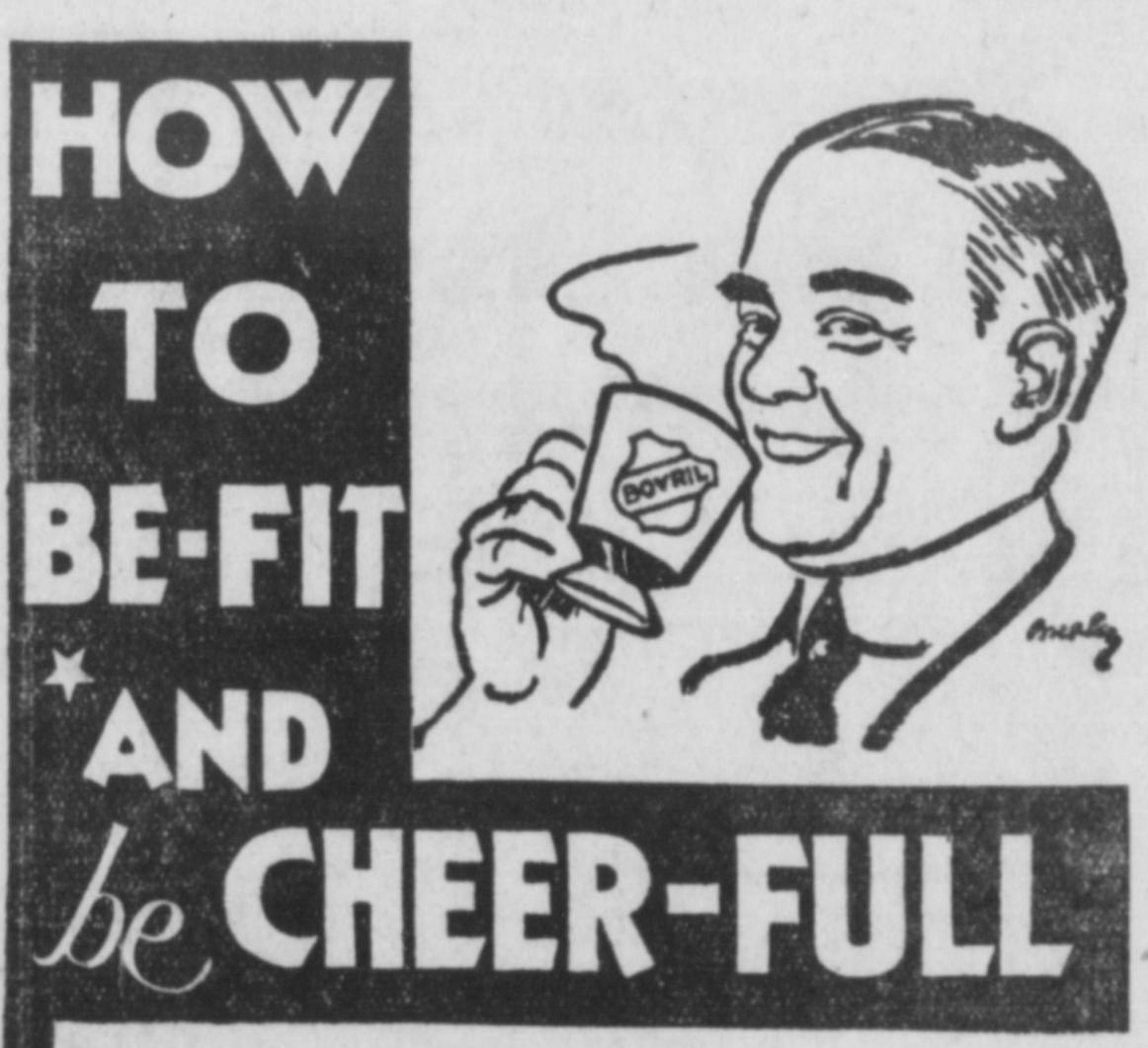
The Fish which made Prince Rupert Famous

