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SNOWCAP PILCHARDS—1's, per tin	11c
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AYLMER CHICKEN—½'s per tin	29c
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for holiday on famous North Beach. River and sea bathing. Boats for hire. Fishing and hunting. Open air badminton. Clock golf. Dancing. Dining room. Good plain cooking. Terms moderate. For particulars apply—

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58 — Phones — 558

Gardening

After almost a week of dull, warm weather the sunshine of the past two days has made everything in the garden grow at a great rate. The weeds have also grown rapidly and it a very industrious person who has been able to keep pace with the work of pulling them or hoeing them out.

This is the time of year when gardens are apt to look dull and uninteresting unless provision has been made for the period by planting chieranthus or Siberian wallflower to bridge the gap Most people lost their plants during the last winter.

Columbines are in bloom and the early peonies and iris and sweet rocket. My garden is not very early owing to most of it being in the shade during a good deal of the day, so I am jealous of those who are able to maintain their color just now.

The process of getting rid of the early plants and keeping the weaker varieties free from overcrowing has started From now on one of the important duties in addition to picking slugs and killing weeds will be cutting back such plants as doronicum. Oriental poppies and all free growers and tying up carefully the tall plants to avoid loss when a rain and wind storm comes. One of the most disappointing features of gardening is to carefully tend some free growing plants and then find them lying flat on the ground some morning. In such a case they should be picked up and staked before they have a chance to bend upward and be all out of shape for the rest of the season.

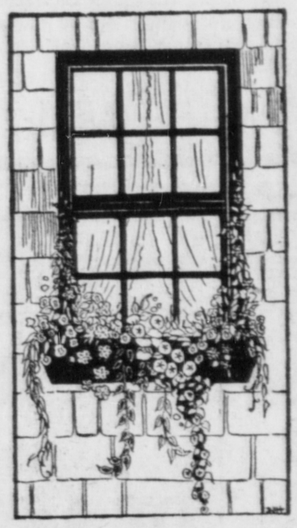
Roses are now forming bloom. I hear that the losses are much fewer than was at first thought. I lost only one of last year's importations and that one might have been saved had it not been that some one broke off the only bud that showed itself. Now I fear it is gone.

I notice that pinks which seemed all dried up and dead after the spring frosts are growing but they may not all bloom. Irises are looking well and should make a good showing in a few days.

Many Prince Rupert people are sowing rock plants this year. Those who have not already sown perennials may yet do so in order to secure plants for next season. It is a long time to wait for results but unless it is done it is difficult to insure a supply the following season.

This week-end I dug up a bed in which hundreds of pansy seedlings were growing. I still have a lot of those seedlings and any member of the horticultural society or any other person wishing to get some may have them for the fetching. They are small but will give abundance of bloom in a few weeks.—H. F. P.

Window Box Arrangement



Shows how improvement may be made by growing flowering and foliage plants.

AS A CEREAL

OR IN COOKING

it's FINE either way!

It's so handy to have a package of Kellogg's ALL-BRAN in the kitchen. Serve it as a cereal. Use it also as a wholesome ingredient in your muffins, breads, omelets, waffles, etc.

Kellogg's ALL-BRAN supplies "bulk" to aid regular habits. ALL-BRAN is also rich in vitamin B, as well as iron, an element of the blood.

Two tablespoonfuls daily will correct common constipation, due to insufficient bulk in the diet. In severe cases, with each meal. If not relieved this way, see your doctor.

The "bulk" of ALL-BRAN does not break down during digestion as does that of leafy vegetables, and is therefore more effective for furnishing the needed "bulk." It is a delicious laxative food . . . far better than patent medicines.

Get the red-and-green package at your grocer's. Made by Kellogg in London, Ontario.

Keep on the Sunny Side of Life

WHIFFLETS

From the Waterfront

Both the Catala arriving last night and the Princess Charlotte which came in this morning discharged heavy freights here. The Charlotte ad a big consignment for Queen Charlotte Islands. The danger of the boats being tied up as a result of the marine strike doubtless caused the unusual movement.

