

WARNING-Do not confuse Ovaltine

with any other product. Ovaltine has

the endorsement of the scientific world.

It is the supreme tonic food beverage.

TF your nerves are ragged it is nature's danger signal I that they require nourishment and rest.

Ovaltine supplies all the nutritives essential to perfect nerve health. It is a natural, wholesome food beverage, scientifically prepared from fresh eggs, rich creamy milk, and ripe barley malt. Physicians throughout the world recommend Ovaltine to nerve-ridden patients. Feed your nerves with this nutritious food beverage.

TONIC FOOD BEVERAGE Builds-up Brain, Nerve and Body

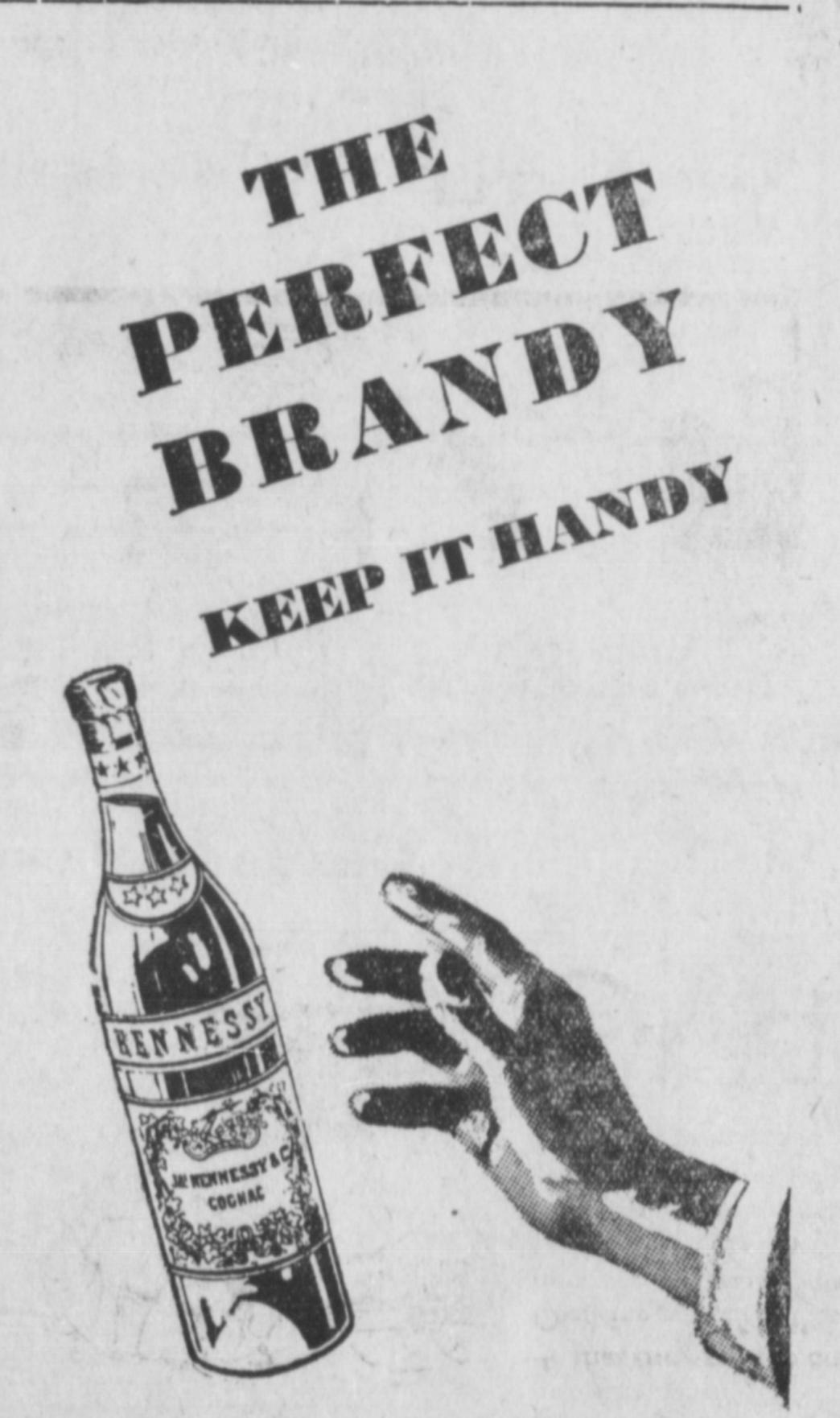
At all good stores, in 50c, 75c, \$1.25 and special \$4.50 family size tins; also served at soda fountains.



Don't Starve The Teeth

Teeth have to be built out of foods that are rich in phosphorus and calcium. Many children take into adult life teeth that are defective, unfit for the job that nature intended. Shredded Wheat with milk helps develop sound teeth, good muscles and good bones. It is rich in the bone-making salts. The crisp, crunchy shreds make chewing necessary and that develops healthy gums and good digestion.

