8,000 MILES BY CAR

Pioneer residents enjoy long journey

After an 8,000-mile holiday trip by car to eastern Canada and the United States which they completed in a pace-setting month, Mr. and Mrs. Robert Murray have returned to their home in Prince Rupert convinced of the truth of the old saying that there's no place like home.

While they both took delight in the sights and experiences of the journey, both agree that "you can't beat B.C."

The green of this province and its mountain scenery, especially that of the Skeena River, were in striking contrast to the landscapes of the drought-stricken prairies.

The Murrays travelled east via the Trans-Canada highway to Ottawa, where Mrs. Murray was born and where they were married. They found it a city transformed since they had seen it last more than 20 years ago.

Ottawa's Mall with its trees and sidewalk cafes particularly impressed them.

They visited a brother of Mrs. Murray's in the capital city, and tried to locate another brother in Michigan but were unable to find him. They also saw their son, Gerry, in Sudbury, Ont.

From Ottawa they travelled into Michigan and westward through Indiana, Illinois, Wisconsin, Minnesota, the Dakotas, Wyoming, Montana, Idaho and Washington, re-entering British Columbia at Osoyoos.

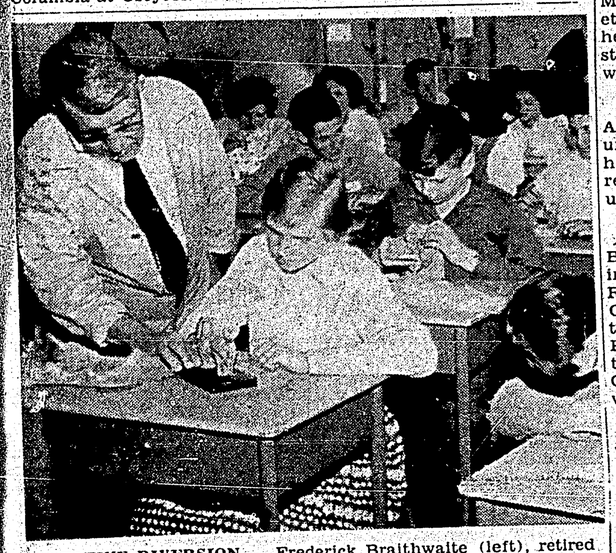
As long-time members of the Order of the Moose, they were especially interested in their visit to the international headquarters of the organization in the Child City of Mooseheart, Ill.

Well-known in Legion and veterans' circles, Scottish-born Mr. Murray served with the Seaforth Highlanders in the First World War and later in India. He spent 12 years in all with the British army.

Trained as a baker as a young man in Scotland, he resumed the trade when he emigrated to Canada. In Prince Rupert, where they have lived since 1939, Mr. Murray owned and operated the Rupert Bakery. For eight and a half years he was janitor-engineer at the Court House. He is now retired.

Mr. and Mrs. Murray reside at 221 Eighth Avenue West.

ADVERTISING IN THE NEWS BRINGS RESULTS



CREATIVE DIVERSION — Frederick Braithwaite (left), retired commercial artist, looks over the work of his pupils in a clay modelling class at Toronto's Courcelette Road Public School. The once-a-week class was started for 12-to-14-year-olds in Grade VIII at their request as a substitute for the normal recess period. — CP Photo

PERSONALS

Mr. and Mrs. Arthur Kiner, 425 Dunsmuir Street, with Lothar and Maria, left by train Saturday morning for a week's holiday in Terrace.

✦ ✦ ✦

Mr. and Mrs. J. D. Kerrighan, 1955 Fifth Avenue East, have returned from a three week camping trip to Penticton.

✦ ✦ ✦

Mrs. C. S. Hutt, 144 Ninth Avenue East, with Terri and Danielle, returned home on the Canadian Prince on Saturday from a two week visit with her mother in Stewart.

✦ ✦ ✦

Bobby Petrie, son of Mrs. William Petrie, 747 Sixth Avenue West, left on the train Saturday for Smithers where he will attend the Copper Lake boys' camp for two weeks. Also leaving to attend the same camp were Lonnie Teague, son of Mr. and Mrs. J. E. Teague, 964 Ambrose Avenue, and Robert Kniepkamp, son of Mr. and Mrs. Otto Kniepkamp, 960 Ambrose Avenue.

