

# Christie's



## SNOW FLAKE SODAS

in the big, new, family-size package, are always fresh. Until you have tried them you cannot imagine how deliciously light, crisp and flaky Christie's Snow Flake Sodas really are.

### BE HAPPY SAVE MONEY BUY RIGHT

A summary of business conditions shows low prices on wheat, fish, lumber and metals, with high taxes by Dominion and Provincial Governments and municipalities. The outlook for Western Canada is not too bright. What shall we do to make the best of our present condition?

First, of course, practice all economy possible.

Second, do not try to "keep up with the Joneses."

Third, convince yourself that you can live and be happy without spending money foolishly.

Fourth, read something of the history of our forefathers in the early days of Canada, in Ontario and Quebec.

Fifth, picture Prince Rupert without automobiles, electric light, steam heat or telephone.

Lastly, before buying lumber, building materials, or fuel, consult ALBERT & McCAFFERY, LIMITED, who are in a position to quote prices to your advantage. Phones 116 and 117.

#### ANNOUNCEMENT

Jasper Wildfire Coal is now the hottest in the domestic field. Government analysis shows it to be the highest in B.T.U.'s and less ash. It starts quick and lasts longer. Furthermore, for your benefit don't think for one minute because our coal is lower in price that we are giving you a cheaper grade as other coal dealers may state to you.

Your next order "Jasper Wildfire," egg or lump. Note our adv. for cash prices and save your dollars.

(H) Hyde Transfer—Phone 580

### Announcements

- Elks' Dance Thursday, March 24.
- Queen Mary Daffodil dance Easter Monday.
- United Church Easter Sale March 31.
- Royal Purple bridge and whist March 31, Boston Hall, Admission 35c.
- Tennis Tea, Mrs. Mitchell's, Easter Monday.
- Eagles' box social and dance, Friday, April 1. Special prizes for ladies bringing boxes. Admission, ladies, refreshments; gentlemen, 50 cents. Everybody welcome.
- Seal Cove Parish Hall Dance, April 7.
- Catholic Woman's League Spring Sale April 7.
- Presbyterian spring sale April 14.
- The "Laughing Cure" United Church April 14 and 15.
- Prince Rupert Singers April 20, Capitol Theatre.
- Spring Sale, St. Peter's Church, May 19.

## LOCAL NEWS ITEMS

Tennis Tea Mrs. Mitchell's, Easter Monday. Home Cooking. 7i

It costs no more to ride in a Nash Special than in any other car. Just call Nelson's Taxi 849. 7i

Why not use "Supreme" coffee and keep local people working? 70

Mrs. Norman Brodhurst and daughter, Miss Betty Brodhurst, will sail tonight on the ss. Prince George for a visit in Victoria.

Easter gift hats. Every tenth hat a gift all this week at "Demers." (71)

Special meeting Carpenter's Union Friday, 8 p.m. Business important. 70

The first showing in Canada of the Adagio dance by the Slivinski's at the Elks' Dance tonight. Everybody welcome.

Harold Shaw, formerly in the provincial government service here and for the past few years provincial collector at Smithers, arrived in the city from the interior on this morning's train and will sail tonight on the Prince George for Vancouver enroute to Revelstoke to which city he has been transferred.

MURESCO, for beautiful, durable economical decoration of wall and ceilings. Muresco is supreme. 75c. per packet. Phone 311. Gordon's Hardware, McBride St. 7i

Keep your money in town by using "Supreme" coffee, roasted and packed in Prince Rupert.

Dr. Joseph T. Mandy, resident mining engineer, returned to the city on this morning's train from Terrace where he conducted a course of lectures for prospectors and mining men. A similar lecture course will be commenced here this evening by Dr. Mandy.

Betty Shulton, popular pipe organist of station KOMO, in a brief talk on the radio last night, acknowledged letters of appreciation which had been received by her from Prince Rupert among other points. Miss Shulton extended best wishes to her many radio friends for a happy Eastertide.

### Canadian Doctor's Great Discovery

IT is now recalled that a brilliant Canadian physician, M.D., M.C., L.R.C.S., Edinburgh, licentiate of the Royal College of Physicians, Edinburgh, and post graduate of famous European hospitals, experimented for fifteen years to find a medicine which would act on the digestive and eliminative organs at once. The successful result he named Fruit-a-lives.

After a further period of use in private practice, Fruit-a-lives was made available to the public. It is a complete medicine, acting on five vital organs and will rid you of constipation, headaches, biliousness, indigestion. You can use it with confidence also for rheumatism or other uric acid diseases. 25c and 50c. Sold by all druggists.

### Twenty Years Ago

In Prince Rupert

March 24, 1912

Wilfrid Doughty of Grimsby, England, accompanied by J. H. Pillsbury, civil engineer, with Lionel Crippen and party of surveyors, sailed yesterday afternoon on the Prince John for Allford Bay in Skidegate Inlet where some 200 acres of crown granted land will be surveyed preparatory to the establishment of the first of a number of great fishing enterprises for this district planned by the Doughty interests.