SHREDDED WITH ALL THE BRAN OF THE WHOLE WHEAT THE CANADIAN SHREDDED WHEAT COMPANY, LTD.



COGNAC BRANDY

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Winnineg Tribune Editor Writes Another Interesting

As the travel booklets put it, "apply to any agent of the Canadian National Railways for full particulars" if you like, says W. L. McTavish, editor of the Winnipeg Tribune, in a special article following a visit to this coast. They will try. The adjectives and the travel booklets that they will press on you, will drip adjectives like April skies drip in Prince Rupert. But all their adjectives can't do justice to the subject, nor can I.

Up at one end of the Portland Canal are Stewart, B.C. and Hyder, Alaska. At the other end is outlet to the open sea. In between are a hundred miles of incomparable loveliness-loveliness like a childhood dream, and grandeur that is almost, but never quite, oppressive. Fifty years from now, unless I am greatly mistaken, a hundred thousand people will make the tour up the Portland Canal each summer for the sake of its infinite peace and beauty, as they do now the fjords of Norway. They are going now in increasing numbers as the possibilities of the Coast tours are becoming more widely known.

Many Mountains

On either side of the Portland Canal are mountains, Some are All are clad in spruce and pine. On and afterward, if you have no fur- Prince Rupert, Mr. Hartness declargently rounded, some rugged, rocky. their tops is snow, as if a giant hand had poured a dazzling white frosting over them. At intervals there is News. a break in the contours, disclosing a valley from which a dozen peaks rear hoary heads. The canal is seldom more than a mile wide. The water ahead is an almost startling the side, reflecting the mountainside, is green.

Not that is not to try to describe the beauty. It is only to picture beauty's setting. A thousand spots along the British Columbia coast would answer the same description in a general way. But beauty is elusive. In the Portland Canal on senses it is there. The sun may be obscured, clouds cover the moun tain-tops, rain blot out the gleam green and blue, and still beaut

Some day the Portland Cana may be a great world thoroughfare of trade. The people of Stewar think it will be the outlet for Peace River Railway. This hundred mile channel in from the sea, dee enough for the ocean vessels, the say is Nature's contribution towar solution of the question of an outle for the vast land-locked empire the Peace. They say this frequently with much fire and force in the saying of it. They have tons of lit erature ready to hurl at anyon who seems at all interested. Opinio at Stewart is unanimous. Unfortu nately for Stewart, Prince Ruper has the same idea, as applied Prince Rupert, and has rather mor literature, as well as two dail newspapers to back up its clain while Stewart has only a weekl Vancouver has ideas. Of this ques tion of the Peace River outle more anon. Portland Canal

Stewart shares its harbor wit Hyder, which is Alaskan territor, The main reason for both towns the Portland Canal mining are with the chief star in the minir firmament the Premier gold, silv and copper mine. The Premier is o Canadian territory, 13 miles back Alberta the road to the mine is on the Alaskan side. The ore comes down 13 miles in buckets on a cable—said to lifth Street. be the second longest cable transport in the world. The buckets'

fundamental. The community's first aim should be the building up and maintenance of a first class teaching personnel. Good schools with poor teachers are much like good special reference was made in all autos with poor engines." So spoke D. H. Hartness, prin- local churches to the death of the cipal of King Edward High School, in addressing the late King Edward VII. Prince Rupert Rotary Club at luncheon yesterday. Mr. Hartness' subject was "The Under-

Underprivileged Children Are

Discussed By High School Head

In Interesting Rotary Address

were victims and not masters of

their fate. There were all grades of

natural ability and brightness. As

a child started in school, so did he

usually finish although there were

exceptions to this general rule as,

a bad boy in school but had turned

out in later life to be a scientific

With ability equal, home condi-

the development of the child, the

speaker declared. A boy was gener-

children seemed to be glad to be

away from home, probably because

the family, authority of the parent,

respect to elders or steadying in-

fluence of the church. The speaker

hesitated to say that in more than

rare cases they left because of the

more congenial atmosphere of the

club, the dance hall or the street

mind has lost the faculty of enter-

taining itself and, for the modern

youth, entertainment must be pro-

vided. There must be good music,

As for environment, the univer-

sity and the correspondence course

went to make up for certain defic-

iencies such as might be found on

the isolated farm. Environment in

Prince Rupert was not bad. Though

there might be lack of sunshine, the

Speaking of school facilities in

ments in winter. These factors pre-

cluded to some extent the carrying

on of High School activities as they

At the conclusion of his address,

Mr. Hartness was thanked on be-

half of the club by President G. A.

