



... in Soups and Creamed Sauces

TASTE the fresh sweet flavor of pure country cream! Blending so well in savory soups, giving rich velvety body to sauces—there's nothing like St. Charles Evaporated Milk to make good meals better.

St. Charles Milk is evaporated to creamy richness. All herbs are rigidly inspected—plants are spotless and shining. Sixty per cent. of the natural water is removed and nothing is added. No wonder St. Charles is the safest, finest flavored milk you can buy.

Our new cook book, "The Good Provider" will give you cooking secrets any French Chef might envy. 80 pages—186 recipes—full color illustrations of tempting dishes. Just mail the coupon and it's yours.



Borden's ST. CHARLES MILK

UNSWEETENED EVAPORATED



The Borden Co., Limited,
50 Powell Street,
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Gentlemen: Please send me free copy of "The Good Provider."

Name _____
Address _____

Steamship Sailings

For Vancouver—

Tuesday—ss. Cardena 1:30 p.m.
Thursday—ss. Pr. George 10 p.m.
Friday—ss. Venture, midnight
Ss. Princess Adelaide 10 p.m.
Mar. 23—ss. Prin. Norah p.m.

From Vancouver—

Sunday—ss. Cardena p.m.
Wed.—ss. Pr. George 10:30 a.m.
Friday—ss. Venture p.m.
Ss. Princess Adelaide p.m.

Mar. 30—ss. Prin. Norah a.m.

For Naas River and Port Simpson—

Sunday—ss. Cardena 9 p.m.

From Naas River & Port Simpson—

Tuesday—ss. Cardena 11:30 a.m.

For Stewart and Anyox—

Sunday—ss. Cardena 9 p.m.

Wed.—ss. Pr. George 4 p.m.

From Stewart and Anyox—

Tuesday—ss. Cardena 11:30 a.m.

Thurs.—ss. Pr. George 8 p.m.

For Ocean Falls—

Tuesday—ss. Cardena 1:30 p.m.

Thurs.—ss. Pr. George 10 p.m.

Friday—ss. Prin. Adelaide 10 p.m.

From Ocean Falls—

Wed.—ss. Pr. George 10:30 a.m.

Friday—ss. Venture midnight

Ss. Princess Adelaide p.m.

From Queen Charlotte Islands—

March 31—ss. Prince John a.m.

For Alaska—

Mar. 30—ss. Prin. Norah a.m.

From Alaska—

Mar. 23—ss. Prin. Norah p.m.

From Skeena River—

Friday—ss. Venture p.m.

Advertise in the Daily News.

HIS BODY IS FOUND

Funeral of Alex Saint, Formerly of This City, Takes Place in New Westminster

The body of Alex Saint, former provincial police officer here and after that an employee for some time of the Prince Rupert Boat House here, was recovered on Monday of last week from Burrard Inlet. He was believed to have fallen into the water when boarding the tugboat Point Grey, the crew of which he was a member, last December at North Vancouver but his drowning was not actually established until his body was found.

The late Mr. Saint, who had many friends in Prince Rupert, was born in New Westminster 38 years ago, the son of Mr. and Mrs. Joseph Saint, who now reside at White Rock. Besides his parents, he is survived by a widow and little daughter who formerly resided in Prince Rupert and whose home is now in Vancouver.

The funeral took place last Thursday from the Columbia Funeral Parlors in New Westminster to Fraser Cemetery where interment was made. Rev. Frank Plaskett officiated.

Twenty Years Ago

In Prince Rupert

March 22, 1912

Joe Bayley and Paddy Scott boxed 20 rounds last night in the Westholme Theatre, the bout being declared a draw by Referee Nelson Dunn. It was the first major event to be put on by the Prince Rupert Athletic Club and the boxing was declared by a capacity audience to have been the finest ever seen in Prince Rupert. Two clever youngsters, Johnny Sherman and Custer Solem, appeared in the curtain-raiser.

Local commercial launch owners have prepared a petition for presentation to the federal government protesting at government steamers being used for electioneering purposes.

A. J. Burroughs, northern manager of the Lester W. David Co. of Ocean Falls, is here to select a site for car ferry wharf to be constructed here by his company. The company also plans to establish a planing mill and lumber yard here to handle the product to be turned out at the Ocean Falls mill.

C. N. TRAINS

For the East
Mondays, Wednesdays and Fridays 3 p.m.
From the East
Tuesdays, Thursdays and Saturdays 10:40 a.m.

Only a memory now CONSTITIATION

Once nearly crippled him

"I felt so wretched and crippled by constipation, headaches and dizziness that I was about ready to give up work. I tried Fruit-a-tives and got wonderful relief in a remarkably short time."—Mr. W. S., Westport, Ont.

Fruit-a-tives, the great discovery of a brilliant doctor, stimulates FIVE vital organs to work naturally. Try it! It is positively without an equal for overcoming constipation, headaches, backaches and indigestion; also illnesses of long standing, such as rheumatism, 25c. and 50c.

Fruit-a-tives
MAKE AND KEEP YOU WELL

Peter Lorenzen Gives Talk at Shrine Meeting

Peter Lorenzen was the speaker before the Prince Rupert Shrine Club at its regular monthly meeting last night in the Masonic Temple. His subject was "Engineering as Applied to Building Construction."

John Dybhavn was elected secretary of the club. Business, otherwise, was of a routine nature.

Your mind is like a bank account—you can't draw out what you don't put in.

