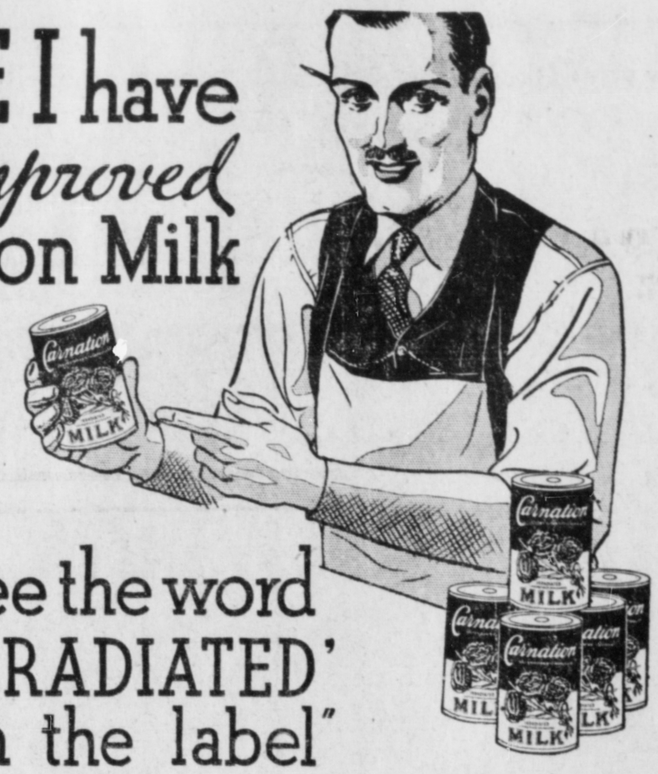
'SURE I have the *Improved* Carnation Milk



See the word 'IRRADIATED' on the label"

FIRST TO PROVIDE IRRADIATED EVAPORATED MILK IN CANADA—SOLD IN BRITISH COLUMBIA SINCE JANUARY.

NOW the famous Carnation quality has the *added* value of *irradiation* to give it extra "sunshine" vitamin D. Now a better milk for baby's bottle, for boys and girls to drink, for creaming coffee and cereals, for cooking. It is the milk the Dionne quintuplets get. They have been fed Carnation Milk since November, 1934. Ask your grocer for the *Improved* Carnation Milk. Look for the word "Irradiated" on the label. Write for two valuable free booklets — "100 Glorified Recipes" and "Contented Babies". Address Carnation Company, Limited, Toronto, Ontario.

IRRADIATED for Sunshine Vitamin D

The Improved Carnation Milk

A CANADIAN PRODUCT "from Contented Cows"

THE WORLD'S LARGEST-SELLING BRAND OF EVAPORATED MILK

GYROS IN MEETING

Getting Ready For Big Hoedown—Committees Named By President

The Prince Rupert Gyro Club was in business session at its regular weekly luncheon yesterday. President S. J. Jabour was in the chair and there was a good attendance of members.

Arrangements were reported well under way for the hoedown dance to be held in aid of the playground fund on May 17. William Cruickshank is general chairman of the hoedown committee other members of which are W. H. Tobey, C. C. Mills and D. G. Borland.

W. H. Tobey was named official delegate to the district convention to be held in Nanaimo in July.

Rev. W. D. Grant Hollingworth was appointed to the central committee in connection with projected university extension work here.

President Jabour announced appointment of committees for the year as follows:

Club activities—Dr. R. G. Large, Dr. H. O. Johnsen and W. M. Watts.

Bulletin—H. N. Brocklesby and D. G. Borland.

Civic—Frank Dibb, D. G. Borland and C. C. Mills.

Entertainment—William Cruickshank and Dr. J. H. Carson.

Membership—T. N. LePage.

Playgrounds—J. E. Morris, M. A. Burbank and Jack Bulger.

Music—C. P. Balagno.

Sergeant-at-Arms—D. G. Borland.

Song Leader—Dr. R. G. Large.

Sports—W. H. Tobey, R. D. Greggor and T. W. Brown.

Attendance—G. A. Hunter, Rev W. D. Grant Hollingworth and W. H. Tobey.

Initiation—Rev. W. D. Grant Hollingworth.

A prize of $10 won by the Gyro car in the King's Jubilee parade was ordered deposited in the playground fund. President Sam Jabour, Jack Bulger and William Cruickshank were responsible for the float.

