Greatly improved following his

CONSTIPATION

TEARS DOWN

Is your constipation becoming a

burden, not only to you but to those

around you? Is it wrecking your dis-

position as well as your health?

Many suffer needlessly, for common

constipation is usually due to noth-

ing more than a lack of "bulk" in

the diet. Kellogg's ALL-BRAN is a

ready-to-eat cereal which supplies

the "bulk" necessary to regular

bowel movements. Eat ALL-BRAN

every morning with milk, cream or

fruit, or in the form of delicious

muffins. Drink plenty of water.

Give regular habits a chance to

ALL-BRAN ULDS

ALL-BRAN

Made by Kellogg in London, Canada, At your gream

A meeting of organizations and

Victoria will be held in the Ca

nadian Legion Hall, Friday 8 p.m.

under the auspices of the Prince

Rupert branch, Canadian Legion

Fitzgerald gave interesting auto-

biographical talks at the regular

luncheon of the Prince Rupert

Gyro Club today, D. A. Burnet

was welcomed as a new member

dent, was in the chair and there;

was a good attendance of mem-

Further Members

G. C. Mitchell, Duncan MacKenzie

And W. L. Coates Named Pres-

byterian Managers

George C. Mitchell, Duncan

been elected to the board of man-

agers of First Presbyterian Church.

board after three vacancies had

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of the club. W. M. Watts, presi-

B. E. S. L.

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has the goodness of prime beef and that is why it builds strength for you: TRY IT!



DEFENDER Hot Water Bottles

Reg. Price \$1.25, Special-

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The Proneer Druggists The Rexall Store

Phones: 81 & 82 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.

# Gift of Reading

All memberships taken out in February will be continued until March 31st without additional charge. Pay 75c now and read all you can until March 31st. One book at a time but you can change it as often as you wish. Take advantage of this Special Offer and Join Now.

Here is a partial list of Recent New Books-

r for

WW.

sehold

Water

WISD	OM'S GATE	Barnes
	JUSTICE	Cole
	ACRES	Fischer
DISPL	TED PASSAGE	Douglas
DEAD	NED	Masefield
BRICE	KS WITHOUT STRAW	Norris
THE	JOURNEY UP	Hichens
Royal	Regiment	Frankau
REME	MBER THE END	Turnbull
	OLDEN SPANIARD	
FLVII	NG COLORS	Forester
WITH	MALICE TOWARD SOME	Halsey
ALL. T	THIS AND HEAVEN TOO	Field
	THE PROMISED LAND	Gurwit
THE	SWORD OF ISLAM	

Rental Library Section

REDUCED WINTER FARES to VANCOUVER

Calling at Ocean Falls and Powell River

\$36.00 Return

Meals and Berth Included

Leaving

Prince Rupert

Southbound Rate Effective Nov. 1st Until Feb. 28.

11:15 p.m.

V-2-39 Return Limit, March 31. Canadian National Steamships

# LOCAL NEWS NOTES

M. Winslow, who has Mrs. J. R. Elfert returned to the been visiting in Vancouver, re-city on the Prince George this turned home from the south on morning from a visit in Vancouver. | Statement Issued by Rotary Club's the Prince George this morning.

Mr. and Mrs. G. B. Church, who recent illness, Al Berner returned have been on a trip south, re- to the city from Vancouver on the turned to the city from Vancouver Prince George this morning. on the Prince George this morn-

George Eckerman, who left this fornia, returned to the city from information of parents: ity about a year ago with the in- the south on the Prince George "A committee for investigation tention of making his future home this morning. in Albany, Georgia, is returning!

to Prince Rupert to again join He is expected back very shortly.

### Man in the Moon

Its a fine world if you have enough money to pay your way and a happy home to go to at night.

The difficulty is to know just how much is enough.

None of us ever think we have too much.

Its the people who have scarcely enough for themselves who give omething to help a neighbor who is in need.

Asked how she enjoyed the service at church on Sunday a lady replied that she did not see a single dress she liked.

A woman who had given a dinner party met her doctor in the street the following day.

"I am sorry, doctor," she said, "that you were unable to come to my party last night. It would have done you good to be there."

"It has already done me good, The replied, tersely. "I've just prescribed for three of your guests."

Woman (off to attend political) meeting, to friend): "I'm not prejudiced at all. I'm going with a perfectly open and unbiased mind to listen to what I'm convinced pure rubbish."

sitting A small boy was seen moodily on his front doorstep.

"What makes you so miserable?" friendly neighbor inquired. "Well," replied the boy, "if I had

it to do over again I wouldn't eat up sister's lipstick-even for spite. Actor: "And where, madam, do I

perform my ablutions?"

Landlady: "You don't go doing no performances here. The 'ouse was nearly wrecked last week by a troupe o' acrobats!"

The Daily News is an A. B.

### Announcements

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

Toc H Bridge February 15.

United Missionary Tea Mrs. Jen-

ner's February 16. Recreation Centre Dance Febru-

Masonic Ball February 17.

Cambrai Valentine Tea Mrs. B. C. Thomson's. February 18.

Eagles' Bridge February 22.

March 1st Tea, Mrs. Bert Mor- Of Church Board

Legion Women's Auxiliary Bridge March 2

Scout Concert March 3.

Rod and Gun Annual Meeting March 13.

Presbyterian Shamrock Tea MacKenzie and W. L Coates have March 17.

St. Patrick's Supper, Catholic thus completing the filling of the Hall March 17.

been left at the recent congrega-Prince Rupert Operatic Society tional meeting. presents "The Mikado" April 12, 13

-Capitol Theatre. Anglican Spring Sale Anril 13.

Presbyterian Easter Sale, April

St. Peter's Sale May 4.

