GETTING ONLY TEMPORARY RELIEF?

Correct Constipation Without "Dosing"

LONDON, Canada:—Your constipation may be caused by lack of the right kind of "bulk" in your meals. Cathartics give only temporary relief. KELLOGG'S ALL-BRAN helps you get regular, naturally. But remember, it doesn't work like purgatives. ALL-BRAN takes time.

Try eating delicious ALL-BRAN, as a cereal or in muffins, every day, and drink plenty of water. Buy ALL-BRAN in two convenient sizes at your grocer's, or in individual serving packages at restaurants. Made by Kellogg's in London, Canada.

Timely Recipes

CHOCOLATE FUDGE CAKE

2 cups sifted cake flour
2 teaspoons double-acting baking powder.
½ cup butter or other shortening
2 squares unsweetened chocolate, melted
1 egg, well beaten
½ teaspoon salt
1 cup sugar
1 teaspoon vanilla
¾ cup milk

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add chocolate and blend; then add egg and vanilla. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Bake in greased pan, 8x8x2 inches, in moderate oven (325 degrees F.) 1 hour. Cover cake with fudge frosting.

CLASSIFIED

FOR RENT

COMMODIOUS OFFICE ROOM for rent in Daily News building including large office desk, cupboard and chairs. Possession Oct. 15. (tf)

FOR SALE

FOR SALE — Snappy messenger business. Apply P. O. Box 516 or Millar's Flower Stand for information. (tf)

FOR SALE—Rolled-top desk, table rocker, linoleum. Phone Green 587. (tf)

FOR SALE—Kitchen range, excellent condition. Phone Blue 407. (244)

FOR SALE—Piano, $75; 2 small dressers, new condition. Apply 1203 Seventh Ave. East between 3—5 p.m. (242)

WANTED

GIRL WANTED. Phone Black 607.

WORK WANTED

RELIABLE Colored Girl With 6½ years' experience as good cook general. If desired, please state all particulars in your first application. Miss Melton, 710 Ocean View, Powell River, B.C.

LOST

LOST—Lady's gold Gruen wristwatch at Air Force dance. Finder please phone Green 215. Reward.

UNION STEAMSHIPS

Steamers leave Prince Rupert for Vancouver:
CATALA EVERY TUESDAY, 1:30 p.m.
Due Vancouver Thurs. p.m.
CARDENA EVERY FRIDAY, 10:30 p.m.
Due Vancouver Monday a.m.

Queen Charlotte Islands
Leaving September 30, October 11 at 10 p.m.

Tickets and Reservations from
FRANK J. SKINNER,
Prince Rupert Agent
Third Ave. - Phone 568

RED SAILORS STORM ENEMY ISLAND IN THE BALTIC

This actual war scene shows—according to information on the sailors. They are jumping from their boat on an enemy island. The radio picture from Moscow—a landing party composed of Baltic fact that there considerable action in the Baltic is attested to by communiques concerning the Nazi attack on Russian-held Oesel Island in the Baltic which is still in Russian hands, according to latest reports.

EVERYTHING FOR CENTRE

Dr. R. G. Large Discusses Swimming Pool and Civic Centre.

"Our canvassers report," said Dr. R. G. Large, chairman of the Civic Centre campaign last night, "that they have met with two questions which undoubtedly should be cleared up. The first question requires only a word in reply but let me make that word as emphatic as I can. Some canvassers have been asked how much are you getting out of this? I suppose this is being asked because a commission was paid in the Victory Loan campaign. There are some people, of course, who are small-minded enough that they can't imagine anyone doing something for the good of the community as a whole. Let me emphasize—there is not a person connected with this campaign or the community centre in any way who is receiving one cent for his services or for any expenses he or she may incur. I repeat, no commissions or salaries of any kind are being paid canvassers or officers of the association.

Swimming Pool

"The second question is deserving of more discussion and is the old problem of a swimming pool. Many people are of the opinion that we should be building a swimming pool rather than a hall. Some, of course, make this an excuse for not supporting the campaign, but there are many who conscientiously feel that we are making a mistake and it is to them that I wish to make an explanation. The central committee went into this question in great detail and we estimated the cost of operation as follows:

"Heat—$600.
"Light—$350.
"Janitor—$600.
"Instructor and wife—$1800.
"Insurance—$60.
"Maintenance $100.
"Incidentals $600.