✦ ✦ ✦

Mr. and Mrs. Stan Wilson and son, Fraser, 257 Third Avenue West, are leaving this week by car for a three week holiday at Lakelse Lake.

✦ ✦ ✦

Mrs. Gunnar Stava, and her two sons, 348 Sherbrooke Avenue, left by train Saturday for a visit to Camrose, Alberta.

✦ ✦ ✦

Mr. and Mrs. P. L. Peterson, 403 Fifth Avenue East, have returned home from a three week motor trip to Vancouver, Vancouver Island and Kamloops. They were accompanied home by Mrs. Peterson's sister, Mrs. Everett Glover of Vanderhoof, and her grandson, David, who will stay in Prince Rupert for two weeks.

✦ ✦ ✦

Miss Ann Wick, 423 Third Avenue West, left by plane Saturday for Castlegar, where she has been transferred as a secretary with the Columbia Cellulose Company, Limited.

✦ ✦ ✦

Guest speaker at the First Baptist Church Sunday morning was a retired preacher from Rock Hill, North Carolina, Rev. C. G. Epps who was passing through Prince Rupert on the Princess Louise. Other visitors to the service were Mr. and Mrs. Carl Wallin of Minneapolis who were also off the cruise ship.

✦ ✦ ✦

Visitors to the city over the weekend were Miss Edith Spain, secretary of the First Baptist Church, Vancouver, and Miss Ida Elliott. They arrived on the Canadian Prince from Vancouver and left on the train Monday en route to Prince George where they will spend a short time before returning home to Vancouver by way of the Pacific Great Eastern.

RELAXING OUTFIT — Miss Canadian Textiles, Idola Simard, 20, of Magog, Que., models this relaxing outfit at a recent Montreal fashion show. The slacks are of flannel woven from Corval fibre. The overblouse is of a printed viscose sateen. — CP Photo

Miller Bay Tidbits

By STEVIE STEPHENSON

Dr. W. N. McKee, Donald Barclay and Larry Denny returned from x-ray survey which has been held in the Babine area.

✦ ✦ ✦

Mr. and Mrs. Jack Reykdal left Tuesday for a holiday in Edmonton, Alta.

✦ ✦ ✦

On behalf of the staff, Mrs. Helena Edmeston, R.N., director of nurses presented Miss Lew Spears with a souvenir spoon on Thursday afternoon. Miss Spears is leaving to spend sometime with her parents in the Kootenays, B.C.

✦ ✦ ✦

Misses Mary and Anne Metcalfe from Vancouver, cousins of E. T. Applewhaite with whom they are visiting, enjoyed a visit to the hospital on Tuesday afternoon.

Former city residents here for visit

Former Prince Rupert residents, Mrs. Peter Haan accompanied by her two sons, John and Stanley, are spending a few weeks in the city, visiting old friends and renewing acquaintances.

Mr. and Mrs. Haan and family left here eight years ago to make their home in New Westminster.

While in the city, Mrs. Haan is living at 137 Fifth Avenue East.

MONTREAL (CP) — A French-language school for retarded children, L'Ecole Francois Michelle, is planning its first public demonstration of dancing, swimming and gymnastics. Dr. Adele Fisher, school director, said retarded children enjoy the feeling of movement and such classes give them self-confidence.

FOCUS ON HEALTH

Drop attacks discussed; pressure cooking effects

Topics of health discussed this week are: "drop attacks" in elderly persons, and the effects of pressure cooking on vitamins.

Accidental falling is a major occupational risk in growing old. About 75 per cent of such falls are easily explained: An elderly person trips on a step because of inadequate illumination or failing eyesight. Or his shuffling foot catches on a protuberance in a carpet or rug or an uneven flagstone on the pavement.

But roughly 25 per cent of the falls are so-called "drop attacks." The old person is erect one moment, and the next he is flat on the ground. He has remained conscious but doesn't know what happened. Once restored to an erect position, recovery is complete.

