# Real relief from CONSTIPATION

WHENEVER digestive distress follows meal-time, you can suspect an acid condition.

Acidity affects the appetite. What food you do eat sours in the stomach. The tongue becomes coated. The breath is bad. Sick headaches become frequent. You are constipated.

These are danger signals which should never go unheeded. Your system is fairly shouting its need of help; something to help remove the acid waste and restore alkaline balance. An anti-acid to offset the effect of too rich a diet, nervousness, excitement, etc.

Men and women who meet this need promptly with Phillips' Milk of Magnesia do not suffer. They eat well, and their food doesn't ferment in the stomach. Every trace of over-acidity soon disappears. All sour gas is dispelled. Stomach, liver and bowels have a better chance to function.

If there is the least hint of too much acid, just take a spoonful of Phillips' Milk of Magnesia today, and for several days. Feel this sweeten your stomach. Note how appetite improves. And elimination. You will wonder how anything so pleasant-tasting can be so promptly effective. 50c bottles at drug stores everywhere in the dominion.

Phillips' Dental Magnesia Toothpaste guards against acid-mouth; keeps gums firm and teeth pearly white. (Made in Canada.)



# BE HAPPY SAVE MONEY BUY RIGHT

A summary of business conditions shows low prices on wheat, fish, lumber and metals, with high taxes by Dominion and Provincial Governments and municipalities. The outlook for Western Canada is not too bright. What shall we do to make the best of our present condition?

First, of course, practice all economy possible.

Second, do not try to "keep up with the Joneses."

Third, convince yourself that you can live and be happy without spending money foolishly.

Fourth, read something of the history of our forefathers in the early days of Canada, in Ontario and Quebec.

Fifth, picture Prince Rupert without automobiles, electric light, steam heat or telephone.

Lastly, before buying lumber, building materials, or fuel, consult ALBERT & McGAFFERY, LIMITED, who are in a position to quote prices to your advantage. Phones 116 and 117.



## NEIGHBORS TALK

"I am employed in a theatre and it is a problem to make ends meet, as I help support my mother and sisters. I like to dress well but haven't very much to spend on clothes. To give the appearance of variety to my slender wardrobe I change the color of a dress or stockings as soon as the things become faded. I always use Diamond Dyes for the work—using them as dyes for dresses and as tints for stockings. I have always gotten such perfect results that our neighbors talk about the great number of *new* things I have.

"I learned about Diamond Dyes from our wardrobe mistress. She says she has tried all the dyes on the market but none do such splended work and are so easy to use as Diamond Dyes. I understand they are the world's most popular dyes—and they deserve to be."

L.P., Montreal.



## Queen Hatchery

36 W. Cordova St.
Vancouver, B.C.

Baby Chicks, Queen Quality Leghorn, Rhode Island Red, Barred Rock, of high egg production. Catalogue free.

QUEEN HATCHERY
36 W. Cordova St., Vancouver



## Stationery

Office Supplies
Toys Charts
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McRAE BROS., LTD.


### THE WAR IS ON

There is a large force of young and old who have joined the ranks to down the everlasting remarke of the Prince Rupert 75c hair cut. All battles have been won by sticking together. So let us all go to the Fleet Barber Shop and let Max cut our hair for 50c., children 25c., and he does it with a smile. Max is right next to Hunt's store on the waterfront. 69

## Preparations For Recital

Reports of progress in connection with the forthcoming recital to be given in the Capitol Theatre on April 20 by the Prince Rupert Singers were received yesterday at the regular monthly business meeting of the Prince Rupert Gyro Club under the auspices of which the entertainment is to be staged. William Mitchell and L. W. Waugh are principal members of the Gyro committee in connection with the entertainment.

It was pointed out that neither H. N. Brocklesby, director, or the singers would receive any remuneration as a result of the recital, the entire proceeds to be applied to the Gyro Club's relief funds. The singers, indeed, are purchasing their own music.

The luncheon was presided over by William Cruickshank, president, and there was a good attendance of members. The luncheon raffle was won by W. M. Watts.

Parker S. Bonney, logging superintendent for the Pacific Mills, returned to Ocean Falls on the ss Prince George last night after a business trip to Vancouver.

