KIDS! Tear Out Coupon for FREE GIFTS with Quaker Oats BOX TOPS!

● Tell mother and dad you want to eat delicious Quaker Oats every day to help you grow big and strong like Syl Apps, "Busher" Jackson and all the famous Maple Leaf Hockey Players. Save your Quaker Oats box tops. Get half-tone autographed pictures of Maple Leaf Hockey Players; Regulation Hockey Puck; Referee's Whistle; and Official Maple Leaf Bantam Hockey Club Crest to sew on your sweater—All Free for Quaker Oats Box Tops or box tops and cash! Use the coupon below. Ask mother to buy Quaker Oats at the grocer's right away!

Maple Leaf Bantam Hockey Club, Box 100, Saskatoon, Sask.
Please send me the gifts checked below (mark distinctly in the square opposite the item or items you desire) for which I enclose____Quaker Oats box tops, or____ Quaker Oats box tops and____in coin.

AUTOGRAPHED PICTURES
☐ 1 picture—1 box top ☐ 5 pictures—3 box tops
☐ 3 pictures—2 box tops ☐ 7 pictures—4 box tops
☐ Full team and foster Hewitt—7 box tops

Indicate Players Desired:
☐ Apps ☐ Chamberlain
☐ Hamilton ☐ Thoms
☐ Kelly ☐ Boll
☐ Parsons ☐ Broda
☐ Jackson ☐ Metz
☐ Horner ☐ Davidson
☐ Drillon ☐ Fowler
☐ Foster Hewitt

☐ MEMBERSHIP... Girls' Division ☐ Boys' Division ☐ 1 box top
☐ OFFICIAL CREST 5 box tops (or 1 box top and 10c)
☐ HOCKEY PUCK 5 box tops (or 2 box tops and 10c)
☐ WHISTLE 4 box tops (or 1 box top and 10c)

Name_____ B76
Address_____
City_____ Prov._____

Quick Quaker Oats

May We Help You With That Gift for Christmas?

The Latest

Christmas 1938 Creations

Are Now on Display

May We Show Them to You?

Every year we look for something new This year tops them all—See our complete stock

We Will Hold Any Article 'till Christmas

Ormes Ltd.

"The Store of a Thousand Gifts"

I Have Just Come From the

DRYGOODS And NOVELTY SHOP

Where they have the newest things the things that really make Christmas.

Whenever I go there I want to buy almost everything I see.

Why Don't You All Drop in and Talk Over Your Christmas Problems with Mrs. Dowther and Miss Watson

WINTER warmth

FROM THE WORLD'S FINEST FUEL

Nanaimo-Wellington Alberta Foothills and Bulkley Valley Coal

Philpott Evitt & Co. Ltd.

Telephone 651 or 652

LOCAL NEWS NOTES

Phone 112 Taxi; new heated cars.

S. O. N. Comic Play in two acts "Dreng Som Duger." Oddfellows' Hall, Friday and Saturday 8 p.m. Dance, Fossum's Orch. Everybody Welcome. tf

Mrs. Jack Lockie arrived in the city on the Prince George yesterday from Vancouver, being here to join Constable Lockie who has been transferred to Prince Rupert city police.

Flight Lieutenant E. F. Luke, Royal Canadian Air Force, after a brief visit here in connection with the Seal Cove air base project, sailed by the Catala Tuesday afternoon on his return to Vancouver.

Brigadier E. Schmedlin, chief engineer for the Department of National Defence, left by Monday evening's train for Ottawa after a visit of inspection to fortification work that is being carried out at the entrance of the harbor here.

After a two weeks' visit here with their mother, Mrs. Annie Stephens, Mrs. J. F. McQuarrie left by last evening's train for her home in Stettler, Alberta, and Mrs. S. H. Stott will sail on the Prince George tonight for her home in Los Angeles.

The Letter Box

UTILIZE MIND POWER

Editor, Daily News:

Many thanks for your editorials of Thursday and Monday last regarding health consciousness versus disease conscionsness. We need the warning for the danger is real. Most of us admit the desirability of health campaigns if only they could be conducted without getting people, especially children, all fussed up and excited over it.

Just at present the possibility of an epidemic is one of the most popular topics of conversation among school children. It was the case also early in the year. There is no doubt that many young minds are dwelling too much on the prospect of rashes and other symptoms. Since the power of the subconscious mind is so generally admitted these days, it does seem rather foolish to ignore it in this way and let fear and panic prepare the ground for the very thing we want to stamp out.

