

### Was Weak and Run Down Could Scarcely Do Housework

Mrs. Edward A. Allen, Bezonson, Alta., writes: "I would like to tell you of the great benefit I have received from your Milburn's Heart and Nerve Pills. I was feeling very much run down in health, and was so weak I could scarcely do my housework, in fact, I would have to lie down in the afternoon for an hour or so. I saw your Pills in the drug store and took a box home with me, and I was delighted with my renewed strength. I have recommended them to a neighbor and feel sure they will help her too."



Price 50c a box

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

## SPECIAL! SPECIAL!

One Tube Mi 31 Tooth Paste

— and —

One Bottle Mi 31 Antiseptic

\$1.00 Value

Special, 60c

# Ormes Ltd.

The Pioneer Druggists

Phones 81 & 82

Third Ave. & Sixth St.

THREE GRADUATE PHARMICISTS

## SPECIALS IN FLOOR LAMPS

A new shipment just arrived and we are putting them on sale at \$17.50 and \$25.00

Your choice of beautiful georgette or celon shades with brass or bronze or walnut standards in the newest styles.

### Barrie's Home Furnishings

## 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

## 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 31.

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

Phone 566  
Rupert Motors  
Garage and Service Station  
DODGE and  
BANTAM AUSTIN  
Distributors  
FENDER AND BODY WORK  
A SPECIALTY

## LOCAL NEWS ITEMS

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

Down with depression! Come and laugh it away tomorrow and Fri. nights, First United Church. Adults 50c.

Mrs. Douglas Sutherland will sail on the Prince George tomorrow night for a trip to Vancouver and Seattle.

H. S. Parker left on this morning's train for Smithers in the course of one of his periodical business trips to the interior.

George Rorie, after a flying business trip to Vancouver, returned to the city from the south on the Prince George this morning.

H. L. Batten, well known mining engineer, is a passenger aboard the Prince George today going through to Stewart on professional business.

Sid and Bill Elkins, son of Mr. and Mrs. C. H. Elkins, returned to the city on the Prince George this morning after a trip to Vancouver and Victoria.

Mr. and Mrs. Charles E. Starr, who have been spending the winter in California, returned to the city from the south on the Prince George this morning.

J. J. Payne of Fraser & Payne, who has been on a business trip to Vancouver returned to the city from the south on the ss. Prince George this morning.

Mrs. Robert Dowther, who has been on a business trip to Vancouver and elsewhere in the south returned to the city on the Prince George this morning.

Miss Ann Parsell, who has been teaching school in the Peace River country, is now visiting with her parents, Mr. and Mrs. R. J. Parsell, at Brentwood near Victoria.

Moose Whist Drive and Dance Friday, February 27, at 8.30 prompt. Two hours whist, three hours dancing. Refreshments and cash prizes. Admission fifty cents.

G. A. Woodland, local agent of the Imperial Oil Co., who has been on one of his periodical business trips to the central interior, returned to the city on yesterday afternoon's train.

M. M. O'Brien, chief of the field department of the Consolidated Mining & Smelting Co., is a passenger aboard the Prince George today bound for Stewart on company business.

Mrs. George Beattie, who was called to Vancouver a few weeks ago on account of the illness of her mother, returned to the city from the south on the ss. Prince George this morning.

Hugh McGuire, managing director of the Woodbine Gold Mining Co., is a passenger aboard the ss. Prince George today returning to Stewart after a trip south and east on mining business.

C. N. R. steamer Prince George, Capt. Harry Neddin, arrived in port on time at 10.30 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 southbound tomorrow evening.

### CHILDREN ALMOST HATE CROSS, NERVOUS MOTHER

"My children almost hated me, I was so cross. Thanks to Vinol, my nervousness is all gone and we are happy again!"—Mrs. T. Johnstone.  
For 30 years doctors have prescribed Vinol because it contains important mineral elements of iron, calcium and cod liver pepton. 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.

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

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

Glasses fitted by registered optometrist at Heilbronner's store.

Mr. and Mrs. J. A. Brown are paying a brief visit to the city, having arrived from Port Essington on yesterday afternoon's train.

Dave Zille, who has been on a business trip to Vancouver, returned to the city from the south on the Prince George this morning.

On a charge of drunkenness, G. Casey appeared in city police court this morning before Magistrate McClymont and was remanded until this afternoon.

