# He will grow up strong and healthy



EVERY mother dreams of her baby's future. She pictures the years ahead -sees him growing up through sturdy, healthy childhood to strong, vigorous manhood.

What baby will become depends very largely upon that service of love even more important than the tiny garments so carefully chosen. During the weeks before baby arrives the expectant mother will make quite sure that she will be able to feed baby

So much depends upon this! In babyhood are laid the foundations of future health and happiness. No substitute is equal to maternal milk for giving baby a sound start in life. And no substitute so surely safeguards a child against nutritional diseases, such as rickets.

Doctors, nurses and mothers daily testify to the remarkable value of "Ovaltine" in promoting adequate lactation

When this delicious beverage is taken before the birth the milk is sufficient in quantity and rich in quality. Even when only taken after the birth the use of "Ovaltine" has quickly effected a radical change in the quality and quantity of the milk. "Ovaltine", moreover, maintains the mother's strength while nursing and ensures a quick return to normal health.

"Ovaltine" is prepared from Nature's foods which are richest in nutriment-ripe barley malt, creamy milk and eggs. It is quickly prepared and easily digested.

There is no food beverage comparable with "Ovaltine". It is the richest in fcod value, the most economical in use.

> Ovaltine is sold at all good stores, in 50c, 75c. \$1.25 and special \$4.50 family size tins, also served at soda b fountains.

A. WANDER LIMITED. London, England and Peterborough, Canada

TONIC FOOD BEVERAGE Enables Mothers to Breast-feed their Babies

## Cheapest Way of Reaching the People

The cheapest way of reaching practically all the people of Prince Rupert and district is by means of the classified columns of the Daily News.

Nearly everyone has something they could turn into cash through the "For Sale" column. Perhaps they have a house to rent. Here is the chance. Spend 50c on a classified advertisement and secure a tenant rather than have it idle.

If a girl wishes a position or a housewife wishes help, the best means of getting supplied is through a want ad.

Dressmakers sometimes want work; small storekeepers want to move their goods; or maybe you need an article that has been used rather than pay the price for new. Give the Daily News classified columns a trial. Many have been very pleased at the result.

TELEPHONE 98 THE DAILY NEWS

dit will have

—and drop in later and pay the bill. The charge is small.

If you want anything, try a classified ad.

## ERIC GEE IS HEARD Sleeplessness

Interesting Address Given Prince Rupert Teachers' Association

The Prince Rupert Teachers' Association heard a most illuminating and interesting address last evening at their monthly meeting when Eric Gee, manual training instructor in the schools of the city, spoke on "History as Revealed in Furniture Styles."

It is a truism that the great social movements have been fully reflected in the furniture of the period. The changes from the furnishings of the great baronial these changes in furniture have purposes will have been completed. kept sten. The decrease in the power and privileges of the aristocracy with the corresponding in-crease in the liberties of the people can be readily traced by the student of the period styles of fur-

ed as the commencement of furni ture styles in England. The styles were extravagant but with an un derlying seriousness of expression interpreting the changing minds of the people. Liberty was being demanded by the people, and the comfortable chair was being made by the craftsmen, meeting the wishes of the populace. This style was largely influenced by the Dutch and Italian craftsmen imported by Henry the Eighth but with the accession of James the First the Jacobean style began to devolve. Not very beautiful-neither was the character of the king -it later gained much in dignity from the influence of Charles the First. Cromwell and the rigid morality of the Puritans forced simplicity of design that was soon reversed entirely when the Restoration gave the people unlimited expression and embellishments and ornate gilding resulted.

The William the Third and Mary period was an Anglo-Dutch period Oak was used less now and the use of walnut was introduced. The Queen Ann style was more typically English and at this time the art of inlay made rapid progress The varying fortunes of France under the reigns of Louis the Sixteenth were indicated. Napoleon with his imitation of the Roman Caesar, caused a return to the Abbey's Fruit Salts-Equal 750 classic style of ancient Rome and

The Georgian period was the golden era of furniture with Chippendale and Sheraton the leaders Aylmer Raspberries-2's in styles. The Wesleyan movement with its demand for sincerity was reflected in the furniture. Earnestness and honesty were principles that were carried out in the craft of the furniture makers. The statesmen of George the Third were demanding honest work in their statesmanship and the workmen were giving it in the work of Wine Bricks-Compressed fruit and their hands. Furniture of that period was made of well-seasoned wood, carefully selected, made to last, and today functions just as satisfactorily as it did when made. Honest work done by honest men for honest people stands the stress and test of time.

### Modernistic Style

In closing Mr. Gee referred to the style called modernistic. The two most noteworthy features of the twentieth century would probably prove to be the restlessness and boldness of the period. Nothing is taken for granted but all must be able to withstand the fearless questioning, the cross-examination, the ruthlessness of the inquisitorial mind. The modern- We solicit out-of-town business and istic style answers to the popular are in a position to fill your require-

On motion of Miss Rothwell, seconded by Mr. Halleran, a very We can assure you satisfaction hearty vote of thanks was accorded Mr. Gee for his extremely interesting talk. Samples of furniture indicative of some of the features mentioned were shown and illustrations were also displayed.

