Healthy, happy Canadian youngsters

Look around you at young Canada . . . sturdy, healthy bodies . . . bright eager faces . . . the picture of health.

Many of these youngsters, like their parents before them, were brought up on Christie's Arrowroots. Mothers prefer "Christie's" because they are made of *pure* arrowroot, containing all the nutritious, body-building elements necessary for growing children.

There is no substitute for

Christie's Arrowroots

Why "SUPREME" Coffee Is now Best Seller in Prince Rupert

Retailers are surprised at the response of local people to the appeal to try "Supreme." Nearly all the stores now report that sales of "Supreme" exceed those of any other brand. In reply to a questioniare

The Following Reasons Were Given For the Demand

1st. About 50 per cent replied, "It is absolutely fresh."

2nd. About 30 per cent, "We like the flavor and taste."

3rd. About 20 per cent, "It is made locally, and we want to boost home industries."

TRY A POUND SOLD AT ALL GROCERS

"Now Daddy, you must not forget your Nerve Food"

"No Indeed I Sleep Well Now and am Feeling Fine"

SLEEPLESSNESS is a persistent symptom when the nerves get rundown. You are restless, irritable and easily fatigued and cannot sleep well at nights.

This trouble increases as the years advance. But there is relief by the use of Dr. Chase's Nerve Food. It does not produce artificial sleep but restores and builds up the nervous system so that in a few days you find yourself resting and sleeping better.

Women everywhere, know and praise Dr. Chase's Nerve Food as the greatest of restoratives for the nerves. But Dr. Chase's Nerve Food is good for men and women alike, from youth to old age. It renews the strength, energy and vitality of the whole human system.

Dr. Chase's Nerve Food

soothes the tired, excited nerves, restores nervous energy and makes you feel well and look well.

District News

VANDERHOOF

VANDERHOOF, B.C., April 6—The Central British Columbia Teachers' Institute, at its annual convention last week in Prince George, elected officers as follows for the ensuing year: honorary president, W. G. Gamble; president, F. G. Cook; vice-president, T. S. Carmichael; secretary-treasurer, L. C. Curtis; executive, Miss Betty Lamb, Miss Dora Jamieson, Miss Mary C. Welch, C. McGuire and Gordon Hall.

Harry Bowman, colonization representative of the Canadian National Railways, Prince George, and S. S. Phillips, district agriculturalist, spoke last Saturday afternoon to local persons interested in the Calf Club.

It has been ruled that only those of whom the government agent at Fort Fraser has a record can go to work under the present relief plan.

Mrs. Norman Williams is beginning to show signs of improvement following a very serious illness.

The provincial department of public works has been gravelling certain sections of the highway in the Fort Fraser district.

The local office buildings of the provincial department of public works have been newly painted and present a much more attractive appearance.

Mrs. A. H. Fitzpatrick and Mrs. H. W. Stokes entertained at a delightful bridge party last Thursday afternoon at the home of the former.

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

A meeting of the Women's Auxiliary of the Canadian Legion was held on Tuesday afternoon of this week at the home of Mrs. A. E. Bennett.

"Coon," the only Newfoundland dog in this part of the country and the property of Dr. W. Ross Stone, was drowned in the Nechako River last Friday.

Season's play of the Vanderhoof Badminton Club concluded with an interesting tournament which was held last Saturday and Sunday evenings.

All the necessary timbers for the new bridge across the Nation River have been skidded, peeled and hewn and partly framed. The work is being carried out as rapidly as present high water conditions will permit.

Burrard Avenue from the Nechako Creamery to the big bridge over the Nechako River has just been gravelled by the provincial department of public works. Repairs have also been made to the bridge.

STEWART

Dale L. Pitt, general manager of the Premier Gold Mining Co., left last week for a business trip to Vancouver and elsewhere in the south.

The search party headed by Provincial Constable L .A. N. Potterton, which visited the Outland Silver Bar mine camp, which was buried by snow during the past winter, found no trace of Andrew Johnson, missing watchman, despite a careful search through the ruins. It is believed that Johnson was either overcome and burned in the flames which are believed to have followed the avalanche or else escaped and died of exposure.

Mr. and Mrs. H. Wilkinson and family left last week for Victoria where Mr. Wilkinson has secured a position. They sold their home to M. P. Murphy.

James Martin returned here last week after a visit of some weeks in Vancouver and elsewhere in the south.

Miss Rita McLean of the Stewart public school and Miss Thoma of the Hyder school returned last week after spending the Easter vacation at Miss McLean's home in Prince Rupert.

Twenty Years Ago

In Prince Rupert

April 7, 1912

A great deal of mining machinery is being assembled here for shipment this spring over the railway to the Hazelton district. The Royal Standard is one of the properties in that district which will be operated on a large scale this year.

