# Be Sensible about the FLU

With every epidemic of influenza whose vitality has been lowered comes an epidemic of advice. But if you have the flu-or you even suspect its presence—there's just one thing to do. Call a doctor immediately.

There are, however, some simple and sensible precautions everyone should take at this time. Try to keep in good physical condition. Guard against colds or sore throat by avoiding contact with all coughers and sneezers. The germs of disease will often fasten upon the man or woman

by a severe cold or grippe.

If you should catch a cold or feel grippy, "Aspirin" will help fight it. Knep a supply of "Aspirin" tablets in the house and take them according to directions at the first sign of any cold. Crush three "Aspirin" tablets in a glass of water and gargle as directed, if there is any soreness of the throat or hoarseness.

Above all, don't delay calling your doctor if you have reason to suspect that you may have caught the flu.



"ASPIRIN" should be in every home

# Announcing the New Park, Davis Toiletries

Manufactured by Parke, Davis & Co.

Walkerville, Ontario

After Shaving Lotion	55c
Cleansing Cream	55c
Cold Cream	55c
Comfort Talc	25c
Dental Cream	25c
Face Powder	75c
Lilac Vegetal Toilet Water	55c
Liquid Shampoo	55c
Shaving Cream	35c
Skin Freshner	ooc
Skin Lotion	Sac
Sunburn Cream	
Tissue Cream	
Vanishing Cream	55c

This line of toiletries is something entirely new, manufactured by one of Canada's leading drug houses. The name guarantees the product.

## Ormes Ita. The Proneer Druggists

Phones: 81 & 83 The Rexall Store

Open Daily From 8 a.m. till 10 p.m. Sundays and Holidays From 12 noon till 2 p.m., 7 p.m. till 9 p.m.

# HYDE TRANSFER

Office, 315 Second Ave., Phone 580

All Kinds of Cartage — 5 Trucks For Quick Service

Coal & Wood For Sale, Dry Sawdust

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Clothes	Wringers	7
Copper	Wash Boilers	2
Ceiling	Clothes Dryers	5
Willow	Clothes Baskets\$2	0
Copper	Bottomed Boilers\$2.	2
	Dunment Deliveries	

Prompt Deliveries THOMPSON HARDWARE CO. LTD. 255 Third Ave. Phone 101

as low as \$1.50 a day, plus 7c. a

A. Halvarson sailed last a trip to Vancouver.

each. Order early. Phone P. Edgcumbe, Blue 637.

Tonight's train, due from the East at 10:15, was reported this morning to be on time

Have you made up your party yet for the benefit dance? New Armory, Thursday, Feb. 21. Canadian Legion,

Norman Fraser sailed last evening on the Princess Adelaide for a business trip to Vancouver and Victoria.

William Lambie returned to the city on the Princess Adelaide yesterday afternoon from a business March 1. trip to Vancouver.

Tom Watts, who has been on vacation as far south as California returned to the city on the Princess Adelaide yesteraay afternoon.

Miss Yolanda McCrea of Topley, who arrived in the city from the interior earlier in the week, sailed last night on the Princess Adelaide for a trip to Vanceuver.

Mrs. L. Wernecke was a passenger aboard the Princess Norah Thurs- | March 14. day afternoon going through from Juneau to San Francisco where she St. Patrick's supper and concert. will take up future residence. Mr. | March 18. Wernecke for years was prominently identified with mining in Alaska cert, April 5. and the Yukon and is now located in San Francisco.

# 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.

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J. Zarelli, Proprietor "A HOME AWAY HOME

HOME" Rates \$1.00 up Prince Rupert, B.C.

## LOCAL NEWS

Be warm and comfortable by ridin 32 Taxi-it costs the same.

"The Bock of Daniel in the light of literary and historical fact," United Church, Sunday evening.

Yukon, returned to the city from the north on the Princess Norah Thursday amernoon.

E. A. Rasmussen, Skagway bankwas a passenger aboard the Princess Norah Thursday afternoon going through for a trip to Seattle and elsewhere in the south.

Carl Kirmis of Massett, who has been spending a couple of days in the city on business, sailed by the Prince Charles last night on his return to the Queen Charlotte Islands.

Mr. and Mrs. B. M. Blackwell of Juneau were passengers aboard the Princess Norah Thursday afternoon going through on a honeymoon trip to Seattle following their recent marriage in the Alaska Capital.

A. Heine, after having spent the winter in Vancouver, sailed last night on the Prince Charles for Jedway where he is interested in mining. He had arrived earlier in the week from the south.

G. E. Mather, H. M. Wilcox and . H. Pearsall of New York, who have been in Juneau in connection with litigation over the Coliseum Theatre there, were passengers aboard the Princess Norah Thursat Walker's day returning south.

## Hotel Arrivals

G. C. Sharpe, Queen Charlotte City; R. L. Brash, D. S. Hill, Mrs. J. Roses from Layritz Nurseries 25c Dawe and Mrs. William Brankenbury, Prince Rupert; Gust Quist and Bergman, Oona River.

> Royal J. A. Duclos, Prince George. Prince Rupert L. G. West, Vancouver.

## Announcements

Mrs. Mandy Recital February 22, Baptist Welsh Tea, March 1.

