There's a Good Reason

You're Constipated!

When there's something wrong

with you, the first rule is: get at

the cause. If you are constipated,

don't fiddle around with make-

shift remedies. Find out what's

Chances are it's simple if you

eat only what most people do:

meat, bread, potatoes. It's likely

you don't get enough "bulk." And

"bulk" doesn't mean a lot of food.

It's a kind of food that isn't con-

sumed in the body, but leaves a soft

and helps a bowel movement.

"bulky" mass in the intestines

If that fits you, your ticket is a crisp crunchy breakfast cereal—Kellogg's All-Bran. It contains

the "bulk" you need plus the

great intestinal tonic, vitamin B.

plenty of water, and just watch

the old world grow brighter!

Made by Kellogg in London, Ont.

will spend his holidays.

Eat All-Bran every day, drink

giving you the trouble!

To Write About

Mediord

Linen Finish

Stationery

60 Sheets and 48 Envelopes

496

## Ormes Itd. The Proneer Druggists

Phones: 81 & 12 The Revall Store Open Daily From 8 a.m. till 10 p.m.

Sundays and Holidays From 12 noon till 2 .m. 7 p.m. till 9 p.m.

# Reconditioned

Monarch, 6 holes, for burning wood or coal. Snap	\$29.00
McClary, 6 holes, for burning wood or coal	\$31.00
McClary Range, 4 holes, for burning coal or wood	\$25.00
Good Circulator Heater— Real snap for	\$21.00
Quebec Brick lined Heater	\$8.00
Good Used Pram— A real bargain for	\$10.00
Bicycle—In good	\$12.00

## School Books for Half Price

condition ...

Singer Sewing Machine-In \$25.00 first class condition. Snap ...

King Saxophone for Snap

4 Chesterfield Suites at Very Reasonable Prices

Bed, Restmore Steel Bend Spring with \$35.50 Spring-Filled Mattress

3rd Avenue

Phone Green 916

## LOCAL NEWS NOTES

Phone 112 Taxi; day and night.- Mrs. Letnes is leaving this evening for Vancouver on the Catala, S. Jerstad expects to sail this evening on the Catala for Namu

J. R. McKay is sailing tonight ning on the Catala for Vancouver. on the Catala bound for southern

R. Talbot of the Rupert Motors tala for Vancouver. staff left yesterday for Waterways, Alberta.

G. Watts was a passenger for Peace River district. Vancouver today on the steamer

William Anderson was yesterday for Harris, Saskatchewan. afternoon convicted of conniving to supply liquor to Indians and was fined \$50.

Among the passengers that will be leaving here on the delayed sailing of the Catala will be E. S. Wadsworth.

Frank Warne of the Fisheries Department of the Dominion Government is at present located at Meziadin Lake north of Stewart engaged in inspection of the Naas River spawning grounds. He is not expected to return until early in October.

One of the Vancouver newspapers publishes a picture of Miss Joan Crewe, daughter of Mr. and Mrs. H. O. Crewe, formerly of Prince Rupert, who recently arrived home from an extended visit to England where she danced in hree operas.

Attention Parents! Music Classes will reopen in Borden and King Commerce staff Edward Schools. Fees 25c a lesson -2 lessons a week. Those wishing to register students in these classes may do so through Miss M. Mc-Caffery between the hours of and 6 tomorrow. Sept. 14. Green 836

Seaplane N. C. 9108 arrived port last evening from Wrangel. piloted by James C. Rhinehart It brought A. R. Bruger, the well known canneryman of Wrangell to meet his wife here. Mrs. Bruger is on her way from Ketchikan kan to Seattle on the steamer North Sea, which called here during the night. Another passenger on the plane was L. McDonald. The plane left this morning for Ketchikan.

### Hotel Arrivals

Rnox

Mr. and Mrs. J. Davidson, Seat Mr. and Mrs. Dunsmuir, Mc-Bride: R. J. Orton. Mrs. Thompson F. Magnusson, Vancouver.

Central A. Carlson, G. Erwick, city.

Prince Rupert S. Cholmley, Crawford Bay; P. Burgen, Wrangell; L. F. Mc-

Donald, C. Rhinehart, Petersburg. Savoy

Mr. and Mrs. D. O. Johnson Port Simpson; Mrs. A. Olson, city Mrs. Young, Vancouver

Royal Mr. and Mrs. Montgomery, city.

