CARS SEEKS ARTHRITIS CURE

Interesting lectures heard at convention

Informative lectures and reports were heard by the 19 delegates who attended the annual convention of the Canadian Arthritis and Rheumatism Society in Vancouver March 5 and 6.

Representing the Prince Rupert branch was Mrs. T. J. Boulter of 722 Taylor Street, who returned to the city by train Sunday night.

Mrs. Boulter said that since the demand for physiotherapists has grown in all the countries of the world, the delegates were urged to encourage the various clubs in their hometowns to support a physiotherapy bursary, so that students would be helped out if they wished to take this course at the University of British Columbia.

This year there are 16 in the class, but it is hoped that next year 30 would attend.

Mrs. Boulter said that at the lectures the delegates were told that arthritis is one of the three leading causes of physical disability in Canada.

More than a million Canadians are affected by arthritis and other rheumatic diseases in varying degrees, from mild to moderate to severely disabling.

The cause of arthritis is unknown, and as yet a cure has not been found. No one drug, remedy or diet will wipe out all the symptoms, but early diagnosis and prompt treatment will prevent serious disability in about four or five cases, the lecturing doctors said.

If anyone had persisting symptoms of stiffness and inflammation, pain or swelling about the joints, and would see a doctor, arthritis could be stamped out and they could save themselves much pain and unnecessary loss of working time.

Mrs. Boulter said that the convention officials hoped that all the areas would go "over the top" in their financial campaigns this year, as funds were badly needed to continue scientific research.

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ANGLICAN CATHEDRAL
4th Ave. W. at Dunsmuir St.
8:00 a.m. Holy Communion
9:00 a.m. Family Communion 3rd Sunday
11:00 a.m. Matins 1st Sunday Holy Communion
7:30 p.m. Evensong 4th Sunday, Family Service.
7:30 a.m. Wednesdays, Saint's Days, Holy Communion
11:00 a.m. Sunday School and Bible Class.
Very Rev. G.T. Pattison—Dial 4766

EVANGELICAL FREE CHURCH
6th Ave. E. at Ambrose
Sunday School 10:30 a.m.
Services 11:30 a.m. and 7:30 p.m
Pastor W. John Wilson—Dial 4103

FIRST PRESBYTERIAN
235 4th Ave. East
Sunday School 10 a.m.
Tiny Tots 11 a.m.
Services 11:00 a.m. and 7:30 p.m.
Rev. I. S. Gamble—Dial 5823

ST. PETER'S ANGLICAN
End of 6th Ave. E.
8:00 a.m.—Holy Communion
10:00 a.m. —Bible Class
11:00 a.m.—Service, Sunday School
7:30 p.m.—Evening Prayer
Rev. D. Chassels—Dial 3011

ST PAUL'S LUTHERAN
5th Ave. at McBride St.
Sunday School 9:45 a.m.
Services 11 a.m. and 7:30 p.m
Rev. M. B. Odland—Dial 4164

THE SALVATION ARMY
27 Grenville Court—Fraser St
Sunday School 12:45 p.m.
Services 11 a.m. and 7:30 p.m.
Capt. & Mrs. H. McDonald
Dial 3024 and 6181

FIRST BAPTIST
5th Ave. East at Young St.
Junior, Intermediate and Teen Classes 9:45 a.m.
Nursery, Kindergarten and Primary 12:15 p.m.
Services 11 a.m. and 7:30 p.m.
Rev. J. A. Roskamp—Dial 5060

REGULAR BAPTIST
629 6th Ave. E.
Sunday School 10 a.m.
Services 11:15 a.m. and 7:30 p.m
Rev. L. E. Jackson—Dial 3971

PENTECOSTAL TABERNACLE
302 6th Ave. W.
Sunday School 10 a.m.
Services 11 a.m. and 7:30 p.m
Rev. C. A. Mybre

PORT EDWARD GOSPEL CHAPEL
(West Coast Children's Mission)
Sunday School—10:30 a.m.
Services 11 30 a.m. and 7:30 p.m.
Pastor John Goertz

FIRST UNITED
630 6th Ave. West
Jr.-Intermediate and Teen Bible Class—9:45 a.m.
Nursery, Kindergarten and Primary—11 a.m.
Services 11 a.m. and 7:30 p.m.
Rev. R. W. K. Elliot—Dial 3114

BETHEL BAPTIST CHURCH
200 4th Ave. East
Sunday School 10 a.m.
Services 11 a.m. and 7:30 p.m.
Rev. J. Rauschenberger—Dial 2453

FACEY HALL—UNITED CHURCH
1217 7th Ave. East
Junior-Intermediate Sunday School—10 a.m.
Kindergarten-Primary Church School—11 a.m.
Don Robertson, Supt.

