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Dr. Fiddes Coming Here
Dr. Gladstone Fiddes, former medical superintendent of the Port Simpson Hospital and later medical superintendent at the Hazelton Hospital, is returning to the north after spending a couple of years at Toronto as an associate secretary of the Ontario Medical Association. Dr. Fiddes is due to arrive by car today to assume the post of assistant medical superintendent at Miller Bay Hospital. He will be accompanied by Mrs. Fiddes and children.
Dr. Fiddes left Hazelton a couple of years ago for the East.

HOUSEKEEPING...
QUIZ FOR JELLYMAKERS; HOW TO MAKE IT GOOD

1. Q.—What are the characteristics of a good jelly?
A.—A good jelly is clear and transparent; it is firm enough to hold its shape when unmoulded and cut; it is tender, not tough or gummy; it has the fruit flavor characteristic of its kind.
2. Q.—What three ingredients are necessary for jelly-making?
A.—Pectin, acid and sugar are necessary in the correct proportions.
3. Q.—Which fruits make good jelly?
A.—Fruits which contain large amounts of pectin and acid make good jelly. Examples of these are sour apples, crabapples, cranberries, currants, gooseberries, grapes, and sour plums. Most other fruits are lacking in either pectin or acid, but may be combined with fruits having a high pectin and high acid content.
4. Q.—How ripe should fruit be when made into jelly?
A.—A mixture of about equal parts of slightly underripe fruit, which contains more pectin, and

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Rescue at Swim Pool
Rusty Thain Shows How at McClymont Park
An object lesson was given to swimmers yesterday afternoon at Gyro Pool when lifeguard Miss Rusty Thain had to bring a victim of cramps from the water.
The swimmer, it was found later, had just finished eating a meal and had not been swimming for several years.
"First important thing for all swimmers to remember is not to swim for at least one full hour after eating," says Ian McHardy, swimming pool supervisor and instructor. Second cardinal point in water safety is "not to dive directly into cold water if you have been away from swimming for some time."
Swimming can be one of the most enjoyable forms of recreation there is but, like in most sports, common sense precautions must be taken. Included in these are:
Never swim alone.
Never try to swim beyond your minimum capabilities.
Remember, there may not always be a lifeguard available to help you out of needless trouble," the supervisor cautions.

While on the coast before, he had also been at Ocean Falls.
Another recent addition to the medical staff at Miller Bay Hospital is Dr. C. L. Law, a graduate of the Canton (China) University medical college. Dr. Law hails from British Malaya and practised there for some years before coming to the United States where he was engaged in special tubercular work.



BEFORE AND AFTER—Mrs. Nick Romanko of Edmonton always wanted a daughter. After she had had two sons, she decided to bring up the younger—Ronnie—as a girl. He is shown, left, with curls and hair ribbon. Then Mrs. Romanko decided Ronnie should have a normal boyhood, and off came the curls. Ronnie shows his approval. (CP PHOTO)

Busy Morning In Police Court
A "bucket-full" lined the dock of city police court this morning as 29 men—and some women—appeared before Magistrate W. D. Vance to answer to a variety of charges.
Heaviest sentence was imposed on Alfred Wilson, charged with resisting arrest. He got a \$100 fine or two months in jail. Wilson damaged the uniform of a constable and kicked him, when arrest was attempted late Saturday for drunkenness.
Alexander Monroe was fined \$50 and costs for attempting to supply liquor to Indians. Edward Williamson, also charged with supplying, was remanded until Wednesday on request.
Other charges were for intoxication, most of them under the Indian Act.

Family Case, Police Court
In police court Saturday, a father and two sons were charged as a result of a fracas with an RCMP officer.
Stanley Dixon was sentenced by Magistrate W. D. Vance to two months under the Government Liquor Act on a third offence of intoxication and was given another two months sentence to run concurrently, for assaulting a police officer.
Allan Dixon, brother, and Christopher Dixon, the father, were both given suspended sentences, charged with obstructing a police officer.

Lake Kathlyn Happy Spot
Don Forward, Civic Centre director, returned yesterday from a month's holiday at Lake Kathlyn, near Smithers. He will continue directing affairs of the Civic Centre until the end of September, or until a replacement has been appointed.
Mr. Forward resigned from his position a month ago to enter private business.
While at Kathlyn with Mrs. Forward and children, the popular public figure spent most of his time "just relaxing." Favorite past time was playing golf on the Smithers course, and he went fishing once, to Moricetown, but drew a blank.
"Weather was beautiful," he reports. His family will return at month-end.

Common Name of Sea Cadet Units
LONDON (C)—Lieut. Len Salmon, commanding officer of a corps of Sea Cadets in London, wants to get in touch with a Winnipeg unit which bears the same name.
Lieut. Salmon learned recently for the first time of the existence of the Winnipeg unit while leafing through an issue of the British magazine "Sea Cadet." Both London and Winnipeg corps are known as the "John Travers Cornwell VC Sea Cadet Corps" in memory of an 18-year-old London boy who died from wounds suffered during the Battle of Jutland in the First World War.
Cornwell was born in London's East Ham district, headquarters of the corps which bears his name. He was posthumously awarded the Victoria Cross for bravery in remaining at his gun after all his gun-mates were killed aboard the cruiser Chester.

