

# A.... Good Citizen

The Sun Life has a Big Stake in the life of Canada, where

- It maintains 29 branches.
- It has 5,000 employees.
- It pays annually in taxes over \$600,000.
- It has invested over \$200,000,000 in Canadian enterprises alone.

Canadians have a Big Stake in the Sun Life

Last year it paid to Canadian policyholders or their dependants over \$21,000,000.

During this generation it will pay to Canadians or their dependants more than \$900,000,000.

Every beneficiary under a Sun Life policy relieves society of a possible claimant for public relief

## SUN LIFE ASSURANCE COMPANY OF CANADA

Head Office: MONTREAL

### S. J. (Sam) JABOUR

Phone 645 Office No. 14, Smith Block Prince Rupert, B.C.

Northern Representative **SUN LIFE**

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.

The concentrated goodness of prime beef is in **BOVRIL**



Awarded over 140 gold medals and diplomas

Early Ad. Copy is appreciated

## SPRING TEA-SALE HELD

Delightful Affair Yesterday Afternoon By Ladies' Aid of First Presbyterian Church

A very successful spring tea and sale of home cooking and sewing was held in the church parlors yesterday afternoon by the Ladies Aid of First Presbyterian Church. The rooms had been prettily decorated for the occasion with spring flowers and foliage and the scene was very attractive. Many ladies who called during the afternoon were received by Mrs. D. McD. Hunter, president of the Ladies' Aid, and Mrs. W. D. Grant Hollingworth, wife of the pastor.

The tea room was in charge of Mrs. J. Watson who was assisted by Mrs. D. McLeod and Mrs. D. C. Stuart. Mrs. T. M. Spencer and Mrs. John McRae poured and serveurs were Mrs. G. W. Abbott, Mrs. Robert Davie, Miss Annie McLeod, Miss Sheila Stuart and Miss Mabel Ivarson. Mrs. William Anderson acted as cashier.

The swing booth was in charge of Mrs. J. L. Lee and Mrs. W. L. Sandison. Mrs. W. D. Vance and Mrs. E. N. Valentine presided at the candy table while Mrs. James Simpson and Mrs. Thomas McMeekin conducted the sale of home cooking.

A delightful musical program, arranged by Mrs. William Millar, included vocal solos by Mrs. A. J. Webber, Mrs. J. H. McLeod, Mrs. F. N. Good and Mrs. H. N. Brocklesby and recitations by Miss Adelia Thurber. Accompanists were Mrs. C. E. Cullin and Mrs. E. J. Smith.

## The Letter Box

### USE CANADIAN PORTS

Editor, Daily News:—  
The United States Department of Commerce recently announced that on the average forty-nine percent, or practically one-half, of Canada's wheat and flour export trade has been handled through United States ports during the past six years.

During the past season, practically no wheat has passed through Eastern Canada ports during the winter season, and during the summer months our information is that almost the entire Canadian crop passing east went to Buffalo.

Of course you know that when wheat or flour reaches United States lake waterfronts or railways, the traffic is handled by United States railwaymen and lake portworkers and that, of course, means not only the crews who haul the tonnage, but the men who repair damaged rolling stock and motor power and the men who load vessels at the seaboard, check cargoes and work along the waterfront. In addition, the vessels carrying this Canadian trade are, if necessary, repaired in United States dry docks and the supplies come from United States factories. Further, they are provisioned from United States farms. And, then do not let us forget that millions of bushels of the wheat which went through Buffalo this year for export was bonused by the Canadian people at the rate of five cents a bushel.

At this time, thousands of railwaymen are being laid off in all parts of Canada, when they might profitably be employed in handling Canadian wheat and Canadian flour to Canadian ports. This, in turn, would give business to manufacturers, retail merchants and to the agricultural interests of this country.

You have a personal interest just as much as we have in holding this employment within Canadian channels, and we are taking the liberty of enclosing an editorial commenting on this unusual situation in a country the citizens of which are being urged morning, noon and night to buy Canadian goods and, therefore, employ Canadian labor. In our judgment, Canadian labor covers a Canadian railway man and a Canadian port worker as fully as it concerns itself with the employee of some manufacturing industry.

Any comment that you may make on this editorial will be appreciated.

Yours very truly,  
F. X. JENNINGS,  
Acting Editor-in-Chief.

Telegraph-Journal and Evening Times-Globe, St. John, N.B.  
Mrs. F. H. Stanton, who has been residing on Hays Cove Circle, will sail tonight on the Princess Adelaide for Victoria.

What is the PRICE OF BEAUTY?



Without health there can be little natural beauty. The wise woman knows that the condition of her body shows itself on her face, her complexion, and in her eyes.

She takes care to avoid constipation. This treacherous ailment frequently causes headaches, sallow skin, pimples, premature aging.

Try the pleasant "cereal way" to protect yourself from constipation. Science has proved that Kellogg's ALL-BRAN provides "bulk" to exercise the intestines, and Vitamin B to tone the intestinal tract. ALL-BRAN also furnishes iron, which helps build up the blood.

The "bulk" in this delicious cereal is much like that of lettuce. How much safer than abusing your system with pills and drugs—so often habit-forming!

Two tablespoons daily will correct most types of constipation. ALL-BRAN is not habit-forming. If your intestinal trouble is not relieved this way, see your doctor.

Get the red-and-green package at your grocer's. Made by Kellogg in London, Ontario.

HELPS KEEP YOU FIT

## Stag Bridge Party Enjoyable Affair

Twelve Tables of Cards at Function Put on Last Night By Local Elks' Lodge

A very enjoyable stag bridge party was held last night by the Elks' Lodge. There were 12 tables of bridge and the prize winners were Louis Richardson, first, and W. Gordon, consolation. After cards, delicious refreshments were served.

