

THRIFT VALUES

Prices in Effect Until Saturday
SHORTENING—Swifts Jewel, 2 lbs. 27c
EGGS—"C" Grade, Per doz. 22c
SOAP—Fels Naphtha, 3 bars 20c
SODA BISCUITS—Red Arrow, 2 pkgs. 35c
COFFEE—Maxwell House, Per lb. 38c

JELLO DEAL
3 pkgs. Jello for 20c. 1 pkg. Jello Chocolate Pudding 1c—The 4 for 21c

Campbell's Soup—17c
Tomato, 2 tins
Vegetable, Ox-tail, Scotch 11c
Broth—Per tin

RAISINS—Seedless, 2 lbs. cello 25c
OLIVE OIL—Italian, pure, 1/2 gal. \$1.98
SWANSDOWN—33c
APRICOT JAM—49c

SPECIAL—Royal City Foods
2 tins Tomatoes, 2 tins Peas, seive 1, 2 tins White Corn, The 6 tins for The Above are Choice Quality, Packed in No. 2 Tall Tins. 69c

RICE KRISPIES—12c
Graham Wafers—19c
OVALTINE—98c

EGG NOODLES—14c
DRIED PEACHES—32c

FRUIT and VEGETABLES
LEMONS—27c
Hothouse Rhubarb—5c
ORANGES—18c

LETTUCE—7c
FRESH CARROTS—13c
CELERY—10c & 15c

REGAL SHOP Annual Sale
Mon., Tues., Wed.
All Makes 25c Wool \$1.00
Crepe de Laine 29c

Nobody Knocks The KNOX
The Food Is Good
The Rooms Are Clean
The House Is Warm
The Service Friendly
The Rates Are Reasonable
KNOX HOTEL

Be wise. Read the want ads.

Stewart Pastor Is Coming Here

Rev. H. G. Funston to Supply For March at First Presbyterian Church
Rev. H. G. Funston of Stewart will arrive in the city this week from the north to supply for the month of March in the pulpit of First Presbyterian Church here. Rev. J. S. Patterson of North Vancouver, who has been here for the past couple of months, will leave by the Cardena tomorrow afternoon on his return south. Mr. Funston, who is expected to be here throughout March except on the second Sunday, is said to be one of the coming younger men of the Presbyterian ministry.

MCBRIDE DISGUSTED

Asks That Real Effort Be Made To Connect Them With Prince George
McBRIDE, Feb. 23.—At a meeting of members of McBride Farmers' Institute the following resolution was carried unanimously: "Resolved that having waited for 25 years for even a farm wagon road, which could be improved into a highway, along the valley east and west, members of McBride Farmers' Institute hereby express their disgust at the treatment received by the people here and ask that a real effort be made to extend the work so that connection by road may be available with the City of Prince George and the Cariboo Highway. Further, if generally unknown arrangements with any railway company or private individuals prevent this extension being made under the present government, we would ask that a plain statement on this be given us, so that an active effort may be made, in conjunction with points north and west, to seek the formation of a new Province of British Columbia, to include territory along this line to Prince Rupert, the Peace River district and the Yukon, it being believed that the North Country is being bled to supply funds for use in the south."

C. N. R. Trains

For the East—Mondays, Wednesdays and Fridays 6 p.m.
From the East—Tuesdays, Thursdays and Saturdays 11 p.m.

Announcements

St. David's Tea March 1.
Women's Canadian Legion Bridge, March 2.
C. N. R. A. Annual Dance, March 4.
Presbyterian Shamrock Tea, March 3.
Recreational Centre Dance March 11, Oddfellows' Hall.
Barn Dance, Moose Hall, March 11.
St. Patricks tea and social evening, Catholic Hall, March 17.
C. Y. S. Dance, Oddfellows March 18.
Anglian Tea, Mrs. S. C. Thomson, March 24.
Orange Spring Sale March 25.
March 25 and 26, CIRCUS, United Church.
Presbyterian Easter Sale, April 6.
Salvation Army Sale April 13.
Queen Mary Daffodil Tea April 18.