That is why I feel your warning is so timely just now. The very efforts bing put forth to combat the trouble are likely to cause its development in some cases.

We could not help much to save a threatened dyke if we piled up sandbags with one hand and bored a hole through the dyke with the other. Yet suggestion will let in the enemy just as surely as the hole would let in the water. Some of we old folk have seen this happen too often to doubt it. We don't for a moment want to slacken in the war against disease but fear and panic and morbid thought are traitors who will betray, not aid, our cause.

When we advocate a health campaign we want health as the chief object of concentration, not the symptons of disease.

If only we could find a way to convince all that health is really more thrilling than spots and rashes! What about a yearly certificate to every child who has passed the term without an infections complaint? That would do for a start. The rules could be made more exclusive as time went on. Why not make health a commendable condition and admit that there is credit due to those who preserve it?

And while doing all in our power to support the visible means of protection, it surely only can aid the cause to admit the power of thought and the desirability of thought control. Thoughts are things and, although these elusive dynamics are not easily controlled, it can be done by effort and practice and their power used for the contemplation and ultimate production of health and strength and beauty.

A LOCAL MOTHER.

Ladies' and Children's

Dressmaking

EDITH MILLER—Smith Block

Phone BLUE 276

The Serenader's dance scheduled for Friday night has been cancelled.

Dou you know they have the grandest satin slips for $1.00 at the Dollar Store. tf.

John Nelson of Kitkatla last night entered the Prince Rupert General Hospital where an operation will be performed.

Joshua Tait, Indian, was fined $5, with option of five days' imprisonment, in city police court yesterday.

Get Wise to Constipation!

When you're constipated, it's a great temptation to be satisfied with *quick relief*. But physics may become a habit. And they don't keep constipation from returning. 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 matter is *you don't get enough "bulk."* And "bulk" doesn't mean *how much* you eat. It means a *kind* of food that isn't consumed in the body, but leaves a soft "bulky" mass in the intestines 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 B_1. All-Bran is made by Kellogg in London, Ontario. Sold by every grocer.

Cecil Fitzgerald, manager of the Northern Division of Home Oil Distributors Ltd., returned to the city on Tuesday night's train from a ten-day business trip to the interior as far as Prince George.

Eight babies were presented by their mothers at the weekly Well Babies' Clinic in Borden Street School this Tuesday, Dr. E. B. Pugsley and Miss E. D. Priestley R.N., local public health nurse, being in attendance. Next Tuesday's clinic will be at King Edward School.

Mr. and Mrs. Earle McElroy of Chicago are visitors in the city, having arrived on the Prince George yesterday morning from Vancouver. Mr. McElroy, as representative of the Audit Bureau of Circulations, is making his annual audit of the circulation of the Daily News. They will return south on the Prince George tonight.

Provincial Constable Ed. Kidd, until recently located in the Peace River district, arrived in the city yesterday morning on the Prince George from the south. He is here to join divisional staff of the provincial police here as wireless operator in succession to Constable Gordon Daniels who is leaving the service.

Giving interesting impressions of a recent extended business trip to Eastern Canada and the United States, Col. J. W. Nicholls, general manager of the Canadian Fish & Cold Storage Co., was the speaker at the regular weekly luncheon of the Prince Rupert Rotary Club today. President W. L. Coates was in the chair and there was a good attendance of members with a few guests.

Mrs. George Hill is sailing tonight on the Prince George for a trip to Vancouver.

Mrs. George M. Beirnes, who arrived in the city on Tuesday night's train from Hazelton, sails on the Prince George tonight for Vancouver.

Magnus Carlson, for supplying liquor to Indians, was fined $100, with option of one month's imprisonment, in city police court yesterday.

NOTICE

I will not be responsible for any debts incurred by anyone unless authorized by myself.

J. D. WATSON.

Charles G. Nudd, who arrived in the city earlier in the week from Premier, left on last evening's train for New York where he will embark December 7 on the steamer Hamburg for a visit to Norwich, Norfolk, England.

J. J. Little, general manager of the Northern British Columbia Power Co., is making the round trip to Stewart today aboard the steamer Prince George. He left yesterday afternoon and will be back this evening.