Mr. and Mrs. Adam Mackie, formerly of this city and now residing in Vancouver, are spending a few days in town, having arrived yesterday from Vancouver. Mr. Mackie, who was formerly supervisor of fisheries here and who holds a similar position at Vancouver, is here on official business.

## Week-End Specials

- FRASER VALLEY BUTTER  
Finest B.C. butter on the market  
1 lb cartons: 95c  
3 lbs
- PURITY QUICK OATS 20c  
pkg.
- MALKIN'S BEST PLUM JAM .40  
4 lb tin
- MALKIN'S BEST SPINACH 35c  
2's, 2 tins
- MALKIN'S BEST ROYAL ANNE CHERRIES 25c  
2 1-2's, tin
- PURITY FOOD 30c  
5 lb sack
- NORTH STAR PICNIC HAM 17c  
per lb
- SWIFT'S PURE LARD 40c  
3 lb tin
- GLOBE ROAST MUTTON 25c  
1s tin
- KADANA COCOA 25c  
1 lb pkg.
- ASHCROFT CATCHUP 25c  
26 oz. bottle
- FAIRY BATH SOAP 25c  
6 bars
- EMPRESS JELLY POWDER 25c  
5 pkgs.
- LIBBY'S PICKLE 25c  
Home-made style  
18 oz. jar
- NABOB BAKING POWDER 75c  
2 1-2 tin
- NAVEL SWEET ORANGES 95c  
4 dozen

## Alberta Market

P. GAMULA, Proprietor  
Fifth Street. Phone 208

## COMEDY IS ENJOYABLE

A Capable Cast Presents "The Laughing Cure" at First United Church—To Be Repeated

The bright two act comedy "The Laughing Cure" was presented by a capable cast in First United Church last night before a good-sized audience and will be repeated tonight. The play is being staged under the auspices of the Ladies' Aid of the Church, the director being John Jeans.

The principal character in "The Laughing Cure" is Miss E. M. Earle, a sick lady who finds laughter as an effective remedy for her troubles and ailments. Miss Earle is as usual, very good in a part which is by no means easy.

Robert Irvine as the "laughter" doctor, is excellent while an outstanding performance is turned in by Mrs. G. V. Wilkinson in a difficult character role.

Earl Gordon gives a good portrayal as a boisterous youth while Misses Cathie Irvine and Ruby Llewellyn are attractive young ladies.

Another important part is that of G. V. Wilkinson as a long-suffering business man and husband of the sick lady.

G. F. Davey, as a physician of the old school, and Miss Edith Miller, as an Irish maid, round out the cast.

Introductory and between act music was furnished by an orchestra consisting of Miss Ruth Wilkinson, Bert Cameron and Percy McIntosh, violins, and Mrs. A. Wilson, piano.

The entertainment is very acceptable and it is to be anticipated that there may be an even larger crowd tonight for the second stand.

Frank L. Gordon of Porcher Island arrived in the city yesterday afternoon for a brief visit to town.

## De Jong's Cash and Carry

### Friday & Saturday SPECIALS

- FRASER VALLEY PLUM JAM, per 4 lbs pail 36c
- RAISINS  
Seedless or seeded 15c  
per 1 lb package
- SNOW CAP PILCHARDS 16c  
1-2s, 3 tins for 9c  
1s, per tin

### CANADIAN SALT

iodized or plain, per shaker 9c

MALKIN'S BEST ORANGE MARMALADE per 4 lbs. pail 45c

FRASER VALLEY BUTTER Crestwood, per lb 27c

per 3 lbs. buck. 79c

NABOB FANCY SLICED PEACHES per tin 22c

MALKIN'S BEST SANTA CLAUS PRUNES per 2 lbs. pkg. 21c

SLICED BREAKFAST BACON per 1/2-lb. cello pkg. 9c

BRAID'S BLUE LABEL TEA per lb 29c

LIFE BUOY SOAP 4 bars for 25c

Free Delivery on Orders of \$2.00 or over

**Capitol THEATRE**

Laugh and Forget Your Troubles with **MARIE DRESSLER**

— in her — **Four Star Hit "Emma"**

With Robert Cromwell, Jean Hersholt, Myrna Loy. The Great Canadian star at her best. Recently winner of the Hollywood award Comedy—LAUREL & HARDY in "HELPMATES"

Scene—"GEM OF THE ROCKIES (JASPER PARK)"  
Screen Song—"THE RUSSIAN LULLABY" MERTO NEWS  
DON'T MISS THIS GRAND PROGRAM

MONDAY & TUESDAY — "MURDER BY THE CLOCK"

## New Sweaters!

For the little Boys and Girls have just arrived. These are in nice shades and of splendid quality. Unrivalled value at **95c**

WE HAVE THE VERY NEWEST IN SWEATER COATS FOR THE BABIES

### COATS for GIRLS

Aged Six to Fourteen Years  
These are in the smartest and latest styles and in the newest materials and shades

## CAPITOL BABY SHOPPE

(Mrs. Anna Johnsen)

# Christie's

ALWAYS FRESH

## 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.

## Works Wonders in the Nursery

and Magic in the Kitchen

NOTED baby specialists find that Carnation Milk (pure, unsweetened, evaporated) is easier to digest than raw, boiled or pasteurized milk; that it is rich in vitamins and other necessary food elements. Air-tight sealing keeps out all contamination. Being homogenized Carnation does better cooking, makes foods smoother and richer. Carnation is satisfactory, convenient and economical.

Write for free Baby Book and Cook Book  
Carnation Co., Limited, 134 Abbott St., Vancouver, B.C.

# Carnation Milk

"from Contented Cows"

MILK FROM CANADIAN COWS, PACKED IN CANADA IN CANADIAN-MADE CANS AND CASES