Don't Keep on

Having Constipation!

If constipation's got you down-so

you feel heavy, tired and dopey-

it's time you did something about

it. And something more than

taking a physic! You should get

If you eat only the things most

people do, the chances are that a

very simple fact causes your con-

stipation-you don't get enough

"bulk." And "bulk" doesn't mean

heavy food. 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

If this is your trouble, eat crisp

crunchy Kellogg's All-Bran for

breakfast every day and drink

plenty of water. All-Bran is not

only rich in "bulk"-it also con-

tains the natural intestinal tonic,

Made by Kellogg in London,

with interesting moving picture

scenes of a voyage across the At-

chair and there was a good atten-

dance of members with Cecil Fitz-

Announcements

All advertisements in this col-

amn will be charged for a full

present the "Pirates of Penzance"

Baptist Missionary Tea, May 2.

St. Peter's Bazaar, May 10.

Cambrai Spinsters' Spree, May 13.

Canadian Legion Tea May 18.

Gyro "Maytime" Dance, May 24

United Sale, May 5.

ment, May 6.

month at 25c a word.

Ontario. Sold by every grocer.

vitamin B.

at the cause of the trouble.

"DEMERS" Closing Out SALE

Prices Far Below Cost to Clear Merchandise This Week

Dresses—Regular to \$20.00 at	\$2.95 & \$3.95
Shoes—Regular to \$6.50	\$1.95
Shoes—Regular to \$4.50	\$1.50
Blouses— \$1.59	Skirts- \$1.59
Raincapes \$1.59	Knitted Suits— \$4.50 to \$8.50
Sweaters- \$1.69	Hats— 50C At
Winter Coats at Real I	Bargains—Sizes 40 to 44

FIXTURES FOR SALE

Clean-Up Week Is Here Again

Time Marches On!

Why Not Improve and Protect Your Property By Using Bapco

PAINT and SHINGOLEEN

Ask Us For Color Card and Take Arvantage of the Fine Days

THOMPSON HARDWARE CO. Ltd. Phone 101 THIRD AVENUE

NEW ROYAL HOTEL

J. Zarelli Proprietor "A HOME AWAY FROM HOME" Rates \$1.00 up

50 Rooms Hot & Cold Water Prince Rupert, B.C. P.O. Box 196 Phone 281

to reduce our prices. Call up 58 or 558 and Save Money.

Having a surplus of Bulkley

Valley wheat it is necessary

... Above are a Few

of the Economies

brings!

Edward Hendricks was fined \$50, in city police court yesterday afterwith option of thirty days' impris- noon for having unsealed liquor in nment, by Magistrate McClymont his possession.

LOCAL NEWS NOTES

Ole Skog is leaving on this even-, J. S. Wilson returned to the city ing's train for a trip to Edmonton. on the Prince Rupert this morning after attending he recent annual!

A. M. Davies will sail tomorrow convention of the British Columbia night on the Prince Rupert for a Teachers' Federation in Victoria. trip to Vancouver.

Mrs. A. M. Beattie, who has been on a trip to Vancouver, returned to the city from the south on the Prince Rupert this morning.

Rt. Rev. G. A. Rix, Bishop of Caledonia, is on a trip to Vancouver to attend sessions of the provincial synod of the Anglican Church ofi Canada

"Pirates of Penzance," Capitol Theatre, April 27 and 28. Limited number of rush seats available at Theatre Box Office-50c each.

Peter Lakie, C.N.R. divisional! freight and passenger agent, returned to the city on last night's! train from a trip to Prince George, and Jasper Park on official busin-

W. G. Broad, customs officer at Stewart, who has been on a trip south, is a passenger aboard the entertained at its regular weekly Prince Rupert today returning luncheon today by William Cruickshank, C.N.R. city passenger agent, north from Vancouver.

Miss D. Priestly R.N., public realth nurse here, returned to the city on the Prince Rupert this lantic Ocean and in Edinburgh. morning from a trip to Vancouver! President D. G. Borland was in the for the Easter vacation period.

Mrs. Bert West of Terrace will gerald, recently moved here from arrive in the city from the interior Alert Bay, as a guest. It was deon tomorrow night's train and sail cided to hold a lieutenant governon the Prince Rupert for Vancou- or's dinner and bridge party next Wednesday evening. ver to attend a convention.

W. H. Tobey, C.N.R. divisional superintendent, returned to the city on last night's train from a trip to [Prince George and Jasper Park on official duties.

Mrs. P. H. Linzey and her niece, Miss Aileen Hamblin, returned to the city on the Prince Rupert this morning from a vacation to Vancouver and elsewhere in the south.

Miss Doris Webster and Miss Jean | - Capitol Theatre, April 27 and Scott returned to the city on the 28. Prince Rupert this morning from a Catholic Tea, Mrs. Brass's April holiday trip in the course of which 28 ev travelled as far south as Cali-

Mr. and Mrs. C. R. Gilbert of Terrace, who have been on a trip to May 6. California, arrived in the city from the south on the Prince Rupert this morning and will proceed to the interior by the evening train.

Oscar Olson of the Canadian National B. and B. Department will leave on the Prince Rupert tomorrow night for Vancouver enroute to New York where he will embark Mrs. J. Jack's, Angus Apartments, May 11 aboard the German liner May 17. Breman for a visit to Oslo, Norway.

