

Respassing With Sandy
clubs go into action to...
with the best inten...
and wishes. Vince Dodd...
directing Kinsmen Club...
in their drive to get...
for Christmas parties for...
children at Miller Bay Hos...
the committee and...
top speed today so...
start right after supper...
Saville, Doug Jelstead...
Frank Dafoe.
members of the club will...
the job. They're going to...
in pairs around the city...
Bill Bond says, you don't...
stay home just because...
Kinsmen, you can call...
member by phone and he'll...
up at your convenience.
Junior Chamber of Com...
started this morning.
Lemire was up early con...
members to get out and...
people to vote. There's...
on the voters list. Bert...
was also an early riser.
making sure the loud...
on his truck will blare...
often on Thursday.
Adern is sure it wasn't...
blowing that did it, but...
struck her down and...
hospital. Everyone's...
out for Christ...
big bouquet of flowers...
of the city hall...
arrived at her bedside...
Jean Ramsey doesn't...
what kind of flowers they...
she said they are...
Jack Smith also...
to the hospital with...
flowers from the...
Employees' Union. Every...
that early-morning

Love has been trying for...
to tell Mel Forbes that...
went berserk and...
why he got up so early...
Thursday. Bruce attended...
on Wednesday evening...
went to bed early. He nor...
starts work at 6:30 each...
But last Thursday he...
his usual calls to pick up...
other workers and on fail...
to get a response to the...
blinking of his car pro...
alone to the bus depot...
he warmed up the...
of his bus and after some...
wondering why the...
workers hadn't arrived...
he looked at his watch...
4 a.m. He's having a...
time explaining.

expert Syd Harper is...
another of his periodic...
the city. He's seeing the...
and a lot of friends with...
Bernier today and will...
tonight when first...
certificates are presented to...
of railways employees

the best these...
George Howlie says the...
spirit is beginning to...
him. He treated the boys...
trying to win a game of...
at his club. George...
had a busy day 'made...
and decided to buy the

John MacDonald shot...
questions thick and fast at...
during the Jaycee...
program last night but...
had all the answers. He's...
pressed in civic affairs.

Rothwell of this city...
word that his son...
is progressing well in...
following a serious motor...
accident last Oct. 13...
day, at Golden.

is well known here...
former enthusiastic ath...
his mother, Mrs. William...
well, who has been with...
since the accident, ex...
to return to the city next...
day.

President Harry Black...
smiles at the last lunch...
when he informed members...
there was the highest per...
attendance in many...
Only four members were

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Plymouth Sedan—Smart...
reconditioned motor...
and tires. Real family car...
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heater, overdrive. Try...
you'll buy it at... \$1845
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throughout. Hurry at \$2065

Truck Department
light trucks are moving...
only one left.
Dodge Panel—Would...
be an ideal hunting...
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Heavy Duty
Cab and Chassis—...
motor this year, ready...
\$675

Parker Ltd.
home of friendly...
service"
Phone 93

Take Extra Vitamins Says Health Officer

A call to the public to take extra vitamins in the form of fish liver oil pills and enriched food was made today by City Health Officer Dr. Duncan Black.

A mild fall without normal signs of winter is dangerous, he said. A sudden cold spell may hit people when their resistance to it is low.

"Our most abundant sources of vitamin D—which provides resistance—are found in fish liver oils, food enriched with vitamin D such as canned milk, and sunshine on the skin.

"This vitamin cannot be stored in the body, thus should be supplied daily."

Vitamin D, said Dr. Black further in his monthly report, must be provided in some way during the growth period in every individual, in order to insure the proper formation of sound bones and teeth, and to help build up good resistance in the tissues. It is most important during pregnancy and to nursing mothers, in order to protect health of the mother as well as the growth of the baby.

MAY CAUSE INJURY

Dr. Black says that lack of this vitamin "may cause permanent injury in the form of rickets, shown in infants by misshapen bones, bowlegs, and fore-shortened chest cavity.

The importance of this vitamin to adults is not clearly understood, however, but is recommended as a preventive measure, especially to those in the older age group who might be lacking adequate nutrition and be prone to brittle bones.

AMOUNT TOO SMALL

The amount of vitamin D in common foods is too small to be significant, says Dr. Black, even in planned nutrition. Thus some form of standardized supplementary vitamin D should be provided daily.

"The amount of fish oil varies with the kind of fish and the brand of oil purchased.

"Our original sources of vitamin D are limited this far north, therefore it is hoped that each family will supplement its diet with some additional source."

Many Attend Last Rites For Veteran

A large group of friends attended final rites for Alexander (Alec) Harvey at Grenville Court Chapel yesterday.

Mr. Harvey, First World War veteran and popular Canadian Legion personality during his life here, died suddenly last Thursday.

Funeral services were conducted by the Legion padre, Dr. E. A. Wright of First Presbyterian Church.

Representatives of the Ladies Auxiliary, Canadian Legion, the Prince Rupert Burns Club and the RCMP were among those in attendance.

Honorary pallbearers were J. Allan, H. Killin, J. Watson, J. McGreish and J. Green.

Active pallbearers were Alex Haig, Norm McLeod, G. Murray, C. Baple, R. Woods and J. Laurie.

Bugler W. Rance sounded the Last Post and piper J. Robertson played the lament.

DUDLEY R. ANDERSON (CP)—Art Parkes fitted a television set with a nine-inch screen into his automobile, operated by a 12-volt battery. Parkes claims any standard television set can be adapted by his method.

WARNING

Christmas trees must not be cut on PARKS PROPERTY in the city.

Board of Park Commissioners

BRASSO

FOR BRASS · COPPER · CHROME

District News TERRACE

A musical concert presented by Mrs. Ted Brue at the Civic Centre auditorium was attended by more than 300 people.

