Nerves A Complete Wreck Sat Up Half The Night

MILBURN'S HEART AND NERVE PILLS

Price 50c a box

Mrs. John Rose, Bark Lake, Ont., writes:—"I was troubled so much with my nerves I was a complete wreck.

I could not do my work, and would have to sit up half the night on account of not being able to sleep.

One day a friend recommended Milburn's Heart and Nerve Pills. I used one box and got relief, and by the time I had taken six boxes I was as well as ever."

Sold at all drug and general stores, or mailed direct on receipt of price by The T. Milburn Co. Ltd., Toronto, Ont.

Dr. Maguire - Dentist

ROOMS 7-8-9, SMITH BLOCK

525 - Phone - 525

H. S. OLSEN EUROPEAN EXPERT WATCHMAKER

Five years' apprenticeship at the Royal Danish Watchmaker School at Copenhagen, then 12 years abroad working in the big cities of Europe.

All Mail Orders Promptly Attended to. Prices Reasonable.

TERRACE, BRITISH COLUMBIA

WHAT HAS BRAN TO DO WITH BEAUTY?

THE natural beauty of sparkling eyes, a smooth, lovely skin, and an enthusiastic personality come from a healthy body.

The first rule of health is regular elimination. Otherwise, constipation soon develops. Headaches, poor appetite, loss of energy, sallow skins are usual consequences. Beauty and health may be seriously impaired.

Here's where bran is so important. It supplies two things needed to prevent ordinary constipation. Vitamin B, to tone the intestines. "Bulk," which gives them exercise. Both promote regular habits.

A safe, pleasant way to get your daily bran is with Kellogg's ALL-BRAN. Two tablespoonfuls daily of this delicious ready-to-eat cereal will usually prevent and relieve both temporary and recurring constipation. If you suffer from intestinal trouble not relieved this way, consult your doctor.

ALL-BRAN supplies iron for the blood.

Enjoy Kellogg's ALL-BRAN either as a cereal, or in cooking. Recipes on the package. How much better this is than taking pills and drugs.

At all grocers. Made by Kellogg in London, Ontario.

Kellogg's ALL-BRAN

HELPS KEEP YOU FIT

Use it...and Save Money

CARNATION gives surer success and finer results in cooking. That is why it is economical. Cuts cream costs in half. Carnation is pure, unsweetened, evaporated milk containing all the essential food values of whole milk—rich butter-fat, vitamins and minerals.

Use Carnation for creaming coffee, fruits and cereals. In cooking, makes foods richer, tastier and finer-textured. Approved by medical authorities for baby feeding—that's how good it is!

Write for free Cook Book and Baby Book

Carnation Co., Limited, 134 Abbott St., Vancouver, B.C.

Carnation "from Contented Cows" Milk

MILK FROM CANADIAN COWS, PACKED IN CANADA IN CANADIAN-MADE CANS AND CASES

If you want anything, try a classified ad.

LOCAL NEWS ITEMS

Grotto Taxi. Phone 456. ....tf

Kotex 40c at the Dollar Store's Removal Sale. (95)

Everybody's doing it. What? Using "SUPREME," the dated coffee.

Reliable Messenger. Phone 131. Day or Night. Stand Besner Block. tf

Fleet Cafe—the home of home cooking again invite you to your roast chicken dinner 50c. Chicken fricasse 40c. 95

Special general meeting Canadian Legion April 25, 8 p.m. Unemployed members who are unable to pay dues qualified to attend. 96

C. G. Minns, who has been on a two-weeks' business trip to Vancouver, returned to the city from the south on the Princess Adelaide yesterday afternoon.

Forty local Masons returned to the city by way freight at 3 o'clock yesterday afternoon from Terrace where they attended the opening of a new lodge on Thursday night

Inspector John Macdonald, provincial police, returned to the city on the Princess Adelaide yesterday afternoon from a brief trip to Vancouver and Victoria on official duties.

Rev. W. H. Pierce, veteran United Church missionary of Port Essington, and Mrs. Pierce arrived in the city on the Cardena this morning from the Skeena River for a week-end visit to town.

Charles Newman, American halibut fisherman, who has been receiving treatment in the Prince Rupert General Hospital, sailed last night on the Princess Adelaide for his home in Seattle.

Mrs. James H. Thompson, who has been residing for the past year at Vancouver, where her son, Archie, has been attending the University of British Columbia, returned to the city from the south on the Cardena this morning.

Stop fussing with an old range that drives you wild. You will enjoy reliable results and kitchen freedom and charm when you install a Beach All Enamel Coal Range in pleasing colors. Very reasonable prices at Gordon's Hardware ,McBride St. Phone 311. tf

A. L. McConnell, travelling auditor for the Canadian Pacific Railway, and O. E. Ford, travelling auditor for the Canadian Pacific Express Co., sailed last night by the Princess Adelaide on their return to Vancouver after having spent a couple of days here on official duties.

