and See

A delayed shipment of the most beautiful Coats for Girls has now arrived. These are in sizes to fit from one to eight year old little

#### Hats and Bonnets

These We have also a fine variety of Flop Hats, Bonnets and Sun Bonnets.

CAPITOL BABY SHOPPE

(Mrs. Anna Johnsen)

#### ALL OUR COALS ARE IN A DRY SHED

Delivered Dry to Your Bin. You are assured in getting full weight

JASPER WILDFIRE EGG-Per Ton, \$12.50; Cash Price ..... \$11.50 JASPER WILDFIRE LUMP-Per Ton, \$13.50; Cash Price .. 12.50 PEMBINA EGG--Reg. Price, \$12.50; Cash Price These Coals are from Alberta.

Dry Jack Pine and Cedar

### HYDE TRANSFER—PHONE 580

#### You'll notice an immediate improvement YOURSELF!

IS morning cup of coffee will bring a new ray of sunshine to the breakfast table—the flavor is so wonderfully improved. His dinner at night will be something to look forward to. Rich creamy soup, as only St. Charles Milk can make it — a St. Charles entree fit for royalty. Then a cream pie -and what a pie-flaky pastry, light as a feather.

Tear out this coupon and we'll send you a wonderful cook book, in full colors, showing you just how to make these things—and make them far better than you ever dreamed possible.



UNSWEETENED EVAPORATED

ST. C.

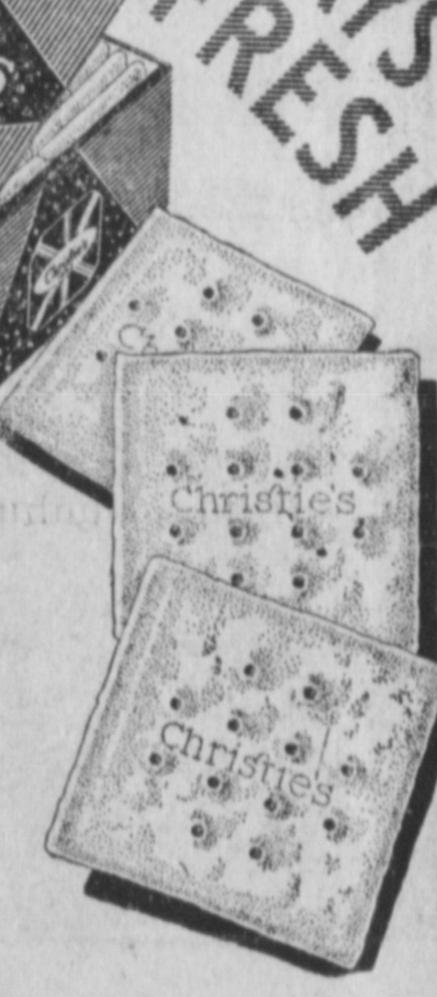
The Borden Co. Limited 50 Powell Street, Vancouver, B.C. Gentlemen: Please send me copy of your free cook book "The Good Provider." BORDEN PLANTS at Truro, N.S., Ingersoll, Ont., Norwich, Ont. and Sumas, B.C. Name...... Address....

# CILLES ELES



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.

12 25 25 40.5.



At a meeting of the New Hazelton Baseball Club on Saturday last J. Rukin, manager, and S. H. Senkpiel, captain, turned in their resignations. Bert Spooner was elected manager while no individual has yet been named for captain.

Mr. Jendron of Winnipeg, inspector of stores for the Hudson Bay Co. has been spending several days at the Hazelton store this week on

Miss Vivian Chappell returned to her home in Hazelton on Monday night last after spending a month in Prince Rupert as the guest of Miss Jessie Moffatt.

Dr. and Mrs. H. C. Wrinch reurned home last Saturday night from Victoria where Dr. Wrinch had been attending the session of the Legislature in his capacity as member for Skeena.

The tunnels in Bulkley Canyon just east of New Hazelton have been giving the Canadian National Railways considerable trouble and there is no indication that the trouble is over by any means yet.

The Indians at various points along the Skeena River and at Hagwilget are cleaning up and gravelling the roads leading through the different reserves and a great im- The Smithers and District Board passing of a brave man and a other natives are getting their land in shape for the year's crop.

