SHE ATE ALL-BRAN

TWELVE YEARS WIT

Constipation

Read this very enthusiastic letter

"Something like eleven or tree

years ago, a began catthe Kello

ALL-BRAN. When I started it

believe it was one of the first p

trets of the kind on the market

"My friends often laugh at m

fondness for ALL-BRAN. It gi

such a clean taste in the mouth,

had my ALL-BRAN.

I do not feel satisfied until I have

"If the Kellogg Company should

ever stop manufacturing ALL-Buy

here is one who would be greatly

disappointed."-Miss Amy Person

(Address furnished upon request)

wides "bulk" to exercise the inte-

times, and vitamin B to further all

regularity. Also iron for the blood

like that of leafy vegetables. Ha

much safer than taking patest

medicines often harmful. Just at

two tablespoonfuls daily for most

types of constipation. For seriou

cases, try it three times daily. H

not relieved this way, see you

Sold in the red-and-green per-

age. At all grocers, Made by Kellogg in London, Ontario.

The "bulk" in ALL-BRAN is much

Science says that ALL-BRAN DE-

called simply Kellogg's Bran, and

Advantages of Buying In Prince Rupert

First Prize Second Prize Borden Street

By Miss June Hankinson, Grade 8, Borden Street School)

and more dull every day," is the selves, for the merchants from common expression heard as whom they buy and for the city in friends meet on the streets of general. selves as citizens, and still con- fit. tinue to send our required orders Buying in Prince Rupert gives out of town.

then proceed, with great enthu- ter place to live in. siasm, to fill in the order blank.

columns of these firms, and their indeed. circulation of mail-order catapublic of Prince Rupert, we are discouraging them. Stop and think a moment how much more beneficial it would be to us. if we. by patronizing them and therefore which would soon reduce the selling price of their articles, would give them the opportunity of operating on the same basis as do the above mentioned firms!

Sending mail orders has its disadvantages, too, e.g., we may recall having received articles not as attractive in quality or style as illustrated. This often results in confusion and disappointment, and the responsibility of either returning the article or having the money refunded. Also many articles such as nationally known and standard brands of merchandise are sold at the same price throughout the country. This proves that we are not being economical by patronizing firms who have no direct interest in us or our place of residence.

By giving our local merchants our loyal support we increase their business, which in turn necessitates the employment of our sons and daughters leaving school, who would otherwise be listed among the unemployed.

The most degrading influence or a boy or girl is to have nothing worth while to occupy the mind. This often leads to radicalism, vice or crime.

Also we should consider the fact Ladies' Music Club Meets at Mrs. W. that when we buy local merchandise, none of our money is used for the advantages of strangers. Contrarily, it is largely diverted to city taxes and other sources which Christmas Music was the subject

the form of local improvements, afternoon at the home of Mrs. W. such as serviceable roads, side- L. Stamford, Fourth Avenue West, walks, beautiful buildings and Mrs. H. F. Pullen being in charge of

beneficial tourist trade will de- president, was in the chair and a Editor, Daily News:velop. Many of these favorably im- very interesting paper on the sub- Now that the Junior Chamber of pressed visitors will desire to es- ject of "The Romance of the Christ- Commerce are through with the tablish homes here. With this in- mas Carol," was read by Mrs. Pul- "Buy at Home" campaign, I would crease of population we will be len. The program was as follows: like to suggest that their next esgranted more government privileges such as mail delivery.

With the increasing population transportation would develop greatly, with the result that boats and trains would provide daily ser- hem." vice for our convenience. The prosperity of the city would encour- Night," Miss Nellie Lawrence. and great artists of different kinds.

A valuable export trade would result giving Prince Rupert trade from the Orient.

Our natural harbor would be developed and Prince Rupert would Piano duet, "Mazurka," Mrs. W. ployed let the storekeepers look become one of the most important ports on the coast of North Am-

was featured and all present spent Mrs. P. C. Miller was welcomed the Prince George for a trip to Van- W. Lambie (Elks) 2 287 144 a pleasant evening.

as a new member.

couver.

