MEAN TO TELL ME IF I EAT THIS CRISP BREAKFAST CEREAL, I CAN DO WITHOUT REMEDIES



Before I discovered All-Bran I was always suffering from either constipation or harsh cathartics, and I don't know which was worse. Now I know a better way is to prevent it. For common constipation, due to lack of bulk in the diet, eat Kellogg's All-Bran regularly and drink plenty of water. All-Bran supplies the needed bulk and also intestinal tonic vitamin Bi. It's great to be 'regular' again." All-Bran is made by Kellogg's in London, Canada. Sold by all grocers.

> Kelloggs ALL-BRAN

GET YOUR OUNCE OF PREVENTION EVERY DAY

Hotel Arrivals

Prince Rupert

Mr. and Mrs. R. E. Florin, Surf Inlet; Major J. P. Simon, Major E. A. Henderson and Lieut. E. L. the Barrington Transportation Co., Simpson, Victoria; E. J. Ryan, after having spent the winter in the Fagles' Lodge during the past win-John H. Eassie and Mr. and Mrs. south, was a passenger aboard the Eagles' Lodge during the past win-S. A. Denby, Vancouver; Mr. and Princess Norah this morning going ter concluded last night when there Mrs. J. T. Boyd, Winnipeg; S. F. through from Vancouver to Wran- were eighteen tables of bridge with River on Tuesday night's train. Mr. Ivoff and Alfred Pitt, Winnipeg; gell to start arrangements for the many more coming in to take the

Santos Coffee-

Diced Beets-

Prunes-2-lb. pkg.

omato Juice-

Royal Household

Ashcroft Catsup-

Large. 2 bot.

4 lbs. tin

Red Plums-

Per tin

Honey_

Flour-49-lb. sack \$1.85

Robert Roxborough, who is in the transportation business at Atlin, Eagles' Bridge and Mrs. Roxborough were passenmorning returning north after a Series Ended trip to Vancouver.

Capt. Hill Barrington, manager of The series of enjoyable bridge of Signals here.

Large Cakes Castile Soap or

25c

40c

35c

Imported-

Red Plum Jam-

Brooms-

Woodbury's Soap-

BULKLEY VALLEY

Nabob Marmalade-

LINZEY & DAVIES

Phone 585-586

CASH SPECIALS - FREE DELIVERY

33c

25c

18c

5c

45c

49c

NANAIMO WELLINGTON

COAL

ALBERTA SOOTLESS

Albert and McCaffery Ltd.

A. R. Mallory, Port Clements; E. navigation season on the Stikine floor for the dance, there being about fifty couples in all. Prize-winners for the season were

announced as follows: 15,029

Inch. 9,895. ton. 2,301.

Men's high average, George Howe,

Prize-winners for the evening were: ladies' first, Mrs. William Rothwell; second, Mrs. S.L. Peachy; Mrs. Sam Hougan; men's first. M. J. Molitor; second, J. Douglas: third, Mr. Wilson,

The door prize was won by Mr.

cards, refreshments were as usual served and dancing was then enjoyed from midnight until 2 a.m. with music by Mrs. J.S. Black's Orchestra.

The committee in charge consisted of Andy Ronald, master of ceremonies; I. C. Denis, presiding at the door, and Frank Ellison and Angelo Astori, in the kitchen.

FOR SALE

45c FOR SALE—Baby chicks from vig-Lynn Valley Pears-15c orous new blood leghorn breeding stock. Unsexed \$10.00 per 100, pullets (97%) \$25.00 per 100. Also Tomatoes-2's. Rock and Red chicks \$12.00 per R. 100. Appleby's Poultry Farm, Mis-Fluffy Pancake Flour 10c sion City, B.C.

FOR SALE - Easyette washer, Klean Kook range, household furniture. Apply 701 Fifth Ave. 18.

FOR SALE-Sealed tenders for the Cove, April 19. purchase of the gasboat "Audrey" dersigned up to noon of Monday, 23. April 15th. Length 42 feet, width 10 feet, draft four feet and powered by 16-20 Easthope. Boat may May 2. be seen at Yacht Club. Terms: Cash. Highest or any tender not Anglican Tea, Mrs. Parkin's, May necessarily accepted. Norman A. 2. Watt, Official Administrator.

WORK WANTED

YOUNG married man, sales and business experience, desires employment. Small capital to in- May 23. vest. Can operate car or truck. Box 38 Daily News.

WANTED-Experienced girl wants general housework. Apply Box 3 9 SISTERS 9 39, Daily News.

WOOD for SALE \$7.50 per Cord **PHONE 459**

LOCAL NEWS NOTES

vice Phone 13 Taxi.

