"DOSING" WON'T CURE CONSTIPATION

Harsh Cathartics Give Only Temporary Relief

LONDON, Canada: One of the most common causes of constipation is lack of the right kind of "bulk" in the diet. If this is your case, KELLOGG'S ALL-BRAN supplies the "bulk" you must have to become *regular* as clockwork.

Eat ALL-BRAN every morning as a cereal with milk, cream or fruit, or baked in delicious muffins, drink plenty of water, and see if your "trouble" doesn't disappear! In two convenient sizes at your nearest grocer's. Made by Kellogg's in London, Canada.

UNION STEAMSHIPS

SPECIAL NOTICE!

S.S. "CATALA" will leave Prince Rupert

Monday, December 22
12:00 p.m. (Midnight)

and will arrive Vancouver Wednesday, 3:00 p.m.

NOTE! This special Christmas sailing replaces and cancels regular sailing Tuesday, Dec. 23, at 1:30 p.m.

Tickets and Reservations from

FRANK J. SKINNER,
Prince Rupert Agent
Third Ave. - Phone 568

COSTLY SCRAP

Approximate cost of the Maginot Line was $150,000,000.

TOILERS WIN OUT

Take First Half Of Season In Mixed Bowling

Toilers were the winners of the first half of the Mixed Bowling League. Last night, in concluding fixtures of the period, they defeated Standard Oil two games to one. Rinkey Dinks defeated Pushovers, also two games to one, and finished up the first half in second place. Sav-Mor made third place, winning a three games to nil clean sweep victory over Pete and Repeat. In other fixtures last night Stone's Clothiers and Alley Cats won over People's Store and Bankers respectively, scores being two games to one in each case. Lil Croxford, with 266, was high single scorer for ladies and Norman Kinslor, with 296, for men.

The game scores last night were as follows:

Rinkey Dinks	1199	1200	1068
Pushovers	960	1029	1080
Standard Oil	1004	1184	1089
Toilers	1282	1158	1120
Stones Clothiers	1067	1081	1176
Peolpes Store	1136	1036	1101
Bankers	886	100	932
Alley Cats	975	1003	984
Sav-Mor	1234	1132	971
Pete and Repeat	1103	919	850

The league standing:

Toilers	32	13
Rinkey Dinks	30	15
Sav-Mor	29	16
Standard Oil	24	21
Alley Cats	24	21
Stones Clothiers	21	24
Woanjas	21	21
Bankers	21	24
Pete and Repeat	20	25
Pushovers	19	26
Peoples Store	18	27
Alley Kittens	8	34

MOONLIGHT IN THE BLACKOUT

"This idea of saving electricity is swell with me . . . . !"

Canada at War 25 Years Ago

December 18, 1916.

French captured 11,387 German prisoners, 115 guns and 107 machine guns at Verdun. Official text of German peace note delivered to British Foreign Office.

GREENLAND'S SPECIALTY

The only known deposit of cryolite is in Greendland.

WANT TIN SOLDIERS

LONDON, Dec. 18: (AP)— British army authorities have asked for toy soldiers, toy motorcars—any miniature toys that children can supply, to aid in teaching real soldiers to play the serious game of warfare.

SCENTS OF BERMUDA

With imports cut off from France and Italy, Bermuda may become the big supplier of perfume in this hemisphere.

SPORT CHAT

Murray Murdoch, "iron man" of hockey, completed his 500th successive National Hockey League game with New York Rangers six years ago last night. In 1937 he brought his streak to 500 before he was farmed out to Philadelphia Ramblers. This latter figure included exhibition games.

Veteran football coach, seventy-seven-year-old Jesse (Pop) Warner, whose life has been an action-filled tale of the seas, is back on the job with the U. S. navy, wearing the uniform of a chief boatswain's mate. There are many other once-retired men doing their part in the defence effort, but what makes Warner stand out is that he already has spent 57 years of his life with the navy.

Hockey Standings

National League

	W	D	L	F	A	Pts
Boston	10	2	3	52	28	22
Toronto	11	0	4	55	31	22
Rangers	9	0	6	43	45	18
Chicago	7	3	4	39	37	17
Detroit	5	1	8	30	41	11
Brooklyn	3	1	13	39	63	7
Canadiens	4	1	11	35	58	9

QUEEN'S AIR RAID FUND

The Rotary Club has received recently for the Queen's Canadian Air Raid Fund the following amounts:

Women's Reading Club	$9.00
Ernest Wilding	$5.00

GREENS FOR UNCLE SAM

More than 162,000 acres are devoted to lettuce growing in the United States.

ENGLISH SPEAKING

The official language of Liberia, independent Negro republic, is English.

SOME HOME-WORK

The Koran contains approximately 2,400,000 words and many good Mohammedans memorize the entire book.

SAVOY HOTEL

Carl Zarelli, Prop.

Phone 37 P.O. Box 544

FRASER STREET

Prince Rupert

NOTICE!

Deliveries throughout the city have been reduced to two each day as follows:

Morning Delivery leaves at 10:30 a.m.

Afternoon Delivery leaves at 3:00 p.m.

You are asked to please cooperate with us and leave your orders before these hours. Orders left after 3:00 p.m. will be delivered the following morning. Thank you.

MUSSALLEM'S ECONOMY STORE

Phones 18 - 19 P.O. Box 575

Opposite Canadian Legion

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.

During the Holiday Season - Perfect Hosts Provide

JOHNNIE WALKER

because they know their Scotch

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

DELNOR FRESH FROZEN FOODS

including:

Cut Green Beans, Corn Kernels, Baby Lima Beans, Asparagus, Green Peas, Corn on Cob, Spinach, Green Peppers, Salmon Fillets, Raspberries, Blueberries, Apricots, Sliced Peaches, Sliced Strawberries, Boysenberries, Loganberries, Cantaloupe Cubes.

Obtainable in Prince Rupert Only at

ENTERPRISE FRUIT STORE

YOUR HEALTH AND COMFORT

. . . are of paramount importance. Don't live in a cold, draughty house this winter—there's no need!

Insulate Now With FIREPROOF DRY INSULEX

DRY INSULEX keeps the wanted heat inside in winter and the unwanted heat out in summer.

DRY INSULEX makes it possible to produce an even temperature throughout your home, thereby preventing draughts.

SEE US

ALBERT & McCAFFERY LIMITED

PHONE 116 AND 117

A. MacKenzie Furniture Ltd.

"A Good Place to Buy"

CHRISTMAS GIFTS THAT LAST

Chesterfield Suites—Latest designs and coverings.
Bedroom Suites—Modern designs with Round Mirrors.
Occasional Tables—All kinds.
Coffee Tables—Different designs.

Phone 775 327 Third Ave.

Gift Subscriptions

Nothing better can be given for Christmas than a Subscription to The Daily News.

Any person who has recently moved away from the city would particularly appreciate such a gift.

Special price this year on Gift Subscriptions—$2.00 to any point in Canada, south or east of Prince Rupert.

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