

MR. JUSTICE KRUSCHEN IN THE HYGIENE COURT OF JUSTICE



Mystery of Bank Clerk's Failure

JUDGE: Were you a failure at school?
PRISONER: No, my lord. I was a good student and captain of the football team.
JUDGE: Ah! I think I can solve this mystery. Tell me, prisoner—how many games of football do you get every week now?
PRISONER: Why, I can only play once a week—on Saturdays—at the most.
JUDGE: Thank you. That will do. This case is as clear as daylight.
PRISONER: (excitedly): Oh, sir, I'm sure I'd be fit if I could exercise more often. I'm not getting half enough fresh air or exercise nowadays.
JUDGE: Fresh air? What's the good of talking about fresh air when you work in the city? What you want, young man, is something to make up for this inevitable lack of exercise. Something to keep your system from becoming sluggish. Something to keep you clean and fresh and regular internally, just as you were at school when you were playing games every day. And that something is Kruschen Salts.
PRISONER: I sometimes take Epsom Salts, my lord. Wouldn't that have the same effect?
JUDGE: Epsom alone is not good enough. Nature designed your system to need several different salts and in Kruschen all those salts are found. Each little daily dose of Kruschen contains exactly one day's supply, exactly the right amount to keep all your organs—liver, kidneys, stomach and everything—tuned up to perfect fitness. Kruschen is more than ever necessary at this time of the year, because it is a valuable tonic.
PRISONER: Thank you for explaining that so clearly, my lord. I am really glad to know how to keep fit.
JUDGE: That's right! Now go back to your work, and we'll soon see you the smartest, keenest man in your office. But remember that regularity is the thing. It's the little daily dose that does it.

KRUSCHEN SALTS

relieve constipation and rheumatism

Kruschen is a combination of several mineral salts which your body must get, in some way, to keep the blood pure, the inside clean, and the system generally toned up, but which you can't get in Nature's own way without abundant exercise and fresh air. You should have those salts every day; hence the importance of the "little daily dose". Every drug counter sells Kruschen in 25c, 45c and 75c bottles. It's the little daily dose that does it.

JUNE SALE

Paints, Wallpapers, Pictures, Muresco, Etc.

To the highest cash purchaser during this sale we will give the pick of any picture in the store, values as high as \$10.00.

Prices Were Never So Low As At This Sale

- WALLPAPERS—Per single roll, from **10c**
- PURE LINSEED OIL PAINT—At, per gallon **\$3.25**
- PURE LINSEED OIL STAINS—Any color. Per gallon **\$1.85**

Every article in our stock reduced. Don't forget we can save you money

Silversides Bros.

MacKENZIE'S FURNITURE

- 50 GRASS MATS—27x54. Each **40c**
 - 25 FELT MATS—27x54. They are suitable for any room in the home. Each **80c**
- "Everything for the Home"
- Phone 775 327 THIRD AVENUE

December Frozen HERRING BAIT

Cold Storage Ice

Canadian Fish & Cold Storage Co. Ltd.
 Prince Rupert, B.C.

LOCAL NEWS NOTES

Seranader's Dance Boston Hall, Thursday, June 30. (152)

R. Cavenale returned to the city on the Catala Sunday night from a business trip to Vancouver.

Mrs. L. S. Hope and daughter, Barbara, sailed this morning on the Prince George for a visit in Victoria.

F. W. Guernsey, who arrived Sunday night from his mine on the Ecstall River, sailed on the Catala this afternoon for Vancouver.

Luth, Sewing Circle tea and homecooking, 2 to 10. Mrs. E. Jensen's, 309 6th E. Tomorrow, everybody welcome. (150)

N. Green, who has been here in connection with extension of the Northwest Telephone Co.'s radio-telephone service, sails by the Catala this afternoon for Ocean Falls.

Rev. F. E. Anfield, principal of the Indian residential school at Alert Bay, having come north to the Skeena River with a party of children, is sailing this afternoon on the Catala for Namu.

Dr. H. O. Johnsen's Office
 Will Be Closed Until August First

Oscar Larson sailed this morning on the Prince George for Vancouver enroute to Kamloops where he will represent the local club at a C.C.F. provincial convention.

Miss Doris M. Bews, school teacher at Kispiox, arrived in the city from the interior on yesterday afternoon's train and sailed this morning on the Prince George for Vancouver to spend the summer vacation.

