ACCEPTED By Science

FAVORED BY CANADIANS

Accepted by Canadian Physicians Tested and Approved by Canadian Dietitians

Kellogg's ALL-BRAN is accepted by Canadian Physicians, has been Tested and approved by Canadian Dietitians.

Hundreds of thousands of Canadians have discovered that this delicious cereal corrects constipation due to insufficient "bulk" in meals. Unless checked, this ailment may cause headaches, loss of appetite and energy. You feel below par—fail to get the best out of each day.

Kellogg's ALL-BRAN supplies a generous quantity of mild "bulk" to aid regular habits. ALL-BRAN also furnishes vitamin B and iron. Unlike cathartics, this tempting cereal continues to be effective when used for months.

Isn't it pleasanter to enjoy a gentle, natural food instead of weakening your system with patent medicines? Two tablespoonfuls daily are usually sufficient. Chronic cases, with each meal. Serve with milk or cream. If not relieved this way, see your doctor.

Serve as a cereal or use in cooking. Appetizing recipes on the red-and-green package. Remember, Kellogg's ALL-BRAN is much more effective than part-bran products. Sold by all grocers. Made by Kellogg in London, Canada.

Keep on the Sunny Side of Life

A Friendly Sea Gull

The sea gull in this picture daily takes a meal from the hands and lips of Miss Edythe Lawrence, on a Californian beach.

TO GREET TOURISTS

Arrangements For Special Entertainment of Prince Robert Visitors Considered

The Junior Chamber of Commerce is working on plans for special entertainment of large parties of tourists who will visit Prince Rupert on four Sundays during July and August aboard the steamer Prince Robert spending almost an entire day here in the course of Alaskan cruises. While complete arrangements have not been made, it is plannd to arrange baseball games, visits to the plant of the Canadian Fish & Cold Storage Co. and gasboat cruises to adjacent points of interest.

COMMISSIONER RETURNING

Word has been received at the City Hall that City Commissioner W. J. Alder, who has been on a trip to Montreal on city business, will return on Saturday night's train.

CAPITOL

LAST TIMES TONIGHT

A FOX Picture

CHARLIE CHAN IN LONDON

with

WARNER OLAND

(At 7:42 & 9:42)

ADDED ATTRACTIONS

Technicolor Musical "My Grandfather's Clock"

Colored Cartoon "Little Dutch Mill"

MARINA - GEORGE WEDDING

In Our News-Reel

COMING

ROBERT MONTGOMERY in "HIDEOUT"

WHIFFLETS From the Waterfront

Northland Transportation Co.'s motorship Northland, Capt. Len Williams, arrived in port at 6:50 last evening from Ketchikan and, after discharging six carloads of frozen fish for trans-shipment east over Canadian National Railways, sailed for Seattle at 11:30 p.m. The regular train for the east awaited the arrival of the fish. The Northland had on board a good-sized passenger list going through to Seattle. Those on board reported an abatement of the influenza epidemic in Ketchikan and Juneau.

Coast freighter Salvor, Capt. Albert Georgeson, after discharging freight cargo here, sailed at 1 o'clock this morning for Port Simpson whence, after discharging coal, she will sail on her return to Vancouver.

Imperial Oil Co.'s tanker Imperial, after discharging fuel at the company's local tanks, sailed at 9 o'clock last night for Stewart whence she will return south.

It is reported here that the well known halibut boat Lysekil, which left some time ago for Vancouver, has been sold by Edward Lipsett Limited to J. Fidler by whom she will be used as a fish packer. The Lysekil is a vessel of 54 feet length and was built in Prince Rupert in 1924. She has been owned for some years by Edward Lipsett Limited.

Advertise in the Daily News

Steamships Sailings

For Vancouver—
Tuesday—Catala ..... 1:30 p.m.
Thurs.—ss. P. George 10:30 p.m.
Friday—ss. Prin. Adelaide 10 p.m.
Ss. Cardena ..... midnight
Jan. 17 and 31—ss. P. Norah 5 p.m.

From Vancouver—
Sunday—ss. Catala ..... 4 p.m.
Wed.—ss. Pr. George ..... 10 a.m.
Friday—ss. Prin. Adelaide 4 pm.
Ss. Cardena ..... p.m
Jan. 13 and 27—ss. P. Norah a.m.

For Anyox and Stewart—
Sunday—ss. Catala ..... 8 p.m.
Wednesday—ss. P. George 4 p.m.

From Anyox and Stewart—
Tuesday—ss. Catala ..11:30 a.m.
Thursday—ss. Pr. George 8 p.m.

For Naas River and Port Simpson—
Sunday—ss. Catala ..... 8 p.m.

From Naas River & Port Simpson
Tuesday—ss. Catala ...11:30 a.m.

For Queen Charlotte Islands—
Jan. 4 and 18—ss. P. John 10 p.m.

From Queen Charlotte Islands—
Jan. 16—ss. Prince John ..... a.m.

