

# Robin Hood FLOUR

"MONEY-BACK" Guarantee Protects You

## 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

# OUR COAL

IS IN A DRY SHED

When you are buying coal look on the economical side of life. If you buy wet coal, you are losing 13%. So start today and burn dry coal and see what 10% means to you.

PEMBINA EGG—Delivered, Per Ton \$12.50  
MINEHEAD EGG—Delivered, Per Ton 12.50  
MINEHEAD LUMP—Delivered, Per Ton 13.50

**HYDE TRANSFER—PHONE 580**  
PHONE 580

## The Fish which made Prince Rupert Famous

# "Rupert Brand" SMOKED BLACK COD

Prepared Daily By  
Canadian Fish & Cold Storage Co., Ltd.  
PRINCE RUPERT, B.C.

**WHO** would let their hair go this way?



Your pride prompts you to keep your hair well groomed... then for the same reason smarten your dull, unpolished shoes regularly with a glossy "Nugget" shine—waterproofs the shoes as it polishes.

# "NUGGET" SHOE POLISH

The NUGGET TIN opens with a twist!

## REGENT IS RE-ELECTED

Mrs. John Manson Again Head of Municipal Chapter of I.O.D.E.—Annual Meeting Held

After hearing reports from various officers on work in 1930 and enjoying a brief musical program, as well as an appropriate address by Dean Gibson, Municipal Chapter, Imperial Order, Daughters of the Empire, at its annual meeting last night, elected officers for 1931 as follows:

Honorary Regent—Mrs. J. C. McLennan.  
Regent—Mrs. John Manson.  
First Vice-Regent—Mrs. D. C. Stuart.  
Second Vice-Regent—Mrs. J. A. Teng.  
Secretary—Mrs. D. Orchard McLeod.  
Treasurer—Mrs. H. L. Landrey.  
Educational Secretary—Mrs. B. Walker.  
Echoes' Secretary—Mrs. W. C. Aspinall.  
Organizing Secretary—Mrs. A. E. Parlow.  
Standard Bearer—Mrs. S. V. Cox.

Mrs. Manson regent of Municipal Chapter, presided over the meeting. The following reports were read:

Secretary of Municipal Chapter, Mrs. D. Orchard McLeod; treasurer, Mrs. H. L. Landrey; secretary of Queen Mary Chapter, Mrs. H. L. Shadwell; treasurer, Mrs. J. S. Black; secretary of Hill 60 Chapter, Miss Florence Smith; treasurer, Miss Vera Smith; secretary of Adair Carss Chapter, Mrs. D. Orchard McLeod; treasurer, Mrs. E. B. Baker.

After Dean Gibson's address and the musical program, delicious refreshments were served.

Dean Gibson's address was of a patriotic nature. Mrs. Ernest Anderson sang delightful vocal solos accompanied by Mrs. C. E. Culin.

The report of Mrs. D. Orchard McLeod, secretary of Municipal Chapter was as follows:

Prince Rupert, B.C.,  
March 2nd, 1931

"I again have the pleasure, the privilege and the honor of submitting herewith the annual report of Municipal Chapter, I.O.D.E., for the year ending February 1931.

"During the year 9 regular and 2 special meetings were held.

"Attendance—We had a greater representation from Primary Chapters at Municipal meetings during the past year, than for 5 years previous. Minimum attendance number 11; maximum, 28.

"Under the Canadian Legion, in unison, we attended the Armistice Memorial service, each Chapter placing a wreath on Cenotaph, and also took charge of "Poppy Day."

"At civic reception given the ship's company of H.M.S. "Despatch," we took charge of refreshment booths, as also for fleet of

### Wednesday Special

**Chocolate Cream Roll**  
25 cents

The Electric Bakery  
We Deliver Phone 667

### FIRST CHOICE OF SUITS OR SPRING COATS

New samples just arrived of spring and summer goods of the finest quality and the patterns of the very latest.

#### LING THE CUTTER

Steam cleaning, pressing and altering. Free delivery to any part of the city.

#### LING — THE TAILOR

817 Second Ave. Phone 649

### Dr. H. O. Johnsen

Dentist

Successor to  
Dr. E. S. Tait

Suit 1 Exchange Block  
Phone 109



### Daughter Is Stronger Now

"My daughter Catherine is fifteen years old. She was very irregular, often sick at her stomach and had to stay in bed two or three days at a time. One of your booklets was sent to us by mail so I got her a bottle of Vegetable Compound. Catherine has been taking it regularly and she is gaining in weight and every way. I told the neighbors and four other girls are taking it with good results."—Mrs. Clarence Jenkinson, Box 14, Thom- lot, Ontario.

