

meals are followed by regrets, try this pleasant way of fit—a sparkling glass of "Fruit Salt" first thing orning! Eno cleans and Ikalizes your digestive tract, wakens the liver, encourages juices to do their job

Life today calls for ENO'S "FRUIT SALT"

Hotel Arrivals

Savoy Richard Holten and F. Ally, city. Royal

S. Umpleby, Vancouver; Joe Rafukelson, city.

Prince Rupert R. Douglas, R. A. Creech and P. Dawson, Vancouver; D. W. Web-E. Mason, Toronto; C. V. Hope, v. Wilson and Ken Matheson, plans to return this evening. Prince George; F. J. Culverhouse, azelton; Mrs. L. G. Skinner, Coper River; Mrs. E. Brooks and Mrs. J. Rowland, Terrace; Miss E. : Pobureny and Miss O. Pobureny,

All Canneries Alaska Are o Be Inspected

sk: R. W. Sinclair, Inverness.

JUNEAU, May 18.—The annual spection of canneries both in nder the health and pure food

Announcements

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

Canadian Legion Tea May 18.

Y.S. Dance, Oddfellows.

"Maytime" Dance, May 24.

nell's June 1

Improvement is reported in the Col. J. W. Nicholls returned to the Cadets William Baker and Donald Captain Johnson mentioned that

T. A. McWaters returned on the Mrs. Douglas Stork arrived in the honorable mention.

trict engineer for the federal de- the city on the Prince George today son, Hazen Hankinson and Bugle partment of public works, arrived from her studies at the University Band Leader Tony Christian.

George today.

the city from Sooke on the Prince arrived in the city on the Prince Elmore Hankinson, Tobey Cadet Jarvis McLeod; George Greenwood George today and will proceed to George today from Victoria to in- Petty Officer), Sub-instructor vs. Bob Eby; Dick Cameron vs. Terrace on this evening's train.

the city on the Prince George today from Vancouver where she at- Dr. R. E. Coleman, who is to es- bank, Soles, Wilson, Calderwood, connection with the singing of the tended the United Church Confer- tablish a pathological labatory here, Large, Davis, McLeod.

night brought in a car load of grain clogical department of Vancouver er, Victoria; J. McNeil, Smithers; fed baby beef from his farm at General Hospital. Telkwa for the local abbatoir. He

> Hugh McDonald, road superintendent for Atlin district headquarters at Stewart, came laround from Stewart to Alice Arm on the Catala Monday to visit the latter district on official duties.

Richard T. Evans, formerly of arrived in the city at the end of the adian National Railways, in the week from the interior to enter course of a western tour, arrived Prince Rupert General Hospital to on the Prince George today from receive treatment.

in regular monthly business session Mrs, Devenish. at its weekly luncheon today. number of items concerning club estern and southwestern Alaska affairs were taken up. President D. G. Borland was in the chair and there was a good attendance of members.

> William Solway, Commissioner of Boy Scouts for British Columbia, is a visitor in the city. He arrived from Vancouver on the Prince George today and will be the speaker tomorrow at the regular weekly luncheon of the Prince Rupert Rotary Club.

EASTERN STAR TEA SUCCESS

The Eastern Star Maytime teal yesterday afternoon at the home of Mrs. J. E. Jack, Angus Apartments, was a very successful affair. Many ladies called during the afternoon. The rooms were decorated with a profusion of May flowers.

LOCAL NEWS NOTES

Social at evening's train for a brief business were presented by Lieut. Green- Scoutmaster Robert Yerburgh, and

condition of little Patricia Nichols, city on the Prince George today Eby. The points were: Christian, the Air Force wauld probably be

Prince George today from Victoria city from New York on the Prince;

C. F. P. Faulkner, assistant dis- Miss Margaret Beattie arrived in structors Norton, Greenwood, Manfrom Vancouver on the Prince of British Columbia to visit her Good conduct stripes were anmother, Mrs. A. M. Beattie.

Capt. J. B. Colthurst arrived in C. F. Dawson, federal architect, tor H. Hankinson; Cadets G. Baker, of the new federal building here. Norton, Alan Burbank Sub-instruc- referee.

Jack McNeil of Smithers last Coleman formerly headed the path- er, Christian, Moore.

Alex Greenwood, son of Staff Sergeant and Mrs. G. H. Greenwood, arrived in the city on the Prince George today from Vancouver for a visit. He is recuperating from a recent operation for appendicitis.

W. R. Devenish, general super-Massett and now located at Terrace, intendent of transportation, Can-Vancouver and proceeds East this evening by train enroute back to The Prince Rupert Gyro Club was Winnipeg. He is accompanied by

Get Wise to Constipation!

