

HE'S DOING BETTER SCHOOL WORK with this BETTER BREAKFAST



Young folks burn up lots of 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 it contains the essential energy-builders: carbohydrates, proteins, and the minerals iron and phosphorus. Nabisco Shredded Wheat is ready-cooked, ready to eat. Try the tested, practical recipes found in every package.

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

GENEROUSLY TO THE RED CROSS

LOCAL NEWS NOTES

▲Housewives' League whist and social, East End Hall, Friday, March 24, 8:30 p.m. (71)

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

▲Basketball, 17th Coast Regt. vs. Reserves, Armouries, March 25 at 7:30. (72)

Mr. and Mrs. Thomas Moorehouse left last night on a trip to Vancouver.

▲Make a date for the Waitresses' Dance, Tuesday, March 28, at the Eagle's Hall, Fifth and McBride. (74)

Sgt. Pilot Bruce Deildal, R.C.A.F., left on last night's train to return to his Flying Instructors' duties at Brandon, after visiting for the past two weeks with his parents, Mr. and Mrs. A. Deildal while on furlough.

▲Valhalla Dance, Friday, 24th Oddfellows' Hall. Modern and Scandinavian music by Chris Fossum's Orchestra. (71)

Mrs. G. P. Tinker left last night on a trip to Vancouver and the Okanagan district.

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

▲Little Norway Tea and Sale of home-cooking, Saturday, March 25, from 3-6. Everybody welcome.

Mrs. M. P. McCaffery, accompanied by her son, Sgt. Michael McCaffery, left last night for Vancouver.

Fred Brooksbank, with the B.C. Police here and son of Mr. and Mrs. Arthur Brooksbank, left last night for Victoria where he will join the Royal Canadian Navy.

THE MARKETS

White, lb.	09
Golden Yellow, lb.	09
Meats	
Lamb Shoulder, lb.	27 to 35
Baron, side, best grade, sliced, package, 54, slab	45
Ham, first grade, lb.	42
Cottage Roll, lb.	44
Pork, dry salt, lb.	30
Veal, loin, lb.	38
Veal Chops, lb.	35 and 40
Beef, pot roast, lb.	35
Beef Steak, lb.	40 and 45
Lamb, leg, lb.	42
Lamb Chops, lb.	35 to 40
Eggs	
Grade A:	
Large, carton, doz.	47
Grade A, medium, doz.	45
Nuts in Shell	
Almonds, lb.	67
Peanuts, lb.	27
Walnuts, lb.	67
Milk	
Evaporated Milk, 6-oz. tin	10 1/2
Fruit	
Grapefruit, Calif.	10
and 4 for	25
Lemons, doz.	35 and 50
Oranges, Navel, doz.	35 to 87
Apples, lb.	10
Cooking Apples, lb.	08
Vegetables	
Cooking Onions, No. 1	25
Okanagan, 4 lbs.	10
Spanish Onions, lb.	10
Spinach	20
Beets, local, 4 lbs.	25
Parsnips, local, 3 lbs.	25
Turnips, yellow, lb.	05
Turnips, white, local, lb.	05
Potatoes, 5 lbs.	22
Calif. Carrots, 2 lbs.	25
Tomatoes, Hothouse, lb.	30
Sweet Potatoes, lb.	20
Cauliflower, each	15 to 40
Calif. Cabbage, lb.	09
Lettuce, each	15
Celery, lb.	16
Butter	
First Grade	43
Lard	
Pure, lb.	19
Flour	
Pastry Flour 7 lbs.	44
Flour, 49's, No. 1 hard wheat	185
Second Patent	180
Flour, 24's	95

Semi-final Hoop Games

Men's—Port Edward 60, Navy Blues 39.

Girls—High School 12, Maple Leafs 10; W. D. Gremlins 34, Last Resort 13.

As winners in the first games of the semi-finals in the men's and women's area basketball schedule, the Port Edward men, and the Bo-Me-Hi and W. D. Gremlin girls' teams are each eligible 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 60-39.

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 championship.

Here's Quick Relief from SINUS PAIN

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



VICKS VA-TRO-NOL

Basketball Buzz

Basketball game arranged today in the Armory in the Women's Auxiliary (Overseas) Parcel promises a new high in excitement. Teams are on the court by reason of the win and "rarin to go."

Coast Regiment, captain Houston, will battle in the main game against Comadina as referee having obligated his assistance in many hindrances. The ball world and in fact all 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:
Reeve — McPhee (capt.), Dominato, Fitch, Tibbett, Santerbane, Arney and MacDonald.
Coast Regiment — Houston (capt.), Calderoni, Sterrett, Lemond, Chambers, Fredachuk and King.

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 practised by almost all the primitive tribes.

SMITH BROS. COUGH DROPS

BLACK OR MENTHOL 10¢

Announcement

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

Dry Dock Employees' Dance, Friday night, March 24. Proverb's Orchestra.