Roads in this part of the district are very rough and hard on cars just now. The use of the grader on the roads is badly needed.

Fireman Neil McIntosh of Smithers received a severe leg sprain last Saturday morning when he jumped from an engine which he feared was going to be caught in a slide in Bulkley Canyon.

#### SMITHERS

A trenchant condemnation of machine tactics employed by the Tolmie government was made by Dr. H. C. Wrinch, M. L. A. for Skeena, in addressing a meeting on Tuesday night of this week of the Smithers Liberal Association. L. H. Kenney, the president, was in the chair. The meeting passed a resolution protesting at the mutilation of Skeena district under the provincial government's Redistribution

According to intimations received here, the authorities will make every effort to provide as much relief work as possible for married men on the basis of \$2.80 per day wages. Single men will have to accept the \$7.50 per month and board plan or else go without relief.

Smithers boys' and girls' basketball teams made a trip through the snow to Telkwa on Tuesday night of this week to engage in matches with the teams of that town. The Smithers boys were successful in

## Sanitary Meat Market Saturday Specials

1	- Dutan and ope	CICIO	75
	SHOULDERS LAMB— per lb.	16c	F
	BREAST LAMB— per lb.	10c	1
	LAMB CHOPS— 2 lbs.	35c	I
	SHOULDER VEAL— 7 lbs.	\$1.00	I
	POT ROAST— 4 lbs.	50c	1
	Per lb.	18c	1
	BRISKET BEEF—	50c	
	per lb.	18c	1
	SHOULDER PORK— 7 lbs.	\$1.00	
	BACON, per lb.		

Phones — 84

#### SUFFERED FOR FORTY YEARS

Then One Lucky Day She Used Kellogg's ALL-BRAN

Here is great news for sufferers from constipation. Read Mrs. Kendig's voluntary letter:

"For about forty years I had been praying for a lasting remedy for constipation and its attending evils. To make it short, I ate nothyears ago) I have not taken any medicine. Have been well and entirely free from constipation." -Mrs. I. H. Kendig (address upon

Constipation is caused by lack of two things in the diet: "Bulk" to exercise the intestines. Vitamin B to tone the intestinal tract. Laboratory tests show ALL-BRAN furnishes both. ALL-BRAN also furnishes iron for the blood.

The "bulk" in ALL-BRAN is much like that in lettuce. Within the body, it forms a soft mass, which gently clears out the wastes.

Isn't it much pleasanter to enjoy ALL-BRAN than to risk taking pills and drugs-so often harmful?

Two tablespoonfuls daily will overcome most types of constipa-tion. If you have intestinal trouble not relieved this way, see your

Serve as a cereal, or use in cooking. It is not habit-forming. Recipes on the red-and-green package. At all grocers. Made by Kellogg in London, Ontario.

their encounter while the Telkwa girls were victorious over Smithers.

of Trade has passed a resolution staunch friend." protesting at the findings of engineers in connection with the Peace River outlet. A committee consisting of L. S. McGill and L. B. Warner has been delegated to follow the protest up.

J. Armstrong, mechanical superintendent for the provincial Department of Public Works, was a visitor here the latter part of last week following the suspension of Phone 953 Thomas Cook , who has been in charge of upkeep of road machinery in this district for some time. Six applicants for the position were examined by Mr. Armstrong but no appointment has yet been announced.

Two or three days of fine weather have been interrupted by heavy rains and snowfalls during the past week. Several parties of Friday & Saturday motorists were caught on the rainsoaked road between Burns Lake and Smithers at the end of last week and it took one car 12 hours to make the trip while another driver had to walk nine miles to get assistance in extricating his car from a ditch.

