Salada is the best value among Orange Pekoe blends



'Fresh from the gardens'

## KEEPS YOU FIT!

Just a well-balanced food to keep you fine and fit—carbohydrates for heat and energy, proteins for good muscle, mineral salts for bones and teethand all so easily digested. Eat Shredded Wheat with plenty of milk—hot milk is best in Winter as it brings out the delicious flavor of the crisp baked wheat—and supplies the warmth the body needs. Delicious for any meal. It's ready-cooked, ready-to-eat.

# SHREDDED

OF THE WHOLE WHEAT

THE CANADIAN SHREDDED WHEAT COMPANY, LTD.

DEMAND

"Rupert Brand" -Kippers -

"THE DAINTIEST BREAKFAST FOOD." Smoked Daily by

Canadian Fish & Cold Storage Co., Ltd.

PRINCE RUPERT, B.C.

CANADIAN NATIONAL STEAMSHIPS

Prince Rupert DRYDOCK

AND

SHIPYARD

OPERATING G. T. P. 20,000-TON FLOATING DRYDOCK Engineers, Machinists, Boilermakers, Blacksmiths, Pattern Makers, Founders, Woodworkers, Etc. ELECTRIC AND ACETYLENE WELDING

> Our Plant Is Equipped to Handle All Kinds of MARINE AND COMMERCIAL WORK PHONES 43 AND 385

Early Ad. Copy is appreciated

SMITHERS

C. J. Killer's Holsten "Molly" led the Bulkley Valley Cow Testing Association in December, producing 1730 pounds of milk with a butterfat been seen since January 27, when percentage of 65.7.

Olof Hanson silver cup, defeating ing train at Prince Rupert. J. A. McDonald's rink in the final. A schedule has now been drawn up play will commence as soon as ice over a Prince George team by conditions permit.

district farmers \$25 a ton for hay, game with keen interest. \$1.75 a hundred for oats, and \$2 for wheat.

their annual mother and daughter banquet last Friday evening, thirty last respects. persons being present with Mrs. Mc-Kenzie, wife of the pastor, and V Crockett guests of honor. Among those who spoke and otherwise took part in the program were Mrs. Mc-Kenzie, Patty Hetherington, Irma Thorne, Kathleen Powell, Alice Dimock, Della Carpenter, Pauline Priest, Mrs. C. L. Dimock, Mrs. George Smith, Eileen Mahaffey, Myrtle McIntyre, Winnifred Hann Mr. Crockett and Rev. William Mc-Kenzie. Acting as serviteurs were Misses Bertha Chapman, Margaret Jones and Vivian Graham.

Power Corporation of Canada at has appointed the following com-Prince Rupert, spent a couple of nittee chairmen for the year: days here at the first of the week while bound from Prince Rupert to Montreal. He was here to look over public works and lumbering, J. I the possibilities of local power development, although he would make no definite statement as to any intentions his company might

Smithers hockey team returned George, where they played a twogame series. They lost both games, the one on Sunday by a score of 4 to 2 and that on Monday 11 to 1. M. Graham, John A. McDonald, It is possible that a return series will later be played here.

Provincial police officers here are searching for a Swede who has not

# Specials

3-lb. tin	poc
SWIFT'S PURE LARD—	\$1.10
SWIFT'S PURE LARD—	\$2.10
QUAKER QUICK CHINA OATS-2 pkgs.	75c
KELLOGG'S PEP— 2 pkgs.	
SWIFT'S PREMIUM BACC —Whole piece, lb	N 48c
SWIFT'S PREMIUM BACC —Half piece, lb	N 50c
HEINZ CREAM TOMATO	\$1.00

HEINZ PORK & BEANS 2 pkgs.

