HELP CANADA KEEP FIT

GOOD SCOUTS EAT TO "KEEP FIT"

Start your youngsters off with a breakfast that includes the nourishment and food-energy in Nabisco Shredded Wheat. It's 100% whole wheat, in which all the bran, wheat germ and minerals are retained. For smiles all 'round, serve Nabisco Shredded Wheat and milk, with fresh strawberries!

THE CANADIAN SHREDDED WHEAT COMPANY, LTD.
Niagara Falls, Canada

NABISCO SHREDDED WHEAT

LOCAL NEWS NOTES

Norman Watt left on last night's train for a brief trip to Terrace.

▲Ladies' Special Business Meeting, Thursday, May 21, 8 p.m. Refreshments. (118)

▲Attention all operating engineers. Special meeting tonight, 8 p.m. Carpenters' Hall. Local 510. (118)

Miss Kitty Cameron will sail on the Prince Rupert tonight for a visit at Ocean Falls.

Miss Philomena Murray is sailing tonight on the Prince Rupert for a trip to Vancouver.

Tonight's train, due to arrive from the East at 11 o'clock, was reported this morning to be on time.

J. S. Wilson was a passenger leaving on last night's train for Winnipeg where he will attend the Canadian Legion Dominion Convention.

Mr. and Peter Husoy will sail on the Prince Rupert tonight for Victoria. They were married recently, the bride having been the former Miss Elsie Giske.

Violet Morrison, Indian, for vagrancy, was sentenced to three months' imprisonment in city police court yesterday.

Bob Eby will sail on the Prince Rupert tonight for Vancouver. He is returning to his naval duties after spending leave here with his parents, Mr. and Mrs. D. C. Eby.

▲Time Now! House Spring Cleaning! For Years you have been throwing everything into the basement; articles for which you have no use. We know hundreds of people who will buy what you dispose of. Stoves, beds, table, chairs, doors, windows, tools and hundreds of articles to numerous to mention. We give you our best cash offers, or in trade for home requirements. It is important to you. It is to us. Our phone number Green 916. Elio Furniture Store Third Avenue. 1m

Miss Isabel Brannan returned to the city on the Prince Rupert yesterday from a holiday trip to Vancouver.

Tommy Thompson, formerly a member of the staff of the local branch of the Royal Bank of Canada, is now with the main office in Vancouver.

Miss Jessie Rothnie, who has been nurse in charge of the Stewart General Hospital, was a passenger aboard the Catala on Tuesday going through to Vancouver.

H. F. Pullen, now in Vancouver for treatment for his illness, is making continued progress. He has just been moved from the Vancouver General Hospital to a Kerrisdale nursing home.

Major and Mrs. A. Halvarson, transferred from Petersburg to South Vancouver in the Salvation Army work, were here aboard the Princess Louise Tuesday afternoon going south. They were formerly located at Hazelton.

Eyes troubling you? Consult your OPTOMETRIST

Capt. J. Bowen-Colthurst, who has been at Terrace for the past week, will arrive in the city on tonight's train from the interior and will sail on the Prince Rupert for his home at Sooke, Vancouver Island.

Adjutant and Mrs. Stanley Jackson, transferred to Edmonton after having been in charge of Salvation Army work at Juneau for the past four years, are spending a couple of days in the city. They arrived from the Alaska capital on the Princess Louise Tuesday afternoon and will proceed to Edmonton on tomorrow evening's train. Adjutant Jackson is a member of the Juneau Rotary Club and was a guest at the local club's weekly luncheon today.

H. C. Hayne, chief locating engineer for the Skeena River highway connecting Prince Rupert with the interior highway systems, returned to the city on the Prince Rupert yesterday following a trip to departmental headquarters at Victoria.

E. R. Elliott, who has been on the staff of the general passenger agent's office of the Canadian National Railways at Vancouver, arrived in the city from the south on the Prince Rupert yesterday to join the staff of the city passenger agent's office here.

"Fanciful Facts and Figures" was the subject of a unique discourse, both humorous and oddly informative, which was given before the Prince Rupert Rotary Club at its regular weekly luncheon today by Dr. Neal M. Carter. President P. H. Linzey was in the chair and there was a good attendance of members with a few guests as well.

Gust and Paul Ross of this city are both in Vancouver now. The former is receiving treatment following a recent incident here when he was slugged in the head. Paul, who has been ill for some time, is in the nursing home operated by Mrs. A. E. Oakley, formerly of this city.

Mrs. Laura Bolton of Ottawa, who is identified with the National Film Board, arrived in the city yesterday on the Prince Rupert and will be here for the next ten days or so in connection with the photography of native industries. Leroy Robins, official photographer, is already in the district and will be coming in from Vanderhoof on tonight's train.