PRINCE RUPERT PEOPLE RESPOND TO COFFEE APPEAL

Prince Rupert people are responding well to the appeal of the local firm that is advertising "Supreme" coffee. The fact that it is blended, roasted and ground in the city, giving employment here, is a strong reason in itself but when added to this it is found that no other coffee is just as good, as fresh or as pure the appeal is strengthened.

It is now a common event for customers telephoning their orders to the grocer to insist on "Supreme," the coffee de luxe, the coffee that is dated so that it cannot be sold after it has become shopworn.

Wise grocers are co-operating with the manufacturers in keeping this coffee to the fore in their stores and seeing that their customers get it fresh from the mill. They do this because they know it is good business to please.

STORY IS DRAMATIC

"Husband's Holiday," current feature offering at the Capitol Theatre here, is based on Ernest Pascal's well known domestic problem novel and play, "The Marriage Bed." It is an interesting story of divorce and the eternal struggle.

The popular English actor, Clive Brook, Charles Ruggles, the comedian, and Vivienne Osborne, who is fact coming into prominence as a charming screen actress, are the leading members of a very capable cast.

Naturally, it is a dramatic play. It is handled impressively both from the histrionic and directional points of view. It provides very good entertainment.

BURNS LAKE

The Burns Lake Community Hall Association, at its annual meeting on Monday night of last week, elected officers for the ensuing year as follows: president, J. J. McKenna; vice-president, Mrs. W. C. Carrier; secretary, John Berg; treasurer, Miss Jean Linton; executive, Mrs. W. Bland, John Van de Veen and A. M. Ruddy.

Bank Robbery— Four Murders— Doctor Killed



The wounded bandit in custody His mark caught him

Bandit Left His Mark

On May 28, 1928, four bandits robbed a bank in Lamar, Colorado. They killed two officers. Then, in escaping with a wounded bandit, they killed the doctor who treated the wound. This atrocious crime aroused two states to action.

The leader of the gang left his finger print on the glass of the doctor's car.

So You Leave Marks

This is told to indicate how you leave imprints on everything you touch. These imprints are germ-laden. You leave them on the toast you butter, on a piece of cake, on a stick of gum.

The germs in those imprints may have been picked up by touching things which others touched with contaminated hands. Life Extension Institute lists 27 diseases which may be conveyed in this way. A cold, for instance, may be passed to many people—by a handshake.

When you carry such germs to your food—by a touch—they breed and multiply. That is something to think about.

Safety and Luxury
Germs, of course, are everywhere, but we can lessen their danger by using Lifebuoy.

Here you have a luxurious toilet and bath soap, based on two palm oils. No soap ever created does more for the skin and complexion. But it also contains an antiseptic which other fine soaps lack.

Do not touch food, anything which enters the mouth, until your hands are washed with Lifebuoy. Partial germ removal is not sufficient. You must either remove or make inactive the germs that threaten your health. Lifebuoy will do this.

Stops Body Odour
Lifebuoy gives you luxurious, creamy lather. You never used a more delightful soap. But the odour is not a perfume. It's a refreshing scent that keeps you safe. It disappears in a few minutes, but it tells you that the germs have been washed away from your hands.

Lifebuoy's lather goes deep into the pores of your skin, cleansing and removing odour-causing waste. After washing with Lifebuoy in a bath, your whole body is exempt from offensive body odour. Is not such protection worth more than perfume to you?

Many millions of people, the world over, think so. Your dealer has Lifebuoy for you. Try it today.

Lever Brothers Limited, Toronto

Stops Body Odour

Lifebuoy

Health Soap
A Luxury Soap Plus an Antiseptic

SEASONED SITKA SPRUCE

We are pleased to offer the following special for a short time:

1 x 4	1 1/4 x 4	1 1/2 x 4
Mill Run Common		Random Lengths
S4S	SHIPLAP	T & G

\$12.00 per M ft.
BIG BAY LUMBER COMPANY, LTD.
Do Your Spring Repairs Build Your Garage

"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?

NEWS OF THE MINES AROUND PRINCE RUPERT

Route Through Northern British Columbia to Great Bear Lake—Confident of Babine Future—Stewart as Air Base For Goldfield

Details of a route from British Columbia to the Great Bear Lake area in the Northwest Territories, scene of sensational discoveries of radium, gold and other minerals, have been revealed. The route is called the Liard route and starts from Dawson Creek on the Northern Alberta Railways, extending overland through Fort St. John or Taylor to Sikanni Chief River at Conroy Creek, a distance of 215 miles. Thence prospectors or travellers may continue by canoe or small boat down the Sikanni Chief, Liard, Nelson and Mackenzie Rivers to Norman. There are no bad rapids anywhere on the route and packhorses can be used on the road from Dawson Creek to Conroy. Arrangements must be made for caching food along the route. Parties going into the area must be self-sustaining for there are no supplies of any kind available there at present. Most of the travel to this new mining area will, of course, be by air. Planes with floats can be used in July and August and the rest of the year, except during the "tween seasons, aircraft with skis can be used.

Establishment of Stewart as an air base for flights into the new gold area of the central interior is being urged by the Stewart Board of Trade. The board intends to press the matter strongly in event of further development of the new gold strike. A committee has been appointed by the board to investigate a suggestion that outside interests employ local Stewart men to do assessment work instead of paying the government to have it done.

Charles Anderson, veteran of the Klondyke Gold Rush and original discoverer of the Taltapin properties in the Babine north of Burns Lake, which he sold to a Vancouver syndicate, is now engaged in fur farming and the development of some of his own mining claims. He is confidently awaiting a big development in mining which he knows to be overdue.

D. L. Pitt, general manager of the Premier Gold Mining Co., has been re-elected president of the Mining Association of British Columbia.