

### Felt Tired Out All Day Could Not Sleep at Night

**MILBURN'S HEART AND NERVE PILLS**

Mrs. Aldamond Lalonde, 2481 St. James St., Montreal, Que., writes:—"After a spell of the grippe I was left very nervous, and felt drowsy and tired out all day, and could not sleep at night. I was also troubled with my heart and did not feel at all like working. I was told about Milburn's Heart and Nerve Pills and after taking four boxes I was completely relieved of my trouble, and can recommend your Pills to everyone."

Sold at all drug and general stores, or mailed direct on receipt of price by The T. Milburn Co., Ltd., Toronto, Ont.

Price 50c a box

### Local Items

Glasses fitted by registered optometrist at Heilbronner's store.

Miss Edna Unger arrived in the city on the Prince George this morning from Vancouver.

Mrs. D. R. Learoyd and child are passengers aboard the ss. Prince George today returning to Anyox after a trip south.

Mrs. William Cruikshank and son, who have been on a holiday visit to Vancouver, returned to the city from the south on the Prince George this morning.

Dr. John A. West arrived in the city on the Prince George this morning from Vancouver, being called here because of the serious illness of his sister.

George Findlay, well known pioneer resident of Smithers, is paying a visit to the city, having arrived from the interior on yesterday afternoon's train.

A. T. Parkin, who has been on a combined business and pleasure trip to Vancouver and elsewhere in the south, returned home on the Prince George this morning.

W.M.S. of the United Church will hold a tea and sale of home cooking at the home of Mrs. Jenner, Fifth Ave. West, Thursday, February 12 from 3 to 6.

Allan M. Davies will sail on the Princess Norah this afternoon for Vancouver enroute to the southern interior of the province where he will attend an Orange Lodge convention.

The regular business luncheon of the Prince Rupert Gyro Club took place today in the Commodore Cafe. President C. C. Mills, being absent from the city, Past President C. A. Kirkendall presided.

Rev. J. L. McLean, who relieved in the pulpit of First Presbyterian Church here for a while early last summer, was recently inducted as assistant pastor of Knox Presbyterian Church in Toronto, one of the largest and oldest churches in that city.

Regular monthly meetings of the board of directors of the Prince Rupert General Hospital will be held on the second Wednesday of each month this year instead of on the third Wednesday which has been the case for the past few years.

C.N.R. steamer Prince George Capt. Harry Nedden, arrived in port on time at 1030 this morning from Vancouver, Powell River and will sail at 4 o'clock this afternoon for Anyox and Stewart whence she will return here tomorrow evening southbound.

John Horne, C.N.R. electrical foreman for the western region with headquarters in Winnipeg, arrived in the city on yesterday afternoon's train from the east in course of a trip to this coast on official business and will sail tomorrow night on the ss. Prince George for Vancouver.

**baby's COLDS checked without "dosing" rub on VICKS VAPORUB**

OVER 12 MILLION JARS USED YEARLY

C. N. R. Golf League tonight.—Sunken Gardens.

T. J. Shenton, inspector of mines, left on this morning's train for a trip to Usk on official business.

A. Pringle, Post Office inspector, arrived in the city on the Prince George this morning from Vancouver, being here on official business.

Miss Jessie Watkinson, who has been on a holiday trip to Vancouver and elsewhere in the south, returned to the city on the ss. Prince George this morning.

Miss Netta Clark, who has been on a month's trip to Vancouver, Victoria, Seattle and elsewhere in the south, returned to the city on the Prince George this morning.

For operating taxi cars without the necessary chauffeur's licences, Eddie Smith and Spiro, Gurvich were each fined \$10.00 by Magistrate McClymont in city police court yesterday afternoon.

David Cochrane, chief engineer of the steamer Prince Charles, which is tied up at the local dry dock for the winter, returned to the city on the Prince George this morning after a visit to his home in Vancouver.

S. D. Johnston returned to the city on the Prince George this morning from a brief business trip to Vancouver, being accompanied by Mrs. Johnston and son, who have been visiting for the past several weeks in Victoria.

