You are always sure of Kellogg's Corn Flakes. For 25 years Kellogg's have been the standard of quality.

Kellogg's Corn Flakes are made in modern, sanitary plants ... always open to inspection by visitors. Kellogg's have the finest materials, expert workers; and wonderful machinery it has taken years to perfect. Plus a patented sealed WAX-TITE bag that brings the flakes oven-fresh to your table!

Guaranteed by W. K. Kellogg: "If you do not consider them the finest and freshest corn flakes you ever ate, return the red-and-green package and we will refund your money." Made by Kellogg in London, Ontario.



CDECIAIC

SPECIA	LD
Leg of Veal— 5 lbs.	\$1.00
Leg of Pork— 5 lbs.	\$1.00
Prime Rib Rolled Beef—4 lbs.	\$1.00
Shoulder Pork— 6 lbs.	\$1.00
Shoulder Veal— 6 lbs.	\$1.00
Rump Roast Beef— 5 lbs.	\$1.00
T-Bone Roast Beef—	\$1.00
Veal Chops— 3 lbs.	50c
Loin Pork Chops— 3 lbs.	50c
Stewing Veal— 4 lbs.	50c
1 Lb. Lard Free With Ev	ery Dollar's

Worth of Meat

PHONE

Saturday Special Eggs-Carton Extras, 20c doz.

Munro Bros.

Boys' Band dance tonight I.O.D. E. Hall 8.30.

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

Special Sunday chicken dinner. 50c, at the Commodore, where you good eats, comfort and ser-

Game Warden Ed. Martin sailea 5:30 this afternoon and will sail at mas. last night on the Prince George for 10 p.m. on her return to Vancou-Vancouver, where he will receive ver and waypoints. hospital treatment.

Metropole Hall. Good program vincial police, sailed ltst night on Baby Booth-Mrs. Robert Bar-Commences 9 o'clock tonight. Ad- the Prince George for Vancouver, clay. mission 25c.

last night on the Prince George be admitted to Essondale mental Mrs. R. G. Large and Miss E. M. for a business trip to Ocean Falls | hospital.

J. M. Macrae, general freight agent for the Canadian National New Limericks Railways, sailed by the s.s. Prince George last night on his return to Vancouver after a brief visit here on official business.

Sunday Special—we had a numper of calls for stewed chicken in he past so will give our patrons at good stewed chicken dinner for ceived in connection with the con-40c.—roast chicken 50c. Fleet Cafe test put on by Supreme Coffee for on the Waterfront.

Get your garden tools at Gor- There was a young lady named don's Hardware. We carry a com plete stock of garden tools, seeds, fencing and poultry netting. Our prices are the best. Phone 311. tf

Announcements

Eagles' box social and dance, Friday, April 1. Special prizes for lalies bringing boxes. Admission, ladies, refreshments; gentlemen, 50 ents. Everybody welcome.

C.N.R.A. bridge and whist April

Presbyterian spring sale April 14

The "Laughing Cure" United

Church April 14 and 15.

Anglican Cathedral Spring Sale; April 19.

Prince Rupert Singers April 20. Capitol Theatre.

Ridley Home Bazaar May 5.

Three Plays, Presbyterian Church May 5th and 6th.

Spring Sale, St. Peters Church, May 19.

TOO LATE TO CLASSIFY

FOR SALE - Two bedroom suites. dining room suite, carpets, kitchen table and chairs, electric stove, electric drop fixtures, miscellaneous household articles. Also Essex super six car. Apply Mrs. McIver, 1107 Park Avenue. Phone Red 155.

MI-LADY Beauty Shoppe

Revised Prices to Suit Your Pocket

Permanent Wave \$5.00 Ladies' Hair Cut .. 35c Children's Hair Cut 25c

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

Arriving Vancouver Sunday midnight approx. River points. Sunday, 9 p.m.

Weekly sallings to Port Simpson, Alice Arm, Anyox, Stewart and Naas Further information regarding all sailings and tickets at -PRINCI RUPERT AGENCY: Second Avenue. Phone 568

Marvellous Comeback Of Cabano Citizen

- minimum brancome

Health Wrecked by Constipation—Restored by Fruit-a-tives

OTTAWA, Ont. - Fruit-atives Limited received this letter from Mr. James Page; of Cabano, Que.: "I was about ready to give up work, I was so crippled with constipation and indigestion. My head ached. I was dizzy and had pains in my joints and muscles. Then I read about Fruita-tives. Today I feel fine." Fruit-a-tives do much more than ordinary remedies which give only temporary relief. They act on five vital organs and strengthen the system to work naturally. 25c and 50c. At all druggists.