**Lydia E. Pinkham's Vegetable Compound**

American war ships on a similar occasion a week previous.

#### Empire Day

"The regular Empire Day celebration took place May 23rd, when school children from all public schools assembled at Capitol Theatre, listened to a musical program, and interesting addresses given by two local clergymen. A film was also shown for the entertainment of the children.

"Municipal Chapter raffled a return trip to Vancouver, and held a bridge for the drawing of same, net proceeds of which amounted to \$170.00.

"Queen Mary and Hill 60 Chapters each donated \$25 bursaries to pupils ranking highest in Entrance examinations, one award being given to a pupil in Booth Memorial School and the other to a Borden School pupil. Adair Carss gave a \$10 bursary to pupil ranking highest in Canadian History Entrance examination at Booth Memorial School, while Queen Mary presented historical books under the same classification to pupils of Borden School. A generous supply of educational literature is supplied High School and public schools by Queen Mary Chapter and Hill 60 Chapters. In this connection a library was sent to school at Usk.

"Adair Carss Chapter continues to take care of returned soldiers' plot in Fairview cemetery, and has erected a total of twenty-nine headstones.

"Chapters have a ward in local Hospital. These are reconditioned and refurbished from time to time. Hill 60 has done much under this heading—namely: "The Children's Ward." The Chapters this winter have supplied numerous needy families with food, clothing and fuel, etc., also at other points adjacent to our city.

"The I.O.D.E. Hall—Several improvements have been made on the building this year, most needed perhaps was the installation of an oil burner, which has proven more satisfactory and convenient.

"Wishing all Daughters of the Empire success and progress in Prince Rupert and elsewhere, ever remembering, preserving and strengthening, "Oue Flag, One Throne, One Empire."

### Dr. Alexander

X-RAY SERVICE

PHONE 575

BESNER BLOCK

### DENTIST

### COAL

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

## Lewis Island Girl Winner in Essay Contest

LEWIS ISLAND, March 3.—Bertha Goedkoop of Lewis Island has received a cheque for \$10 from the Historical Association of British Columbia for an essay written last May. A letter of appreciation and congratulations was received by Mrs. E. Kordahl under whose direction the essay was written.

Louis Locker and Frank Armstrong, as old-timers, assisted greatly by furnishing items of historical interest.

## HOSPITAL SERVICES ARE ARRANGED FOR

Business at the regular monthly meeting yesterday of the Prince Rupert Ministerial Association was merely of routine nature. Arrangements were made as follows for services during the coming month in the Prince Rupert General Hospital:

March 8, Rev. Canon W. F. Rushbrook, St. Peter's Anglican Church.  
March 15, Rev. John H. Hanson, St. Paul's Lutheran Church.  
March 22, Rev. J. Kennedy, First Presbyterian Church.  
March 29, Commandant William Kerr, Salvation Army.

## UNION STEAMER CATALA WILL RESUME SERVICE

Union steamer Cardena, Capt. Andrew Johnstone, completing her last voyage in the Vancouver-Prince Rupert-Anvox-Stewart run on which she has been relieving the Catala for the past three weeks, arrived in port at 9:30 this morning from the north and sailed at 1:30 p.m. for Vancouver and waypoints. The Catala will resume service on this route arriving here from the south next Sunday afternoon, while the Cardena goes back to her regular run from Vancouver to Prince Rupert via Bella Coola, Ocean Falls and the Skeena River. The steamer Camosun makes her final trip on the latter route this week.

## Make This Test of the HEART

To gauge the condition of the heart, there is a simple test which anyone can make. Medical men agree that it is unrivalled as a means of finding out if the heart is in health or doing its work under difficulties. "Are you short of breath when going up stairs?"

The extent to which you are inconvenienced under this strain will tell you how serious may be the condition of your heart.

In most cases, the trouble is caused by a weakness of the blood and a run down condition of the nervous system. The logical prescription is Dr. Chase's Nerve Food because this treatment enriches the blood and strengthens the nerves of the heart, as well as those of the other vital organs.

