"TREMBLED LIKE A LEAF"

Miss Murphy's Nervous Condition Ended When She Took Dr. Williams' Pink Pills.

"Two years ago I was in such a condition I thought I would never recover," writes Miss Anna Murphy, of St. Odilon, Que. "I was so weak I could scarcely walk or even stand, and so nervous I couldn't sleep. I had indigestion every time I ate. Every noise made me tremble like a leaf. After taking the first box of Dr. Williams' Pink Pills I noticed that my food digested better, so I continued until I had taken six boxes. When I started taking them, I weighed only 98 pounds. When I had finished I weighed 125 pounds and was still gaining. I slept fine and my nervousness had all disappeared. I've had no recurrence of my old trouble since."

Trouble Never Came Back.

Mrs. Wilson Boomhour, Elm Tree, Ont., states: "Before I took Dr. Williams' Pink Pills I was a complete wreck. No appetite, and my nerves were terribly bad. I weighed only 94 pounds. After taking six boxes of the pills I can truly say they made a new woman of me."

Thousands of people have experienced such help and relief from the blood-enriching virtues of Dr. Williams' Pink Pills. Try them. They will bring the glow of health to pale faces, and make tired, weary people bright and energetic. At your druggist's in the new glass container. 50c a package. 254

Fresh out of the box

. . . after the show . . . at bridge parties . . . teas . . . dinners . . . always . . . serve Christie's Snow Flake Sodas. Their fine flavor and flaky freshness add a zest to every mouthful.

In the big, new, family-size package.

Christie's SNOW FLAKE SODAS

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

Backed by the Foremost Dietitians

For nourishment, delicious flavor and low cost, CROWN BRAND CORN SYRUP is recognized as the most healthful food by foremost dietitians.

EDWARDSBURG **CROWN BRAND CORN SYRUP** B9

The CANADA STARCH CO., Limited, MONTREAL

Send me copy of "Canada's Prize Recipes" I enclose 10c. for mailing.

NAME .....

ADDRESS .....

LOCAL NEWS ITEMS

R. G. Macauley dry dock electrician, is now in Vancouver undergoing an operation for a disability contracted through war service.

It costs no more to ride in a Nash Special then in any other car. Just call Nelson's Taxi 849. 56

Annual general meeting of Fair Board, Wednesday, March 9 at 8 p.m. Business—election of directors for 1932.

H. V. Taylor, general manager of the W. H. Malkin Co. Ltd., arrived in the city on the Cardena yesterday afternoon from Vancouver to pay one of his periodical visits of inspection to the company's local branch.

Arrived today, fresh supply of Nanaimo-Wellington Coal. Wood $4 per load. Egg coal $11 per ton. tf

In a recent issue of "The Weekly Scotsman,, appears a picture of Mr. and Mrs. James Simpson Dalkeith, Scotland, who have just celebrated their golden wedding. They are the parents of James Simpson of the local drydock staff.

Northland Navigation Co.'s motorship Bellingham arrived in port at 9 o'clock this morning from Ketchikan with five carloads of fresh halibut for transshipment over the Canadian National Railways to the United States. After discharging, the Bellingham sailed on her return to Ketchikan.

An article descrioing the native village of Kispiox in the Haezelton district is featured in the magazine section of the Vancouver Sunday Province, the author being Bruce Hutchinson, well known member of the Province staff. Mr. Hutchinson has drawn his own sketches to accompany the article which is very interesting indeed.

Union steamer Cardena, Capt. Andrew Johnstone, arrived in port at 5 o'clock last evening from the south and sailed at 9 p.m. for Anyox, Stewart and other northern points whence she will return here tomorrow morning southbound. This is the second of two voyages the Cardena is making on the Vancouver-Prince Rupert - Anyox - Stewart route in place of the ss. Catala which will be back in service next week, the Cardena then returning to her regular run on the Vancouver-Bella Coola-Skeena River-Prince Rupert route.

The following is from the Twenty Years Ago column of the Vancouver Province recently: "The judicial committee of the Privy Council has reserved judgment in the British Columbia case of Frewen vs. Hays in which Moreton Frewen of London, England, is suing Charles M. Hays, president of the Grand Trunk Pacific Railway, for the delivery of his choice of 1000 lots in Prince Rupert. Mr. Hays denies that there was such an agreement. The case was tried in Prince Rupert. Mr. Frewen is appealing from a decision dismissing his suit."

New Discovery Reaches Cause of Stomach Gas

Dr. Carl found that poisons in the UPPER bowel cause stomach gas. His simple remedy Adlerika washes out the upper bowel, bringing out all gas. Orme's, Ltd., Drugs.

"Build B. C. Payrolls"

Cooking With Pacific Milk

Ladies tell us in their letters that they make some of the nicest things with Pacific Milk. It has a richness that oes this better work and a natural flavor helps in the improvement.

The letters are full of enthusiasm for the satisfaction this good milk gives. It lowers the cost of living.

Pacific Milk

"100% B. C. Owned and Controlled"

PLANT AT ABBOTSFORD

Chris Johnson of the Crown Seaport Fish Co., Vancouver, arrived in the city on the Cardena yesterday afternoon for a brief business visit here.

Frank Waterhouse freighter Northholm arrived in port yesterday morning from Vancouver with lumber, coal and general cargo.

Robert Elmhurst, father of W. J. Elmhurst, who died in the city recently, left by this afternoon's train on his return to his home in Winnipeg.

Prince Rupert is given considerable prominence in the current issue of "Telephone Talk," monthly magazine of the B.C. Telephone Co., as a result of the recent opening of long distance telephone service out of Prince Rupert. Pictures include one of the group in the Ctiy Hall here when the service was formally opened as well as snapshots of Mayor C. H. Orme and Sam Massey, superintendent of the local telephone department.

