Ever Wonder Why

You're Constipated?

Do you ever have days when you just have to drag yourself along, when you feel tired, sunk-because of that constipation? Then why not find out the real cause

What have you had to eat lately? Just things like meat, bread and potatoes? If that's it,

you may not have to look any

farther. It's likely your trouble is

tines and aids elimination.

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To make complete arrangements for financing the cost over a period of one to three years under the Home Improvement Plan.

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We will be pleased to give you an estimate on any type of work required. The Home Improvement Plan now makes it possible for you to

make your house a real HOME. For full details phone 116 or 117 and our representative will call

and discuss the details in the privacy of your home.

Evenings Call J. F. RITCHIE Jr., Black 800

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PERFECT SEAL JARS QUARTS-\$1.75 PINTS-\$1.45 Per dozen Per dozen ECONOMY JARS

QUARTS-\$1.65 PINTS-Per dozen

Per dozen JELLY JARS

Per dozen

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ANDY McDONALD, Prop.

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Each .....

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SQUAT-

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\$2.00

\$9.00

\$4.50

Prince Rupert

TERRACE, B.C.

\$1.40

#### two weeks. They only call in ports when it is necessary to obtain supplies. The most of the time they to some bay or nook and dropping Save The Snakes to some bay or nook and dropping their anchor. They expect to call at Prince Rupert on the return Advises Curator

WHIFFLETS

From The Waterfront

After spending a couple of days

here while bound north in the

course of a leisurely three months

cruise which they plan shall take

them as far as Skagway, Mr. and

Mrs. D. Bartels left at 3 o'clock

yesterday afternoon for Ketchikan

which port they eypect to reach by

the end of the week. Mr. and Mrs

Bartels are making the trip in a

trim little sixteen-foot sail boat

equipped with a 10 h.p. Red Wing

gas engine for auxiliary power

The trip up the coast from Van-

couver to Prince Rupert took them

trip south. They are friends of

whom they visited while here. Mr

Six halibut vessels sold catches

totalling 183,000 pounds at Se-

attle yesterday as follows: Con-

stitution, 40,000 pounds, 81/8c and

7½c; Ilene, 36,000, New England

81/8c and 71/2c; Sylvia, 18,000, Whiz.

England, 8c and 7c; Ethel S., 18,000

San Juan, 7c. For ling cod 3c per

Imperial Oil Co.'s tanker Alber-

tolite, Capt. A. S. Mosher, having

Port San Luis, California. Acting

Piloted by Bert Ruoff, an Ameri-

can commercial seaplane, with four

S. Lewis.

to Ketchikan.

Bartels is an electrical engineer.

Mr. and Mrs. W. N. Currie with Serpents Are Of Value In Feeding On Vermin, It Is Declared

the Sir Colin McKenzie Sanctuary 71/2c; Sunde, 40,000, Whiz, 75/8c and at Badger Creek.

"Snakes are of very great value," | nels. he said. They helped preserve the 171/4c and 6c; Ionic, 16,000, New balance of nature by feeding on San Juan, 7c; Lebanon, 15,000

one unless menaced.

### GETS LARGE FISH

arrived at 9 o'clock yesterday WINNIPEG, June 22: (CP) morning from Ioca with fuel sup-Frank J. Hannibal, former presiply for the company's local tanks dent of Winnipeg Blue Bombers, sailed at 9:30 this morning for Western Canada football champions, landed at 31-pound lake trout as pilot of the Albertolite on the at Clearwater Bay, Ont.. 110 miles voyage up the coast was Capt. A east of Winnipeg, recently.

### WORKER'S PARADISE

WINNIPEG, June 22: (CP)- A passengers on board, paused here Mackenzie Shaw, New Zealand briefly shortly before noon on Monfarmer retiring to Scotland, exday. It was on the way from Seattle pressed the belief New Zealand is the best country in the world for the working man. "The labor government has increased wages and introduced the 40-hour week," he said as he passed through here re-

## ACTIVITY IN BEAR RIVER

Many Mining Properties To Be Operated In That Stewart Valley This Year

Mining activities in the Bea River Valley indicate a busy summer in this section. Three properties on the Bear and its tributarie. are now under development and one other is assembling supplies and equipment for an early start

toria last Thursday and will de- velopment by John Haahti, while velop the Red Reef. Last week-end | not completed, is in use for takin, i men were engaged at clearing out supplies to that property. Mr I established.