Eastern Star Dance, Elks' Hom

Philharmonic Society concert Presbyterian Church, March 5 and 6, 8:15 p.m.

Pioneer's Banquet Monday, March

Toc H Bridge Wednesday, February 27, 8.30.

Supper-earnival, March 12, United Church.

Presbyterian St. Patrick's Tea

Presbyterian Church Choir Con-

## Moose Hall Tonight, 8 P.M. Organization Meeting

for Junior Moose Lodge

## NEW ROYAL HOTEL

50 Rooms Hot & Cold Water Phone 281 P.O. Box 196

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ALSO! We now find that milk builds growth better with Gatmeal, because of its vitamin B, than with other cereals!

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min B! Nature has stored more for the day's work. of it in he worth of delicious And now, say doctors, milk eaten parmeal than in three cakes of with oatmeal builds growth better ! The Quaker Oats Co., Saskatoon, Sask. fresh yeast!

TEADING specialists on children's Now a second amazing discovery Nature has stored not only vita-Vitamin B is our great protect min B in the oat grain. But uve food, because it combats essential, life-giving minerals like Give your family the amazing nervousness, consupation, poor iron, phosphorous and lime that benefits of Quaker Oats. Here in appetite." And, they say oatmenl is replenish rich, red blood. Combat Nature's great protective food is a

than with other cereals. Because EXTRA FEATURES. Cooks while the coffee boils. Costs less than 1/20

the growth value of milk is largely Vitamin G.

And Vitamin G can perform its task only when eaten with a food that contains vitamin B so richly supplied in Quaker Oats!

Don't take breakfast lightly! a fine source of this precious vita- anemia. Make heat and energy most delicious satisfying breakfast! Order Quaker Oats today. FREE - America Booklet on Child Feeding

Rundesen's 32-page book, "Foods for the Growing Child," with 54 helpful illustra-

YOUNG MAN, now on temporary relief, wishes steady position of some kind with chance for acvancement. Box 233, Daily News.

### HELP WANTED

A LESSON from the depression-Be a Civil Servant- Postman, Customs Examiner, Clerk, Stenographer, etc. Free Booklet "How to get a Government Job. M.C.C. Civil Service School, Win-

## PERSONAL

PRIVATE Home Kindergartens pay. We start you. The Canadian Kindergarten Institue, Winnipeg.

'MEN! Buy your Sanitary Supplies direct and save 75%. Standard Lines. Send \$1.00 for 15 assorted. Imperial Importers, 211 Lumberman's Bldg. 509 Richards Street, Vancouver, B.C."

## FOR SALE

FRESH Flounders and Sole for sale on Helen II., Cow Bay.

FOR SALE to the highest bidder East United Gymnasium. Apply C. D. Clarke.

## PAINTERS

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COLUMBIA

IN THE MATTER OF THE "ADMINIS-TRATION ACT"

LIBBY MILLER,

c-o Messrs. Patmore & Fulton, Prince Rupert, B.C.

## TIMBER SALE X17632

noon on the 18th day of February, 1935. 1455 and 1456, 11 miles by road, of Kitwanga, Cassiar Land Dis-

sster, Victoria, B.C., or District Forester Prince Rupert, B.C.

# Want Ads CHURCH NOTICES

F!RST PRESBYTERIAN CHURCH Preacher-Rev. W. D. Grant Hollingworth, B.A.

Organist: Mrs. E. J. Smith

11 A.M., Sermon Subject: "JESUS AND THE KINGDOM OF GOD" 12:15, Sunday School 12:30, Westview School 7:30 P.M., Sermon Subject: "HOW TO BE HAPPY THOUGH HUMAN"

All visitors welcome

### PENTECOSTAL ASSEMBLY 216 Sixth Avenue West

Rev. E. J. North, Pastor

Come and hear Superintendent J. E. Barnes ODDFELLOWS HALL SUBJECTS

Sunday, & P.M., "LONE LOG CABIN IN ALASKA" Sunday, 7:30 P.M., "THE INTER-WORLD BRIDGE" WEEK NIGHTS AT THE PENTECOSTAL ASSEMBLY SUBJECTS

Tuesday, 7:45 P.M., "THE OLD POKE BONNET" Wednesday, 7:45 P.M., "A MOMENT WITH A SKELETON" Thursday, 7:45 P.M., "NEW SHOES FOR OLD" Friday, 7:45 P.M., "MAN'S ELECTRIFICATION" Special Solos, Duets, Etc. All Are Welcome

## UNION STEAMSHIPS LIMITED

Steamers leave Prince Rupert for Vanceuver-T.S.S. CATALA EVERY TUESDAY, 1:36 P.M. Arriving Vancouver Thursday

T.S.S. VENTURE EVERY FRIDAY MIDNIGHT. Arriving Vancouver Monday a.m. Weekly sailings to Port Simpson, Alice Arm, Anyox, Stewart and Ness River points, Leave Prince Rupert Sunday, 8 p.m. Further information regarding all sailings and tickets at—

SPECIAL ROUND-TRIP FARES TO VANCOUVER \$32.00 Return limit March 31st PRINCE RUPERT AGENCY: Third Avenue.

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