The meeting was presided over "Where Dollars Have More Cents" J. S. Wilson who also was in chair for the business meeting No. 1 Store Fifth Ave.-Phone 18-84 which preceded the address. Re- No. 2 Store 319 Third Av.-Phone 360 ference was made to the spending No. 3 Store 727 Third Av.-Phone 375 of the moneys which the members; of the association are contributing



By forming new, rich blood Dr. Chase's Nerve Food restores the exhausted nerves and removes the cause of Sleeplessness, Irritability, Headaches and Nervous Indigestion.

## NERVEFOOD

mansions to the equipment of the towards local relief. It was felt swimming once a week, cricket modern homes of the rich and that it would be much better to once and football once, and we have from the labourer's rough unfin- delay the spending of these monished shack to the well furnished eys, which will aggregate more from 3:15 to 4 o'clock. All sports home of the present day worker than two thousand dollars, till a are part of the curriculum and are, are indicative of the changes of later date when a plan by which therefore, taken during school the social conditions with which it may be used entirely for relief hours. The poor children, of whom

Large Audience in Athletic Hall

PORT SIMPSON, Jan. 6- The man superintends. Quite a job. Tall. The following program was children. The result is there is not bath every week. endered:

March, "Ben-Hur," (Paul.) Waltz, "Swallow," (C. Valverdi.) March, "Golden Jubilee," by

Overture, "Maritana," (Wal-March, "Gridiron Club,"

March, (Sousa. Speech by Phillip Green, sr. March, "Charge of the Light Bri-

gade." (Paul.) Overture, "Raymond," (Beyer.) March, "Washington Grays." Overture, "Norman," (Bellini.) March, "OKay," (Coate.) "God Save The King."

E. F. Dudoward was conductor.

## BARGAINS

wastefulness, and the effeminate taking we are making a real sacrinature of the reign of Louis the fice in prices on many articles. Here is your chance to save.

> to Enos, large bottle Aylmer Saurkraut-21/2's 2 tins for

in heavy syrup, per tin .



Carnation Milk-11c

berry juices for making wine in the home. Non-alcoholic. Each brick will make one gallon of flavor. Try this. \$2.00 per brick

Pinola Miracle Soap Cleaner-Cleans silverware, china, glassware and for many other uses. In ½ to 5-lb. tins

50c, \$1.00, \$2.00

Toilet Rolls-Large roll

"Where Dollars Have More Cents"

Mussallem's Cash & Carry Stores

ments in the same manner as though you paid us a personal visit. both as to quality and price.

## Mussallem's Cash & Carry Stores

MONTREAL, Jan. 6: - School children are much the same the world over, but it seems in Liverpool they talk more than in Montreal. Homework is rarely given, not because the pupils do not need it, but because the parents somehow imagine it reflects on their standing, which remarks are contained in a letter from Miss Ramona Coffey, teacher from the | Montreal Roman Catholic schools, | | | | who is now teaching for one year in Great Britain,

Homework is rarely given: it is considered a device for keeping, parents humble. The boys go boxing every Friday afternoon there is a large number, receive, free bus and tram tickets and free dinners. Those who can afford to pay give fourpence a day for their lunch. They receive meat, two ve-Band Concert getables and dessert. The dinner is brought in huge tins from a caterer nearby, and a woman comes in 15 The Elizabethan style is regared- Splendid Program Rendered Before minutes before time to set the tables and serve out the food. Afterwards all the boys line up and wash and comb themselves while the wo-

> Simpson Concert Band There is a fine bathroom in each some of them come from the heart ave a splendid concert before a special school, and another woman of the slums. In fact, many of them rge audience in the Athletic is paid by the hour for bathing the enjoy it so much they ask for a



Wednesday & Thursday Two Shows - 7 and 9 p.m. Feature Starts at 7:40 & 9:40 Admission — 20c & 65c THURSDAY MATINEE at 2:30 Feature Starts 3:10-15c & 40c

EVERY WOMAN WILL WANT TO SEE

Ann Harding

With Leslie Howard, Robert Williams, O. P. Heggie and a strong east. Devotion was all the law permitted her to give him-love was out of the question

Comedy-DANE & ARTHUR in "SHOVE OFF"

Novelty-"BEACH NUT"

FOX NEWS

FRIDAY & SATURDAY "AMBASSADOR BILL"

a dirty child in the school, although

## GESCC AUTO-TOP

This dressing will make an old top look like new. It is absolutely waterproof, softens and preserves the leather. Price, 75c per pint, postage paid

### Gesco Safety-First Windshield Cloth

This wonderful cloth is chemically treated and will prevent the windshield from becoming foggy during a rainstorm. Keeps the vision clear by making the rain run right off. The harder it rains, the better it works. Simply rub cloth over wet windshield. For the safety of himself and others, every auto-owner should have one of these wonderful cloths.

Price each, 50c postage paid

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