



Don't neglect those little cuts and bruises. They sometimes develop seriously. Keep a supply of antiseptic handy. We have remedies for all little ailments. For serious illness, however, we urge you to see your doctor and fill his prescriptions here.



Prescriptions... Filled from fresh, pure drugs, according to the dictates of your doctor.

Ormes Ltd.
The Pioneer Druggists

Dr. Wood's Loosens The Phlegm And Stops The Cough
Mrs. E. A. Jones, Moose Jaw, Sask., writes: "I have seven children, and have used Dr. Wood's Norway Pine Syrup for the past three years, as I find it the only reliable remedy when the children have a cold. It helps them to get to sleep by loosening the phlegm and stopping the cough. I always keep a bottle handy in the medicine chest."
Price 35c. a bottle; large family size 65c; at all drug and general stores; put up only by The T. Millburn Co., Ltd., Toronto, Ont.

UNION STEAMSHIPS LIMITED
Steamers leave Prince Rupert for Vancouver:
T.S.S. CARDENA EVERY TUESDAY, 1:30 P.M.
Via Owen Falls and Waypoint, arriving Vancouver Thursday afternoon.
T.S.S. VENTURE EVERY THURSDAY AT MIDNIGHT.
Arriving Vancouver Sunday or Monday.
Weekly sailings to Port Simpson, Alice Arm, Aniwak, Stewart and Naas River points, Sunday, 8 p.m.
SPECIAL WINTER EXCURSION RATE, ROUND TRIP, PRINCE RUPERT TO VANCOUVER, \$32.
On sale Nov. 10 to Feb. 28, return limit March 31, 1933.
Further information regarding all sailings and tickets at PRINCE RUPERT AGENCY, Second Avenue. Phone 568

QUAKER CORN FLAKES
make breakfast more enjoyable!

QUAKER
CORN FLAKES

THE crisp deliciousness of Quaker Corn Flakes arouses early morning appetites in warm weather. Rich, nourishing flakes of sun-ripened corn... they never fail to win enthusiasm. You will like Quaker Corn Flakes best of all because their flavour is the highest quality ever put into a corn flake. Special malt and pure CANE sugar and salt of crystal purity. Cracking crisp because toasted in electric ovens. Then their crispness and supreme flavour are preserved for you by our triple seal and wax wrapper. Serve Quaker Corn Flakes at least once each day. With this delicious dish, children take more milk and cream than any other way.

QUAKER CORN FLAKES

LOCAL NEWS NOTES

Basketball tonight, Auditorium, at 7. Senior game—Port Essington vs. Kalens.

J. A. Green was a passenger aboard the Prince Rupert last night for the south.

The ss. Princess Louise is due from Vancouver and waypoints this afternoon at 5 o'clock.

The Japanese freighter Teimpo Maru which is bringing a crew from Japan to man the Canadian Seignior is expected to arrive sometime this evening.

Judge and Mrs. J. R. Brown who have been visiting with their son T. Brown, of the firm of Williams, Manson, Brown and Harvey, returned to Vancouver on the Prince Rupert last night.

Little Miss Janet Rochester, daughter of Alderman and Mr. Rochester, left yesterday on the Billmore for Port Essington where she is to spend a month with her grandmother, Mrs. Brown.

A very enjoyable dance was held under the auspices of the Canadian Labor Defence League in the Exchange Block last night. Excellent music was rendered by the Metlakatla orchestra. At 12 o'clock a good lunch was provided and the dance was then continued until 2 o'clock and it proved very enjoyable.

THAT DEPRESSED FEELING IS LARGELY LIVER
Wake up your Liver, Bile Without Calomel
You are "feeling punk" simply because your liver isn't pouring its daily two pints of liquid bile into your bowels. Digestion and elimination are both hampered, and your whole system is being poisoned.
What you need is a liver stimulant, something that goes further than salt, mineral water, oil, laxative candy or sipping gum or roughage which only move the bowels—ignoring the real cause of trouble, your liver.
Take Carter's Little Liver Pills. Purely vegetable. No harsh calomel (mercury) safe, sure, ask for them by name. "Bile" habitually. 50c at all druggists.

Announcements
Moose Hall, Benefit Dance Feb. 3. Canadian Legion and Moose Lodge.
Boys' Band Scotch Dance Feb. 10.
Eagles' Anniversary Dance, Feb. 10. Refreshments. Gent's 50c; Ladies 25c.

Mrs. Laidler is Chosen Regent
Officers of Cambrai Chapter, I. O. D. E. Elected Last Night
The Cambrai Chapter of the Imperial Order of Daughters of the Empire held its regular monthly meeting last night at the home of Mrs. G. W. Laidler with a very good attendance of members present.
Following the routine business of the meeting the election of officers for 1933 took place. Those being elected to office were:
Regent—Mrs. G. W. Laidler.
First Vice-Regent—Mrs. J. A. Barry.
Second Vice-Regent—Mrs. H. L. Alexander.
Honorary Regent—Mrs. John Manson.
Secretary—Miss Peggy Smith.
Treasurer—Miss Muriel Morris.
Echoes Secretary—Miss Sheila Stuart.
Education—Miss M. Dismock.
Standard Bearer—Miss Cathie Irvine.
At the close of the meeting a social hour was spent and delicious refreshments were served.

