HELP CANADA KEEP FIT

MAN! HERE'S MY DISH!

Every man on Canada's "Factory Front" needs the kind of nourishment and food-energy found in whole wheat. In Nabisco Shredded Wheat you get *100% whole wheat*, ready cooked, ready to eat, retaining the wheat germ, bran and minerals that nature puts into *unmilled* whole wheat.

For a breakfast treat include two of these tasty, golden-brown biscuits, with milk.

THE CANADIAN SHREDDED WHEAT COMPANY, LTD. Niagara Falls, Canada

NABISCO SHREDDED WHEAT

LOCAL NEWS NOTES

▲S.O.N. Meeting tonight, 8 o'clock.

See Gordon & Anderson for February furniture specials. 10% down balance over 12 months.

For drunkenness, Earl Bennett was fined $25, with option of time already served, by Magistrate W. D. Vance in city police court yesterday.

John Skog, son of Mr. and Mrs. Ole Skog, is paying his first visit home for a couple of years, having been here for the past week or so. He is in the naval service.

G. Gottfred, superintendent of Canadian National Telegraphs, Edmonton, was a guest at the regular weekly luncheon of the Prince Rupert Gyro Club yesterday.

H. V. Morehouse, district manager for B. C. Packers with headquarters at Namu, came north from Vancouver to that point on the Prince Rupert this week.

The local Carpenters' Union was in regular monthly session last night. Business was merely of a routine nature. President S. A. Bird was in the chair.

Major W. G. Swan of Vancouver, is a visitor in the city, having arrived on the Prince Rupert yesterday. Major Swan is a well known consulting engineer now on active service.

Fourteen plumbing workers, who have been employed in connection with the wartime housing project here, are sailing by the Prince Rupert tonight on their return to Vancouver.

Mike Banek, for supplying liquor to a minor, was fined $300, with option of three months' imprisonment, in city police court by Magisistrate W. D. Vance yesterday. He is so far serving the time.

A number of Indians were convicted of drunkenness in city police court this morning. They were Herbert Morrison, Harry Wright, Murdoch Green, R. B. Ryan and Robert Sankey, each of whom were fined $15 with seven day jail options.

Mrs. V. Terrien, formerly of this city and now residing in Vancouver, arrived on the Prince Rupert yesterday to spend a couple of months visiting her with her son-in-law and daughter, Mr. and Mrs. W. W. Bowes.

G. A. McMillan, manager of the Prince Rupert dry dock, after having been here for the past couple of weeks, will sail by the Prince Rupert tonight on his return to Vancouver.

ATTENTION RESIDENTS OVER HAYS CREEK—Seal Cove Air Base will carry out Fife Practise each day at 12:00 noon. If you hear the siren giving one long blast, do not confuse this with an Air Raid Warning.

At 7:30 last evening a false alarm was rung in from the corner of Eighth Avenue and Conrad Street near the Ridley Home. The authorities are endeavouring to check up on such calls which it is believed are being turned in by mischief makers.

Speaking today at the regular weekly luncheon of the Prince Rupert Rotary Club, Col. J. W. Nicholls made some interesting observations following a recent trip to eastern Canada and the United States. President P. H. Linzey was in the chair and there was a good attendance of members with several guests.

HOTEL ARRIVALS

Prince Rupert

J. C. Moran, J. H. Mitchell, R. W. McNeill, A. H. Wharton and J. Skrimshire, Vancouver; Charles Brown, Esquimalt; R. H. Ettershank, D. Knight, W. G. Swan, R. W. Tyrier, Victoria; D. McN. Lowe, city; Mrs. J. B. Sadler, Port Essington; Mr. and Mrs. N. Howe, city.

Whifflets
From The Waterfront

An enormous run of herring, substantial enough with only two seines in use daily to fill all the packers available to carry the fish to canneries and reduction plants as far down the coast as Alert Bay, is continuing around Khutzamateen Inlet and Somerville Island, just south of the Naas River and some twenty-five miles or so north of Prince Rupert. Some of the seine boats are turning from seining to packing in order to carry the fish away to the various plants. Fishermen report at Prince Rupert that nets can be thrown into the water at any time of the day or night and full catches taken in a minimum of time.

Indian department's power cruiser Naskeena made a trip yesterday to Port Essington with Dominion Constable A. J. Watkinson on board as well as Lorne Aggett, Victory Loan campaign organizer.

CITY OF PRINCE RUPERT

The City will receive bids till twelve noon Monday, February 9, 1942, for the sale of property situated on lot 8, block 23, section 1, (Second Avenue).

