

When the first mouthful makes you shout.

NOW THERE'S A REAL FLAVOUR!

... you'll get the quick energy you really need!

The harder pressed you are, the more you need a morning meal that does these three vital things. First, the very sight of it should make your mouth water. So that next you'll really get from it the quick energy you need. And last, it must go on releasing energy for hours!



FIVE TO ONE VOTE records family choice. In a recent Dominion-wide survey, housewives were asked "What ready-to-eat cereal is favourite in your family?" As compared with any other corn flake mentioned, the vote was Kellogg's five to one!



SAVE MONEY! Ask for Kellogg's Corn Flakes in the new family-size package! Remember, Canada's favourite cereal costs only a few pennies for the whole family's breakfast or supper.

IS KNOWN IN RUPERT

Group Captain L. F. Stevenson Now in Charge At Regina

Royal Canadian Air Force recruits, training for their wartime jobs at No. 4 Training Command of the British Commonwealth Air Training plan with headquarters at Regina, have their work cut out for them to follow in the footsteps of their stern-visaged chief, 45-year old Group Captain Leigh Forbes Stevenson, who is well known in Prince Rupert through having been here in connection with preliminary surveys a couple of years ago for the Seal Cove air base.

But fledgling war birds can go about their chores in the knowledge that their commander has an especial regard for men of the ranks. He was a ranker at one time himself.

At the age of 16 Group Captain Stevenson joined the 73rd Northumberland Regiment as a private and ever since this fighting flying man from Richibucto, N. B., has been climbing steadily.

Today he has charge of 23 air training units scattered as far west as the Pacific Coast. His job is to look after the administration of all kinds of schools—flying, observing, bombing, gunnery and wireless training stations.

With him at his Regina headquarters Group Captain Stevenson has a staff of 22 officers, 25 sergeants and 12 civilians.

This distinguished Canadian airman has watched the R.C.A.F. grow since he joined it in March, 1921, but ever since he first signed up for service with the Northumberland Regiment 29 years ago his activities have been varied and calculated to give him experience that now becomes valuable in organization of air training administration in western Canada.

From the Northumberland Regiment young Stevenson transferred to the 32nd Manitoba Light Horse and three months after the First Great War he was on strength of the Canadian Expeditionary Force.

Later he transferred to the 8th Battalion and in July, 1916, was commissioned and appointed bombing instructor with the 145th and later the 236th battalion. In January, 1918, he joined the Royal Flying Corps but returned to the infantry after the Armistice.

Since the First Great War, in addition to his service with the R. C. A. F., he worked three years with the old Union Bank of Canada and as a sub-chief with the Dominion Forestry Service.

Group Captain Stevenson has been Canadian liaison officer at the British Air Ministry in London and attended the Royal Naval Staff College at Greenwich. For some years he commanded the Camp Borden, Ont., R. C. A. F. station.



HOME CASUALTIES

SYDNEY, N.S.W., May 30: (CP)—One soldier was killed and 23 others injured when a motor truck carrying 25 men to a military camp here overturned.

Annette's Month End Sale

Sale Starts Friday, May 31st, 9 a.m.

Coats, Trotters—In Rose, Beige, Turquoise, Fuchsia, Dusky Pink, Dusty Blue. Regular value \$12.95. Month End Sale Special \$7.95

Polo Coats—All colors and sizes. Regular value \$12.95. Month End Sale Special \$12.95

Girls' Coats—Sizes from 3 to 9. Regular value \$6.95. Month End Sale Special \$4.95

White Chenille Housecoats—On figured ground regular value \$9.95. Month End Sale \$5.95

Dresses—Sheers, Crepes in Afternoon and Street. All new dresses. All new shades. Month End Sale Special \$4.95

Dresses—Women's printed crepes, long sleeves. Sizes 44 to 52. Reg. value \$5.95. Month End Sale Special \$3.85

LINGERIE

Rayon Nightgowns—Regular values to \$1.95. Month End Sale Special \$1.00

Rayon Pajamas—Regular values to \$2.50. Month End Sale Special \$1.00

Shoes—Girls' Weggies, Pumps, Straps, Rust, Wine, Brown and Black, White Brown trim, Sandals in green, gold, Blue, etc. Regular values to \$4.95. Month End Sale Special, per pair \$1.95

Full Fashioned Chiffon and Semi-Service Hose Every pair perfect, all shades and sizes. Month End Sale Special, 69c per pair

Rayon Pantees and Bloomers—Regular values to 59c. Month End Sale Special, 3 for \$1.00

Satin Strip Slips—Regular value 79c. Month End Sale Special 50c

Silk Hose—Regular value 39c. Month End Sale Special, 3 pair \$1.00

White Purses—At \$1.00

Just Arrived! Supersilk Hosiery—All shades, all sizes. Pair \$1.00

These and Many More Values on Sale at

Annette Ladies' Wear Company

530 THIRD AVENUE

GARDEN NOTEBOOK

A good war motto for everyone on, several weeks earlier than usual today is "Keep your garden going all and eliminate the weeds."

