



# ROYAL CITY

## Marmalade

from Pure Seville Oranges

Freshly packed, Royal City brings to your breakfast table the desired touch of smartness that really "makes" the morning meal.

# BREAK THAT COLD

**DOMINION C. B. Q. TABLETS**—The little red box used the world over **25c** per box

**REXALL BRONCHIAL SYRUP**—A safe healing preparation for the relief of bronchitis, coughs and colds, guaranteed by Rexall; per bottle **50c**

### For the Children

**ORMES HOREHOUND & HONEY**—With white pine, wild cherry and eucalyptus. Pleasant to take and soothing for old and young; per bottle **50c**

## Ormes Ltd.

The Pioneer Druggists  
The Rexall Store      Phones: 81 & 82  
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.



### Treat Yourself

to a Happy New Year by having your Coal bin full of the best coal in town.

## PHILPOTT - EVITT & Co. Ltd.

Have the Coal to Suit Your Requirements  
651 - PHONE - 652

# UNION STEAMSHIPS

### SPECIAL WINTER EXCURSION RATES TO VANCOUVER

FROM PRINCE RUPERT **\$32.00** RETURN. All meals and Berth Included.  
FROM PORT SIMPSON **\$35.35** RETURN.

Reduced Rates to Vancouver also apply from intermediate points. Special Tickets on Sale Between November 1st, 1936 and February 28th, 1937, inclusive — Good to Return up to March 31, 1937. Children Half Fare.

Steamers: Leave Prince Rupert: Ar. Vancouver  
S.S. CATALA Tuesday, 1:30 p.m. Thursday, p.m.  
S.S. CARDENA Friday, 10:30 p.m. Monday, a.m.

Tickets and Reservations from  
Prince Rupert Agent - A. W. NEWMAN - Third Ave., Phone 568  
If Convenient Please Purchase Tickets at Office

## Reduce Varicose Or Swollen Veins

This Safe Easy Way—Prove it At Small Cost

Swollen veins may become dangerous and sometimes break. Before resorting to operations or injections sufferers are advised to get an original bottle of Emerald Oil at Ormes Ltd. or any pharmacist and start to reduce the veins and bunches at once with this healing oil. A small bottle will last a long time because it is very concentrated and a little goes a very long way. Apply night and morning with a soft brush or finger tips as directed until the swelling is reduced. So effective is Emerald Oil that it is highly useful in reducing troublesome simple swelling due to strain and hastens their disappearance.

### HOTEL ARRIVALS

**Royal**  
C. P. Ballantine, Vancouver; W. Niemi, city.

**Prince Rupert**  
F. J. Lancaster, C. F. Quantic, J. H. Morgan, H. E. Ducommun, Miss E. Hanaphin and Charles F. P. Faulkner, Vancouver; A. M. Gilley, New Westminster; W. G. Smith, Seattle; Mr. and Mrs. J. M. McCawley, C.N.R.

**Central**  
Charles Riete, Butedale; Mrs. L. Rowe and Thomas Bell, city; Thomas Crombie, Porcher Island; Reino Finnila, Surf Point Mine; J. E. Hagan, Remo.

**Knox**  
Paul Bastion, Queen Charlotte Islands.

F. S. Walton, C.N.R. roadmaster, left on last evening's train for one of his periodical trips over the line as far as Pacific on official duties.

Read what Western Canadian women say about the **QUAKER** Easy method of Baking



"NO OLD-FASHIONED BAKING METHODS FOR ME. I USE QUAKER FLOUR AND THE QUAKER EASY METHOD OF BAKING."

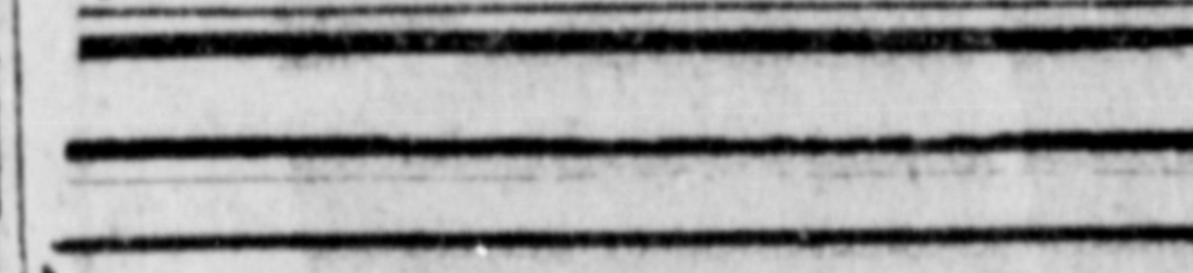
—SAYS MRS. W. A. BEAM, Yorkton, Sask.

"Any woman who hasn't tried it should do so and save herself a lot of work and time."

AND so do thousands of the best cooks in the West... in your community... in every community. Because what Mrs. Beam says is true... the Quaker Easy Method of Baking with Quaker Flour does save time and work. Here's why... you have no kneading... no sponge to set overnight... but best of all, you'll be sure of perfect results always.

It is made by Quaker's own particular method of milling—which assures you of exceptional baking results.

Send for FREE Booklet describing the Quaker Easy Method of Bread Baking.



Always the Same  
Always the Best  
for Bread, Cakes and Pastry

Try Our **SPECIAL SUNDAY NIGHT DINNER**  
Soup  
Chicken with two Vegetables  
Dessert  
Tea or Coffee  
All For 50c

**KNOX HOTEL**  
"Banquets a Specialty"

**NEW ROYAL HOTEL**  
J. Zarell, Proprietor  
"A HOME AWAY FROM HOME"

Rates \$1.00 up  
50 Rooms Hot & Cold Water  
Prince Rupert, B.C.  
Phone 281 P.O. Box 196

## LOCAL NEWS NOTES

Tommy's Taxi back in business—(35) Phone 77.