A. Zadaroski (G) ...l. 138 138

Booth School

(By Miss Joy Green)

People can gain many advantages by buying in Prince Rupert. They "This city is becoming quieter may gain advantages for them-

Prince Rupert. Is it not the duty The person who is buying the arof every citizen to help rectify this ticle can see it before he buys it statement and make our city a whereas, if he sends away, he may pleasant one in which to live? All have to send it back because it is we require is a little whole-hearted not exactly what he wants. By seeco-operation. Are we being honest ing the article before it is bought! with ourselves and Prince Rupert he can tell whether it is of good as a whole, when we adoress our- material or not and can get a proper

employment to the merchants. As we admiringly glance through Therefore they can employ more the most welcome catalogues sent men and women in their stores. The by some outside firm, we, true to merchants can make their stores human nature, are at once attrac- look attractive and can keep them ted by the very engaging illustra- in good repair which helps to build tions, and reasonable prices. We up the city and make it a pleasan-

At Christmas people like to see Why do we not give it a second cheerful window displays in wellthought, and realize that by buy- kept stores. If the stores are shabby ing out of our own city, we are and old and in need of paint and paying largely for the advertising repairs the city looks very dreary

More buying in Prince Rupert logues. Thereby instead of encour- means more people other than aging our local dealers, who are so merchants such as clerks and deambitiously striving to satisfy the livery men have employment. Many boys and girls when leaving school are able to get higher education and positions in the future.

Increased local buying permits buying of larger quantities and giving them a greater turnover, thus the price of the goods falls. If all the people bought from mail order stores, there would be no inducement for people to have stores in Prince Rupert. This would be START GYM very inconvenient and the city would look very dreary with no attractive window displays.

Out of eighty-six thousand dollars which was sent to one of the mail dollars went for salaries of people who do not buy in Prince Rupert. Prince Rupert would become more nadian North Eastern Railway Co., on one fan.

of Prince Rupert's citizens will be verted and equipped and the result Shore would be x-rayed later, it needed to keep the city alive and is very satisfactory. The equipment was said. progressive. We can help greatly to includes rings, bars, scaling ropes do this by buying in Prince Rupert and full basketball and badminton and benefitting our fellow citizens, outfits.

XMAS MUSIC IS SUBJECT

L. Stamford's With Mrs. H. F. Pullen in Charge

in turn directly benefit our city. of the Ladies' Music Club at its re-These benefits may be seen in gular fortnightly meeting yesterday parks, better lighting system, etc. the program assisted by Mrs. Ern-Consequently an increase in the est Anderson. Mrs. R. L. McIntosh,

> Their Flocks by Night." Guitar solo, "O Come All Ye

Faithful," Miss Elizabeth Currie. Violin solo, "Holy Night, Silent the vacancies.

Johnston.

violin obligato), Mrs. E. Anderson them. and Miss N. Lawrence.

L. Stamford and Mrs. R. Bartlett. | around and give the work to some were Mrs. C. E. Cullin, Mrs. E. J. money and not to women whose

An enjoyable dance was held by served by Mrs. McIntosh and Miss eryone's motto. the Scandinavian Workers' Club in E. G. Lenox pouring and Mrs. Wilthe Metropole Hall Tuesday night liam Millar, Mrs. Robert Bartlett, with a good sized crowd in atten- Mrs. W. L. Stamford and Mrs. H. B. dance. Accordion and piano music Rochester acting as serviteurs. Mrs. J. Cook is sailing tonight on A. Harvey (CL) 5 754 151

To Get Test



BILLY BAGSHAW

Considerable interest is developing in the boxing card to be staged here next week at the Moose Hall when Billy Bagshaw of this city will have for his opponent in the headline event Jack McEvoy of Vancouver. Johnny McLeod will also meet Darrow Gomez in a return bout and, in addition to these bouts, Promoter Tommy Morgan says he is going to put on a couple of heavyweight events which should provide plenty of excitement.

AT STEWAR'

The building is for the use of the school children of both sexes and the work necessary to fix the old shed up into a modern gymnasium was done by the bigger boys of the school under the presidency of

Walter Hansen, himself a student. night and one of the school teachers is always present in charge,

It is also used for the physical drill which is a part of the school curriculum.

The Letter Box

SUGGESTS CAMPAIGN

Carol, "While Shepherds Watched say should be "For or Against Employment of Married Women."

It is an insult to the educational le system of Prince Rupert when the Carol, "O Little Town of Bethle- storekeepers seem to think that the single girls are incapable of filling

There are quite a number of very Vocal Solo, "The Gift," Mrs. S. D. capable girls in this town who would be very glad of the work and also Vocal solo, "In Old Judea," (with of the bit of money it would bring

If married women must be em-Accompanists for the afternoon one who is really in need of the Smith and Mrs. Robert Bartlett. husbands are in steady employment. Following the program tea was "Live and let live" should be ev-

Iam A PARENT.

