TREAT CONSTIPATION* LIGHTLY

Poor Health May Be the Price of Neglect

Too many people dismiss common constipation* as a matter of no great consequence. Yet this condition causes discomfort, and may ead to headaches and loss of appetite. When it is allowed to continue, it may lower your resistance. and so increase your chances of catching a serious illness.

Common constipation often develops when you eat meals that lack sufficient "bulk." Your system fails to get needed internal exercise. Fortunately, today, you have generous source of effective "bulk" in Kellogg's ALL-BRAN.

Within the body, the "bulk" in ALL-BRAN absorbs moisture, and forms a soft mass, which gently cleanses the system. This natural laxative food also supplies vitamin B and contains iron.

Serve ALL-BRAN as a cereal, with milk or cream, or cook into muffins. breads, etc. Two tablespoonfuls daily are usually sufficient. Stubborn cases may require ALL-BRAN oftener. If not relieved this way, consult your doctor.

ALL-BRAN is guaranteed by the Kellogg Company as an effective laxative food for constipation.* Sold by all grocers. Made by Kellogg in London, Ontario.

"Constipation due to insufficient "bulk"

COAL

TO PLEASE EVERYBODY Satisfaction Guaranteed

FAMOUS EDSON ALBERTA BULKLEY VALLEY COAL VANCOUVER ISLAND COAL

PRINCE RUPERT FEED COMPANY PHONE: 58 and 558

SUMMER PRICES

Five dollars will hold any coat until fall.

Make money by buying now!

GOLDBLOOM

LOCAL NEWS NOTES

Constable W. Middleton of the

sington for a visit.

this morning.

United Church Cherry Blossom, Queen Mary Chapter I.O.L. E. Tea. Home of Mrs. Davis, 925 thank all who donated cars and Borden St., tomorrow, 3 to 6. Call flowers for Decoration Day.

Jeff Lambly, after having been city police returned to the city on whence he will proceed by boat on escort duty. his return to Terrace.

Miss Frances Cross, who has been on a holiday trip to Vancouver, returned to the city from the south on the Prince Rupert this morn-

Mrs. William Keith, well known former resident of Prince Rupert, who has been making her home for several years in Beifast and who is returning to this city for an exten-

Dale Cripps, five-year old grandspend the summer here and at in the south, came north on the son then sang "Land of Hope and In Prince Rupert Land Recording Tiell for which point he and his Prince Rupert this trip. Mrs. Joy Glory," accompanied by Mrs. C. E. District of Queen Charlotte Islands, and grandmother will leave at the end stopped off at Ocean Falls for a Cullin. of next week. Little Dale travelled visit while her son came on home! north from Vancouver alone.

Hotel Arrivals

Prince Rupert

Savoy R. Munson, Cumshewa; S. Ort-group there. quist, Lewis Island; Stephen Mc-Neil, Terrace; Mr. and Mrs. D. A. Johnson, Port Simpson,

Announcements

Catholic Tea, Mrs. Ward's June

United Tea, June 25.

Presbyterian Sunday School pic-

Eagles' Picnic, Grassy Bay, July

Presbyterian Bazaar, November

Anglican Sale November 26.

Highly Successful Affair at Home Nares Islands Of Mrs. A. T. Parkin Yesterday Afternoon

in town for the past week or so, the Prince Rupert this morning the King's Birthday tea and sale northerly of the Nares Islands, thence left by today's train for Kwinitsa from a brief trip to Vancouver on of home cooking held yesterday thence east 15 chains; thence north afternoon at the home of Mrs. A. chains to point of commencement and T. Parkin, Borden Street, by Queen Stephen McNeill, pioneer Terrace Mary Chapter, Imperial Order, prospector and original locator of Daughters of the Empire, that it the well known Dardanelles pro- was necessary to entertain some of perty, arrived in the city at the the guests at tables on the lawn. Notice of Intention to appply to Lease first of the week by boat from the Weather conditions were ideal for