The highest or any tender not necessarily accepted.

Dated this 5th day of February, 1942.

(32) CITY CLERK.

Advertise in the Daily News. Phone 98

Announcements

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

Annual Masonic Ball, February 6.

Oddfellows' Fortnightly Scotch Dance, Feb. 7. Admission 50c. Refreshments.

St. Peter's Evening Branch Handkerchief Tea, Parish Hall, Feb. 12.

United Church Valentine Tea. Mrs. W. L. Armstrong's, Feb. 12.

Valhalla Dance, Metropole Hall, February 13.

Dance, Seal Cove Hall, Feb. 13.

Lutheran Valentine Tea. Feb. 14.

Catholic Shrove Tuesday Tea, Mrs. J. Zarelli, Feb. 17.

Moose Ladies' Dance, Feb. 18, Oddfellows' Hall.

Presbyterian Tea. Mrs. George Mitchell. Feb. 19.

S.O.N. Masquerade, February 20.

Vardens' Play, Feb. 27.

Anglican Jumble Sale, March 12.

L.O.B.A. Spring Sale, April 8.

Cathedral Easter Sale, April 9.

Burnaby Rosery Company

R.R. No. 2, New Westminster

Offer for Sale Through Their Agent,

MRS. SMITH FLOWER SHOP

Brooksbank Blk., Third Ave.

Rose Bushes
Perennials
Ornamentals, etc.

Mrs. Smith has prices and samples. All orders individually mossed and tagged.

ORDER NOW!

UNION STEAMSHIPS

Steamers leave Prince Rupert for Vancouver:
Catala every Tuesday 1:30 p.m.
Due Vancouver Thursday p.m.
Cardena every Friday 10:30 p.m.
Due Vancouver Monday a.m.

Queen Charlotte Islands
Leaving Feb. 10 and 24.
24.

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

ANNOUNCEMENT

We are glad to announce that we are now adding a SHOE REPAIRING DEPARTMENT at our shop, with Mr. Charlie W. Yatt in full charge. As Charlie has many years' experience in the trade he knows how to rebuild your shoe right. Let him do it for you.

WE ALSO CARRY DRESS SHOES AND WORKING BOOTS.

LING - TAILOR
Sixth Street Phone 649
Suits Pressed by Steam While You Wait.

DRESSMAKER
Mrs. Nakatani
Ladies' and Children's Alterations
Phone Blk. 529, 522 Fulton St.
Satisfaction Guaranteed
Cleaning and Pressing

NEW ROYAL HOTEL

J. Zarelli Proprietor

"A HOME AWAY FROM HOME"

Rates 75c up
50 Rooms Hot & Cold Water
Prince Rupert, B.C.
Phone 281 P.O. Box 196

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.

All Canadian Union
Amalgamated Building Workers of Canada
Prince Rupert, B.C., Unit No. 1
MEETINGS
Every fourth Sunday, 2:30 p.m., of Each Month.
METROPOLE HALL
Phone Red 469 P.O. Box 577

SAVOY HOTEL

Carl Zarelli, Prop.
Phone 37 P.O. Box 544
FRASER STREET
Prince Rupert

STANLEY W. COLTON
D.C., Ph.C.
CHIROPRACTOR
Wallace Block — Phone 640

Do This If Child Has a Cold

Relieve Misery Improved Vicks Way

Mothers, you will welcome the relief from misery that comes with a "VapoRub Massage."

With this more thorough treatment, the poultice-and-vapor action of Vicks VapoRub more effectively PENETRATES irritated air passages with soothing medicinal vapors ... STIMULATES chest and back like a warming poultice or plaster ... STARTS RELIEVING misery right away! Results delight even old friends of VapoRub.

TO GET a "VapoRub Massage" with all its benefits—massage VapoRub for 3 minutes on IMPORTANT RIB-AREA OF BACK as well as throat and chest—spread a thick layer on chest, cover with a warmed cloth. BE SURE to use genuine, time-tested VICKS VAPORUB.

SPECIALS
IN HOUSEHOLD FURNISHINGS

8 Camp Cots—sizes 2-6, 3-3.
75 Mattresses, from .... $12 and up
8 Reconditioned Kitchen Ranges.
6 Remington Typewriters.
6 Large Mirrors.
7 Chesterfield Beds—in the latest styles and patterns.

B. C. Furniture Co.
PHONE BLACK 324

Start the Year Right By Saving Our COUPONS for Useful Household Items.
Call in and let us explain this plan to you.
MUSSALLEM'S Economy Store
"Where Dollars Have More Cents"
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Thrift Cash & Carry
Phone 179 SPECIALS 3rd. Ave.

