HE'S DOING BETTER SCHOOL WORK with this BETTER



energy in a day. They must have plenty of good nourishing food. So give them a better breakfast . . . give them Nabisco Shredded Wheat. Made from 100% Canadian whole wheat contains the essential energy. builders: carbohydrates, proteins, and the minerals iron and phosphorus. Nabisco Shredded Wheat is readycooked, ready to eat. Try the tested, practical recipes found in every package. THE CANADIAN SHREDDED WHEAT

Suzz

ball game arranged in the Armory reason of the winand "rarin to go. Regiment, captain-Houston, will battle in the main game y Comadina as reftter having obliginghis assistance in

sports owe Johnny a great deal as he has never refused to assist if it is humanly possible for him to do so.

Line-ups are as follows:

Reul ve - McPhee (capt.). Dominato, Fitch, Tibbett, Santerbane; Arney and MacDonald.

Houston capt.), Calderoni, Sterrett. emond, Chambers, Fredachuk

As a preliminary, High School is playing Fortress with Dominato as referee.

ANCIENT ART

Dancing is the most ancient of all the arts, and was pracmy hindrances. The tised by almost all the primitive world and in fact all tribes.

DUNCAN PHYFE DINETTE SUITE \$89.50

t of Solid Walnut. Four neat-looking chairs match, have padded seats. A suite that is actical and cheerful.

ELIO Furniture Store

Third Avenue (Next to the Daily News)

COALI

tocks of Foothills, Alberta, and Bulkley Valley Coals now on hand

days notice before delivery is expected will be appreciated.

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people praising the Variety Store. They ar tremendous selection of merchandise ur service. It makes us really proud to that the people of Prince Rupert can buy confidence and satisfaction here.

HE VARIETY STORE

LOCAL NEWS NOTES

Fossum's Orchestra

Miss J. Haydey left last night on a trip to Vancouver.

▲ Basketball, 17th Coast Regt. vs. Reserves. Armouries, March 25 at 7:30.

to Vancouver.

▲Make a date for the Waitresses' Dance, Tuesday, March 28, at the Eagle's Hall, Fifth and

to return to his Flying In- Vancouver. structors' duties at Brandon.



Information Wanted

WHA the American soldiers who witnessed the truck hitting Church, March 25. school girl on Nov. 4 on 7th Ave. E. outside King Edward School, kindly communicate with Mrs. Watt, 1109 7th Ave.

FOR A TAXI

Telephone 65 Stand:

Grotto Cigar Store

Fresh Local Raw and Pasteurized MILK VALENTIN DAIRY PHONE 657

Oddfellows' Hall. Modern

and the Okanagan district.

W. L. Armstrong, local C.N.R. freight agent, left last night on a holiday trip to Vancouver.

of home - cooking, Saturday, March 25, from 3-6. Everybody

Mrs. M. P. McCaffery, accompanied by her son, Sgt. Michael Evaporated Milk. 6-oz. tin .. .101/2 A.F., left on last night's train McCaffery, left last night for

Canadian Navy.

Announcement

erb's Orchestra.

Valhalla Dance, Oddfellow Hall, March 24.

W.A. Canadian Legion Dance. I.O.D.E. Hall, March 24.

Little Norway Tea, Lutheran

St. Peter's Sale, March 30.

Queen Mary Easter Monday

Tea, Mrs. Parkin's. St. Andrew's Cathedral Spring

Job's Daughters' Dance, Masonic Hall, April 21.

Eastern Star Dance, April 28. DISCOVERED T.B.

Gentlemen 75c Roy Proverbs and His Orchestra Everybody Welcome



SHOULDER ARMS! SHOULDER CHARMS! Either way, they belong to lovely Lynn Bari, star of "The Bridge of San Luis Rey"-

Cold Wave Coming Soon!

We will be closed for one week while attending the demonstration for the new sensational COLD WAVE, a permanent without heat, pads, or machine. Watch for it!

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Phone Blue 943

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SEVENTH AVE. MARKET

"The Friendly Store"

We handle HIGHEST QUALITY MEATS and VAN'S BREAD

> Also Fresh Fruit and Vegetables Our Prices Are Right

THE MARKETS

package, 54, slab Ham. first grade, lb. Veal, loin, lb. Veal Chops, lb.

Large, cartoned, doz. Nuts in Shell

Grapefruit, Calif.

Oranges, Navel, doz.

Cooking Onions, No. 1

Okanagan, 4 lbs.

Spanish Onions, lb.

Beets, local, 3 lbs.

Turnips, yellow, lb.

Lettuce, each

First Grade

Pure, lb.

Second Patent

Flour, 24's

Pastry Flour 7 lbs.

Celery, lb.

Parsnips, local, 3 lbs.

Vegetables

Butter

Try a Want-Ad for Quick

THE BIG

DANCE

SATURDAY, MARCH 25

0:00 - 12:00 p.m.

I.O.D.E. HALL

(Formerly Eagles', 5th and

McBride)

725 Third Ave. West

THE CHOICEST FOODS

very carefully prepared

Sandwich Bar Now Open from

11 a.m. daily to serve Soups,

etts, Chili, Salads, and regular

Sandwich list.

Pies, Cakes, Ice Cream

Special Dinner Menu from

5 to 7 p.m.

Closes at 12:45 a.m.

OOLACHANS

FOR SALE at Boat "Elsie" a

Cow Bay Float.

SIMON CALDER.

Mark every grave while you

have the opportunity. They

deserve it. See

National Monuments

602 5th East

Box 1425 Station B

Prince Rupert, B.C.

DON'T FORGET . .

