

Rheumatic Pains ! Must Give All Backache In God's Work

Try This For Quick Relief From Nagging Pain and Aches

When you've tried almost everything you can think of and nothing seems to even relieve the pain and soreness, **don't give up hope.** Just go to W. J. McCutcheon or any good druggist and get a bottle of Allenru. Take as directed and in about 24 hours you should see real improvement. Allenru acts in three ways—1) to relieve the pain 2) to regulate the bowel action 3) as a gentle diuretic for the kidneys—flushing out excess acids.

So don't be discouraged — start today.

Allenru Must Help or Money Back.

Must Give All In God's Work

Rev. C. A. Wright is Speaker at Week of Prayer Meeting

In spite of unfavorable conditions Wednesday evening, there was a good representation at St. Paul's Lutheran Church from several of the churches in the city for the third in a series of National Week of Prayer Services being conducted this week.

Rev. C. A. Wright of the First Baptist Church spoke on the subject "God's Answer to a War Divided World," challenging his listeners with the thought that they must be Spirit-guided and not carnally minded men and women. They must learn with the apostle Paul to "present their bodies a living sacrifice, wholly acceptable to the Lord."

Mr. Wright said people must decide whether or not they were going to be friends or foes of the Cross of Christ. "There is no room for lukewarmness in the Kingdom of God," he stated. "We cannot seek our own ends under the cloak of Jesus Christ."

A period of spontaneous prayer followed the message.

For Income Tax Returns see . . . R. E. Mortimer
Phone 88 324 2nd Ave.

FOR QUICK RESULTS TRY A NEWS WANT ADD.

LOCAL NEWS NOTES

▲ We pay cash for furniture, stoves, tools, musical instruments. Call or write Elio's, Prince Rupert.

Miss Lorna Richmond has recovered from an attack of the mumps with which she was confined to her home during the holidays.

▲ Week of Prayer Meeting, Salvation Army Citadel, Thursday, 8 p.m. Rev. J. A. Donnell, speaker.

Miss Margaret Kerr R. N. of the nursing staff of the University of British Columbia, leaves Saturday night on her return to Vancouver after a couple of weeks visit here.

The Prince Rupert Gyro Club yesterday named William Lambie to represent the club at a meeting to be held next Tuesday night of local organizations for the purpose of instituting an Aid to Russia drive here.

C.N.R. Trains

For Terrace—
Daily except Sunday .. 4:15 p.m.
From Terrace—
Daily except Sunday .. 11:20 a.m.

For the East—
Mondays, Wednesdays and Fridays 7:00 p.m.
Wednesdays and Fridays 10:30 a.m.

From the East—
Thursdays and Saturdays 7 p.m.
Sundays, Tuesdays and Fridays 10:30 p.m.

Timely Recipes

CHICKEN IN ASPIC

Cook a 6-7 pound fowl with 2 pounds of veal shank in 2 quarts of water. Add 2 stalks celery, a bay leaf and salt and pepper to taste. When fowl is tender, take from stock and remove meat from bones, keeping it in as large pieces as possible. Try to keep breast meat whole in removing from breast bone. Cook the stock, uncovered, with the bones and skin until it is reduced to half the original quantity. Strain and cool thoroughly. Skim off fat and clarify in the following manner. Beat one egg white slightly and add with the crushed egg shell to the stock and boil gently for ten minutes, stirring with a wooden spoon. Let stand till cool, strain through cheesecloth. Measure stock and reheat. For each quart of stock allow 2 tablespoons gelatine soaked in 1/2 cup cold water, and dissolve in the hot stock. Grease or oil a mould and pour in 1/4 inch of the gelatine mixture, chill till firm. Peel green pepper thinly and shape into holly leaves, using scissors. Berries may be cut from the red skins of thinly peeled radishes. Arrange leaves and berries on top of the jelly and keep the design in place by adding a few spoonful of the gelatine mixture and allowing it to set. When very firm, arrange the whole breast top side down in the centre of the mould. Fill the mould with the remaining pieces of chicken and pour on the rest of the gelatine mixture, covering all the meat. Let stand in a cold place till very firm. Unmould on a large platter and garnish.

Mrs. Jack Woods (Annette Stone) is leaving tonight for a week's business trip to Vancouver.

A shattered plate glass window in the Commodore Cafe was to be observed today as a result of high wind.

The Junior Section of the Prince Rupert Chamber of Commerce will be meeting tomorrow night in regular monthly session at the home of L. M. Felsenthal, Fourth Avenue East.

Olof Hanson, M.P. for Skeena, arrived at Smithers today after spending the Christmas and New Year season in Vancouver and is expected in Prince Rupert shortly for a visit before proceeding to Ottawa to attend the session of Parliament opening at the end of the month.

BRONCHITIS COLDS VICKS
Relieve Misery With VAPORUS

Edward Green has recovered from an attack of the mumps with which he was confined to his home during the holiday season.

Mrs. T. Yule, 829 Ninth Avenue West, received a cablegram at Christmas from her son, George Yule, who is serving overseas with the navy.

Birth Notice

Born to Mr. and Mrs. Glen P. Lundquist (nee Marie Balagno) in Seattle, a son.



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WE CARRY Everything For THE WORKING MAN

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Carl Zarelli, Prop.
Phone 37 P.O. Box 544
FRASER STREET
PRINCE RUPERT

Quietly Married At Manse Here

Miss Jean Reid of Regina Becomes Bride of Donald Charles Munro

The marriage took place quietly yesterday afternoon at the Manse of First United Church, Rev. James A. Donnell officiating, of Miss Jean Reid of Regina and Donald Charles Munro who is in the naval service here. Witnesses of the ceremony were Captain and Mrs. Benjamin Roberts Russell.

EGGS MORE PLENTIFUL

Shortage is Now Relieved—Canned Milk Situation—How Other Lines Stand

Several Prince Rupert grocery stores were showing eggs in their windows yesterday, indicating that the egg shortage, which had been critical here for some time, is now to large measure relieved. Stocks of Grade A large eggs are rolling in from Vancouver and the present price of 60c per dozen is expected to drop shortly to 55c or lower.

Discussing the retail stock situation this morning, a local merchant said that the freezing for the time being of wholesale stocks of canned milk was producing a shortage in retail stores which, according to the individual stocks being carried by the individual stores, were limiting customers from two tins to a dozen on single purchases.

Canned goods are becoming scarcer all the time although canned vegetables are still available in fair quantity. Canned fruits are quite scarce and honey and peanut butter are pretty well out.

Fresh vegetables are scarce owing to labor shortage on the farms.

No shortage of ham and bacon is evident in Prince Rupert although in the south they are reported to be scarce.

A local butcher said there was no shortage of beef here as yet although veal and mutton are scarce and pork cannot be bought. The opinion appears to be general that rationing of meat will be coming soon.

T. W. Brown, local barrister, is among local adults suffering from the current epidemic of mumps. He is doing well at his home at Emmerston Place.

ADVERTISE IN THE DAILY NEWS

GOLD SEAL



Fancy Red Sockeye Salmon



Herring in Tomato Sauce

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(Late of Yukon)
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ADVERTISE IN THE DAILY NEWS

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