WEAK AND BLOODLESS AT 16

Friends Feared Rose Fanson Was Going Into Decline—She Recommends Dr. Williams' Pink Pills to Young Girls.

"When I was about 16 years old, I became very anaemic," writes Rose Fanson, Winnipeg, Man. "Of course, I thought I would soon be all right again. So I went on like this for a whole year, when I became very weak and bloodless. So many people were saying I was getting consumption, because I was so pale and sallow. Often when going upstairs, I would almost faint. On the advice of my sister, I began taking Dr. Williams' Pink Pills, and in less than a month I began to feel better. I took the pills steadily for three months. I felt so good and got such good color that people never passed the remark about consumption any more. I have never needed the pills again, but to girls of sixteen or near that age, or to women who are inclined to be weak or anaemic, I most highly recommend Dr. Williams' Pink Pills."

Given New Life and Strength.

Mrs. A. S. Dennis, Agassiz, B.C., having herself been helped back to health by Dr. Williams' Pink Pills, wrote: "My daughter was very much run down when she was 14, and Dr. Williams' Pink Pills gave her new life and strength."

Thousands of such pale, languid, anaemic girls have been made bright, energetic and healthy by the strengthening and blood-creating qualities of Dr. Williams' Pink Pills. Try them. Available at your druggist's in the new glass container. 50c a package. 252

The LAMP to write by ~

DON'T strain your eyes! Even when writing the shortest note, make sure you have plenty of good light that saves your eyes and adds to your comfort. Edison Mazda inside-frosted Lamps give you the clearest, most restful light of all . . they are free from harmful glare. Buy them by the carton and have "extras" to replace burn-outs.

L-140

EDISON MAZDA
INSIDE FROSTED
LAMPS
A CANADIAN GENERAL ELECTRIC PRODUCT

When a recipe calls for MILK . . . Use ST. CHARLES!

LIKE thousands of other Canadian housewives, you will soon discover that St. Charles Evaporated Milk is your best cooking friend.

St. Charles is sterilized, pure country milk, produced from fine, selected Canadian cows—nothing but 60% of the moisture is removed. This process of evaporation leaves all the cream, all the nourishing healthful contents in concentrated form, thus improving the flavor of your cooking and giving a richness that both you and your family will enjoy.

Send us your name and address and we shall be glad to mail you a copy of the new authoritative Cook Book we have just compiled.

The Borden Co. Limited

Borden's ST. CHARLES UNSWEETENED EVAPORATED MILK

COUPON

The Borden Co., Limited
115 George St., Toronto.
Gentlemen: Please send me a copy of the "Good Provider's Cook Book."
Name.....
Address.....
ST. C. 4

Early Ad. Copy is appreciated

LOCAL NEWS ITEMS

"Supreme" Coffee is made in Prince Rupert. That means a lot.

It costs no more to ride in a Nash Special then in any other car. Just call Nelson's Taxi 849. tf

Dr. Stanley Mills of Terrace arrive in the city yesterday afternoon from the interior and will be returning to Terrace this afternoon.

JUST ARRIVED, fresh supply of Nanaimo-Wellington Coal. Wood $4 per load. Egg coal $11 per ton. Albert & McCaffery, Ltd., Phones 116 and 117. tf

R. W. Sinclair of Inverness cannery, who has been on a holiday visit to Vancouver and Victoria, returned from the south on the Catala yesterday afternoon.

Every day in every way "Supreme" gets better and better. It's dated.

MURESCO. for beautiful, durable economical decoration of wall and ceilings. Muresco is supreme. 75c. per packet. Phone 311. Gordon's Hardware. McBride St. tf

Mrs. D. McIntominey of Anyox who has been spending some time in Vancouver, was a passenger on board the Catala last evening returning to the smelter town.

Andrew McDonald was fined $400, with option of three months' imprisonment, by Magistrate McClymont in city police court on Saturday for supplying liquor to minors. He paid the fine.

Dominion Constable E. G. Newnham of Kincolith was a passenger aboard the Catala last evening returning to his post at the mouth of the Naas River after a brief trip to Alert Bay on official duties.