Oddfellows' Hall. Dance at 10, Co

Annual meeting Prince Rupert Tennis Club, Thursday, April 4th., Major Henderson of the Sixteenth are welcome.

Mrs. H. Mist arrived in the city on the Prince George yesterday Annual Football meeting, April 5. her way to Terrace where she for- 7:45 p.m. merly resided.

ends Saturday evening April sixth. on his return to Smithers.

Nanaimo.

ren arrived in the city on the Prince George yesterday morning from Vancouver to join Capt. Morse who is with the Royal Canadian Corps

R. G. Cunningham of Port Essington is spending a few days in town, Cunningham returned north recently after spending the winter in Vancouver and California, having had a good deal of illness while away this time. He says that the Highest total score, I. C. Denis, weather since he returned has been better than anything he experienc-Lowest total score, Mrs. G. W. ed all the time he was away. Indeed this district has had a much finer Ladies' high average, Mrs. A. Nor- winter than either Vancouver or California.

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

The baffiling 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

Get Dr. Williams Pink Pilts 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 feel like bounding up the stairs as if you were floating on air. Ask your druggist for Dr. Williams Pink Pills today.

Announcements

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

Hill 60 Dance, Moose Hall, Apr. 5

Football Dance, Irish Fusiliers V. 102nd Armories, Friday, April 12, Admission 50c.

United Spring Sale, April 11. Presbyterian Spring Sale April

Toc H Dance, Parish Hall, Seal

W." will be received by the un- | Scout Tea, Mrs. Carter's, April

Catholic Tea, Mrs. R. E. Moore's

102nd Auxiliary Dance, Armoury,

St. Peter's Spring Sale, May 9. Empire Carnival, Moose Hall,

_------CAFE

IS NOW OPEN FOR BUSINESS

Your Patronage will be highly appreciated "Aim to Please" is our Motto-

Thank You

the Prince George for a trip Vancouver.

at the home of F. M. Davies, 324 Canadian Scottish at Victoria ar-4th Avenue West. All interested rived in the city on the Prince! (80) George yesterday morning from the south for a holiday visit here.

morning from Vancouver being on Canadian Legion Club Rooms at,

Olof Hanson, after having been 5 Only three days left to take ad-lon the coast for the past month in vantage of special Satin-Glo prices connection with the election camat Thompson Hardware. The sale paign, left by last evening's train

Miss Edith Kergin R.N., who is Lieut. Gordon Smith of the Six- awaiting orders to proceed overteenth Canadian Scottish returned seas with the Canadian Army Medito the city on the Prince George cal Corps in her capacity as a nursyesterday morning after a trip ing sister will arrive in the city on ! south to spend leave at his home in the Princess Adelaide tomorrow af-Mrs. W. S. Morse and two child- parents, Dr. and Mrs. L. W. Kergin.



IRRADIATED A CANADIAN PRODUCT

Fresh Local Raw and Pasteurized Milk VALENTIN DAJRY

PHONE 657

NEW CENTRAL HOTEL ANNEX Second Avenue Housekeeping Apartments (Hot Water Heated) Mrs. C. E. Black, Proprietress

(Central Hotel)

"The Old Reliable"

Have Big Order For Beaver

Postive can pay more than anyone else for all furs. Do not sell your furs on the waterfront, bring them to GOLDBLOOM and get 30 per cent more.