C.P.R. steamer Princess Adelaide.

Sergeant W. J. Service, chief of gin, Mrs. Frank Vickers and Mrs. Sons of Norway Social and dance the city detachment of the pro- R. H. Bedford.

The Supreme Coffee Contest

Several limericks have been re-77 which a prize of five dollars is offered. How are these?

Maggie.

Whose waist was inclined to be saggy.

Till she used some Supreme, Now her figure's a dream, Drink it now to avert getting baggy. I'm a smart and pushing gogetter. I'm a smart and pushing gogetter.
Who knows why Supreme is much

better. Its fragrant aroma, You can smell from Tacoma, Send five bucks on receipt of this

Catholic Woman's League Spring BUY-RIGH SPECIALS

Friday	0	C.	tun	ch	*
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SEEDLESS R	AISI	NS, I	Nabob	16	(

			D.	U
1	15-oz. pkgs. per pkg			
1	LIFEBUOY SOAP, The	1	50	P
1	"Health" Soap, 2 bars	-		_
	GOOD QUALITY BROOMS,	5 8	trin	18
1	With Cap and Ring	_	00	
l	each	9	U	L
ì	LOGANBERRY JAM	4	9	2
1	per jar	1	3	U
Ī	CHERRY JAM	4	/4 .	_
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ì	per jar NABOB BAKING POWDER.	Δ	him	h
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1	quality product	2	20	C
ļ	12-oz. tins		_	
1	21/2-lb.	7	00	6
l	tins			
7	PEACHES In heavy syrup	1	60	3
1	No. 2 tins, per tin	Т		_
	BEST FOODS MAYONNAISE	Ē,	"Th	E
	Best"	9	20	7
	per 8-oz. jar	ámi	-	_
	16-oz.	1	10	73
	jar	X	-	-
	HONEY GRAHAM WAFERS	3,	1-11	6
	Cello packages	-	21	
		(m)	4	U

JELLY POWDERS, Nabob or Empress, 5 pkg. PORK & BEANS, Clark's Med. tins, per tin KIPPER SNACKS

5c King Oscar Brand, per tin SNOWCAP PILCHARDS flat tins, each B.C. WHITE BEANS ARGOOD JAM 4-lb. tins, Straw-

berry, Raspberry, Phone 655 Blackcurrant, per tin HREDDED WHEAT 10c

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PHONE 56 PHONE 55 THE BEST FOR LESS

The annual Easter tea and sale of home cooking by the Ladies' Aid of First United Church was held yesterday afternoon in the church parlors and was a pretty and delightful affair. The hall was very attractively decorated for the occasion with mauve and yellow paper roses against a background of green trellises. Responsible for the decorations were Mrs. Lance Styles and Miss Dorothy Styles.

The guests were received by Mrs. J. J. Payne, president of the Ladies' Aid; and Mrs. Alfred Wilson, wife! of the pastor. Ladies in charge were

as follows: Fancy Work-Mrs. D. Santerbane. Capt. S. K. Gray, is due in port at Mrs. Hugh Killin and Mrs. N. Tho-

> Plain Sewing-Mrs. T. W. Silversides and Mrs. Lance Styles. Home Cooking-Mrs. W. T. Ker-1

(76) having in his custody John Myles, Tea Room—In charge, Mrs. James who will serve three months in Krikevsky, Mrs. G. V. Wilkinson F. J. Boutell, of the Internation- Okalla for supplying liquor to In and Mrs. J. Clavring; pouring, Mrs. al Correspondence Schools, sailed dians, and Frank Suchet, who will W. H. Kergin, Mrs. S. P. McMordie, Earle: serving, Mrs. James Cicconne, Mrs. Ralph Moore. Miss Victoria Krikevsky, Miss Ruth Wilkinson, Miss Dorothy Styles, Miss Peggy Smith and Miss Edith Miller; cashiers, Miss Isabel Haddock and

During the afternoon there were Here Are a Couple of Effusions in delightful selections by Miss Nellie Lawrence's juvenile orchestra with Mrs. J. S. Black at the piano.