When Dealing With Us You Are Assured of Every Shopping Satisfaction! Low Prices, Quality Goods, Friendly Service and Free Delivery

ORANGES— Extra large; doz. 39c
LARD— Swift's Silverleaf; per lb. pkg. 15c
EGGS— Grade "C"; doz. 32c
DAD'S COOKIES— Oatmeal or Cocoanut; reg. pkg. 23c
C & B NUT BREAD— Chocolate or plain; 8 oz. tin 18c
CITRO MARMALADE— Grapefruit, Lemon and Orange; 4 lb. tin 50c
GRAPEFRUIT JUICE— Unweetened; 20 oz. 2 tins 25c
GREEN TOMATO PICKLE— Aylmer; large jar 24c
PEAS— Lynn Valley, 5's; per tin 11c
CORN on the COB— Aylmer, Fancy; 35 oz. tin 32c

First Grade BUTTER— Brookfield; 3 lbs. $1.15

FOR SUNDAY BREAKFAST
Sausage Patties— Swift's; ½ lb. pkg. 14c
Pancake Flour— Aunt Jemina; 2 lb. pkg. 19c
Pure Maple Syrup— Old City; 17 oz. bottle 39c

Splendid Value on CANNED FRUIT in Large Size Tins
PEACHES— Choice; 2½'s tin 25c
PEARS— Choice; 2½'s tin 29c
PINEAPPLE— Libby's Choice; 2½'s tin 29c
PLUMS— Red, Choice; 2½'s tin 19c

VALENTINE CANDY— Assorted; per lb. 29c
FRY'S CHOCOLATE— Macaroons; per lb. 35c
SOUPS— Hedlund's, Asstd.; per tin 10c
SALMON— White Spring; tall 1's tin 20c
BAKED KIDNEY BEANS— Famous Foods; 15 oz. tin 9c
BAKING POWDER— Malkin's Best; 12 oz. tin 16c
CUSTARD POWDER— Malkin's Best; 12 oz. pkg. 23c
CUT MIXED PEEL— Per lb. 25c
BLEACH— Dynimite; 2 bottles 15c
GOLD DUST— Large pkg. 29c

Fresh Local Raw and Pasteurized Milk
VALENTIN DAIRY
PHONE 657

TWO COTTAGES FOR SALE.
Large Public Hall For Rent.
CENTRAL HOTEL

Special Offer in . . .
MEN'S SUITS
Our Extra Pair of Pants Free continues until further notice.
M. T. LEE - Tailor
P.O. Box 975 Phone Gr. 960

J. Bouzek, TAILOR
LADIES' and GENTS'
Best Materials, Workmanship
Second Ave., two doors from Broadcasting Station

Furs Wanted!

We have a big order for all varieties of Furs, especially marten and mink. Don't sell in Cow Bay. See me up town and those same buyers will pay 30% more if I am there.

GOLDBLOOM
"The Old Reliable"

THE SEAL OF QUALITY
GOLD SEAL

Sockeye Salmon Fancy Red
Herring in Tomato Sauce
Sandwich Spreads
Spiced Salmon
Smoked Salmon
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. . . for Acid Dyspepsia
. . . for Sour Stomach
. . . for Gas on Stomach
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. . . for Heartburn

Pleasant, Safe, Prompt and Effective!

4 ozs. 75c 16 ozs. $1.75

Ormes Ltd.
The Pioneer Druggists

THE REXALL STORE PHONES 81 AND 82
Open Daily from 8 a.m. till 10 p.m.
Sundays and Holidays from 12 - 2 p.m. and 7 - 9 p.m.

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Transcontinental
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To Vancouver via Ocean Falls and Way Ports
SS "PRINCESS ADELAIDE" every Friday, 10 p.m.

To Vancouver Direct
SS "PRINCESS NORAH" Feb. 12th, 23rd, March 5th, 16th, 26th.

To Ketchikan, Wrangell, Juneau and Skagway
Feb. 8th, 19th, March 1st, 12th, 22nd.

$36.00 Plus Tax — Winter Excursion Fare—Vancouver and Return Tickets on Sale Nov. 15, 1941, to Feb. 15, 1942. Final Return Limit March 15, 1942.

Connections at Vancouver with Canadian Pacific Services.
Full Information, Tickets and Reservations from
W. L. COATES, GENERAL AGENT, PRINCE RUPERT, B.C.