# Page of Grocery Ads. Featuring All-Bran

Usual week-end specials include health foods to meet demand of people for articles of diet that keep them fit under modern conditions of life. Prince Rupert is fortunate in having a number of groceries that cater to the public taste at prices that it is difficult to beat.


You have the BOOKLET

Now try Kellogg's ALL-BRAN

WE HAVE just distributed the *new* 1934 ALL-BRAN booklet in your neighborhood. Entitled "Keep on the Sunny Side of Life," it brings all the facts about common constipation, and tells how this ailment can be corrected.

As you read this valuable booklet, you will find many suggestions for improving the health of your family. Protect them against common constipation—with its frequent headaches, loss of appetite and energy—by serving a delicious cereal frequently.

Laboratory tests show that Kellogg's ALL-BRAN provides "bulk" and vitamin B to aid elimination. Also iron for the blood.

Serve ALL-BRAN as a cereal, or cook into fluffy muffins, breads, omelets, etc. How much better than risking patent medicines!

Your grocer has your passport to health. Get Kellogg's ALL-BRAN. If you did not get the booklet, have us send you one free upon request. Kellogg Company of Canada, Limited, London, Ontario.

## LOCAL NEWS

Basketball tonight 7 o'clock.

**We buy anything in gold. Premium prices. Max Heilbroner.**

Regal Shop, just received 29 shades Monarch new Thrush Wool 15c. ball, 7 for $1. Your inspection cordially invited. 52

Sons of Norway whist drive and dance, Oddfellows' Hall tomorrow night, 8.30. Mrs. Black's orchestra. Admission 35c. 51

Johnson Russ of Greenville, after a visit of four or five days in the city on business, left yesterday afternoon on his return to his home on the Naas River.

Mrs. A. Antonelli returned to the city on the Prince Rupert yesterday after spending seven months in Vancouver on account of poor health. As a result of treatment received at St. Paul's Hospital, she is now feeling greatly improved.

The Dominion Dairy which has up to the present done business direct from the Dairy in the East end has now opened a central depot on Second Street in the premises formerly occupied by the Ideal Cleaners. They will be selling milk, cream, butter, butermilk, eggs and cottage cheese.

Rev. W. R. Welch, pastor at Terrace, is among visiting district clergymen in town for the sessions of Prince Rupert Presbytery of the United Church of Canada, being the guest while here of Mr. and Mrs. Thomas Silversides, Fifth Avenue West. He arrived from the interior, on Tuesday night's train and will return to Terrace tomorrow afternoon.


## MONEY SAVING VALUES In Food of Quality

| | |
|---|---|
| ROLLED OATS—Purity Quick Cooking per lge. pkg. | 14c |
| NABOB TOMATOES—No. 2 squat tins, 2 tins | 17c |
| ASPARAGUS TIPS—Packrite Natural Green per No. 1 tall tin | 21c |
| PEAS—Royal City, Sieve 5 2 tins | 23c |
| SALADA TEA—Brown Label, per lb. | 45c |
| BRUNSWICK SARDINES—Packed in Canada, 2 tins | 9c |
| PASTRY FLOUR—Australian, 10-lb. sacks per sack | 35c |
| SEEDLESS RAISINS — Australian New Stock 2 lbs. | 25c |
| DESSICATED COCOANUT per lb. | 15c |
| BAKING POWDER—Nabob 12-oz. tins, per tin | 20c |
| OVALTINE—The Health Beverage per medium tin | 63c |
| COFFEE—Our "Thrift" Blend, per lb. | 31c |
| PURE LARD—per lb. | 15c |
| DESSERT PEARS — Kadana No. 2 tall tins per tin | 12c |
| KELLOGG'S ALL-BRAN per pkg. | 22c |
| SHREDDED WHEAT—per pkg. | 10c |
| AUSTRALIAN PINEAPPLE—Sliced or Crushed per No. 1 tall tin | 15c |
| PLUMS or GREENGAGES—Nabob No. 2 squat tins per tin | 11c |
| NABOB MARMALADE—Orange or Grapefruit per 40-oz. jar | 32c |
| HANDY SODAS—Packed in wooden boxes, per box | 39c |
| NABOB TOMATO JUICE per tin | 6c |
| SWIFT'S DIAMOND "A" BACON, per lb. | 25c |
| GREENGAGE JAM—Nabob 4-lb. tins, per tin | 41c |