The stage was appropriately decorated for the occasion, and some 24 performers took part.

During the evening the presentation of a silver trophy was made to Aveline Wold for the highest marks. Diplomas were presented to pupils of Mrs. Brue. Adjudication had been made previously by Mrs. J. Felber during private recital.

Mrs. Brue was presented with a gift of jewelry and flowers on behalf of all the performers. Presentation was made by the two youngest pupils, Dawn Elkins and Jeanette Brue.

Others taking part in the program were Heather McLeod, Joy Thibideau, Barbara Robin, Dennis McLeod, Helen Christensen, Anita Brue, Sandra Pache, Pat McLachlon, James Thibideau, Joan Gaven, Aaron Haaland, Roberta Kenyon, Beryl McLachlon, Robert Melvin, Jack Burton, Lloyd McLeod, Larry Matthews, Lorna Melvin, Ann Christensen, Marlene Michiel, Robin McCall.

BURNS LAKE

Four candidates seek seats on the Burns Lake village commission. Re-election of Jack S. Brown, popular and efficient chairman of the board, whose term has expired, is conceded.

Pen Proppe, whose experience in administering affairs of Prince George in former years, Richard A. Robinson and Joseph Slesinger, an expert on improved sanitation, are other candidates.

Biscuits Children Love—

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• Here's a thrifty way to play Santa and please the menfolk. Kit contains a Gillette Tech Razor, 15 smooth-shaving Gillette Blue Blades and a tube of Gillette Shaving Cream. **\$1.52**

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• Any man on your shopping list will appreciate a year's supply and more of easy-shaving Gillette Blue Blades. Attractive gift package holds ten 10-blade dispensers—100 blades in all. **\$5.00**

SEE THESE AND OTHER GILLETTE GIFT SUGGESTIONS AT YOUR DEALERS

readers

Regular meeting of W.A. U.F.A.W.U., Wednesday, Dec. 10, 7:30 p.m., Metropole Hall. All members please attend. (289)

Loyal Order of Moose and Women of the Moose Children's Christmas Tree, Saturday, Dec. 20, 2 p.m., Moose Temple. (290)

St. Peter's Fair Bazaar, Thursday, Dec. 11, Parish Hall, Seal Cove. Homecooking, sewing, candy, White Elephant and tea room. 2:30 to 5 p.m. (11)

Notice—City residents who are ratepayers in the Rural Area of School District No. 52 will vote on the School Loan By-law at the Civic Centre on Thursday, Dec. 11, between the hours of 8:00 a.m. and 8:00 p.m. (290)

SPECIAL NOTICE TO ALL VESSEL OWNERS—To accommodate members who are working during the day, the Pacific Coast Fishermen's Mutual Marine Insurance Co. has changed the time of the Semi-Annual Meeting. The meeting originally called for 10:30 a.m., Dec. 11, will be held at 7:30 p.m., Dec. 11. Common Lounge, Civic Centre. All interested are welcome. (11)

buys Penal Farm

HAZLEHURST, Miss (AP)—Armon Whittington won't have to serve 90 days at the Cophah county penal farm after all. He bought the place at auction.

Whittington, sentenced to 90 days on the farm on a charge of possessing liquor in bone-dry Mississippi, appealed the conviction and sentence. Before his appeal came up the county governing board decided to sell the farm at auction. Whittington was the high bidder.

ELKS
PURPLE BUBBLE
BALL
SATURDAY, DEC. 13
Members get tickets
at
ART MURRAY'S
MEN'S WEAR

Huge Carpet Being Woven For Coronation

GLASGOW (CP)—Skilled craftsmen at the James Templeton mills here are working on the delicate task of weaving a one-piece carpet 187 feet long and 17 feet wide, to be used in Westminster Abbey at the Coronation of Queen Elizabeth next June.

This carpet will stretch from the west door of the abbey, along the nave and past the choir. It is being made of chenille Axminster, designed by the company's founder in 1839. It will be in two shades of blue.

Another, golden-colored carpet, measuring 68 by 32 feet, for the main ceremony in the abbey, will be woven by five specially-trained girls on the world's largest powerloom.

NEW HEINZ OVEN BAKED BEANS WITH SAUCE WIENERS

Try this hearty quick-fix meal

X VOTE X

Darrow Gomez

DECEMBER 11

for

ALDERMAN

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- ★ Road surfacing without favor
- ★ Progressive administration

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VOTE D. GOMEZ

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- 1/2 LB. CASHEWS
- 1/2 LB. SALTED PEANUTS

Kinsmen will be calling door-to-door tonight, Thursday night and on Sunday afternoon. If you are not called on, please phone any of the following and your Kinsman Xmas Pack will be delivered:

E. BARTON—Phone 743	D. JELSTAD—Phone 843, or Green 603
R. CAMERON—Phone Black 578	W. LONG—Phone 796 or 592
GEC. DIBB—Phone 243 or Blue 603	J. MELLOR—Phone Red 367 or Blue 898
BILL BOND—Phone 842 or Green 114	S. SAVILLE—Phone 210 or Black 516
V. DODD—Phone Black 245	F. DAFOE—Phone Red 784
DON EBY—Phone Black 156	H. THOMAS—Phone Black 728
J. FITZGERALD—Phone Green 449	G. HORNE—Phone 234 or Green 608
M. FUDGER—Phone 858 or Green 624	W. DYER—Phone Green 482
E. GARNER—Phone 132 or Green 962	E. JANES—Phone 4 or 10
	H. SHEARDOWN—Phone Green 186

"HELP the KINSMEN HELP the KIDDIES"