#### Week-End per Specials Fresh Bread—Rupert and Electric

Pacific Mild Cured Bacon- 470

Bakery

4 loaves for

whole or half, per lb	17C
Malkin's Best Tomatoes-	10c
2's, per tin	TOC
Malkin's Best Honey—	65c
4-lb. tin	10.10
Royal City Corn—1's	25c
Malkin's Best Raspberry	
Jam, 4-lb. tin	50c
Purity Rolled Oats-	30c
6 lbs. sack	ouc
Dried Prunes-Medium size	25c
3 lbs	
Seedless Raisins—   per lb.	15c
Eggs—Fresh Extras	100 m
1 2 100	70c
Crestwood Creamery Butter	200
A A A A A A A A A A A A A A A A A A A	ouc
Evaporated Peaches—	25c
Evaporated Pages	
Evaporated Pears— per lb.	20c
Polks Florida Grapefruit—	OF.
2's, per tin	25c
Nabob Red Plums—2's	25c
2 tins	200
Fresh Salted Peanuts	20c
Navel Sweet Oranges	~=
Navel Sweet Oranges— 4 doz.	95C

P. GAMULA. Proprietor Fifth Street. Phone 208

27 See 14 Aug. 1 (1922) \$1.850

min Office & some

### TRIBUTE IS PAID

Letter to Vancouver Province Tells of Gallantry of Alex Saint, Recently Drowned

The following letter written by R. V. Leese of Powell River, appearing recently in the magazine section of the Vancouver Sunday Province, pays tribute to the memory of the late Alex Saint, formerly of Prince Rupert,, who was drowned during the past winter in Burrard Inlet at Vancouver.

"It was with very deep sorrow that I read of the finding of the body of Alexander Saint. He had many friends in Prince Rupert and Hazelton districts and was well known up and down the line as an efficient and reliable provincial constable before the war.

"He enlisted in the Naval Reserve at Esquimalt and took his commission in Greenwich in 1916, commanding a submarine chaser in the English Channel with considerable credit. On one occasion his boat was set on fire and burnt almost to the water's edge. Shortly after, he was appointed to Portsmouth, with a number of other officers, for instruction in the equipment of craft with mine detectors. Later he was sent to Malta to install a detection system around the entire island. The job was secret and could only be done by night, requiring nerve and courage.

"All his friends up and down the

Harry Dyer, who left on this af ternoon's train for a visit to h home in London, England, will sail from Montreal on the steamer Alaunia on April 29.

Phone 953

# Cash and Carry

SPECIALS

Libby's Corned Beef— per tin	13c
Braid's Coffee—  per 3-lb. package	79c
Lux Flakes—  per large package	22c

(Limit 5 pkgs. to eac	
California Prunes—Me	
per 25-lbs.	\$1.95
Rowntree's Cocoa— per 1-lb. tin	46c
Cut Green Beans— 2 tins for	21c



MALKIN'S BEST TOMATOES 2's, hand packed 29c

Nabob Orange Marmalade per 4-lb. pail (Made from Seville Oranges) Peanut Butter-14c per 1-lb. tin Kraft Cheese-16c per 1/2-lb. package Fraser Valley Loganberry 39c Jam, per 4-lb. pail

Fraser Valley	Butter-
Crestwood 3 lbs. for	79c
Rhubarb-	OF.

1	6 lbs. for	<b>29</b> C
	Sunkist Lemons—	25c
4	per doz.	200
	Imperial Valley Grape Fruit-	-Sweet
	and Juicy	25c
3	4 for	MOL

Free Delivery on Orders of \$2.00 or over



Friday & Saturday TWO SHOWS - 7 and 9 p.m. Feature Starts at 7:50 & 9:50 ADMISSION - 15c & 50c SATURDAY MATINEE at 2:30 Feature Starts 3:20-15c & 35c

The Merriest, Sauciest Comedy of the Year-Maurice Chevalier in

#### "ONE HOUR WITH YOU"

Jeanette MacDonald, Genevieve Tobin, Roland Young, Charlie Ruggles. Many catchy song hits. Music by Oscar Straus A Paramount Picture .

Canadian Scenic-"BIG TIMBER" "SCREEN SOUVENIRS" METRO NEWS MICKEY MOUSE in "Mickey Steps Out" DON'T MISS THIS GRAND SHOW

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TT'S easy to make bread by the Quaker Method. Just imagine-no kneading, no setting the sponge! You actually bake lighter, more delicious bread, in half the time . . . and at less cost!

But you must use Quaker

Flour and follow instructions in booklet "The Quaker Method of Easy Bread Baking. Quaker Flour is of unvarying high quality because milled of the very finest wheat. Tested at every stage in the milling. Samples are baked in our own kitchen every day. If you're not satisfied that Quaker Flour is the finest you have ever used, your dealer will refund your money.

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