

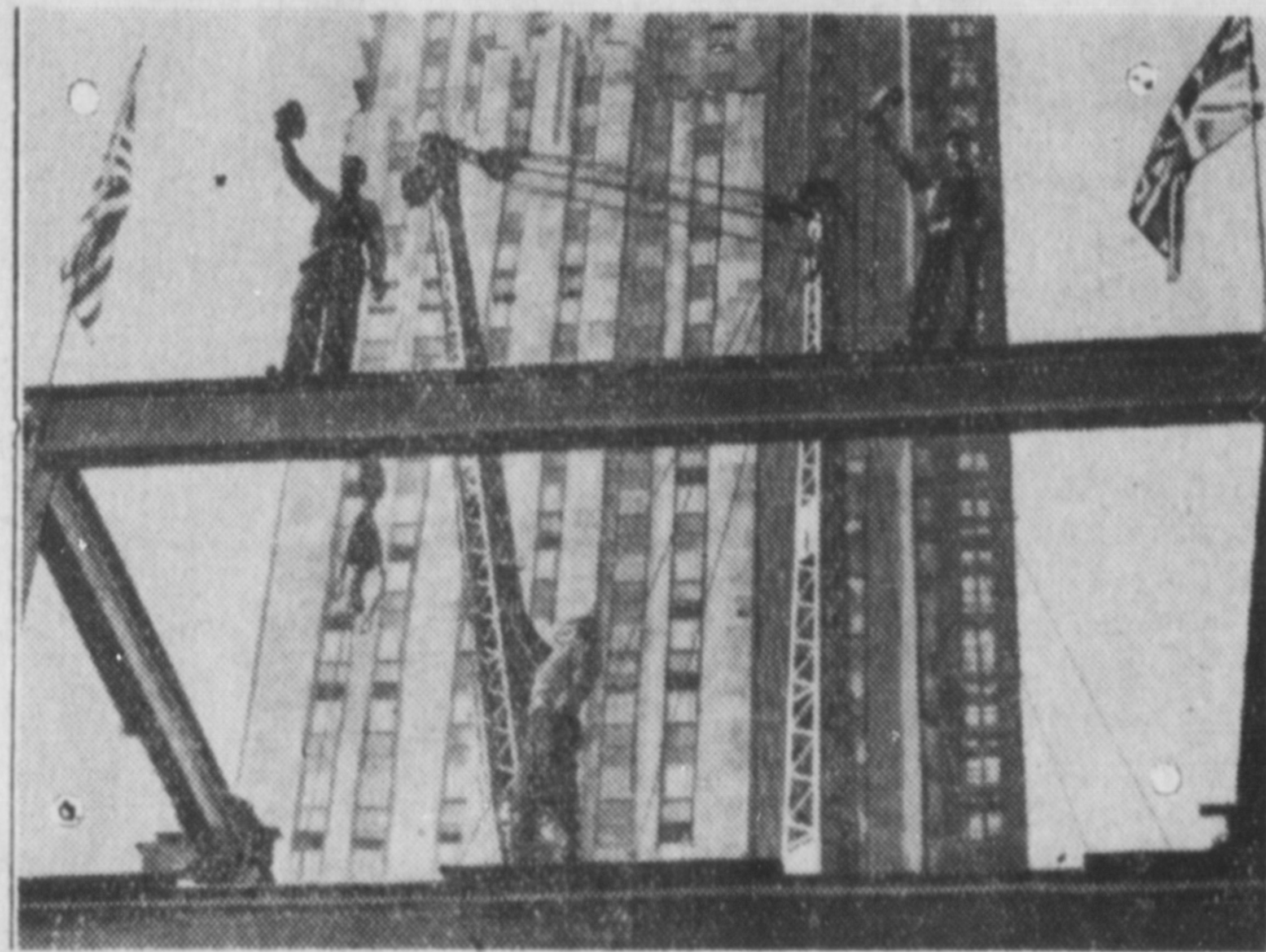
MAGISTRATE ADDRESSES UKRAINIANS

Mrs. Arthur Murphy Congratulates Alberta Convention on Showing Made by Their People

EDMONTON, Jan. 24: (CP)—Mrs. Arthur Murphy spoke to a Ukrainian convention held in this city recently. She congratulated her audience on the contribution which their people have made to Alberta, and in turn pointed out the benefits conferred on them by this new province. No where else in Canada, she stated, was there a government woman worker such as Miss Roman-chyehk, teaching among her people in their homes and communities, showing the women Canadian housekeeping, agriculture, public health and community social work, and in every way possible making life easier and better for them and their families. She also referred to the boys who recently went to Toronto from an Alberta Ukrainian district and brought honor to themselves and their people in livestock judging.