Fell From Truck—Girl Flown Here
A four-year-old girl is in the Prince Rupert General Hospital following an emergency flight by Queen Charlotte Airlines from Skidegate. Norma Jean Kirby suffered injuries when she fell out of a moving car, it was reported here.

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Personals
● S.O.N. meeting, Monday, Aug. 13, 8 p.m.
Mrs. C. J. Lundquist sailed last night on the Coquitlam for a visit in Westview.
● Support the Museum by buying a \$1 membership which gives you free admission at any time. (196c)
Mrs. J. W. Moorehouse returned to the city on the Camosun last evening from a trip to Vancouver.
Fred Adames, personnel officer for the woods department of Columbia Cellulose Co. Ltd., left on today's plane for a trip to Vancouver on company business.
Mr. and Mrs. Duncan McRae, who have been on a vacation trip to the Cariboo, Okanagan and Vancouver Island, returned home on the Camosun last evening.

William T. Weatherell, advertising manager of the Bellingham Herald newspaper, and Mrs. Weatherell are making the round trip north aboard the steamer Camosun which was in port last evening bound for Alice Arm and Stewart.
Gordon Root, director of public relations for Columbia Cellulose Co. Ltd., left on today's plane for Vancouver. He is making a trip to New York, Texas and Montreal during the next couple of weeks and expects to be back here early in September.

On a charge of retaining stolen property, Melville Johnston was remanded in city police court Saturday. Charge arose from report of Kalen Co-op Hardware that the store was entered last week Monday, and that several rifles and ammunition were missing. Police made arrests the same day on discovery of the loot on a fish boat at Cow Bay.

Mr. and Mrs. C. H. Collins and daughter, Lynne, are leaving by car this Friday for North Vancouver to make their future home. Mr. Collins having taken a position there with the North Shore Press. They have resided here for the past ten years. Mr. Collins having been successively in the service of Alex McRae Co. Ltd., the Daily News and Dobb Printing Co. They have sold their home on Ambrose Avenue to Columbia Cellulose Co.

Air Passengers
(To Vancouver) today—D. S. Love, G. Good, G. Root, F. H. Adames, Mrs. F. Hicks, Mrs. E. Vrzinger, A. Hayworth.
(To Sandspit) today—E. Car diff.

Hotel Arrivals
(Prince Rupert)
H. L. Routh, L. C. Johnstone, E. A. Bence, E. R. Carswell, Mrs. E. M. Bailey and June, R. B. Phillips and J. F. Clark, Vancouver; Miss R. McLean, North Vancouver; R. Gardiner, Cowichan; Mr. and Mrs. F. Barclay, Smithers; D. Gordon, Vancouver; Mr. and Mrs. N. H. Kirby, Sandspit; Mr. and Mrs. W. Herrington and children, Boston Bar; R. C. Perkins, Mr. and Mrs. C. McHaffey, Mrs. A. W. Fisher and Mrs. F. McHaffey, Smithers; Mr. and Mrs. N. H. Kirby, Sandspit; Mr. and Mrs. W. Harrington and children, Boston Bar; E. Brazier, Victoria; Mrs. A. B. Morrison, Edmonton; George Joy, Prince George; T. Waters, Victoria.

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Jack Mowat Passes Away
Former Railwayman and Fisherman, He Had Lived Here for Over 30 Years
John Alexander Mowat, who for many years was with the car department of the Canadian National Railways, later going into salmon fishing and for the past few years employed as a caretaker for the B. C. Packers, passed away at 6:30 Saturday evening at the Besner Apartments. He had been in failing health for the past few months and during the past week his condition had taken a turn for the worse.
Born 71 years and four months ago in northern Scotland and following the work of a cooper there, Mr. Mowat came out to Canada in 1907 and spent three years in the service of the Grand Trunk Pacific Railway at Winnipeg and seven years at Saskatoon before transferring to Rupert. Ever since then, he had made this city his home.
A widower, Mr. Mowat is survived by a son, Jack Mowat, in New Westminster. There is one sister in Montreal and one in Scotland.
Accompanied by Mrs. A. J. Curzon, the remains will be taken tomorrow aboard the Camosun to Vancouver where there will be a funeral service followed by cremation.

POOR REWARD
The great 17th century Dutch painter Rembrandt died neglected and in poverty in 1669.

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Sunday, Camosun, 11 p.m.
FOR NORTH QUEEN CHARLOTTE ISLANDS
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August 3, 17 and 31
FOR SOUTH QUEEN CHARLOTTE ISLANDS
ss. Coquitlam, August 10 and 24
9 p.m.
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Announcements
Women's Coordinating Tea, Sept. 20.
Catholic Fall Bazaar, October 3 and 4.
Lutheran Tea, October 13.
Rebekah Bazaar, October 20.
L.O.B.A. Fall Bazaar, October 26.
Sonja Bazaar, November 2.
Legion Auxiliary Bazaar, November 7.
The Women of the Moose Fall Bazaar, November 16.
I.O.D.E. Fall Bazaar November 22.
St. Peter's Fall Bazaar, November 29.

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