Mrs. John Milton of Lawyer Island, who entered the Prince Rupert General Hospital on Saturday to receive medical treatment for the next few days, is reported to be doing well.

Miss G. J. Rathbun, who has been at the Hazelton Hospital, arrived in the city from the interior on yesterday afternoon's train and sailed this morning on the Prince George for Vancouver to spend the summer vacation.

Mr. and Mrs. D. C. Schubert are sailing this afternoon on the Catala for Vancouver. They are taking their car with them and will drive to California. They expect to be away a couple of months and, before returning, Mr. Schubert will attend a convention of the provincial command of the Canadian Legion in Vancouver.

Funeral Notice
 Funeral service for the late Mrs. Sarah Ann Tancock will be held Wednesday afternoon at 4:30 at the chapel of the B.C. Undertakers. No flowers by request.

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

Canadian Legion Picnic, Digby Island, July 3.

FOR SALE
 Re—Estate of J. A. Swanson
 Tenders will be accepted by the undersigned for the boats "Myfanwy" and "Kinahan" up to noon, July 2nd. Tenders may be made for the two boats or separately. The highest or any tender not necessarily accepted.
 DEPUTY OFFICIAL ADMINISTRATOR

Fresh Local Raw And Pasteurized Milk
VALENTIN DAIRY
 PHONE—657

James N. Kelly is in town from Cape St. James lighthouse for a visit.

Rev. E. E. Brandt, pastor of First Baptist Church, sailed this morning for a trip to Vancouver.

Rev. J. C. Jackson, pastor of First United Church, sailed this morning on the Prince George for a trip to Vancouver.

Inspector and Mrs. W. J. Service and family are taking up residence in the Pillsbury house on Fourth Avenue West.

Mrs. James L. Lee and son, Forbes, are sailing this afternoon on the Catala to spend the summer vacation in the south.

Mr. and Mrs. Charles Hayward are sailing this afternoon on the Catala for Victoria where they will spend the summer vacation.

T. A. Bryant, teacher of the native school at Metlakatla, sailed this morning on the Prince George for Vancouver to spend the summer vacation.

Peter Lachie, C.N.R. divisional freight and passenger agent, left on last evening's train for a trip over the line as far as Prince George on official duties.

Ken Harding of the local Fisheries Experimental Station staff left on last evening's train for Kingston where he will take a summer course at Queens University.

Canadian Legion, B.E.S.L. picnic, Digby Island, Sunday, July 3rd. Boats leave Cow Bay from 10:00 a.m. till 1 p.m. Adults 50c, children accompanying parents free. (11)

Miss Marybelle Stiles passed the A.T.C.M. teacher's examination and was conditioned as solo pianist in the Toronto Conservatory of Music examinations.

Trains in both directions are bulletined on time today. That for the East will get away at 6 p.m. while the inbound is due at 11 p.m.

Mrs. Henry Hansen and Mrs. Mike Budnich were among the guests at the shower held last Thursday night by Mrs. A. G. Bartlett in honor of Miss Wadea Mus-sallem.

Miss Hazel Mastin sailed on the Prince George this morning for Vancouver to join her mother, Mrs. James Mastin, who left some time ago for the south to take up residence.

George W. Abbott returned to the city on the Catala Sunday night from a trip to Vancouver. Mrs. Abbott is remaining in the south for a while longer.

Local High School teachers sailing this afternoon on the Catala for Vancouver to spend the summer vacation in the south include William Mout, D. Mitchell, Robert Yerburgh and Miss Irene Mitchell.

DOMINION DAY CELEBRATION in Prince Rupert. Parade, full program of junior and senior sports, junior and senior football matches, flag-raising. Watch papers for further details. Boys' Band in attendance. Dance at night. (150)

Frank A. Stevens, well known pioneer of the city, whose health has been becoming rather precarious of late, was removed last evening in the ambulance from the Central Hotel to the Prince Rupert General Hospital.

Confirmation has been received locally of the announcement made last week that Premier T. D. Pattullo will be a visitor to the city this week-end. He will arrive Friday morning on the Prince George from Victoria and return south on the same steamer Saturday evening.

Funeral Notice
 The funeral of the late W. H. Becker will take place Wednesday at 2 o'clock from the chapel of the B.C. Undertakers.



"He's added RICE KRISPIES to his one-man band!"

