Don't Let Constipation

Drag On!

Do you often have days when you

wake up tired-when you feel dull,

sunk, "all bogged down"? It's

time you did something about it.

And something more than just

taking a physic! You should get

If you eat what most people do

-just bread, meat, potatoes-

chances are that just this fact is

responsible: you don't get enough

"bulk." And "bulk" doesn't mean

a lot of food. It means a kind of

food that isn't consumed in the

body, but leaves a soft "bulky"

mass in the intestines that helps

need is crisp crunchy Kellogg's

All-Bran for breakfast. It con-

tains "bulk" plus Nature's great

of water, and see if your old

sparkle doesn't come back! Made

by Kellogg in London, Ontario.

ner of Second Avenue and Mc-

J. G. Nelson, chief councillor a

Easter in Vancouver and Victoria.

to the city on business, having ar-

rived on the Catala last night from

All Work Guaranteed

inderwent an operation in Van-

couver from which he is making a

good recovery, returned to the

Mrs. George Raymond and two

here as the guest of Mr. and Mrs.

T. M. Spencer, Fifth Avenue East,

George Windsor, manager of the

Canadian Fishing Co.'s cannery at

Wales Island, and Mrs. Windsor

were here aboard the Catala last

night going north from Vancouver

A. W. H. Smith, general agent for

the Barrington Transportation Co.

at Wrangell, was a pessenger

aboad the Princess Louise yester

Herbert Wheeler, president of the

Yukon & White Pass Route, was a

passenger aboard the Princess Lou-

se yesterday morning going north

to spend the summer at Skagway.

He has been wintering in Vancou-

Don Matheson, superintendent

of the Bralorne mine and son of

Mr. and Mrs. D. J. Matheson of

dicitis. Mr. Matheson had set out

from Bralorne for a motor trip to

Nevada when he was stricken ill

Vancouver to enter hospital.

Nurses' Ass'n

and had to discontinue the trip at

Educational Campaign To Be Car-

ried On Troughout Province

VANCOUVER, April 25: (CP)-

The Graduate Nurses' Association

other matters, a proposal to con

nurses throughout the province.

duct an educational campaign for

day going north for the season af-

for the season.

(Next Rupert Hotel)

down the coast.