Dr. Joseph H. Sheldon of Wolverhampton, England, spent two years studying 200 elderly patients who collectively suffered more than 500 falls.

He found a curious thing about the "drop attack" victim. At least half of them suffered unpleasant symptoms whenever they tilted back their heads.

He concluded these persons suffered from some failure in the central mechanisms of posture, situated in the brain and brain stem.

The supposed reason for the failures: A decline in the number of working brain nerve cells, rendering the remaining cells more responsive to slight changes in blood supply.

Is food in pressure - cookers suitable for growing children?

A consultant to the American Medical Association reports that pressure cooking has no more effect than other methods of food processing on the three food nutrients associated with bone development — vitamins A, ND, and C. He said:

"Pressure cooking has been shown to be the least damaging to most foods and, in fact, pressure cooking of vegetables results in high retention of vitamin C, the most easly damaged of the vitamins."

994 roses given to preacher

BIG SPRING, Tex. (AP) — The 994th — and last — red rosebud was on the pulpit as Dr. P. D. O'Brien preached his final sermon at the First Baptist Church Sunday.

Until a week ago the minister did not know who had arranged with a florist to have a red rosebud delivered to him Sunday morning for more than 19 years.

In telling his congregation a week ago Sunday of the mysterious gift, Dr. O'Brien, who is leaving his pulpit for evangelistic work, quoted the scriptures, "let the real one stand up. . . ."

Nat Schick, 77, a retired postmaster, rose from the congregation.

ST. ALBANS, England (CP) — A Hertfordshire college is offering a one-year domestic course for teen-age girls, covering everything from sewing to detergents. Successful students get a diploma they can show their future husbands.

"Fair Lady" at PNE this year

The Pacific National Exhibition this year will have its own "Fair Ladies."

The title "Fair Lady" will go to more than 20 competitors this year, and will replace the senior "Home Maker" award formerly made to one woman annually.

The new title will be bestowed by the Home Arts committee on winners in competitions in textiles, handcrafts and food sections.

The junior "Home Maker" contest will continue.

Activities planned in Parks

Something new is being planned at Casey Park for the children, supervisor Louise Thomas reported today. Next Saturday will be "Crazy Day," with novelty races and stunts. Starting time is 2 p.m. Dress instructions are posted on the bulletin board. A weiner roast will be held at midday on Wednesday.

At McClymont Park, the highlights of this week's program are the scavenger hunt tomorrow night and the weekly weiner roast on Wednesday night. Both of these activities start at 7 p.m.

Next Saturday, a hike and picnic are being planned at McClymont, starting at 1 p.m. Children are requested to sign up with the supervisors for this outing.

Last Saturday, the park's first successful indoor program was held at the Civic Centre. As it was raining, the scheduled hike to Grassy Bay was cancelled, and the children went to the Civic Centre instead. An indoor weiner roast was held there, and afterwards, tumbling, ping-pong, and other games rounded out the afternoon.

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CHINESE FOOD
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SOCIAL WORKER TRAINEES
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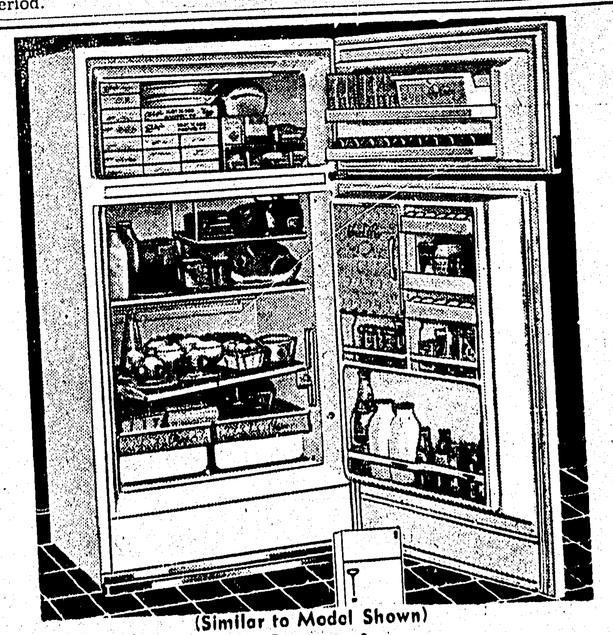
DEPT. OF SOCIAL WELFARE
B.C. Civil Service
Starting salary $313 per month. The positions being offered provide an opportunity for men and women to train as Social Workers and to participate in the generalized public welfare of the Province. Applicants must be Canadian citizens or British subjects, at least 23 years of age, with a Bachelor of Arts degree, preferably in the Social Sciences. Candidates must be willing to serve anywhere in the Province. For application forms apply to B.C. Civil Service, 411 Dunsmuir Street, Vancouver, or 544 Michigan Street, Victoria; or the nearest Government Agent. Completed forms to be returned to B.C. Civil Service, 544 Michigan Street, VICTORIA, NOT LATER THAN AUGUST 9, 1961. COMPETITION No. 61:360