Put *Spring* in your diet and *spring* in your step!

THIS time of year, aren't you getting a little tired of hot, heavy foods? Meet Spring half-way with a big bowl of Kellogg's Corn Flakes for breakfast!

These crisp, golden flakes will help you feel keener during the day. They're full of refreshment. Rich in energy and easy to digest.

Kellogg's are always fresh. They're *heat-sealed* in the patented WAXTITE inner bag. Ready to serve with milk or cream. Extra delicious with fruit or berries. Quality guaranteed. Made by Kellogg in London, Ont.

Kellogg's for CRISPNESS

OVEN-FRESH FLAVOR-PERFECT

St. Peter's Spring Tea and Sale

The Woman's Auxiliary of St. Peter's Anglican Church is holding its annual spring tea and sale of home cooking this afternoon in the parish hall at Seal Cove, the affair having been opened at 3 o'clock by Rev. Canon W. F. Rushbrook. The hall has been tastefully decorated for the occasion with Empire colors of red, white and blue in view of the King's Silver Jubilee and the tea tables are attractively adorned with daffodils and foliage. Mrs. F. W. Stamp-Vincent, the president, is receiving the guests.

The following ladies are in charge:

Tea Room—Mrs. J. D. Allen, assisted by Mrs. A. H. Hill-Tout, Miss Dorothy Rushbrook, Mrs. A. Barbe and Mrs. H. A. Ponder; pouring, Mrs. J. W. Moorehouse and Mrs. W. O. Vigar; cashier, Mrs. A. Frebourg.

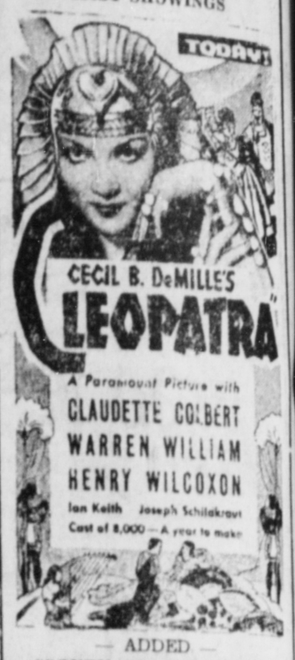
Needlework—Mrs. D. Sievert and Mrs. W. V. Tattersal.

Candy—Miss Dickson and Girls' Club.

Home Cooking—Mrs. W. H. Goodsell and Mrs. H. B. Eastman.

CAPITOL

LAST SHOWINGS



— ADDED —

"SOUTH POLE OR BUST"

World News Events

MOTHER'S DAY

Sunday, May 12th

Send Mother's Day cards now. See our stock of beautiful cards for this occasion. Make your selection early to avoid disappointment.

Give Your Mother a Gift

She will appreciate it. Following are a few suggestions from 25c to $5.00

LOOSE LEAF RECIPE BOOK	$3.00
FANCY SERVING TRAY	$1.25, $2.25 up
LEATHER PURSE	$2.50, $3.50
FRAMED PICTURE	35c to $3.50
WRITING PAPER, BOXED	35c to $3.50
CORRESPONDENCE CARDS	49c to $1.50
FANCY CANDLES, FAIR	20c to 75c
NOVELTY POT HOLDERS	25c
PLAYING CARDS, NEW DESIGNS	45c to $2.00
RABBIT FOOT MATS	$1.25 & $1.50
COOK BOOTS	$1.25 to $2.50

We can recommend a good book as a pleasing gift

"THE GREEN LIGHT," Douglas	$2.50
"THE KING'S GRACE," Buchan	$1.50
DE LUX EDITION	$5.00
MORTON "SEARCH" BOOKS	$2.50
"IN THE STEPS OF THE MASTER," Morton	$2.50
"MAIDEN VOYAGE," K. Norris	$2.00
"GLAMOUR OF B.C.," Glyn-Ward	$1.50

And many recent books of note.

A month's subscription to our rental library is an excellent remembrance gift, 75c.

Favorite magazine subscriptions at publisher's prices.

