ALL-BRAN RELIEVED

HIS CONSTIPATION

Delicious Cereal Brought New

Health to Mr. Bartholomew

with my stomach. Digestion was

out of the question. I got medicine which gave me only temporary

"Then I thought of taking ALL-

Bran. I started eating a cereal

"It has been over a year now

since I ate that first dish of bran.

but from that day to this I have had

the pleasure of enjoying the proper

functioning of the digestive organs.

it regularly and like it better all the

time."- Lester Bartholomew (ad-

lack of "bulk" to exercise the intes-

tines, and vitamin B to promote

elimination. ALL-BRAN supplies both, as well as iron for the blood.

like that of leafy vegetables. Cer-

tainly this food is more natural

than taking harmful patent medi-

cines. Two tablespoonfuls daily will

usually overcome most types of

way, see your doctor.

London, Ontario.

constipation. With each meal in

chronic cases. If not relieved this

Get the red-and-green package at

your grocer's. Made by Kellogg in

The "bulk" in ALL-BRAN is much

dress furnished upon request).

"Thanks to ALL-BRAN. I still eat

Constipation is usually due to

dishful two or three times a day.

FEATURE

AT 7:40

WHEN SHE SMILES AT YOU EVEN THE SUN

SEEMS BRIGHTER!

The Sweetheart of the Age . . . And She'll be Yours

Too When You See . . .

ONE LOOK . . . AND

THE THREE OF

THEM FELL FOR

EACH OTHER!

woman whose heart

he had stolen and the

tiny tot who walked

off with both their

ADDED

"The Spectacle Maker"

Pop Eye The Sailor in "A Dream Walking"

(A Technicolor Novelty)

a heart thief, the

Read, Buy and Save

Exclusive to This Store

The Famous

Wedgewood & Company Limited

Dinnerware

Community and 1847 Rogers Flatware

Big Discounts in 26-Piece Sets and Up

Bridge Lamps, Floor Lamps and Table Lamps at reduced prices

The largest selection of

Useful and Ornamental Gifts in the north

Do Not Fail to Visit Our Famous Basement Store

MANY UNADVERTISED SPECIALS

MAX HEILBRONER - Diamond Specialist

Fidgety? Irritable?

Probably your food lacks this nerve-nourishing element that Quaker Oats now gives you.

COOD EXPERTS say that modern more of this nerve-nourishing food I diets lack a vital element which

nourishes nerves.

Experiments show that when this This element, often called the vitamin is added to the die 'yeast vitamin' is found also in appetites improve nerves relax Quaker Oats, in fact, a dish of Irritability disappears. Constipation delicious Quake! Onts gives you is corrected.

than 3 cakes of fresh yeast.

Make this two weeks test-Start at once and give your family Quaker Oats regularly-and get the benefits of the yeast vitamin in a more natural, appetizing way. And remember, Qualer Oats are also irradiated with Sunshine Vitamin "D".

The New Authority on Feeding Children

feeding children. Latest discoveries of specialists discussed in simple terms. Write to The Quaker Oats Company, Saskatoon, Sask



The Fish which made Prince Rupert Famous

SMOKED BLACK COD

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

REGAL SHOP

You are cordially invited to call in and look over our Christmas stock which is now complete.

We still have a very good selection of cards

WANTED 100 Permanent

Waves at \$3.00 Phone — 855

If your paper does not arrive, telephone the office

Capitol Theatre Has New Screen

Lenses Also Changed and Pictures Will be Larger Henceforth

Manager Dave Borland of the Capitol Theatre announces the installation of a new picture screen of the very latest type which will ensure a much clearer and brighter picture than heretofore. The new next fall before it is completed.

In conjunction with the screen which plans are already being Kitimaat Indians which will give the effect of further improvement inasmuch as the size of the picture will be larger. The size of the picture projected will be Phone 953 increased one foot all around which will be a decided improvement over the former "postage stamp" size of picture.

Daily News Want-Ads. always bring quick results.

Christmas will soon be here. Make In These Week-end Grocery our store your shopping headquarters. We have what you are looking for and the prices are right.

BLUE RIBBON COFFEE 1's, per lb. BLUE RIBBON BAKING \$1.19 Quality Prunes—Medium POWDER, 5-lb, tin \$1.19 Quality Prunes—Medium POWDER, 5-lb. tin PITTED DATES-Fresh 35c 3 lbs. SAIR DATES-Fresh 15c SMYRNA FIGS-Fresh

I.B.C. SODA BISCUITS-Family size, per pkg. SWEET MIXED BISCUITS per 1b. Australian Pastry Flour-GRANULATED SUGAR

ROBIN HOOD OATS_China 29c per pkg. ROBIN HOOD OATS-Plain 20C per pkg. FRESH NUTS JUST ARRIVED

ALNUTS. BRAZILS, ALMONDS, FILBERTS-19c MIXED NUTS-No Peanuts PEANUTS-Fresh & Crisp

CALIFORNIA WALNUTS-

large, soft shell, 2 lbs.

