FOR THE LENTEN FAST

READY-COOKED THE IDEAL LENTEN FOOD-LIGHT AND NOURISHING

laide today.

Mrs. McDiarmid arrived in the

A. C. Gardiner, C.N.R. freigh

The form of presenting questions

to the government is proving quite:

Omineca, and Mr. Speaker C. F.

Davie have had a number of

Col. J. W. Nicholls, comptroller of

the Canadian Fish & Cold Storage

TENDERS

D. J. MATHESON,

clashes on the subject.

pany business.

Graham Avenue, Westview.

Made in Canada with Canadian Wheat THE CANADIAN SHREDDED WHEAT COMPANY, LTD.

LOCALITEMS

mes L. Lee, local manager for Atlin Fisheries, sailed last tht on the Prince George for a rip to Vancouver on company bus-

Einar Hopen is apperaing before gistrate McClymont in city police this afternoon on a charge of operating a motorvehicle while in

he city yesterday morning on the Prince John from the Islands nd sailed last night on the Prince eorge for a trip to Vancouver d Victoria.

Succeeds Where Others Fail

Remedy Must be Unusually Good

WHEN time after time a remedy overcomes chronic conditions of ill-health after other treatments have failed it must have exceptional qualities. Hundreds of letters on file tell how people who had almost despaired of being well again were restored to health by Fruit-a-tives.

The secret of its unusual success is that it stimulates Five Vital Organs, the Stomach. Liver, Bowels, Kidneys and Skin, to act naturally not merely one or two of them. Fruit-a-tives strengthens as well as cleanses the whole digestive and eliminating sysem. 25e and 50c. Try them.

Sanitary Meat Market SPECIALS

Prime Rib Roast— per lb. Rump Roast— per lb. Sirloin & T-Bone Roast— per lb. Pot Roasts— per lb. Legs of Pork— per lb. Loins of Pork— 200 200 200 200 200 200 200 200 200 20	
Pot Roasts— per lb. Pot Roasts— per lb. Legs of Pork— per lb. Loins of Pork— 200	3
Pot Roasts— per lb. Pot Roasts— per lb. Legs of Pork— per lb. Loins of Pork— 220	3
Pot Roasts— per lb. Legs of Pork— per lb. Loins of Pork— 200	C
per lb. Loins of Pork— 200	C
Loins of Pork— 200	C
non the am U v	C
per lb. Shoulders of Pork— 150	c
per lb. Legs of Pork— 25	C
per lb. Loins of Lamb— 20	C
per lb. Shoulders of Lamb— 15	
per lb. Legs of Veal—	C
per lb.	C

lders of Veal are Ribs-25c rk Chopsrk Steaksamb Chops-22c rloin & T-Bone Steaksa sausage---

18 — Phones — 84

LOCAL NEWS ITEMS

are increasing. Quality counts.

Smith of Ocean Falls sailed by the Everybody welcome. Prince George last night on his return to the smelter town after a E. Yardos, who arrived in the brief visit here on official duties.

Wood \$4 per load, Egg coal \$11 thern Ontario. M. P. McCaffery, who has been per ton. Albert & McCaffery, on a brief business trip to Van- Ltd., Phones 116 and 117.

couver, returned to the city from the south on the Princess Adewhich connoiseurs delight.

city on the Princess Adelaide today Rev. and Mrs. L. F. L. Bannister from Vancouver to pay a visit with of Hazelton arrived in the city Melvin Dafoe and Mrs. M. A her sister, Mrs. Thomas Priest, department auditor, who has been here for the past two weeks on official duties, sailed by the Prince to Mrs. Bannister who has been to Calgary where they reside. Rupert last night on his return to unwell lately. Mr. Bannister is Anglican Church rector at Hazel-

a bone of contention in the Legis- C lature. A. M. Manson, M.L.A., for Scandinavian Settlement In

Co., sailed last night on the ss. Rev. John H. Hanson, who re-Prince George for Vancouver cently returned here, reports that whence he will proceed by way of Winnipeg on a trip to New York the provincial government has set aside two townships in the Peace and other eastern centres on com-River Block north of Rolla on the Scandinavian Lutheran settlement. OUR PRICES WERE Mr. Hanson made a personal inspection of the land while there.

Mr. Hanson says the terms of settlement are that the person who homesteads one-quarter section of 160 acres must also purchase a quarter section at \$2.50 an acre with 25c an acre cash payment at the time of purchase. It is park land of the rolling kind.

APPLICATIONS ASKED

p.m. Tuesday, the 22nd instant. E. F. JONES, City Clerk.

ANNOUNCEMENT

Jasper Wildfire Coal is now the hottest in the domestic field. Gov. ernment 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 Crisco-The best shor-

Eagles' Social Dance Friday March 18, dancing 9:30 to 1:30 Gentlemen 50c. Ladies, refresh ments. Everybody welcome.

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

Elks' Dance Thursday, March 24. Queen Mary Daffodil dance Eas-

18C March 31.

20c Easter Monday.

18C Boy's Band benefit.

April 7

Presbyterian spring sale April 14

Capitol Theatre. Spring Sale, St. Peters Church, May 19.