This reconstructive treatment has proven effective over such a long period that you can use it with the fullest confidence that the results will be most-satisfactory.

## Mussallem's MEAT Market

- 3 lb. Shoulder of Pork ..... 50c
- Loin of Pork ..... 4 lbs. \$1.00
- Fresh side Pork ..... 3 lbs. 50c
- Loin Pork Chops, per ..... 2 lbs. 55c
- Loin Veal Chops, per lb. .... 25c
- Leg Roast of Veal, per lb ..... 25c
- Loin of Lamb ..... 4 lbs. for \$1.00
- Shoulder of Lamb, 5 lbs. for \$1.00
- Leg of Lamb, per lb. for ..... 30c
- Stew Lamb, ..... 3 lbs. 30c
- Leg of Pork, per lb. .... 25c

## Mussallem's Meat Market

Phones 18 & 84 417 Fifth Ave. E.

## Guard Rails to Be Installed By Board of Works

The matter being brought up by Ald. W. J. McCutcheon who felt that it was a real danger to leave the walks in such shape, the city council last night gave authority to the board of works to proceed as soon as possible with putting guard rails on the new sidewalks in the downtown section.

Ald. Rudderham, Ald. Pillsbury and Ald. Black agreed with the suggestion and the motion giving the board of works power to put in the rails was then adopted.

Acting Mayor Theo Collart referred to a dangerous spot on the new Borden Street sidewalk where a rail was also needed.

## MINISTER OF MINES EXPRESSES APPRECIATION

A letter from Hon. W. A. McKenzie, minister of mines, expressed appreciation to the city council last night at co-operation extended recently in connection with the mining lectures of Dr. W. V. Smith, by allowing the use of the council chamber for the purpose. This had been partially, at least, responsible for the success of the lectures, the minister felt.



## COULD YOU SAY AS MUCH AT SEVENTEEN?

I had a letter the other day from Mildred A—, which I must share with you. For any mother, I know, would be proud of such a daughter. She says: "I am only seventeen years old, but I have had to cook for five years, as my mother is an invalid and I am the only girl.

"I am taking a home economics course as I thought that would do me more good than anything else. I wish you would send my home economics teacher your cook book. I know she will be delighted to have it—as will the girls in my cooking class. I have used Carnation Milk for several years and I will never be without it if I can help."

Isn't that a wonderful endorsement from a girl so capable and so sensible? She has learned very early the cooking wisdom which women everywhere are discovering—that Carnation Milk gives cooking results that even the best of bottled milk cannot equal, and with a dependability, convenience and economy offered by milk in no other form.

Carnation Milk is simply pure whole milk protected at the source. It comes from clean herds, housed in clean barns,

milks by clean hands into clean utensils. This safeguarded milk is evaporated to double creaminess, sterilized for safekeeping and "homogenized" so that the cream particles are minutely fine and distributed through every drop. As a result, everything in which Carnation Milk is used is extraordinarily fine of texture and rich with creamy goodness.

Below is a Carnation recipe I want you to try. Send, too, for the free Carnation Cook Book and Baby Feeding Book to Carnation Co., Limited, 134 Abbott St., Vancouver, B.C.

Carnation Cherry Coconut Pudding— $\frac{1}{4}$  cup cornstarch,  $\frac{1}{4}$  cup sugar,  $\frac{1}{2}$  tsp. salt, 1 cup water, 1 cup Carnation Milk,  $\frac{1}{2}$  tsp. vanilla, 2 tsp. cherry juice,  $\frac{1}{4}$  cup sliced maraschino cherries,  $\frac{1}{2}$  cup coconut, 2 egg whites. Mix cornstarch, sugar and salt with  $\frac{1}{2}$  cup cold water. Dilute Carnation with  $\frac{1}{2}$  cup water and scald; add the cornstarch mixture slowly to the scalded milk. Cook in a double boiler for 20 minutes, stirring constantly until thickened. Add vanilla, cherry juice, cherries, coconut and stiffly beaten egg whites. Chill. Garnish with cherries. Serves 6.



For unusual richness, unique smoothness of texture and completely dependable results, use Carnation Milk in all your cookery. Doubly rich in cream, it is most economical, Carnation Milk is safeguarded at the source by clean housing of clean herds and clean handling of the milk. And this protection continues until it finally reaches you in the hermetically sealed container. (See recipe above.)

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

## "FROM CONTENTED COWS"

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