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NOTICE

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Hotel Arrivals

(Prince Rupert)

W. R. Bonnycastle, R. Reid, A. L. Fletcher, N. Tarbuck and R. Dibnak, Vancouver; Mr. and Mrs. J. Gosnell, Port Simpson; A. Ryan, Juskatla; Mr. and Mrs. Wenewood and Mr. and Mrs. Brennan, Watson Island, E. Waish, New Westminster.

Mrs. Harvey Davies, Smithers, left last night on the Prince George for Vancouver. Her husband, prominent pioneer of the Bulkley Valley, died recently.

Menstrual Pains...use PARADOL

CHIROPRACTIC FOR HEALTH NEURALGIA

Neuralgia is the name applied to the condition in which there is spasmodic painful sensations along the course of a nerve. As the condition continues, the pain tends to become more continuous. In most cases of neuralgia, quick movement produces a sharp shooting pain along the nerve pathway.

There are various common types depending on the nerve or nerves involved. In neuralgia of the face or the Trigeminal, the 5th Cranial nerve is affected and the pain is sharp and stabbing and is felt on one side of the face. In Intercostal Neuralgia, a spinal nerve is involved and severe sharp burning pain is felt along the space between the ribs in which the nerve passes. Brachial Neuralgia is a condition in which the nerve fibres leading to the arm are affected and pain is felt out through the shoulder and down the arm. Sciatica or Sciatic Neuralgia is pain along the pathway of the Sciatic nerve, which passes from the base of the spine, through the pelvic area and down the back of the leg, the pain in this type is very severe, sharp, and stabbing, often one-sided and usually produces a limp and leaning posture.

The underlying cause in most cases of Neuralgia is a slight dislocation of one or more vertebrae (subluxation) in the spinal column, which in turn produces pressure on the nerve root concerned. The sharp, stabbing, excruciating pain is produced by quick body movement in which the subluxated vertebra is involved.

Your Chiropractor is able to skillfully locate the vertebra producing the trouble and in most cases remove the cause of this painful condition.

Consult Your Chiropractor
Inserted by the
Chiropractors' Association of B.C.

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SOCIAL AND PERSONAL

• Job's Daughters meeting to-night at 8 p.m. Initiation, installation, Silver March, Birthday Party, Cake Walk. (1tc)

Mr. and Mrs. T. L. Williams of the Queen Charlotte Islands, who have been on a trip to Vancouver, arrived in the city from the south on the Chilcotin this afternoon.

Mrs. T. Jockola, Mrs. M. Godkin and Mrs. J. George of Juneau are returning on the northbound steamer Princess Norah which was here this morning. Also aboard was Mrs. A. J. Dorman of Ketchikan.

Rev. Dr. E. A. Wright, pastor of First Presbyterian Church, returned to the city on the Chilcotin this afternoon from Vancouver where he attended Presbyterian sessions and was inducted as pastor of the local church.

Mr. and Mrs. E. C. Williams and family sailed last night on the Prince George for Vancouver where they will take up future residence. Formerly with the Canadian Pacific Air Lines here, Mr. Williams has now received an appointment with the Great Northern Railway in Vancouver.

Dr. H. Gordon Baker, tuberculosis control staff, Vancouver, who has been in the city since Sunday, left last night on the Prince George on his return south. While here, Dr. Baker consulted with local physicians and examined many x-ray plates taken by Miss Dorothy Redding, technician.

• Attention—Sonja Ladies' Aid meeting, Monday, February 5, at Mrs. Gunnar Selvig's. (29c)

Mrs. Elsa Beckett, after a few weeks' stay in Prince Rupert, sailed last night on the Prince George for Vancouver.

• Tonight's the night. Little Theatre curtain 8:15, Civic Centre tonight. (1tc)

J. F. Edwards, who resigned recently as telephone superintendent here, sailed last night on the Prince George for Vancouver where he will join his family.


• SON Whist and Dance Friday, February 2, Whist, 8 o'clock. Music by Mike Colussi. Refreshments, Everybody welcome. (28c)

• The annual general meeting of the Prince Rupert Fishing Vessel Owners Mutual Protective Fund will be held in the Common Lounge, Civic Centre, on Sunday, February 4, 1951, at 2:30 p.m. All members are requested to attend. (29c)

Mrs. F. G. Downey, wife of the general passenger agent of the White Pass and Yukon Railway at Skagway, was aboard the Princess Norah today returning to Skagway.

No Shadow Seen Today

Not only did the proverbial groundhog not see his shadow when he stuck out his nose today but he was also met with a drizzle of rain. So winter's over, folks!



THE EXPERTS Say...

By KAY REX
Canadian Press Staff Writer

AN APPLE A DAY

There may be a grain of truth in that old saw about an apple a day keeping the doctor away—at least there is from the vitamin C point of view.

Nutrition experts say this vitamin, ascorbic acid, is essential to health and growth. It also is necessary for the normal structure of teeth. And if any members of your family are showing symptoms like rheumatism you'd better start feeding them apples. Such symptoms may be caused by lack of vitamin C which is found in apples and other fresh fruit.

But don't forget that vitamin "C" is destroyed in cooking, and is most easily destroyed in soda or some other alkaline solution. Apples are not only the cheapest fruit but are in season the year round.

Housewives are also advised to add vitaminized apple juice to their shelves. Not only is this a good idea from the health point of view but it is also sound economics.