"This makes a total of $4110. The probability is that the cost would be much higher. The cost of fuel has gone up considerably. It is very doubtful if we could get a janitor for fifty dollars a month as I imagine he would have to have a fourth class engineer's ticket to operate the machinery in connection with the pool. At the present cost of living, we would probably have to pay the instructor and his wife more than $1800 a year, particularly as one of them would have to be on duty constantly for fear of accidents. Incidentals are rather hard to estimate as they include towels, bathing suits, antiseptics, soap etc. but the figure given is probably fairly close.

"To offset this heavy expense we tried to estimate what revenue we could expect by comparing it with other pools for which we had returns. It seemed to the committee that $3000 was a very liberal estimate and that would leave us with a deficit of at least a thousand dollars a year on operation.

"Th first problem to face then was how could we meet an annual deficit. It was obviously impossible to expect the service clubs in town to saddle themselves with a permanent task of such a nature. We might expect them to help out from time to time if necessary but not underwrite a losing proposition in perpetuity. The only solution was to find other sources of revenue and the need for a hall became immediately evident. Thus the plan for a Community Centre embracing a basket-ball floor, gymnasium and swimming pool was developed. At first we planned to build the whole thing at once but it would mean delaying our project indefinitely while we amassed the funds. The alternative proposal was to build the paying part first and then work for a swimming pool when we had some way of keeping it in operation. We want no more "white elephants" in Prince Rupert. This community centre must be a financially sound proposition or I personally, will have none of it.

"One individual tried to convince me that the proper way to construct our building was to start with a swimming pool in the basement and build the hall above it. That point, too, has been thoroughly discussed. If we were in a position to put up a cement structure, costing in the neighborhood of $150,000, then that arrangement would be ideal. But we have to plan on a frame building and I don't have to elaborate on what would happen to the timbers and flooring of the main auditorium when it formed the roof over the hot moist air of the swimming pool. The present plan of building on four lots so that the swimming pool can be in a separate unit is far more practical and allows us to build by degrees.

"I hope I have made the problem clear. Be assured, we are all 100 percent behind the idea of a swimming pool for Prince Rupert. I can think of no better step in promoting the health of our young people than that. But let us also keep our feet on the ground and advance by practical steps. I want a swimming pool too but I want one with a sign open at all hours, not closed indefinteiy."

Why keep that old piece of furniture in the basement or the attic. Turn it into cash by advertising it in the "For Sale" column of The Daily News. (tf)

ORGANIZING HOOP PLAY

Hope Is to Have City League Competition This Winter in Spite of Obstacles.

Efforts are being made to reorganize the Prince Rupert Basketball Association for activity during the coming winter to cope with the lack of winter sports in the city and, with that end in view, a meeting is being called for this Friday night. The proposal is, if possible, to operate a senior, ladies' intermediate and junior leagues.

Dry Dack and Savoys are tentative senior entries with the possibility of the military units providing a third team.

In any case the resolve is to keep basketball alive in Prince Rupert during the 1941-42 season regardless of obstacles, bridging over the period until the civic centre with its gymnasium and playing venue is available.

Bowling Standings

InterServices League

	W	L	Pts
Seal Cove	9	3	9
Navy	7	5	7
Engineers	7	5	7
Dry Dock	6	6	6
Scottish No. 1	5	7	5
Signals	5	7	5
Medical Corps	5	7	5
Scottish No. 2	4	8	4

Steamship Sailings

For Vancouver—

Tuesday—S.S. Catala .... 1:30 p.m.
Thursday—S.S. Prince George .... 11:15 p.m.
Friday—S.S. Princess Adelaide .... 2 p.m.
S.S. Cardena .... 10:30 p.m.
Saturday—S.S. Prince Rupert .... 11:15 p.m.
Oct. 7, 20 and 29—
S.S. Princess Louise .... p.m.

WILL PLAY BASKETBALL

Seven-Team Inter-Services League Has Been Organized.

A seven-team Inter-Services Basketball League has been organized through the medium of the Young Men's Christian Association locally and will go into action within the next week or so. Games will be played in both the Armory and the Exhibition Hall. The competition will lead towards ultimate play for the military District No. 11 championship.

The teams entered are Canadian Scottish, Aliford Bay (playing here every second week), 102nd Battery, Searchlights, Composites (Royal Canadian Engineers and Army Service Corps), Signals and Navy.

