RECIPE FOR BABY FOOD

*Roll two Christie's Arrowroots very fine, pour over them enough boiling water to make a paste; thin down with milk: sugar may be added if desired.*

For little infants . . . for older children . . . for growing boys and girls, there is no substitute for

**Christie's Arrowroots**



**Dr. Maguire - Dentist**

ROOMS 7-8-9, SMITH BLOCK

525 - Phone - 525



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. CARDENA EVERY FRIDAY MIDNIGHT
Arriving Vancouver Sunday midnight approx.

Weekly sailings to Port Simpson, Alice Arm, Anyox, Stewart and Naas River points. Sunday, 9 p.m.

Further information regarding all sailings and tickets at —
PRINCE RUPERT AGENCY: Second Avenue. Phone 568


## Hotel Arrivals

**New Royal Hotel**

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


MI-LADY
**Beauty Shoppe**

Kotex Special, 40c
Permanent Wave $5.00
Ladies' Hair Cut .. 35c
Children's Hair Cut 25c

Phone 655



**Income Tax Returns**

Dominion returns must be filed by 30th April

GEORGE RORIE & CO.
Accountants and Auditors
243 Second Ave. W. Phone 387



**Prince Rupert DRY DOCK AND SHIPYARD**

Operating three Dry Docks
Total capacity 20,000 tons

Shipbuilders and Ship Repairers for Steel and Wood Vessels

Sawmill and Mining Machinery Repaired and Overhauled

Iron and Brass Casting

Electric and Acetylene Welding

50-ton Derrick for Heavy Lifts


## District News

### VANDERHOOF

So far there is only one case arising in Prince George district for hearing at the spring session of the Supreme Court Assizes to be held next month in Prince George. It is understood, however, that there may be two or three capital cases from the southern part of the district.

The Ladies' Aid Society held a meeting yesterday afternoon at the home of Mrs. Philpott.

The Women's Auxiliary to Holy Trinity Church held a meeting yesterday afternoon at the home of Mrs. Stephen Holmes.

Mrs. A. M. Johnston is expected back at her home here toward the end of this week after having visited for a year with her mother in Victoria.

Dr. H. C. Wrinch, M. L. A. for Skeena, passed through here on last Friday's train on his way back to his home at Hazelton after having attended the recent session of the Legislature in Victoria.

### McBRIDE

W. A. E. Wall, president of the McBride Board of Trade, has been advised that letters patent in connection with the incorporation of McBride under the Village Act have been signed at Victoria. A voters' list is now being prepared in anticipation of the first election of village commissioners being held.

E. E. Gregg, the new district forester at Prince George, paid his first visit here on official duties last week.

Rev. N. J. Crees, United Church pastor here for the past three years, has accepted a call to Knox United Church in Prince George and will take up his new duties there early in July. He will attend the annual conference to be held in Vancouver next month.

The annual meeting of the McBride Curling Club was held on Tuesday evening of this week when officers for the coming year were elected.

## LOCAL NEWS ITEMS

**Grotto Taxi. Phone 456. ....tf**

Reliable Messenger. Phone 131. Day or Night. Stand Besner Block. tf

Cushion forms in different shapes and sizes, 45c. to 75c. at the Dollar Store's Removal Sale. 93

J. A. Macdonald will sail on the Prince George tonight for Vancouver where he will interview the Pensions Board.

The following is from the Twenty Years Ago column of the Vancouver Province: "Ottawa has voted $27,000 for a telegraph line from Vancouver to Powell River and $45,000 for a line from Bella Coola to the Cariboo.

George N. Dyer, after a brief visit to the city to farewell his brother, Harry Dyer, who is leaving tomorrow for a trip to England, sailed yesterday afternoon by the Prince George on his return to Anyox.

Harry Dyer, well known local tinsmith, will leave on tomorrow afternoon's train for the Atlantic Coast where he will embark for his native home in London, England to visit his mother. His sister recently died in London.

Stop fussing with an old range that drives you wild. You will enjoy reliable results and kitchen freedom and charm when you install a Beach All Enamel Coal Range in pleasing colors. Very reasonable prices at Gordon's Hardware ,McBride St. Phone 311. tf

## Announcements

Elks' Dance. April 22.

Eagles' carnation dance, Friday April 29. Admission— Ladies refreshments; Gentlemen 50c. Everybody welcome.

