Expert OPTICAL SERVICE

CHAS. DODIMEAD
Optometrist in Charge

Watch, Clock, Jewelry Repairing, Hand Engraving

Visit Our Basement Store—For Fine China, Dinnerware, Glasses, Baggage and Novelties

MAX HEILBRONER
JEWELER — DIAMOND MERCHANT

Accessories Make the Woman . . .

AND PEOPLES STORE HAVE THE ACCESSORIES

Just Arrived!

FINE IMPORTED KID GLOVES

We were fortunate in securing a substantial stock of imported Gloves. Don't miss this opportunity . . . Styles and sizes for all and at last year's prices too.

You'll Find What You Want Here:

PURSES — HANDKERCHIEFS — FLOWERS
HOSIERY — JEWELERY — SCARVES

RUPERT PEOPLES STORE

"In the Heart of Prince Rupert"
THIRD AVE. — Next to Heilbroner's — Phone BLUE 907

SEAMLESS AXMINSTER RUGS

2 Only 9x12, each	$59.50	1 Only 9x9	$49.00
3 Only 9x12, each	$63.00	1 Only 6'9x9	$31.00
2 Only 9x12, each	$72.00	3 Only 6'9x9, each	$39.00
1 Only, 9x12	$79.00	1 Only 6'9x9	$42.00
1 Only 9x10½	$65.00	2 Only 4'6x7'6, each	$19.00
1 Only 9x10½	$52.50	4 Only 4'6x7'6, each	$21.00
		1 Only 4'6x7'6	$27.00

A Deposit Will Hold Any of These Rugs Until Christmas

Elio's Furniture Store
THIRD AVENUE

COAL! COAL!

It is only natural that a man should want to hang on to his money as long as he can, but when it comes to the coal buying question you should part with some of your cash at this time while the autumn coal price rules.

HEAT WAVES ROLL FROM FOOTHILLS COAL

Philpott Evitt & Co. Ltd.
PHONE
651—FOR COMPLETE SATISFACTION—652

J. H. BULGER
Optometrist
Opposite Post Office

We Also Carry
BELMONT CO.
Ladies' and Gents' Suits or Topcoats to Measure.
M. T. LEE, Tailor
P. O. Box 975 Phone Gr. 960

Canadian National Railways

Steamers leave Prince Rupert for Vancouver

Thursday at 11:15 p.m., calling at Ocean Falls and Powell River.

Saturday at 11:15 p.m., calling at Ocean Falls.

Winter Excursion Fare, Vancouver and Return

$36.00 Plus Tax

Tickets on sale Nov. 15th, 1941, to Feb. 15th, 1942. Final return limit March 15th, 1942.

Trains leave Prince Rupert for the East
Monday, Wednesday and Friday at 6:00 p.m.
Air-Conditioned Sleeping and Dining Cars

For full information, reservations, etc., call or write
R. S. GREIG, CITY PASSENGER AGENT.
528 Third Avenue Phone 269 Prince Rupert
Agents for Trans-Canada Air Lines

EDUCATION CAMPAIGN

Ottawa Survey Finds Malnutrition Prevalent In Canada With Mother Worst Fed Of All

OTTAWA, Nov. 14: (CP)— Recent surveys which show that malnutrition is prevalent in Canada despite plentiful food supplies, will form the basis of a nation-wide educational program to be launched by the Department of National Health within the next two months.

Preparations for the campaign, the result of two years' study, are practically complete, Dr. R. E. Wodehouse, deputy minister of pensions and national health said. Final details will be worked out at a conference of the Canadian Council on Nutrition to be held shortly.

About 40 percent of the people studied were considered adequately fed, with another 40 percent getting three-quarters of what they required and 20 percent getting little more than half of what they needed.

"Food is not fairly distributed in the family," their report stated. "The worst fed member is the mother; the best fed the father or wage earner. Of the children, except for vitamin C, worst fed is the teen-age youngster, who, few people realize, needs more food than the average adult."

The surveys which illustrate the need of nutritional education were made in Halifax, Quebec, Toronto and Edmonton and showed serious lack of some important elements in the diets of the families studied.

Deficiencies Evident

In a summary of the four surveys it was reported: "All of the low-income surveys show that there is a shortage of protective foods which can be relief upon to furnish minerals and vitamins. Three marked deficiencies are evident; calcium, particularly for the children, the B vitamins for all individuals and iron for the women and children.