CHURCHILL'S DAUGHTER TO VISIT U.S.

Sarah Churchill, daughter of Prime Minister Winston Churchill of England, is shown chatting with Lieutenant Commander K. N. Hoare, assistant chief of the London fire service, at a farewell luncheon given for her and her husband, Actor Vic Oliver, at the Cafe Royal. The Olivers will leave shortly for America.

AIR FORCE IS BOWLING

Four Teams in Play Last Night at Max's Alleys—Individual Results.

Royal Canadian Air Force teams have also taken a night at Max's Bowling Alleys and four teams were in play last night with results as follows:

Roberts	112	100	107
McLeod	112	153	129
Greeno	118	119	96
Hoyt	107	128	115
Butterfield	178	230	135
Totals	**627**	**730**	**582**
Arnold	141	135	153
"Mac"	108	73	68
Meyer	120	168	167
Barnes	124	159	130
Murphy	192	76	105
Totals	**685**	**611**	**621**
Watt	206	145	98
Goodrich	137	83	117
Drake	169	116	117
Lowell	136	161	154
Crapper	232	202	151
Totals	**880**	**707**	**637**
Hardy	128	115	102
Nellie	130	173	226
Wemp	196	171	166
Copp	196	201	190
Cote	192	145	216
Totals	**842**	**805**	**900**

Stan Morin Is Leaving Here

Prominent Local Baseball Player And Authority Off To Vancouver to Take Up Residence.

Having decided to move to Vancouver, Stan Morin is sailing tonight on the Prince George for the south. Mrs. Morin and daughter will follow later.

An authority on baseball and formerly one of the most active players and organizers, Stan will be missed particularly in local athletic circles. Prior to his departure, his many friends are wishing him the best of luck for the future. He has been in Prince Rupert for sixteen years.

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

FOR YOUR BABY'S WELFARE

J & J BABY OIL	60c and $1.10
J & J BABY TALCUM	30c and 55c
J & J BABY SOAP	15c
J & J BABY CREAM	55c
BABY'S OWN SOAP	10c
BABY'S OWN TABLETS	25c
STEEDMAN'S TEETHING POWDERS	30c
MENNEN'S BABY OIL	60c and $1.20
BABY RUBBER PANTS	25c and 40c
RIGO NURSERS	10c
RIGO NIPPLES	10c
PYREX NURSERS	25c
BOTTLE BRUSHES	25c
PABLUM	1 lb. 45c
DEXTRI MALTOSE	1 lb. 65c
5 lbs.	$3.00
PURETEST COD LIVER OIL	8 ozs. 75c
16 ozs.	75c
MEADS COD LIVER OIL	8 ozs. 75c
12 ozs.	$1.00
SQUIBBS COD LIVER OIL	4 ozs. 55c
12 ozs.	$1.00
SQUIBBS 10 D COD LIVER OIL	4 ozs. 75c
MEADS OLEUM PERCOMORPHUM	10 cc. 75c
DRISDOL	5 cc. 65c
PARKE DAVIS VIOSTEROL	5 cc. 65c

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Ormes Ltd.
The Pioneer Druggists

THE REXALL STORE PHONES 81 AND 82
Open Daily from 8 a.m. till 10 p.m.
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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-noted 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.

CHIROPRACTOR
Stanley W. Colton, D.C., Ph.C.
Wallace Block - Phone 640

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GOOD TAXI SERVICE—Call
235 Taxi
Proprietor — O. Kildal

B. C. Furniture Co.

STUDIO COUCHES—at $39.50
6 CHESTERFIELDS—priced from $79 to $125
ENAMEL KITCHEN RANGES—Two-tone . . . priced from $84 to $99.50
SPRING-FILLED MATTRESSES—at $16.50

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DRESSER
1 SINGLE BED, COMPLETE
4 HEATERS

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Third Ave.

Central Hotel
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150 Heated Rooms
Hot Water Steam Baths
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Mrs. C. E. Black, Proprietress

Attention Ladies!
Just received a large shipment of
FUR COATS
—in the latest style.
You are all invited to come and look over our stock. Prices to suit everyone's pocketbook. Remember we have an easy payment plan.
GOLDBLOOM
"The Old Reliable"

Notice
Regular Monthly Meeting of
Boilermakers and Iron Shipbuilders
Union of Canada, Local No. 4, will be held on
Friday, October 17
EAGLES' HALL, 7:30 P.M.

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