Local people were relieved to hear by radio yesterday that the Prince John had sailed and that the ss. Prince Rupert would get away from Vancouver at the usual time.

Bill and Louis Patmore who left about a week ago for a prospecting trip to Pitt Island arrived home at the week-end. Bill had some trouble with a sore foot so the boys took a rowboat and rowed all the way to the city.

Motorship Bellingham is due to arrive at the local dry dock this afternoon for painting. She is discharging fish at the C. N. R. dock today.

District News

TERRACE

Mrs. E. Hunter and son, Larry, and daughter, Muriel, of Prince Rupert, arrived on Friday night's train from the coast to spend the week-end here.

Jeff Lambly returned to Terrace at the end of the week after a brief visit to Prince Rupert.

Mr. and Mrs. James H. Thompson arrived at the end of the week from Prince Rupert. Mrs. Thompson will spend a month on her place here while Mr. Thompson will return to Prince Rupert on Tuesday.

Mrs. Bruce Love of Prince Rupert arrived on Friday night's train from the coast for a week-end visit here.

Mrs. N. Moorehouse and child of Prince Rupert arrived on Friday night's train from the coast for a week-end visit here with Mrs. Moorehouse's parents, Mr. and Mrs. W. A. Kirkpatrick.

D. McKenna of Vancouver, assistant superintendent of the Bank of Montreal for British Columbia, spent the week-end here and left for Prince Rupert on Saturday night's train. On Monday he will leave Prince Rupert for Prince George on his way back to Vancouver.

The Forest Branch, under the supervision of Ranger Cooper, is building an office building for its work, the new structure being on Lakelse Avenue, opposite the United Church.

Good showers, with warm intervals are resulting in splendid crop prospects. Pastures are in good shape, hay promises well and the fruit, especially as regards apples and pears, is setting very well.

Those garden lovers who, in past years planted ornamental trees, are being rewarded now by the beautiful appearance of the beech, weeping willow, hawthorn, maple, lilac and other trees which have become a joy to see.

Brownie Picnic

Two Groups Hold Event at Grassy Bay Saturday Afternoon

On Saturday afternoon the combined packs of the 22nd. I. O. D. E. Brownie Pack, under the direction of Mrs. A. J. Squires and the First Pince Rupert Brownie Pack, under the direction of Miss K. Duncan held a picnic at Grassy Bay, being conveyed there by trucks.

There were thirty-five children and several adults present and a jolly time was spent by all.

Winners in the races were as follows:

6 to 8 years—Alice Clapp, Audrey Toombs.

8 to 10 years—Norma Currie, May Leach.

10 to 12 years—Helen Leslie, Margaret Lamb.

Three-legged race—1, Christine Peterson and Annabelle Internalor; 2. Hazel Toombs and May Leach.

Mother's race—Mrs. E. Davidson, Mrs. A. J. Squires.

A huge bonfire was then built and refreshments were served by Mrs. Eby, Mrs. E. J. Norrington, Miss K. Duncan and Mrs. A. J. Squires.

Candy and peanuts were also provided for the children and they returned home at 7 o'clock after a wonderful day.

Coming-of-Age Party is Given At Ocean Falls

OCEAN FALLS, June 17:—A coming-of-age party for two local university boys, John Ross Raymond, son of Mr. and Mrs. J. W. mond, who is a medical student at the University of Alberta, and Leslie Clark, son of Mr. and Mrs. Charles, a commerce student at the University of British Columbia, was held at the Owl Club here. Royden Campbell, an undergraduate at the University of British Columbia, acted as master of ceremonies. There were one hundred guests and, during the evening, the two guests of honor were presented with travelling bags and military brush sets. Mrs. Raymond and Mrs. Clark, mothers of the boys, received the guests.

