When you smack your lips and say...

THERE'S A FLAVOUR I REALLY GO FOR

You'll get from your breakfast all the oomph you want!

• • •

IF YOUR breakfast doesn't make your mouth water, it *can't* give you the extra energy you need. So insist on Kellogg's Corn Flakes, the breakfast that does these three *vital* things.

First, the very thought of the glorious flavour rouses your sleepy appetite. *Second*, they are jam-packed with essential energizing "carbohydrates." *Third*, they help keep you going through hours of work.

So get several packages right away. Proven first in flavour, Kellogg's take only 30 seconds to prepare. Made by Kellogg's in London, Canada.

KELLOGG'S FIRST FOR FLAVOUR say housewives and experts, too! In a recent survey across Canada—housewives reported their families preferred Kellogg's 5 to 1 as against any other brand of corn flakes mentioned. And the trained expert palates of tea-tasters, coffee-blenders, chefs, say the same. For instance, Mr. J. M. Cochrane, Superintendent of Hunts Limited, famous for their fine confectionaries, reports: "The conditions were strict, the test impartial, but there was no doubt of the result: Kellogg's rated first for flavour." Take a tip from the experts. And when you eat out, ask for Kellogg's in the wax-wrapped *individual* package.

SO ECONOMICAL! Only a few pennies to give the whole family breakfast or supper. Have you tried Canada's favourite cereal in the new family-size package? Ask your grocer.

LOCAL NEWS NOTES

Don't forget dance Fri. nite, Moose Hall. (152)

Called for technical service with the Royal Air Force, Bert Loewen sailed Tuesday afternoon on the Catala for Vancouver enroute to Trenton, Ontario.

Donald Norton is home from Kingston, Ontario, where he is identified with the artillery, for a visit. He will leave Friday morning on his return East.

Harold Singleton, well known Vancouver paper traveler, was a passenger aboard the Princess Alice yesterday afternoon returning south after a trip into the Yukon, a good deal of the territory being covered by plane. Mr. Singleton expects to be back in Prince Rupert in amout a month's time.

Lieut. Col. J. N. Burnett, Major M. R. Crehan, Capt. G. T. Clendenning, Capt. J. R. Roberts, Capt. G. A. Knox, Lieut. D. A. Bonnallie, Lieut. F. L. Salter, Lieut. J. G. Whittle, Lieut. H. G. Robertson and Lieut M. E. Odlum of the Irish Fusiliers arrived in the city yesterday from Vancouver in connection with a unit transfer.

Moving pictures showing scenes of Jasper Park, goose hunting in the Maritimes and lumbering in Ontario were shown at the regular weekly luncheon of the Prince Rupert Rotary Club today under the direction of President Peter Lakie, the projector being operated by Richard Forrest.

Dance Fri. nite. Moose Hall. (152)

Tonight's train, due from the East at 11 o'clock, was reported this afternoon to be on time.

Miss E. A. Mercer, principal of King Edward School will sail on the Prince Rupert Saturday evening for Victoria to spend the summer vacation.

Col. J. J. Burton-Willison arrived in the city yesterday from Vancouver to take charge of the local Royal Canadian Army Service Corps unit.

Lieut. W. R. Ruffell of the Royal Canadian Engineers arrived in the city on the Prince George yesterday from Vancouver on official duties. He expects to be here for the next month or so.

Mrs. W. A. Geddes, wife of the Bishop of the Yukon, and two children were passengers aboard the Princess Alice yesterday afternoon going through from Dawson to Vancouver.

Major D. C. Stephenson, officer commanding the local company of the Sixteenth Canadian Scottish, returned to the city on the Prince George yesterday from Vancouver where he has been receiving surgical treatment at Shaughnessy Military Hospital.

Miss Lorraine Grant, home economics instructor at Ocean Falls, arrived in the city yesterday morning on the Prince George from the paper town and left by the evening train for Prince George, where she will pay a visit with her sister, Mrs. R. A. Harlow, before continuing to Fort William to spend the summer with her parents, Rev. Dr. and Mrs. H. R. Grant.

Members of the local school teaching staffs sailed yesterday afternoon on the Princess Alice for the south to spend the summer vacation included J. B. Wilkinson, Mrs. B. R. Tupper with her daughter, Miss Joyce Edgcumbe and C. H. Leighs for Vancouver and W. R. Ferguson, Mrs. B. Walker and Miss E. P. Grassie for Victoria.

KEEP COOL THE "SALADA" WAY

Infuse 6 heaping teaspoons of Salada Black Tea in a pint of fresh, boiling water. After 6 minutes strain liquid into 2-quart container; while hot, add 1 to 1½ cups of sugar and juice of 2 lemons, strained; stir until sugar is dissolved; fill container with cold water. Do not allow tea to cool before adding cold water or liquid will become cloudy. Serve with chipped ice. The above makes 7 tall glasses.

"SALADA" ICED TEA

(Meet Her in a Meter Cab)

DE LUXE METER CABS

PHONE 13

4 Can Ride for Price of One

PULP MILL DEFERRED

ALBERNI, June 27:—The erection of a pulp mill here has been deferred owing to war conditions. Officials of the company state that the money is needed for other more immediately necessary things.

COACH WITHOUT GYM

SOUTH BEND, Ind., June 27: (CP)—Just because the school hadn't been built, Ben Sheridan was not prevented from starting coaching duties at John Adams High School here. He had concluded spring drills before construction started.

Alice Gomez Given Shower

Mrs. Russell Cameron Hostess At Event Last Night

Mrs. Russell Cameron was hostess at a delightful cup and saucer shower in honor of Miss Alice Gomez whose marriage to Alfred Ritchie takes place shortly.

The evening was passed in playing Chinese checkers and cards.

