Rub well over

Prudhomme arrived on the Ca-

Mr. and Mrs. Martin and daugh-

ter arrived in the city from Bill-

Constable Blainey of the pro-

vincial police returned on the Ca-

tala yesterday from Vancouver

where he has been on escort duty.

ing with his daughter who is in

a cargo before leaving for Japan.

of the prospects in his town Mr.

dose cleans out poisons and washes

BOTH upper and lower bowels.

FISH CASH & CARRY

SHOP

Second Street

Fillets of Flat Fish, per lb ...

Smoked Black Cod, per lb.

Serokea Hamout, per lb.

Smoked Salmon, per lb.

Golden Fillets, per lb.

Fresh Pork Pies-

Fruit Cake-Light

Salted Peanuts-

P.O. Box 575

per lb.

Fresh Layer Cakes-Iced

Fresh Roasted Peanuts-

Candies, Chocolates, Cakes and

Fruits at Reduced Prices

Economy Store

We deliver all orders, \$2 or over

317-19 Third Avenue West

per lb.

Ormes Ltd., Drugs.

Sole, per lo.

Brille, per lb.

Flounders, per lb. ...

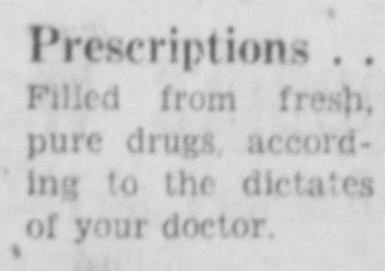
Oollichans, per lb.

will be rebuilt in the spring.

Drink Water With Meals

mor on Saturday's train.

FACT



Ormes Ita. The Dioneer Druggists

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

Manufacturers of ELEPHANT Producers & Refiners of

AMMONIUM PHOSPHATE SULPHATE OF AMMONIA

TADANAC

TRIPLE SUPERPHOSPHATE

LEAD-ZINC CADMIUM-BISMUTH

ELECTROLYTIC

S.S. CARDENA EVERY TUESDAY, 1:30 P.M.

Via Ocean Falls and Waypoints, arriving Vancouver Thursday

Arriving Vancouver Sunday m orning.

reekly sailings to Port Simpson, Alice Arm. Anyox, Stewart and Naas River points, Sunday, 8 p.m.

RUPERT TO VANCOUVER, \$32.

THINK back over the last six

months. The days that you

were the happiest were days

when health was at the peak.

Enjoy more sunshiny days.

to common constipation. Yet

this condition can be over-

come by simply eating a de-

have proved that Kellogg's

ALL-BRAN provides "bulk"

to exercise the intestines, and

vitamin B to further assist

elimination. ALL-BRAN is also

twice as rich in iron as an

equal weight of beef liver.

Laboratory investigations

licious cereal.

Poor health is so often due

mation regarding all sailings and tickets at -

UNION STEAMSHIPS LIMITED Steamers leave Prince Rupert for Vancouver :--

S.S. VENTURE EVERY THURSD AY MIDNIGHT.

PECIAL WINTER EXCURSION RATE, ROUND TRIP, PRINCE

THE PARTY OF THE PARTY PARTY WINDS THE PARTY PAR

R. Arbutina sailed from here on the Princess Nora today for White vice Phone 32. Horse, Alaska.

The Princess Nora was in port Royal Canadian Mounted Police this morning at b o'clock from the was one of the patrons of the ball south and left for the north at given at Edmonton a few days ago by the Mounted Police officers.

A. Paton was a passenger aboard charge at Prince Rupert. he Catala yesterday from the south where he has been visiting for the past few weeks.

Local railwaymen have received notice of a ten percent cut in their wages to take effect March 1. The change applies to members of the running trades.

Telkwa, and George Oulton of tala from Vancouver yesterday af-Emithers have been appointed by ternoon. the Provincial Government to be ience-viewers for the constituency of Skeena.

Announcements

Boys' Band Scotch Dance Feb. 10.

Eagles' Anniversary Dance, Feb. 0. Refreshments, Gents 50c; Ladies

Annual St. Valentine's dance Cambrai Chapter, I.O.D.E., Feb. 14.

the Nora when she comes south Women of Moose, bridge and whist, Feb. 14th.

Presbyterian Valentine Tea Feb-

ruary 14. Moose Valentine Dance Feb. 17-

own boat the Wanderlust. Supper-Carnival, Feb. 17-Food-Fun-Frolic at First United.

Oddfellows' Old Time Dance this morning. He is up here visit-February 17th.

training in the Prince Rupert Rebekah Briage, Whist, Feb. 22. General Hospital.

C.N.R.A. annual ball, Moose Hall, February 24.

Old Time Dance, St. Peter's Parsailed Saturday night at six o'clock ish Hall, Seal Cove, Feb. 27.

Pioneers' banquet-dance, March

Catholic Spring Sale and Social

When you're

ALL-BRAN

"When you're healthy,

you're happy"

you look-depends largely upon

diet is balanced-with sufficient

'bulk' to promote regularity."

Mrs. Hartwell's Run-Down Health Restored by Dr. Williams' Pink Pills, Superintendent Ackland of the She States

"I have derived

nervous and irritable. My heart morning more tired than when I went to bed. My weight was reduced, my ambition shattered, my to do my housework and I was so discouraged that life was a burden. A friend advised me to try Dr. Williams' Pink Pills. While taking the first box my appetite

revived. The daily use of the Pills for a time restored my health. Dr. Williams' Pink Pills earn high praise from benefited users because they actually rebuild health by enriching the blood. Nervous, run-down conditions yield to their blood-building properties. Young girls are wonderfully helped in their growth and development. At your druggist's in the new protective glass vials. Try them. 50c package.

