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All dressed up to go places in Your Peoples Store New Spring and Summer Coat. See the new summer "Jeep" or Short Polo Coats, too. And don't forget, if it's a Tweed or Solid Color, go to Peoples Store first.

ACCESSORIES, TOO . . .

The Coat is only as smart as your purse, hat, gloves and dress that go along with it. Get them all at—

RUPERT PEOPLES STORE

NOTICE

Due to existing conditions we are forced to announce that commencing May 1st we shall be able to redeem our coupons for glassware only.

To our customers having coupons on hand, we suggest that they be turned in before May 1st as we have several valuable premiums in stock.

Coupons received after May 1st will be honored for glassware only.

MUSSALLEM'S ECONOMY STORE
"Where Dollars Have More Cents"

Phones 18-19 P.O. Box 575

UNTIL FURTHER NOTICE

A. MacKenzie Furniture Ltd.

Will be CLOSED ALL DAY THURSDAY, beginning May 13.

DAILY STORE HOURS, EXCEPT THURSDAY,
9:30 a.m. to 12 noon; 1:00 p.m. to 6:00 p.m.,
commencing Monday, May 10

Store located at 324-3rd Avenue West. Phone 775

Count your blessings and in thankfulness

BUY VICTORY BONDS

"GALIVANT" SHOES

IN BROWN AND BLACK BROGUES, GILLIES, TIES AND LOAFERETTES.

Welted Soles and Genuine Calf Leathers.

Perfect Fitting Lasts in Fittings AA to C Width.

Priced $5.85 and $5.50

FAMILY SHOE STORE LTD.
"The Home of Good Shoes"

CFPR

(1240 Kilocycles)

SCHEDULE

Thursday

— P.M. —

4:00—Victor Record Album
4:30—Richard Crooks
4:45—Transcribed Variety
5:00—Shall We Dance?
5:30—Xavier Cugat
5:45—The Trail of Truth
6:00—CBC News
6:05—W. R. McAfee
6:15—Gospel Interlude
6:30—Major Bowes
7:00—Victory Loan Quiz
7:30—Bing Crosby
8:00—Fred Waring
8:15—Front Line Family
8:30—Maxwell House Show
9:00—Stag Party
9:30—Songs of Empire
10:00—CBC News Rebroadcast
10:05—Stirling Young's Orchestra
10:30—Concert Time
11:30—Silent

Friday

— A.M. —

7:30—Musical Clock
7:45—CBC News
7:50—Musical Clock
8:30—Morning Devotions
8:45—Hawaiian Melodies
9:00—March Time
9:30—CBC News
9:35—Transcribed Varieties
10:00—Morning Visit
10:15—Blended Voices
10:30—Wilf Carter
10:45—They Tell Me
11:00—Scandinavian Melodies
11:15—Broadcast of Messages
11:30—Petit Concert

— P.M. —

12:00—Luncheon Music
12:30—Western Airs
12:45—CBC News
12:55—Program Resume
1:00—One O'clock Musicale
1:30—B.C. School Broadcast
2:00—Silent
4:00—Afternoon Musicale
4:30—Folk Music, Old and New
5:00—The Dansant
5:30—Dr. Sedgwick
5:45—Barbara Norman
6:00—CBC News
6:15—Henry King's Orchestra
6:30—Aldrich Family
7:00—Personal Album
7:15—Your Friendly Gardener
7:30—Kate Smith
8:00—Fred Waring
8:15—Front-Line Family
8:30—Sound Off
8:45—Are You a Genius?
9:00—Drama
9:30—Words and Music
10:00—CBC News
10:15—G. I. Jive
10:30—Melody Round-up
10:45—Stirling Young's Orchestra
11:00—Silent



Improved Vegetables

Gardening beginners often make the mistake of asking for varieties that perhaps were popular many years ago, without realizing that there has been vast improvement, and much better kinds are now available. Plant breeders have been steadily turning out better varieties, bigger, earlier and more tender than many of us knew in the old days.

There are beets and carrots that grow more quickly; radishes that are fit to use in a matter of days from the time of seeding; spinach that will not go to seed and become coarse so quickly; peas that will be ready to put in the pot in from 50 to 60 days.

All these points are most important, and especially to the beginner or the gardener in parts of Canada where early frosts are all too frequent. These varieties are much too numerous to be mentioned in detail here. The prospective gardener is advised to secure a good seed catalogue or up-to-date government bulletin which lists varieties suitable for the various areas of Canada. Incidentally, all varieties listed in Canadian seed catalogues are specially selected to thrive under Canadian conditions.

Transplanting

There is a lot of transplanting connected with gardening. In vegetables a great many things such as cabbage and celery, are usually bought as started plants from seedsmen or greenhouses and set out in permanent quarters while almost any flower — perennial as well as annual—can be purchased in this way. The same, of course, applies to all nursery stock, fruit and ornamental trees, shrubbery, roses, vines, etc.

The secret of successful transplanting is to purchase in the first place good, healthy, stout stock, and then in doing the job expose the roots as little as possible to the air. Set out on a dull day or in the evening. Firm down the earth well around the plant, tree, or whatever is being transplanted, and water well. With big trees—six or seven feet high—this may mean a pail of water each, and every few days if possible. With small things like tomatoes or cosmos, a pint or so around each plant will be sufficient. Earth around the roots should be fine and of good fertility, and it should be kept well cultivated while the plant is getting established. With trees this means cultivating for at least the first year and for about three feet all around the trunk.

Staking

Big, bushy or tall plants like dahlias, tomatoes, peonies, delphinium, as well as fruit and ornamental trees, will benefit from staking. Stakes will hold them firmly in position, preventing the wind moving them around and breaking off tiny feeding roots. Stakes are best driven in at transplanting time so as not to disturb the roots.