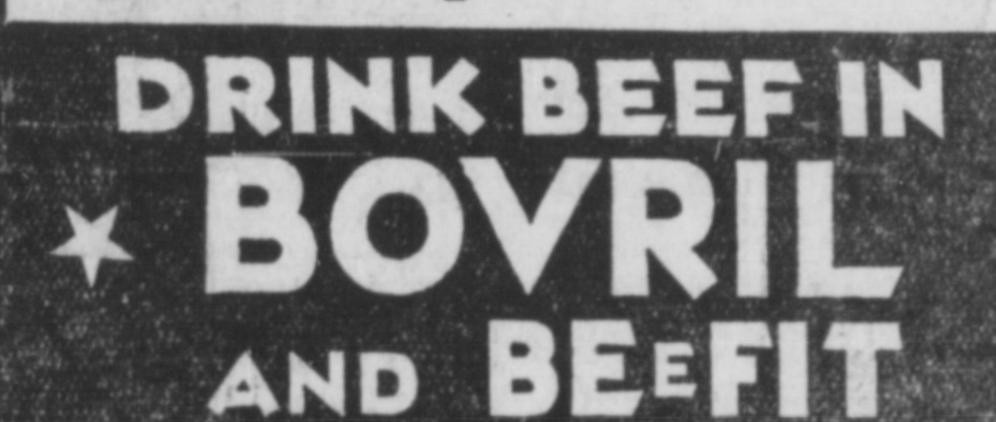
# "Rupert Brand" SMOKED

Prepared Daily By Canadian Fish & Cold Storage Co., Ltd. PRINCE RUPERT, B.C.



### RECIPE:

Take a cup of Bovril every day for a month, about 11 o'clock. It will increase your stamina, tone up your system and give you a fine feeling of vigor and strength.



THIS 100% FOOD

is 100% CANADIAN



Two very good reasons why you should enjoy it—and it only costs a few cents. Start today with two Shredded Wheat Biscuits crisped in the oven and smothered in milk, hot or cold. Shredded Wheat is 100% whole wheat --100% Canadian wheat.

12 BIG BISCUITS IN EVERY BOX

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

..9:30 p.m

....10:15 p.m.

## FATHERS AND SONS

Dr. Wiggins Gives Instructive Address on Subject Before Victoria Gyro Club

VICTORIA, Feb. 6:-Fathers who make companions of their growing sons reap a harvest of satisfaction and pleasure and at the same time aid the lads to grow into men of sterling worth to the community, the Gyro Club was assured by Dr. R. H. Wiggins at the weekly luncheon in the Empress Hotel.

Dr. Wiggins said fathers could only expect great things from sons who were given the attention they were entitled to. Doses of castor oil at intervals and a judicious touch of the parental slipper upon suitable occasions was necessary.

'Every father must first be a companion, then an instructor," Dr. Wiggins commented. "To say 'boys must be seen and not heard' is antiquated poppycock, boys should be obedient because it is reasonable to be obedient."

The doctor declaring such a policy would result in development of a fine type of young man.

The so-called "problem of the boy" was really a problem of the home. A wild boy was a reflection of the home, as three and one-half times the school hours had to be occupied by the boy, without considering hours of sleep.

Advocating encouragement of physical development, Dr. Wiggins said all boys were willing to pay the price necessary for physical excellence. He objected to physican punishment of lads past ten years of age, declaring "spare the rod and spoil the child" to be an outgrown adage of the dark ages.

Thoughts and Sports

from their earliest years in proper and tomorrow and they absolutely detrimental to the whole province. ways of thought and speech, the guarantee that you will enjoy this growth of those characteristics jolly picture even more than "Sunwould crowd out undesirable ten- shine Susie." The story gives this dencies, the speaker said. Sports pair every opportunity of raising were of especial value as a means laughs and when you see Jack of developing character. The boy Hulbert in the role of P. C. Brown It is expected that this will be done was chiefly educated by what he getting the traffic in a hopeless ; did, and that in turn depended upon tangle while on point outy; chashis interest, a point where ing a crook, in a baby Austin car the father's association was of im- with his head and shoulders proportance. Dr. Wiggins also urged truding through the roof; follow- on Omineca's mining industry. Apparents to take interest in the ing the same crook into Madame reading matter available to their Tussaud's and then arresting a

stressed as providing the ideal re- treat is in store. lationship with guidance and instruction for the lad while the father enjoyed the real meaning of fatherhood.