# DENTAL

Dental Clinic Committee

The Prince Rupert Rotary Club dental clinic committee has looked into the question of the in-Mr. and Mrs. M. P. McCaffery, fluence of diet on dental defects who have been holidaying in Cali- and submits the following for the

of Dental Disease in England, after having observed about 1550 Merely routine business was dealt children in 3 institutions over the staff of Edward Lipsett Ltd. with at a regular meeting of the lo- period of about two-and-a-half cal Nordkap Society last week years reported that its investiga-President Peter Lien was in the tions proved conclusively that a chair. The Society has voted \$10 relatively high vitamin D content to the assistance of the family of of food can do much to diminish Axel Enocksen, Dodge Cove, whose the incidence of caries if the vitahome was destroyed by fire last min is given during the development of the teeth; that a beneficial effect may be obtained if the! vitamin is given at a fairly late" stage of development and that, even if it is given after the eruption of the teeth, the onset and

> "The committee added one teaspoonful of cod liver oil a day to the ordinary diet of those children Music Club At for observation of the effects of added amounts of vitamin D over High School Is ordinary diet was estimated to provide 380 international units of Now Organized vitamin D per child per day. The cod liver oil supplied an additional 300 international units of vitamin an increase of 240 percent over that supplied by the ordinary diet

spread of caries is delayed.

tion and development of the deciduous teeth and during the early ing a social experience. development of the permanent "A careful investigation made in the United States in 1938 indicated that, during lactation, the daily vitamin D requirements of infants is about 800 international units; between infancy and adolescence 300-400 units. The daily vitaming

tive results was during the forma-

D supply in the case of the British investigation therefore seemed adequate when cod liver oil was used as a supplement. "It is sincerely hoped that the rarents and children will recognize fen. 1 the fact that arounting and early

treatment of dental defects will club.

# Assault Charge Against Crooner

ter of sending children to represthe charge. of the visit of Their Majesties to

PHONES-18 and 84

### P. O. BOX 575 ADVICE Mussallem's Economy

"Where Dollars Have More Cents"

QUICK COOKING OATS-B. & K., 48-oz. pkg. 15C Non-premium Real Value Stock Up a These Low Prices KARO CORN SYRUP Shelled Walnuts-New crop. Per lb. OIL-161/2-oz. bottle 49c

BAKEASY-The shortening, 2 lbs 1's, glass 23c assorted

LIBBY'S HOMOGENIZED

six varieties. 3 tins !.

NAAS RIVER PO-

Label. 1/4's.

2 tins

TATOES—Sack

BABY FOODS-In 900

SOCKEYE SALMON- Black

Established 1910-Independently Owned and Operated PRICE SERVICE QUALITY

FREE DELIVERY ON \$1.00 ORDERS

Two Telephones For Your Convenience Boat and Mail Orders Receive Prompt and Careful Attention

EMPRESS MALT

LIBBY'S SAUER

VINEGAR-Qt. bot.

KRAUT-21/2's. 2 tins

The first meeting of the Booth D per child per day, representing Memorial Junior High School Music Club was held in the Audi-The purpose of this club is to give best periods for the most effect the students an opportunity to exercise any ability they may possess before a group, thus provid-

> The meeting opened by the singing of "O Canada" and the main business was the election of officers, those chosen being:

> President, Margaret Davies Secretary - Treasurer, Betty Program Convenors - Leona

Whiffen, Audrey Grimble and Av- McLeod. erilla Thomasson. It was decided to hold a meet-

ing every other Wednesday. Planoforte solos were rendered

by Hemsby King and Leona Whif-

Miss O. Mouat is sponsoring the Barclay.

# Oddfellows' Party Enjoyable Event

Fourth Avenue East local Oddfellows entertained their friends' at a post-installation party. Feature of the evening was the transforwas laid by a night club waiter with ample funds from the car- up.

Elected Head of Cambrai Chapter I.O.D.E. for Coming Year

The monthly meeting of Cambrai Chapter, Imperial Order of Daughtorium of the school on Monday, ters of the Empire, was held last evening at the home of Mrs. P. F. P. Bird, Sixth Avenue East, with the regent, Mrs. T. Fraser, in the chair. Final arrangements were made for the Valentine tea to be held on Saturday after which the election lef officers for the ensuing year took place and resulted as follows: Honorary Regent-Mrs. T. Fraser.

Regent-Mrs. S. Elkins. First Vice-Regent- Mrs. J. G. Garrett.

Second Vice-Regent-Miss Helen Secretary-Miss Elsie Davis.

Assistant Secretary-Mrs. T. W. Brown. Treasurer-Miss Lucille Brooks-

Educational Secretary-Mrs. D. R.

Echoes Secretary- Miss Maxine Heilbroner. Standard Bearer-Miss Lorraine

Brockway. The regent-elect, Mrs. S. Elkins, on behalf of the members of the Chapter, presented the retiring regent, Mrs. T. Fraser, with a silver

The meeting adjourned with the singing of the National Anthem.

pitcher in appreciation of her ex-

cellent services.

-A charge of assault against Rudy carnival midway complete with Winner of a chicken for the great-Vallee, crooning orchestra leader, games of skill and chance, Mem- est accumulation was Mrs. W. J. been dismissed. The charge bers and guests were supplied Lineham with T. Boulter as runner-

who said that Valee swore at him nival bank and had the enjoyment. The evening's entertainment was and struck him when he collided of spending freely without the rounded out by dancing to music ent Prince Rupert on the occasion with the musician. Vallee denied disastrous consequences usually at supplied by the Oddfellows' Orchtendant upon such indulgence estra.

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Come in and learn about such features as Mirrophonic Tone Chamber, Symphonic Bass Control, "Stop and Go" Tuning, Magna Dial . . . and a



Let Your Ears Convince You

host of others.