MALKIN'S BEST SPINICH -2s. 2 tins ROYAL CITY STRAWBER- 65C

RY-2s. 2 tins ROYAL CITY RED PITTED 30C CHERRIES-2s. Per tin NABOB PURE HONEY-12-oz. 2 jars

-3-lb. brick KNOX SPARKLING GELA-TINE-Pkg. DEL MAIZ FANCY CORN

-2s. 2 tins SWIFT'S CLASSIC CLEAN- 25C SER-3 tins

P. GAMULA. Proprietor Fifth Street. Phone 208

## So SKINNY Ashamed in Bathing Suit Gained 151bs

he disappeared at Evelyn from train. He had suffered severe cuts In the final game of the inter- and bruises about the head and rink curling competition here, also had an arm injured when he edgement of appreciation for the James P. Downey's rink won the sought recently to jump on a mov-

for the annual bonspiel in which won a game here on Monday night prayer for continuation of the score of 11 to 6. A good brand of hockey was played and a large Smithers merchants are paying crowd of spectators followed the

The funeral of the late Mrs. Peter Skuba, who died in the Prince Rup-The Canadien Girls in Training ert General Hospital, took place here of St. John's United Church held on Sunday afternoon. Many friends attended the obsequies to pay their

> The Smithers District Chamber of meeting on Tuesday night requesting the federal government to take over, operate and control all radio proadcasting stations in the Do-

> J. G. Stephens has given notice that he will move that the executive of the Smithers District Chamber of commerce be increased from eight to eleven members.

President H. F. Noel of the Smith-J. J. Little, manager for the ers District Chamber of Commerce Finance, S. H. Hoskins; retail trades and freight rates, Charles Morris; Downey; mining, L. S. McGill; fur, game and fisheries, George Oulton; aviation, Charles Reid; agriculture, S. S. Phillips; entertainment, J. G. Stephens; publicity, L. B. Warner.

The local branch of the Canadian on Tuesday from Prince Legion has made nominations as ollows for 1930 officers: President, C. Warner; vice-president, Dr. R. C. Bamford; second vice-president, J. Robert Elliott and A. L. Evitt; executive, Alex Gray, H. M. Mathews, Harry Strange, Robert Elliott, Frank Newberry, A. L. Evitt, J. A. Rutherford, J. A. Finnerty, E. Woodward and J. M. Graham.

> Harry Schwartz, who has been in the tailoring business here for several years, left at the end of last veek for Prince George, where he

### Radio Association Prepares For Year

Committee Appointed To Take Up Interference With Inspector

The executive of the Prince Rupert Radio Association held a meeting Wednesday night and discussed plans for the coming year. There was a full attendance and considerable interest was displayed.

Reports were made by the radio inspector of various sources of interference and a committee consisting of R. J. T. Rose, J. M. Morrison and D. C. McRae was appointed to confirm the reports with Inspector Batt and take the matter up with the proper authorities for correction

Plans were made for the membership drive and for co-operation with the government in collecting licences. The association has the 350 licences. The association has the names of over 200 set owners in the city and any of them without licences is liable to prosecution.

## Children Coughed Day and Night

Mrs. Claude Benyard, Renyard, Sask., writes:- "The children were coughing

"A friend told me she had used



Dr. Wood's Norway Pine Syrup

time the kiddies were all over their

"I have no hesitation in saying it is the best I have ever used, and I will always keep a bottle of it on hand

Price, 35c. a bottle; large family size 60c.; at all druggists and dealers; manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

Rev. Alex Mogee, 80 Years of Age, Replies To Presbytery's Congratulations

Replying to a message of congratulation on having attained his eightieth birthday and an acknowlexcellent contribution he has made to the church of Christ by his many years of loyal and efficient ser-Smithers junior hockey players vice with which was coupled a Master's blessing on his labors, Rev. | Alex Mogee, B.A., of Kitimaat, spoke as follows to the members of Prince Rupert Presbytery of the United Church who are assembled here in annual meeting:

"It is my desire to convey to my brethren of the Presbytery of Prince Rupert my most cordial thanks for their message conveying in far too exalted terms their resolution of congratulation on my attaining the years of maturity. With the good hand of my God upon me, I survive Commerce passed a resolution at a my eightieth birthday. And what of it? A brief morning service. A centy contribution in service in my Great Master's employ. That is all.

"Jesus is God lived by men. I am in bonds to the conviction that the full expanse of life and the noblest cervice to my Divine Master and Savior are my due. Alas! Only a fit and start service for a few brief days. O Galilean! Thou hast conquered.

