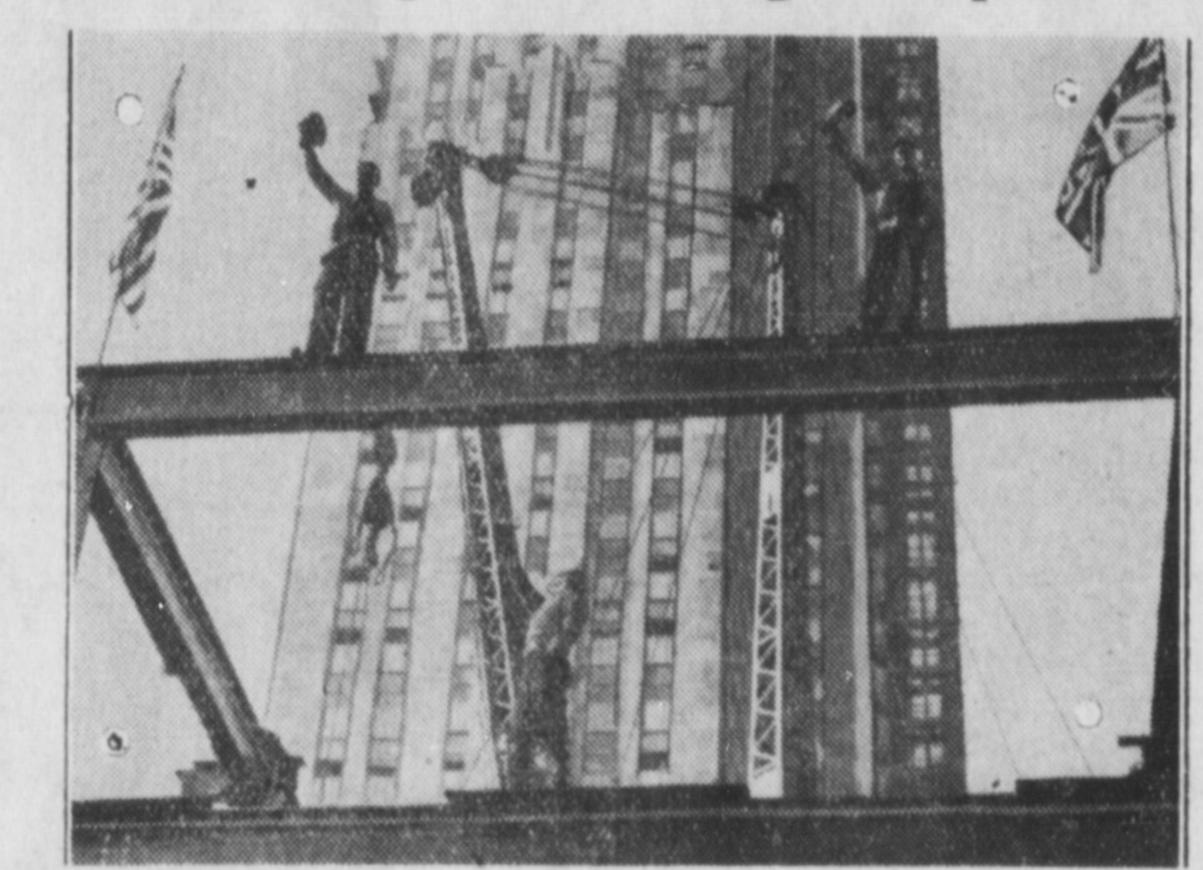
### MAGISTRATE ADDRESSES UKRAINIANS

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

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 states, was there a government woman worker such as Miss Romanchychk, 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 Unkrainian 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 siekness in her work as magistrate she said that she felt people must know about it, and For Naas River and Fort Simpson- ment. learn to go to proper doctors for ad- Sunday-ss. Cardena ...... 8 p.m. vice instead of receiving it from From Naas River & Port Simpsonthose not competent to supply it. She also referred to the government For Stewart and Anyoxclinics proposed for the purpose of providing this information, and hoped they would be placed in the From Stewart and Anyexreach of all the people wishing to make use of the service.

