

WAKE UP, MARY...THE ALARM CLOCK'S RINGING

LET IT RING! I CAN SLEEP ANOTHER HALF HOUR, WITH KELLOGG'S FOR BREAKFAST!



THINK of it— an extra half-hour of sleep! You can stay in bed longer and still have breakfast on time if you let Kellogg's do your cooking. Kellogg's Corn Flakes are cooked and toasted, ready to eat with milk or cream. Crisp and refreshing as morning sunshine!

At all grocers, oven-fresh in the patented WAXTITE inner bag. Made by Kellogg in London, Ontario.

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WHIFFLETS

C. N. R. steamer Prince George, Capt. H. E. Nedden, arrived in port at 10:30 this morning from Vancouver. Powell River and Ocean Falls and sails at 4 o'clock this afternoon for Stewart and Anyox whence she will return here tomorrow evening southbound. The Prince George is back on the run for the year following annual overhaul. A number of improvements have been made on the vessel including the installation of wire netting around the deck railings, putting in of new chairs and tables in the first class smoking room and new rugs in the parlor suites. A. S. Monroe is aboard as chief engineer and Norman McLean is purser.

With a full list of passengers including many employees of the White Pass & Yukon Route going north for the season's work, C.P.R. steamer Princess Louise, Capt. S. K. Gray, northbound from Vancouver to Skagway, was in port from 8 to 9 o'clock this morning. The vessel is due back here next Sunday afternoon southbound. There were no passengers disembarking here from the vessel. Thirteen took passage here for the north aboard her.

C.N.R. steamer Prince John, Capt. Neil McLean, coming north from Vancouver via Queen Charlotte Islands, is not expected to arrive in

Modern Schools Emphasize Value Of Sound Health

CHARLOTTETOWN, May 4. (CP)—Rapid extension of public services was one of the "outstanding social phenomena of our age," said Chief Superintendent H. H. Shaw in the annual report of the Department of Education tabled in the Prince Edward Island Legislature.

"Our educational system as one of the major public services has expanded in response to the increasing needs of the school population and has augmented its traditional offerings with a variety of services that now extend beyond the boundaries of the schools' original functions.

"Health education in particular has received increased attention, due in part to the discovery of the large proportion of young men failing to meet the requirements of physical development for enlistment in the Great War and to the recognition of the social necessity of insuring the maintenance of the well-being of every child and of providing equal opportunity of development in accordance with the democratic ideal.

"Modern education now places real emphasis on the development of sound mental and physical health. This is particularly noticeable in the modern curricula of European countries and this year a great demonstration of physical and gymnastic exercises is being featured at Prague in Czecho-Slovakia in the Sokel Demonstration which is held every six years."

The development of physical training in the schools of Prince Edward Island was chiefly due to the aid given by the Strathcona Trust, "which provides an instructor in physical exercises for all teachers in training and only those who are awarded the Grade B certificate in this work are eligible for a teacher's license."

port before tomorrow afternoon. The vessel left Queen Charlotte City at 5:30 this morning for Naden Harbor where she is to call before entering Massett Inlet tonight.

The Finest PIANO TUNING In the country can be yours, as done with the "Resonoscope" by G. C. WALKER Phone Blue 389 212 4th St.

