring

SKIDEGATE, March 7:-The A. Kelley Logging Co. now has 93 men employed in the camp at Selwyn Inlet. It is expected the crew will be increased to 300 later in the

Freak Sockeye Run Skidegate

Known to Run So Soon On Queen Charlottes

SKIDEGATE, March 7:-Sockeye last Saturday night to celebrate salmon have commenced to run in the thirtieth anniversary of the re- Copper River and Copper Bay. This There is only one way to reach lief at Ladysmith. Those taking is the earliest that sockeye have



THURSDAY, FRIDAY AND SATURDAY

> Two Shows, 7 & 9 p.m. Matinee, Saturday 2:30 p.m.

Come and Laugh Out Loud With

Welcome Danger

(Twelve Reels) His Latest All-Talking Comedy Riot

Singing Novelty—"Bedelia"

Admission, 20c and 65c; Sat. Matinee, 2:30. Admission, 15c and 40c

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|---|-------|
| 1x10 No. 1 Spruce Shiplap\$ | |
| 1x6 No. 2 Spruce Shiplap\$ | |
| 1x10 No. 2 Spruce Shiplap\$ | |
| 2x4 and 2x6, 8 to 14', S4S, No. 1 Common\$ | |
| 2x4 and 2x6, 8 to 14', S4S, No. 2 Common \$ | 22.00 |

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BIG BAY LUMBER COMPANY, LIMITED PRINCE RUPERT, B. C.

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Specials

Friday, Saturday and Monday Robin Hood Rolled Oats-With

Chinaware or Tumblers, pkg. 33c Economy Tea-Per lb. Royal City Strawberries-2s Red Cherries-2s, per tin Kellogg's All-Bran-3 pkgs. Cooking Apples-4 lbs. Red Mexican Beans-2 lbs. . Campbell's Tomato Soup-Tin 12c 2 lb. pkg. Cambridge Sausage-2s, per tin 28c Nabob Tea, 1s, Libby's Sauer Kraut-21/2s, tin 16c 2 pkgs.

The Economy Cash & Carry

PHONE 360 319 Third Ave.

BESNER BLOCK

PHONE 575

Week-End Specials

2 Pkgs. Robin Hood Fancy Cake Flour and 1 Large 850 Size Mixing Bowl all for Robin Hood Rapid Oats with 75C Fancy Rose Colored Tumblers, 2 pkgs. \$1.25 Eggs, Fresh Extras \$1.25 Sunnybrook Creamery Butter, 3 lb. brick 20c

.58c Rogers Golden Syrup 25c 2 lb. tin 20c .25c | Icing Sugar \$1.15 Malkins Best Spinach,

35C 15c Garden Peas, No. 4, Per tin Fraser Valley Black Currant 550 Jam, 4 lb. tin Malkins Best Baby Beets, Per tin

55C Fraser Valley Strawberry Jam. 4 lb. tin Royal City Green Peas, 2 tins Pearl White Naptha Soap 500 11 bars 25C Mrs. Porter's Sandwich

Spread, 8 oz. jar

P. GAMULA, Proprietor

Fifth Street.