



Iona Hardy Honoree at Bride Shower

A beautifully decorated basket, overflowing with gifts, was given to Miss Iona Hardy at a miscellaneous shower Wednesday night by members of the Queen Mary Chapter, Imperial Order Daughters of the Empire, at the home of Mrs. J. R. Care, 925 Borden Street.

Miss Hardy, who is to be married here next Saturday, was presented with a corsage of red rosebuds by Mrs. H. C. Flood, Regent of the Chapter, as she entered the house.

Several games were played and prize winners were the guest of honor and Mrs. Margaret Stewart.

The rooms were delightfully decorated with mock orange blossoms and the fireplace was banked with foxgloves and honeysuckle.

Delicious refreshments were served by the hostess and a lovely bride's cake made by Mrs. R. B. Skinner, was cut by Iona and served by Mrs. Flood.

The basket of gifts was placed in front of Miss Hardy by Margaret Keays and Doreen Paul, after which the bride-to-be opened each package.

Among guests were: Mrs. Ken Hardy, mother of the bride-to-be; Mesdames M. J. Keays, H. Breen, W. J. Lineham, J. A. McRae, R. Scherk, J. Ridsdale, S. G. Kelback, R. B. Skinner, M. Stewart, J. Stewart, J. A. Teng, Pat Forman, F. Hill, G. Charlton, A. C. Gillis, Ketcheson, P. Lyons, and Misses Margaret Keays, Doreen Paul, Shari Beth Ingalls, Mary Addison, Barbara Teng, Karen Forman.

The bride-elect is a member of H.M.C.S. Haida Chapter, I.O.D.E.

Town and District Notes

Ald. Daggett, Now Assessor To Study Methods in South

Alderman Harry M. Daggett is leaving here Sunday night to inquire into assessment policies at New Westminster, Nanaimo and West Vancouver.

The newly-appointed city assessor expects to be away about a week. He sails aboard the Princess Norah.

Mr. Daggett, former mayor of Prince Rupert, was appointed city assessor at a council meeting here last Monday night. He will resign his aldermanic post shortly.

Miss Mary Strachan sailed on the Coquitlam last night en route to Victoria to resume her nurses training after spending a vacation with her parents, Mr. and Mrs. R. R. Strachan, Albin Avenue.

Mrs. T. A. Marshall, the former Peggy Steen, sister of Mrs. T. A. Stewart, has returned to Prince Rupert to take up residence. Mrs. Marshall's husband is with the Columbia Cellulose Company.

Mr. and Mrs. Arthur Martin, with their two children, are leaving by car tomorrow for Telkwa where they will spend three weeks visiting Mrs. Martin's parents, Mr. and Mrs. Heald.

Mr. and Mrs. Don Morton, accompanied by Miss Wanda Black, Mrs. Morton's sister, left by car last night for Los Angeles. On their return Miss Black will stop

at Pentiction for a visit with friends.

FRANCOIS LAKE

William Loveseth caught a 22-pound, 11-ounce char on Sunday. It was 39 inches long and had a girth of 28 inches.

Lee Cooper has been visited by his sister and her husband, Mr. and Mrs. Hal Streeter who came up by car from Kaycee, Wyoming. They drove via Dawson Creek.

Ralph Keefe was home for a short visit this week-end. He is with the forestry department, working from Prince Rupert headquarters.

The Riding Club meeting at the Snyder Ranch was exciting. After a little rough riding exhibition the members practised stake racing and enjoyed a picnic lunch under the trees. Afterwards they rode into the hills for the afternoon.

There are very few tourists coming through, and the cottages at the Landing are all vacant. These are beautifully situated and were all filled last summer.

Foundlanders Study in to for Social Work

KAY REX

An experiment in social work at the University of Newfound-

land-24 Newfoundlanders study welfare and to see life in Cen-

and three women workers with the province's public welfare. This advancing was organized for them

of Newfoundlander's public welfare. Dr. Pottle, as a natural of training they took

register felt it desirable workers with the have more continuing," said Prof. John S.

of the School of Social Dr. Pottle is anxious staff have real contact

of the students attend such standard top- work, interviewing

AGENCIES they frequently laboring welfare agen- they have attend-

of Toronto Juvenile school, visited the girls' school at Galt, Ont., and training school at

Godfrey, Newfound- tant deputy minister is here as a member

up. He also acts as an officer when discuss- to welfare problems

of Newfoundland. delinquency, he ex- perhaps less of a wel- in Newfoundland

in other parts of communities are close- small Church and woven strong ties.

Time at Breakfast
er Than Forty Winks

an manage to be reas- out it so early in the says Health Magazine, realize that the extra at the breakfast

to you more good than minutes in bed. matter of scientific

a good breakfast will feel more on the bit, tired," says the

age of Canada publi- and this is true of both women, regardless of they do, be it mental

od breakfast, the mag- as a moderate, bal- breakfast - "somewhere the starving stenogra- fee and cigarette and time farm breakfast all the way from fried

edium-size breakfast ed by nutritionist- fresh fruit, a whole meal, milk, whole grain toast, and a beverage coffee if desired. Such provides the importan- as, minerals, and pro- are essential in the

of the day. is no need to resort and expensive pre- to achieve a well bal-," declares Health. t, cereal, milk, bread breakfast keeps the ear level high enough

at a pre-lunch energy low blood sugar level als in light headedness pe, which in turn are ation that leads to un- between-meal snack

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