Everybody reads the Daily News

Twenty -Five Years Ago

April 27, 1913

It has been definitely announced that King George will visit Canada next year. He may include Prince Rupert in his itinerary.

Mrs. Carpenter's little pianc pupils gave a recital yesterday afternoon at the home of Mrs. J. H. McMullin on Second Avenue. Those taking part in the program were Mrs. Carpenter, Miss Holtby, Pets Tremayne, Margaret Lindsay, Aubrey Sweet, Dorothy Tremayne, Grace Manson, Basil Merryfie.d Jack Naden, Mabel Westenhaver Lorna Tite, Constance McMullin.

G. T. P. defeated Callies by a score of 3 to 2 in a keenly contested football game on Second Avenue last evening. Sam Currie scored two of the goals for the railwaymen. Alex Holmberg was referee.

The Prince Rupert Gyro Club was

FOR SALE

FOR SALE—The White Apartments 4th Avenue near McBride; complete; in excellent condition; reconstructed; central; well-rented: excellent tenants; economical future commercial site. Combined home and good self-managed income property. Reasonably-priced for quick sale for cash or substantial payment, considering revenue possibilities. Address: 139 4th Ave. E.; P.O. Box 399; phone 427. Mrs. Mary A. (G.B.) White or brokers.

611 Third Ave. West (near Royal, Bank), Lot 8, Block 33, Section 1. Store with dwelling over. This desirable property for sale at a low price and on easy terms, 59 interest on balance as rent. Also Lots 11 and 12, Block 17, Section Prince Rupert Operatic Society 7. with house 1140 East 6th Ave enue for \$700, half cash and bal ance \$20 per month. Geo. H Munro, 4240 West 11th Ave., Vancouver, B. C. If interested in property in or near Vancouver communicate with the above.

Presbyterian Tea, Mrs. Lakie's FOR SALE—Complete furnishings of six-room house, including: chesterfield suite, piano, electric washer and ironer, electric range, A. Y. P. A. Variety Entertainetc. Excellent condition. L. H. Haworth, phone Green 325.

PERSONAL

WE HAVE HELPED HUNDREDS Eastern Star Maytime Tea at TO OBTAIN positions as Letter Carriers, Postal Clerks, Customs Examiners, Clerks, and Stenographers, etc., and can help you. Write us for proof and free information. M.C.C. Schools Ltd., Winnipeg. Oldest in Canada.

FOR SALE OR RENT

FOR SALE OR RENT-Comfortable house at Seal Cove, four rooms, kitchenette, bathroom, shed and garage. Good deal for steady tenant. Phone Don Passmore, Green

MALE HELP WANTED

WANTED for Skeena cannery man to do lathe work and welding. Apply Box 19, Daily News.

MECHANICALLY MINDED YOUNG MEN!

Prepare to Earn More . . . Today's in these great fields . . . Diesel Engineering . . . Aircraft Construction . . . Aero Engineering . . . Arc Welding . . . Air Conditioning . . . Refrigeration . . . Combustion. Young men with natural mechanical aptitude and with willingness to work can prepare themselves for important high-pay positions in these great industries. Mark with an "X" the field you are interested in and forward this advertisement to us and you will receive a beautifully illustrated booklet

giving you complete information. DIESEL AIR CONDITIONING REFRIGERATION COMBUSTION AIRCRAFT

WELDING NAME

ADDRESS VOCATIONAL SERVICE LTD.Y 101 Dominion Bank Bldg., Vancouver, B.C.

Reach the most people in city and district with an advertisement in the Daily News.

Colgate's

Rexall

Cashmere Bouquet

Soap Special

Three Cakes of Soap and One Bottle Cashmere Bouquet Perfume

Mi 31 Tooth Paste

Small 20c

Cold and Vanishing Creams

A. S. A. Tablets

Vial of 30 five-grain tablets-Do not harm the heart.

Ormes Ita.

The Pioneer Druggists

Phones: 81 & 82 The Revall Store Open Daily From 8 a.m. till 10 p.m. Sundays and Holidays From 12 noon till 2 n.m. 7 p.m. till 9 p.m.

CONGOLEUM CONTEST WEEK

Call at our store and place your guess on the hidden number. The correct guess or the closest to it receives a Congoleum rug, 6x9, Free. This is given away by the Congoleum Co. Ltd.

Phone 775

327 THIRD AVENUE

Give Your Baby Fresh Milk Daily

Our milk is produced twice daily from our own Government tested cows.

PHONE **RED 608** DOMINION DAIRY

Smoked "Rupert Brand"

15c per Package For Lunch on Toasted Sandwiches

or Hors d'oeuvre

One Package Serves Four People Keeps For Weeks in Refrigerator

UNION STEAMSHIPS LTD.

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

The Central Hotel ROOMS and CAFE Phone 51 For Best Household Coal

MRS. C. E. BLACK

Fresh Local Raw And Pasteurized Milk VALENTIN DAIRY PHONE-657

"Electric Refrigeration Saves Food and Money" NORTHERN BRITISH COLUMBIA POWER COMPANY LIMITED

Small down payment. Easy terms.

Cleanliness, convenience, tastier meals and smart,

your budget the economy of Electric Refrigeration.