### Announcements

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

Show, September 15.

St. Peter's Tea Mrs. Lineham September 22.

C. C. F. Bazaar, October 1.

Grocery Shower, Ridley Home, October 6.

October 6, Mrs. Parker presents Mi the first part of December. Lady's Trousseau.

Catholic Bazaar, October 12, 13. Presbyterian Tea Mrs Funston's

Sonja's Bazaar November 4.

Baptist Bazaar November 5. Presbyterian Bazaar Nov. 10.

ember 17.

St. Peter's Church Bazaar November 24.

Mrs. Hamagachi and her daugh-

Miss Helen McLeod left yester in the chair and other members Radio Coverage Breen, G. J. Dawes, M. J. Dough-

> the five plots asked for, ten plots ditional grant.

Pollokshaw, Scotland, thanked the coverage having as its essential fea- made up of radio receiving set lion the occasion of the death of state of all high-powered stations degree from advertising revenues. ther late husband Matthew Mc- in the Dominion. There is no support from the pub-

lan advertisement in the "Poppy largely devoted to programs in Day Year Book" 1938 edition. This French, the other near Toronto. BRIGHTON, Eng., Sept. 13: (CP) book is published annually by the These two stations cover central - Anticipating an anti-Nazi de-British Columbia Command of the Canada. Two more are planned, monstration, extra police were out-Canadian Legion and contains ar- one in the Atlantic provinces and side Brighton's football ground ticles commemorative of Armistice one in Saskatchewan. Before long when a Sussex police team defeatand Poppy Day. Copies are sold particularly at the Armistice Banquet, and the profits go to help the work among needy ex-service men and their dependents.

Rev. J. B. Reinertsen, who has last evening been visiting in the home of his son-in-law and daughter, Rev. and for Peace River, Alberta, where he Hrs. L. C. Jensen, Fourth Avenue East, left on last evening's train for Minneapolis, Minn.

In Loving Memory of my Dear Husband and Dad, Robert Kirkwood Murray, who died September

'Calm and peaceful he is sleeping Sweetest rest has followed pain: And we who loved him sadly miss him,

But trust in heaven to mee again."

Inserted by his Loving Wife and

## Movements Of Missionaries

BELLA BELLA, Sept. 13:- Dr. and Mrs. W. Welch went to Vancouver recently to bid farewell to their daughter Eileen who left New York for Bolivia where she will be engaged in missionary work. Mr. and Mrs. Rob Welch are engaged in missionary work on the Aleutian Islands.

The Rivers Inlet hospital of the United Church of Canada closed at the end of August and Dr. G E. Darby and staff returned to Bella Bella. During the summer Dr. W. Service was assisting Dr Darby and he left for Toronto to complete his studies. Mrs. Darby and two sons and Miss Darby left on the Cardena for Vancouver on Sunday September 4.

## Local Lutheran Pastor Gets Call Rebekah Tea, Annette Fashion To Saco Church

Rev. L. C. Jensen Will Be Leaving Prince Rupert in December

After the regular Sunday morn-Baptist Church Tea September 21, ing service last Sunday Rev. L. C. Jensen, for the past three and a half years pastor of St. Paul's Lutheran Church, handed in his resignation to the congregation. Mr. Jensen has accepted a call to Saco, Montana, and will probably be leav-Eastern Star tea, Masonic Hall, ing to take up work in his new field

> LAND ACT Notice of Intention To Apply To Purchase Land

In the Skeena Land Recording District of British Columbia and situate on the Ecstall River thirty miles south Take notice that Forbes William Guernsey of Vancouver, B C., occupa-

for permission to punchase the followof described lands:—
Commercing at a post planted at Cathedral Christmas Bazaar No-, 3,600 feet; thence East 3,000 feet more No. 7 Mineral Claim and

containing 180 acres, more or less. FORBES WILLIAM GUERNSEY Dated August 22nd, 1938.