Col. C. W. Peck, V.C., formerly of this city and now a member of the federal Pension Board, while in Edmonton on Monday of this week addressed the Kiwanis Club of that city. Col. Peck spoke on the subject of "War Books." His picture appears in last Saturday's Edmonton Journal.

### ANNOUNCEMENTS

Catholic Women's League Valentine Tea February 12.

Canadian National Recreation Association Seventh Annual Ball, Moose Hall, Friday, February 13.

Anglican Cathedral augmented choir concert (direction H. W. Brocklesby) Moose Hall, Feb. 16.

A college boy gets the surprise of his life, in "The Mayor and the Manicure," at Moose Hall Feb. 16.

Diplomats and politicians can benefit by certain lessons for public men in "The Mayor and the Manicure," at Moose Hall, Feb. 16.

Mayors are mayors, and manicures are manicures; but when the mayor "manicures" the manicure—See "The Mayor and the Manicure," at the Moose Hall, Feb. 16.

Women of Mooseheart Legion whist drive and dance, Feb. 19.

Royal Purple bridge and whist, Friday, February 20, Elks' Home. Admission 50c.

Next Royal Purple Bridge-whist series Monday, February 23.

Anglican Tea, Mrs. Woodland's Fifth Avenue, February 24.

"Melvina's Courtship," at United Church February 26, 27.

St. Patrick's Concert, Catholic Hall, March 17.

Catholic women's League Spring Sale April 8.

Presbyterian Easter Sale April 16.

Dinnerware, china, crockery, glassware, Heilbronner's Store.

Foster Willan sailed yesterday afternoon on the Camosun for a business trip to Ocean Falls.

Mr. and Mrs. E. Rawlings sailed from here on the Camosun yesterday afternoon for Vancouver.

Father Hammond, O.M.I. of Smithers arrived in the city on yesterday afternoon's train from the interior for a brief visit in town.

On a request from Mr. and Mrs. Good of Prince Rupert, "Across the Sea," was played by Station KJR of Seattle on the radio last night.

Norman Fraser of this city has taken charge of development operations which have been resumed on the Esperanza mine at Alice Arm.

Mrs. H. S. Parker, who has been on a business trip to Vancouver and elsewhere in the south, returned to the city on the Prince George this morning from the south.

C.P.R. steamer Princess Norah, Capt. C. C. Saintey, is due in port at 4 o'clock this afternoon from Skagway and other Alaska points and will sail an hour later for Vancouver and Victoria.

Mr. and Mrs. W. H. Green of Calgary arrived in the city on the Prince George this morning from the south and will spend a day or so here. Mr. Green is associated with the Creosoting Co. of Canada.

Big 4 Taxi, 32 Taxi and 75 Taxi were each fined \$5 by Magistrate McClymont in city police court this morning on charges of permitting motorvehicles to be operated without licensed chauffeurs.

An appeal for the Ridley Home is being circulated in town. An effort is being made to finish the plant by building a central kitchen and two more cottages which would enable 50 children to be taken instead of 27 as at present. The sum of \$10,000 is needed for this. Please do your best. If you have not received an appeal send a subscription all the same. All monies will be acknowledged in the paper. They can be made payable to the Ridley Home Building Fund care of Canadian Bank of Commerce, city.

**DR. HUGH L. DICKEY**  
SPECIALIST  
Eye, Ear, Nose and Throat  
At St. Elmo Hotel  
Eyes Tested For Glasses

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

Royal  
Mr. and Mrs. J. McDougall, Francois Lake; Mr. and Mrs. J. R. Brown, Port Essington; P. A. Shanos, Hazelton.

**Boston Grill**  
Phone 457 Prince Rupert  
Large Cabaret  
SPECIAL DINNERS  
Thursdays and Saturdays  
DANCING  
Every Saturday Night, 9 to 12  
Dance Hall for Hire  
Accommodation for Private Parties

**S. E. Parker Ltd.**  
Ford Dealers  
Cars — Trucks — Tractors  
Tires — Accessories — Gas & Oil — Flat Rate Repairs — Wrecking Service  
Third Ave. East Phone 83

Provincial Constable Wm. Smith returned to the city on the Prince George this morning from a brief trip to Vancouver on escort duty

A. E. Littler, foreman engineer for the Canadian National Steamships at Vancouver, arrived in the city on the Prince George this morning. He is here in connection with work that is being carried out on company boats at the local dry dock.