Bishop F. H. DuVernet, in a letter to the Daily News, asks, if the city council closes the grocery stores at 7 p. m., why should the bars be allowed to remain open until 10 p. m.

Prince Rupert ladies had a beautiful Easter Sunday on which to display their new array. It was raining on Saturday and is raining again today but Easter Sunday could not have been finer.

C.N.R. TRAINS

Mondays, Wednesdays and Fridays ..... 3 p.m.

From the East

Tuesdays, Thursdays and Saturdays ..... 10:40 a m

A good idea kept to yourself is worthless; passed on to others it becomes a valuable asset.

Capitol THEATRE

Wednesday & Thursday
TWO SHOWS — 7 and 9 p.m.
ADMISSION — 15c & 50c

He's Human Dynamite

William Powell in

"HIGH PRESSURE"

With Evelyn Brent & George Sidney. A satire on modern business—slick stock promoters and fast-stepping ladies.

Comedy—
"GIGOLETTES"
Color Scenic—
"PEASANTS PARADISE"
Screen Song—
"Kitty From Kansas City"
FOX NEWS

Feature Starts at 7:50 & 9:50
THURSDAY MATINEE at 2:30
Feature Starts 3:20—15c & 35c

FRIDAY & SATURDAY
"SHANGHAI EXPRESS"

READ THIS

GRATEFUL MOTHER'S LETTER

"With my last baby," writes Mrs. William McLean of Elora, "and I have a family of eight children, I was only able to nurse him for about four months, and then naturally turned to Eagle Brand to bring him along. He was a normal infant all the way, but after starting him on Eagle Brand he gave me little or no trouble, sleeping regularly between feedings, and grew to be such a happy, contented little fellow. He cut his teeth without difficulty and has not had a sick day since. Wherever I go, people admire him and say 'What a lovely baby,' and ask me how I feed him. Eagle Brand is highly thought of in our home, and I recommend it to every mother seeking a satisfactory food for her infant."

Every photograph and letter published by the Borden Company is voluntarily sent us by a grateful parent or other relative.

FREE! Wonderful Baby Booklet!

The Borden Co. Limited,
50 Powell Street,
Vancouver, B.C.

C.W. 7

Gentlemen: Please send me free copy of your new 64-page edition, "Baby Welfare."

Name .....

Address .....

Phone 953 Phone 953

De Jong's

Cash and Carry

Friday & Saturday SPECIALS

De Jong's Special Coffee
De Jong's Special Tea
The 2 lbs. for **55c**

Sunrise Flour—First patent, equal to any per 49-lb. sack	$1.39
Malkin's Best Bartlett Pears in heavy syrup size 2½, tin	33c
Kadana Cocoa—per 1-lb. pkg.	24c
King Beach Strawberry Jam, per 4-lb. pail	39c
Pink Salmon—1's tall per can	9c
Australian Lunch Tongue—per 1-lb. tin	24c
Ideal Chocolate Bars—7 for	15c
Malkin's Best Pumpkin—size 2½'s, per tin	14c
Canadian Sardines—5 tins for	25c
SUNKIST ORANGES	
Small Size—3 dozen for	69c
Medium Size—2 dozen for	65c
Very Large Size—2 dozen for	85c

Free Delivery on Orders of $2.00 or over

Week-End Specials

Crestwood Creamery Butter—3-lb. brick **95c**

Alberta Rose Flour—24-lb. sack	70c
Malkin's Best Tea—1-lb. pkg.	40c
Aunt Dinah Mollasses—2½-lb. tin	25c
Malkin's Best Orange Marmalade, 2½-lb. jar	30c
Ensign Strawberry Jam—4-lb. tin	50c
California Ripe Olives—9-oz. tin	20c
Helmet Corn Beef—1's 2 tins	35c
Peanut Butter—2-lb. tin	40c
Malkin's Best Prunes—2-lb. pkg.	20c
Eggs—Fresh Extras 2 doz.	45c
Australian Sliced Pineapples, 2's, tin	25c
Nabob Fancy Corn—per tin	15c
Ensign Red Pitted Cherries 2's, per tin	20c
Supreme Fresh Coffee—1-lb. pkg.	40c
Sweet Navel Oranges—4 doz.	95c

Alberta Market

P. GAMULA, Proprietor

Fifth Street Phone 208

Typewriters

FOR RENT

Call or Phone 6

McRAE BROS., LTD.

PRINCE RUPERT LADIES ARE CORDIALLY INVITED TO VISIT THE

Capitol Baby Shoppe

(Mrs. Anna Johnsen)

A large stock of baby things and children's clothes may be seen and it is a pleasure to show them. You do not have to buy. Drop in and look them over. You will be surprised at their beauty. We have just the things for that wonderful baby of yours or for your older children.

RUPERT MOTORS

Garage and Service Station

Distributors of

DODGE AND PLYMOUTH CARS
DODGE COMMERCIAL VEHICLES

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