#### British Empire Building Completed



Completed in sixteen days! With British and Amerian 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 P. W. Anderson

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-

Ss. Venture

Tuesday—ss. Cardena ....11:30 a.m.

Sunday—ss. Cardena ...... 8 p.m. Wed .- ss. Prince Rupert, 4 p.m.

Tuesday—ss. Cardena .. 11:30 a.m. Thurs.—ss. Prince Rupert, 8 p.m.

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

Two tablespoonfuls of

Kellogg's ALL-BRAN daily are

usually sufficient. With each

meal in chronic cases. If not

relieved this way, consult

Isn't this pleasant "cereal

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,

# Kenneth Warner.

meeting yesterday appointed P. W. clothes, but had to make their es- There was real and sincere co-op-Anderson to be relief officer with cape with a blanket wrapped around power to investigate all applications. them.

Mr. Anderson's appointment dates Sunday—ss. Cardena ......... p.m. from this morning and he is already Olas Eide, son of Mr. and Mrs. manship concluded a disastrous Wed -ss. P. ince Rupert 9:30 a.m. engaged in the work. He is well Eide of Decker Lake nearly lost his peace; a peace that bred distrust, Friday-ss. Prin. Adelaide .. p.m. known here as an old timer and for- life when a truck driven by A. Mc- not only between the victors and p.m. merly held the position of road fore. Phail backed over him. It appears the defeated, but also among the January 16—ss. Prin. Norah a.m. man under the provincial govern that the lad had tied his sled on the victorious nations themselves. Ex-

C.N.R. TRAINS

For the East days From the East-

When you're

Kelloggs

ALL-BRAN

RELIEVES-

"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-with sufficient 'bulk' to promote regularity."

Tuesdays, Thursdays and Satur- local team has lost each match. .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 ward starting again the once promgetting steadily worse every day," declared Gerald R. Lar-inent St. Andrew's Society, and it kin, president of the Salada Tea Company, in addressing was the general expression of the the annual meeting of the staff. "This talk comes, not as meeting that they get under way as

from people who are still in mod- that time. erately comfortable circumstances but who, not having enough to do, allow themselves to absorb all the depressing features of present day BURNSLAKE conditions and so reach a point where their judgment is entirely Miss Avis Wall of Smithers who warped. We are all meeting people was the guest of Mrs. Ruddy for a like this and must do our part to

"As I see it, what the world needs

sociated powers. Unfortunately, im-

mediately after the war, bad states-

internationalism, and all countries

succumbed to it. Tariff walls were-

needs, what the United States needs,

what the world needs is a breaking

probably already convinced of this;

but the quicker it can be brought

about the more quickly the pessi-

mists will be discredited, and the

few days is now the guest of Mrs. combat their ideas.

is greater mutual understanding be-Mr. and Mrs. Roy Minger of Sher- tween its component parts; greater Relief Officer aton lost their home and their be- appreciation of each others diffi- longings in a fire last Wednesday culties; less nationalism and more morning. The blaze was so hot that internationalism. It was exactly The finance committee at its they did not have time to get their those features which won the war. eration between the Allied and As-

> back of the truck and when the treme nationalism supplanted what driver put the truck into reverse it at least had been a form of partial backed over him.

Burns Lake hockey team has ap- and still are-being built higher Mondays' Wednesdays and Fri- parently not yet got into its stride and higher until international trade 9:30 p.m in the Northern Hockey League, for has to all intents and purposes in the five games played to date, the ceased to exist. What this country

> The Omineca Ski Club held their down of the greater part of these race and jump tests last Saturday. barriers if we are to return to our In this preliminary try-out the con- normal standard of living. You are testants showed wonderful midwinter form in style and endurance. if so, work for it. It is sure to come,

#### SMITHERS

more quickly reasonable optimism Members of the Vanderhoof hoc- will be justified." key 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 Swift's Premium Hamits kind to be held here.