You'll forget the depression after one cup of "Supreme," the coffee par excellence.

Flight Lieutenant L. H. Phinney, who led the search conducted out of here a year ago last fall by Royal Canadian Aid Force planes for Pilot R. A. Renahan and two companions in the missing Alaska-Washington Airways seaplane which was found to have been lost in Dixon's Entrance, is one of the R.C.A.F. officers who will terminate his services with the Air Force at the end of this month under the federal government's economy program. Flight Lieutenant Phinney has been attached to Jericho Beach air station at Vancouver during the past few years.

Don't Sleep on Left Side, Gas Hurts Heart

If stomach gas makes you restless and unable to sleep on right side, take Adlerika. One dose will rid you of gas or nervousness, and bring sound sleep. Orme's, Ltd., Drugs.

Easter Flowers

A variety of potted plants in full bloom just arrived. Also baskets. Gorgeous colors.

Easter Lillies, Hydrangeas
Spireas, Roses
Lily of the Valley, Tulips, Etc.

Splendid selection. Cut flowers coming Wednesday.

ARCTIC STUDIO

"Build B. C. Payrolls"

British Columbia's Big Point

It's a fine thing to have a popular product flourishing in the community but of more interest is its quality. British Columbia gives to Pacific Milk all its richness and it is upon this excellence that the popularity of this good milk is built.

Pacific Milk

"100% B. C. Owned and Controlled"
PLANT AT ABBOTSFORD

Joe Arseneau & Co. in ten minutes of harmony at the Elks' dance Thursday. Everybody welcome. 67

A son was born at the Vancouver General Hospital in Vancouver on March 6 to Mr. and Mrs. D. S. Campbell of Stewart.

C. R. Cocks of Port Essington arrived in the city yesterday afternoon from the Skeena River for a brief business visit to town.

Every carton of "Supreme" Coffee contains a valuable coupon.

Mrs. Gus Anderson of Alice Arm, who has been visiting in Vancouver, was a passenger aboard the Catala last evening returning to her home in the north.

Children's Colds

Checked without "dosing." Rub on VICKS VAPORUB

OVER 21 MILLION JARS USED YEARLY

Albert Farrow, steamboat inspector, who has been here for the past week on official duties, will sail by the Catala tomorrow afternoon on his return to Vancouver.

"Supreme" Coffee is superior in quality. Try it!

Arthur Robertson, well known Massett sawmill operator, sailed by the Prince John Saturday night on his return to the Queen Charlotte Islands after a brief business visit to the city.

Provincial Constable G. E. Ashton of Massett, after a brief visit to town on official business, sailed by the Prince John Saturday night on his return to the Queen Charlotte Islands.

Sniff that grand aroma! It's "Supreme" Coffee, roasted daily.

Union steamer Catala, Capt. A. E. Dickson, arrived in port at 4:45 yesterday afternoon from the south and sailed at 9 p.m. for Anyox, Stewart and other northern points whence she will return here southbound tomorrow morning.

ANNOUNCEMENT

Jasper Wildfire Coal is now the hottest in the domestic field. Government analysis shows it to be the highest in B.T.U.'s and less ash. It starts quick and lasts longer. Furthermore, for your benefit don't think for one minute because our coal is lower in price that we are giving you a cheaper grade as other coal dealers may state to you.

Your next order "Jasper Wildfire," egg or lump. Note our adv. for cash prices and save your dollars. (tf) **Hyde Transfer—Phone 580**

Announcements

Moose Popular Dance, Wednesday, March 23. Gents. 50c. Ladies 35c., door prizes. Refreshments.

Elks' Dance Thursday, March 24

Queen Mary Daffodil dance Easter Monday.

United Church Easter Sale March 31.

Royal Purple bridge and whist March 31. Boston Hall. Admission 35c.

Tennis Tea, Mrs. Mitchell's, Easter Monday.

Scotch Dance April 1, I.O.D.E Boy's Band benefit.

Eagles' box social and dance, Friday, April 1. Special prizes for ladies bringing boxes. Admission, ladies, refreshments; gentlemen, 50 cents. Everybody welcome.