319 Third Ave.

Phone 360

Bryant who was in the chair.

climate was good.

should be carried on.

books, conversation, games, etc.

of the breakdown of ties binding

privileged Child," a topic upon of health, Mr. Hartness stated that Jefferson of New York, H. L. Hawwhich he spoke in very interesting all children were not born equal. It kins of Seattle and Howard Sanford and constructive manner.

Mr. Hartness cited five factors in believe that a sound body was found the matter of underprivileged chil- with a sound mind or vice versa. ability or brightness; third, home physical and the speaker urged that in coal fields. conditions, fourth, more broadly, he latter should be developed. environment, and fifth, teachers Mr. Hartness, referring to the and facilities at school.

Speaking of the natural heritage questioned that man was master of his fate. Men who were below par,

come down at about one minute intervals and each bucket brings onethird of a ton of ore to the barges which are towed away to the smelters. Two or three hundred men work at the mine.

The two communities get along for example, Isaac Newton who was with reasonable amity. Each has its weekly paper and its movie. The complaint about the movies is that the news-reels are out of date. Pictures shown in August of the stores tions govern to a great extent in etting ready for Christmas can't be considered timely, even in Alally only as good as his home. Many

Hyder, by the way, has Inspector Mulcare, of the U.S. immigration services. If you want a complete picture of the life of a frontier northern town, painted and embellished by Irish wit and a keen intelligence, ask for Mulcare. In fact, you will not have to ask for him, because he will greet you on the sidewalk, kindly, courteous, efficient and Irish withal.

corner. Nevertheless, the modern Now this started out a story about the Portland Canal. It is just as well it was diverted to other things. Words will always be defeated when they bump up against the

LONG LASTERS

An Irish salesman was trying his hand at selling iron window sashes and in recommending them to the builders he said:

"These sashes will last foreverther use for them you can sell ed that the High School children them for old iron."— Chatham were underprivileged through lack of auditorium and library and draughtiness of the halls and base-

Specials

de Columbia Pure Strawberry Jam—4-lb. tin Butter—3-lb. brick 550	Da Vann
	; Du lou:
of ty Nabob Orange Marmalade 550	
al Small White Beans— 250 re 3 lbs.	PRICES YOU HAVE SEEN FOR YEARS.
rt Fresh Eggs, Extras— \$1.10	The second of th
d- Fresh Eggs, Pullets— 950	a many o and the south
Norwegian Soused Macarel 200 et 1's, tin	BUTTER— \$5.35
	PEANUT BUTTER—21/2's 50c
	PEANUT BUTTER—1's 21c
ne Best Foods 1000 Island Dressing, jar	Per bottle 25c
rt Globe Roast Beef—1's 25	CHERRIES_21/2's, 3 tin \$1.00
ly or Apricots; 2 8-oz. tins 25 m, Nabob Fruit for salad or	This is a good value COOKING APPLES— 5 lbs. 25C
ly. Strawberry, 8-oz. tin	CALIFORNIA CABBAGE— 25C
et, tract—3-lb. tin	FRESH SPINACH— 250
th 2 pkgs. 2 pkgs. 10 10 10 10 10 10 10 10 10 1	25C BANANAS— 3 lbs. 45C
is per pkg.	BRAID'S TEA—
ng 5 cakes	
on all Mal-	1 O I O O

P. GAMULA. Proprietor

Twenty Years Ago In Prince Rupert

May 9, 1910

Prince Rupert is having a cycle of "Lloyd George has said: 'You cannot make an A-1 nalow tides such as occur only once in tion from a C-3 people.' Likewise, you cannot expect the best results without the best teachers. This is absolutely seven years. Mud flats and rocks

F. M. Dockrill of Vancouver, T. E. was more rare than many might of Los Angeles arrived in the city on the Princess Royal last night en | dren: first, natural heritage of Nevertheless, mental soundness was route to the Morrice River in the health; second, natural heritage of dependent to great extent upon interior where they are interested

matter of ability and brightness, "After Baby Came his fate. Men who were below par, I Was Weak, Skinny anaemic and lacking in vitality I Was Weak, Skinny Gained 22 Lbs."



After baby was born kinny. Since taking Ironized Yeast feel fine. Gained 22 lbs."-Mrs. aura Benoit. Thousands write new

limbs get graceful roundness. Muddy skin gets clear and rosy like magic. Nervousness, indigestion, constipation vanish overnight. Sound sleep new pep from very first day.

cated yeast. Results in 1/2 time. No yeasty taste. No gas. So quit being "skinny," tired, unattractive. Get Ironized Yeast from druggist today. Feel great tomorTHURS., FRI. and 9

JACK

Sensational All-Talking Drama of the Air



Singing Novelty-"In the Shades of the Old Apple Tree

Admission - 20c and 6 TWO SHOWS, 7 & 9 PM

SAT. MATINE At 2:30-15c and 40c fow. Money back from manufacturer if not delighted with quick

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