

Women it is true!



You can ECONOMIZE and here's how to do it!

INSTEAD of expensive desserts, serve this delicious Corn Syrup -- you'll save money and add greater nourishment to the meals because it is famous for its energy producing value, and is extremely economical, delicious and wholesome. Doctors endorse its food value.

Make it a daily habit -- eat more of this Corn Syrup with your meals -- eat it with bread and butter, pancakes or waffles, or serve it with baked apples.

Ask your grocer

The CANADA STARCH CO. Limited
MONTREAL

EDWARDSBURG CROWN BRAND CORN SYRUP

Send for our Famous Recipe Book. It contains nearly 200 economical Recipes chosen from 75,000 received from housewives throughout Canada. This book took many months to prepare and every recipe has been approved and tested by a famous Canadian dietitian. Mail coupon. Enclose 10c in stamps to cover cost of mailing.

The CANADA STARCH CO., Limited, Montreal
Please send me copy of "Canada's Prize Recipes." I enclose 10c. for mailing costs.

Name _____
Address _____
City _____

Dr. Wood's
Norway Pine Syrup

Dry, Hacking Cough Caused By a Neglected Cold

Mrs. James A. Stewart, Stellarton, N.S., writes:—"For some time I was troubled with a dry, hacking cough, caused by a heavy cold I had, at first, neglected. A friend told me if I would take Dr. Wood's Norway Pine Syrup it would help me, so I got a bottle and it did relieve my cough."
"I am the mother of six children and I use it for every one of them when they have colds, and find it always gives relief, and I would not be without it in the house for anything."
Price 35c a bottle; large family size 65c. *at all druggists and dealers; put up only by The T. Milburn Co., Ltd., Toronto, Ont.

PRINCE CHARLES COMES OFF PONTOONS TODAY

After having been on the pontoons for the last two or three weeks undergoing hull work. C. N. R. steamer Prince Charles was floated back in the water at 11 o'clock this morning at the local dry dock. General overhaul of the vessel is now being completed pending the ship being recommissioned in service between here and Vancouver early next month.

Anglican Woman's Auxiliary Holds Successful Tea

A very successful tea and sale of home cooking was held yesterday afternoon by the Woman's Auxiliary of St. Andrew's Anglican Cathedral at the home of Mrs. B. J. Mellish, Fourth Avenue West. The rooms were tastefully decorated with St. Patrick's colors and ornaments.

Mrs. Thomas Andrew, president of the Woman's Auxiliary, received with Mrs. Mellish Mrs. R. L. McIntosh poured and Mrs. F. A. MacCallum, Mrs. H. Treleaven, Mrs. J. A. Hinton, Mrs. W. C. Aspinall, Mrs. A. G. Rix, Mrs. W. H. Smeeton and Miss Aileen Gibson.

The home cooking table was in charge of Mrs. A. F. Bazett-Jones and Mrs. Ellison. Mrs. G. A. Woodland acted as cashier.

Financial results were very satisfactory.

Weekly Music Meeting Drew Large Crowd

There was again a large attendance at the Salvation Army Citadel last night for the weekly song meeting.

Commandant William Kerr presided and Rev. Dr. F. W. Dafeo, pastor of First Baptist Church, was the speaker for the evening. Mrs. William Kerr and Capt. E. Warren sang a duet; Mrs. Emil Carlson sang solos in the Norwegian tongue, and Sergeant Major Alexee sang vocal solos, accompanying himself on the guitar.

The gathering came to a close with the serving of coffee and doughnuts.

United Church Tea Successful

Delightful St. Patrick's Function Held Yesterday at Home of Mrs. Krikevsky

A very successful St. Patrick's tea and sale of home cooking was held yesterday afternoon by the Ladies' Aid of First United Church at the home of Mrs. James Krikevsky. Many ladies called during the afternoon to lend their patronage to the affair and the very satisfactory sum of \$43 was realized.

The rooms were splendidly decorated for the occasion with seasonal adornments, potted shamrocks predominating with green everywhere.

The guests were received by Mrs. Krikevsky and Mrs. J. J. Payne, president of the Ladies' Aid. Mrs. George McAfee and Mrs. Thomas poured and serveurs were Mrs. G. V. Wilkinson, Mrs. Walter Thompson, Mrs. P. C. Miller, Mrs. D. Santerbane, Mrs. N. Thomas and Mrs. Jenkins. The cashier was Miss Isabel Haddock and Mrs. W. T. Kergin and Mrs. James Irvine presided at the home cooking table.

During the afternoon there was a delightful musical program featuring Irish selections. Those contributing to this program were Mrs. P. C. Miller, Mrs. Arthur Halleran and Miss Edna Vickers, with vocal solos, Mrs. S. A. Kielback, with piano solos, and Misses Ruth and Edith Wilkinson with violin and piano duets.