W. H. Manuel, C.N.R. travelling auditor, sailed last night on the ss. Princess Adelaide for Vancouver.

Wonderful opportunity for some reliable person with a little cash to take over Salt Lake run. Apply Pacific Salvage. 95

Mrs. Norman Brodhurst and Miss Rena Brodhurst have arrived from Prince Rupert and are staying at Moodyville.—Victoria Colonist.

Pimples, Blotches Quickly Vanish

Under This Penetrating Antiseptic

You can have a clear, smooth, velvety skin, if you will only try the pure cooling liquid D.D.D. It soothes the tissues and drives away pimples, blotches and other blemishes. ITCHING STOPS INSTANTLY. This healing wash penetrates the skin leaving no stain upon the surface. A 35c bottle proves its merit or your druggist gives your money back. *D.D.D. gives skin health.* (Use only D.D.D. Soap).

W. J. McCUTCHEON, DRUGGIST

B. E. Morgan, manager of the Billmor Spruce Mills Ltd. sawmill at Porpoise Harbor, sailed on the Princess Adelaide last night for a business trip to Vancouver.

Mr. and Mrs. E. J. Smith and family will be moving next week from the corner of Sixth Avenue and Green Street to the residence on Graham Avenue, near Seventeenth Street, recently vacated by Mr and Mrs. W. K. Gwyer.

Mrs. Hansen, wife of a Kitimaat rancher, sailed by the Cardena this morning on her return to her home down the coast after having been a patient for three or four weeks in the Prince Rupert General Hospital.

J. Armstrong, inspector for the provincial public works department, sailed by the Prince George Thursday night on his return to Victoria after a week's visit here and at Smithers on official duties.

Delayed by having heavy freights to discharge at cannery points along her route, Union ss. Cardena, Capt. Ernest Georgeson, arrived in port at 7 o'clock this morning from the south and sailed at 9:00 a.m. on her return to Vancouver and waypoints.

Twenty Years Ago

In Prince Rupert

April 23, 1912

The city council decided last night to cut an hour off the time that bar-rooms may remain open in Prince Rupert. Henceforth bars here will have to close at 11 p.m. week-days and at 10 p.m. Saturdays. A. J. Prudhomme, representing the hotel owners, made a plea for the longer hours. Rev. F. W. Kerr advocated shortening of the hours.

City Assessor J. C. McLennan has applied for an increase in salary to $200 per month. James Carmichael, assistant assessor, is asking $140 per month.

The Ladies' Auxiliary to the Prince Rupert General Hospital raised $1,448.25 for hospital assistance last year, the financial statement reveals.

Over 90% of the footwear used in Canada is made in the Dominion.

MOURNING WARDROBE

"A death occurred in our family and I had to go in mourning. I could hardly afford to buy all black clothes, so decided to dye what I had. I consulted our druggist and he advised using Diamond Dyes. Everything came out beautifully; coats, wool dresses, stockings and all. I have since learned to appreciate the excellence of the black Diamond Dyes. I tried another black dye and the results were impossible. I had to get Diamond Dyes and do the work over. Recently I have tinted my curtains a beautiful raspberry shade and dyed a rug a lovely garnet with Diamond Dyes. They are real money savers—the finest dyes money can buy—I truly believe."

Mrs. G.K.L., Montreal

Hotel Arrivals

New Royal Hotel

THE HOTEL WORTH WHILE

Hot & Cold water: Steam Heat

75c. PER DAY AND UP

J. Zarelli

Telephone 281

M. Christiansen, Skeena River.

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

Announcements

Eagles' carnation dance, Friday April 29. Admission— Ladies refreshments; Gentlemen 50c. Everybody welcome.

Ridley Home Bazaar May 5.

Three Plays, Presbyterian Church May 5th and 6th.

Moose Dance May 6.

Legion Band Concert May 13. 87

Spring Sale, St Peters Church, May 19.

Growing Children

Get Strength from Vitamin-rich

Scott's Emulsion

Monday Special

Peaches, Pears and Apricots, 5 tins 95c

Munro Bros.

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

There will be a mass meeting of members of the Unemployed Association in Eagle's Hall tomorrow evening at 8. 95

W. J. Nelson came in on this morning's train from his duties on the Power Corporation power line to spend the week-end at his home here.

M. A. Burbank, divisional engineer for the Canadian National Railways, returned to the city on this morning's train from one of his periodical trips up the line as far as Jasper Park on official duties.

Chief Mark G. McKay and Mrs. McKay of Kitselas will be leaving their interior home on Tuesday of next week for Carlisle Cannery on the Skeena River where they will spend the summer. Others of Chief McKay's people will come down the river on June 15 to engage in cannery work.

