

Heart and Nerves So Bad Was Unable To Sleep For Hours



Miss Theresa M. Bavary, Gallington, Ont., writes: "I was troubled, for almost a year, with my heart and nerves, especially on retiring at night when I would be unable to sleep for hours. I was easily fatigued, and became very excitable and irritable. A friend recommended Milburn's Heart and Nerve Pills and after taking them for a few weeks I could enjoy a good night's rest, and rapidly regained my former state of health."

Price 50c a box

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

A Bottle of Evening in Paris PERFUME FREE

With Each Box of Face Powder — Both For \$1.00

Ormes Ltd. The Pioneer Druggists

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

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.

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

B. C. COAST STEAMSHIP SERVICE

SAILINGS FROM PRINCE RUPERT To Ketchikan, Wrangell, Juneau, and Skagway. January 10th and 24th. To Vancouver, Victoria, Seattle— January 1st, 14th, and 28th.

Local Items

Glasses fitted by registered optometrist at Heilbronner's store.

Annual meeting Radio Association Friday, City Hall at 8 o'clock.

F. Feero, United States customs officer here, has taken up residence in the Lindquist house on Fifth Avenue West.

Lief Erickson Society annual meeting Wednesday, Jan. 7. Refreshments and dance. Members only.

Ex-Ald. A. J. Prudhomme will sail tomorrow night on the Prince George for Vancouver enroute to California where he plans on spending a two-months' vacation.

Earl Barrie returned to the city on the Prince George this morning from the south, accompanying William Tobey of this city, who represented Prince Rupert-Skeena at the recent Boys' Parliament in Victoria.

Mrs. C. Carter and daughter of Port Essington arrived in the city on yesterday afternoon's train and will spend a week here as the guests of Mr. and Mrs. Clarence O. Campbell, 343 Fifth Avenue West.

Miss Phyllis Mooney, R.N., formerly a member of the staff of the Prince Rupert General Hospital, has joined the staff of the Royal Columbia Hospital in New Westminster. Miss Mooney left here last spring.

Misses Peggy and Avalon Macdonald, after having spent the Christmas and New Year holidays at their home in Smithers, returned to the city on yesterday afternoon's train to re-enter St. Joseph's convent here.

MAN CAN'T SLEEP GETS NERVOUS, HATES PEOPLE

"I could not sleep and got so nervous I hated everybody. Since taking Vinol, I can sleep 10 hours and feel full of pep all day."—Julius Bender.

For 30 years doctors have prescribed Vinol because it contains important mineral elements of iron, calcium and cod liver peptone. The very FIRST bottle brings sound sleep and a BIG appetite. Nervous, wornout people are surprised how QUICK Vinol gives new life and pep! Tastes delicious.—Ormes Ltd., Drugs.

HOTEL ARRIVALS

Central Hotel

UNDER NEW MANAGEMENT Steam Heated; Travellers' Sample Rooms; Hot and Cold Water Free Bus Meets All Trains and Boats Rates \$1.00 and Up SPECIAL MONTHLY RATES C. R. BIGGART & A. DONALD Proprietors PHONE 51

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. Savoy J. H. Comer, Stewart; O. Boudreau, J. O. Mollard and P. Magee, city; Knud Olesen, city.

New Royal Hotel

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

Royal

Miss Roselle La Vanway, Stew- are; E. Dawes, city.

Boston Grill

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

...chest COLDS

Best treated by stimulation and inhalation



ACTS TWO WAYS AT ONCE

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

United Church Easter Sale. April 9.

Helen II. will be at Cow Bay daily with a variety of fresh fish.

Royal Purple Bridge, Whist and Dance, Elks' Home, Monday, Jan. 12 at 8.30 prompt. Cash prizes, refreshments. Admission 50c. All welcome.

F. S. Walton, roadmaster for the Canadian National Railways, returned to the city on yesterday afternoon's train from a trip to the interior on official duties.

Mrs. H. Worsfold is sailing on the Prince George this afternoon for Stewart where she will pay a visit with her son-in-law and daughter, Rev. and Mrs. Evan Baker.

Mrs. R. S. Sargent and daughters Mary and Margaret, arrived in the city from Hazelton on yesterday afternoon's train to spend a week here visiting with Mrs. Sargent's sister, Mrs. Frank St. Armour.

D. Cavalier, who has been spending the Christmas and New Year vacation here, will sail by the ss. Prince George this afternoon on his return to Anyox where he is in the service of the Granby Co.

Hector MacDonald, one of the Premier mine superintendents, is a passenger aboard the ss. Prince George today returning north after having spent the Christmas and New Year season at his home in New Westminster.

Robert Orme, son of Mayor and Mrs. C. H. Orme, sailed by the Catala yesterday afternoon for Victoria where he will resume his studies after having spent the Christmas and New Year holidays here with his parents.

William Reid, C.N.R. electrician returned to the city on the Prince George this morning after a vacation trip to Vancouver and elsewhere in the south. During Mr. Reid's absence, he was relieved by William King who left on today's train for the interior.