A. Beale (Emp) 2 305 153

MIX-UP IN

"Ace" Bailey of Toronto Maple Leafs Trojans Suffers Fractured Skull and Concussion

Eddie Shore Cut

Hectic Melee Ensues From Incident In Game at Boston Tuesday Night

CONDITION CRITICAL BOSTON, Dec. 14: (CP)-The Montreal condition of Irvin Bailey, Toronto | Americans hockey player, who was injured in Tuesday night's game here Detroit with the Boston Bruins, continued | Chicago critical today with internal bleed- Boston ing continuing from a fractured Rangers skull: Last night it was necessary to puncture his spine in order to bral hemorrhage.

Eddie Shore of the Boston club is recovering from a bad head gash.

Both Shore and Red Horner, Toronto defence man, have been suspended indefinitely.

BOSTON, Dec. 14: (CP)-As a result of one of the most hectic games ever seen on the local ice. Irvin Ace) Bailey of the Toronto Maple Leafs team is suffering from concussion and fracture of the skull und Eddie Shore, bulky Boston defence man, sustained a three-inch gash in the head.

The trouble started when Shore tripped Bailey who was not near the puck. Bailey crashed to the ice and remained unconscious for ten minutes suffering from convulsions. 'Red" Horner, fiery Toronto defence man, skated over to Shore and, after a few words, struck him heavily with his fist. Shore's head Much Needed Recreational and struck the ice with such force that order warehouses, twelve thousand | Exercise Facilities Provided | it was necessary to put in seventeen

STEWART. Dec. 14:-Through Other players and spectators fi-The money gained by mail order the initiative of F. H. Hoadley, gured in the mix-up but no damage warehouses does not go to help pay principal of the Stewart Superior was done although Manager Smythe the city's taxes whereas if it did School and the kindness of the Ca- of the Toronto team used his fists

prosperous by making the public the young people of Stewart now | Doctors announced yesterday afbuildings such as libraries, schools, have quite a well equipped gymna- ternoon that Bailey was suffering hospitals and stores look attractive, sium. With the company's consent, from a fractured skull, his condi-Concentrated efforts on the part the old freight shed has been con- tion being serious but not critical.

Grotto Increases Lead in Billiard League Fixture

Bert Morgan, Grotto, defeated C. The hall is open nearly every L. Youngman, Canadian Legion, by a score of 200 to 164 last night in the fifth game of Tuesday night's Billiard League fixture in which the Grotto now has an aggregate lead of \$41 to 862. One game remains to be played between Alex Murray, Legion, and Earl Batt, Grotto.

Billiard Averages

		Ttl.	Av
D. Brown (G)			20
S. D. Macdonald (G)	2	400	20
J. May (G)	6	1180	15
J. Sutherland (Emp)	4	789	15
P.P ritchard (Emp)	5	972	15
C. Baptie (CL)	.6	1155	19
Roy Forg (E)	.2	386	15
A. Donald (Emp)	5	955	19
C. P. Balagno (Elks)	5	948	15
G. P. Tinker (CL)	.6	1133	18
G. Howe (G)	.5	928	18
W. Williscroft (Emp)	3	559	18
E. Batt (G)	5	924	18
J. Doherty (Elks)	3	553	~18
J. Bulger (Elks)	5	916	18
M. M. Lamb (CL)	4	722	18
F. Aldridge (Emp)	5	894	17
C. Youngman (CL)	. 6	1045	17
J. Saunders (Elks)	.5	872	17
W. Rance (CL)	.1	172	17
W. E. Hutson (G)	4	680	17
B. Morgan (G)	.6	1014	16
W. Stuart (Elks)	. 5	844	16
V. Menzie (Elks)	1	168	10
L. Raabe (Emp.)	1	166	16
A. Murray (CL)	5	795	15
M. Menzie (Elks)	4	628	
M. E. Young (Emp)	5	773	15

Basketball Standing No Trace Found of Senior League Davis Log Raft in Long Aerial Hunt

from the tug St. Faith in a storm off

10 from the Queen Charlotte Islands to

Powell River, Capt. W. P. Armour,

manager of the Armour Salvage Co.,

returned to port at 4:45 yesterday

afternoon following a three and a

half hour flight in the Eastman flyr

ing boat from Anyox piloted by

BASKETBALL

Dec. 14-Kalens vs. Grotto; High

Dec. 18- C.N.R.A. vs. Kaiens;

Cardinals vs. High School; High

December 19-Elks vs. Canadian

December 21-Empress vs Grotto.

School vs. Comets; Merchants vs.

Warriors; Scouts vs. Scythians.

School vs. Merchants.

lack McConnachie.