The Grand Trunk Pacific Steamship Co. announces that a local service is to be conducted by the steamer Prince John between Prince Rupert and Goose Bay (now Anyox) in conjunction with the sailings of the steamers Prince Rupert and Prince George between here and Vancouver. The Prince Albert will give a service to logging camps and cannery points between Prince Rupert and Vancouver.

Herbert L. Harris, leading Liberal of Bella Coola, in a letter written to Prince Rupert, predicts a large majority in the Bella Coola valley for A. M. Manson, the Liberal candidate in the Provincial election, over William Manson, the Conservative.

Maintain Your Health TAKE REGULARLY Scott's Emulsion

### Hotel Arrivals

New Royal Hotel THE HOTEL WORTH WHILE Hot & Cold water; Steam Heat 75c. PER DAY AND UP J. Zarelli Telephone 281

Girollo Gianzino, city.

"Supreme," the coffee that comes to you fresh from the roaster.

Big Dance on Monday Night, Moose Hall. Admission 25c.

Easter Gifts of hosiery, one pair given with every cash purchase of coat, suit or dress this week at "Demers." 70

Mayor Cyril H. Orme has been named honorary president of the newly-formed Prince Rupert sub-branch of the Royal Life Saving Society.

Chest Colds Rub well over throat and chest VICKS VAPORUB OVER 21 MILLION JARS USED YEARLY

Harold McEwen, C.N.R. freight and passenger agent, returned to the city on this morning's train from a trip to various interior points on official business.

MURESCO, for beautiful, durable economical decoration of wall and ceilings. Muresco is supreme. 75c. per packet. Phone 311. Gordon's Hardware, McBride St. 7i

Keep your money in town by using "Supreme" coffee, roasted and packed in Prince Rupert.

Dr. Joseph T. Mandy, resident mining engineer, returned to the city on this morning's train from Terrace where he conducted a course of lectures for prospectors and mining men. A similar lecture course will be commenced here this evening by Dr. Mandy.

Betty Shulton, popular pipe organist of station KOMO, in a brief talk on the radio last night, acknowledged letters of appreciation which had been received by her from Prince Rupert among other points. Miss Shulton extended best wishes to her many radio friends for a happy Eastertide.

### Program of Sacred Music

By Specially Augmented Choir at St. Andrew's Cathedral, Good Friday, March 25, 8 P.M.

- Part I.
- "Watchman! What of the Night?" J. Sargent-Field.
  - "Pilgrim's Chorus (Tannhauser)." R. Wagner.
  - "Into the Woods My Master Went." Geo. B. Nevin.
  - "By Babylon's Wave," Chas. Gounod.
- Part II.
- "The Crucifixion." J. Stainer; soloists, Dr. R. G. Large, J. E. Dawley; pianist, Mrs. E. J. Smith; organist, Peter Lien.

### 20 YEARS OF ILL HEALTH

Then Mrs. Duke Discovered Kellogg's ALL-BRAN

Of her own accord, Mrs. Duke sat down and wrote us a glowing tribute to Kellogg's ALL-BRAN: "I have been constipated all my life, which has been about 20 years, up until last year when I started eating your ALL-BRAN. Since I have been eating it, people tell me I am looking better, and I am sure that I feel a great deal better."—Mrs. L. W. Duke (address upon request).

Constipation is usually caused by lack of two things in the diet: "Bulk" to exercise the intestines; Vitamin B to help give them tone. Kellogg's ALL-BRAN provides both of these dietary necessities, as well as iron for the blood.

Within the body, the "bulk" in ALL-BRAN forms a soft mass, which gently clears the intestines of wastes.

How much more natural it is to enjoy this delicious cereal than to risk taking pills and drugs—so often harmful.

Just eat two tablespoonfuls daily—serious cases with every meal—for most types of constipation. ALL-BRAN is not habit-forming. If your intestinal trouble is not relieved this way, see your doctor.

Sold in the red-and-green package. Made by Kellogg in London, Ontario.

IT MUST BE ECONOMICAL Nestlé's—World's Largest Producers and Sellers of Condensed and Evaporated Milk

NESTLÉ'S unsweetened Milk is more than twice as rich as bottled milk. Mix equal parts of Nestlé's evaporated milk and water and you still obtain a milk richer than ordinary fluid milk. Economical for all cooking purposes.