The Gift of Gifts—Victor "Globe Trotter" Radio $69.00 up, on Easy Terms

McRae Bros. Ltd

No Strings To These

EVERY hour, in the Royal City Kitchens a wonderful, modern grader sorts sufficient green beans to fill 5,000 cans. By starting with special seed and harvesting at the exact moment of maturity, Royal City Beans are stringless! And then the beans are set revolving in a great perforated brass drum. The ends drop naturally through the thousands of holes, to be quickly and neatly snipped. So sorting, snipping and washing are accurately accomplished, leaving the tender, delicately-flavored, uniformly-sized beans ready for filling into Royal City cans.

LOCAL ITEMS

There were about eighty persons present at the dance last Saturday night in the Empress Social Club. Music was by Julius Welle's Orchestra and Oscar Wingham was master of ceremonies.

Jack Cade has arrived home from his studies at the University of British Columbia in Vancouver to spend the summer vacation with his parents, Dr. and Mrs. J. P. Cade.

Phone 953 Phone 953

De Jong's

Cash and Carry

Friday & Saturday SPECIALS

Milady Wax Paper— In 100-foot rolls	25c
Purity Wheatlets— In 3½-lb. sacks	23c

Malkin's Best PORK & BEANS 3 tins for **25c**

Nabob Greengage Jam— per 4-lb. tin	39c
Rowntree's Select Cocoa— per 1-lb. tin	47c
B.C. Granulated Sugar 10 lbs. for	59c
Creamettes— 2 pkgs. for	15c
Red Arrow Ginger Snaps— 2 lbs. for	29c
Fels Naptha Soap— 10 bars for	69c

Malkin's Best JELLY POWDER 5 for **22c**

Evaporated Prunes— Size 40-50, per 10-lb. box	99c
Brackman-Ker Pastry Flour, per 10-lb. sack	37c
Squirrel Brand Peanut Butter, 2 lbs. for	22c
Evaporated Apricots— Unpitted, 2 lbs. for	25c
Tapioca— 3 lbs. for	19c

Roger Obata, son of Mr. and Mrs. C. S. Obata, has arrived home from his studies at the University of British Columbia in Vancouver to spend the summer vacation here.

Headache Eyes

Of course we worry about headaches and how to cure them, but seldom do we remove the cause—eye strain. Nature never intended our eyes to read and sew and do "close" work. No wonder we have premature furrows and wrinkles! But science has come to the rescue of Nature in the eye-sight field. You really do not need to suffer. Why not see about your eyes today?

"JUST FOR TODAY"

Try us and you will stay

FRESH COCOANUTS— each	5c
SHELLED WALNUTS— per lb.	25c
FRESH DATES— 4 lbs.	25c
GRANULATED SUGAR 10 lbs.	58c
Limit 20 lbs. 20 lbs.	$1.15
FANCY QUALITY APRICOTS, per lb.	19c
LUMP SUGAR—Bulk 3 lbs.	24c
CHIPSO—For your washing large, 2 pkgs.	39c
BANANAS— per lb.	10c
QUAKER CORN FLAKES— 3 pkgs.	25c
DESSICATED COCOANUT per lb.	17c
BLUE RIBBON MALT— Hop flavored, 3-lb. tin	$1.39
DOMINION HOPS—¼'s 3 pkgs.	23c

MUSSALLEM'S ECONOMY STORE

"Where Dollars Have More Cents"

P. O. Box 575 Phone 18

We wish to announce that the

REGAL SHOP

is now established in their new home next door to the Bulkley Market.

We should like to take this opportunity to thank our customers for their loyal support during the past two years and trust that we shall be favored with your continued support in our new store.

Kitchen Aids that every home should have.

KITCHEN GARBAGE CANS—Neat and sanitary. Saves needless trips to the outside garbage can. Operates with foot lever. Finished in ivory. Each $1.35 and $1.60

PYREX WARE—The ideal utensil for oven baking. We carry all the most popular items.

ROUND CASSEROLES with lid. Each $1.25, $1.50 & $1.75

Pie Plates, each 65c & 75c. Individual Custard Cups, each 10c

GORDON'S HARDWARE McBride Street Phone 311

Get your - - -

Spring Shoes

— at —

B. C. CLOTHIERS, LTD.

Up to the minute in Pumps, Ties and T-Straps at

$2.97 a pair and up

Phone: Black 324 Next Frizzell's Market

ELECTRIC RANGE FOR SNAP

Dining Room Suite For Snap

And we sell linoleum rugs at low prices

D. ELIO Phone: Green 421 Furniture Exchange

Because it doesn't pay to advertise poor products, It does pay to buy those advertised.