When you're constipated, it's a great temptation to be satisfied

with quick relief. But physics don't keep constipation from re-turning. It's so much better to get at the cause of the trouble. If you eat what most people do, chances are the only thing the 'bulk." And "bulk" doesn't mean how much you eat. It means a of food that isn't consumed in the body, but leaves a soft and helps a bowel movement. What to do? Eat a little Kellogg's All-Bran for breakfast every day and drink plenty of water. This crunchy toasted cereal is not only rich in "bulk"it also contains the natural intestinal tonic, vitamin B1. All-

Bran is made by Kellogg in Lon-

don, Ontario, Sold by every grocer.

SEA CADETS IN DISPLAY

(Continued from Page One)

highest individual score in rifle

Chief Petty Officer Cadet Ned chor and star badges while stars

nounced for the following:

arrived in the city on the Prince | One year - Cadets Alexander, George today from Vancouver. Dr. Mills, Dawes, Nelson, Hunter, Bak- the gathering dispersed.

Various Speakers Speakers of the evening included anthems.

Mrs. H. L. Landry, regent of Municipal Chapter, Imperial Order, Daughters of the Empire; W. R. McAfee, president of the Rotary Club; D. G. Borland, president of shooting. This medal, as well as a the Gyro Club; Jack Preece, presi-R. L. McIntosh is leaving on this bronze medal and two silver spoons, dent of the Canadian Legion; wood, the silver medal being won Group Captain G. O. Johnson of the by Cadet Brass and the spoons by Royal Canadian Air Force. Group daughter of Mrs. and Mrs. A. R. from a business trip to Vancouver 83; Brass, 82; D. Eby, 78; W. Baker, active around Prince Rupert in the near future and would co-operate near future and would co-operate with next highest scores, were given in every way possible with the Seal

Cadet work. where he has been taking a course George today to pay a visit with Tobey received presentation of an- the gift by Queen Mary Chapter, Imperial Order, Daughters of the were presented to Cadet Sub-In- Empire, of a sum sufficient to provide a uniform. Jack Preece also announced he was prepared to furnish three uniforms.

> Three exhibition boxing bouts Three years—Cadet sub-instruc- concluded the evening's program. The boxers were John Denning vs. spect the progress of construction Manson, McRae, Sub-instructor Floyd Keays. James Bryant was

Mrs. D. R. Barclay returned to He is accompanied by Mrs. Dawson. tor Greenwood, W. Baker, D. Eby., There was an interesting flag Two years-Cadets Brass, H. Bur- movement by the entire corps in National Anthem.

Refreshments were served before

Miss Maxine Heilbroner was piano accompanist for the national'

Introductory Offer

1-4 Pt. "61" Quick Drying Enamel 35c (Your Choice of Color) One Extra Fine Brush Regular Price .

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Watch For Valuable Coupon Delivered at Your Door

Kaien Hardware Co.

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FOR RENT

FOR RENT-Superior heated flat in Brooksbank Block. Apply Dybhavn & Hanson.

FOR RENT-Modern five room ap partment with range. Close in Phone Green 698.

BOARD AND ROOM

ROOM AND BOARD - Cheerful room, steam heated, for rent in private home. Centrally located, 2 blocks from new Post Office. Phone Black 925.

FOR SALE

FOR SALE-26-foot pleasure boat Phone Red 182.

FINE sail boat with all rigging, mainsail and jib, 26 feet long, 9foot beam, very reasonable. Call Pioneer Laundry.

LOST

LOST- Black cocker spaniel, answers to name of "Bobby." Phon Red 514.

PERSONAL

WE HAVE HELPED HUNDREDS TO OBTAIN positions as Letter Carriers, Postal Clerks, Customs Examiners, Clerks, and Stenographers, etc., and can help you. Write us for proof and free information. M.C.C. Schools Ltd., Winnipeg. Oldest in Canada.

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Letter Size—80 Sheets and Envelopes Package of 25—Both for—

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This year's model is suspended like a cradle on flexible springs. will do for baby from four months to four years and the price is only .

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See the new C.C.M. Tennis Racquets. Smart, exceptionally well made racquets, at low prices.

For satisfaction and longer life use Dunlop Tennis Balls, the longest wearing, toughest tennis balls made.

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One Package Serves Four People Keeps For Weeks in Refrigerator



Every Dish Tastes Better ... and COSTS LESS

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Roasts, vegetables, cakes, pies, are all cooked with far less trouble and uniform success - electrically. Your electric range gives perfect, steady cooking heat: nothing is overdone or underdone: all flavours are held: there's no waste. And your kitchen is always cool and comfortable: a treat to work in. Models for every home and purse: small down payment: easy terms.

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