Going into the subject of birth control, Mrs. Murphy urged her audience to study this question. She had seen so much poverty, murder and sickness in her work as magistrate she said that she felt people must know about it, and learn to go to proper doctors for advice instead of receiving it from those not competent to supply it. She also referred to the government clinics proposed for the purpose of providing this information and hoped they would be placed in the reach of all the people wishing to make use of the service.

British Empire Building Completed



Completed in sixteen days! With British and American flags flying in the breeze, these workmen give cheers after placing the final piece of steel on the British empire building—England's contribution to Rockefeller centre, New York.

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
January 20—ss. Prin. Norah p.m.
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.
January 16—ss. Prin. Norah a.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.

P. W. Anderson Relief Officer

The finance committee at its meeting yesterday appointed P. W. Anderson to be relief officer with power to investigate all applications. Mr. Anderson's appointment dates from this morning and he is already engaged in the work. He is well known here as an old timer and formerly held the position of road foreman under the provincial government.

C.N.R. TRAINS

For the East—
Mondays Wednesdays and Fridays 9:30 p.m.
From the East—
Tuesdays, Thursdays and Saturdays 10:15 p.m.

Need of World is Greater Mutual Understanding, Less Nationalism, More Internationalism — Larkin

"I have heard it said within the last month or two that every country in the world, including Canada and the United States, is headed for revolution; that things are getting steadily worse every day," declared Gerald R. Larkin, president of the Salada Tea Company, in addressing the annual meeting of the staff. "This talk comes, not as

District News

BURNS LAKE

Miss Avis Wall of Smithers who was the guest of Mrs. Ruddy for a few days is now the guest of Mrs. Kenneth Warner.

Mr. and Mrs. Roy Minger of Sheraton lost their home and their belongings in a fire last Wednesday morning. The blaze was so hot that they did not have time to get their clothes, but had to make their escape with a blanket wrapped around them.

Olas Elde, son of Mr. and Mrs. Elde of Decker Lake nearly lost his life when a truck driven by A. McPhail backed over him. It appears that the lad had tied his sled on the back of the truck and when the driver put the truck into reverse it backed over him.

Burns Lake hockey team has apparently not yet got into its stride in the Northern Hockey League, for in the five games played to date, the local team has lost each match.

The Omineca Ski Club held their race and jump tests last Saturday. In this preliminary try-out the contestants showed wonderful mid-winter form in style and endurance.