Prince George last night on his re- but Supreme has them all beaten. turn to Vancouver after a two-day

Sealed tenders for the Cleveland Tractor parked on Dunsmuir Street will be received by the undersigned up to 5 p.m. Tuesday, the 22nd instant. The lowest nor any tender

NESTLE'S SPECIAL

Milk with rich flavor. Try it

NESTLE'S	Talls 12 tins for	\$1
	Baby size 12 tins for	
EVAPORATED	Talls per case	\$5

\$1.55 tening, 6 lbs. for 3 lbs. for Royal City Sweet Corn-Royal City Peas-2's

No. 4 and 5, per tin . Your last chance to buy at this price. Prices are advancing. 60c Sugar-

10-lb. sack \$1.15 20-lb. sack 18c I.B.C. Sodas—Family Honey Graham Wafers Dollar Sodas-Sweet Biscuits-Fresh stock 850

assorted, 3 lbs. for Fresh Fruits, Vegetables, Etc. Arriving Every Boat at Lowest Prices. Get Them From Us

Out-of-Town Orders Given Prompt and Personal Attention

Mussallem's Cash & Carry Stores

"Where Dollars Have More Cents" Prince Rupert Singers April 20 No. 1 Store Fifth Ave.-Phone 18-84 No. 2 Store 319 Third Av.—Phone 360 No. 3 Store 727 Third Av.—Phone 375 THE RESIDENCE THE RESIDENCE OF THE RESIDENCE OF THE PARTY OF THE PARTY

Frank L. Buckley sailed by the There are all sorts of coffee

new pulp mill project for this city. fancy work and home cooking. Provincial Constable Thomas Drive and Dance 8:30. Adm. 25c

city recently from Anyox, where he has been in the employ of the JUST ARRIVED, fresh sup- Granby Co., left on this afternoon's ply of Nanaimo-Wellington Coal. train for Toronto enroute to Nor-

Charles Reid, manager of the Smithers branch of the Royal "SUPREME" Coffee is pure cof- Bank of Canada, is paying a brief fee, with the delightful aroma in visit to the city, having arrived from the interior on yesterday's

from the interior on yesterday Sinclair, who were called recently morning's train and sailed last to the city on account of the sernight on the Prince George for jous illness and subsequent death Vancouver where they expect to of their mother, Mrs. F. W. Dafoe, remain for some time in the hope sailed by the Prince George last that the change will be beneficial night for Vancouver enroute back

> Can you imagine, the Fleet Care placed an order for two cases of of the church. fresh milk-fed chickens for your Sunday dinner. Yes siree, the best either gold or silver can buy and the price is only 50c. We are very sorry we ran ont of chickens so early last Sunday and apologize to all who met with that disappointquiet place on the waterfront and employs only white help.

Alberta boundary as an exclusive WHO TOLD YOU THAT HIGH ON SPECTACLES?

It certainly was not anyone who got their glasses from our Opti- per doz. cal Dept. during the past three Swift's Premium Hams, years. The old saying "Every 10 to 12 lbs. each knock is a Boost" still holds good | Whole or Half, per lb. as our optical business is show- GAINER'S SUPERIOR ing steady growth, our prices are the same to everybody and per lb. that is the lowest possible, con- Sliced sistent with specially made len- per 1b. ses mounted in frames made by GOLD COIN POTATOES reputable manufacturers.

We do our best to give a conscientious service at a reasonable price and most of our customers are pleased to tell us that our charges are very moderate. If any one tries to tell you that our prices are high just ask the question:

Did you get your glasses from Mr. AYLMER TOMATO SOUP Davey, Registered Optometrist. in charge of the Optical Dept. of Max Hielbroner, Jeweler.

Hotel Arrivals

New Royal Hotel THE HOTEL WORTH WHILE

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

John Dodds, C.N.R.

PRINCE RUPERT DISTRICT UNEMPLOYED ASSOCIATION

Mass Meeting

MOOSE HALL Sunday, March 20, 2 p.m.

Business: Election of officers. All Welcome

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

Fraser & Payne

SATURDAY SPECIALS

60 Only Ladies' Silk & Wool Bramble Knit Sweaters, coat style,

26 to 42 all perfect merchandise and just de-March 18, Metropole Hall. Whist in 7 shades, sizes 36 to 42, all perfect merchandise and just delivered from the mill. Extra special value Saturday only. Regular price \$5.50, for

Frilled Bedspreads

25 Silk Rayon Bedspreads, ruffled style, full double bed size in shades of yellow, rose, green and orchid, each

Porch Dresses

10 Dozen Dresses, 4 styles, assorted prints, all fast colors, sizes 16 to 44. Saturday, each

Mrs. George Darby, wife of Geo. Darby of Bella, Bella, spoke in Knox United Church, Kerrisdale, Vancouver, on Sunday afternoon last on the subject of Indian mission schools. It was the annual Easter thank-offering meeting ci the Women's Missionary Society

Friday & Saturday

AUSTRALIAN PINEAPPLE 220 EGGS, B. C. FRESH Scott's in Cartons 23c 21c Whole or Half, 25c Grown at Terrace, 15 lbs.