JONES' Family Meat Market
Loin Veal Chops— 35c
2 lbs.
Lamb Chops— 35c
2 lbs.
Pork Chops— 35c
2 lbs.
Round Steak— 35c
2 lbs.
Stew Beef— 35c
3 lbs.
Ayrshire Bacon— 35c
2 lbs.
Eggs, 1 doz. 35c
Liver, 1 lb. 35c
Eggs, 1 doz. 35c
Bacon, 1 lb. 35c
Pot Roast, 4 lbs. 50c
Carrots, 5 lbs. 75c
Shoulder Lamb, 5 lbs. 50c
Turnips, 5 lbs. 50c
Shoulder Pork, 4 lbs. 15c
Apples, 3 lbs. 15c
Leg of Pork— 15c
per lb.

Program For Dance Tonight
At the benefit hop in the Moose Hall tonight, sponsored by the Canadian Legion and Moose Lodge the following will be the dances: waltz, circle fox trot, quadrilles, valeta, Rory O'More, waltz, fox trot, waltz, one-step, Spanish waltz, fox trot, Rhineland waltz, one-step, French minuet, fox trot, waltz.

Program For Dance Tonight
The following is the scale of charges made for reading notices:
Marriage and Engagement announcement \$2.
Birth Notices 50c.
Funeral Notices \$1.
Cards of Thanks, \$2.
Funeral Flowers 10c. per name.

TEACHING PEOPLE TO COOK FISH

Increased Production Results From Campaign of Education by Demonstrator

It was an interesting story that Mrs. Evelyn Spencer told to the members of the Prince Rupert Rotary Club at their luncheon yesterday. It was a fish luncheon served by the Commodore chef in his best style and was much enjoyed. Several extra tables had to be set to accommodate the number of visitors present.
One outstanding feature of the address was an incident told by Mrs. Spencer when she was called by the United States government to help them move eighty million pounds of frozen fish just after the signing of the armistice. This fish had accumulated as a result of production propaganda and it had to be sold. By means of demonstration and lectures supplemented by extensive advertising on the part of the fisheries people the whole was sold before the campaign was finished and in addition a permanent market was built up for black cod, one of the finest of Canadian food fishes.

Mrs. Spencer told of fish being the earliest food of man. Later herring was the chief fish of the Norsemen, the Norse name for it being "hall butte" or "holy fish." The people lived on it and waxed strong just as primitive man lived on fish and waxed strong.
The success of the fisheries, the speaker said, depended largely on getting the housewife to cook fish and cook it well. Overcooked fish was as bad as undercooked. The flavor was lost. Fish should be cooked like eggs and stopped just at the right time. By cooking it correctly there was little odor.
Mrs. Spencer told many incidents of her tour, interesting her audience all the time.

At the opening of the lecturer was introduced by T. H. Johnson and at the conclusion she was thanked by President Woodland. Many members personally expressed their appreciation.

LET'S GO!

- Here are a few of our specials which you can't afford to pass up.
- Quick Quaker Oats—Small size, 3 pkts. 25c
 - Robin Hood Oats—China-ware, per pkg. 25c
 - Dried Apples—Fancy quality, 2 lbs. 35c
 - Popping Corn— 25c
 - 3 lbs.
 - Fresh Rhubarb— 9c
 - per lb.
 - Economy Creamery Butter— Packed specially for us 74c
 - Special price, 3 lbs.
 - Fresh Bread— 5c
 - per loaf
 - Jamaica Oranges—Good size, 3 doz. 65c
 - Silverleaf Bulk Lard— 3 lbs. 32c
 - B.C. Fresh Extras Eggs— 3 doz. 74c
 - Oxydol Soap Chips—For your laundering, 2 pkgs. 15c
 - Empress Marmalade— 40-oz. glass, each 33c
 - Aylmer Jam— 40-oz. glass, each 33c
 - Johnson's Liquid Floor Wax—Pint tin with duster 60c

MUSSALLEM'S Economy Store
We deliver all orders, \$2 or over
317-19 Third Avenue West
P.O. Box 575 Phone 18

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

ORANGE PEKOE BLEND "SALADA" TEA
"Fresh from the Gardens"

Classified Ads

FOR SALE
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.

PIANO TUNING
PIANOS Tuned \$3.00. Walker's Music Store. tf

PAINTERS
PAINTING and Paperhanging. Moller, Phone Red 302.

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

CLEANING & PRESSING
PRICES reasonable Benckendorf, Third Ave. next door to Daily News.

HAIRDRESSER
PERMANENT WAVING \$3.50 Ladies', Men's Hair Cutting. Nelson's Beauty Shoppe.

"GOVERNMENT LIQUOR ACT"
NOTICE OF APPLICATION FOR CONSENT TO TRANSFER OF BEER LICENCE
NOTICE IS HEREBY GIVEN that on the 16th day of February next the undersigned intends to apply to the Liquor Control Board for consent to transfer of beer licence No. 2451 and issued in respect of premises being part of the building known as Central Hotel situated 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) and Fourteen (14) of Block Ten (10), Section One (1), Map 923, Prince Rupert Land Registration District of the Province of British Columbia, from Central Hotel Limited, Licence to Cora Elizabeth Black of Prince Rupert, British Columbia, the transferee.
DATE at Prince Rupert, British Columbia this 12th day of January, 1933.
CORA E. BLACK
Applicant and Transferee.

FOUND
FOUND—Lady's Wrist-watch. Apply Police Station.

WANTED
WANTED—First-class Clerk for General Store, interior, state experience, age, reference and salary expected. Apply Box 160, Daily News.

COAL! COAL!
Our Famous Edson, Alberta and Bulkley Valley Coals are guaranteed to give satisfaction. Try a ton of No. 1 Bulkley Valley. We also sell Timothy Hay, Wheat Oats and Barley.
Prince Rupert Feed Co.
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