GARDEN 'NOTEBOOK

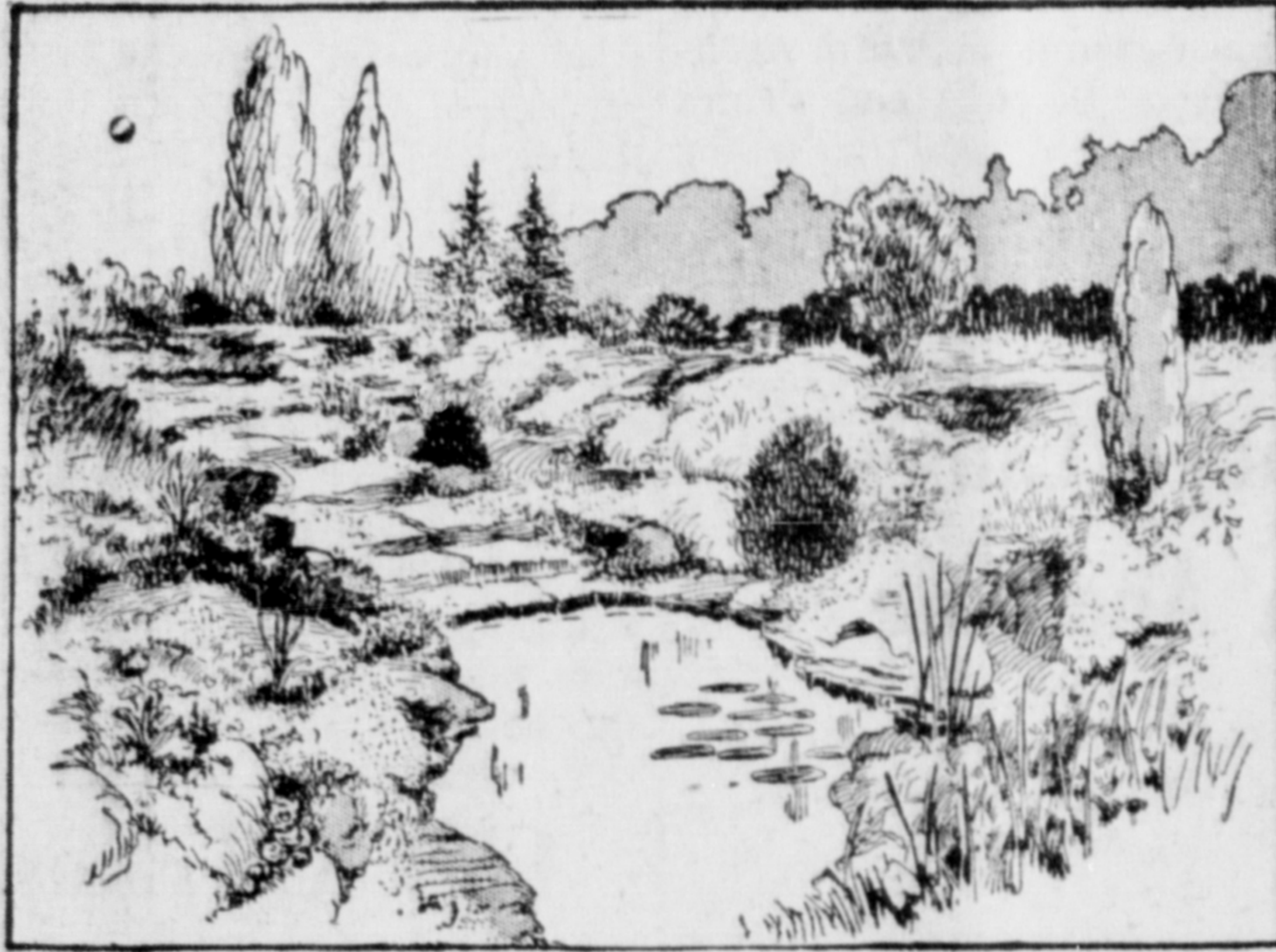
Don't forget to stake perennials. Just as soon as they get high enough for the wind to catch them they are liable to be injured. A few days ago I saw a clump of delphiniums badly injured by a gust of wind. They have to be staked eventually, why not now?

One of the surest of the spring flowers is the auricula, a member of the primrose family with fleshy foliage and coming in a variety of colors. John Mitchell has the best showing of these I have seen this year. They are earlier than mine and larger. No person can make a

frost and most winters are hard on aubretia. Many of the sedums and saxifrages do well and so do catnip, the trailing phloxes, the primulas, the thymes, veronicas, violas and rock pinks. As the rockeries are apt to be rather blocked out by fall it is a good plan to plant some bunches of lobelia or some other low growing annuals in the rockery.

The number of Russell lupins being raised in Prince Rupert gives some idea how up to date many of the local gardeners are. Jack Fuller has about one hundred planted

A TYPE OF MODERN ROCK GARDEN



Artistic boulders and water add greatly to the beauty of the scene.

mistake in growing these for spring bloom. They will stand frost that will kill primroses or polyanthus. With roots exposed and with all sorts of ill-usage, they still seem to come through the winters.

A square deal for flowers means a square meal occasionally. Plants must be fed to obtain best results but they must not be over fed. Evidently a moderate diet is best for men and plants.

Possibly we shall know more about treating moss on lawns after this season. Frank Dibb had some bad patches of moss in his lawn and he has raked all the moss out and then applied slaked lime. Also he has cut down trees that shaded the worst corner of his place.

Rock plants are quite a problem at Prince Rupert. Some of the best of them will not stand the winter. Sun rose is apt to be killed out by

out in the garden. Walter Longwill has very close to half a hundred and Bob Yates has forty-five out of fifty seeds. Many people have small numbers and one or two have been waiting to plant their seeds out of doors. Next year the Russell lupin should be quite common in Prince Rupert.

The new slug killer "Meta" is for sale in the city. I bought a packet Saturday. The marketing of this product is said to be in the hands of H. O. Crew, formerly of this city. If it proves effective it will be a great thing for Prince Rupert gardens for slugs are a terrible pest. I have not yet seen any this year but they usually get most destructive about June or July, and sometimes in August if it is a wet season.

Although it looked as if aubretia was all killed during the past winter the fatalities are not as great as

Special Victoria Day Railway Fares

Will Apply Between All Points in Dominion. It is Announced

WINNIPEG, May 4. — Reduced fares between all railway points in the Dominion for the Victoria Day holiday have been announced by J. B. Parker, secretary of the Canadian Passenger Association.