The Gyro Club, at its regular monthly business luncheon today, decided to change its meeting days from the second and fourth Wednesdays in each month to the second and fourth Tuesdays. The meetings will be held at noon as at present and the change will be effective in March. T. W. Brown was the winner of the raffle at today's luncheon. Mr. Manning of Premier was a guest.

- \* The Daily News can be purchased at—
- \* Post Office News Stand, 325 Granville St., Vancouver.
- \* Karl Anderson, Prince George, B.C.
- \* R. W. Riley, Terrace, B.C.
- \* General Store, Anyox.
- \* Smithers Drug Store, Smithers, B.C.

### Mail Schedule

<b>For the East—</b>	Monday, Wednesday and Saturday	10.30 a.m.
<b>From the East—</b>	Sunday, Tuesday and Thursday	3.30 p.m.
<b>For Vancouver—</b>	Tuesday	p.m.
	Thursday	9 p.m.
	Friday	11 p.m.
	Feb. 11 and 25	p.m.
<b>From Vancouver—</b>	Sunday	4 p.m.
	Wednesday	10.30 p.m.
	Wednesday	10.30 a.m.
<b>For Anyox and Stewart</b>	Wednesday	3 p.m.
	Sunday	7 p.m.
<b>From Anyox and Stewart</b>	Tuesdays	p.m.
	Thursdays	8 p.m.
<b>For Naas River and Port Simpson—</b>	Sunday	7 p.m.
<b>From Naas River and Port Simpson—</b>	Tuesday	11.30 a.m.
<b>For Queen Charlottes—</b>	Feb. 5, and 19	a.m.
<b>From Queen Charlottes—</b>	Feb. 7 and 21	9 p.m.
<b>For Alaska—</b>	Feb. 11 and 25	p.m.
<b>From Alaska—</b>	Tuesday—ss. Camosun	1 p.m.



### SHE'LL MAKE SOME MAN HAPPY

Pauline M.—is just a young girl—as you can tell from her letter. But she has what I wish every young girl had—a real enthusiasm for cookery, and a real cleverness in ferreting out cooking secrets.

But let me quote her own spontaneous and delightful words: "I have tried many of your recipes—salmon croquettes, creamed chicken, spinach au gratin, baked cauliflower, devil's food cake, caramel nut cake, cherry pudding and so many of them I just can't name them. They were wonderful."

"You see, we were giving a shower for a friend, and I made some of the recipes, and the people just couldn't get over how good and delicious they were, especially the caramel nut cake. They all asked me who made all that, and they said me, but, boy! did they rush to me and ask how I got the recipes! I told them from Carnation Company, and they said, gee, they never knew Carnation could do so much. So you see how all my friends appreciate your delicious recipes."

Pauline knows what you should know—that Carnation Milk, being simply pure whole milk, evaporated to double richness and "homogenized," so that the cream is broken up into finest particles and distributed through every drop, gives cooking results that even the best of bottled milk cannot equal, and that it is extraordinarily convenient, dependable and economical.

Carnation Milk is protected at the source. It comes from clean herds housed in clean barns, milked by clean hands into clean utensils.

I am giving you her favourite recipe below—Carnation Caramel Nut Cake. Why not send for the Carnation Cook Book and Baby Feeding Book? They are free. Address Carnation Co., Limited, 134 Abbott St., Vancouver, B.C.

**Carnation Caramel Nut Cake**—1½ cups pastry flour, 2 tsp. baking powder, ¼ tsp. salt, ¼ cup Carnation Milk, ¼ cup water, ¼ cup shortening, 1 cup brown sugar, 2 eggs, ¼ cup chopped nuts, ½ tsp. vanilla. Measure flour after sifting once. Resift with baking powder and salt. Dilute Carnation with water. Cream fat and sugar thoroughly. Add well beaten eggs and beat until mixture is light and creamy. Dredge the nuts with part of flour. Add flour and milk alternately to the creamed mixture, beginning and ending with flour. Add nuts and vanilla. Bake in moderate (375° F.) oven. Ice with Carnation Icing—2 cups light brown sugar, ¼ cup Carnation Milk, ¼ cup water, 1 tsp. butter, ¼ tsp. vanilla. Mix sugar and Carnation diluted with water; cook until it forms soft ball in cold water. Add butter, cool, add vanilla, and beat until creamy. Spread on cake.