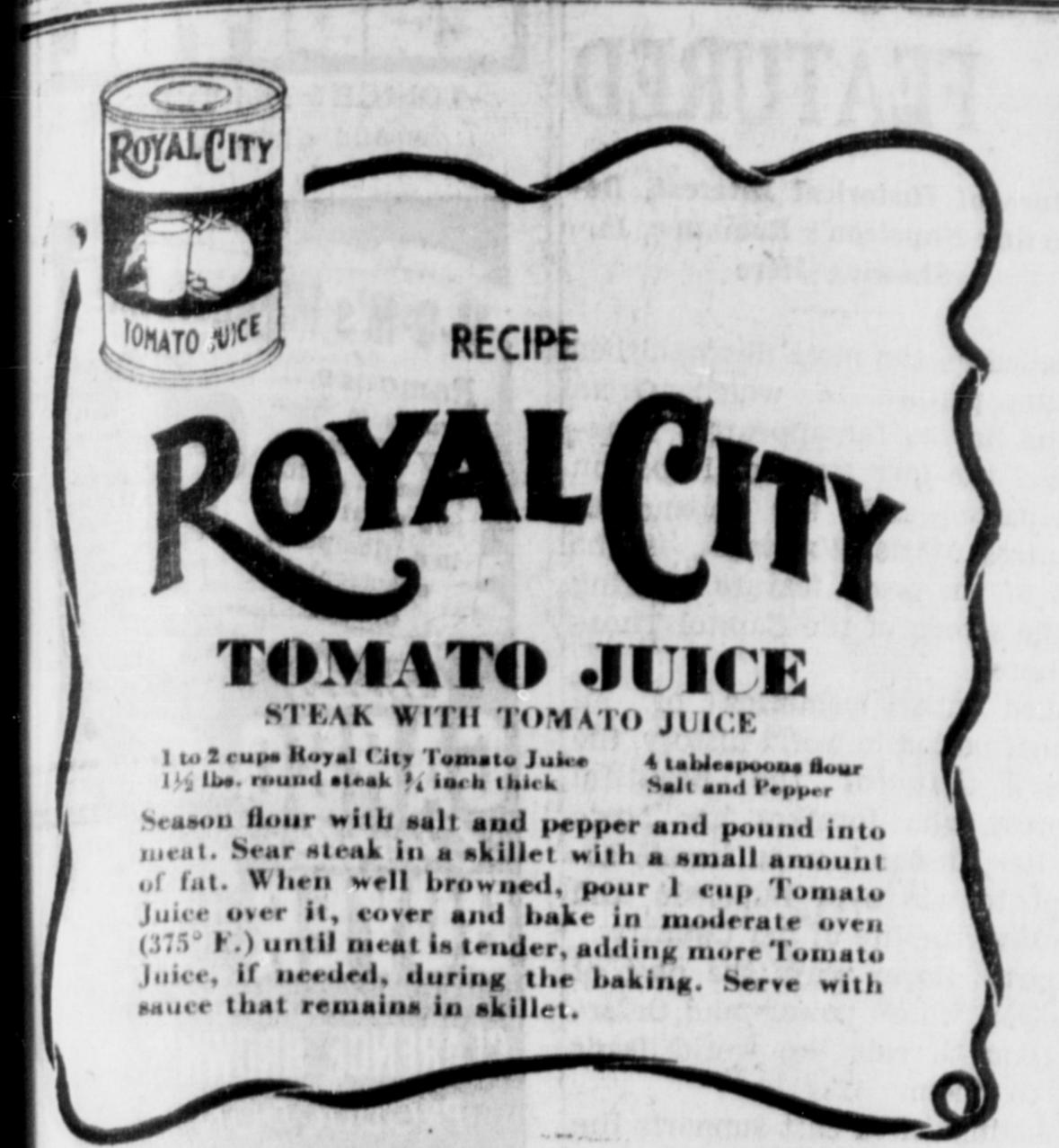
Eat it every day, drink plenty

intestinal tonic, vitamin B,

If this is your trouble, what you

a bowel movement.

at the cause of the trouble!



CASH or C.O.D.

Phone 843

OVERWAITEA LTD.

BUTTER—First 3 lbs	Grade.	and dnesday Only
Aylmer Boneless Chicken—Per tin 27c	Fels Naptha Soar	- 190
Sliced Pineapple—2's. 19c	Woodbury's Toile Soap— 3 cakes	221
White Spring Salmon 10c -Per tin	Royal Crown Soa Powder-Large	
Burns'Bakeasy— 25c	Johnson's Glo-Co Quart tin Pint Tin	230
Burns' Five-Point Btneless Hams—Lb. 31c	Black Figs-	25
Crisco— 1-lb, tin	Prunes—Medium 2 lbs.	size. 19
Roger's Golden Syrup 17C	Pitted Dates— 2 lbs.	23
Per Pkt. 19c	Fresh Spinach— 3 lbs.	25
Royal City Tomatoes 25C	Rhubarb— Per lb.	3

Time Marches On!

Free Delivery on Orders \$3.00 and Over

Clean-Up Week Is Here Again

Why Not Improve and Protect Your Property By Using Bapeo

PAINT and SHINGOLEEN

Ask Us For Color Card and Take Arvantage of the

Fine Days

THOMPSON HARDWARE CO. Ltd.

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GRADE A MILK

Give Your Baby Fresh Milk Daily

Our milk is produced twice daily from our own Gov-

ernment tested cows.

DOMINION DAIRY PHONE RED 608

NEW ROYAL HOTEL

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

lews

Having a surplus of Bulkley Valley wheat it is necessary to reduce our prices. Call up 58 or 558 and Save

Money.

It's interesting to know when reading the Daily News that the people of the whole district are doing the same.