Joseph S. Rogers of the Rupert Marine Products Ltd. and his son returned to the city on the Prince George this morning after having spent the Christmas and New Year holidays at their home in Victoria.

At the annual meeting of the Prince Rupert Pioneer's Association City Hall, Saturday, March 10 the following resolution will be introduced; extending the time of qualification of membership from March 10, 1910, to December 31, 1910.

C. F. Kemp of Alex McRae Co. Ltd. print shop staff returned to the city on the Prince George this morning after having spent the Christmas and New Year vacation at West Vancouver with his son-in-law and daughter, Mr. and Mrs. James R. Mitchell. Mrs. Kemp will be returning to the city later.

C.N.R. steamer Prince George, Capt. Harry Nidden, arrived in port at 11.30 this morning from Vancouver, Powell River and Ocean Falls and will sail at 4 o'clock this afternoon for Anyox and Stewart whence she will return here tomorrow evening south-bound. The vessel brought north a good-sized passenger list.

TOO LATE TO CLASSIFY

LOST—Amber bead necklace between Seventh Avenue and McBride Street and Post Office. Finder please return to Daily News Office. Reward.

Mr. and Mrs. C. W. Swanson sailed from here on the Catala yesterday afternoon for Swanson Bay.

Mr. and Mrs. Jack Ratchford, who have been on a trip to Vancouver and elsewhere in the south, returned to the city on the Prince George this morning.

A. M. Manson, K.C., returned to the city on the Prince George this morning from Vancouver where he spent the Christmas and New Year season visiting with his family.

Inspector John Macdonald, provincial police, returned to the city on the Prince George this morning after having spent Christmas and New Year's in Vancouver and the Fraser Valley.

T. A. Bryant, school teacher at Metlakatla, who has been spending the Christmas and New Year vacation in the south, returned to the city on the Prince George this morning from Massett.

C.N.R. steamer Prince John, Captain Neil McLean, is due in port at 8.15 tonight from Vancouver via the Queen Charlotte Islands and will sail later in the week on her return to Vancouver direct.

Capt. J. O. Peterson of the lighthouse tender Birnie and Mrs. Peterson and child returned to the city on the Prince George this morning after having spent a holiday visiting in Victoria.

F. N. Ballard, manager of the Great West Life Assurance Co. for British Columbia, with headquarters in Vancouver, arrived in the city on the Prince George this morning for a visit here on company business.

ANNOUNCEMENTS

Moose Whist Drive and Dance January 16.

Presbyterian Burns' Banquet on January 23.

Moose Legion Novelty Dance January 30.

Sons of Norway Fishermen's Farewell Dance February 6, Moose Hall.



PEOPLE who try Buckley's Mixture for the first time are surprised. Its action is so quick, relief so rapid. "Buckley's" neutralizes the acid condition always present with coughs and colds, loosens phlegm, soothes inflamed throat membranes, penetrates bronchial passages, stops the cough, checks the cold, and invigorates the system. Two sizes—40c (16 doses)—75c (40 doses). At all druggists.



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SIMMONS BEDS, SPRINGS AND MATTRESSES

Our Special 3 piece unit for \$29.95

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FOR FALL AND HOLIDAY FESTIVITIES

SAHARA DRY GINGER ALE

A True Fruit Drink—Unexcelled By Any on the Market Per Dozen; \$1.50, Delivered A Trial Order Will Convince You BEAVER BOTTLING WORKS Telephone 132 Prince Rupert, B.C.

Mussallem's MEAT Market

- Lamb Chops— 25c per lb. Loin Veal Chops— 25c per lb. Shoulder Roast of Veal, 5 lbs. \$1 Stewing Veal— 50c 3 lbs. Leg Roast of Veal— 25c per lb. Round Steak— 25c per lb. Sirloin Steak— 30c per lb. Shoulder Pork— \$1 5 lbs. Fresh Side Pork— 50c 3 lbs. Loin Pork Chops— 30c per lb.

Mussallem's Meat Market Phones 18 & 84 417 Fifth Ave. E.



The best defense against the cold: "Come buy the finest fuel that's sold." There's only one defense against the cold weather and that's the proper kind of coal. Buy a ton of coal from us and fire away at Old Man Winter. He'll quit on the run. Order a ton of coal today and note the haste that we display. J. M. Morrison, Borden Street Philpott, Evitt & Company Ltd. Phone 648

Lemon Pies 25c

Before Noon Each and Every Wednesday The Electric Bakery We Deliver — Phone 667

ROWE'S

Sheet Metal Works Stove Pipes, Galvanized and Black Elbows, sizes 3" to 8" Baking Pans made to order 340 THIRD AVENUE WEST Telephones: Office—340 Works—Blue 795

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

TELEPHONE 657 VALENTIN DAIRY FOR SKEENA BRAND Creamery Butter & Cottage Cheese FRESH PASTEURIZED MILK AND CREAM DAILY Early Delivery Throughout the City

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PRINCE RUPERT DAILY NEWS CLASSIFIED ADS

Phone 98 "If it's fully told—it's quickly sold"

Get the habit of reading the advertisements in this paper, and taking advantage of the help they bring you.