R. H. Gurd, accountant of Cas- decorated with flags and red, intends to apply for a lease siar cannery, returned to the city white and blue streamers. A large | Commencing at a post planted on from Vancouver on the Prince Ru- picture of the King was also fea- rock 200 feet north of the north pert this morning. He had gone to tured. The tea table was centred Islands thence west 15 chains; thence ded visit, arrived at Montreal yes- Vancouver in company with a party with a large cake bearing 42 south 15 chains thence east 15 chains; of Indian cannery workers who candles, the number of the King's commencement and containing 22.5 were brought around from Hazel- years. There was a brief and ap- acres, more or less. ton to work in Cassiar cannery. | propriate speech by Rt. Rev. G. A. Rix D.D., Bishop of Caledonia, after son of Mr. and Mrs. George Cripps, Mrs. Jack Joy and son, Jack, who which the cake was duly cut by arrived from Vancouver on the have been spending the past few Mrs. J. E. Boddie, regent of Queen Prince Rupert this morning to weeks in Vancouver and elsewhere Mary Chapter. Mrs. Ernest Ander- Notice of Intention to apply to Lease

The guests were received by Mrs. ated immediately South of Lot 45. Boddie and Mrs. Parkin and the Queen Charlotte Islands District. door was opened by dainty little Company Limited of Vancouver, B.C. Theo Collart will be among those Monica Holtby. Mrs. D. C. Stuart lowing described Foreshore Lands:leaving within a few days with the and Mrs. C. E. Cullin poured and Commencing at a post planted at the local Vimy Pilgrimage party for commencing at a post planted at the S. W. Corner of Lot 45, Q. C. I. thence local Vimy Pilgrimage party for serviteurs were Mrs. A. L. Holtby, England and France. The party, Mrs. William Brooksbank, Mrs. due East thence due North to Shore-W. H. Benoit, W. Butchart and owing to the railway tie-up, will William Brass and Miss Laing. line; thence West along shoreline to be the benefit of commencement and containhave to travel via Vancouver, join- Mrs. Shelford Darton was cashier. ing 30 acres, more or less. ing the main British Columbia Mrs. S. V. Cox and Mrs. W. C. Aspinall were in charge of the tea Dated April 21, 1936. room. Tea cups were read by Mrs.

> The home cooking table was in 24: (CP)—Because she was not charge of Mrs. C. J. Norrington Notice of Intention to apply to Purwearing stockings, a young woman and Mrs. M. M. Lamb.

> friend's wedding in St. John's included vocal solos by Mrs. Wil- Cumshewa Inlet immediately South of liam Millar and piano solos by Lot 45, Q. C. I. Mrs. E. J. Smith, Mrs. J. C. Gilker, Company Limited of Vancouver, B. C Miss Janet Rochester and Master Peter Brass.

> flower accessories are to be used the raffle of a cushion which was of Lot 45; thense due South to shoreextensively this season. Real flower won by Mrs. D. Orchard McLeod line; thence West along shoreline to ornaments matching them can be with No. 64.

Malcolm Montgomery sailed yes-WOULD KEEP WOMEN AT HOME terday afternoon on the Catala for Namu in which district he will be (CP)-P. O'Halloran, an Irish dele- employed in fisheries patrol sergate to an Amalgamated Engin- vice during the salmon season. eering Union Conference, urged

THRIFT

SHREDDED WHEAT—	16
per pkg.	
SALAD DRESSING-	22
Nalley's, 12 oz., per jar	44
PRUNES-Libby's Large	21
2-lb. pkg.	4.
TEA-Nabob	4
per lb.	
CREAMETTES—Quick	1
Cooking Macaroni, 2 pkgs.	7
PASTRY FLOUR-Wild	A
Rose, 10-lb. bag	1
CRABMEAT—Northern	9
B.C., Pack, tin	4
MEAT SPREADS-	1
Hedlund's Asst'd. 2 tins	1

LUX DEAL 1 Large pkg. LUX

WAXED PAPER-

100 ft. rolls, perpkg.