THE SEAL of QUALITY

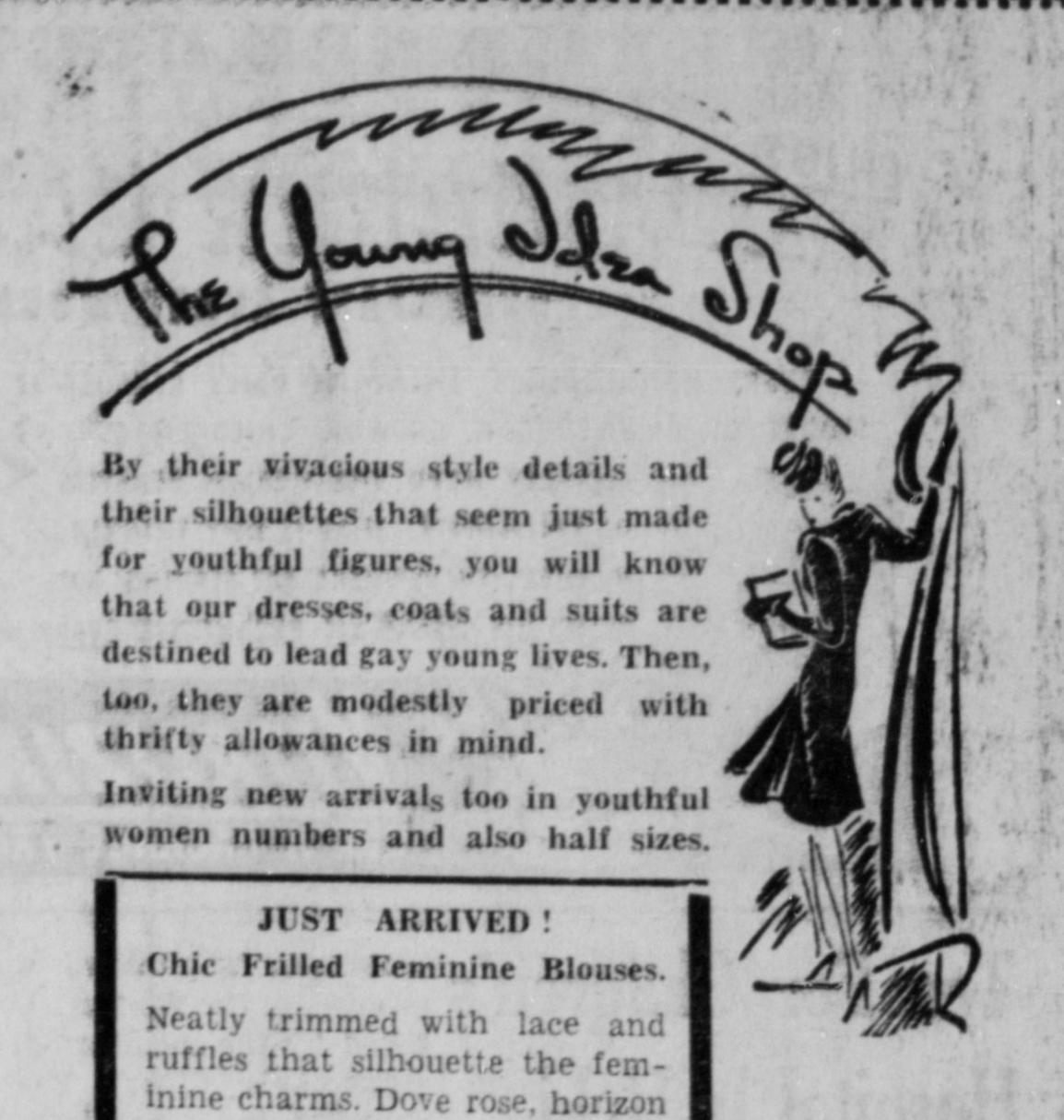




GOLD SEAL Fancy Red Sockeye

PINK SEAL Finest Pink Salmon

Packed by the only salmon canning company with an all the year round payroll in Prince Rupert



Mail Orders Promptly Filled-Open Saturday Night

grey, biege, turquoise, shell pink

and others. Size 14 thro 44.

ternoon from Toronto to spend a RUPERT PEOPLES STORE few days here on leave with her

"In the Heart of Prince Rupert" THIRD AVE. - Next to Heilbroner's - Phone BLUE 907

Night or Day PHONE 112 TAXI

Prompt Service — 3 Heated Cars

ANNUAL SATIN-GLO SALE

Now is the time to take advantage of these special prices on VARNISHES, ENAMELS and SATIN-GLO FINISH

On Half Gallons YOU On Quarts On Pints On Half Pints

We Will Supply You With All the Coupons You Need THIS WEEK ONLY

Thompson Hardware Co. Ltd.

B. C. Furniture Co.

New and Used Furniture

1 MONARCH TYPEWRITER-In A-1 condition

\$24.50

\$125.00

1 WASHING MACHINE-In perfect condition

8 BEDS-Complete, in all sizes,

From

\$39.50 \$12.50 to \$16.50

5 RECONDITIONED KITCHEN RANGES-Of various makes, from \$28.00 to \$39.50

\$215 GOLD TENOR "CONN" SAXOPHONE-

Just like new, now 10 CAMERAS-

\$2.00 to \$5.00

NEW FURNITURE

50 MATTRESSES-In all sizes. \$7.50 to \$10.50

12 SPRING-FILLED FELT MATTRESSES-In nice patterns. From \$18.75 to \$22.50

5 TWO-TONED ENAMEL KITCHEN RANGES—Suitable for coal \$64.00 to \$109.00 and wood.

1 CHESTERFIELD-BED and OCCASIONAL CHAIR-\$56.50 Of repp and tapestry

Phone BLACK 324

THIRD AVENUE Next Door to B. C. Clothiers

If you lose anything, advertise for it.

J. H. BULGER Optometrist Royal Bank Bldg.

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Fresh Shrimp

BOAT W.S.L.

Daily at 4 p.m. TROTIER'S DOCK

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