## Announcements

Moose Popular Dance, Wednesday, March 23. Gents. 50c. Ladies 35c., door prizes. Refreshments.

Elks' Dance Thursday, March 24.

Queen Mary Daffodil dance Easter Monday.

United Church Easter Sale March 31.

Royal Purple bridge and whist March 31. Boston Hall. Admission 35c.

Tennis Tea, Mrs. Mitchell's, Easter Monday.

Eagles' box social and dance, Friday, April 1. Special prizes for ladies bringing boxes. Admission, ladies, refreshments; gentlemen, 50 cents. Everybody welcome.

Seal Cove Parish Hall Dance, April 7.

Presbyterian spring sale April 14

The "Laughing Cure" United Church April 14 and 15.

Prince Rupert Singers April 20 Capitol Theatre.

Spring Sale, St. Peters Church, May 19.

## LOCAL ITEMS

See Capitol Theatre ad.

"Supreme," the best coffee on the market.

Miss L. Frizzell and W. Lambie in "The Tango" Thursday at Elks' Dance.

Oron Hees of Premier was an arrival in the city from the north yesterday.

All stores close Friday. Open Thursday to 6 p.m. — Retail Merchants Ass'n.

Ald. Theo Collart returned to the City on the Prince George this morning from a brief business trip to Vancouver.

Basketball finals tonight at Auditorium, 7:30. Panthers vs. C. N. R. —Scouts vs. Japanese Ass'n—Cardinals vs. Amazons.

Mrs. J. R. Elfert, who has been visiting in Vancouver, returned to the city from the south on the ss. Prince George this morning.

"Supreme," the coffee that is roasted and blended by experts.

T. W. Hall, inspector of schools, returned to the city on the Prince George this morning from a trip to Ocean Falls on official duties.

R. W. Sinclair of Inverness cannery was an overnight business visitor in town, having arrived from the Skeena River on yesterday's train.

Mr. and Mrs. C. Raven of Lakelse returned to the interior on this afternoon's train after a brief visit to town, having arrived from Terrace on yesterday's train.

MURESCO, for beautiful, durable economical decoration of wall and ceilings. Muresco is supreme. 75c. per packet. Phone 311. Gordon's Hardware. McBride St. tf

Owing to next Monday being a legal holiday, the regular fortnightly meeting of the city council, falling on that evening, will be held, instead on Tuesday night.

Easter Gifts of hosiery, one pair given with every cash purchase of coat, suit or dress this week at "Demers." 70

C. P. R. steamer Princess Norah, Capt. William Palmer, is due in port at 4 o'clock this afternoon from Skagway and other Alaska points and will sail an hour later for Vancouver and Victoria.

It costs no more to ride in a Nash Special then in any other car. Just call Nelson's Taxi 349. tf

Easter gift hats. Every tenth hat a gift all this week at "Demers." (71)

I.O.B.A. bridge and whist, March 24, Metropole Hall, 8 o'clock, admission 35c.

Drink Supreme coffee and encourage local industry.

Northland Navigation Co.'s motorship Bellingham arrived in port at 9 o'clock this morning from Ketchikan with three carloads of fresh halibut for transhipment to United States on this afternoon's train.

Douglas Campbell, who is in charge of the Big Missouri mine for the Consolidated Mining & Smelting Co., is a passenger on board the Prince George today returning to Stewart after a brief trip to Vancouver.

Mrs. C. F. Kemp, who has been visiting for the past three months at West Vancouver with her daughter, Mrs. James R. Mitchell, returned to the city from the south on the Prince George this morning.

H. Corner of Burns Lake, who has been receiving treatment at Shaughnessy Military Hospital for war causes, arrived in the city on the Prince George this morning from Vancouver and proceeded to the interior on this afternoon's train.

Mrs. J. R. Tomlinson and Miss Tomlinson of Cedarvale, who have been spending the winter in Victoria, arrived in the city from the south on the Prince George this morning and proceeded by this afternoon's train to their home in the interior.