CONDENSED Sweetened Condensed Milk has the Blue Label Unsweetened Evaporated Milk has the White Label

EVAPORATED (Tall and Baby Size)

## It's NESTLÉ'S

### District News

**VANDERHOOF**

Under the auspices of the Omnesca Branch of the Canadian Legion, the three-act play "The Jade Necklace" was presented here under the direction of Mrs. R. M. Taylor and proved highly acceptable entertainment for a large audience. Members of the cast included Mrs. Stephen Holmes, Mrs. H. V. Taylor, Mrs. George Ogston, Rev. Basil S. Procktor, R. M. Patterson and James Silver.

Roads in the district are in rather bad shape now owing to melting snow and frost coming out of the ground.

Mr. and Mrs. Lewis of Dewey have been visiting here as the guests of Mr. and Mrs. Gilbert Hopfe.

### SATURDAY MONEYSAVERS

- VICTOR ROLLED OATS 29c
- 6-lb. cotton sacks, per sack 22c
- TOILET ROLLS 22c
- 6 for 23c
- SWIFT'S PREMIUM HAMS 23c
- half or whole, per lb. 25c
- SAIR DATES 25c
- 4 lbs. 25c
- LIBBY'S CORNED BEEF 15c
- No. 1 tins, per tin 19c
- TOMATOES 19c
- Large tins, 2 tins 25c
- CORN ON COB, Aylmer 25c
- Large tins, per tin 35c
- AYLMER ORANGE MARMALADE 35c
- Made from Seville 17c
- ORANGES, per 2-lb. jar 37c
- DRIED APRICOTS, Choice whole pitted, per lb. 37c
- FANCY SHELLED WALNUTS, light halves, per lb. 29c
- DUTCHMAID HONEY, 16-oz. jars A B.C. Product 25c
- per jar 25c
- ROME BEAUTY APPLES Splendid cookers, 4 lbs. 19c
- READY CUT MACARONI 3 lbs. 20c
- CANADIAN CHEESE 20c
- per lb. 9c
- CALIFORNIA LETTUCE Firm crisp heads, each 10c
- HOTHOUSE RHUBARB 10c
- per lb. 36c
- MARMALADE ORANGES, per doz. 36c

### Watt's

Watt's Grocery THE BEST FOR LESS

PHONE 55 PHONE 56

Had Eczema All Over Her Body

Mrs. Leo Wardler, Springford, Ont., writes:—"For a long while I was troubled with eczema all over my body. It would burn and itch so at night I could not rest. I tried different remedies but of no avail. I was advised to take Burdock Blood Bitters, and after taking five bottles my blood was completely cleared of the eczema."

For sale at all drug and general stores; manufactured, for the past 52 years, only by The T. Milburn Co., Ltd., Toronto, Ont.

SPRING IS HERE!

Get Your Garden Seeds and Equipment from Thompson Hardware Company Ltd.

SEASONED SITKA SPRUCE

We are pleased to offer the following special for a short time:

1 x 4	1 1/4 x 4	1 1/2 x 4
Mill Run Common	Random Lengths	
either		
\$48	SHIPLAP	T & G
\$12.00 per M ft.		

BIG BAY LUMBER COMPANY, LTD. Do Your Spring Repairs Build Your Garage

UNION STEAMSHIPS LIMITED

Steamers leave Prince Rupert for Vancouver:—

T.S.S. CATALA EVERY TUESDAY, 1.30 P.M. Via Ocean Falls, arriving Vancouver, Thursday p.m.

T.S.S. ARDENNA EVERY FRIDAY MIDNIGHT. Arriving Vancouver Sunday midnight approx. Weekly sailings to Port Simpson, Alice Arm, Anyox, Stewart and Nass River points. Sunday, 9 p.m.

Further information regarding all sailings and tickets at — PRINCE RUPERT AGENCY: Second Avenue. Phone 508

SOUR stomach

IF fear of what will follow overshadows the enjoyment of your meals, your system may be too acid. Those pangs of indigestion right after eating and that lump you feel in your stomach for hours after, the flatulence and sourness, are the symptoms of over-acidity. Take an anti-acid and neutralize the excess acid. You won't be comfortable until you do.

Phillips' Milk of Magnesia will always check that condition of over-acidity. It acts pleasantly, but promptly and most effectively. It supplies needed alkali to neutralize excess acids of the stomach and bowels. Headaches, flatulence, and nausea are promptly relieved. Your digestion will speedily improve. Your appetite will be sharpened. Constipation quickly yields to the gentle laxative effect of Phillips' Milk of Magnesia.

Many make a practice of taking a spoonful or two before meals one or two days weekly. It is a delightful way to keep the system always sweet; and to keep the bowels from growing sluggish; also to guard against auto-intoxication.

Phillips' Milk of Magnesia will check a cold in a hurry. Just take a spoonful at three-hour intervals until that weak, achy, feverish condition is gone and your head is all clear.

Get a bottle today; read the directions and learn Phillips' Milk of Magnesia's many important uses. For you and the whole family, 50c bottles at drug stores everywhere in the dominion. (Made in Canada.)