Good on both Canadian National and Canadian Pacific lines, the special fares will go into effect Monday, May 23, with the tickets on sale until 2 p.m. of the holiday May 24. On returning, passengers may leave their destination up to midnight of Wednesday, May 25.

Good in all classes of accommodation, the popular fare and one-quarter rates will prevail.

might have been expected. Walter Longwill seems to have saved most of his and he has also saved some of his sun rose plants. The result will be that his rockery will be as brilliant as ever this year, possibly better. He is constantly getting new stuff. This man made an experiment on a bit of mossy lawn with some soot taken from a chimney where they burn oil. It killed the moss but did not injure the grass.

Joe Naylor has a fine lot of peonies coming along. They should make a good showing a little later. Mr. Naylor has been gradually introducing a number of nice shrubs, mostly at the back of the house that add a lot to the attractiveness of his grounds. His garden always looks well.

Douglas Sutherland is raising his begonias outdoors in the garden, each covered with a wide-mouthed jam bottle. They have started well and should be a success.—H.F.P.

WAKE UP YOUR LIVER BILE—

And You'll Jump Out of Bed in the Morning Rarin' to Go

The liver should pour out two pounds of liquid bile into your bowels daily. If this bile is not flowing freely, your food doesn't digest. It just decays in the bowels. Gas bloats up your stomach. You get constipated. Harmful poisons go into the body, and you feel sour, sunk and the world looks punk. A mere bowel movement doesn't always get at the cause. You need something that works on the liver as well. It takes those good, old Carter's Little Liver Pills to get those two pounds of bile flowing freely and make you feel "up and up". Harmless and gentle, they make the bile flow freely. They do the work of calomel but have no calomel or mercury in them. Ask for Carter's Little Liver Pills by name! Stubbornly refuse anything else. 25c.

STAR HAS RETURNED

Clive Brook Tops Cast of "Action For Slander," British Film Drama

Clive Brook, popular English actor, returns to the screen in "Action for Slander," a new British picture, which comes to the Capitol Theatre as the feature offering for the middle of this week. Ann Todd, one of the most capable of Britain's younger players, has the principal feminine role. Brook has a made-to-measure part as an army officer accused of cheating at cards who, owing to an unfortunate change of circumstances, is forced to delay clearing his name until he is brought to the verge of suicide. It is the type of character to which Brook is best fitted.

Double-billed with "Action for Slander" is a musical picture "This Way Please," a spirited musical comedy with an interesting cast which includes Buddy Rogers, Betty Grable, Ned Sparks, Lee Bowman, Mary Livingstone and other popular entertainers.

CAPITOL

TONIGHT and THURSDAY Last Complete Show 8:15 A Game of Cards... An Accusation... Then Scandal... His home life wrecked, his career ruined. Was Major Daviot guilty of the terrible accusation that forced him to bring Action for Slander? ... A screen favorite returns in a grand picture ...

Clive Brook in "ACTION FOR SLANDER" With Ann Todd, Margaretta Scott (At 8:15, Once Only) ADDED FEATURE Charles "Buddy" Rogers Betty Grable, Ned Sparks in "THIS WAY PLEASE" With Fibber McGee and Molly (At 7:00 and 9:30)

Tom Hansen and Connie Moody, both old offenders, are appearing before Magistrate McClymont in city police court this afternoon on drunkenness charges.

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- Only 2 simple connections to make to your six volt storage battery.
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FISHERMEN and BOATOWNERS Should Be Sure to See and Hear This Marvelous New Radio at

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Third Avenue, Prince Rupert, B.C. Store Hours 9 a.m. to 5:30 p.m.

MATTRESS Trade-in Sale

Trade in Your Old Spring and Mattress for New Standard Equipment

To be sure of getting the most in comfort from your new mattress, buy an up to date spring at the same time.



\$3.00 Allowance for Your Old Spring

As part payment on any new spring in our stock priced at \$12.00 or more.

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Why spend hours on end in the kitchen this summer when you can have the perfect even cooking heat of an Electric Range at the snap of a switch. You cook tastier meals without fuss or worry and your kitchen is cool and comfortable. Electric Cooking ends cooking waste and retains the full nourishment value of every dish. Just make a small down payment. The balance on easy terms.

Northern British Columbia Power Company Limited

Auction Sale Of Household Furniture

On Friday, May 6 at 1161 Ambrose Ave.

Instructed by the owner who is leaving town, I will sell by Auction commencing at 2:15 sharp the following: Majestic Range with Imperial Oil-burner complete, Dining Room Table and 6 Chairs, Sideboard Singer Drophead Machine, Davenport Wardrobe, 3 Arm Chairs, Card Tables, Pictures, Lino Rug, two 4-ft. beds complete, one 4-ft. 6 Bed with Slumber King Spring and Spring Filled Mattress, three Dressers, Kitchen Table and 6 Chairs, Heater, Garden Tools, Carpenter Tools, Pots and Pans, etc.

Must Be Sold Terms Cash Geo. J. Dawes Auctioneer

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