Announcements

Pioneer Banquet March 10.

Moose Popular Dance, Friday March 11, Gents. 50c. Ladies 35c., door prizes. Refreshments.

Prince Rupert Cribbage and Whist League presentation of cups, refreshments, etc. Commodore Cafe March 15, 7:30 p.m. Admission 50c.

St. Patrick Celebration, Catholic Hall, March 17.

Eagles' Social Dance Friday March 18, dancing 9:30 to 1:30 Gentlemen 50c. Ladies, refreshments. Everybody welcome.

Elks' Dance Thursday, March 24.

United Church Easter Sale March 31.

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

Catholic Women's League Spring Sale April 7.

Presbyterian spring sale April 14

MECHANIC CANNOT WORK WITHOUT GLASSES

Out-of-town mechanic who, three years ago, was suffering from severe headaches caused by very bad astigmatism, was fitted with glasses by Geo. F. Davey, Reg. Optometrist in charge of the Optical Dept. of Max Heilbroner, Jeweler. Nothing more was heard from the case until recently, his glasses got broken and came in for repairs, asking for a rush job as he could not work without them.

We like to know that our glasses are giving good service but isn't it reasonable that we suggest, people who depend so much on their glasses should have an extra pair.

How about you?

IMPORTED
GROCERIES

P. CRAVETTO HAS OPENED A GROCERY STORE on the corner of Sixth Ave. and Fulton Street, handling all lines but featuring imported groceries.

Tip Top clothes are handled on the same premises.

BUY CANADIAN GROWN
Sweet Pea Seeds

Varieties and quality the WORLD'S BEST

Also up-to-date selection of DAHLIAS—Including all the latest types. Write for our Free Catalogue

CROSLAND BROS.
DUNCAN, B.C.

S. R. Donaldson and J. Donaldson of Port Essington were week-end visitors in town.

Miss Betty Anderson of Terrace arrived in the city on Saturday's train from the interior for a brief visit to town.

Fisheries protection steamer Malaspina, Capt. Henderson, which is engaged on patrol of the halibut fisheries, spent the week-end in port, tying up at the ocean dock.

The Seattle halibut boat Bolinda put into port Saturday afternoon from the fishing grounds with the engineer, Charles Newman, who had been taken ill with influenza. Mr. Newman is receiving treatment in the Prince Rupert General Hospital.

Mr. and Mrs. W. K. Gwyer left on this afternoon's train for Edmonton whence they will proceed to Pouce Coupe to which point Mr Gwyer has been transferred as district engineer for the provincial department of public works in charge of the Peace River Block.

The body of the late William McIvor, superintendent of the Alberta Wheat Pool's Prince Rupert elevator, whose funeral will take place in Scotland, left on this afternoon's train for St. John, New Brunswick, where, on March 18 the remains wil be transferred to the steamer Montcalm for the trip across the Atlantic. Alex Murray, nephew of the deceased, is accompanying the body to the Old Country.

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**

GLADIOLUS

10 Choice varieties in mixture
100 Bulbs prepaid for $2.50

FLOWERFIELDS COMPANY
Ask for list Duncan, B.C.

Queen Hatchery

36 W. Cordova St.
Vancouver, B.C.

Baby Chicks, Queen Quality Leghorn, Rhode Island Red, Barred Rock, of high egg production. Catalogue free.

QUEEN HATCHERY
36 W. Cordova St., Vancouver

Income Tax Returns

Save expense by having them prepared promptly and accurately.

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

Prince Rupert
DRY DOCK AND SHIPYARD

Operating three Dry Docks
Total capacity 20,000 tons

Shipbuilders and Ship Repairers for Steel and Wood Vessels

Sawmill and Mining Machinery Repaired and Overhauled

Iron and Brass Casting

Electric and Acetylene Welding

50-ton Derrick for Heavy Lifts

Your Colds *doubly dangerous* NOW!

SCATTERED cases of "flu" are reported in many sections of the Dominion. Coming in the season when pneumonia takes its heaviest toll, this makes colds—so prevalent here now—doubly dangerous. For, so often, colds pull down body resistance and pave the way for "flu" and pneumonia.

1 **DON'T WAIT FOR A COLD TO DEVELOP. At the first sign of stuffiness or irritation in the nose or throat, snuff some Vicks VapoRub up the nose. Repeat as needed during the day. This will often check a cold at the start.**

2 **IF A COLD HAS DEVELOPED, don't neglect it. At bed-time, rub the throat and chest vigorously with Vicks, spread on thick and cover with warm flannel. If the head is clogged with mucus or there is much coughing, melt a spoonful of Vicks in boiling water and inhale the steaming medicated vapors.**

(If possible, rest in bed until the cold is broken. This helps to maintain body resistance and to throw off the cold more quickly).

Don't Take Chances With Colds Now

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

Manufacturers of **ELEPHANT** Brand CHEMICAL FERTILIZERS

Producers & Refiners of **TADANAC** Brand ELECTROLYTIC

AMMONIUM PHOSPHATE
SULPHATE OF AMMONIA
TRIPLE SUPERPHOSPHATE

LEAD-ZINC
CADMIUM-BISMUTH

UNION STEAMSHIPS LIMITED
Steamers leave Prince Rupert for Vancouver:—
T.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

Cold Weather Comfort

Take a cup of hot Bovril just before you go to bed. You will sleep better, and will be building up a valuable reserve of strength against colds, chills and Influenza.

DRINK BOVRIL AND INCREASE YOUR STRENGTH

80

ENJOY A TREAT, TRY
ROWNTREE'S
YORK MILK CHOCOLATE

108

Because it doesn't pay to advertise poor products, It does pay to buy those advertised.