IT'S BIGGER IT'S BETTER
IT'S BINGO
CIVIC CENTRE BRING YOUR FRIENDS Monday, 8 p.m.



(Similar to Model Shown)

Two-Door Combination Refrigerator Freezer
VIKING Model 6113X
12.5 cu. ft. net (usable capacity)
A zero-zone freezer that holds up to 105 pounds of food! Family planned, with all these features:
- Moist cold refrigerator with automatic defrost
- 2 porcelain crispers . . . roomy door storage
- Magnetic door gaskets for perfect seal
- Sheer styling . . . doors open 90 degrees
- Height 62½", width 30¾"

EATON SEMI-ANNUAL SALE EACH 289.77
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NO DOWN PAYMENT

Buy VIKING
The Name That Sets The Canadian Standard of Values!

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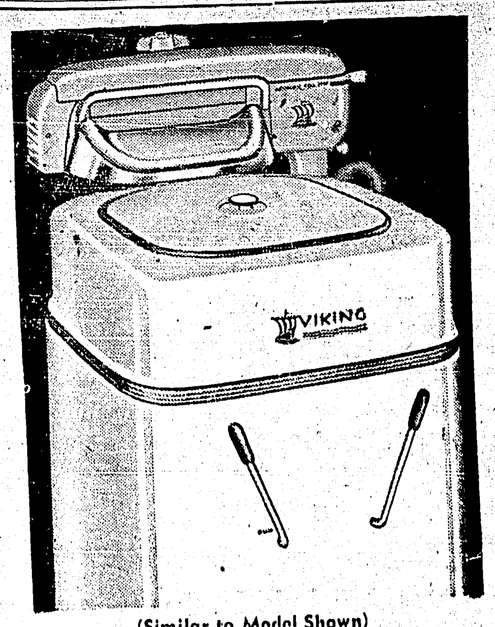

(Similar to Model Shown)

VIKING Square-Tub Style Modern Wringer Washers
Easy-Set Wash Period Timer
Specially designed gyrator helps you get any wash load thoroughly clean! Other features include:
- Quiet operation . . . full-sweep gyrator
- Long-life "Marathon" transmission in sealed oil bath
- "Safety" wringer with thick cushioned rollers
- Easy-set timer for wash period of one to fifteen minutes
- Large square tub . . . quick-empty pump

EATON SEMI-ANNUAL SALE, EACH, MODEL 529T 119.77
9.00 per month (with service charge)
NO DOWN PAYMENT

(Similar to Model Shown)

VIKING 30" Electric Fully Automatic Range
Rotisserie and Roast Thermometer
A joy to own because it has the built-in "extras" that take practically all the guess-work out of cooking!
- Automatic oven times
- Oven window
- Automatic rotisserie
- Automatic roast thermometer
- 7-heat switches
- Fast-heating elements
- Corners and crevices rounded for easy cleaning
- Fiberglas insulation
- Large storage drawer

EATON SEMI-ANNUAL SALE, EACH MODEL 130H 229.77
13.00 per month (with service charge)
NO DOWN PAYMENT

EATON'S Semi-Annual Sale July 31-Aug. 5