# JONES' Market

Swift's Premier Sliced Ham, 50c 1 lb. & Banner Eggs, 1 doz. 15c In piece, per lb. vrshire Bacon-35c Pork Sausage-25c 2 lbs. Shoulder Pork, 4 lbs. 50c Onions, 3 lbs. Loin Pork Chops-35c 2 lbs. Round Steak-35c Sirloin Steak-20c 75c Peas, 1 tin Leg of Lamb-20c Lamb Stew-50c 4 lbs. 957 — Phone — 957

#### 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 toone might suppose, from extreme journed for two weeks, the election socialists or communists, but rather of officers being held over until

#### Iomorrow's Tides

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

TWO SHOWS

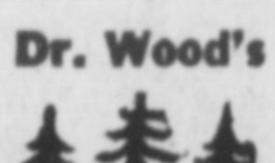
Two Shows for One-A Great

#### The Thrilling Mystery Drama "The Phantom of

Crestwood With Ricardo Cortez, Karen Mor

A Rib-Tickling Comedy 'LAUGH AND GET RICE With Dorothy Lee and Edna Ma Oliver — Both Radio Pictures "Phantom of Crestwood" started 7 &9:30 "Laugh & Get Rich" starts at to

WEDNESDAY and THURSDAY "THE WET PARADE" WEDNESDAY REVIVAL "CAUGHT PLASTERED"



Norway Pine

Syrup

#### Cold On Chest Dry, Hacking Cough

Mrs. Frank B. Logan, Queen's Ave., London 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 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.

# DONT GET RUNDOWN TAKE-

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, Montral

# DEPRESSION PRICE

Egg Coals, per ton (Not Nut Coal)

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

All Coals are in a dry shed. Don't buy water, buy coals

HYDE TRANSFER—PHONE 580

The Fish which made Prince Rupert Famous

"Rupert Brand" SMOKED

Prepared Daily By

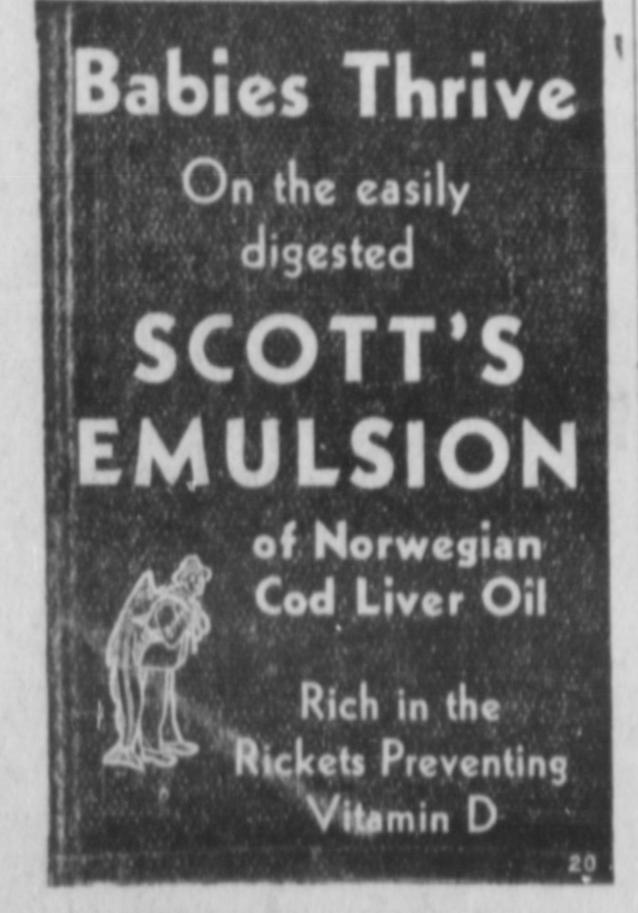
DINION OUD

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

#### "TILLIE THE TOILER"

Taking the "Count"

-By Westover.



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