"Our great Chaldean father, Abraham, attained to years 175 and made a friendship. Why cannot we repeat the same? 'Go and do like-

"In thrilling days, the Gods are come down to us in the likeness of men. Men filled with the spirit of life were cruelly and inhumanely robbed of life. James was put to the sword. Peter and Paul were crucified. These men might otherwise have lived until today.

"Some make the effort to counsel that men of sixty-five, not even seventy, should be retired. Only lisping, toddling infants!

"We rejoice in every advancement and attainment of our age in laudable and worthy progress. When will science begin to wrestle with the thought and make it a realized fact that the days of our years should be 175 more or less? One has left on record: 'Few have been the days of the years of my life.' He

"Eighty years! Only entering the prime of life! Such should be the outlook of immortal man. "Brethren, my sincere thanks

could continue for length of days. "We are informed: 'Acids and toxins coy us to death." Heal ravings! Starchy or not starchy, take and partake of a full loaf of the Bread of Life. Drink deep of the Water of Life. Be diagnozed by the Great Physician and on his Authority and Science. Live forever!"

If a merchant advertises you know he's alive. He is likely give you good value.

HEINZ KETCHUP—Large size. Per bottle	25c
OLD DUTCH CLEANSER— Per tin	
KELLOGG'S CORN FLAKES  —Per pkg.	1700
BRUNSWICK SARDINES— 4 tins	
LIBBY'S PORK & BEANS— 2s. 2 tins	
NABOB COFFEE—5s. Per tin	2.80
SPINACH—21/2s. Per tin	23c

flavor. 4 pkgs. FANCY BISCUITS-Per lb. FLOUR-\$2.50 49-lb. sack

READY-CUT MACARONI-

The Economy Cash & Carry

PHONE 360 319 Third Ave.

THURSDAY, FRIDAY AND SATURDAY TWO SHOWS 7 and 9 p.m. Matinee, Saturday 2:30 p.m.

# ~~~~~~~~~ in "The Iron Mask

A Non-Talking Picture but One of the Best Pictures Made

Song Novelty-ROYAL HAWAIIAN SINGERS SCENIC-PATHE REVIEW

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

## ANNUAL SKI TOURNAMENT

Official British Columbia championship ski contests at the third annual tournament of the Omineca

Burns Lake, Feb. 11, 12, 13, 14, 1930

Under the distinguished patronage of the Honorable the Lieutenant-Governor of British Columbia.

Excursion Rates On All Canadian National Lines. Good From Feb. 8 to 19.

# LUNBER

x6 No. 1 Spruce Shiplap\$2	3.00
x10 No. 1 Spruce Shiplap\$2	
x6 No. 2 Spruce Shiplap\$2	0.00
x10 No. 2 Spruce Shiplap\$2	22.00
2x4 and 2x6, 8 to 14', S4S, No. 1 Common \$2	25.00
2x4 and 2x6, 8 to 14', S4S, No. 2 Common\$2	22.00

Kiln Dried Flooring, Ceiling and Finish, Mouldings Lath, Shingles, Doors, Windows, Etc.

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

Sawmill and Head Office, Seal Cove, Telephone, 361 Retail Yard, Cow Bay, Telephone 423

PHONE 575 BESNER BLOCK

DEMINIO

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

610 2nd Avenue-Phone 130 Prince Rupert. B.C.

S. D. Johnston

Co., Ltd.

Correspondents For

MILLER, COURT &

CO., LIMITED

available at our office on the

1st and 15th of every month

We offer prompt and reli-able service in the execution

of orders to buy or sell all stocks on the Vancouver, Cal-

gary and Toronto Exchanges.

TELEPHONE 657 VALENTIN DAIRY FOR SKEENA BRAND

Creamery Butter & Cottage Cheese

FRESH PASTEURIZED MILK AND CREAM DAILY Early Delivery Throughout the City

LINDSAY'S Cartage and Storage

Phone 68 Cartage, Warehousing, and Distributing. Team or Motor Service Coal, Sand and Gravel

We Specialize in Piano and Furniture Moving.

Daily News Want Ads. bring quick Results