# PRE-EASTER SALE

Let the Season of Gladness Be Reflected in Your Appearance
It Will Pay You to Look Smart and Prosperous

**COATS . . .**
Beautiful styles & shades. Up from . **$9.50**

**DRESSES . . .**
Exquisite creations from fashion's headquarters. What they are wearing in the big cities. Something to suit every taste and purse Up from ..... **$5.95**

**HATS . . .**
Very chic! Models that harmonize with personality. Just what you're looking for. Up from . **$2.95**

We Have the Best Dollar Hose in Town

## SHIRLEY SHOPPE

Store Closed on Friday


### BROUGHT BACK THE OTHER POUND THEN ASKED FOR "SUPREME"

Within the past few days, since interest has been aroused in Supreme coffee, a local man when buying two pounds of coffee, decided to try one pound of the brand he had been in the habit of getting. He took it home and a few days later returned with the old brand and said he liked the Supreme so well that he wanted to exchange his old brand for it.

It was the freshness, the aroma and the scientific blending and roasting of Supreme that made it preferable to coffee he had been using formerly.

## Plane Crashes On Takla Lake

N. C. Terry, air engineer for the Canadian Airways, arrived in the city on the Prince George this morning from Vancouver and entrained this afternoon for Burns Lake enroute to Takla Lake where he will do work on one of the company's planes which crashed last Saturday afternoon and was extensively damaged. Pilot E. P. H. Wells and Air Engineer W. Faulkner were not hurt in the crash.

R. G. Cunningham, well known pioneer resident of Port Essington who has been spending the winter in Bermuda and elsewhere on the Atlantic seaboard, arrived in the city on the Prince George this morning from Vancouver enroute back to his home on the Skeena River.

### ANNOUNCEMENT

Jasper Wildfire Coal is now the hottest in the domestic field. Government analysis shows it to be the highest in B.T.U.'s and less ash. It starts quick and lasts longer. Furthermore, for your benefit don't think for one minute because our coal is lower in price that we are giving you a cheaper grade as other coal dealers may state to you.

Your next order "Jasper Wildfire," egg or lump. Note our adv. for cash prices and save your dollars. (tf) Hyde Transfer—Phone 580

## SCHEDULE FINISHED

**Last Hockey Fixtures Played Last Night—Play-offs to Be Staged Next**

MONTREAL, March 23:—Final games on the schedule of the National Hockey League were played last night.

The Montreal Canadiens, who have won first place in the Canadian section for the second consecutive season, defeated Toronto Maple Leafs.

New York Rangers, with first place in the American section cinched, dropped a close decision to the Detroit Falcons at Detroit.

New York Americans defeated the cellar-dwelling Boston Bruins in a heavy-scoring game at Boston.

Last night's scores:
New York Americans 8, Boston 6.
New York Rangers 4, Detroit 5.
Toronto 2, Canadiens 4.


## Income Tax Returns

Save expense by having them prepared promptly and accurately.

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Accountants and Auditors
243 Second Ave. W. Phone 387



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a high price for fine clothes when Tip Top Tailors will make to your measure any of their wide range of fine all-wool fabrics or only ..... **$27.00**

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## Hotel Arrivals


## New Royal Hotel

THE HOTEL WORTH WHILE
Hot & Cold water: Steam Heat
75c. PER DAY AND UP
J. Zarelli
Telephone 281



# BOVRIL

PUTS
BEEF STRENGTH
INTO SOUPS AND GRAVIES 50



*The Fish which made Prince Rupert Famous*

## "Rupert Brand"
SMOKED
# BLACK COD

Prepared Daily By
Canadian Fish & Cold Storage Co., Ltd.
PRINCE RUPERT, B.C.

## SPRING IS HERE!

Get Your Garden Seeds and Equipment from

Thompson Hardware Company Ltd.



UNION STEAMSHIPS LIMITED
Steamers leave Prince Rupert for Vancouver:—
T.S.S. CATALA EVERY TUESDAY, 1.30 P.M.
Via Ocean Falls, arriving Vancouver, Thursday p.m.
T.S.S. CARDENA EVERY FRIDAY MIDNIGHT
Arriving Vancouver Sunday midnight approx.
Weekly sailings to Port Simpson, Alice Arm, Anyox, Stewart and Naas River points. Sunday, 9 p.m.
Further information regarding all sailings and tickets at —
PRINCE RUPERT AGENCY: Second Avenue. Phone 568


**Because it doesn't pay to advertise poor products, It does pay to buy those advertised.**