Chris Berg, for supplying liquor to Indians, was fined \$50, with option of thirty days' imprisonment, by Magistrate McClymont in city police court this morning.

John W. Allen, superintendent engineer for the fisheries department, arrived in the city on the Prince George this morning from Vancouver, being here on official business.

C.P.R. steamer Princess Norah, Capt. Albert Rippon, 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.

J. C. Frizzell, who arrived in the city last week from Massett, sailed yesterday afternoon on the Cardena for Victoria where he will confer with the provincial government in regard to the Delkata dyking project.

The tea and sale of home cooking held yesterday afternoon by the Woman's Auxiliary of St. Andrew's Anglican Cathedral at the home of Mrs. G. A. Woodland was a very successful affair. Financial proceeds were quite satisfactory.

Sam Cecil, Indian, for having liquor in his possession, was sentenced to three months' imprisonment, without option of fine, by Magistrate McClymont in city police court this morning. Many previous offences stand against Cecil.

A. J. Prudhomme, who has been on a two-months' holiday trip to California, as a result of which he is feeling much better before he left, returned to the city from the south on the Prince George this morning, bringing his car with him.

### For Sale

Gas Boat "PEG," 35 feet long, equipped with a 30 horsepower Kelvin engine. Built for a fish packer or cannery tender. Bids will be received by the undersigned up to noon, March 21, 1931. The highest or any tender not necessarily accepted.

Boat may be seen at the Pacific Salvage Company's float, this city.  
**C. L. MONROE,**  
(64) Official Administrator.

Scientists have succeeded in preserving beautiful rays of light by freezing them at 312 degrees below zero.

### ANNOUNCEMENTS

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

Moose Whist Drive and Dance Feb. 27.

Girl Guide tea at home of Mrs. Chris Perry, Stork Building, 2nd Ave. March 5.

Eagles' Smoker March 6.

Next Royal Purple Bridge-whist series Monday, March 9.

L. O. B. A. Bridge, Whist and Dance March 12.

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

Presbyterian Shamrock Tea, on March 17, in Church Hall.

Catholic women's League Spring Sale April 8.

Presbyterian Easter Sale April 16

## Musical Hour Church Society

Enjoyable Evening Spent by Young People Last Night

The United Church Young People's Society held its regular fortnightly meeting last evening with about thirty-five persons present. After the regular business of the evening a very interesting musical hour was spent. Community singing, with an orchestra consisting of Bert Cameron, Ruth Wilkinson, Archie Thompson and Wisner Bryant, was enjoyed. Miss Swana Olafson gave a short talk on "Chopin," the composer with an illustration of one of his preludes. Bill Plommer sang two solos accompanied on the piano by Miss Linnea Hanson. Musical contests were then played and refreshments were served.

### RELIGIOUS BOOKS FOR LIBRARY HERE

Dr. A. C. Gaberline of New York, eminent writer on religious matters and personal friend of Rev. Dr. John H. Hanson, pastor of St. Paul's Lutheran Church here, has sent a third supply of his books to the Prince Rupert Public Library at the request of Mr. Hanson. Dr. Gaberline's latest books are on the subject of "Religion and Christianity." He has written over forty books on religious subjects.

### ADDRESS ON BEES GIVEN GYRO CLUB

G. V. Wilkinson was the speaker at the regular monthly open luncheon of the Gyro Club in the Commodore Cafe today, his subject being "Bees." James Wightman Smith favored the gathering with vocal solos and William Beaumont played violoncello solo numbers. Charlie Balagno was piano accompanist.

### Mail Schedule

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

### 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 381

**Royal**  
A. Nelson, city; J. O. Morfitt, C.N.R.; T. McTurnen and W. J. Goodwin, Terrace.

**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

Tablets Aspirin  
MADE IN CANADA  
Genuine  
SAFE For HEADACHES  
Prompt relief from  
COLDS . . . . .  
SORE THROAT . . .  
RHEUMATISM . . .  
LUMBAGO . . . . .  
NEURITIS . . . . .  
ACHES and PAINS  
Does not harm the heart

ASPIRIN  
TRADE-MARK REG.  
Accept only "Aspirin" package which contains proven directions. Handy "Aspirin" boxes of 12 tablets. Also bottles of 24 and 100—All druggists.  
Made in Canada



**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.

## 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.)



PRODUCED IN CANADA  
"FROM CONTENTED COWS"  
If your paper does not arrive, telephone the office