This week I paid a call at Billy Reid's place. His is a summer garden and his seedlings are all in place and looking well. Some of them are already showing bloom but he has a later lot that will not be out for a month. This year he is growing his chrysanthemums in large pots or tubs so that they can be moved inside if desired. Mrs. Reid has also started a rockery that has possibilities.

Tending a garden keeps one from fooling away his time in some other direction.

The decision of the Horticultural Society to make next week Garden Week comes at a time when the thoughts of most people are turned towards the war. However, it will be a relief to go around and look at some of the gardens and see what is being done in that line. It should prove restful to get away from the radio for an hour. Any who would like to loan a car for the occasion will be welcomed. If this weather keeps up there will likely be more people wanting to go than there are cars to take them.

Iris and day lilies are beginning to bloom. I have a water iris that is the first to show bloom in my garden. The next is a tall iris given me this season by Charles Balagné. It too is growing in a wet place. Some of the clumps have not commenced to show signs of blooming. Of course there are early iris that are over by now and there are later varieties that will not bloom for weeks but as a general rule the iris season is just coming

Walking home I chatted a few minutes with W. J. Lineham. He has a new sunken garden that is effective. He says that while he has been looking after other people's gardens he has been neglecting his own. However it looked very good to me.

We crossed the road and took a look at Mrs. Tattersall's garden. Considering that the city water pipe had been laid through it recently, it was wonderful. There is a group of little gardens there that look well. One is the Wilson Murray place and the other the head of the city police, Sergeant Jacklin. The most attractive part of Mrs. Tattersall's place is at the back where she has an irregular sunken garden and rockery.

P. W. Anderson has a real novelty and a very beautiful one. He has a fine box of snapdragons in full bloom. The plants were outside in the box all winter and as soon as the spring opened they began to

grow. In fact they bore blooms almost all winter. The flowers now are large and the colors pure. Naturally, Mr. Anderson is very proud of them.

This is tulip time and a good many people are making comparisons of the displays in various gardens. Dr. Hankinson has the biggest display in the city and it certainly looks fine but a good many people would have preferred to see it broken up by shrubs or perennials. Have you seen Charlie Mill's fine tulips? They are worth crossing the city to admire.—H.F.P.

Surprise Party On Ninetieth Birthday

Some twenty friends called recently in a surprise visit on Mrs. Alice R. Reilly who has achieved her ninetieth birthday and is still in good health and spirits. The gathering took place at the home of Mrs. Reilly's daughter, Mrs. J. G. Viereck. Mrs. Reilly sat at the head of the table and cut her birthday cake. A presentation was made and Mrs. Reilly suitably expressed her appreciation.

During the evening bridge was played, the winners being Mrs. Agnes Murray and Mrs. J. H. Parsons. At Mrs. Reilly's family birthday party there were four generations present.

Mrs. Reilly came here first in 1908 and has lived in Prince Rupert for most of the time since then.

HOME CASUALTIES

SYDNEY, N.S.W., May 30: (CP)—One soldier was killed and 23 others injured when a motor truck carrying 25 men to a military camp here overturned.

ON WITH THE BAND

LONDON, May 30: (CP)—The show must go on. Before curtain rising, Debroy Somers, band leader, received a message that his 19-year-old son had been killed in action. He conducted two performances as usual.

Announcements

All advertisements in this column will be charged for a full month at 25c a word.

Evening Branch W.A. Tea, May 30, Mrs. J. B. Gibson's.

Girl Guide Association Tea, Mrs. J. R. Morrison's, McBride Street, June 1.

Presbyterian Missionary Tea, Mrs. Wm. Lambie, June 5.

Hospital Auxiliary Tea, Nurses' Home June 6.

P.T.A. Tea and Children's Display, Oddfellows' Hall, Friday, June 7.

Lutheran Sewing Circle Tea and Sale, Mrs. Murvold's, June 13.

Anglican Tea, Mrs. J. W. Nicholls', June 13.

A Navy Auxiliary Tea and sale of home cooking will be held in the R.C.N.V.R. Barracks, June 15, 3-6.

Canadian Legion Picnic, June 16.