Work done at the Red Reef last lyear disclosed a strong vein which crosses the main tunnel at approximately 240 feet from the portal. It is planned to drift on the

MELBOURNE, Victoria, June 22: lished at the L. L. and H. prop- made for 900 vacancies. (CP)-A plea for the preservation erty on Bitter Creek. The crew of snakes was made here by Robert is driving a new crosscut tunnel Eadie, former honorary curator of at a lower level, to intersect the rich gold vein which was encoun- THE tered in the No. 1 and No. 2 tun-

Lucky Date Company, has a crew He said they were not danger- employed at the property on ous as they seldom attacked any- Bitter Creek. A camp has been



life miserable. Poisonous acids from faulty kidney action are probably the cause. Gin Pills drive out these poisons by toning up the kidneys so they can filter the blood properly. "Prove their merit



#### 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 intes-If "bulk" is what you lack, your ticket is a dish of crisp crunchy Kellogg's All-Bran for breakfast

on work.

every day. It contains the "bulk" you need plus Nature's great intestinal tenic, vitamin B, Eat it every day, drink plenty of water, and join the "regulars"! Made by Kellogg in London, Ont.

values of the ore.

At Bitter Creek

Owen McFadden, manager of the



through their use!"



\$80.00

# TERRACE

Bill Martin, the air mechanic, associated with Pilot Elliott who died recently at Prince George following an airplane accident, is now at Lakelse Lake with an airplane engaged in forestry wark.

Fred Nash, B.C.L.S. left Terrace on Thursday last for survey work in Ocean Falls district.

Miss Head and Miss Hobis left Terrace by Thursday's train after a short stay here with relatives. They expect to spend some days in Montreal before embarking for England.

The Village Corporation is using, with Will Robinson in charge, a device for detecting leakages in the water system. The present season being very rainless has compelled economy in the use of the municipal water and the stoppage, if possible, of any leakage.

### SMITHERS

William Grant of Hazelton, who came to Smithers to attend the Liberal convention on Friday night was taken ill on Saturday and removed to the Smithers hospital. H. soon recuperated, however, and was discharged from the hospital the next day.

GEESE SENTRIES

ROCKY MOUNTAIN HOUSE, Alta., June 22: (CP)—Demand for geese by farmers in this area has materially increased the value of that fowl. In an epidemic of farmers with a few geese in the flocks suffered no losses. The geese made so much noise they frighten-, ed thieves away.

SCHOOL HONORS MACKAY WINNIPEG, June 22: (CP) - A memorial chair has been placed, in Ravenscourt School here in memory of Douglas Mackay, a governor of the school until his death in an airplane crash at Bozeman Montana, this year. Mackay was a director of publicity of the Hudson's Bay Company prior to his

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# Mackenzie's furniture

## Holiday Time Is Baggage Time

A new shipment of TWIN SETS has arrived in different shades to match your apparrel. Quality goods reasonably priced.

327 THIRD AVENUE

erected and progress is being made with development work. It is planned to extend the main crosscut tunnel and also to carry out extensive surface work on the Lucky

Matthew Little, mining engineer f Victoria, one of the members of the syndicate owning the Excelsior group on American Creek, arrived at Stewart recently from the south. Mr. Little is organizing a crew there to carry out development at this property. Supplies wil' be taken in and the camp estab lished. It is understood that work will continue until fall.

The new trail on the east side of Bear River from the bridge to H. E. Newton arrived from Vic- the Stewart-Canal Gold, under dethe trail leading to the property Haahti has a small crew of miners and early this week a camp was working and is carrying out very satisfactory exploration work.

### RECRUITS FOR AIR FORCE

CANBERRA, Aust., June 22: (CP) -The Australian government has vein to determine its extent and no trouble finding recruits for its air force. From the state of Vic-W. H. Tolin has a camp estab- toria alone 4,000 applications were

# THRIFT

National Salad Week Specials

Four Star Salad Dressing-16-oz. jar 1 Modernistic Glass Salad Bowl. The 2 43c

Crabmeat—Queen Charlotte. 19c  $\frac{1}{2}$ -lb. tin ....

New Potatoes- Fresh, white. 25c

New Peas—B.C. 23c
Full pods. 3 lbs Hothouse Tomatoes-

No. 1, Large. 15C

New Carrots-Fresh bunches. 2 for ......

Ripe Olives-California 10c

Malkin's Best Coffee-Date Stamped. Coupons now packed in each package . . . . .

Heinz Spaghetti-Medium tins. 25c

Royal City Red Plums-No. 2 tins. . Each . . . . . . . . . Dominion Molasses-

No. 11/2 10c Dole's Pineapple Juice —8-oz. tins.

Aylmer Pork and Beans -Large 27-oz. 19.0 tins. Each ... Lac

Royal City Corn—Small 3 for ....

Black Pepper- 10c Each .... In a Handy Kitchen Shaker

Fresh Eggs-Grade 'A Large. 3 doz. .....

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We serve French-fried potatoes with all steaks and chops. Special chicken dinner On Sunday

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