LOCAL NEWS NOTES

Miss E. M. Earl returned to the city on the Cardena last evening from a business trip to Vancouver.
Mr. and Mrs. Stephen King returned to the city on the Cardena last evening from a ten-day trip to Vancouver.
Joan Wilson is appearing in city police court this afternoon before Magistrate Thomas McClymont on a charge of being the inmate of a disorderly house.
Dr. Hugh Morrison, inspector of schools, sailed last evening on the Cardena for a brief trip to Port Simpson on official duties. He will return to the city on the same vessel tomorrow morning.
A bridge party, originally scheduled to have been held Friday night by the Women's Auxiliary of the Canadian Legion, was postponed until this Wednesday night owing to other affairs being on.
The remains of William Bell, 25-year-old Massett native, who died earlier in the week at the Prince Rupert General Hospital, were forwarded Friday night on the Prince John to Massett where interment will take place.
Mr. and Mrs. Eugene Fitzpatrick, who were married here recently, the bride having formerly been Miss Margaret Stalker, returned to the city on the Cardena last evening from a honeymoon trip to Vancouver, Seattle and elsewhere in the south.
The fire department was called out to three grass fires Sunday afternoon. The first was at 1 o'clock to the corner of Fifth Avenue and Agnew Place, the second at 5 p.m. to McClymont Park and the last one of the day at 7:30 in the evening to Seventh Avenue and Thompson Street. The ground and the old dead grass is very dry just now on account of the clear, warm weather.

Common Sense About Constipation

If you knew that your constipation is due to lack of "bulk" in the bowels—you need some food that passes on through the stomach without being digested. Kellogg's All-Bran supplies this. It gives the bowels the bulky mass they need to work properly. Your trouble may be caused by nothing more than this. For the most common kind of constipation is due to lack of "bulk" in the bowels—you need some food that passes on through the stomach without being digested. Kellogg's All-Bran supplies this. It gives the bowels the bulky mass they need to work properly. Your trouble may be caused by nothing more than this. For the most common kind of constipation is due to lack of "bulk" in the bowels—you need some food that passes on through the stomach without being digested. Kellogg's All-Bran supplies this. It gives the bowels the bulky mass they need to work properly.

Hotel Arrivals

Savoy
A. Haugland, Oona River; O. Olson, C. N. R.
Royal
J. E. J. Chailfoux, C. N. R.
Prince Rupert
J. McGrath and Mr. and Mrs. A. G. Burrell, Prince George; P. H. Dawson and T. A. Nelson, Vancouver.
Central
Eric Linney, Northman Smith, Poppy Bolton, T. H. Turner and Walter Jones, Terrace; H. Jerome, C. N. R.; J. McCrean, Bilumori, Axel S. Hanson, Oona River.
Knox
D. Roche, city.

Timely Recipes

CHOCOLATE COCONUT PIE
One and one-third cups (1 can) sweetened condensed milk, 2 squares unsweetened chocolate, 1/2 cup water, 1/2 cup shredded coconut, teaspoon salt, baked pie shell (8-inch) or vanilla wafer pie crust. Melt chocolate in top of double boiler. Add sweetened condensed milk and stir five minutes over boiling water or until mixture thickens. Remove from fire, add water, coconut and salt and blend thoroughly. Pour into a baked pie shell or a pie plate lined with vanilla wafer pie crust. Decorate top of pie with whipped cream put through pastry tube. Chill before serving.
Vanilla Wafer Pie Crust—Roll enough vanilla wafers to make 3/4 cup of crumbs. Cut enough vanilla wafers in halves to stand around edge of pie plate. Cover bottom of plate with crumbs and fill in spaces between wafers. Pour in filling as usual.

HOCKEY SCORES

NATIONAL LEAGUE
Saturday
New York Rangers, 4; Toronto, 2.
New Americans, 5; Montreal, 1.
Sunday
Montreal, 4; New York Americans, 2.
New York Rangers, 4; Chicago, 1.
Canadiens, 1; Detroit, 1 (overtime).
PACIFIC COAST LEAGUE
Portland, 1; Spokane, 0.