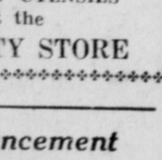
J. Beaton, senior secretary for Canadian Y.M.C.A. War Services, and Alan Hurst, Area Secretary for Y.M.C.A. war services, will arrive in the city tomorrow. Mr. Beaton will leave on the evening train for the interior. Before the war, Mr. Beaton was the Y.M.C.A. head in Montreal and has been loaned for the duration to Y.M.C.A. war services.

Mrs. Wizner Bryant, formerly of this city and now in Vancouver, is recovering from a recent appendicitis operation, according to word received in the city from the south.

FOR SALE

Complete with Furniture—1 small Rooming House—1 modern 4 room living house—1 three room semi-modern living house. All in good condition. This choice property located at Prince George, B.C., 1½ blk. from shopping centre and theatre. 90' front and about 300' from R. R. Station. Ideal place for hotel. Undersigned selling out owing to death breaking up home. Terms Cash. Phone Green 438. Write: MR. R. HOLDEN, c-o P. O. Box 606, Prince Rupert, B.C.

POST OFFICES SELL THEM



Take part of your change in WAR SAVINGS STAMPS

FROM BANKS • POST OFFICES DEPARTMENT STORES • DRUGGISTS GROCERS • TOBACCONISTS BOOK STORES and other RETAIL STORES

NEW ROYAL HOTEL
J. ZARELLI, PROP.
"A Home Away From Home"
Rates 75c up
50 Rooms Hot & Cold Water
Prince Rupert, B.C.
Phone 281 P.O. Box 196

Get Your Enamelware for the Kitchen
COOKING UTENSILS
at the
VARIETY STORE

Announcement
We are glad to announce that we are now adding a SHOE REPAIRING DEPT. at our shop, with Mr. Charlie W. Yatt in full charge. As Charlie has many years' experience in the trade he knows how to rebuild your shoe right. Let him do it for you.
We also carry DRESS SHOES AND WORKING BOOTS
LING, the Tailor
Sixth Street Phone 649
Suits Pressed by Steam While You Wait.

B-H OIL SHINGLE STAIN for DURABILITY ECONOMY and ARTISTIC EFFECTS

A gallon of B-H Shingle Stain covers from 150 to 200 square feet—and we mean COVERS! Here's an oil stain that protects and gives your home a good-looking roof for years to come. Choose B-H Oil Shingle Stain for a good job!

GORDON'S HARDWARE
Phone 311 McBride Street

DAILY NEWS WANT ADS BRING RESULTS. PHONE 98.

ZEST begins at breakfast

FOR A SELF-STARTER breakfast, try a bowl of Kellogg's Corn Flakes with milk and sugar... gives you enough food energy, for example, to go up and down stairs 50 times or to bicycle seven miles. And you can't beat the *exclusive* Kellogg flavour! Moreover, Kellogg's Corn Flakes take only 30 seconds to prepare—with no messy pots and pans to wash up afterwards. Comes in two convenient sizes. Get some today! Made by Kellogg's in London, Canada.

THE "SELF-STARTER" BREAKFAST!

STENOGRAPHERS AND TYPISTS
(Female)
For Positions at Grade 1, Grade 1A, and Grade 2 In Dominion Government Departments

Salaries, including cost of living bonus, less 5% deduction for savings for retirement, as follows: $66.60—no experience; $83.25 and $99.90—one and two years' stenographic experience, respectively. Physical fitness; age not under sixteen years. Applications from married women accepted. Candidates available to serve at Ottawa are URGED to apply. Those not available for service at Ottawa will be listed for employment in the Province or centre in which they reside. Apply immediately, on forms obtainable at Post Offices, to—

CIVIL SERVICE COMMISSION, OTTAWA

Your favorite breakfast—
NEW PACKAGE!
NEW TRADE MARK!

SAME FLAVOUR!
SAME FRESHNESS!
SAME WHOLE WHEAT GOODNESS!

• Now that cubs has become a popular Canadian breakfast cereal on its own merits... we are proud to welcome it, under the new trade mark, "Shreddies"*, into the Shredded Wheat family. Only the trade mark and package have changed. This ready-to-eat spoon-size cereal has that same tasty mellow malt flavour blended with the nut-like goodness of whole wheat. And it has all the wholesome energy of whole wheat, including the bran, the minerals, the protein, the precious Wheat Germ. Try your old friend, Cubs, in its new package as "Shreddies" today.

Shreddies

*SHREDDIES is a registered trade mark owned in Canada by the Canadian Shredded Wheat Company Limited.

Contains the precious WHEAT GERM

The wheat germ is a recognized source of Vitamin B1. This vitamin is vital to the normal development of children, as well as adults. "Shreddies" bring you the whole wheat, including the precious wheat germ.