102nd Auxiliary tea, Mrs. S. D. Johnston's, June 20.

Cambrai June Frolic, Moose Hall, June 21.

Valhalla Picnic June 23.

Presbyterian Tea, Mrs. J. R. Mitchell's June 25.

Plan Your Holiday Now..

The SANGAN CAMP near Massett offers a splendid holiday for young and old—good bathing 2 minutes walk from River or Sea, a beautiful spot with separate Cottages or Tents fully equipped. Excellent meals served in Dining Room at reasonable rates. Store on premises for campers. Badminton, out-door games, beach and boat picnics. Bring your friends and enjoy a real vacation with your families.

Children over 8 years without parents carefully looked after and given a good time.

For full particulars apply MRS. DUNN SANGAN RIVER HOLIDAY CAMP Nr. Massett, B. C.

B. C. Furniture Co.

Big Savings In Furniture

30 Inner Spring Filled Mattresses Over 200 tempered springs covered by a layer of cotton and of durable ticking. Regular \$17.50. Now \$12.95

6 Strongly Constructed Couches Can be made into double bed with a heavy comfortable mattress. Special \$18.75

Bed Springs and Mattress Includes steel bed and good quality cable spring and felt mattress. Size 3-3, 4-0. Special \$20.50

12 Walnut Finished Full Panel Beds With spring filled mattresses and cable springs. Size 3-3, 4-0, 4-6. Special \$37.50

4 Sets of 3-piece Chesterfields In all new colors and styles including brown, rust and one set in red and green. Special \$75.00

One 4-piece Bedroom Suite In waterfall design. Walnut finish consisting of vanity with round mirror, chiffonier, bench and bed. Special \$72.50

6-Piece Bedroom Suite Consisting of vanity, bench, bed, large size chiffonier, spring filled mattress and spring \$118.50

24 Felt Mattresses In all sizes. Special \$6.95

Phone BLACK 324 Next Door to B.C. Clothiers THIRD AVENUE

(Meet Her in a Meter Cab)

DE LUXE METER CABS

PHONE 13

4 Can Ride for Price of One

SOUTH TO VANCOUVER!

calling at OCEAN FALLS and POWELL RIVER

Steamer leaves Prince Rupert every THURSDAY, 11.15 p.m.

Trains leave Prince Rupert for the East Monday, Wednesday, Friday, 6 p.m.

Steamer for Ketchikan and Stewart every WEDNESDAY, 2 p.m.

For fares, etc., call or write City Ticket Office, 528 3rd Ave.

See that Smile! He drinks Old Style

Quenches thirst with a keener thrill and leaves you delightfully refreshed. Order a case today.

CAPILANO BREWING CO. LTD., VANCOUVER, B.C.

Phone 654 For Free Home Delivery



Perk up with Old Style Beer

This advertisement is not published or displayed by the Liquor Control Board or by the Government of British Columbia.

MEN REQUIRED FOR SERVICE IN THE ROYAL CANADIAN NAVY

The Royal Canadian Navy requires men with Marine Engine Room or Stoker experience (Steam or Diesel) for service with the Canadian Naval Forces during hostilities. Candidates should apply in writing to the Naval Secretary, Department of National Defence, Ottawa, giving the following particulars: Name, address, Date of Birth, Class and number of Marine Engineer's Certificate, Particulars of former Naval Service (if any); Particulars of Mercantile Marine Service, Date of last Sea Service, Particulars of Experience since last Sea Service.

Candidates under forty-five years of age will be given preference but those particularly well qualified may be accepted up to the age of fifty-five years.

Accepted candidates will be entered in the Royal Canadian Naval Reserve in one of the following ratings, according to their qualifications:

Chief Engine Room Artificer—1st or 2nd Class.

Engine Room Artificer—1st, 2nd, 3rd, 4th Class.

Chief Motor Mechanic—1st, 2nd, 3rd, 4th Class.

Master Mechanic, Chief Stoker, Chief Engine Room Artificer, Chief Engine Room Artificer, Chief Engine Room Artificer, Chief Engine Room Artificer.

Pay will range from \$2.00 to \$4.05 a day and Marriage Allowance will be payable at the rate of 75c a day for wife and 25c a day for each child up to four.

Dependents' Allowance for Widowed Mothers and other specified genuine dependents at the rate of 95c a day. Maximum Allowance payable for both Marriage and Dependents' Allowance combined is \$1.75 a day.

Acting Deputy Minister (Naval) Dept. of National Defence. Ottawa, Ont. May 23—1940. H. 429126-942-P.D. 175