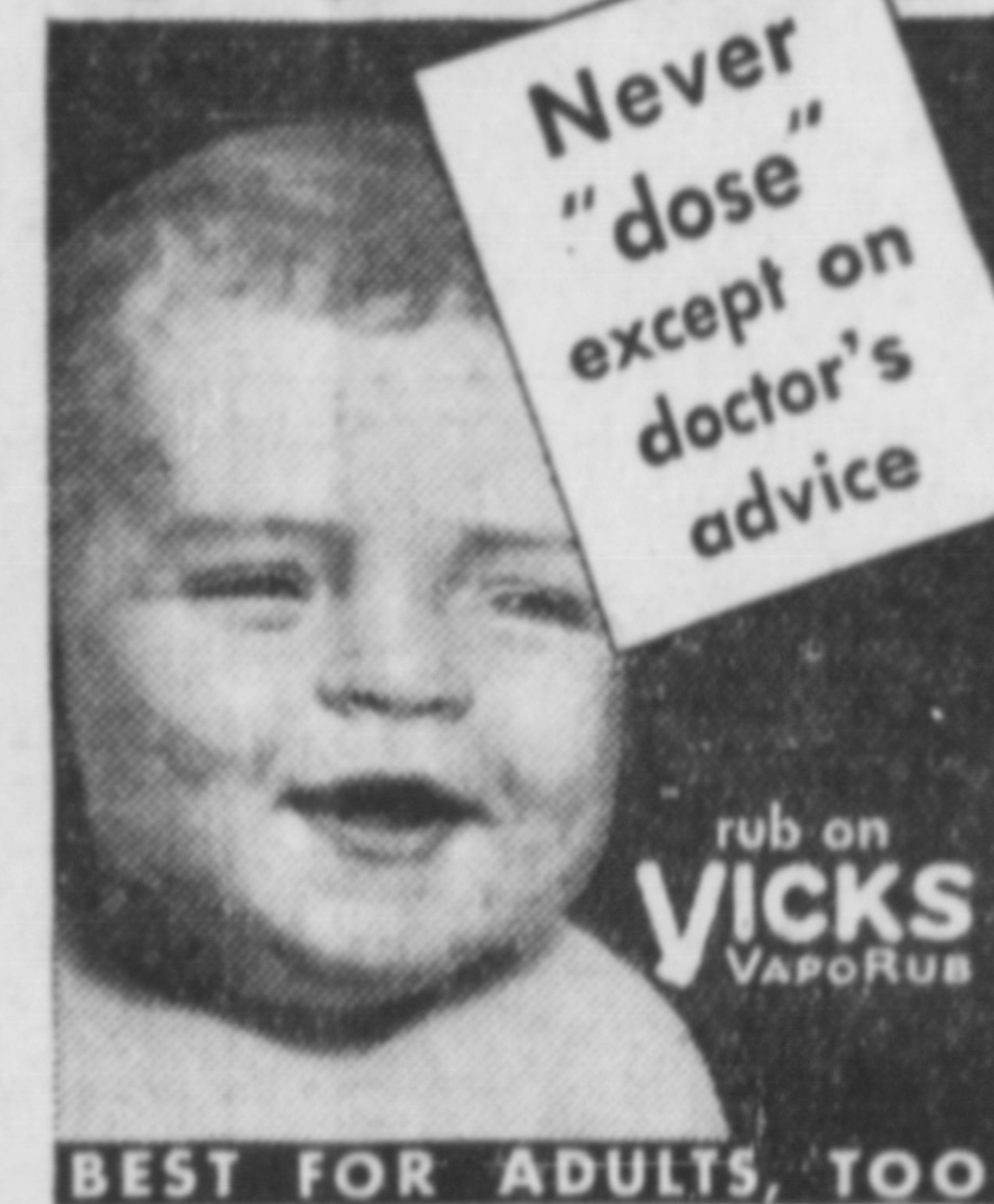
SMITHERS

Members of the Vanderhoof hockey team were guests of the Smithers Hockey Club at a happy dinner served at the Hotel Bulkley Sunday evening. Friendships possible in the strenuous game of hockey being further cemented by social contact.

J. W. Turner was elected chairman of the board of directors of Bulkley Valley District Hospital at Monday night's meeting.

Tremendous interest is being manifested in the carnival queen contest being conducted in connection with the second annual ski carnival early next month. Misses Annie Furness, Vina Eby and Agnes Erickson are contestants for the honor of ruling over the first ceremony of its kind to be held here.

BABY'S COLDS



Will Reorganize

St. Andrew's Society to Again Become Active in City—Election At Next Meeting

The St. Andrew's reorganization meeting held in the Carpenter's Hall last night was well attended. Progress was reported on steps toward starting again the once prominent St. Andrew's Society, and it was the general expression of the meeting that they get under way as soon as possible. The meeting adjourned for two weeks, the election of officers being held over until that time.

Tomorrow's Tides

High	1:05 a.m.	19.6 ft.
	12:41 p.m.	22.7 ft.
Low	6:49 a.m.	7.6 ft.
	19:31 p.m.	1.1 ft.

Dr. Wood's



Norway Pine Syrup

Cold On Chest Dry, Hacking Cough

Mrs. Frank R. Logan, Queen's Ave., L. Ont., writes: "Every winter it is my misfortune to catch a bad cold. I have it in my head, and it then continues down and settles in my chest. I always get a dry, hacking cough from which I cannot get any relief until I get my bottle of Dr. Wood's Norway Pine Syrup out of the medicine cabinet."

Price 35c. a bottle; large family size 65c; at all drug and general stores; put up only by The T. Milburn Co., Ltd., Toronto, Ont.

DON'T GET RUN DOWN TAKE- OXO

OF INTEREST TO WOMEN—We are repeating, for a limited time only, the offer of a British-made, 13" aluminum cooking spoon for the return of only 30 Oxo Cube Red Wrappers. OXO Limited, St. Peter Street, Montreal.

DEPRESSION PRICES

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

The Fish which made Prince Rupert Famous

"Rupert Brand" SMOKED BLACK COD

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



When you're Healthy, you're happy

THINK back over the last six months. The days that you were the happiest were days when health was at the peak. Enjoy more sunny days.

Poor health is so often due to common constipation. Yet this condition can be overcome by simply eating a delicious cereal.

Laboratory investigations 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.

This "bulk" in ALL-BRAN is similar to that in leafy vegetables. Biological tests have demonstrated that it is mild in action.

Two tablespoonfuls of Kellogg's ALL-BRAN daily are usually sufficient. With each meal in chronic cases. If not relieved this way, consult your doctor.

Isn't this pleasant "cereal way" better than taking pills and drugs—so often harmful? Get the red-and-green package at your grocer's. Made by Kellogg in London, Ontario.



"When you're healthy, you're happy"

"How you feel—and how well you look—depends largely upon the food you eat. Be sure your diet is balanced—it's sufficient 'bulk' to promote regularity."

Kellogg

"TILLIE THE TOILER"



Taking the "Count"

—By Westover.

Babies Thrive

On the easily digested

SCOTT'S EMULSION

of Norwegian Cod Liver Oil

Rich in the Rickets Preventing Vitamin D