Phone 122 611 THIRD AVENUE
J. H. BULGER
Optometrist

Taylor Street House Is Sold


H. A. Duhamel Purchases House and Lot From Peter Fiorin
H. A. Duhamel has purchased from Peter Fiorin, formerly of this city and now at Stewart, an eight-room house and lot on Taylor Street near Seventh Avenue. The deal was handled through H. G. Heiger-son Ltd. The description of the property is lot 43, block 15, section 5.

Excavation Work Nearly Finished

Pouring of Concrete for New Federal Building to Be Soon Under Way—Forms Going in Next Week
Excavation for the new federal building here is expected to be completed by this week by John Gurvich. Forms for the concrete walls below the first floor will then be put in and it will not be long before pouring of concrete is fully under way. Eighty-three tons of reinforcing steel to be used throughout the building arrived on Friday from Hamilton, Ontario.
If you wish to swap something—Try a classified.

Build B. C. Payrolls

"Build B. C. Payrolls"
MILK PUDDINGS

A lady who makes milk pudding, among other dishes, at a private school, and says her little boarders are keen critics, writes that since she has used Pacific Milk there have been no complaints. It was not so once. After the children got to know of Pacific Milk they insisted upon it.


Pacific Milk Irradiated of Course

Save Your Vision

This week is being observed throughout the country in the interests of better sight.
See Your Local Optometrist
Before you have chronic headaches, fatigue, blurred vision, and many deeper symptoms of impaired eyesight—have your Optometrist give your eyes a thorough examination—and have it done this week, if possible.
Feb. 28 Mar. 5

Don't let the cold, austere, month of February annoy you.
Buy a ton of the coal we're selling and send winter on his way.
Here's a lesson you should learn. Nothing but the best coal burn!
NANAIMO—BULKLEY VALLEY—FOOTHILLS
PHILPOTT EVITT & CO. LTD.
651—PHONES—652

THE CONSOLIDATED MINING & SMELTING COMPANY OF CANADA, LIMITED
TRAIL—BRITISH COLUMBIA
Manufacturers of Elephant Brand Chemical Fertilizer
Ammonium Phosphates, Sulphate of Ammonia, Superphosphates, Complete Fertilizers
Producers & Refiners of Tadanac Brand Metals
Gold, Silver, Electrolytic Lead, Zinc, Cadmium, Bismuth.

Says Father:

"I find that Better Vision means greater safety, better work, faster progress and more enjoyable leisure!"

Says Mother:

"I find my children do better, think quicker, are more active and obedient when their eyes have been properly attended to."

The Simple Precaution:
Take Care of Your Eyes
Strain-free eyes make you look better, feel better, work and play and study with more ease, comfort and efficiency. More than half the people of all ages, today, are slowed down by defective eyesight. These defects—easily conquered when cared for early enough—grow at an alarming pace as eyes grow older. Whatever your major occupation or pleasure, fully 85% of your movements are directed by your eyes—80% of your knowledge enters your brain by the same eye route. There is a long spring and summer—many of them—ahead of you. Why not have a scientifically thorough Optometric examination this week. Few eyes are perfectly normal. Find out about your eyes—and if they need a correction your Optometrist is fully qualified to take care of it for you.

Have YOUR Eyes Examined by Your
OPTOMETRIST
This advertisement is made possible by members of the British Columbia Optometric Association.

For the Woman who Knows
Boudoir Rouge Lentheric
The French Rouge of Distinction—In Fancy Containers
75c

Remember Those Snapshots at Night With
Selo Hypersensitive Panchromatic Film
The fastest film on the market. Sizes to fit all cameras. Standard prices.

Ormes Ltd.
The Pioneer Druggists
The Retail Store
Open Daily From 8 a.m. till 10 p.m.
Sundays and Holidays From 12 noon till 2 a.m. 7 p.m. till 9 p.m.
Phones: 81 & 82

The New
Halo Permanent
Our hair styles must change to suit the 1938 spring bonnets.
Let us create for you a more charming and stylish coiffure.
Only genuine oil solutions used on all permanents.
Modern Beauty Shop
530 THIRD AVENUE Phone 947
If you lose anything, advertise for it.