Lutheran Ladies' Tea and Sale Was Very Successful

The Lutheran Ladies' Aid held a very successful tea and sale of home cooking in the Metropole Hall on Saturday. There was a good attendance both in the afternoon and evening.

There were two raffles, a doll, donated by Mrs. Merk was won by Miss Hansine Freidheim and a cushion was won by Gunnar Selvig. The bean-guessing contest was won by Solberg Jensen, the prize being donated by Mrs. H. Underdahl.

In charge of the different tables were: fancy work, Mrs. H. Eriksen; raffle, Miss Anna Peterson; home-cooking, Mrs. A. Dybhavn and Mrs. L. Husoy; candy, Mrs. P. Peterson and Miss Agnes Wick; fish-pond, Misses Clara Wickdahl and Blanch Jensen.

Serving at the tea tables were Mrs. Jacob Ivarson and Mrs. M. Hveding, Mrs. Murvold poured and Mrs. Chris Johnson was cashier.

In charge in the kitchen were Mrs. H. Johanson, Mrs. S. Skogg and Mrs. J. Walderhaug.

In the evening there was a short program and lunch was served. Those contributing to the program were: short address by Pastor L. Jensen; piano solo by Peter Lien; recitation by Miss Zelda Hale, and vocl solos by Jastor L. Jensen.

COCKATOO IS DRIVEN DOWN

Incident in Filming of Picture Showing Tonight Proves Very Amusing

Having a good retentive memory paid dividends to Director Alan Crosland and a motion picture company recently.

Exactly on schedule while filming "The White Cockatoo," Crosland suddenly was faced with a long delay while the most temperamental member of the cast, an Australian sulphur-crested cockatoo, refused to "play ball" in accordance with the script.

Action called for the capture of the bird which had escaped from its cage. Perched high in a tree on the set, the bird turned a deaf ear to all pleas and threats of its trainer.

Crosland, delving back into his memory, recalled that a pet cockatoo of his own at one time did virtually the same thing and it took the concentrated efforts of a fire department to rescue the bird.

"Turn the hose on him," he ordered. "When his wings are wet, he'll come down pronto."

The fire department was called out. A stream of water was turned on the bird and almost instantly it swooped down to take his accustomed place on the set.

The picture is a thrilling mystery drama with baffling murders.

"The Secret Bride," said to be a powerful and dynamic picture, is also on the program for tonight and tomorrow at the Capitol Theatre.

The picture, based on the play by Leonard Ide, is a thrilling drama of political plots and intrigues which involves two mysterious murders, a suicide and the impeachment of the governor of the state.

In addition to the thrilling situations and the baffling mysteries there is a glamorous romance in which Miss Stanwyck has the role of the secret bride of the state's attorney general who is compelled to investigate her father on charges of accepting a bribe.

There is a sensational court trial in which a girl is accused of murdering her sweetheart and is only saved from the electric chair by the testimony of Miss Stanwyck, who was an eye-witness to the crime.

BAR SILVER

NEW YORK, June 17:—Silver was quoted here today at 72½c.

CAPITOL

TONIGHT and TUESDAY

MEN! Are You Going to Let This Woman Fool You?

MIGNON G. EBERHART—the female mastermind whose books baffled a million readers—brings to the screen her most astounding mystery—

At 7:13 & 9:41

ADDED FEATURE
Barbara Stanwyck, Warren William in
"THE SECRET BRIDE"
(At 8:25, Shows Once Only)
World News

Two Youths Held In Usk Robbery

TERRACE, June 17.—Two youths of juvenile age have been apprehended by the provincial police in connection with the recent burglarizing of J. L. Bethurem's general store at Usk. Goods alleged to have been taken from the store have been recovered but there is no evidence as yet to connect the boys with the opening of the safe and the taking of $45 in cash therefrom.

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NOBODY needs be without a RADIO
From $20.00 up
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THIRD AVENUE

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