

WINNING SPIRIT...

1945

Harwood's Canadian Whisky

Canada's Finest

14-12-52

Legion WA Holds Bazaar; Mayor Whalen Opens Event

A successful bazaar was held Wednesday by the Ladies' Women's Auxiliary of the Canadian Legion, opened officially in the auditorium by Mayor Harold Whalen.

President Mrs. Darrow Gomez introduced the mayor. She then welcomed guests at the door during the afternoon.

Mrs. G. Hanley was convener of the bazaar. Other WA members served as follows:

Mrs. J. S. Black, cashier; Mrs. P. Pettersen, Mrs. M. Stegavig, Mrs. E. Bitterman, Mrs. S. Downing, Mrs. R. J. Bone, Mrs. G. Ganton, serviteurs; Mrs. M. Skinner and Mrs. V. Scherk, home cooking; Mrs. A. McDonald Jr. and Mrs. W. Murdoch, candy booth; Mrs. W. Wallace and Mrs. V. Deane, fish pond; Mrs. S. Carpenter, baby sitter for the afternoon; Mrs. F. Reich, Mrs. G. Lewis, Mrs. M. Montgomery, Mrs. J. Stannard, Mrs. G. Hebb, kitchen help; Mrs. J. Gillis, in charge of novelties; Mrs. S. Downing, in charge of fancy goods; Mrs. G. Holbrook in charge of sewing booth.

The sewing club raffles were in charge of Mrs. K. Twaites and Mrs. W. Osborne. Mrs. T. Glenn, Mrs. F. Marshall, and Mrs. M. Ritchie were in charge of the woolen department; Mrs. V. Duncan and Mrs. R. Michaloff, apron table. The grand drawing was in the charge of Mrs. D. Keehn and Mrs. Sheila Chater.

Those winning prizes were:

M. Wide, H. S. Whalen, Mrs. W. Field, W. Ericksen, Doris H. Johnson, Jacob Miller, Smithers, Mrs. R. C. Brown, Miss Sheila Haudenschild, Mrs. W. Petersen, and Miss Sheila Ramsey.

The tea room was attractively decorated, all small tables having a centerpiece of Popples.

The hostess table had a centerpiece of autumn flowers. Mrs. V. Ciccone and Mrs. A. Simpson were pourers during the afternoon.

Grand prize drawing was held at 6 p.m. by Mrs. D. Gomez, president, ladies auxiliary.

Fish Ideal Protein Food

Mild flavor, delicate texture and high nutritional value combine to make both our fresh water and salt water fish one of Canada's best menu items, points out Home Economist Edith L. Elliot of the federal Department of Fisheries.

"Too few Canadians fully appreciate the possibilities of fish and shell-fish in the diet or enjoy it as often as they might," declares Miss Elliot in a magazine article.

She goes on to divide fish into two broad classes, the non-oily or "dry" fish and the oily species. The latter, which include salmon, herring, shad, tuna and mackerel, supply about three times as much energy as the non-oily fish. The non-oily group includes bass, catfish, trout, pickerel, pike, perch, cod, flounder, halibut, haddock, pollock and sole.

Non-oily or "dry" fish although not so full in flavor or so high in calorie value, are very easily digested. Their connective tissue is gelatinous and breaks down easily in cooking.

The water content of fish is high, but the water in the tissues contains soluble protein and minerals — phosphorus, iron, copper, magnesium, fluorine and other minerals are present in small amounts; and in the case of oysters, sardines, sprats and smelts the iron and copper are in good supply.

City Youth Recovers In Vancouver

A Prince Rupert-born youth is slowly recovering in Vancouver General Hospital from a serious smash-up Thanksgiving weekend.

His father is jubilant today following word that his son's leg will be saved.

Doctors said at first that a badly fractured leg of 22-year-old Gordon Rothwell might be amputated. Now they say it has set satisfactorily.

Gordon is the son of Mr. and Mrs. William Rothwell, 444 Sherbrooke Avenue.

Mrs. Rothwell has been in Vancouver with her son since she was notified of the accident which happened near Golden, B.C.

Scanty information of the accident was received here at the time. Gordon was taking the week-end holiday, driving from Calgary where he worked, to Revelstoke, B.C., on his motorcycle when the accident occurred.

Fractures also included a broken jaw which will have to be reset, said Mr. Rothwell today. His son, who completed high school in Prince Rupert, is expected to remain in hospital a year.

Miss Solveig Mork, RN, arrived here by plane yesterday. Daughter of Mr. and Mrs. H. Mork of 108 Seventh Ave. East, she will begin nursing in Prince Rupert General Hospital next week.

Travelling New Mexico Pastor Likes Prince Rupert Weather

A man who appreciates Prince Rupert's rain is Rev. Eual Lawson of Albuquerque, New Mexico, a visitor here this week.

Mr. Lawson, who arrived Monday from Ketchikan, Alaska, says there are just over four inches of rain in his state each year and expensive irrigation is necessary. Rainfall here totals about 80 inches a year.

Here as guest speaker at First Baptist Church, where he has addressed enthusiastic audiences all week, he takes great delight in strolling in the rain. He'll speak each night this week, including Saturday, with the final service on Sunday.

While in Alaska, where he conducted a similar campaign last week, he went fishing for the first time in his life and says he caught a number of big fish. He changed the old fish story around, saying, "the small ones grow not the big ones."

Father of three sons, one in the U.S. Marines, the other in

the U.S. Navy, and the third in college, Mr. Lawson leaves by air Monday for Ketchikan where he will board another plane for the trip home.

He says he's going back to tell his people about Prince Rupert's wonderful rain."

Sandy Moved

Sandy Moved Cheaper than rent. The tri-weekly column, "Trespassing with Sandy" has moved for today, and will be found on Page 5.

As usual — the unusual tailored by *Lipson*

The Kashmir — sports shirt of 100% Virgin Botany Wool, Kray processed. It is unconditionally washable. Superbly tailored, Kashmir provides the ultimate in sports shirt luxury.

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MEN'S WEAR

readers

● Meeting of Job's Daughters Friday, Nov. 7, 7:30 p.m. sharp. Election of officers, Initiation and Silver March. (262)

● S.O.N. Whist and dance Friday, November 7. Whist 8 o'clock. Dancing 10-2. Music by M. Colussi. Good prizes. Refreshments. Admission \$1.00. Everybody welcome. (262)

● George Dawes, furniture dealer and Auctioneer, has left for Vancouver on a business trip. For further information contact B.C. Messenger, Phone 678. (262)

● Rod & Gun General club meeting Friday, 7:30 p.m. at the Civic Centre. Meeting called to organize club trap-shooting. (262)

● Moose Whist Drive Saturday, November 8, Moose Temple. Everyone welcome. (263)

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