A PRODUCT OF THE CANADIAN SHREDDED WHEAT CO. LIMITED
NIAGARA FALLS • CANADA

Announcements

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

I. O. O. F. Victoria Day Ball. May 22.

Little Norway Tea and Sale of Home Cooking, May 21. Mrs. Munthe, 4th Ave., West.

Auxiliary Tea, Nurses' Home, May 28.

Dance, St. Peter's Hall, May 29.

Red Cross Tea. June 3.

Parent Teachers' Tea. Oddfellows' Hall. June 5.

Tea, Lutheran Church June 6.

Presbyterian Missionary Tea, Mrs. Bremner, June 10.

Anglican Tea, Mrs. J. W. Nicholls, June 11.

Hill 60 Tea June 17.

St. Peter's Tea, Mrs. J. W. Moorehouse, June 18.

United Strawberry Tea, Mrs. James Clark. June 24.

Catholic Tea, Mrs. Tolin's. June 25.

Anglican Fall Bazaar, Nov. 5.

Fresh Local Raw and Pasteurized MILK
VALENTIN DAIRY
PHONE 657

SAVOY HOTEL
Carl Zarelli, Prop.
Phone 37 P.O. Box 544
FRASER STREET
PRINCE RUPERT

AUXILIARY IN SESSION

Anglican Women Holding Annual Meetings at Cathedral — Miss Davies Resigning As President

The 31st annual meeting of the Caledonia Woman's Auxiliary of the Anglican Church opened yesterday morning with a Communion Service in St. Andrew's Cathedral. Rt. Rev. Bishop G. A. Rix was preacher.

After the service, luncheon was served in the Commodore Cafe. Guest speaker was J. V. Scrivener who gave a very educational and interesting talk and was thanked by G. P. Tinker. A corsage was then presented to Miss R. M. Davies O.B.E., the President, by Mrs. Thomas Andrew.

At the afternoon meeting in the Cathedral Hall, Miss Davies, the president, who was resigning after giving faithful service for six years, gave a splendid address. Following her address, tea was served and the meeting adjourned.

In the evening a reception was held by Dean and Mrs. J. B. Gibson in the Cathedral Hall. The speakers were Rev. E. W. Slater, Rev. E. W. Scott, Dean Gibson and Miss Bird. A very enjoyable evening was spent with music and refreshments.

Major A. S. Parks, recruiting officer for Northern British Columbia, returned to the city on Tuesday night's train after a two weeks' trip through the interior. During the trip he signed up some fifteen recruits.

Miss Eleanor Graham, from Duncan, and Miss Elizabeth Ochs, from Abbotsford, arrived in the city on the Prince Rupert yesterday from the south. They are the new nurses of the public health unit which is being established in Prince Rupert with headquarters in the old museum building on Second Avenue.

Lorne Cornell
PAINTER AND INTERIOR DECORATOR
Phone Blue 142

GIVING TO RED CROSS

J. A. Curtis	
Chas. Balagno	
Mr. and Mrs. J. R. Morin	
H. Letourneau	
Mrs. W. McLeod	
Mrs. R. B. Morgan and Walter	
Miss B. French	
Miss G. B. Bedford	
Mr. and Mrs. A. W. Scott	
Miss M. V. Deeprose	
Mr. and Mrs. J. R. C. Deane	
Mr. and Mrs. T. C. Colwell	

J. H. BULGER
Optometrist
(Opposite Post Office)

BULKLEY VALLEY BUTTE
Arrives Fresh Every Week
We believe in featuring and helping our up-river farmers. Try it once and we feel sure you will want no other. It's freshness and quality is unsurpassed.
We also feature up-river VEGETABLES whenever possible.
MUSSALLEM'S Economy Store
"Where Dollars Have More Cents"
P.O. Box 575 Phones 18-

CERTIFICATE OF IMPROVEMENTS

Pieton and Scarab Mineral Claims. Situate in the Atlin Mining Division of Cassiar District on the West side of Pine Creek about 1-2 mile and North a mile North of lower Pine Creek Bridge.

TAKE NOTICE that I, James T. Underhill, F.M.C. 88655 E, acting as agent for Alex L. Cameron, F.M.C. 58061 E, owner of the Pieton M.C., and T. Cameron, F.M.C. 58061 E, owner of the Scarab M.C. intend, sixty days from the date hereof and not later than one year, to apply to the Mining Recorder for Certificates of Improvements for the purpose of obtaining Crown Grants of the above claims.

And further take notice that action, under section 85 of the "Mineral Act", must be commenced before the issuance of such Certificates of Improvements.

Dated this 8th day of April, 1942.

JAMES T. UNDERHILL, A.

IT'S THE WAR

Retail trade in England declined from one-third to one-half in 1941, compared with 1940.