LOCAL NEWS NOTES

Mrs. Henry Leaper, who has been. Prince Rupert Football Associavisiting for the past year or so in tion executive meeting, Canadian Clean-Up Week England, returned to the city on Legion rooms, Tuesday, 7:30 p.m. Clean-Up England, returned to the city on Legion rooms, Tuesday, 7:30 p.m. Saturday night's train.

headquarters on Tuesday, April be glad to hear. 26th at 8 p.m. All interested are

Mr. and Mrs. A. M. Davis, who have sold their house on Sixth Avenue East to Capt. Harry Calder-1 wood, are taking up residence in the house also on Sixth Avenue East which has been occupied by F. Dalby.

Prince Rupert Recreation

DISPLAY

EXHIBITION BUILDING Adm. 15c Tonight 8 p.m.

Bridge Party

Attendance At Affair Saturday out at 10:50 Saturday night to a false alarm rung in from the cor-Night Was Small But Event Proved Enjoyable Bride Street.

There was not much of a turn out at the bridge party held by the Prince Rupert Boys' Band Pai. | Greenville on the Naas River, was ents' Association in the Canadian in town on business over the week-Legion Hall Saturday night but the end and is returning this afternoon players at five tables enjoyed to Greenville aboard his son's boat. themselves. The prize - winners! vies; second, Mrs. Thomas Ballinger; men's first, A. Montesano, second, F. A. Rogers.

Mrs. T. Henderson was convener G. J. Dawes was master of ceremonies and H. Perkins presided at dale cannery, is paying a brief visit the door, Mrs. T. Bussanich and Mrs. Louis Amadio were in charge of refreshments.

B. Johnson, with No. 567, was the vinner in the raffle of a frui

Her Wedding Is Recalled

Enjoyable Surprise Party Saturday Ninght In Honor of Mrs. J. R. Murray

The occasion being her thirtieth city from the south on the Catala last night. wedding anniversary, Mrs. J. R Murray was the guest of honor at a delightful surprise party Satursons, after having spent a week day night at the home of Mrs. J McGreish, Ambrose Avenue, The early part of the evening was given returned to their home in Smithover to the playing of bridge ers at the end of the week. Melo and Mrs. Hugh Killin. Delicious refreshments were served and, on behalf of the guests assembled, Mrs. McGreish presented Mrs. Murray with a handsome um brella. Music and singing brought a very pleasant party to a close.-Those present were Mrs. J. R. Murray, Mrs. J. Lawrie, Mrs. R. Angus Macdonald R C. Parsons, Mrs. Gus Arthur Bayne, Mrs. J. K. Murray ter having spent the winter in Se-Mrs, Bell, Mrs. William Hunter attle. Mrs. P. Melo, Mrs. Robert Wood and Mrs. J. R. Murray.

Announcements

All advertisements in this colamn will be charged for a full month at 25c a word.

Prince Rupert Operatic Society this city, is making satisfactory present the "Pirates of Penzance" progress in hospital at Vancouver -Capitol Theatre, April 27 and following an operation for appen

Catholic Tea, Mrs. Brass's April

Baptist Missionary Tea, May 2. Presbyterian Tea, Mrs. Lakie's, Convention Of

United Sale, May 5.

A. Y. P. A. Variety Entertainment, May 6.

St. Peter's Bazaar, May 10.

Cambrai Spinsters' Spree, May 13. Eastern Star Maytime Tea at of British Columbia, at its annual Mrs. J. Jack's, Angus Apartments, convention here, considered, among

Canadian Legion Tea May 18.

Weather Man Is Co-Operating In

A finer day than Sunday could THE ANNUAL MEETING of the Mrs. W. A. Riddell, who has been not have been ordered for the com-Navy League of Canada, P. R. ill with pneaumonia, is now re- mencement of Clean-Up Week in Branch, will be held at R.C.N.V.R. covering nicely, her friends will Prince Rupert. Brilliant sunshine from a deep blue sky and a fresh warm breeze made the day an ideal one for all forms of outdoor activ-

> The water attracted out some early picnic and boating parties. Members of the Canadian Na-

tional Yacht Club were out getting things organized for the replacement of their float which sank last

The tennis courts drew out a number of players.