Nelson's Beauty Shop | ECONOMY STORE

"Where Dollars Have More Cents" P. O. Bax 575 Phone 18

CHURCH AT

Fine New Edifice At Village Down The Coast Is In Course of Construction

in charge at Kitkatla for the An- whose ninth wedding anniversary glican Church, is a visitor in the it was, a delightful surprise party city for a day or so. The nativts was held last night in the Metroof Kitkatla have a fine new church pole Hall. Dancing was enjoyed in course-of erection which, when with music by Julius Welle's Orcompleted, will, it is estimated, chestra and the presentation was cost upwards of \$15,000. There will made to Mr. and Mrs. Karstensen be a pipe organ, diesel heating and of a handsome floor lamp. Oscar electric lighting. It will possibly be Larsen made an appropriate screen goes into use for the first The formal opening and dedica-

> Phone 953 Cash and Carry

Best Quality

Specials Finest Creamery Butter-

72c Boiled Cider-For mince meat, per pint 25c Malkin's Best Peas & 14c Carrots, per tin McCormick's Scotch Oat-35c McCormick's Scoter cakes, per pkg. 22c 19c Scott's Eggs-No. 1 A large 31c Our Special Blend Tea-39c

per 10-lb. sack

Malkin's Best PORK & BEANS 25c

38c

25c 50C Aylmer Golden Bantam 13c Corn, per tin 35c Libby's Saur Kraut 15c per 21/2-lb. tin 55C Okanagan Onions-No. 25c

4c Snap Cleaning Powder-13c 23c Sunlight Laundry Soap-18c per carton

Little Shirley Temple Appearing With Gary Cooper and Carole Lombard in "Now and Forever"

In "Now and Forever," which is he feature offering for the last three days of this week at the Capitol Theatre, captivating little Shirley Temple removes any possible doubt as to her charm and natural acting ability. She is teamed on this occasion with two popular stars in the persons of Gary Cooper and Carol Lombard.

UNTIL

Cooper is excellent as the sophisticated, pleasure and thrill-seeking father of Shirley who determines to give the little girl into adoption for \$75,000. Carole Lombard, his companion, however, refuses to agree to this proposal and leaves him for Paris. Finally, Cooper finds that he cannot let the child go so he raises money by selling a fake gold mine to Sir Guy Standing and takes the child to Paris. There he promises to settle down and go straight and his struggles against temptation to this end make the basis of an interesting story.

Sir Guy Standing and Charlotte Granville, whose debut it is on the screen, contribute splendid supporting performances.

Surprise Party Metropole Hall

KITKATLA and Mrs. L. Karstensen and Mr. and Mrs. Jack Ivarson Honored At Event Last Night

In honor of Mr. and Mrs. L. Karstensen, who were recently married, Rev. M. H. Lawrence, missionary and Mr. and Mrs. Jack Ivarson, speech. Refreshments were served.

Fined For Taking Fur Out of Time

returned yesterday from a paol trip to Kitimaat. Game Warden di. Martin was on board and at paid Kitimaat there were five cases in which David Shaw, Mike Shaw, 'tanley Shaw, Charles Shaw and Villie Walker, all Indians, were

close season, fines of \$25, with op-Tharles E. Brown J.P. The fines were

A Daily News Want-Ad. ved charged with trapping during the will get what you want.

After a brief visit here to confer The provincial police boat P. M. tion of thirty days' imprisonment, with officials of the Hudson's Bay being imposed in each case by Co.'s fur department from Winmipeg, W. G. Crisp, manager of the Kitwanga post of the company, left by last evening's train on his retorn to the interior. He had arrifrom Kitwanga yesterday

NEWS

At McRae Bros.

Scores of new and wonderful toys. Toyland suggestions for every boy and every girl at every age. Prices are lower than ever. The range and quality is bigger and better.

Select Your Gifts Now!

We will be glad to hold them for you. Come in! Early shoppers always get the best values.

Aeroplanes, balls, boats, blocks, books, blackboards, cars, chemical sets, DOLLS, dishes, drums, dump trucks, fluff toys, wood toys, steel toys, lanterns, laundry sets, MEC-CANO, microscopes, mouth organs, Noah's Ark, pianos, telephones, tops, TRAINS, tootsie toys, soldiers, sweepers, xylophones and hundreds more. Come and see them all!

We have a large stock of decorations for home and store. Tree decorations, candles, wreaths, icicles, streamers, tinsel, bells, etc.

NEW MECCANO

Prices for 1934-40c, 70c, 80c, \$1.15, \$1.50, \$3.00, \$5.00, \$8.25 and up

DOLL SPECIAL

26-Inch Dressed Doll, very good looking, heatly dressed. A quality doll. Made in Canada. Extra Special Price

Only \$1.25

Prices plainly marked for your convenience.