Sincerity is impossible unless it pervade the whole being, and the pretence of it saps the very foundation of character.-Lowell.

Don't Monkey With

No sir! 'Flu's too serious-too dangerous-for you to take any chances. It usually starts with a cold-and that's the time to put the boots to it with the old reliable—BUCKLEY'S MIXTURE that proved its worth in the great 'flu epidemic of 1918—and has been living up to its reputation

Get a bottle today-every druggist has it. Take a sip several mes a day and the chances are flu will never get a toe-hold. If From Ocean Fallsit does, just keep on with BUCK-LEY'S. The 'flu—not you—will be groggy in the first round.

But be sure it's BUCKLEY'S. You can't make a silk pursé out of from Skeena Riversow's ear and you can't get SUCKLEY results from an unknown remedy made by some un-

### CUT RATE Shoe Store

### Now Open For Business

With Greater Values Than Ever

COME AND SEE US

We will guarantee you goods at 35% less than anywhere else in town.

# I eam I onight at Capitol Theatre

Jack Hulbert and Cicely Courtneidge! What a glorious comedy team! They are showing their la-If parents would train their boys, test film "Jack's the Boy" tonight the Department of Mines as being wax figure instead of the theif, to licity from the Daily News. The importance of companion- name but a few of the screamingly ship between father and son was funny incidents you know what a

# Steamship Sailings

For Vancouver-

Tuesday-ss, Cardena ....1:30 p.m. Thurs.—ss Prince Rupert, 10 p.m Friday-ss. Prin. Adelaide 10 p.m. Ss. Venture ..... midnight

From Vancouver ---Sunday-ss. Cardena ..... p.m. Wed.—ss. Prince Rupert 9:30 a.m Friday-ss. Prin. Adelaide .. p.m.

Ss. Venture ..... p.m For Naas River and Port Simpson-Sunday-ss. Cardena ...... 8 p.m From Naas River & Port Simpson-Tuesday-ss. Cardena ....11:30 a.m For Stewart and Anyox-

Sunday-ss. Cardena ...... 8 p.m Wed .- ss. Prince Rupert, 4 p.m From Stewart and Anyox-Tuesday-ss. Cardena . 11:30 a.m. Thurs.—ss. Prince Rupert, 8 p.m.

For Ocean Falls-

Tuesday-ss. Cardena ....1:30 p.m. Thursday-ss. Pr. Rupert 10 p.m. Friday-ss. Prin. Adelaide .. p.m.

Wed.-ss. Pr. Rupert 9:30 ....a.m. Friday-ss. Prin. Adelaide ...p.m. Ss. Venture ..... p.m.

Friday—ss. Venture ..... p.m.

Advertise in the Daily News

Mines at Smithers Urges Action to Improve Conditions

SMITHERS, Feb. 6:-At the annual general meeting of the Omineca branch of the British Columbia Chamber of Mines, held in the Municipal Hall at Smithers on the evening of Thursday, the principal resolution passed was one urging Keorganizing the remonetization of silver by international agreement. The text of the resolution is as follows:

"That we ask the Minister of Mines at Victoria and the Minister of Mines at Ottawa to urge upon their respective governments the importance of an early remonetization of silver by international agreement, and by so doing to give not only a renewed impetus to the lish department. production of silver in this country and a revival of prosperity by the creation of new wealth, but also enlarged buying power to the Oriental and Latin American countries with consequent increase of international trade to hasten improvement of conditions throughout the world, and that copies of this resolution be sent to: Minister of Mines, Victoria; Minister of Mines, Ottawa: Minister of Trade and Commerce. Ottawa; Olof Hanson, M.P. for Skeena, Ottawa; Alex M. Manson, K.C., M.L.R., Vancouver; Dr. H. C. Wrinch, M.L.A., Hazelton; British Columbia Chamber of Mines, Vancouver; Chamber of Mines of Eastern British Columbia, Nelson; North West Mining Association, Lindelle Block. Spokane, Wash."