Axel Olsen returned to the city on the Prince Charles last evening from the south.

Remember Norkap Basket Social tomorrow night at 9 in the Metropole Hall. Refreshments and dance. Adm. 35c. (35)

Mrs. G. B. Church, who has been on a trip to Vancouver, returned to the city from the south on the Prince Charles last evening.

W. G. Smith, manager of the Southeast mine at Skidegate, arrived in the city on the Prince Charles last night following a trip to Seattle and will proceed to the Islands tomorrow night.

### HELPS AVOID MANY COLDS



Especially designed aid for nose and upper throat, where most colds start. Used in time, helps prevent many colds.

### VICKS V-ATRO-NOL

Last night's train for the East awaited the arrival of the steamer Prince Charles from the south at 6:30 and left at 7:30 p.m.

James H. Blake, superintendent engineer for the Forest Branch, came north from Victoria to Ocean Falls on the Prince Charles this week.

James L. Lee, local manager of the Atlin Fisheries, returned to the city on the Prince Charles last evening from a trip to Vancouver on business.

Mr. and Mrs. Merrill Sollows returned to the city on the Prince Charles last evening. Mr. Sollows has been on a trip to his native home in Nova Scotia while Mrs. Sollows was in California.

Roland Johansen, aged 16, who arrived in the city a couple of years ago from the Queen Charlotte Islands with his mother, sails on the Prince George this evening for Vancouver enroute to Tranquille Sanitarium to receive medical treatment.

S. F. Boomer, Lloyds surveyor who has been here for the past few days to make an inspection of the steamer Prince Rupert which is in dry dock here for repairs and annual overhaul, sails tonight by the Prince George on his return to Vancouver.

Charles F. P. Faulkner, assistant district engineer for the federal department of public works with headquarters in Vancouver, arrived in the city on the Prince John this morning after a visit to the Queen Charlotte Islands on official duties and will proceed to Vancouver on the Prince George this evening.

Provincial Constable Ronald M. Stewart of Massett arrived in the city on the Prince John this morning from the Queen Charlotte Islands, having in his custody J. H. Hageman and E. W. Perlstrom who have chosen to serve terms of two months' imprisonment in the local lock-up rather than pay fines of \$100 each for illegal trapping.

### Announcements

Nordkap Basket Social, February 12.

University extension lectures, February 17, 18 and 19, Presbyterian Church—Dean Clément.

Evelyn Bagshaw Hewson Recital, February 18.

Baptist Supper February 18.

Anglican Chancel Guild tea, Mrs. Rorie's, Friday, 19.

Presbyterian Tea, Mrs. P. Lakie, February 25.

High School play, Presbyterian Church, February 25 and 26.

Junior Chamber Dance, Friday, April 2.

Owing to prevailing sickness the Day of Prayer has been postponed for two weeks.

Mrs. Jack Woods (Annette Stone) returned to the city from Vancouver on the Prince Charles last night.

Mrs. William Cruickshank and son, Bobby, who have been visiting in Hollywood, returned to the city from the south on the Prince Charles last evening.

Tonight's train, due from the East at 10:20, was an hour late in leaving Smithers this morning but there was thought to be a possibility of some of the time being made up, providing snow conditions on the lower Skeena River do not cause delay.

C. J. Quantic, superintendent of motive power and car service for the Canadian National Railways with headquarters in Vancouver, arrived in the city from the south on the Prince Charles last evening from the south and will proceed to the interior in the course of a periodical trip over the line.

Mrs. O. Ekman, wife of a well known rancher of Telkwa, arrived in the city from Vancouver on the Prince Charles last evening and proceeded to the interior by train. Mrs. Ekman has been receiving treatment at St. Paul's Hospital in Vancouver and was accompanied north by a nurse.

### GUARANTEED RELIEF FROM CONSTIPATION

Common constipation is usually due to meals low in "bulk." Pills and drugs give only temporary relief. The sensible thing to do is to put "bulk" back into your meals.

Millions of people get this needed "bulk" in a delicious cereal: Kellogg's ALL-BRAN. Its "bulk" is much like that in leafy vegetables. Within the body, it absorbs moisture, forms a soft mass, gently cleanses the system.

Some years ago, an investigation was made among thousands of ALL-BRAN users. 98 per cent found it satisfactory. Only 2 per cent had the type of constipation that would not respond to ALL-BRAN.

ALL-BRAN is guaranteed. Try it a week. If not satisfactory, your money will be refunded by the Kellogg Company.

Just eat two tablespoonfuls daily, either as cereal or in cooked dishes. ALL-BRAN is sold by all grocers. Made by Kellogg in London.

# ELIO'S FURNITURE

**Beds**  
In all sizes  
**Atlas Couches**  
With pads  
**Axminster Carpets**  
6x9, 4 1/2 x 7 1/2, 36x63, 27x54



**Printed Linoleum**  
By the yard

**USED GOODS**  
Fine Deforest Crosley Battery Set  
8-Tube, lovely tone, snap!  
Fine Singer Sewing Machine  
Good as new at snap!  
Reconditioned Kitchen Ranges

We Buy Used Goods or Exchange  
**D. ELIO**  
**FURNITURE EXCHANGE**  
Phone Green 421 Prince Rupert, B.C.