Ridley Home Bazaar May 5.

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

Moose Dance May 6.

Legion Band Concert May 13. 87

Spring Sale, St Peters Church May 19


**ECONOMY**

Look here! Here are our specials for your benefit.

**FREE! FREE!**

One pound Braid's Best Tea with each 2-pound purchase of B. B. Tea for ..... 90c
(This is a good buy. Don't miss it)

Economy Brand Coffee — Fresh ground daily 3 lbs. for ..... 88c
Empress Orange Marmalade 4-lb. tin ..... 43c
Heinz Assorted Soups— small, 10 tins ..... 95c
Heinz Pork & Beans— medium, 3 tins ..... 43c
Economy Brand Butter— 3 lbs. ..... 77c
Back Bacon—Machine sliced, per lb. ..... 15c

Good news for children and sweet-toothed customers. We offer you a real bargain—
Chocolate Bars— 7 for ..... 18c
Chocolate Bars—24's per box ..... 60c
(Stock up on them)

Lemons—Large size per doz. ..... 28c
Juicy Oranges—Large size per doz. ..... 43c
Good Woodcock Turnips— 10 lbs. ..... 25c

**Mussallem's Cash & Carry Stores**

"Where Dollars Have More Cents"
No. 1 Store Fifth Ave.—Phone 18-84
No. 2 Store 319 Third Av.—Phone 360
No. 3 Store 727 Third Av.—Phone 375


Dr. R. W. Alward, M.L.A., for Fort George, paid a brief visit to Vancouver following the session of the Legislature before returning to his home in Prince George.


**EAGLE BRAND PULLED HER THROUGH**

Mrs. R. Harvey, of Stony Mountain, Man., is one of the many thousands of mothers who have nothing but good to say about Eagle Brand. This is what she writes: "We started feeding her your milk at one month old and she is now one year and has since been quite well and happy."

If you are unable to nurse your baby, send for Baby Welfare literature, using the coupon below.

**FREE! Wonderful Baby Booklet!**

The Borden Co. Limited,
50 Powell St., Vancouver, B.C.
Gentlemen: Please send me free copy of booklet entitled "Baby Welfare."
Name .....
Address ..... C.W. 10

Eagle Brand MILK


"Stepping Stone," the girl with the educated feet at the Elks' Dance Friday. Adm. 50c. Refreshments. Everybody welcome. 93

William Goodrick of the local Post Office staff will sail on the Prince George tonight for his annual vacation trip to Victoria.

## The Letter Box

**SCEPTIC WANTS TO KNOW**

Editor, Daily News:—

What is all this bunk that you have been putting in your paper regarding Supreme Coffee? Is this just "blah" or do you really believe that the coffee is better than other coffees? Furthermore do you examine the merits of the goods advertised in your paper and what proof have you that inferior goods are not passed off as the best?

Don't you think that this "made in Prince Rupert" slogan is all eyewash as coffee berries are not made in Prince Rupert so obviously that claim is not very sound.

Yours for honest dealing,
SCEPTIC.

(Thorough investigation has been made regarding the claims made for Supreme coffee and we are satisfied that no claims have been made that are not true. Prince Rupert labor is employed in grading, roasting, grinding, packing and printing labels. Even if the amount of money involved is not more than $10 a day, is it not better to spend this $10 in Prince Rupert than to send it to some other city? The Supreme people invite comment.)—Ed.


**Baby's Colds**
Best treated without dosing—Just rub on
VICKS VAPORUB
FOR COLDS OF ALL THE FAMILY



**Typewriters**

FOR RENT

Call or Phone 6

McRAE BROS., LTD.



**Friday Special**

Swift's Breakfast Bacon Sliced, per lb. ..... 15c

**Munro Bros.**


Robert Stuart left today for a brief visit to Inverness cannery.

Sons of Norway whist drive and dance, Friday, 22nd, Metropole Hall, 8:30 p.m. Admission 50c and 25c. (94)

W. H. Manuel, C. N. R. travelling auditor, arrived in the city from the interior on this morning's train, being here on one of his periodical visits on official duties.

G. K. Rasmussen, who has been in the employ of the Granby Co. at Anyox, left on yesterday afternoon's train for New York where he will embark on the steamer United States for a visit to his native home at Odense, Denmark.

**EAGLES' ATTENTION**

All members are requested to attend meeting tonight. Business of vital importance to be transacted.