Imperial Oil Company's tanker "Imperial" was in port yesterday For the East with a cargo for the local station Mondays, Wednesdays and Friand returned south the same day. From the East-C. D. Muirhead of the Provincial Tuesday. Thursday and Satur

Police saile don the Princess Nora day for Skagway and will return on For Vancouver-Tuesday 10:30 p.m. Thursday

Friday Mr. and Mrs. Walter Brentzen From Vancouverwho has been spending the winter Sunday in the city is leaving tomorrow for Wednesday Port Simpson. They travel on their For Stewart and Anyox-

Sunday ... C. Potts of Alert Bay was a pas-Wednesday senger aboard the Princess Nora From Stewart and Anyox-

Tuesday Thursday For Naas River and Port Simpson-

From Naas River and Port Simpson Teimpi Maru which arrived last Tuesday 11:30 a.m Friday night with a crew and sup- | Mails close at the Post Office 1 plies for the Canadian Seigneur hour prior to all departures.

for the south where she will load Paul Armour sailed on the Ca-Itala last night for Anyox and will return with his boat the Salvage M. A. Myros of the firm of My- Princess which left here early Sunros and Smith, Hazelton merch- day morning with a party of poants, is in the city today having licemen for Anyox. arrived on the train early Sunday

on the Catala tomorrow Speaking on the Catala tomorrow. Speaking "Build B. C. Payrolls"

Myros says he thinks the hotel Thanks, Good For Stomach Wirs. Water with meals helps stomach juices, aids digestion. If bloated with gas add a spoonful of Adlerika. One Wach.



And we would particularly thank you for the pictures of little Joe. Many others have written of the good qualities of Pacific Mak for child feeding, but we do not recall any who have sent "before and after" pictures to show such

striking change. We note that you purchased a case. Again let us express our

COAL! COAL! & DELICATESSEN

25c

Our Famous Edson, Alberta and Bulkley Valley Coals are guaran-40°C teed to give satisfaction. Try a ton of No. 1 Bulkley Valley, We also sell Timothy Hay, Wheat Oats and Barley.

> Prince Rupert Feed Co. 58 - Phones - 558

RENT

A Radio, Sewing Machine, McRAE BROS., LTD.

Classified Ads

FOR SALE

Usk, 87 acres, also Lots 27-28, sic Store. Block 9, Section 7, Prince Rupert. Indefeasible titles. No reasonable offer refused. C. H. Hickman, 2233 Brighton Avenue, Victoria, PAINTING and Paperhanging.

FOR SALE bronze monolite standard electric lamp with 250-watt globe, giving delightfully soft indirect light, particularly recommended for bridge parties. Original price \$47.50. Will sell for \$10. Phone Blue 272.

FOR RENT

Phone Hart.

STORE for Rent. Third Avenue adjoining Wrathall's. low renta! McClymont.

VERNON Apartments, 139 Second NOTICE OF APPLICATION FOR CON-Avenue. Housekeeping rooms newly renovated. Phone Red 421,

For details write Box 162, Daily

Aboard Helen II-Cow Bay

Packing-Crating-Wrapping & General Furniture Repairs

List your goods with me

GEO. J. DAWES Phone-Black 120

Fresh Milk and Cream Daily VALENTIN DAIRY

Phone 657

34 Moller, Phone Red 802.

TRANSFERS

CAMERON'S Transfer-Wood, Coal moving, chairs for rent. tf

CLEANING & PRESSING

PRICES reasonable Benkendorf, Third Ave., next door to Daily

HAIRDRESSER

PERMANENT WAVING ... Ladies', Men's Hair Cutting. Nelson's Beauty Shoppe.

"GOVERNMENT LIQUOR ACT" SENT TO TRANSFER OF BEER

spect of premises being part of the building known as Central Hotel situate SECRETARY wanted. Good salary, at the corner of Seventh Street and First Avenue in the City of Prince Rupert upon the lands described as Lots Eleven (11), Twelve (12), Thirteen (13)

THE ROLL OF SELECTION ASSETS AS

For Sale or Rent

Rose, Cowan & Latta Phone 234

Chiropractic Ultra Violet Rays Intra Red Rays Massage

All at Reasonable Prices W. C. ASPINALL D.C.

(Chiropractor) Green 241 Phones Green 549 Exchange Block

"The Pain is Here" "Yes, It's the

Pains in the small of the back tell of kidney derangements.

Other symptoms are pallor, loss of weight, dryness of the skin and swelling of the limbs. Backache is the most certain warning that the kidneys are failing

to filter the poisonous uric acid from the blood. You may also have frequent headaches and aching limbs, for acid poisons always cause bodily pains and aches. If you want to positively remove the cause of such ailments, it is

advisable to use Dr. Chase's Kidney-Liver Pills. For half a century the health and activity of the kidneys, the liver and the bowels. It is because of their direct and combined action on these organs that they prove effective when ordinary medicines fail. Put them to the test and you will certainly be pleased with the prompt and certain benefits obtained:

Dr. Chase's KIDNEY and LIVER



If your naper does not arrive, telephone the office

Healthy, you're happy

mild in action.

your doctor.

Ontario.

This "bulk" in ALL-BRAN

is similar to that in leafy

vegetables. Biological tests

have demonstrated that it is

Kellogg's ALL-BRAN daily are

usually sufficient. With each

meal in chronic cases. If not

relieved this way, consult

way" better than taking pills

and drugs - so often harm-

ful? Get the red-and-green

package at your grocer's.

Made by Kellogg in London,

Isn't this pleasant "cereal

Two tablespoonfuls of