Valhalla Dance, Oddfellows Hall, March 24.

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

Little Norway Tea, Lutheran Church, March 25.

St. Peter's Sale, March 30.

Presbyterian Spring Sale, April 6.

Queen Mary Easter Monday Tea, Mrs. Parkin's.

St. Andrew's Cathedral Spring Sale, April 13.

Navy Auxiliary Dance, Oddfellows' Hall, April 18.

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

Eastern Star Dance, April 28.

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

Information Wanted

WILL the American soldiers who witnessed the truck hitting school girl on Nov. 4 on 7th Ave. E. outside King Edward School, kindly communicate with Mrs. Watt, 1109 7th Ave. East. (72)

FOR A TAXI

Telephone 65
Stand:
Grotto Cigar Store

Fresh Local Raw and Pasteurized MILK

VALENTIN DAIRY
PHONE 657

DON'T FORGET . . . THE BIG DANCE

SATURDAY, MARCH 25
9:00 - 12:00 p.m.
I.O.E. HALL
(Formerly Eagles', 5th and McBride)
Gentlemen 75c
Roy Proverbs and His Orchestra
Everybody Welcome

REID'S CAFE

725 Third Ave. West

THE CHOICEST FOODS very carefully prepared

Sandwich Bar Now Open from 11 a.m. daily to serve Soups, Hot Beefsteak Pies, Eggs, Omelets, 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.

COOLACHANS

FOR SALE at Boat "Elsie" at 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.

SAVOY HOTEL

Carl Zarelli, Prop.
Phone 37 P.O. Box 54.
FRASER STREET
Prince Rupert

CHIMNEY SWEEPING OIL BURNERS CLEANED AND REPAIRED

New equipment and help assure you of a clean job.
Phone Black 735
HOME SERVICE HANDYMAN

Groggy!

Grogginess is nature's warning that your system needs attention. Sluggish kidneys can cause backaches, sleepless nights. Take GIN PILLS, the reliable remedy favoured by thousands—sold on a "relief or money back" basis.

Regular size, 40 Pills
Large size, 80 Pills
(In U.S. ask for "Gino Pills")



J. L. CURRY
(Late of Yukon)
CHIROPRACTOR
Smith Block
Phone Green 995

UNION STEAMSHIPS

SERVICES TO Vancouver, Victoria and Waypoints, Stewart and North Queen Charlotte Islands

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

THE REX CAFE

Now Open for Business
CHOP SUEY
CHOW MEIN
Opening Hours:
3 p.m. to 2 a.m.
2nd Avenue (Across from Prince Rupert Hotel)
Phone 173

PRINCE RUPERT ROOFING CO.

Box 725
Specialists on Builtup Roofs
Repairs, Re-shingling
Free Estimates

Meet Me at . . . JOHNNY'S

JOHNNY'S SNACK BAR
(Our Coffee is Tops)

For Fishermen and Outdoor Workers

PURE WOOL WORK GARMENTS

KERSEY SHIRTS—Both Button and Zipper Styles. \$5 25
All sizes. Each

FLANNEL SHIRTS—Pure Wool Wincey in Grey and Fawn. Each \$3 75
Wool Wincey, Khaki. Each \$2.95

HEAVY PANTS—Our stock of Humphrey Tweed Pants is complete. All sizes. Priced from, per pair . . . \$4.95 to \$8.50

Watts & Nickerson
MEN'S and BOYS' CLOTHING
PHONE 345 — FIVE-THREE-TWO THIRD AVENUE

Sewing!

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

Place your orders with . . .

McRae Bros. Ltd

Prescription 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.

Ormes Ltd.

The Pioneer Druggists
THE REXALL STORE PHONES 81 and 82
Open Daily from 9 a.m. till 9 p.m.
Sundays and Holidays from 12-2 p.m. and 7-9 p.m.

DUNCAN PHYFE DINETTE SUITE
\$89.50

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

ELIO Furniture Store
Third Avenue (Next to the Daily News)

COAL!

Good stocks of Foothills, Alberta, and Bulkley Valley Coals now on hand
Three days notice before delivery is expected will be appreciated.

PHILPOTT EVITT & CO. LTD.
PHONE 651



IT'S MUSIC TO OUR EARS . . .

To hear people praising the Variety Store. They like our tremendous selection of merchandise and our service. It makes us really proud to know that the people of Prince Rupert can buy with confidence and satisfaction here.

THE VARIETY STORE

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!

SUNRISE BEAUTY SALON
VIOLET MAH
Cor. 6th Ave. and Fulton St. Phone Blue 943

SHOP AT THE SEVENTH AVE. MARKET

"The Friendly Store"
We handle HIGHEST QUALITY MEATS and VAN'S BREAD
Also Fresh Fruit and Vegetables
Our Prices Are Right