Another resolution expressed confidence in the British Columbia Department of Mines and appreciation of the work done by its representative in the district, Douglas Lay, and opposed any further cutting down in

It was decided to request the Department of Mines to provide instructional classes in mining at important points in the district as has been done in the past three years. some time during March.

The manager's report disclosed a year of valuable work carried despite the effect of the depression preciation was expressed for the co-operation in the matter of pub-

# JONES'

# Market

Pot Roast of Beef, 4 lbs. Potatoes, 10 lbs.	50c
Shoulder Pork, 4 lbs. Potatoes, 10 lbs.	50c
Leg of Pork, 4 lbs. Potatoes, 10 lbs.	60c
Lamb Stew, 4 lbs.  Potatoes, 10 lbs.  Potatoes, 10 lbs.	50c
Round Steak, 2 lbs.  Potatoes, 10 lbs.	50c
Ham, No. 1 per lb.	15c
Sirloin Steak, 2 lbs. Potatoes, 10 lbs.	50c
Loin Lamb Chops, 2 lbs. Potatoes, 10 lbs.	50c
Leg of Lamb per lb.	20c
Shoulder Lamb, 5 lbs. Potatoes, 10 lbs.	75c
Loin Pork Chops, 2 lbs.  Potatoes, 10 lbs.  Potatoes, 10 lbs.	500
957 — Phone —	777

### Dance Given by Naval Cadets at Headquarters

The Naval Cadets of the R. C. N. V. R. held a dance in the barracks Saturday night. About twenty-five couples were present to enjoy what proved to be a peppy affair. Delicious refreshments were served and dancing broke up at midnight.

# University

SEATTLE, Feb. 6:-Reorganization is taking place at the University of Washington. Dr. Spencer has placed his resignation as president in the hands of the board and has asked to be transferred to the Eng-

# TWO SHOWS

The "Sunshine Susie" Comed

With CICELY COURTNEIDGE A Regal Picture. Singing, Dancing Loads of Fun

Comedy-CHARLIE CHASE "NOW, WE'LL TELL ONE" Novelty-"BLOCKS & TACKLES Feature Starts at 7:30 & 9:30

WEDNESDAY and THURSDAY "MAID OF THE MOUNTAINS" WEDNESDAY REVIVAL
"DANCE TEAM"

# Trappers Want Best Prices

Of course they do. Everyone wants as much as he can get. Why not?

### GOLDBLOOM THE OLD RELIABLE

Pays the highest prices and sells his fur coats and other fur goods at the lowest. That is the way to do business in hard times. Call and talk it over.

# DEPRESSION PR

Egg Coals, per ton ..... \$11.00 & \$11.50 (Not Nut Coal)

Lump Coal, per ton ..... \$12.50 Loose Coal, \$1.00 per ton less

All Coals are in a dry shed. Don't buy water, buy coal HYDE TRANSFER—PHONE 580

# has SPEED!

When you take Aspirin, you are sure of immediate relief. Because these tablets dissolve at once. Their action is almost instantaneous. Your pain is gone before a slower tablet could have any effect!

So, stick to the tablets that relieve your suffering promptly. Time counts, when you're in pain! You can always depend on the reliable and uniform action of genuine Aspirin.

And tablets of Aspirin are perfectly safe. Doctors will tell you they contain nothing to depress the heart.

Aspirin tablets cost so very little, there's really no economy in buying anything less effective.

"Aspirin" is a trade-mark registered in Canada



-By Westover.

C.N.R. TRAINS

Mondays' Wednesdays and Fri-

Tuesdays, Thursdays and Satur-

For the East-

From the East-

RECORD Twenty years in the one store shoemaking and repairing merits your confidence, and we solicit a continuance of your patronage in our new

store. M. MacARTHUR Third Ave. Next Federal Blk.

# "TILLIE THE TOILER"

# A Slight Omission





