



For Pies, Cakes and Delicious Desserts!

YOU will find that Borden's St. Charles Milk is not only good for giving a creamy richness to soups and cream sauces, it is equally good for pies, cakes and a hundred and one desserts. It definitely improves the flavor of your cooking, imparts a lightness—a new, creamy, richness that you and your family will look forward to. You will find it is economical too—no waste—no excess water, double rich in cream! Every time you have occasion to use it you will have the same amazing success—the same improved flavor—new delicious dishes that only St. Charles Milk can make for you. Once you try it you will understand why so many experienced cooks use it whenever a recipe calls for milk.

Send your name and address to The Borden Co. Limited, 50 Powell St., Vancouver, and a FREE copy of our new 80 page cook-book "The Good Provider," will be mailed to you. It contains over 100 new recipes.



Borden's ST. CHARLES MILK
UNSWEETENED EVAPORATED

Lastex Surgical Stockings

People whose limbs swell and become painful will find this amazing new garment a source of relief. Lastex Yarn has a core of Lastex Rubber Thread astoundingly fine. Around this core is wound two layers of three-ply pure silk. No other hose need be worn. Ask us for circular **\$4.50** Price

Thermat Heating Pads

No electricity; no hot water; gives 8 to 10 hours of steady comforting warmth. Ask to see this Magic New Self Heating Pad **\$1.25** Price

Ormes Ltd.
The Pioneer Druggists

The Rexall Store

Phones: 81 & 82

UNION STEAMSHIPS LIMITED

Steamers leave Prince Rupert for Vancouver:—
T.S.S. CATALA EVERY TUESDAY, 1:30 P.M.
via Ocean Falls and Way Points. Due Vancouver Thursday p.m.
T.S.S. CARDENA EVERY FRIDAY MIDNIGHT.
Due Vancouver Monday a.m.
Weekly sailings to Port Simpson, Alice Arm, Anxox, Stewart and Naas
Further information regarding all sailings and tickets at —
Prince Rupert Agency: Second Avenue. Phone 568

N. J. Coulter of Port Edward is paying a brief visit to the city.

Mother Provincial Leopoldine of the Sisters of St. Anne and Sister Superior Ludovic of St. Joseph's Hospital, Victoria, who have been paying a brief visit to Smithers in connection with the taking over of the hospital there by the Sisters of St. Anne will leave Smithers on tomorrow morning's train on their return to Victoria via Jasper Park.

YE OLDE English Fish Shoppe

Phone 854 We Deliver
SPECIALS IN FRESH FISH
Red Cod Fillets, per lb. 10c
Halibut Fillets, per lb. 12c
Halibut Cheeks, 3 lbs. 25c
Sliced Halibut, per lb. 10c
Red Spring Salmon, per lb. 15c
White Spring Salmon, per lb. 8c
Flounders, 3 lbs. 25c
Smoked Fish a Specialty
Phone 854 Second Street

LOCAL NEWS NOTES

For day and night Taxi service Phone 32.

Rooming house 24 rooms, cheap, fair heat, easy rent. Helgeson. 107

Bring your Painting Problems to us. We will save you money. Gordon's Hardware, McBride Street. 11

Miss Catherine Harvey of the Prince Rupert General Hospital nursing staff sailed last night on the Prince George to spend a holiday visiting in Vancouver and elsewhere in the South.

Miss Kathleen McFee of Burns Lake arrived in the city on last night's train from the interior and sailed on the steamer Prince George for Vancouver where she will pay a visit with relatives.

Moose Gingham Dance tonight. Dancing at 10 p.m. Admission 25c.

Garden Earth, Manure, Phone 303. Casey Cartage, Prompt Service.

Take advantage of the 25% Bonus sale on B-H Genuine paints and varnishes—May 1st to 15th only. Gordon's Hardware.

Rev. and Mrs. S. V. H. Redman of Hazelton arrived in the city on last night's train from Hazelton and will sail tonight on the Cardena for Vancouver where they will attend the forthcoming annual British Columbia conference of the United Church of Canada.

Announcements

Comedy—United Church May 4 and 5.

Moose dances May 5 and 24.

Canadian Legion Women's Auxiliary Tea and Sale of Home Cooking Armoury, Saturday, May 6, 3 to 6.

Oddfellows' Old Time Dance, May 9.

Variety Entertainment Presbyterian Church May 12.

Basketball Benefit Dance May 12.

Philharmonic Society Concert on May 16.

Sons of Norway 17th of May celebration, Oddfellows' Hall.

Big Dance, Moose Hall May 19.

Exhibition of dancing, Oddfellows' Hall, May 19.

Cambral Chapter Tea May 20.

Scotch Dance Seal Cove Parish Hall, May 23.

Why stay RUN-DOWN?



Fruit-a-tives give new life

"The only thing that makes me miserable now is the thought that for years I struggled along in a run-down condition, when, if I had known about 'Fruit-a-tives' I would have been well. I was constipated, bilious and suffered daily from severe headaches. 'Fruit-a-tives' toned me up generally. They really have done me the world of good."

Fruit-a-tives . . . all drug stores

As a result of the annual Ridley Home bazaar yesterday afternoon in the Moose Hall, the sum of \$189 was realized, this being considered quite satisfactory in view of prevailing conditions. Many ladies called during the afternoon to extend their patronage to the affair.

