

Could Hardly Rise From Her Chair

Rheumatism Relieved by Kruschen

This woman was such a confirmed sufferer from rheumatism that she thought she would never get relief. But before she had finished one bottle of Kruschen her rheumatism was leaving her. Here is her letter:—

"I had rheumatism so badly that once I got into a chair I found great difficulty in rising again. A friend told me to try Kruschen Salts, but I thought it was a foolish idea, as there seemed to me to be nothing that would relieve rheumatism. My friend gave me two doses to try. I took one dose on Monday and another on Tuesday, and by then my pain had moved to another part of my body. Well, that was a good start, so I bought a bottle and it gave me great joy to find my rheumatism disappearing, and now for a long time I have been free."—(Miss) A.R.

The pains and stiffness of rheumatism are frequently due to deposits of uric acid in the muscles and joints. Kruschen Salts, by helping to stimulate the excretory organs to healthy, regular activity, enables them to expel this uric acid from the system.

listen to this - -

"---It brooks of no denial
"That the dearest friends are the
oldest friends
"And the young are just on trial."

Most people like R. L. Stevenson, the story-teller. He had a way of saying things. And how his words apply!

Albert & McCaffery are among the few local firms who have survived the last twenty years under the same management. For twenty years they have been making friends. For twenty years Albert & McCaffery's coal has been the best available. It is the best available today. And if better could be got, we would have it. It gives you the most heat for the least money—and that's what you want.

So, the next time you need coal, just phone 116 or 117 to Albert & McCaffery and order Nanaimo-Wellington for furnace and heater; Alberta-sootless for the kitchen range.

You deserve the best!

Reach the most people in city and district with an advertisement in the Daily News.

Fresh Local Raw And
Pasteurized Milk
VALENTIN DAIRY
PHONE—657

TRAPPERS! Attention!

Don't sell your furs
until you see
Frank Lockwood
P. O. Box 200

65 Taxi

And Messenger Service
Stand: Empress Hotel
Bill Stuart Al French
John Saunders

NEW ROYAL HOTEL

J. Zarelli, 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

Catholic Tea, Mrs. Balagno's, Jan. 21. (11)

Come and Hear Erik Frey, the Blind Baritone. Concert in United Church, Friday, Jan. 15, at 8:15 p.m. Admission 50c. (12)

Tonight's train, due from the East at 10:20, was reported this morning to be running forty minutes late.

Following a visit to Ocean Falls on ecclesiastical duties, Bishop G. A. Rix went through to Stewart on the steamer Prince Rupert yesterday.

William Leask of Metlakatla and daughter, Miss Hazel Leask, are sailing tonight on the Prince Rupert for a month's trip to Vancouver and Seattle.

CHEST COLDS
...Distressing symptoms
relieved by rubbing on
VICKS
VAPORUB
Now WHITE-STAINLESS

Mrs. G. S. Pitt Turner of Skidegate, Queen Charlotte Islands, was reported today to be making satisfactory progress following an operation at the Prince Rupert General Hospital.

Rev. Dr. J. W. Stevenson, pastor of First Presbyterian Church, gave a talk before the Prince Rupert Rotary Club at its regular weekly luncheon today descriptive of travels in the Gaspé district of Quebec. C. V. Evitt, president, was in the chair.

Mrs. Charles Wilson and little daughter, Margaret, arrived in the city on Tuesday night's train from Dorreen, the latter being here for treatment at the Prince Rupert General Hospital. They will be here for a couple of weeks. Mrs. Wilson being the guest of Mrs. Walter Thompson, Fifth Avenue West.

To Make Cruise To West Indies

Matthew Harris, Richard Thomas, Robert Duncan and Robert McAllister of the local unit of the Royal Canadian Naval Volunteer Reserve will sail tonight on the Prince Rupert for Esquimaux where they will join H. M. C. S. Skeena for a winter training cruise to the West Indies. They will be away about four months.

Week-End Specials

— at —

SELVIG'S

FRIDAY and SATURDAY

Sugar—Granulated	55c
10 lbs. only (And no limit)	
Lump Sugar—Bulk	25c
3 lbs.	
Fluff—	17c
per lb.	
Salt—Shaker	15c
2 for	
Milk—All brands	\$1.15
per doz.	
Red Arrow Crackers—	21c
per pkg.	
Extract—All flavors	17c
per bottle	

Apricots—Royal City	10c
11-oz. tin	
Apricots—Royal City	22c
2½'s	
Peaches—Royal City	16c
halves	
Peaches—Royal City	18c
sliced	
Plums—Royal City	12c
per tin	
Pears—Royal City	16c
per tin	

Plum Jam—	36c
4-lb. tin	
Peach Jam—	45c
4-lb. tin	
Apricot, Blackberry or	48c
Gooseberry Jam, 4-lb. tin	
Phone—765	Free Delivery

Music of Nature Was Subject Of Music Club Meet

The Ladies' Music Club held its fortnightly meeting yesterday afternoon at the home of Mrs. J. H. Carson, Emmerson Place. There was a good attendance of members present. Mrs. Shelford Darton in the chair. The subject of the meeting was "The Music of Nature" upon which Mrs. W. L. Stamford read a paper. The following program was rendered:

Piano solo, "Sea Gardens" (James Francis Cooke), Mrs. T. A. McWatters.
Piano solo, "Frog's Carnival" (Wallace A. Johnson), Miss Maxine Heilbroner.
Piano solo, "Bird Scene" (Colebridge-Taylor), Mrs. E. J. Smith.
Vocal solo, "Song of the Thrush" (G. Waring Stebbins), Mrs. J. H. Carson.
Piano solo, "High Flies the Crane" (Hungarian Folk Song), Mrs. J. C. Gilker.
Vocal solo, "Only a Bowl of Roses" (Robert Coningsby-Clarke), Mrs. S. D. Johnston.
Piano solo, "Little Bird" (Greig), Miss Margaret McCaffery.
Delicious refreshments were served by the hosts.

GYROS HAVE GOOD NIGHT

(Continued from Page 1)

the importance of local activities and endeavor in promoting the development of Gyro aims and ideals. He also referred to the desirability of keeping solid the wider international outlook and affiliation.

The officers installed were as follows:

President, Dr. H. N. Brocklesby.
Past President, Dr. R. G. Large.
Secretary, H. S. Meadows.
Treasurer, William Cruickshank.
Executive—D. G. Borland, Frank Dobb, Orme Stuart and J. H. Bulger.

Both the retiring and new presidents were heard from with appropriate addresses. The former reviewed briefly the activities of the past year, notable among which had been the institution of supervised playground functions for children. The latter outlined some of his hopes and plans for the ensuing year, intimating that playground expansion would be the chief objective.

C. V. Evitt, president of the Prince Rupert Rotary Club, and J. J. Little, president of the Prince Rupert Chamber of Commerce, brought the greetings of their organizations.

Messages were read from outside clubs.

Presentations Made

A number of presentations were made during the evening. As a memento of his visit, District Governor Hudson received a handsome hand carved mastodon ivory gavel.

Announcements

Erik Frey's Concert, January 15.

Anglican Tea, Mrs. J. W. Nicholls, January 19.

Presbyterian Burns' Concert, January 25.

Cambrai Valentine Dance, February 5.

SPECIAL PRICE

On Custom Tailor-Made

SUITS

\$38.50 Reduced to \$30
From Jan. 12 to Feb. 12
This is lowest price ever charged for these suits

M. T. LEE

Third Avenue
Next to M. M. Stephens

COAL

TO PLEASE EVERYBODY

Satisfaction Guaranteed

FAMOUS EDSON ALBERTA

COAL

BULKLEY VALLEY COAL

VANCOUVER ISLAND COAL

PRINCE RUPERT

FEED COMPANY

PHONE: 58 and 558

"Mother - don't tell me you still set your dough overnight!"



Valuable Baking Book FREE

The Quaker Oats Company, Dept. FW-70
Saskatoon, Sask.

Please send me copy of booklet "The Quaker Method of Easy Bread Baking."

Name _____

Address _____

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"WHY I HAVEN'T SET A SPONGE FOR YEARS—YOU DON'T HAVE TO WITH THE QUAKER METHOD OF EASY BAKING. . . . NO KNEADING EITHER."

"THERE! ISN'T THAT LOVELY BREAD? AND IT WILL TASTE JUST AS DELICIOUS AS IT LOOKS TOO, MADE FROM QUAKER FLOUR."



Use Quaker Flour . . . the easy way to Better Baking

With the Quaker Method of Easy Baking you can bake bread and rolls in half the time . . . with half the effort. No sponge to set overnight . . . no kneading . . . no waste. And you can be sure of better results always.

Think of the savings in time and worry! Many of the finest housewives in Western Canada use the Quaker Easy Method—why don't you? Send coupon below for FREE booklet telling how you, too, can bake bread and rolls, this better . . . easier way.

Remember Quaker Flour is not ordinary flour. It's the best flour money can buy for all baking purposes. It bears the name of the makers of the famous Quaker Oats . . . your guarantee of quality.



MRS. A. H. ELLIOTT
"I wish I'd known about this marvelous method years ago," says Mrs. A. H. Elliott. "With the Quaker Easy Method of Baking, I find I can make more delicious bread and rolls in half the time, with half the trouble."

Quaker Flour
Always the Same Always the Best

Williams SHAVING SPECIALS

For the Men

Williams Shaving Cream

Double size, Regular 50c, and

Aqua Velva

Regular 25c, Both for

50c

Aqua Velva

Large size, and

Williams Talcum

Large size, Both for

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.

WINTER WEATHER WANTS

Heating Stoves, from \$2.75 upwards
Pipes — Elbows — Collars — Dampers
Lids — Grates — Linings
Stove Screens \$2.75

Thompson Hardware Co. Ltd.



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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
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UNION STEAMSHIPS

SPECIAL WINTER EXCURSION RATES TO VANCOUVER

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

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

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