Ladies' League Cardinals Comets High School Intermediate League 10 Bonilla Island while being towed PUCK GAME Warriors High School Junior League Scythians Flashes Boy Scouts

Hockey Standings

International Division

Ottawa American Division R. W. Seelye, Seattle mining man,

release fluid from a primary cere- returns south aboard the Prince George tonight after a brief visit here in connection with mining inerests in this distrct.

> Give 'Him' The Best

For Less Money

You can save here on your

Chilling toring Purchases

Full range of suitable presents for men

G. C. Arseneau's Men's Wear

Second Ave., Phone Black 114

Lamp Shades

Bed Lights

Just Arrived

Kaien Hardware

A Satisfactory Place to Shop

PHONE: 3

Sharpen Skates

Test Radio Tubes

TYPEWRITERS

For Sale or Rent

Rose, Cowan & Latta

Radio Lamps



"When all

else failed



Hamilton, Ont., writes: "Just before my baby was three months old I found I could not satisfactorily nurse her. For almost two months I tried various milks but none agreed with her. I read different times

about Eagle Brand, so

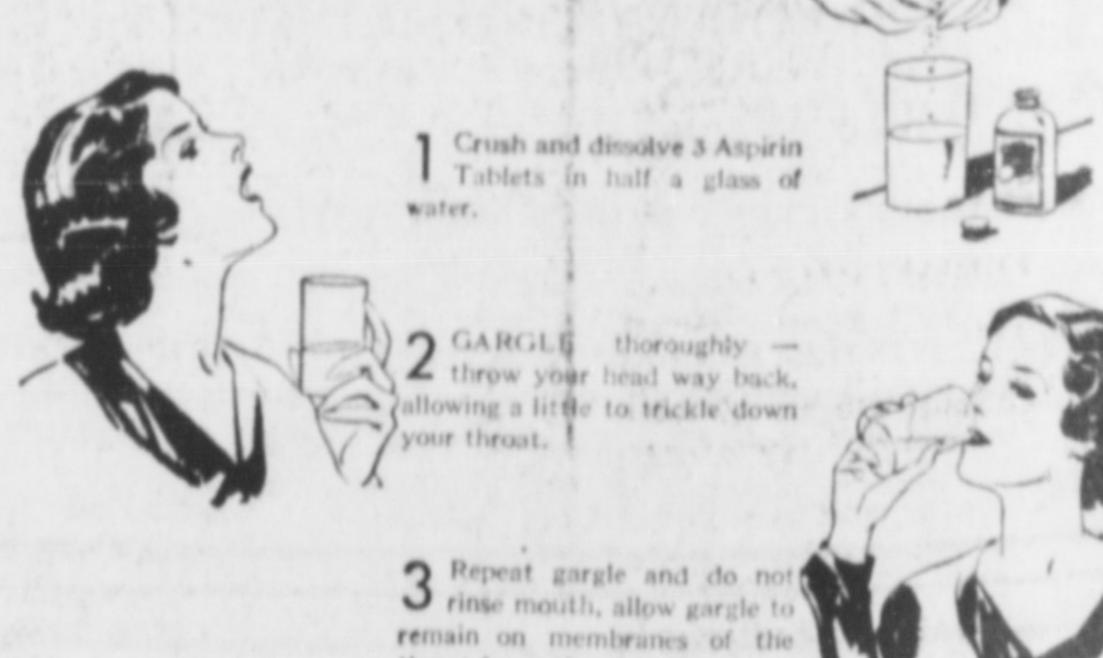
decided to use it. A week showed a difference. Barbara became contented, would go to sleep after her feeding without any fuss and no vomiting. Nowat 7 months she is just average weight, bright, active, and so contented, which means so much to a busy mother of four active children."

If you are unable to nurse your own beby, follow the advice of hundreds of thousands of mothers and try Eagle Brand. The coupon below will bring you full informative literature.



The Borden Co. Linited 50 Powell St., Vancouver, B.C. seeding schedule, pictures and histories of Engle Brand babirs. Same

Now! Ease Sore Throat Instantly!



Remember: Only Medicine Helps Sore Throat

throat for prolonged effect.

Modern medical science now throws an entirely new light on sore throat. Bayer Company, Limited, and the A way that eases the pain, rawness and irritation in as little as two or three minutes!

It requires medicine-like ASPIRIN-to do these things! That is why throat specialists throughout the world are prescribing this ABIRIN gargle in place "--/of old-time ways.

Be careful however, that you get Aspirin Tablets for this purpose.

Aspirin is the trademark of The name Bayer in the form of a cross is on each tablet. They dissolve completely chough to gargle without leaving irritating particles.