NALLEY'S HONEY-

SOAP—Fels Naptha,

Pacific Supply 751 Granville, COFFEE-Thrift Blend, Ground Vancouver.

FOR SALE—Two full fonts of linotype mats, 9-point, light and Half a font new 14-point bold Cheltenham mats, straight and italics; box of sorts, about 50 lbs.; little used. Might make trade for dition or good saw. Daily News Prince Rupert, B.C.

at Salt Lakes. Phone 572.

n Prince Rupert Land Recording Dis-

LAND ACT

So large was the attendance at rock one-half mile south of the mo ROBERT GLEN IRVINE Dated May 20th, 1936.

LAND ACT

interior and is leaving today for the the affair which was completely in Prince Rupert Land Recording Dis-Frizzell Hot Springs near Port Es- successful and most enjoyable for fronting on the north shore of the The rooms and the lawn were Prince Rupert, occupation Shell dealer

ROBERT GLEN IRVINE Dated May 20th, 1936.

LAND ACT

situate on Cumshewa Inlet fronting on unsurveyed Crown Land which is situ-

Take notice that the Allison Logging AMBROSE P. ALLISON,

Pres. Allison Logging Co. Ltd

LAND ACT

chase Land In Prince Rupert Land Recording was refused admission to her The afternoon's musical program District of Queen Charlotte Islands and situate on the North shore of

Take notice that the Allison Logging intends to apply for permission to purchase the following described lands:-Commencing at a post planted at the LONDON, June 24: (CP)—Fresh Mrs. J. A. Teng was in charge of S. W. corner of Lot 45, Q. C. I. thence 60 chains East along South boundary point of commencement and contain

ing 40 acres more or less. AMBROSE P. ALLISON, Pres. Allison Logging Co., Ltd. Dated April 21, 1936.

IN THE SUPREME COURT OF BRITISH COLUMBIA IN PROBATE

In the Matter of the "Administration Matter of the Estate of Ben Siverson, Deceased.

TAKE NOTICE that by order of His

Honor, W. E. Fisher the 5th day of June, A.D. 1936, I was appointed Administrator of the estate of Ben Siverdeceased, and all parties having day of July, A.D. 1936, and all parties pay the amount of their indebtedness to me forthwith.

NORMAN A. WATT, Official Administrator, Prince Rupert B. C Dated the 5th day of June A.D. 1936

IN THE SUPREME COURT OF BRITISH COLUMBIA IN PROBATE IN THE MATTER OF THE "ADMINIS-TRATION ACT" AND

IN THE MATTER OF THE ESTATE OF JOHN JOY, Deceased. TAKE NOTICE that by Order of His Honour Judge Fisher, Local Judge of

the Supreme Court of British Columbia, made the 22nd day of May, 1936, I was 8C of John Joy, Deceased Intestate, late of Prince Rupert, B.C., who died on the 25th day of June 1936; otherwise diswithout regard thereto. All parties into pay the amount of their indebtd-DATED this 22nd day of May 1936.

NORMAN A. WATT, Official Administrator. Prince Rupert, B.C.

WATER NOTICE Diversion and Use

that Consolidated Mining & Smeltiny Co. of Canada Lto.

whose address is Trail, B.C. will apply Creek, which flows southerly and drains into Surprise Lake about two miles of the west end of the lake. The water will be diverted from the stream at a point about the middle of Placer Lease 589; 2 miles from the mouth of the stream and will be used for Hdyraulicing purpose upon the mine described as Placer Leases 630 to

Lady Betty Wash Cloth Lady Betty Powder Puff Sterling Tooth Brush Cuticura Soap Guest Size Ipana Tooth Paste Small Swan Down Face Powder Small Special, all six items for

Squibb Tooth Paste Special

Three 25-cent Tubes Squibb Tooth Paste

50c

The Latest in Bath Soaps

Rexall Superfatted Finest Quality Hard English Bath Soap per cake

20c

The Proneer Druggists

Phones: 81 & 82 The Rexall Store Open Daily From 8 a.m. till 10 p.m.