**USE THE SAFEGUARDED MILK**

Only purest whole milk, safeguarded at the source by the strictest cleanliness in the care and in the milking of the cows, and then evaporated to double richness goes into Carnation cans. These cans are then hermetically sealed to continue the protection until Carnation reaches you. To save on butter and cream and get wonderfully fine textures, use Carnation Milk in all your cooking. (See recipe above.)

Milk from Canadian cows, packed in Canada in Canadian cans and cases.

PRODUCED IN CANADA

**"FROM CONTENTED COWS"**

Early Ad. Copy is appreciated

**SPECIAL "ADANAC" DRY GINGER ALE**

Made by the makers of Canada Dry

12-oz. Size Bottles—15 Cents

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The Pioneer Druggists

Phones 81 & 82 Third Ave. & Sixth St.  
THREE GRADUATE PHARMICISTS

**BULKLEY VALLEY COAL**

THE BETTER COAL Analysis

volatile matter, 29.32; ash, 6.76; fixed carbon, 62.87; b.t.u.'s, 13917  
Being low in volatile it will not block your pipes. Being low in ash, you are not buying clinkers. Being high in fixed carbon means long lasting quality. Being high in British Thermal Units means more heat value per pound.

Order Now. Your Dealer Can Supply You.

**WHAT HAVE YOU TO OFFER?**

We have many inquiries about houses to rent and to buy. Our specialty is management of properties. If you have a house or property for rent or sale—

LIST IT WITH US  
**McCAFFERY, GIBBONS & COLLART, LTD.**  
THIRD AVENUE W. TELEPHONE 11

**UNION STEAMSHIPS LIMITED**  
SPECIAL WINTER EXCURSION FARES

Tickets on sale from Nov. 15, 1930 to Feb. 28, 1931 (with final return limit March 31, 1931)

**PRINCE RUPERT TO VANCOUVER** \$40.00 RETURN

Steamers leave Prince Rupert for Vancouver—

T.S.S. CATALA EVERY TUESDAY, 1.30 P.M.  
Arriving Vancouver, via Ocean Falls, Thursday Noon approx.

T.S.S. CARDENA EVERY FRIDAY MIDNIGHT  
Arriving Vancouver Sunday midnight approx.

Weekly sailings to Port Simpson, Alice Arm, Anyox, Stewart and Naas River points, Sunday, 8.00 p.m.

Further information regarding all sailings and tickets at —  
PRINCE RUPERT AGENCY, Second Avenue, Phone 568

**B. C. COAST STEAMSHIP SERVICE**  
SAILINGS FROM PRINCE RUPERT

To Ketchikan, Wrangell, Juneau, and Skagway.  
February 7 and 21.

To Vancouver, Victoria, Seattle—  
February 11 and 25.

Princess Mary—Ocean Falls, etc. Vancouver and Victoria, every Friday, 10 p.m.

Agents For All Steamship Lines  
W. C. Orchard, Gen. Agent, 3rd Av., Prince Rupert, Phone 81.

**Phone 566**  
**Rupert Motors**  
Garage and Service Station

**DODGE and BANTAM AUSTIN**  
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FENDER AND BODY WORK A SPECIALTY

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VALENTIN DAIRY FOR SKEENA BRAND

**Creamery Butter & Cottage Cheese**

FRESH PASTEURIZED MILK AND CREAM DAILY  
Early Delivery Throughout the City

**OUR BREAD HAS A. A.**  
(Appetite Appeal)

TRY IT  
3 LOAVES FOR 25c

**The Electric Bakery**  
We Deliver Phone 667

**Rowe's Sheet Metal Works**

Have Removed  
From Third Ave. W. to

**227 2nd Ave. W.**  
(The Old Stand)

Where they will be pleased to meet all their old friends and patrons.

**Dr Alexander**

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**DENTIST**

**COAL**

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

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