Sonjas appoint cancer delegates

Mrs. Jacob Strand and Mrs. Anton Strand were appointed as delegates to attend the Cancer Society dinner meeting April 4, at the monthly meeting of the Sonja Ladies held Wednesday at the home of Mrs. Egil Sornes, 929 Tenth Avenue East.

The meeting voted a donation to the Cancer fund and to the Boy Scout Association.

Mrs. Peter Lien was chosen as representative to the Women's Co-ordinating council.

The chair prize was won by Mrs. Nels Waseng and the raffle by Peter Harvey. President Mrs. Jacob Strand announced that the next meeting would take place April 11 at the home of Mrs. Henry Wahl, 301 Seventh Avenue West.

PRINTED PATTERN

It's the exotic, side-slit tunic—fashion's smartest topping for skirts, slacks, Bermudas. Sew it in an Indian-inspired border print, brilliant solid cottons or denim. Extra-easy!

Printed Pattern 4558: Misses' Sizes 10, 12, 14, 16, 18. See pattern for yardages.

Send **FORTY CENTS** (40c) in coins (stamps cannot be accepted) for this pattern. Please print plainly **SIZE, NAME, ADDRESS, STYLE NUMBER.**

Send order to **ANNE ADAMS,** care of The Prince Rupert Daily News, Pattern Department, 60 Front Street West, Toronto, Ont.

THE CINGOLANI QUINTET and their five Italian accordions were class winners in the world's biggest music festival staged in Toronto. They were selected from 434 competing accordionists, including 11 accordion bands. They played the overture from Verdi's first opera, Nabucco, to the applause and "bravos" of the crowded concert theatre. The two men and three young ladies created what experts call an "operatic illusion" by successfully reproducing the sounds and volumes of some 39 musical instruments usually associated with the rare operatic composition. Their music filled three-tiered historic Massey Hall, aided by a new accordion development, a hifidelity pre-amplifier adapted to the bass accordion. All students of one teacher, Senor G. Cingolani, the five stars at the "Stars of the Festival" concert were Derni Cingolani, John Joserik, Lindy Baumgarten, Irene Markoff and Inese Akmens. As well, Derni Cingolani and Miss Markoff were winners of the Festival's duet class competition.

GEORGE VIERECK, treasurer and manager of the Prince Rupert Fishermen's Credit Union was elected president of the combined Boards of the Co-operative Life Insurance Company and Co-operative Fire and Casualty Company at Regina on March 7 and 8. Co-operative Life had insurance in force $260,131,000 in 1961 and assets totalled $11,377,000. Co-operative Fire and Casualty written premiums reached a high of $6,660,127 while assets were over the $6,000,000 mark. These two organizations represent millions of Canadians in every province in Canada.

PERSONALS

Mr. and Mrs. Leslie Brain of 653 Tatlow Street are at present in Mexico, on a six-week holiday. Travelling by bus, they are touring the country and will return home the first week in April.

Kinettes plan Fashion Show

The Kinettes will stage a Fashion Show and staff a "doughnut and coffee" booth at the Kinsmen Sportsman Show April 5 to 7 at the Civic Centre, it was decided at the March meeting held recently at the home of Mrs. W. E. Bond, 409 Fourth Avenue West.

Mrs. John Pylot was appointed convener of the Fashion Show and Mrs. R. L. Eby will direct the booth.

President Mrs. Eby thanked the members for the co-operation which ensured the success of the recent Founder's Night social. During this event a cheque for $50 was presented to the Kinsmen for the Mother's March fund.

Refreshments were served at the conclusion of the meeting by the hostess, assisted by Mrs. Rudy Andrews and Mrs. Ray Billing.

CWL to hold St. Patrick tea

A St. Patrick's Day tea will be held Saturday in the Annunciation Hall by the Catholic Women's League.

Gay spring aprons and a substantial supply of home cooking will be featured at the tea. Mrs. G. P. Lyons, CWL president, will receive the guests at the event which starts at 2:30 p.m.

The drawing for the door prize will take place at 5 p.m.

WEEKLY SERMON

"GETTING INTO ORBIT"
By REV. D. R. CHASSELS
St. Peter's Anglican Church

Not long ago I saw a couple of old crows unable to get airborne. They had between them swallowed different parts of some garbage. That was mixed up with some twine, which in its turn was snagged. I reflected how much most of us are like these crows. God has given all of us the capability through His son, of ascending to the heavens, there to dwell with Him. But we flounder around in a mess of garbage of our own making, thoroughly attached to it, and utterly earthbound! So often it is those who think they are converted who are most static, most earthbound! After some wonderful spiritual experience, they think that there is nothing more to do but to tell others about it, and to rest content that they are justified.