District News

SKIDEGATE

Capt. C. B. Haan of Queen Charlotte City has purchased the camps of the Bernfeld Logging Co. at Copper Bay and will move them to Queen Charlotte City.

The plan of the Tolmie government to raise money by taxing the workingman one per cent is bitterly resented on the Queen Charlotte Islands.

Portuguese men-of-war, a species of jellyfish which are usually found only in tropical waters, have again made their appearance by the thousands on the west coast of the Queen Charlotte Islands.

TERRACE

In a petty sessional court held at Terrace on Wednesday, presided over by Stipendiary Magistrate E. T. Kenney, George Little was remanded for eight days on a charge of having assaulted Rev. E. A. McCarthy at Terrace on March 2.

Mr. and Mrs. E. Willman came in from Usk on Tuesday.

Austen Goodenough, of the Hanson Pole Co., Smithers, was a business visitor here on Wednesday.

Visitors to Prince Rupert on Tuesday's train included G. Little and Mr. and Mrs. T. E. Brooks.

Victor King came in on Wednesday from Prince Rupert on a visit to his parents, Mr. and Mrs. W. A. King.

The municipal water supply is being laid on to the Olson house in Lakelse Avenue occupied by W. H. Burnett.

Constable McKenney annexed the prize at the gift night of Bishop's picture show on Wednesday.

W. O. Fulton was in town on Wednesday, holding a watching brief in connection with the Little assault trial.

The commissioners propose to carry out relief work to the extent of \$600 within the next two or three weeks. The work will include grading Atwood Street from the Philbert Hotel to Lakelse Avenue, laying about 1200 feet of water mains and draining the ball park.

ZAM-BUK
Marvellous For Healing
Ulcers & Bad Legs
Ointment 50¢ Medical Soap 25¢

SATURDAY SPECIAL

TWO LAYER
LEMON CAKE
30 Cents

The Electric Bakery
The store of service & quality
We Deliver Phone 667

Week-End Specials

- Nabob Coffee— 2 1-lb. tins for **95c**
- Nabob Tea— 2 1-lb. pkgs. for **95c**
- Malkin's Best Orange Marmalade, 40-oz. jar **35c**
- Malkin's Best Sockeye Salmon, 1's, 3 tins **95c**
- Malkin's Best Clams—1's per tin **15c**
- Peacock Buckwheat Flour— 2 3/4-lb. pkg. **40c**
- Fresh Pitted Dates— 2 lbs. **25c**
- Banquet Sardines in Oil— 4 tins **25c**
- Nabob Pineapple Marmalade 40-oz. jar **50c**
- Libby's Dry Prunes—2's 2 pkgs. **45c**
- Eggs—Fresh Extras 3 doz. **\$1.00**
- Sunnybrook Creamery Butter, 3-lb. brick **\$1.15**
- Sweet Navel Oranges— 5 doz. **90c**
- Rinso— 2 large pkgs. **45c**
- Pearl White Naptha Soap— 11 bars **50c**
- Swift's Classic Cleanser— 3 tins **25c**

Alberta Market

P. GAMULA, Proprietor
Fifth Street. Phone 208

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

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.

Fri. & Sat. Capito Entertainment

Here's Something New—The First Picture Shown Here With New Noiseless Recording Process

JACK OAKIE 'The Gang Buster'

With Jean Arthur and William Boyd

A Mad and Merry Tour of Gangland — Thrills and Laughter — A Paramount Picture

Comedy—"LITTLE DADDY" (OUR GANG)
Musical—"DAVE APPOLON AND BAND"
Paramount Pictorial Paramount News

ADMISSION—20c & 65c Feature Starts at 7:50 & 9:50
SATURDAY MATINEE at 2:30—15c & 40c Feature Starts at 3:30

Mon. & Tues.—WILL ROGERS in "LIGHTNIN"



Shredded Wheat for the Lenten Fast

Shredded Wheat is a real Lenten food which contains all the body-building elements in the whole-wheat grain. Nothing is added, nothing taken away. Light, nourishing and easily digested. Eat it with milk or cream and you will be healthy and strong, ready for every test of physical and mental endurance. Ready-cooked, the ideal Lenten food.

SHREDDED WHEAT



WITH ALL THE BRAN OF THE WHOLE WHEAT

THE CANADIAN SHREDDED WHEAT COMPANY, LTD.

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 10%. 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

Dr Alexander

X-RAY SERVICE
PHONE 575
BESNER BLOCK

DENTIST

Economy Cash & Carry Stores

319 3rd Ave. — 417-423 5th Ave.

COAL

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

Prince Rupert Feed Co
PHONES 58 AND 558