When children fuss and fret at the table, serve Kellogg's Rice Krispies. These toasted rice bubbles are so crisp and crunchy they crackle in milk or cream—and how children love that sound! The tasty flavor brings them back for second helpings every time! All grocers sell Rice Krispies—wholesome and easy to digest. Ready to serve. Rich in energy. Made by Kellogg in London, Ont.

JOIN THE CRISPNESS CHORUS

UNION STEAMSHIPS LTD.

Steamers Leave Prince Rupert for Vancouver:
T.S.S. CATALA EVERY TUES. T.S.S. CARDENA FRIDAY, DAY, 1:30 p.m. 10:30 p.m.
 Due Vancouver, Thurs. a.m. Due Vancouver, Monday A.M.

If convenient please purchase tickets at office
 Further Information Regarding Reservations and Tickets From
A. W. NEWMAN, Prince Rupert Agent, Third Ave. Phone 568

Phones 18 & 84 P.O. Box 575
 Stop In At
MUSSALLEM'S CONFECTIONERY
 For a Dish Of FROSTKIST ICE CREAM "A Delight In Every Bite"
 Ice Cream Sundaes, Sodas, Milk Shakes
 Opposite Canadian Legion

Can You Equal This?
 Clean, Comfortable Rooms with Hot and Cold Water
 Home Cooked Meals
 Beautiful Harbor View
 Board & Room \$40 Mo. and Up
 "All White Help"
KNOX HOTEL

Finest Quality Always "SALADA" TEA

Convent Pupils Are Successful In Examinations
 Toronto Conservatory of Music piano examinations:
 Grade Nine—Emily Yamanaka (honors).
 Grade Seven—Phyllis Hamblin.
 Grade Six—Marie Nickerson and Alistair Crerar.
 Grade Three—Dorothy Kergin (first class honors).
 Grade Two—Barbara Hope (honors), Lois Nickerson.

St. Joseph's Academy has been advised as follows of results covering pupils sent up to the recent

THE Thrift Cash & Carry

- NABOB PURE FOOD SALE ALL THIS WEEK**
- Nabob Tea—1-lb. packets **48c**
 - Nabob Spices—Assorted, 2 tins **13c**
 - Nabob Jelly Powders—Assorted, 3 packets **10c**
 - Nabob Coffee—1-lb. tins—**36c**
 - Nabob Extracts—2-oz. bottles **17c**
 - Nabob Corn on Cob—Largest tin **17c**
 - Brentwood Peas—Sieve 5, No. 2 tins, 3 for **28c**
 - Royal City Corn—Fancy white, No. 2 tins **10c**
 - Royal Household Flour—7-lb. sacks **35c**
 - Raisins—Finest Australian, 2-lb. bag **22c**
 - 1 Large Rinso, value 25c, 1 Small Rinso, value 10c—The 2 for **23c**
 - Campbell's Tomato Juice—20-oz. tins, 3 for **28c**
 - Quaker Corn Flakes—Regular packet **8c**
 - Mallow Macaroon Biscuits—2 doz. **35c**
 - Cucumbers—Large size **15c**
 - Cantaloupes—Jumbo size **14c**
 - Nabob Baking Powder—12-oz. tin **15c**
 - Nabob Orange Marmalade—4-lb. tin **41c**
 - Barco Pineapple Cubes—Large tins, 3 for **25c**
 - Certo—Regular bottle **25c**
 - Desicated Cocoanut—Finest Quality Lb. **14c**
 - Norwegian Sardines—In olive oil, Tin **10c**
 - Peanut Butter—Squirrel Brand, 1's **14c**
 - Happy-Vale Pickles—Sweet or mustard, Quart bottle **25c**
 - Gräpenut Flakes—Regular packet **10c**
 - Lynn Valley Peaches—2 tins **29c**
 - New Green Cabbage—Per lb. **5c**
 - Bananas—Firm and ripe, 3 lbs. **28c**

Revlon Nail Enamels

The very latest in nail polishes. Come in and see the shade assortment
Price 50c

For Amateur Photographers

Kodak Developing and Printing Outfit No. 2
 Complete all ready for use. An ideal gift
Price \$3.60

Ormes Ltd.
 The Pioneer Druggists
 The Loxell Store Open Daily From 8 a.m. till 10 p.m.
 Sundays and Holidays From 12 noon till 2 p.m. 7 p.m. till 9 p.m.