To those who follow the calendar of the Church's year, such complacency should be impossible. For these 40 days of Lent remind us that God incarnate Himself fasted 40 days, that He might subdue the flesh and the devil. What was a necessary experience for Him is certainly necessary for us, if we are to subdue the flesh of the Spirit.

The guidance of the New Testament on the procedure to be adopted is surprisingly uniform; such different writers as St. Paul, St. Peter, and St. James all use the same half dozen key words in succession in their ethical instruction.

The first word means to **CAST OFF,** or **PUT AWAY.** If we think of the crows, we see clearly what has to be cast off: all inordinate sensual and earthly desires, hungers, and lusts, which distort and pervert our use of the good things and appetites of God's creation. We must focus our desires on heavenly things, and all else will take its due proportion.

And this brings us to the second word, which means **BE SUBJECT TO,** or **OBEY.** It is of course, God to whom we must be subject more and more, as we cast off the shackles of sin which weighs us down so heavily.

The next word is **AWAKE.**

Even the early risers will notice these mornings that when they awake there is light. As we shake the enslavements of bad habits by moral effort, and submit ourselves to God, we are conscious of an awakening to the radiance of His beauty and love.

The first reaction to this is akin to intoxication, and we are tempted to be ecstatic! So it is that we are told next to be **SOBER;** be well balanced, and self-controlled.

The counsel is now to BE **ESTABLISHED.** After the first flush of the spiritual awakening, our faith and practice must be grounded in good, well-tilled soil.

Only by the continuing effort to train and subdue the will to God, by means of the ancient spiritual disciplines of self-examination, repentance, prayer, fasting, self-denial and the use of the Bible and Sacraments, will we finally be established in the Way. If we will try some of these disciplines between now and Easter, we will not only be better able to **WITHSTAND** the fiery darts in the future, but we shall with our Lord experience something of the inner meaning of the Resurrection.

PERSONALS

Miss Geraldine Wilkins, daughter of Mr. and Mrs. R. P. Wilkins, 1071 Hays Cove Avenue, arrived in the city today from Ocean Falls on the Northland Navigation steamship Canadian Prince. Miss Wilkins will be married to Garry Hamilton at the First Baptist Church on March 24.

HOW CHRISTIAN SCIENCE HEAL
"DISCOVERING TRUE HAPPINESS"
KTKN—9:30 k.c. Saturday 10:45 a.m.

Cancer films to be shown

Another popular education forum "for women only" is planned by the Prince Rupert unit of the Canadian Cancer Society.

The life-saving film "Time and Two Women" will be repeated at a free forum in the Totem Theatre on Sunday, April 8, starting at 9 p.m. The film "Breat Self-Examination" also will be shown.

Mrs. F. J. Hicks, secretary of the Prince Rupert unit, urges all women who missed seeing "Time and Two Women" on its first visit to Prince Rupert in November to attend the repeat showing.

"This film tells how a simple annual test promises to eliminate one important form of women's cancer as a cause of death," says Mrs. Hicks. "No woman over 20 should be without this information."

A panel of doctors will be in attendance to answer questions submitted anonymously from the audience following the showing of the films.

PRINCE RUPERT GOSPEL ASSEMBLY
(Meeting in Sons of Norway Hall)
119 5th Avenue East
9:45 a.m.—Breaking of Bread
Sunday School: 11:30 a.m.
Gospel Service: 8:00 p.m.
Everybody Welcome
Phone 6311 or 3974

Announcements

● Sons of Norway Bingo Friday night, March 16, 8 o'clock. (54)

● Mr. T. C. Douglas, National Leader, New Democratic Party, will speak at the Senior High School Auditorium, Wednesday, March 21st at 8 p.m. (56)

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One Midland, Ontario Mother has this to say: "My little baby was feverish and hot. I gave her Baby's Own Tablets and by nighttime she was up and around again."

Baby's Own Tablets are mild, sweet-tasting, easy to take — and have been used by millions of mothers. No "sleepy" stuff — no dulling effect. Especially good, too, at teething time for restlessness, peevishness, constipation, digestive upsets, colic and other minor infant troubles resulting from need of a corrective. Ask your doctor about Baby's Own Tablets. Get a package today at your druggist.