Conditions were also auspicious for the gardening devotees and, altogether, it was like a midsummer

Hotel Arrivals

Savoy

Mr. and Mrs. C. Peterson, Oona River; J. Hartlin and A. Frebourg, city; Julius Lokken and Ole Aker, Ocean Falls; O. Olsen, C.N.R.; Mrs. R. L. McKinloy, Surf Point Mine; The fire department was called S. Steel, Jap Inlet.

Mr. and Mrs. Vic Grant, Malmoral; P. S. Wo and C. Lang, Inverness; S. Snidal, city; R. B. Lambert, Klamath Falls; J. C. Parry, Kam-1 loops; C.A. Johnson, Prince George.

Prince Rupert

Mr. and Mrs. G. L. Brooks and A. Mrs. B. Walker of the staff of Attree, Terrace; J. McGrath and Booth Memorial School returned to Ronald D. Morrison, Prince George; the city on the Princess Louise yes- J. S. Wo. Inverness; W. Laing, Vieterday morning after spending toria; A. L. Stewart, Butedale.

Central

A. L. Stewart, manager of Bute-W. Downing, Terrace; George Simpson, Calgary; H. Jerome, C.N. R.; H. Paulson, Billmor

Ben Austres, city.

David Mitchell and William Mouat ther members of the staff of ment enables them to develop and King Edward High School, returned print any size of Roll Films at 40c the city on the Catala last night after attending the annual conven-Teachers' Federation in Victoria. Albert Frebourg, who recently!

"Build B. C. Payrolls"

Criticism



deal sometimes—even as in this instance.

This user is a real friend, for she says Pacific Milk is much better than we tell it. We happen to know this comes from an excellent cook.

Perhaps she means the way we say things.

Pacific Milk Irradiated of Course

Rupert Grown

BEDDING PLANTS

Order Your Supply at Once WILLIAM GAIR Florist and Seedsman Phone BLUE 974 P.O. Box 276

Holiday Camp

Mrs. Dunn Announces That Her

SANGAN RIVER HOLIDAY CAMP

Near Massett, Q.C.I., is open for visitors and advises early booking.

Walls that are Easy to Live with says "Alabastine Al" Decorate with ALATINT

s : soft, light-diffusing, restful, low in cost. Its beauty may be renewed any time, simply by washing!

THE WASHABLE WALL FINISH - by the makers of Alabastine

Colgate's

Cashmere Bouquet

Soap Special

Three Cakes of Soap and One Bottle Cashmere Bouquet Perfume

Small 20c

Mi 31 Tooth Paste Rexall

Cold and Vanishing Creams

A. S. A. Tablets

Vial of 30 five-grain tablets-Do not harm the heart.

25c

The Pioneer Druggists

Phones: 81 & 82 The Revall 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.

CONGOLEUM CONTEST WEEK

Call at our store and place your guess on the hidden number. The correct guess or the closest to it receives a Congoleum rug, 6x9, Free. This is given away by the Congoleum Co. Ltd.

Mackenzie's furniture

Phone 775

327 THIRD AVENUE

Smoked "Rupert Brand"

15c per Package

For Lunch on Toasted Sandwiches or Hors d'oeuvre

One Package Serves Four People Keeps For Weeks in Refrigerator

UNION STEAMSHIPS LTD.

Steamers Leave Prince Rupert for Vancouver: T.S.S. CATALA EVERY TUES- T. S. S. CARDENA FRIDAY, 10:30 p.m. DAY, 1:30 p.m. Due Vancouver, Monday A.M. Due Vancouver, Thurs. a.m.

If convenient please purchase tickets at office Further Information Regarding Reservations and Tickets From A. W. NEWMAN, Prince Rupert Agent, Third Ave. Phone 568