**C.N.R. TRAINS**

**For the East**
Mondays, Wednesdays and Fridays ..... 3 p.m.

**From the East**
Tuesdays, Thursdays and Saturdays ..... 10:40 a.m.


**Quality Foods --Right Prices**

— at —

**WATT'S**

SNOWFLAKE SODAS — Christie's Family Packages per pkg. ..... 18c
AYLMER PEAS—Choice Sieve 4 No. 2 tins per tin ..... 11c
HEINZ CATSUP—Large Bottles, per bottle ..... 22c
MATCHES—3 large boxes to pkg. per pkg. ..... 29c
SAUR KRAUT—Libby's No. 2½ tins, per tin ..... 14c

TASTY COOKED MEATS FOR QUICK MEALS
Sliced to Your Order
Lunch Tongue— per lb. ..... 32c
Headcheese— per lb. ..... 16c
Baked Meat Loaf— per lb. ..... 22c

SQUIRREL PEANUT BUTTER, per 4-lb. tin ..... 65c
PORK & BEANS—Aylmer No. 2 tins, 3 tins ..... 25c
MANY FLOWERS TOILET SOAP— Nicely Perfumed 4 bars ..... 25c
NABOB SARDINES—Norwegian, in Pure Olive Oil per tin ..... 15c
WHOLE WHEAT FIG BARS—In 1-lb. Cello Packages per pkg. ..... 22c
LUNCH TONGUE—No. 1 tins, Australian, per tin ..... 25c
NABOB TEA— per lb. ..... 42c
SOAP FLAKE DEAL—1 pkg. Princess Flakes, 1 pkg. Palmolive Soap Beads (For fine Laundering) Both for ..... 22c

FRUITS & VEGETABLES
YELLOW NEWTON APPLES Fancy grade, 3 lbs. ..... 21c
per box ..... $2.65
CALIFORNIA GRAPEFRUIT—Nice size 4 for ..... 25c
OUTDOOR RHUBARB— 6 lbs. ..... 25c
NEW B.C. SPINACH— 2 lbs. ..... 25c
NEW POTATOES— per lb. ..... 10c
FRESH ASPARAGUS— per lb. ..... 18c

**Watts' Grocery**

PHONE 55 PHONE 56
THE BEST FOR LESS

*—their subtle taste will win you...*

UNTIL you have eaten Quaker Corn Flakes you do not know how delicious corn flakes can taste.

Here is the highest quality flavour ever put in any corn flake. Special malt, pure CANE sugar and salt of crystal purity. A delicate, intriguing flavour, fully preserved for you by the triple seal and wax wrapper.

Quaker Corn Flakes are made better by the addition of Vitamin D. No other Corn Flakes contain the precious sunshine vitamin.

A delightful food at breakfast or any other meal . . . or indeed at any time of day. Nourishing, too. With this delicious dish children take more milk and cream than any other way.

Use Quaker Corn Flakes. They cost only a cent a serving. MADE IN CANADA.

**QUAKER CORN FLAKES**

2160



**COAL! COAL!**

Satisfaction guaranteed with our Famous Edson Alberta & Bulkley Valley Coal; No. 1 Bulkley Valley Timothy Hay, Wheat, Oats & Barley, Pratts Baby Chick Food, Seeds & Fertilizer.

Prince Rupert Feed Co
PHONE 58 & 558



*TELEPHONE 657*

VALENTIN DAIRY FOR SKEENA BRAND

*Creamery Butter & Cottage Cheese*

FRESH PASTEURIZED MILK AND CREAM DAILY

Early Delivery Throughout the City



***A delicious answer to the demand for THRIFT***

Never did a thrifty dish taste more delicious. In all the range of foods from which you select your weekly menus, never will you find a dish to equal the flavour, the sheer nutriment and economy that you get in Heinz *oven-baked* beans.

Heinz beans are always the very choicest hand-sorted beans of the crop. In the Heinz kitchens at Leamington they are *oven-baked*. Savoury sauces such as only Heinz can make are added—bringing perfection to their rich, golden-brown goodness.

4 Kinds - ALL BAKED

**HEINZ OVEN BAKED BEANS**

MADE AT LEAMINGTON, ONTARIO, FOR NEARLY A QUARTER OF A CENTURY


Because it doesn't pay to advertise poor products, It does pay to buy those advertised.