**Thrift Cash & Carry**
Phone 179 201 Third Ave.
"CARRY AND SAVE"
Mail Orders Have Our Prompt Attention


Mr. Frank Ward of Masset arrived in the city on the Prince John yesterday from the Queen Charlotte Islands to pay a visit with her son-in-law and daughter, Mr. and Mrs. George Hill jr.

Mrs. R. G. McKenzie and child of Queen Charlotte City, who are paying a brief visit to the city, will sail by the Prince John tomorrow night on their return to the Islands. Mrs. McKenzie recently staked a placer claim at Lawn Hill and her friends are hoping she will find plenty of gold on it.

Mrs. D. E. Murphy and her daughter, Miss Marie Murphy, R. N., formerly of this city, are visiting in Nova Scotia with Mr. Murphy's mother, 96 years of age, who has been ill. Mrs. Murphy will be returning to Winnipeg next week and Miss Murphy will be going back to her nursing at Victoria.


Phone 953 Phone 953

## De Jong's
*Cash and Carry*

**Friday & Saturday Specials**

| | |
|---|---|
| Purity Oats—With fancy China, per pkg. | 29c |
| Maple Ridge Peas—Garden variety, 4 tins for | 33c |
| Wax Paper—Large rolls per roll | 27c |
| Malkin's Best SPINACH Size 2½, per tin | 19c |
| McCormick's Scotch Ovenkist OATCAKES per pkg. | 22c |
| Lowney's Premium Chocolate, per cake | 19c |
| Kadana Cocoa—per 1-lb. pkg. | 21c |
| Flage Toffee—per lb. | 25c |
| Our Special Blend Tea—1-lb. pkg. | 37c |
| Crisco Shortening—per 1-lb. tin | 24c |
| Malkin's Best PORK & BEANS 3 tins for | 26c |
| Aylmer Tomato Catsup—2 bottles for | 31c |
| Sanuki Rice—5 lbs. | 23c |
| Classic Cleanser—3 tins | 23c |
| Lux Soap Flakes—small pkg., 3 for | 25c |
| Royal Crown Soap—per carton | 23c |
| Kellogg's All-Bran per pkg. | 22c |

## WEEK-END Specials

| | |
|---|---|
| Granulated Sugar—10 lbs. | 73c |
| Swift's Picnic Ham—5-lb. average, per lb. | 17c |
| Swift's Fine Delico Bacon—Sliced, 2 pkgs. | 29c |
| Fresh Eggs—Extras per doz. | 32c |
| Nabob Tomatoes—2's per tin | 10c |
| Ungraded Peas—2's per tin | 10c |
| Kellogg's All-Bran per pkg. | 22c |
| Nabob Red Plums—2's per tin | 10c |
| Nabob Whole Green Beans 2's, per tin | 14c |
| Choice Pink Salmon—½'s 3 tins | 25c |
| Lynn Valley Pears—2's 2 tins | 25c |
| Nabob Greengage Jam—4-lb. tin | 45c |
| Quaker Quick Oats—per pkg. | 19c |
| White Tuna Fish—½'s per tin | 23c |
| Oyster Cocktail Sauce—per bottle | 30c |
| Mushroom Sauce—8-oz. tin | 25c |
| Norwegian Anchovies—1-lb. tin | 35c |
| Chipso Soap Flakes—large pkg. | 22c |