Seal Cove Parish Hall Dance, April 7.

Presbyterian spring sale April 14

The "Laughing Cure" United Church April 14 and 15.

Prince Rupert Singers April 20. Capitol Theatre.

Spring Sale, St. Peters Church, May 19.

Don't forget "Supreme" Coffee is dated.

Basketball play-offs tonight at Auditorium 7:30 p.m. Special speed rooler skating race.

Miss V. Carr sailed Saturday night on the Prince John for Massett.

Easter Gifts of hosiery, one pair given with every cash purchase of coat, suit or dress this week at "Demers." 70

Miss R. Couture of the Dominion Fisheries office returned to the city on the Catala yesterday afternoon from a holiday visit to Vancouver and Victoria.

Don't get fresh, but use Fresh "Supreme" Coffee, and forget your grouch.

Miss May Clark, R.N., of this city, who recently graduated from the Vancouver General Hospital training school for nurses, has been appointed to the nursing staff of the Port Simpson General Hospital.

Sale on girl's coats, 25% discount this week only. "Demers." 68

Marjorie Ryan was sentenced to two months' imprisonment, without option of fine, by Magistrate McClymont in city police court this morning for drunkenness. It was her third offence.

Otto Olsen is appearing before Magistrate McClymont in city police court this afternoon on a charge of supplying liquor to Indians. John Louth and Murray Clifton, Indians, are being charged with drunkenness.

Alex Scott, surveyor for Lloyds marine underwriters, who has been here for the past week inspecting the steamer Canadian Spinner, which is being overhauled at the local dry dock preparatory to being recommissioned in the Vancouver-Montreal intercoastal service, will sail by the Catala tomorrow afternoon on his return to Vancouver.

YOUNG MAN'S HEADACHES HAVE DISAPPEARED

Recently a young man suffering from severe headaches, which he thought were from his eyes, called on Geo. F. Davey, Registered Optometrist in charge of the Optical Dept. of Max Heilbroner, Jeweler.

A thorough examination showed that he was right as the trouble was a very aggravating case of astigmatism. The proper glasses were made especially to correct the error in refraction and the headaches left almost immediately.

Phone 264 for your appointment.

Income Tax Returns

Save expense by having them prepared promptly and accurately.

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

Why Pay

a high price for fine clothes when Tip Top Tailors will make to your measure any of their wide range of fine all-wool fabrics for only **$27.00**

TIP TOP TAILORS
P. Cravetto
Corner 6th Ave. and Fulton St.
Phone 756

Hotel Arrivals

New Royal Hotel

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

W. F. Felton, city.

THE FASHION-CRAFT LABEL GUARANTEES YOUR GOOD APPEARANCE

JUST ANY LIGHT COAT WON'T DO

YOUR Topcoat is a very important item in your wardrobe. It should be a good Topcoat, smartly styled and well tailored from fine material. The newly arrived Fashion-Craft Topcoats are all good Topcoats should be, and they're amazingly good values as well.

FASHION-CRAFT TOPCOATS

from $25

The smooth 100% Celanese Linings used in Fashion-Craft Topcoats assure you of a permanently comfortable and easy fitting garment.

Easter Showing

— of —

New Hats, Shirts, Neckwear and Hosiery. All of the latest styles and colors

It pays well to dress well

7

Bryant Company Limited

Sixth Street — Prince Rupert

SPRING IS HERE!

Get Your Garden Seeds and Equipment from

Thompson Hardware Company Ltd.

THE CONSOLIDATED MINING & SMELTING COMPANY OF CANADA, LIMITED
TRAIL—BRITISH COLUMBIA

Manufacturers of
ELEPHANT Brand CHEMICAL FERTILIZERS
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AMMONIUM PHOSPHATE
SULPHATE OF AMMONIA
TRIPLE SUPERPHOSPHATE
LEAD-ZINC
CADMIUM-BISMUTH

UNION STEAMSHIPS LIMITED

Steamers leave Prince Rupert for Vancouver:—

U.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