"The higher income families had definitely better supplies of food but even in these families, there was a deficiency of the B vitamins. One conclusion is clearly evident from these surveys—many families in Canada are not securing supplies of food adequate for health, for proper growth of children and for working efficiency."

Lack of nutritional information ranked with economic restrictions in responsibility for unbalanced diets, it was found. The campaign which is now being planned will be designed to provide this information.

Throughout the four surveys care was taken to assure accuracy in the findings with individual helpings being weighed in some cases. At Halifax, where the survey was made by E. Gordon Young of Dalhousie University, 82 families with annual income of from $450 to $1,500 a year were studied.

The families had an average income of $19.68 a week and most spend only from 30 to 60 percent of their income on food. The findings showed only 10 percent equal to or above a specified standard, 20 percent ranged down to 70 percent of the standard and 70 percent were below that figure.

40 Percent On Food

Dr. J. E. Sylvestre, Quebec director of nutrition, and Dr. Honore Nadeau of Laval University, made the Quebec study among 76 families with an average income of $21.44 a week. They found the families spent on an average 40 percent of their income on food.

"Low income, the large number of individuals per family and lack of knowledge concerning food values have been given as reasons for the inadequate food intake," they reported. "The high infant mortality rate in Quebec his been lowered through educational effort."

ENFORCED LANDLUBBERS

LONDON, Nov. 14: (CP)—International law forbids 400 British sailors, fit and eager to get back into service, to go to sea until after the war. They were captured in the Indian Ocean by a Nazi raider and released after being forced to sign a promise not to sail or fight again.

NAMED FOR VICTORY

Kuibyshev, formerly Samara, temporary capital of the U. S. S. R., was named in honor of the man who won and defended it for the Soviet.

WHEN NOT AT WAR

Three-quarters of the population of Finland live in the rural districts.

QUAKER OATS
CANADA'S SUPER BREAKFAST FOOD

An Excellent source of Vitamin B,

Enjoy its Natural Benefits Daily

ORDER FROM YOUR GROCER TODAY!

Whifflets From The Waterfront

L. W. Patmore, chairman of the International Fisheries Commission, and A. J. Whitmore, another Canadian member of the commission, will be in Prince Rupert at the middle of next week for conferences with local operators in the halibut fishing industry in regard to projected regulations for 1942. Mr. Patmore is coming north from Victoria and Mr. Whitmore is coming out from Ottawa. The meetings are to be held next Wednesday and Thursday.

C.N.R. steamer Prince Rupert, Capt. Neil MacLean, arrived in port at 9:30 this morning from Vancouver and Ocean Falls and will sail at 3 o'clock this afternoon for Ketchikan and Stewart whence she is due back here tomorrow night southbound. The vessel had a rather rough trip up the coast.

C.P.R. steamer Princess Adelaide, Capt. R. C. McGreachy, arrived in port at 1:30 this afternoon from the south and will sail at 10 o'clock tonight on her return south over the same route.

Union steamer Cardena, Capt. John Boden, is due in port at midnight tonight from the south and will sail soon thereafter on her return to Vancouver and waypoints.

So Many Twins And Few Prams

LONDON, Nov. 14: (CP)— Baby carriage manufacturers, running a poor second to the stork, cannot meet the demand for perambulators, especially two-seaters for twins. "There are more babies than new prams," explained an official of the Perambulator and Invalid Carriage Manufacturers' Association. "Stocks have been used up and every new pram is sold before it is finished."

BUT SPEECHLESS

The chamelon has a tongue longer than its whole body.

EARLY LEATHERNECKS

The United States Marine Corps was established in 1775.

Canada At War 25 Years Ago

Nov. 14, 1916—British captured Beaucourt in continuation of drive on Bapaume; nearly 6,000 prisoners taken in two days' fighting. Rumanians defeated at Tirgu Jiu. United States protested deportation of Belgian civilians to Germany.

TRAPPERS

Have large order for all kinds of furs. Am paying 30% more than anyone else. Ship your furs. Will wire by return. If not satisfied will ship goods back paying express both ways.

GOLDBLOOM
"The Old Reliable"

GHOST FILM IS SHOWING

Bud Abbott and Lou Costello Head Cast of Mad Comedy Now at Capitol Theatre.