● NEW! BABY'S OWN COUGH SYRUP made especially for babies. Soothing, quickly relieving...pleasant...won't upset digestion

SHOPPING ...with IRIS

By gosh, by golly and b'gorrah! Oh, it's not too original but it is just a little reminder that tomorrow is March 17th and the day of the Irish. Everyone can get in the act by adding a little touch of green to their costume or home. Have you looked lately? Perhaps that thumb is the green spot after seeing the array of Fimbrata and Maxima begonia and gladiola bulbs that Alex and Laura have in their window. It's time now to start the begonias. Sh . . sh . . sh . . don't tell a soul, but I've found out where the Secret Pals are getting their St. Patrick's Day cards from. It's **MITCHELL'S,** and that's where they found those dainty shamrock plants, too, for the occasion.

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What, do tell, is more annoying than a boy's saggy tee shirt with cuffs and neck stretched a mile wide. That's just how some of them go after one washing and they look like heck. It's a problem! Bob Kelsey at **FRASER & PAYNE** has Huckleberry Finn Tee Shirts that really do keep their shape and look dressy as well. Some are with button up necks and collar, others round crew necks, short or long sleeves and in plaid colors and stripes. I've tried several for my son and certainly do recommend them. Fraser & Payne also have a large stock of cotton casual trousers for boys, sizes two to eighteen, in GWG's Sateens, and Sport Togs. They're hard wearing, yet wash and iron up so nicely. Colors: beige, brown, blues and brown checks. For after swim slip-ons, have a look at the Ladybird Sweat Shirts.

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It's spring festival time in the city and **CAROL-LEES** are leading the parade with sensational hats that have fairly burst into bloom. She has little ones of ribbon and tulle, organza extravaganzas, Cleopatra hats, cocktail poufs of silver brocade, and simple and sophisticated straws. You'll be amazed at how becoming these hats can be and at how reasonable the prices are. Now from the lovely to the ridiculous. Carol has just the thing to top off the festivities at the Marine Bonspiel banquet, comic hats, tall and silly, befeathered straw fedoras and bathing beauty bonnets. They're nonsensical, but pure fun. In a week or two I'm going to be telling you about some of the maternity clothes at Carol-Lees. The big style centres have nothing on Rupert for smart clothes, maternity or otherwise. Check the style magazines, then check Carol-Lees.

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Calling 2111, Calling 2111. It's spring cleanup time and the dates for free pickup of boxes, debris, bedsteads and junk in general are March 27, 28, 29 and 30. Next comes paint-up week and the number to call is 4341. **GORDON & ANDERSON,** where they are selling Martin-Senour and General Paint at 20 per cent off. It's a grand opportunity to stock up on exterior and interior paint and porch and floor enamel. New arrivals at Gordon and Anderson: Bedspreads . . . beautiful chromespun and taffeta spreads, with the gently hued, locked-in colors. They are very resistant to wear, fade-proof, wash easily and dry quickly . . . and also the heavy brocade self-pattern Italian spreads, with their old world charm to be treasured for a lifetime. Ask Min to show them to you when you're browsing around at their Sunset Sale.

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Need a spring tonic??? Tired of the winter woes? Well, then it's time for the head of the household to sally forth in a new suit from **DON'S MEN'S WEAR.** Don says that men's suits this year have the effect of making men look taller, slimmer and trimmer and the leaders in the suit field are Samuelsohn, Schiffer-Hillman and Progress. Don also has Harrotex Tweed sport jackets, casual jackets in laminates, reversibles and drizzler cloth by McGregor, Coast and Kraft Sportswear . . . and . . . something special in trousers . . . Wonder-Waist Slacks, with a waistline that is completely flexible. Price: $27.50. To top it all, a Bluestone, McGregor or Townline sport shirt from **DON'S MEN'S WEAR,** 507 3rd Avenue West.

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Who is usually the first in town with the latest? In the electrical line, that is? **RUPERT RADIO & ELECTRIC,** that's who, and this week Bert has the new floor to ceiling pole lamps. They are adjustable three light, individually controlled fixtures and the designs are Swedish modern, lantern style and modern with burnished brass and copper poles. They're dashing room dividers, they're versatile as they are so easily movable and need no stand or table. That's at Rupert Radio & Electric, where you'll find a fixture that will be suitable for any room in the house and outside porch lights as well.

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Curving lines, little waists, rippling pleats and bouffant skirts. That's fashion's theme song from **ANNETTE'S.** The Joyce Palmer originals for Junior Petites have arrived. Many of those flattering dresses are in pure silk, pretty polished cottons and the latest Ruff-Nuff tapestry fibrics. There are plain materials, patterned and polka dots, all are customized, delightfully tailored and they fit to flatter. What more could anyone want? Well, the nice accessories to make a perfect costume, Annette's have those, too, in pretty handbags, gloves and scarves.

All for this week . . .

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