Sundays and Holidays From 12 noon till 2 p.m., 7 p.m. till 9 p.m.

CANADIAN PACIFIC

To Vancouver via Ocean Falls and Way Ports

Princess Adelaide, every Friday at 10 p.m.

To Vancouver direct Princess Louise. Princess Charlotte or Princess Alice, every Saturday at 5:30 p.m.

To Ketchikan, Wrangell, Juneau and Skagway Princess Louise, Princess Charlotte or Princess Alice, every Monday a.m.

> For Information and Reservations W. L. COATES, Gen. Agent, Prince Rupert, B.C.

Union Steamships, Limited

Steamers leave Prince Rupert for Vancouver: T.S.S. CATALA EVERY TUESDAY, 1:30 P.M.

Due Vancouver, Thursday p.m. T.S.S. CARDENA FRIDAY, 10:30 P.M.

Due Varzouver, Monday a.m. ROUND TRIP FARE leaving Sunday 8:00 P.M. calling Pt. Simpson, Stewart, Anyox, Naas Ri ver returning Tuesday, \$14.40

Further information regarding sailings and tickets from R. M. SMITH, Prince Rupert Agent, Third Ave. Phone 568

Commencing oday

our

WINDOW SPECIAL

BEDS, PUSH CARTS RADIOS, Etc.

Deposit holds any of these articles until first of month.

If you have something to sell, a classified advertisement first publication of in this paper will soon let you know if there is a buyer in

For shingled houses and all rough board construction Shingoleen is easy to apply and combines rich and lasting colors with absolute protection against all kinds of weather conditions.

SHINGOLEEN

From \$2.10 to \$2.50 per gallon THOMPSON HARDWARE CO. LTD.

MacKENZIE'S FURNITURE

HAVE YOUR WINDOW SHADES RENEWED Bring your own roller. Oil finished cloth, shadow proof, good quality only; 37 inches wide; green only

Third Avenue

The Fish which made Prince Rupert Famous

40c Phone 775

Prince Rupert

"Rupert Brand" SMOKED

Prepared Daily By

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

WAKE-UP YOUR LIVER BILE-And You'll Jump Out of Bed in the Morning Rarin' to Go

exclusion of women from industry

BARE LEGS BANNED

UPPER PARKSTONE, Eng., June

FRESH FLOWER ACCESSORIES

MORECAMBE. Eng., June 24:

attached to summer hats.

The liver should pour out two pounds of figuid bile into your bowels daily. If this bile is not flowing freely, your food doesn't digest. It just decays in the bowels. Gas bloats up your stomach. You get constipated. Harmfu poisons go into the body, and you feel sour sunk and the world looks punk A mere bowel movement doesn'talways get at the cause. You need something that works

on the liver as well. It takes those good, unds of bile flowing freely and make yo feel "ap and up". Harmless and gentle, they make the bile flow freely. They do the work them. Ask for Carter's Little Liver Pills by name! Stubbornly refuse anything else. 25

GENTLEMEN—Personal drug sun-

FOR RENT-Rose summer cottage

For the Week-End BUTTER-Sunnybrook Brand, per lb.

FOR SALE

FOR SALE-24 foot Pleasure Boat. Phone Red 182.

roomed house, lumber, doors and windows for sale, also modern TISSUE-Paragon, bathroom and kitchen plumbing. Cheap for cash. Phone Black 114

before 6 p.m. dries. Highest Grade Latest. Delivered, 15 for \$1. (plain wrapper).

one font very little used. full size linotype magazine, very font of 6-point mats in good con-

FOR RENT

1 Bar LIFEBUOY SOAP 25C Both for your order, BAKING POWDER-Nabob 12 oz, per tin 49 lb. sack (Flour market is advancing

Choice Sieve 4, 2 tins

City Pure, 4 lb. tin .

ROYAL CITY PEAS-

We Deliver

(J. 3, 10, 17, 24). the city.

PHONE—GREEN 421