# Canadian Legion

Soldiers' Graves-Annual Year

ter Mary are leaving this eve-In preparation for the regular monthly meeting on Wednesday evening the executive of the Prince Miss E. M. Earl is planning to Rupert branch of the Canadian get away this evening on the Ca- Legion of the British Empire Serevening. President Jack Preece was

erty, Henry Smith, D. C. Schubert Is Being Planned George Parsons was a passenger and J. M. Walker. last evening on the train bound! The usual routine business was idisposed of. A letter from City Commissioner W. J. Alder in reply to the request of the local branch for additional plots at the Soldiers' Plot advised that instead of

pressed appreciation of this ad- working out, through the Canad- er parts of the British Empire. The

LOST

Reward. LOST - Diamond Ring. Phone Black 724.

FOR SALE

FOR SALE-Chrysler Coupe, good running condition. Cheap for cash. Also washing machine Phone 383, Dr. Riddell. 4(315)

CLEAN, well - furnished modern apartments. Phone Red 444, (215)

# Music

Ruth Nelson A.T.C.M.

Teacher of Piano, Theory and Harmony.

Phone Green 390

# Mrs. Bernard Lundahl

Production

PIANO and THEORY

Phone GREEN 994

431 4th Ave. West

Miss N. Lawrence

Teacher of Violin, Theory \*Harmony Classes Commencing Septem-

ber 1. Phone 580 Three Violins For Sale-Very Reasonable

## Walker's Music Store

Large Stock Music Heintzman, Nordheimer and Lesage Pianos Piano Tuning with "Resonoscope" Phone Blue 389 212 4th St.

# For Lovers of Fine Tea

Canadian Broadcasting Stations to Be Owned By the Government Through Canadian Broadcasting Corporation

A letter from Mrs. McLean of long-term plan of national radio current fiscal year is \$2,365,000, branch for the services rendered ture the ultimate ownership by the censes, \$2 and \$2.50, and to a small

Two 50,000-watt stations are be- lic treasury. The branch will as usual insert ing operated. One is in Quebec, every Canadian radio listener will ed an eleven from Wuppertal, be within range of one of the great Germany, 3-2. All was quiet. national stations.

Scattered between the 50,000-watt units are many lesser-powered pub- (CP)-Driving with her parents licly and privately owned stations, the other day 15-month old Edna more localized in coverage, the ma- Brown was the object of a frantic jority carrying C.B.C. programs. search after the car collided with

the British Broadcasting Corpora- the truck and the search ended

Trains.

Dining Car

meals at

also

moderate

Prices

Bargain Fares

from Eastern Canada

to Western Canada

Points

domestic radio coverage and programs, it has done considerable in the exchange of Empire programs. Program Exchange

operating orlinglfu The super-power stations now operating or planned are on the domestic wave band. They will not be heard outside North America but it is hoped the Canadian government will finance a short - wave sending station by which programs had been given. The members ex- OTAWA, Sept. 13. - Canada is will be transmitted directly to othian Broadcasting Corporation, a C.B.C.'s estimated revenue for the

BUT THINGS QUIET

GANANOQUE, Ont., Sept. 13: While the C.B.C., patterned after a truck. The child crawled under tion, is primarily concerned with when she started to whimper.

# ON SALE

45 DAY LIMIT From Prince Rupert and return Tourist Standard TORONTO Conditioned \$77.50 \$63.50

> MONTREAL 99.40 HALIFAX \* Good in Tourist Sleepers on payment of regular berth fare.

† Good in Standard Sleepers on payment of egular berth fare. Correspondingly low fares from other Western stations, also to other points in Eastern

Children, 5 years and under 12, Half Fare. Stopovers allowed at Winnipeg and east. was as Full information from any Agent.

\$ 91.45

78.45

CANADIAN NATIONAL

Better Bedding Week SIMMONS MATTRESS-4.6, 4.6, 3.3 SIMMONS SPRINGS—All Sizes

You are sure of getting value in Simmons and there is no better than Simmons

Phone 775

327 THIRD AVENUE

# MILK

We Have Grade "A" Raw and Pasteurized Milk Daily From Our Own Herd

Delicious Sour Cream 50c per Quart

Phone Red 608 for Better Dairy Products Dominion Dairy

Fresh Local Raw And Pasteurized Milk VALENTIN DAIRY PHONE-657

ROOMS and CAFE Phone 51 For Best Household Coal

MRS. C. E. BLACK

If you lose anything, advertise for it.