INDIANS INDUSTRIOUS

THE PAS, Man., Dec. 1—(CP)—Indians of this district are becoming farm conscious, according to S. Levell, Indian agent. Three hundred bushels of wheat were threshed by reserve Indians this fall and enough potatoes grown to supply them with food for the winter and seed for next spring's planting.

Announcements

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

L. O. B. A. St. Andrew's Dance, Oddfellows' Hall, November 30.

Eagles' Bridge November 30.

United Bazaar December 1.

S.O.N. Play December 2 and 3.

Christmas Fair, United Church, December 2 and 3.

Carnival and Dance, Metlakatla, December 5.

Toc H Bridge, December 7.

Moose Bridge, December 9.

St. Peter's Seal Cove Parish Hall Dance December 9.

Varden's Entertainment, Dec. 15.

Snowball Frolic, Moose Hall, December 23.

Give A Kodak

And You'll Know It's an Appropriate Gift

For Snapshots at Night Try Our New High-Speed Kodak Super-XX Film

Wrathall's

Photo Finishing

THE MODERN UTILITY SUIT

The Streamliner

The Overall Men Have Been Waiting For

Comes in White-Backed Blue Denim and Covert Cloth
Made By Kitchen Peabody
Union Made

Rupert Clearing House

Opposite Little's Newstand

Fresh from the Gardens

"SALADA" TEA

505

REGAL SHOP

Final Sale

Having Decided To Go Out of Business By the End of the Year Prices Slashed to and Below Cost

Art Silk Floss—D.M.C. and Clark's. 2 for	5c	Children's Panties—Reg. 50c	40c
Coat's Crochet Cotton 2 for	15c	Ladies' Step-Ins—Reg. 45c to 95c	35c to 75c
D.M.C. Cotton Pearl and Wild Spur—3 for	42c	O.S. Size Cellosuede Bloomers—Reg. $1	75c
Bias Tape and Ric Rak	10c	Dennison's Crepe—(All colors) 2 for	25c
Boot Laces—2 for	5c	Fancy Work at and Under Cost	
Children's Training Panties—Reg. 45c.	35c		

Prices Slashed On All Articles Too Numerous to Mention

YARNS

Dove, Butterfly—7 for	$1.00	Down—8 ozs. for	$1.00
Andulesion, Starlight, Bouche, Tweed, Miss Canada Crochet, Sylvan Crepe, Wool Crepe, Wool String, Opaleen—5 for	95c	Jumbo—2-oz. balls	28c
Purple Heather—8 for	$1.00	Crepe de Laine—5 for	$1.00
		Special—12 for	95c
		Monarch Patterns—All sizes	10c

Toyland Now Open

In Addition to the "Special Deal" Goods Marked Below Cost
Your Inspection Cordially Invited

STOCKINGS

Semi Service and Crepe—Reg. 75c	59c	Silk and Wool—Reg. 95c	75c
Semi Service and Chiffon—Reg. $1	75c	Wool—Reg. 85c	69c
Heavy Service—Reg. $1.35	99c	Children's Stockings—Wool, Reg. 35c to 45c	29c
Silk and Wool—Reg. 50c	39c	Sockees—From 2 pairs	25c

Reserve Your Xmas Goods Now—First Come First Served—A Small Deposit Will Hold Any Article

MacKenzie's Furniture

SOLID WALNUT CHRISTMAS GIFTS

COFFEE TABLE—With glass tray. Beautiful to say the least $22.00

End Tables — Parlor Tables — Smoker Tables — Living Room Tables — Dining Tables — Bed Side Tables

CARD TABLES—Oak frame. Green baise top. Each $3.75

Phone 775

CANADIAN PACIFIC RAILWAY LINES

Canadian Pacific

Transcontinental
Trans-Atlantic Trans-Pacific

To Vancouver via Ocean Falls and Way Ports
Ss. "Princess Adelaide" Every Friday 10 p.m.
TO VANCOUVER DIRECT
November 7th, 17th, 28th, December 8th, 19th
SS. PRINCESS NORAH"

$36 Winter Excursion Fare—Vancouver and Return—Tickets on Sale Nov. 1st, 1938 to Feb. 28th, 1939. Final Return Limit March 31st, 1939

Connections at Vancouver with Canadian Pacific Services

Tickets and Reservations from
W. L. COATES, General Agent Prince Rupert, B.C.

of Vancouver and west of Edmonton holding membership in these organizations.