Through the courtesy of Lieut. S. P. McMorde D.S.O. the manager, some thirty-five boys of the Prince Rupert Gymnasium Club will be guests at tomorrow afternoon's matinee at the Capitol Theatre. The boys, who are being trained by Tom Barton, are all under the age of sixteen.

Mrs. William Rance and Mrs. Percy Cameron will leave on Monday night's train for Montreal where they will embark May 19 aboard the steamer Albatross to visit their respective homes in England. Mrs. Rance going to Eastmore in Sussex and Mrs. McCulloch to near London. They will be away for the summer.

OFF COLOUR? HOW IS YOUR LIVER?

Wake up your Liver Bile —Without Calomel

Your liver's a very small organ, but it certainly can get your digestive and eliminative organs out of kilter, by refusing to pour out its daily two pounds of liquid bile into your bowels. You won't completely correct such a condition by taking castor oil, mineral water, laxative candy or chewing gum, or roughage. When they've moved your bowels they're through—and you need a liver stimulant. Carter's Little Liver Pills will soon bring back the stimulus into your life. They're purely vegetable. Safe. Ask for them by name. Refuse substitutes. 25c at all druggists.

F. M. Dockrill, well known Telkwa coal mine operator, arrived in the city on last night's train for a brief business visit to town. He will return to Telkwa on tonight's train.

Charles Bocking, president and managing director of the Granby Co., who has been paying a week's visit to the company's operations at Anxox, and Mrs. Bocking were passengers aboard the Prince George last evening returning to Vancouver.

Following his remand for eight days on a charge of having stolen goods in his possession, William Schriberg was released on \$2500 in city police court yesterday afternoon by Magistrate McClymont. Schriberg has retained L. W. Patmore as his counsel.

WE HAVE THEM ALL

Prices — Quality — Service

Free Delivery of Orders \$2.00 or Over

- ICING SUGAR—
- LUMP SUGAR—Limit 6 lbs. 25c to each customer, 3 lbs.
- GRANULATED SUGAR— 73c Bulk, 10 lbs.
- GRANULATED SUGAR 1.45 Bulk, 20 lbs. (Limit 20 lbs. to each customer)
- MOTHER'S BISCUIT MIX— 33c 3-lb. pkg.
- BLUE RIBBON TEA— 39c 1 lb.
- 2 lbs. 77c
- ROYAL CITY PEAS—No. 3 14c per tin
- ROYAL CITY CORN—2's 23c 2 tins
- CHASE & SANBORN'S COFFEE per lb. 47c
- PEACHES—In heavy syrup 37c 2's, 2 tins
- CHICKEN HADDIES— 25c To clear, 2 tins
- PASTRY FLOUR—B & K 37c 10-lb. sack
- FAMOUS FLOUR— 67c 24-lb. sack

Fresh Fruits & Vegetables at Reduced Prices

Out of Town Orders Given Careful Attention

MUSSALLEM'S Economy Store

317-19 Third Avenue West P.O. Box 575 Phone 18



Annette's Big DRESS SALE

Saturday---2 to 4--Saturday

25 Only High Quality Dresses—Suitable for street, afternoon and formal wear **\$5.95** Reg. value to \$19.50. Special

Note: Sizes 40 to 52.

The above Dresses are just what the stylish stout and large women are looking for. "Annette" is dressing the ladies of Prince Rupert in a "Big" way and when "we" say "Big" we mean "Big in value and large in size." Remember sizes 40 to 52.

25 Only Dresses—The latest shades and modes suitable for all occasions. Sizes 16 to 38. Regular value to \$19.50 Annette Big Sale Special **\$3.95**

6 Only Knitted Suits—Regular value \$12.95; Special **\$3.00**

Annette's Big Dress Sale

SATURDAY, 2 to 4

SATURDAY SPECIALS Markets 63
Sterling Phone 62 Phone 63
Food Markets Ltd.

BULKLEY VALLEY BEEF --- FRESH KILLED

RIBS— 15c per lb.	SHORT RIBS 9c per lb.	POT ROAST— 10c per lb.
ROLLED RIBS 20c per lb.		RUMP— 15c per lb.
GRAIN FED PORK BUTTS 14c per lb.	SPARE RIBS 25c 3 lbs.	Choice Milk Fed VEAL RUMP 15c per lb.
LEGS 17c per lb.	BOILING FOWL 22c per lb.	SHOULDER 14c per lb.
SIDE PORK 10c per lb.		STEW 10c per lb.
PURE LARD 25c 2 lbs.	STERLING COMET SPECIAL Finest Alberta BUTTER 3 lbs. 73c	DELICO BACON 25c 2 pkgs.
FLETCHER'S Back Bacon In Piece 21c per lb.		AYRSHIRE BACON In Piece 18c per lb.

The Annual Self Denial Effort

Commencing May 2nd

SAW ARMY In Aid of Our Home and Missionary Work
The Need is Great

WHEN CALLED ON PLEASE GIVE LIBERALLY TO THE SERVICE THAT SUCCEEDS

Shoe Repairing

Bring your shoes to the **Shu-Craft** We rebuild them Satisfaction Guaranteed
M. MacARTHUR
Third Ave. Next Federal Bldg.

Fresh Milk and Cream Daily

VALENTIN DAIRY
Phone 657

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

RENT

A Radio, Sewing Machine, Typewriter

McRAE BROS., LTD.

Regal Shop

Orders taken for Knitted Goods, Needlework, Etc. Place your order for Tennis Sweaters and Sockettes now.
Your **CANDY REQUIREMENTS** made fresh to order.
See Our Window