RUPTURES

NEED FIRM BUT COMFORTABLE SUPPORT. SMITH'S SILVER TRUSS retains securely without annoying understraps, elastic or steel. Light, durable and cool. 5-year guarantee. Write for information. DEPT. 35.

SMITH MFG. Co., GALT, ONT. Established 1893.

La Casse Bakery

Phone 190

REVISED PRICES ON BREAD

2 for 15c

4 for 25c

Phone For Delivery

Generators from $4.50

New Guaranteed

Batteries $7.95

Lighting Plants Quoted on Application

VANCOUVER AUTO WRECKING CO.

1249 Granville St., Vancouver

MI-LADY

Beauty Shoppe

Kotex Special, 40c

Permanent Wave $5.00

Ladies' Hair Cut .. 35c

Children's Hair Cut 25c

Phone 655

Income Tax Returns

Dominion returns must be filed by 30th April

GEORGE RORIE & CO.

Accountants and Auditors

243 Second Ave. W. Phone 387

"FATIGUE? I just postpone it!"

"No, I don't have 'nerves.' You can't have them, and hold this sort of position. My head used to throb around three o'clock, and certain days, of course, were worse than others.

"Then I learned to rely on Aspirin."

The sure cure for any headache is rest. But sometimes we must postpone it. That's when Aspirin saves the day. Two tablets, and the nagging pain is gone until you are home. And once you are comfortable the pain seldom returns!

Keep Aspirin handy. Don't put it away, or put off taking it. Fighting a headache to finish the day may be heroic, but it is also a little foolish. So is sacrificing a night's sleep because you've an annoying cold, or irritated throat, or grumbling tooth, neuralgia, neuritis. These tablets always relieve. They don't depress the heart, and may be taken freely. That is medical opinion. It is a fact established by the last twenty years of medical practise.

The only caution to be observed is when you are *buying* Aspirin. Don't take a substitute because it will not act the same. Aspirin is made in Canada.

BAYER

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

Steamship Sailings

For Vancouver—
Tuesday—ss. Catala .... 1:30 p.m.
Thursday—ss. Pr. George 10 p.m.
Friday—ss. Prin. Adelaide 10 p.m.
Ss. Cardena ..... midnight
April 24—ss. Prin. Norah ..... p.m.

From Vancouver—
Sunday—ss. Catala ..... p.m.
Wed.—ss. Pr. George .... 10:30 a.m.
Friday—ss. Cardena ..... p.m.
Ss. Princess Adelaide p.m.
April 30—ss. Prin. Norah .... a.m.

For Naas River and Port Simpson—
Sunday—ss. Catala ..... 9 p.m.

From Naas River & Port Simpson—
Tuesday—ss. Catala .... 11:30 a.m.

For Stewart and Anyox—
Sunday—ss. Catala ..... 9 p.m.
Wed.—ss. Pr. George ..... 4 p.m.

From Stewart and Anyox—
Tuesday—ss. Catala .... 11:30 a.m.
Thurs.—ss. Pr. George ..... 8 p.m.

For Ocean Falls—
Tuesday—ss. Catala .... 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. Cardena .... midnight
Ss. Princess Adelaide p.m.

From Queen Charlotte Islands—
April 14 and 28—ss. Pr. John a.m.

For Queen Charlotte Islands—
April 30—ss. Prince John 10 p.m.

For Alaska—
April 30—ss. Prin. Norah .... a.m.

From Alaska—
April 24—ss. Prin. Norah .... p.m.

From Skeena River—
Friday—ss. Cardena ..... p.m.

Good Boy!

Takes his food — doesn't disturb you at night—smiles at you out of his big blue eyes.

You'd love him anyway, but you love him more when he is a good boy.

Baby's Own Tablets help children to be good—by keeping them well. If your child has a cold, fever, no appetite or a coated tongue, he is probably constipated.

Don't wait for a serious illness to follow. Get Baby's Own Tablets today. Don't ever be without them. They are the ideal laxative for children. 25 cents a package at any druggist's.

BABY'S OWN TABLETS

(Dr. Williams') 166

For Children of All Ages

COAL! COAL!

Satisfaction guaranteed with our Famous Edson Alberta & Bulkley Valley Coal; No. 1 Bulkley Valley Timothy Hay, Wheat, Oats & Barley, Pratts Baby Chick Food, Seeds & Fertilizer.

Prince Rupert Feed Co

PHONE 58 & 558

TELEPHONE 657

VALENTIN DAIRY FOR SKEENA BRAND

Creamery Butter & Cottage Cheese

FRESH PASTEURIZED MILK AND CREAM DAILY

Early Delivery Throughout the City

Only a memory now CONSTIPATION

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