The stakes should be fairly stout, at least an inch square. The plants should be tied to the stakes with soft twine or raffia. All side shoots on staked tomatoes are pinched off as soon as they form, but not of course the blooms which come at the junction of the side shoots and the main stem.

Local Tides

Friday, May 14			
High		9:22	16.1 feet
		21:37	18.0 feet
Low		3:09	9.1 feet
		15:21	7.0 feet
Saturday, May 15			
High		10:17	17.0 feet
		22:39	19.0 feet
Low		4:09	8.0 feet
		16:15	6.9 feet
Sunday, May 16			
High		11:06	17.9 feet
		23:19	20.0 feet
Low		5:00	6.6 feet
		17:04	6.3 feet
Monday, May 17			
High		11:51	18.7 feet
		23:56	20.9 feet
Low		5:45	5.0 feet
		17:49	6.0 feet

Sensible Advice to Sufferers

Rheumatic Aches— Pains — Backaches

It's Good Advice, Take Allenru

The days of gainful labour lost in Canada every year thru that enemy of mankind—Rheumatism—are enormous.

But in physical pain and agony and suffering what is the loss?

Why not make up your mind today that you are going to get the excess acids out of your system. The very first thing to do is go to Ormes Limited or any progressive druggist and get a bottle of ALLENRU—the cost is but little.

Complete and simple directions on how to swiftly and sensibly combat these stubborn and acute pains comes with each bottle and you'll be mighty thankful that you followed these instructions. Take good advice—take ALLENRU. Start today. Satisfaction is guaranteed or money cheerfully refunded.

GOLD SEAL



Fancy Red Sockeye Salmon

and



Herring in Tomato Sauce

are both on active service but will be back on your grocer's shelf soon as conditions permit.

BUY THE NEW

Victory Bonds

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The story that had to be hushed before Pearl Harbor... of a girl's daring flight over forbidden Jap islands...and what it cost her!



"ONLY YOU CAN DO THIS JOB FOR THE NAVY!"

Flaming adventure that shows what a woman will do for love ..and will give for her country!

Rosalind RUSSELL * Fred MacMURRAY in FLIGHT FOR FREEDOM

with HERBERT MARSHALL

EDWARD CIANNELLI • WALTER KINGSFORD

Produced by DAVID HEMPSTEAD • Directed by LOTHAR MENDES

RKO RADIO

Also ON THE SAME PROGRAM
Walt Disney's "Der Fuehrer's Face" — World News
Complete Shows 1:00, 2:41, 4:47, 7:00, 9:06
Feature at 1:00, 3:06, 5:12, 7:25, 9:31

Last Day
Complete Shows Tonight 7:15, 9:20
"Journey Into Fear" (at 8:09, 10:14)

CAPITOL
Tomorrow

SUNDAY MIDNITE
EDDIE BRACKEN—"SWEATER GIRL"

FAST FOUR-FOOTER

The pronghorn antelope is the fleetest of native American quadrupeds.

PAGE CHARLIE McCARTHY

The pika, a Rocky Mountain rodent, can throw its voice like a ventriloquist when alarmed.

WANTED

Men for steady work in oil warehouse. Good wages, 48-hour week, overtime time and a half. Applicants must have lodging accommodation.

Apply Unemployment Insurance Commission, A.M. 30.

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503 RICHARD STREET, VANCOUVER, B.C.

Let us do your Shoe Repairing.
Mail Your Shoes—We Pay Return Charges and give you

24 HOURS SERVICE

High Class Workmanship—Best Material—Reasonable Charges

TRY THE VICTORY SERVICE!

Prop. H. Van Berkel (formerly of Prince Rupert)

RATION NEWS

COUPONS NOW VALID THURSDAYS INSTEAD OF SATURDAYS

Sugar, Tea and Coffee Coupons

Coupons Nos. 5 and 6 — Became valid April 29
Coupons Nos. 7 and 8 — Will become valid May 27
These Coupons remain valid until declared invalid.

Butter Coupons

Coupon No. 9 — Became valid May 6
Coupons Nos. 10 and 11 — Will become valid May 13
Butter Coupons 9, 10 and 11 expire May 31st.

Charts for Meat Rationing

The date when meat rationing becomes effective will be announced later. All cuts of rationed meat will be classified in four groups. Charts will be distributed to all householders and meat vendors, and will clearly show the value of a Coupon for cuts in each of the four groups.

Spare "A" (Brown) Coupons in Ration Book No. 2 will be used for meat rationing. Two similarly numbered Coupons will become good each week. Each Coupon will be good for the equivalent of half a week's ration.

Prisoners of War

Special permits are available for Canadians sending sugar, tea or coffee in quarterly parcels to next-of-kin who are prisoners of war. With these permits, purchases of goods do not cut into the rations of the senders. They are known as "Prisoners of War Purchase Permits." Copies of these permits are sent to war prisoners' next-of-kin by the Department of National War Services. One permit is required for each rationed commodity.

Grocers Must Collect Ration Coupons

Grocers must present to their own suppliers appropriate Coupons for any stocks of rationed goods that they buy. Consumers who, by any means deprive a grocer of Coupons, not only break the law, but also make it difficult for the grocer to provide supplies for his customers in the future.

Canning Sugar Coupons

Arrangements are being made for Local Ration Boards to mail by May 31st, the allotted canning sugar Coupons to applicants — in ample time for canning season use.

RATION ADMINISTRATION

THE WARTIME PRICES AND TRADE BOARD

Ration News — Week of May 10th, 1943.



It Is Little Enough To Do

Ormes Ltd.
The Pioneer Druggists

THE REXALL STORE PHONES 81 and 82
Open Daily from 9 a.m. till 9 p.m.
Sundays and Holidays from 12 - 2 p.m. and 7 - 9 p.m.