WEEKLY

Our advertisement will appear once each week from this week on. These bargains will last all week so that everyone will have a chance to save. Here are a few items for

your convenience. Our Own Brand Butter-IXL Pure Creamery Butter-3-lb. Cartons \$1.00 Real Value . Cottage Roll-Boneless 17c Ham, per lb. 30c Local New Laid Eggsper doz. Chase & Sanborn's Coffee-49c New pack, per lb. tin Choice Economy Tea-Bulk 55C

Blue Ribbon Tea-99c 21/2-lb. pkg. 10c Shredded Wheatper pkg. Seedless Raisins—Bulk 50c 3 lbs. Tillson's Health Bran-22c per pkg. Libby's Sauer Kraut—21/2's

Pine Ola-For cleaning windows & silverware, works miracles, try a tin and convince yourself, sold in all sizes.

Garden Seeds & 5c & 10c Flowers, per pkt. 24c Rowntree's Cocoa-1/2-lb. tin Cowan's Good Rich Bulk 35c Cocoa, per lb. 95c Juicy Oranges-

Fresh Fruits & Vegetables Arriving Every Boat. Get Your Supply From

8c Mussallem's Cash & Carry Stores

"Where Dollars Have More Cents" No. 1 Store Fifth Ave.-Phone 18-84 25c No. 2 Store 319 Third Av.—Phone 360

No. 3 Store 727 Third Av.—Phone 375

Hotel Arrivals

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

Telephone 281

FRASER & PAYNE'S

Beach Pyjamas

Children's and Misses' Beach Pyjamas-Newest styles, made from plaid, rayon, silk, ginghams: size 8 to 14; assorted colors; \$1.00 Regular price \$1.95; Dollar Day

Ladies' Novelty Non-Run Bloomers

25 Doz. Novelty Trimmed NON-RUN Bloomers-Beautiful quality dull finished rayon · assorted trims and shades; sizes, small, medium and large; Regular 75c quality Dollar Day, 2 pair for

Silk Hosiery Special

Beautifully Made Stocking-Displaying all the newest features; mock fashioned French heel; sansheen finish; in the very latest shades; sizes 81/2 to 10; \$1.00 Dollar Day, 2 pair for

Orient Full Fashioned Hose

25 Doz. just received of this very special offer; full service weight, dull finish French heel; this is the purple stripe quality and has been selling at \$1.50 pair; every shade a new one; Dollar Day, pair

Ladies' House Dresses

10 Doz. All New Patterns; fast color prints; in 4 styles; sizes, 34 to 44; Dollar Day, each

Genuine French Berets Tams 5 Doz. Assorted Shades; genuine French Berets; assorted sizes

Wabasso Silk Dress Goods

New designs just received; flat crepe finish and corded designs; all fast colors; \$1.00 36 inches wide; 11/2 yards for .

36 inches wide; 6 yards for

Wabasso Prints

Fast Washing Colors; all new designs \$1.00

Wabasso Broadcloths Polka Dots-In every shade and spot made; fast colors; 36 inches wide; \$1.00

Wabasso Prints

3 yards for

3 yards for

3 yards for ..

4 yards for

Polka Dots and various designs to choose from; fast colors; 36 inches wide; \$1.00 4 yards for

Wabasso Sheetings

Extra Special; bleached and unbleached Sheeting; 63 inches wide; \$1.00 Dollar Day, 3 yards for

Wabasso Sheets-Extra large double bed size; 31x90 inches; bleached and \$1.00 unbleached; Dollar Day, each

Every housewife knows Wabasso products can be depended upon; no better fabrics made

Wabasso Pillow Cottons

Linen Finish; circular make, absolutely pure; 40 and 42 inches wide; \$1.00

Rayon Brocade 300 Yards Rayon Brocade-In shades of yellow, rose, black, white, lavender, brown; \$1.00

Cream or White Cable Curtain Marquesette: 36 inches wide; tape border; \$1.00

TOWELS AT LESS THAN COST

We have 100 Doz. Towels; various sizes and quality, offered at less than cost; all perfect merchandise; run of the mill6 Towels—size 18x36 inches for

4 Towels—size 21x41 inches for 3 Towels—size 24x45 inches for

2 Towels—size 25x48 inches for

"How do they do it?"

Among your friends there's sure to be at least one smart young married couple who are the envy and admiration of all who know them.

With an income that is frankly abbreviated, and with no benevolent Aunts in the offing, they still have a home that is correct and comfortable in all its appointments, a home that is admired and copied by their friends.

"Yes, Jane is a remarkable little manager," will probably be the young husband's proud answer. And there is little doubt about it.

THEY DO IT THIS WAY

Take a look around that home and you will find no end of well known advertised products. For Jane is an efficient little manager. She can't afford to take chances that must only be debited to "Experience." When she buys for her home she must get tried and tested and trusted products which carry an honorable name to guarantee her satisfaction.

You will find that Jane is a consistent reader of the advertisements. Are you?

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