Free Delivery

**Alberta Market**
Fifth Street Phone 208

## FREE DELIVERY

**Of orders $2.00 or over. We accept CITY SCRIP. Come in and compare our everyday prices.**

| | |
|---|---|
| FRASER VALLEY JAM—All varieties, 4-lb. tin | 49c |
| PURE LARD—3-lb. tin | 55c |
| PURITY ROLLED OATS—Plain, per pkg. | 17c |
| MOTHER'S BISCUIT MIX—"Biscuits in a jiffy" per pkg. | 27c |
| P. R. LOCAL FRESH EGGS per doz. | 39c |
| Kellogg's All-Bran per pkg. (For Better Health) | 22c |
| PASTRY FLOUR—10-lb. sack | 39c |
| ASHCROFT KETCHUP—per quart bottle | 23c |
| CANADIAN BEAUTY MACARONI, 1-lb. pkg. | 9c |
| BANANAS—2 lbs. | 25c |
| WESSON OIL—For salads and cooking, per tin | 39c |
| LETTUCE—California good heads, 3 for | 25c |

**MUSSALLEM'S Economy Store**
"Where Dollars Have More Cents"
317-19 Third Avenue West
P.O. Box 575 Phone 18


## LOCAL NEWS

Charles Graham, inspector of mines returned to the city on the Prince Rupert yesterday from a trip to Surf Inlet and elsewhere down the coast on official duties.

John Newick of Hazelton is here to attend the sessions of Prince Rupert Presbytery of the United Church as a lay delegate. He arrived from the interior on Tuesday night's train.

C. E. Barnwell of the local Dominion Fisheries office returned to the city on the Prince Rupert yesterday from a holiday trip to Vancouver.

F. S. McNicholas, superintendent for the Granby Consolidated Mining, Smelting & Power Co. at Anyox, was a passenger aboard the Prince Rupert yesterday returning to the smelter town after a trip to Vancouver and elsewhere in the south.

Miss Joyce Eagcumbe, who has been in the city for the past week, having been called here on account of the sudden death of her father, the late George A. Edgcumbe, will leave by tomorrow afternoon's train on her return to her school teaching duties at Longworth in the Prince George district.

Mrs. Andrew Hardy, after a week's visit in the city, sailed by the Prince Rupert yesterday afternoon on her return to her home in Anyox. Mrs. Hardy, before her recent marriage at Anyox, was Miss Mary Casey, daughter of Mr. and Mrs George B. Casey of this city.

Yosel Rosenstein, well known Hyder merchant, was a passenger aboard the Prince Rupert yesterday returning north following a business trip to Seattle.

## Announcements

Pioneer's Banquet March 9.

United St. Patrick's Tea, March 15.

St. Patrick's Supper and Concert March 17, Catholic Hall.

St. Peter's Church Sale April 19.


## Moose Hall

**TONIGHT**
**NOVELTY BASKETBALL**
Moose Legion All Stars vs. Ladies' League All Stars
Friday—Dance under auspices Julius Welle's Orchestra, Admission 35c and 25c; buffet supper; everybody welcome Saturday—Scotch dance.

## Change Your City Scrip
### For These Specials

| | |
|---|---|
| ECONOMY BACON, Sliced per lb. | 24c |
| RICE, No. 1 Quality 3 lbs. | 12c |
| LARD, 1-lb. Prints each | 15c |
| UNSWEETENED CHOCOLATE ½-lb. cakes | 16c |
| CEYLON TEA 1-lb. pkgs. | 39c |
| QUALITY BLEND COFFEE per lb. | 30c |
| SQUIRREL BRAND PEANUT BUTTER, Bulk 2 lbs. | 25c |
| MALKIN'S BEST SPINACH large tins each | 20c |
| MALKIN'S BEST MARMALADE 2-lb. jars | 30c |
| Keep on the Sunny Side of Life ALL-BRAN, per package | 22c |

**Q & S GROCERY**
We Deliver Without Extra Cost
Phone 227 600 Seventh Ave. East

## WATTS' GROCERY

Handles All Kinds of Health Foods and Cereals
SPECIAL FOR THIS WEEK-END
ALL-BRAN at per package ..... 22c