\$1.50 14c SQUIRREL PEANUT BUTTER, per lb. ANTA CLARA PRUNES Medium size fruit, 3 lbs. ANADA CORN STARCH 10c AUNT DINAH MOLASSES 2½-lb. tins, per tin 25c & G NAPTHA SOAP ONDE'S

ASTILLE 23c 7-ounce cakes ASHCROFT CATSUP per 25-oz. bottle WHOLE WHEAT FIG Arrow Quality per lb. 25c FRY'S COCOA per ½-lb. tin GRANULATED SUGAR 47c EDDIES OWL MATCHES 3 boxes to pkg., per pkg.

ANCY PINK SALMON, Brand, No. 1 tins 10c Market Day pkg., per pkg. 32c

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PHONE 56 THE BEST FOR LESS

Typewriters FOR RENT

Call or Phone 6

McRAE BROS., LTD.



SPRING IS HERE!

Get Your Garden Seeds and Equipment from

Thompson Hardware Company Ltd.

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.

LET A MOTHER TELL YOU

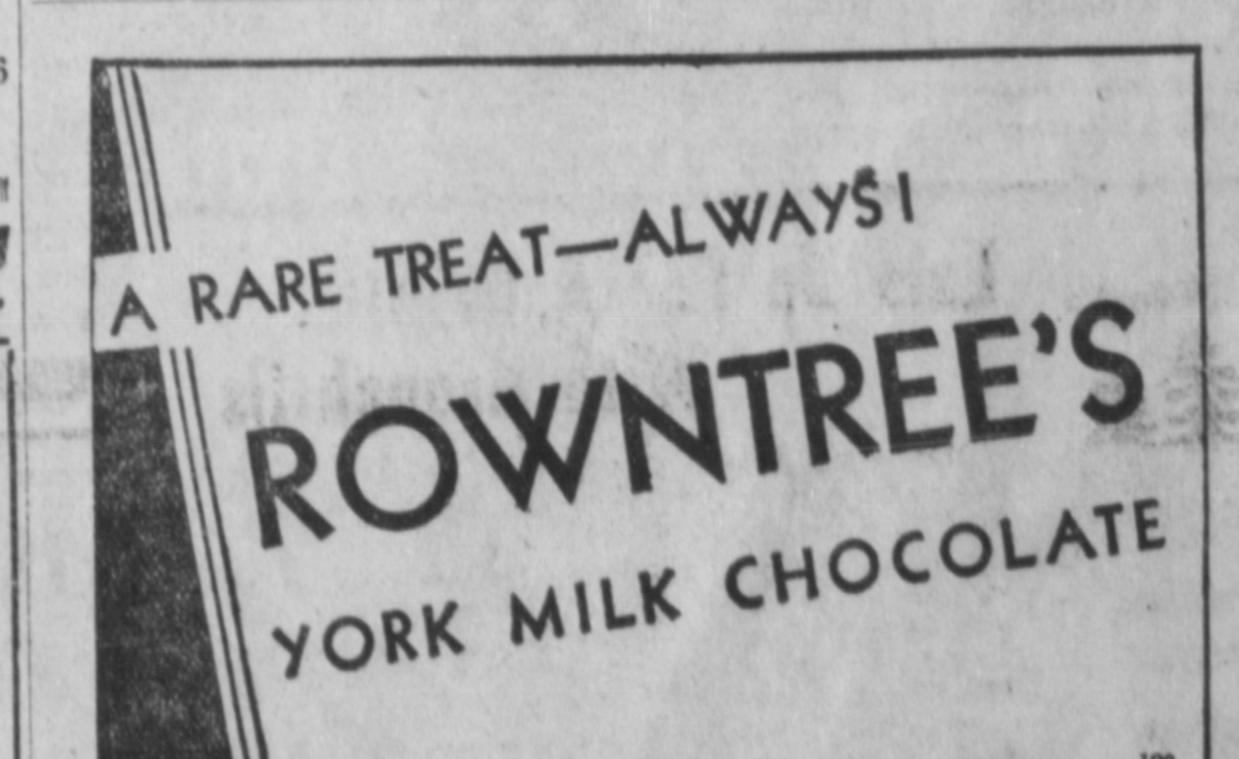


Mrs. Albert Bolton, Toronto, gratefully speaks of what Eagle Brand did for her little daughter, Margaret Jean. "For the first three months een no trouble since. She has 14 teeth, all coming through without difficulty. Her flesh is firm, lovely straight limbs, good bone development and so contented. She won third prize at the Canadian National Exhibition Baby Show last September in Class D, with 102 entrants."

ould, follow the advice of hundreds of thousands of other wise mothers and try Eagle Brand Milk. If you will send us your name and address, we shall be glad to send you helpful, free booklet on infant welfare, filled with advice and practical suggestions that will delight you.

Every photograph and letter published by the Borden Company is voluntarily sent us by a grateful parent or other relative.

FREE! A Wonderful Baby Booklet! The Borden Co. Limited, C.W. 4 50 Powell Street, Vancouver, B.C. Gentlemen: Please send me free copy of your new 64-page edition, Baby



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