After the serving of delicious refreshments the bride-elect was presented with a tastefully decorated box containing many beautiful gifts.

Those present were the Misses M. Slatta, F. Nickerson, O. Sandhal, E. Cromp, E. Ritchie, G. Skaland, A. Gomez and the Mesdames R. Cameron, W. Ballinger, F. Eby, P. Bond and H. Dickens.

B. C. Furniture Co.

New And Used Furniture

1 ROYAL TYPEWRITER—In good condition $22.50
1 MONARCH TYPEWRITER—At $24.50
12 REMINGTON TYPEWRITERS—In 10", 12", 16" carriages. All reconditioned. From ..... $45 to $55
6 COMPLETE BEDS—4-6, from ..... $12.50 to $15.50
1 LAWN MOWER—In good condition, large size. Special $8.75
5 RECONDITIONED KITCHEN RANGES—Of various makes, from $28.00 to $35.00

NEW FURNITURE

6 END TABLES—Walnut finish $2.45
12 COFFEE TABLES—In walnut, of various styles $9.50
24 FELT MATTRESSES—In all sizes $7.50
4 DRESSERS—Waterfall design and large round mirror $22.50
8 STUDIO COUCHES—Very modern, three spring filled cushions. Reg. $45.00. Now $36.00
24 3-piece CHESTERFIELDS—In new colors and patterns, modern style. From ..... $75.00 to $125.00

Phone BLACK 324 THIRD AVENUE
Next Door to B.C. Clothiers

Chantecler Slow Burning CIGARETTE PAPERS NONE FINER MADE DOUBLE AUTOMATIC BOOKLET 5¢

Announcements

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

Catholic Tea, Mrs. DeJong's 715 5th Avenue West, June 27.

Miss Way and Miss Olofson recital, First United Church, June 27.

Dance, Moose Hall, Friday, 28th.

Dominion Day Sports Celebration. July 1. Big Dance in the evening.

C. N. R. A. Excursion to Terrace. July First. Fare $2.75.

United Strawberry Tea, Mrs. Clark's, Pacific Place, July 4.

Queen Mary dance Oddfellows' Hall July 5.

Moose Tea. Mrs. Stegavig's. 134 Hays Cove Circle, July 5.

Hospital Auxiliary Bazaar, September 18.

Catholic Bazaar, October 2 and 3.

L.O.B.A. Bazaar. October 16th.

Anglican Fall Bazaar, November 7.

Five thousand Prince Rupert people read the Daily News. It pays to let them know what you have to sell.

Every year since making its first appearance, LUCKY LAGER has gained in popularity, and now, those who do know and appreciate good beer always ask for LUCKY. Join them—order a case today.

Other famous malt beverages:
BURTON type ALE
SILVER SPRING STOUT

COAST BREWERIES LIMITED
VANCOUVER NEW WESTMINSTER VICTORIA

This advertisement is not published or displayed by the Liquor Control Board or by the Government of British Columbia.

KISS YOUR TIRED FEELING GOODBYE!

Pepless Many Suffer Low Blood Count—And Don't Know It.

The baffling thing about low blood count is that you can weigh about as much as you ever did — even look healthy and strong, yet — you can feel as if you had lead in your legs, dopey, tired and pepless.

Low blood count means you haven't got enough red blood corpuscles. It is their vital job to carry life-giving oxygen from your lungs throughout your body. And just as it takes oxygen to explode gasoline in your car and make the power to turn the wheels, so you must have plenty of oxygen to explode the energy in your body and give you going power.

Get Dr. Williams Pink Pills today. They are world-famous for the help they give in increasing the number and strength of red corpuscles. Then with your blood count up, you'll feel like bounding up the stairs as if you were floating on air. Ask your druggist for Dr. Williams Pink Pills today.

Night or Day

Phone 112 Taxi

Prompt Service—3 Heated Cars

HOLIDAYS

Book Your Reservations at
SANGAN RIVER HOLIDAY CAMP
Now
Also for Full Particulars Write
MRS. DUNN
Massett, Queen Charlotte Is. B.C.

H. G. Helgerson Limited

216 SIXTH STREET
Prince Rupert, B.C.

We have on our lists the following good buys:

412 EMERSON PLACE—7-room house, 2 lots. Lovely garden. Fully modern. Furnace. 4 bedrooms. Concrete foundations. Cash $3150. Terms $2000, balance in monthly payments.

We Have Several Furnished Houses for Rent for the Summer Months

6-ROOM HOUSE—On Taylor Street. 3 bedrooms. Fully modern and sewer. In good condition. Cash $1600 or $1800 on terms.

LUMBER

CEMENT, SASH and DOORS
Complete Line of Building Supplies

Albert and McCaffery Ltd.

Phone 117 Phone 116

Cherub Baby Oil

Excellent for Chafing, Chapping and Diaper Rash. A Baby Feeding Bottle Free with each purchase Both for

40c

Ormes Ltd.
The Pioneer Druggists

The Rexall Store Phones 81 & 82
Open Daily from 8 a.m. till 10 p.m.
Sundays and Holidays from 12 to 2 p.m. and 7 to 9 p.m.

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WORLD'S GREATEST TRAVEL SYSTEM

CANADIAN PACIFIC

Transcontinental

Trans-Atlantic Trans-Pacific

To Vancouver via Ocean Falls and Way Ports
S.S. "Princess Adelaide" every Friday 10 p.m.
To Vancouver Direct
Princess Louise June 1st, 15th, 29th
Princess Charlotte June 8th, 22nd
Princess Alice June 26th
To Ketchikan, Wrangell, Juneau and Skagway
June 3rd, 10th, 17th, 21st, 24th, July 1st, 5th
Connections at Vancouver with Canadian Pacific Services
Tickets and Reservations from
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