

C. J. Killer, well known Telkwa

rancher, who has been attending a

Farmers' Institute conference in

Victoria, arrived in the city from

the south on the Prince George ves-

terday morning and proceeded to

The Young People's Society o

First Presbyterian Church was in

session Tuesday night, proceedings

and there was a good attendance of

members.

the interior by the evening train.

Leod, Muriel Vance, Eileen Green, A. D. Ritchie, Mrs. A. Ivarson, Mrs. Isabel Brannan, E. M. Earl, Doro- E. Thompson, Mrs. J. E. Jack and thy Stiles, Irene Lindsay, Irene Mrs. W. H. Wright,

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Why Not Play Santa

**Claus to Yourself**?

look very far, if you eat just the things most people do. Most likeyou don't get enough "bulk' And "bulk" doesn't mean just lot of food. It means a kind o lood that isn't consumed in the body, but leaves a soft "bulky" mass in the intestines and helps a bowel movement

is to get at its cause. If you're

constipated, don't fiddle with

makeshift remedies. Find out

Chances are you won't have to

what's giving you the trouble!

If this is what you lack, your ticket is crisp crunchy Kellogg's All-Bran for breakfast. It contains the "bulk" you need plus the intestinal tonic, vitamin B Eat it every day, drink plenty water, and join the "regulars" All-Bran is made by Kellogg in London, Ontario.

The Children's Story Hour will reommence on Saturday in the Boston Hall for children between the ages of nine to 14 years.

A charge against Vernon Leroy Vancouver. Rowe of retaining stolen goods was dismissed in city police court | Olof Lindstrom of Usk, after a

this morning. Sergeant Chris brief visit to the city, left by last Jacklin prosecuted and L. W. Pat- evening's train on his return to the more acted for the defence.

ceed from Usk to Halifax where F. deGanahl, after spending a he will embark December 2 on the few days in the city on business in liner Drottningholm for a trip to connection with his mining in- his native home in Gothenburg, terests in the Omineca, left by last Sweden.

evening's train on his return to Fort St. James.

Mr. and Mrs. Victor Pick, who were married recently, the bride

interior and in two days will pro-

S.J. Jabour, who has been in the having been the former Miss Agnes city and district for the past two Guyan R.N. of the Prince Rupert.





REDDED WHEAT

