

Local News Items...

I.O.D.E. Tea in Hall. Fifth and McBride, February 13, 3 to 6 p.m. Proceeds for I.O.D.E. Second War Memorial Fund. Everybody welcome. (36)

Miss Doris M. Bullock, R.N., has been here for the past week on X-ray work for the Provincial Board of Health at the local public health centre. She expects to remain here for the coming week.

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Off for a week's hunting at Kibbela Bay at the head of Rivers Inlet, a party of four left on the tug Phippen on Wednesday. They were Capt. Cecil Morrison, skipper, and Alderman George Rudderham, Allen Crawford and Vic Menzies. The hunting party is mainly concerned with shooting geese which are said to be numerous in that area.

Announcements
Valentine Dance, February 14, Recreation Hall, 5th Ave. East. Admission 50c.
Old Time Dance, I.O.D.E. Hall, every Saturday.
L.O.B.A. Bridge, Whist and Cribbage, Feb. 14, 8 p.m., Odd-fellows' Hall. Admission 35c.
C.W.L. Bridge, Whist, Cribbage, February 14, K. of C. Hut, 8 p.m.

United Church Valentine Tea, Home Cooking, Thursday, Feb. 14th, Mrs. C. H. Hankinson, 945 Borden Street.
Valentine's Dance at the Armories, Feb. 15, \$1.00 a couple. Good orchestra. Refreshments.
Modern dancing every Saturday night, Recreation Hall, 5th Ave. East. Admission 50c.

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"Jobs for All" Association meeting Sunday, 7:30 p.m., Deep Sea Fishermen's Hall. All welcome. (1t)

Hotel... arrivals

Prince Rupert
Olaf Anderson, Shirley; C. Baranovsky, Oona River; Commander P. H. Ray, Sydney, Nova Scotia; Miss E. Morgan, Hazelton.

HOW CAN I ???

By ANNE ASHLEY

Q. How can I clean white kid?
A. Clean with powdered alum mixed with equal parts of fuller's earth. Dip a flannel into this and rub on the soiled spots. When clean, brush with a clean flannel.
Q. How can I prevent hard-boiled eggs from cracking and crumbling when slicing them?
A. By using a knife dipped in boiling water and then dried. Repeat as often as the knife cools.
Q. How can I make net curtains hang straight when dry?
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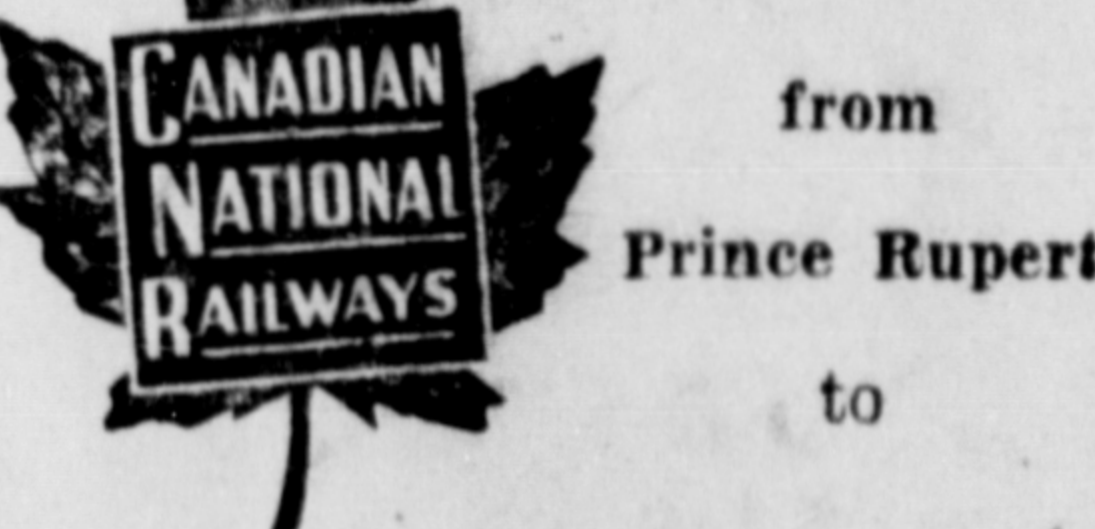
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Cambrai Holds Valentine Dance

Colored toy balloons—said to be the first to make their appearance here in a long time—added to the gala atmosphere of the Cambrai chapter Valentine dance in the Knights of Columbus Hall last night. The affair was attended by between 50 and 60 couples who danced to piano music by Andy McNaughton. Practically the whole membership of the chapter took an active part in arranging the dance and refreshments under direction of Mrs. Jens Munthe, the regent.

LEGION W.A. ADMITS TWO NEW MEMBERS

Two new members were admitted to the Canadian Legion Women's Auxiliary at its monthly meeting this week, and will be initiated along with several others at initiation ceremonies at the next meeting. The new members are Mrs. Lillian Lipsin and Mrs. Jessie Wallace.
Date of the organization's spring sale was set for May 12, when featured offerings will be fancy work, knitted baby's wear, socks and aprons.
The meeting acknowledged the donation by Miss Gandy to the W.A. of an attractive silver tea set to be used during the group's social functions.
Chairman of the meeting was Mrs. Dan Parent, W.A. president.

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WHAT'S DOING AT PRINCE RUPERT RECREATION COUNCIL GYMS BY JIM NAST

UNCENSORED!—"You've read all about it, you've heard all about it, now come and see it." This seems to be the reason for so many new faces at Rup-Rec ladies' "Keep Fit" class. Perhaps it is curiosity that brings many but it is more than curiosity that induces them to stay. The air of friendliness which permeates the hall and the variety of exercise and physical training is taking ladies' "Keep Fit" class to the top of the hit parade of "What Shall I Do Tonight?" Friday's class got off to a swinging start with an encouraging attendance of eager enthusiasts. Some of us, of course, had to bribe the "better half" with that last piece of chocolate cake to induce him to look after Junior but, anyway, there was quite a class of varied ages... this Rup-Rec is one place where age doesn't count, you know—you don't have to tell your age; you don't have to act your age; and, after a few weeks of "keep fit" exercises, you don't even have to feel your age. The class started with marching exercises and we will bet that even the toughest sergeant major didn't know there were so many ways of marching. There were rookies and veterans in the class but all enjoyed the rhythmic marching exercises.

Next on the program is the calisthenics but as one eager recruit asked, "What in the world is calisthenics?"... well, to us it means arm, leg and body exercises—you know, like touching your toes, bicycling and, all in all, discovering and putting to work all those little dormant muscles you didn't know were there. We all agree that these are very beneficial, however, in keeping down that waistline and making one feel fit.
Veiling in popularity with calisthenics is mat tumbling and preliminary springboard exercises. The girls are getting a great kick out of backward rolls, head stands, handstands, cartwheels, etc., and while the general idea is that "Rome wasn't built in a day," we have all discovered just what a lot of fun it is to try.

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