YOUR CHILD'S EYES

In reading the board or charts at school, yet in his close work he may be suffering intense eye-strain. He may not know what the matter is. He may just find school difficult. He may seem backward. He may say he doesn't like school. Mother, have his eyes examined. You may quickly solve the problem of his difficulties, assuring a more interesting life for him—and with much contentment to yourself.

You Need Goods We Need Cash

Our prices are always right. Leave your order today

MUSSALLEM'S ECONOMY BUTTER, A-1, 3 lbs.	79c
B. C. EGGS—Grade A Large, per doz.	29c
LIBBY'S CORNED BEEF—3 tins	37c
PILOT BREAD—3 lbs.	49c
CHOCOLATE ECLAIRS—per lb.	27c
SAVOY CABBAGE—Large heads, each	17c
FRESH GRAPES—per lb.	20c
JAP ORANGES—per doz.	20c
per box	73c
KIPPERED SNACKS—To clear, 4 tins	23c
PINEAPPLE—Real dessert, 3 tins	29c
ROMAN MEAL—3 pkgs.	$1.00
DELICIOUS APPLES—Fancy wrapped, 4 lbs.	25c

Orders $1.00 or Over Delivered Free!

MUSSALLEM'S ECONOMY STORE

Where Dollars Have More Cents"

P. O. Box 575 Phone 18

BUILT TO BE STRONG

The great building rises stone by stone, adding strength to strength from the solid rock on which it stands. The Royal Bank has progressed year by year. Its established position among the world's great banks is based upon a proven stability.

THE ROYAL BANK OF CANADA

HYDE TRANSFER

Phone - 580 - Phone

Jasper Coal

MORE HEAT LESS ASH

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.

58 — Phones — 558

MACKENZIE'S FURNITURE

Blankets, from per pair	$5.00
Flannel Sheets, from per pair	$2.25
Mattresses, from	$7.50
Door Mats, from	$1.00

Phone 775 Third Ave.

Prince Rupert

CHECK YOUR TUNING DIAL

Stations heard on tonight's reception, not on correct dial setting, will indicate that your radio needs adjusting.

Phone Blue 320

for particulars.

SUPERIOR RADIO-ELECTRIC

D. ELIO

Furniture Dealer & Auctioneer

USED FURNITURE

HEATERS

For Coal and Wood

KITCHEN RANGES

DRESSERS

RADIO

BEDS

Third Ave.—Opposite Thrift's

Phone Green 421 Box No. 96

NEW ROYAL HOTEL

J. Zarelli, Proprietor

"A HOME AWAY HOME HOME"

Rates $1.00 up

50 Rooms Hot & Cold Water

Prince Rupert, B.C.

Phone 281 P.O. Box 196

The Markets

Retail prices current here are as follows:

Eggs

B.C. Fresh Extras, Grade A Large, cartoned, doz.	.35
Local, new laid, doz.	.40
Grade B, large, doz.	.30
Fresh Pullets, doz.	.27

Apples

Winesaps, fancy wrapped, 3 lbs.	.25
Box	2.75
Yellow Newtons, fancy wrapped 3 lbs.	.25
Box	2.75
Bulk, 4 lbs.	.25
Box	2.25
Spitzenbergs, fancy wrapped 3½ lbs.	.25
Box	2.50
Bulk, 4 lbs.	.25
Box	1.95
Rome Beauties, Fancy, 3½ lbs.	.25
Box	2.30
Salomes, 4 lbs.	.25
Box	1.75
Delicious, fancy wrapped, 3 lbs.	.25
Box	2.75
Bulk, 4 lbs.	.25
Box	1.85

Fruits

Hothouse Rhubarb, lb.	.15
Lemons, doz. 25c to	.40
Japanese Oranges, box	.90
Bundle	1.75
Oranges, doz. 25c to	.60
Grapefruit, Cal., each, 5c to	.10
Grapefruit, Florida, each 10c to	.15
Bananas, lb.	.15
Almeira Grapes, lb.	.25
Emperor Grapes, lb.	.25
Pears, Anjou, large, doz.	.60

Butter

Fancy cartoned, lb.	.3.
No. 1 Creamery, 3 lbs.	.80

Lard

Pure, lb.	.17

Vegetables

Potatoes, No. 1 Terrace, 12 lbs.	.2
Sack	1.6
Ashcroft, 10 lbs.	.25
Sack	2.00
Onions, B. C., 7 lbs.	.25
Garlic, imported, per lb.	.35
Cabbage, local, per lb. 4c to	.06
Cauliflower, large, Cal., 20c to	.35
Parsley, bunch	.06
Carrots, 10 lbs.	.25
Carrots, bunch	.0
Turnips, upriver, 10 lbs.	.25
Beets, bulk, 8 lbs.	.25
Bunch	.04
Celery B.C., head	.10 to .15
Green Peppers, imported, lb.	.30
Spinach, B.C., 2 lbs.	.25

FRESH MILK AND CREAM DAILY

VALENTIN DAIRY

Phone 657

"TILLIE THE TOILER" — A Momentous Question — —By Westover