Mid hilarity amid the eery atmosphere of ghosts and spooks is featured in "Hold That Ghost," with Bud Abbott and Lou Costello, which is the week-end picture at the Capitol Theatre here, opening today and continuing tomorrow. Playing in support of the stellar comics are Richard Carlson, Joan Davis, Mischa Auer, the Andrews Sisters and Ted Lewis and his orchestra. Carlson and Miss Ankers provide the romantic interest of the piece.

With a long abandoned and supposedly haunted roadhouse on Long Island the principal background, "Hold That Ghost" is a rip-roaring story held together with lively dialogue and gags as well as some popular.

Opening in a night club where Lewis and his band and the Andrews Sisters supply the entertainment, the vehicle moves speedily to a gas station where Abbott and Costello accidentally become entangled with a gangster, inheriting the deserted inn when he is slain by police. With ghosts acting as their stooges, Abbott and Costello make the sky the limit for their mirth-provoking antics.

Special photographic effects are also featured in the picture.

CASUALTIES RATIONED

GLASGOW, Nov. 14: (CP)—Casualty lists of Austrian units fighting for the Nazis in Russia are "rationed" says Austrian Socialist News. Next of kin are informed by post and post offices distribute only a limited number daily.

IT'S A GHOST-TO-GHOST HOOKUP!

ABBOTT & COSTELLO
the two funniest men on the screen in
HOLD THAT GHOST
a New Universal Picture with
RICHARD CARLSON
MISCHA AUER . JOAN DAVIS
The ANDREWS Sisters
TED LEWIS

at 1:31, 3:35, 5:39, 7:45, 9:49

— EXTRA —
Canada Carries On presents
"TALE OF TWO CITIES"
WORLD NEWS AND CARTOON

CAPITOL
A FAMOUS PLAYERS THEATRE

Complete Shows at 1:09, 2:57, 5:01, 7:06, 9:11.

TODAY AND SATURDAY

NINE DIED, NINE LIVED

PORTSMOUTH, Nov. 14: (CP)—A. V. Alexander, First Lord of the Admiralty, in tribute to Britain's merchant seamen, told how nine men were kept alive for 15 days on a raft with only three teaspoonfuls of water daily, while nine others died.

There are about 4,500 native reindeer owners in Alaska.

ASK DUTCH TO PAY

LONDON, Nov. 14: (CP)—By Royal decree signed by Queen Wilhelmina, Netherlanders living outside Netherlands territory are asked to help their government pay for the war. The decree asks for five percent of their total income after some exemptions.

Last bank failure in Scotland was in 1878.

When You Want a Reliable, Comfortable, Dependable
TAXI Service PHONE 13
24-Hour Service at Regular Rates

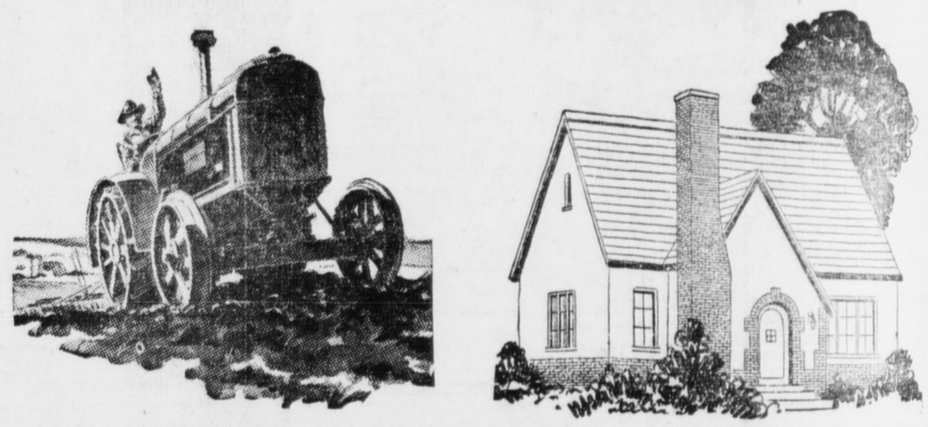
TAKE GRANT'S FOR GRANTED....

Grant's LIQUEUR Scotch Whisky.... 26⅔ OZ. $4.10

G.30

Distilled and bottled in Scotland

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



GURVICH CONTRACTORS

Houses Moved To Any Location

BASEMENTS AND FOUNDATIONS
EXCAVATED AND ERECTED
DUMP TRUCKS AND COVERED VANS

For Hire
By The Day Or By Contract

Rock and Soil For Sale When Available

OFFICE: EXCHANGE BLOCK PHONE 32