CHEAP MEDICINE

One should buy the largest container one can safely and conveniently store, this means economy. However if your storage facilities are poor, buy only sufficient quantity for your immediate needs.

Apples should be stored in a cool well-ventilated place with a high humidity.

When cooking apples add as little flavoring as possible; let the natural flavor of the apples come through.

Wherever possible cook apples without peeling. But if you must peel them, drop the apples in cold water to prevent discoloration.

In a booklet which the Junior Chamber of Commerce has put out on favorite Canadian recipes, Nova Scotia—the apple province—has been represented by Annapolis apple pudding.

"Apples have symbolized temptation since the days of Adam and Eve," is the comment at the head of the recipe. "This apple pudding will tempt the most jaded palates."

Apple Pudding—Ingredients: Six medium-sized tart apples; three tablespoons granulated sugar; 1½ cups sifted bread flour; three teaspoons baking powder; one-half teaspoon salt; one-quarter cup soft shortening; three-quarters cup granulated sugar; one egg (well beaten); three-quarters cup water or milk.

Grease a 10 by six by two-inch baking dish. Slice peeled apples and arrange in the bottom. Sprinkle with three tablespoons sugar. Sift together flour, baking powder and salt. Cream shortening until fluffy. Gradually add sugar, mixing until creamy. Add beaten egg. Beat well. Add dry ingredients alternately with water or milk, folding in lightly after each addition. Pour over apples. Sprinkle with combined sugar and cinnamon (one tablespoon sugar and one teaspoon cinnamon). Bake at 350° F. for 45 to 50 minutes. Serve warm, cut in squares, with brown sugar sauce or with plain or whipped cream. Eight servings.

Announcements

Women's Hospital Auxiliary Tea, Nurses' Home, February 1.

St. Andrew's Cathedral Tea, Mrs. W. C. R. Jones, 430 4th Ave. West, Feb. 6.

Card party, Catholic Hall, Thursday, February 8, 8 p.m.

Conrad P-TA Valentine Masquerade Party, Conrad School, February 10, 8 p.m.

120th H.A.A. Valentine Dance, February 10, Armories.

United Church Valentine tea, Mrs. L. M. Greene's, February 15.

Rupert Rod and Gun banquet, February 15.

Legion masquerade party Friday, February 16.

Conrad School P-TA card party, February 16, 8 p.m.

St. Patrick's Tea and card party, Catholic Hall, March 17.

The King Edward School P-TA White Elephant sale and tea, March 15, at 2 p.m.

Orange Ladies' tea and sale, March 21.

Job's Daughters Easter tea and sale, Masonic Temple, March 25.

Legion Auxiliary Spring Sale, April 4.

W.O.T.M. Spring bazaar, April 20.

St. Peter's Spring Sale, April 26.

Sonja tea, May 12.

January Was Milder Month

There was no comparison between the weather of January last year and this. In 1950 there was only .97 of an inch of precipitation from 7.6 inches of snow during January compared with 5.47 inches last month from 4.25 inches of rain and 12.2 of snow. There were 113.7 hours of sunshine in January 1950 compared with 33 hours in January 1951. The temperature this year was as warm as 48.9 degrees on January 6 and 7 and as cold as 15.5 degrees on January 27. Mean temperature was 33.8 degrees. Last year, the mean was 18.7 degrees with temperatures of three degrees above registered on January 1 and 23. High was 37 on the sixth.

Maximum wind velocity registered at the Digby Island weather station during this month of January was southeast 31 on the 12th.

The barometer needle went right off the paper on the sixteenth when a low of 28.84 was reached. High for the month was 30.92.

Customs Revenue This Year High

Customs collections this January at \$71,517.04 were more than the combined totals of January and February 1950. In January 1950 collections were \$14,663.59 and in February they were \$38,346.54 to make a total of \$53,010.13.

Organizing Of Elks

P. A. Miquelon, Elks grand organizer for the Dominion of Canada, will arrive next Wednesday to complete organization of the Benevolent and Protective Order of the Elks lodge in Prince Rupert. Mr. Miquelon intends to be in the city about two weeks and will have charge of the meeting next Wednesday night.

Hospital Tea Great Success

A highly gratifying number of ladies turned out for the Prince Rupert General Hospital Auxiliary's tea in the new Nurses' Home yesterday afternoon, the total being just short of 250. Even six men braced themselves and came along to the tea. They seemed to enjoy themselves as much as the women enjoyed having them there.

Mrs. L. M. Greene's beautifully decorated table, with its bowl of large yellow daffodils and pussy willows, gave a spring-like atmosphere to the room and this same atmosphere ran throughout the whole of the newly decorated Home.

Many congratulatory remarks were heard from all sides on the improvement the new sitting room made to the Nurses' Residence and the furnishings and drapes were greatly admired. Guests were permitted to wander through the nurses' bedrooms on the ground floor and all were full of praise at the simplicity and daintiness of these rooms. The delightful view was commented upon.

In charge of home cooking were Mrs. J. McLeod, Mrs. A. H. Oglvie and Mrs. C. H. Klotz.

The raffle of the Russian squirrel scarf, donated by Bill Scuby, was won by Marie Mortimer with ticket No. 509.

A. L. Fletcher, manager of the Royal Fish Co., who has been on a trip to his native Scotland, returned to the city on yesterday afternoon's plane.

RELIEVE PAINFUL SINUS HEADACHE VICKS VA-TRO-NOL NOSE DROPS



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Prince Rupert Daily News
Friday, February 2, 1951

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