.15 to .40

Walnuts, lb.

Fred Brooksbank, with the B. Lemons, doz. where he will join the Royal

Turnips, white, local, lb. Calif. Carrots, 2 lbs. Tomatoes, Hothouse, lb. Sweet Potatoes. lb. Cauliflower, each Calif. Cabbage, lb.

Flour, 49's, No. 1 hard wheat 1.85

Presbyterian Spring

Sale, April 13. Navy Auxiliary Dance, Oddfellows' Hall, April 18.

The tuberculosis germ was discovered in 1882 by the German scientist, Robert Koch.

Semi-final

Leafs 10; W. D. Gremlins 34, Last Resort 13.

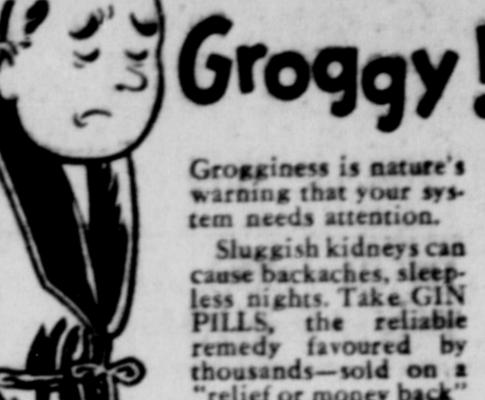
As winners in the first games schedule, the Port Edward men, and the Bo-Me-Hi and W. D. Gremlin girl's teams are each eligibe for the final playoffs.

On the Port Edward floor last night the Port Edward team sustained their position as second in the league standing by trouncing Navy by a substantial

In a double bill at Number Four Group, Bo-Me-Hi girls slipped a narrow win over the Maple Leafs by a 12-10 score.

By a 34-13 win over stalwart Last Resort, the W. D. Gremlins have placed themselves in position to take part in the desperate final struggle for champion-

FIRST TO USE THIMBLE The Chinese are said to be the first people to use thimbles.



"relief or money back" basis. Regular size, 40 Pills (In U.S. sek for "Gine Pitte")



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Specialists on Builtup Roofs Repairs, Re-shingling

Free Estimates

Meet Me at . . JOHNNY'S

> JOHNNY'S SNACK BAR

(Our Coffee is Tops)

Here's Quick Relief from

3-Purpose Medicine Helps Clear Out Congested Sinus Areas

ONE best way to get relief from torturing sinus pain is to clear congestion from nasal passages and give sinuses a chance to drain. A they've found. Try it! few drops of Vicks Va-tro-nol in each nostril is usually enough to bring this comforting relief.

3-Purpose Medicine . . . Va-tro-nol is so successful because it does three important things: (1) shrinks swollen membranes of the nose; (2) helps

BIRKENHEAD, Eng. (P-Geo.

Houghton, 38, is no ordinary

a girl passenger. Next day

sion and ran second in a seven

n a 10-mile running match.

clear out pain-causing congestion and (3) soothes irritation. Many sinus sufferers say it's best relief



C.N.R. Trains

deck-hand. When his coastal vessel was lashed by a gale hei Daily except Sunday 8 p.m. jumped overboard and rescued From the East-

came out of hospital after suf- For Terracefering from the effect of immer-Sunday, Monday, Wednesday, Thursday and Friday 4 p.m. mile race. Then he came first

Daily except Monday .. 10:45 p.m.

From Terrace-Monday, Tuesday, Thursday, Friday and Saturday

For Fishermen and Outdoor Workers

PURE WOOL WORK GARMENTS

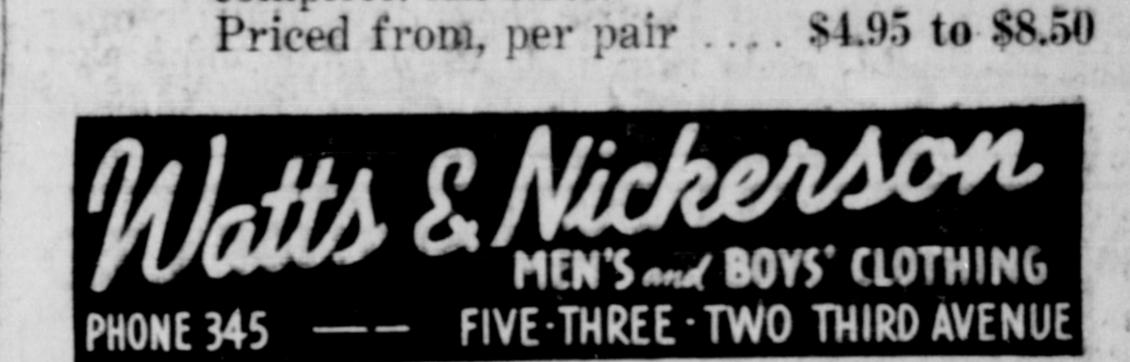
KERSEY SHIRTS—

Both Button and Zipper Styles. C5 75 All sizes. Each

FLANNEL SHIRTS-Pure Wool Wincey in Grey and \$3 75 Fawn. Each

Wool Wincey, Khaki.

HEAVY PANTS-Our stock of Humphrey Tweed Pants is complete. All sizes.



Sewing!

Ladies:

You can now get made to order Buttons and Buckles of your own material and design.

Place your orders with . . .

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Trescription Headquarters

Down through the years, almost since Prince Rupert first existed, we have served the people. The prescription laboratory we have always tried to keep modern, using

skilled pharmacists, quality drugs, the best of equipment. As we start a new year, we are proud of our record, and grateful for the confidence you have shown in us. May we continue to serve you.

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