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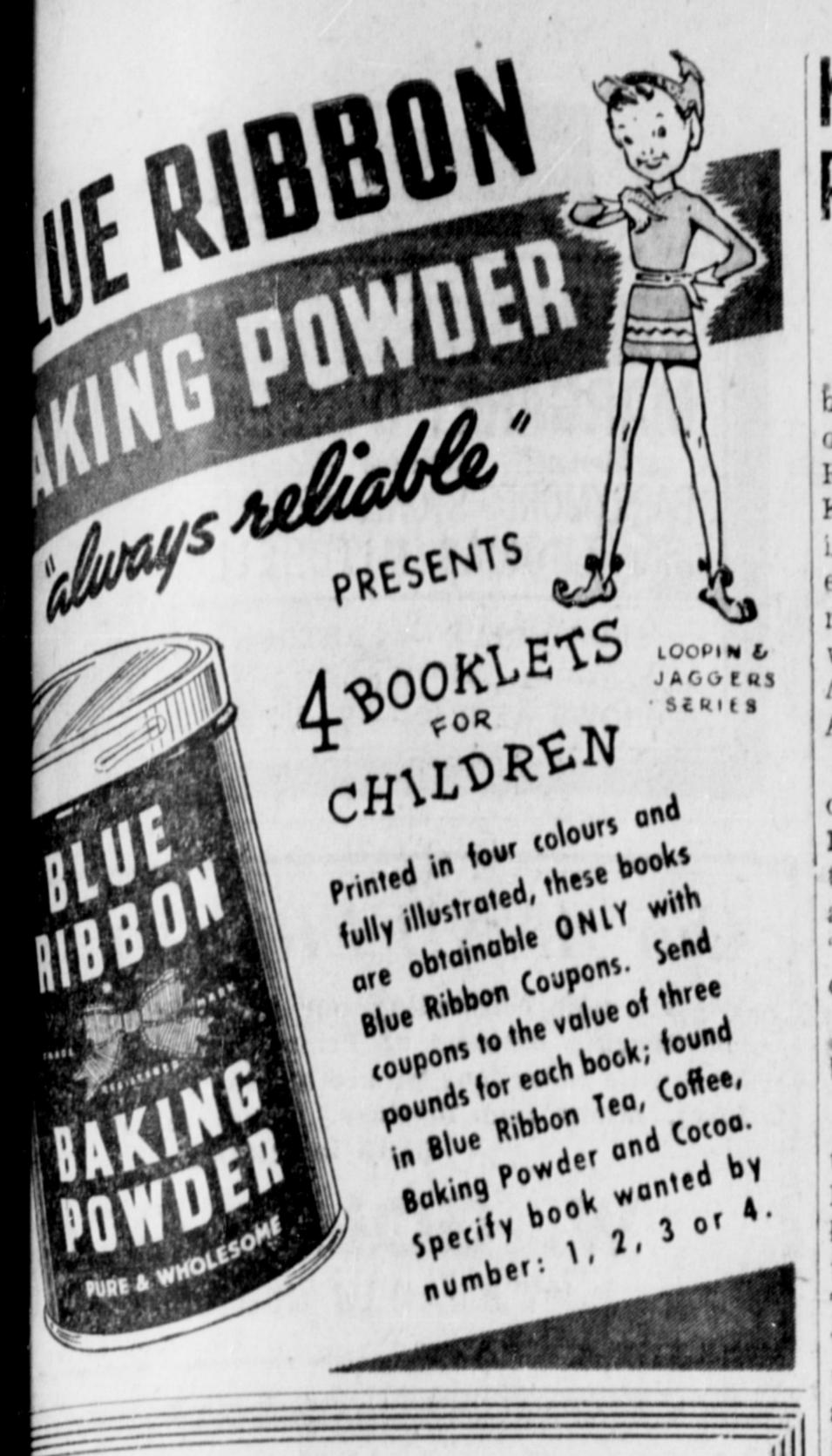
No waste

PHONE 547

McBride Street

Quick Frozen

SOLE FILLETS



Francois Lake News

from the Army after

Harrisons at Wistaria Nobles and the boys ed him for a time.

Corliss has been em the Hamre and Waale

Mrs. George Holtz | children coming from the west. their first wedding the question of a way of bring-A ing them to and from school was discussed. It is hoped soon relatives and friends to have a conveyance for them.

> Edith Keefe, seiond daughter Mr. and Mrs. John Keefe, passed her registered nurses' examination with first class honors recently. She was the only girl from the Royal Columbian Hospital to be in the first class. After starting her training Stars are shining very bright, Edith was taken ill with rheumatic fever and lost two years but she refused to give up and started in training again as soon as she was strong enough.

gaged in Army cadet work in were seven or eight totem poles. minia Keefe, secretary, connection with schools of the They are very grotesque looking. ekenna of the central province and formerly of ad- They are on cement bases. When and of Burns Lake held | ministrative and training staff | we went up close we could see meeting here on Wed- of the Prince Rupert Machine the marks of the axe. There are ening wirs. James Jef- Gun Regiment, was in the city nails holding pieces on. On the chosen to represent vesterday bound from Vancou- back there were logs holding As there are several ver to Smithers.



GREATLY INCREASED VITAMIN"D"

THE vitamin D content of Carnation Milk has been increased from the former 162 to 400 International units per reconstituted quart (half Carnation, half water) . . . nearly 21/2 times as much as before.

This additional irradiation assures a margin of safety for the prevention of rickets in normal infants, and provides the vitamin D needed for good bone and tooth development and excellent growth. So now, more than ever, Carnation Milk ranks as a preferred food for bottle-fed babies, for their growing brothers and sisters, and for grownups, who also need "sunshine" vitamin D. This greatly increased amount of essential vitamin D is provided at no extra cost.

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KING EDWARD REVIEW IS OUT

Monthly Publication of School Makes Its Appearance

Under the editorship of Barbara Herget, the October issue of the King Edward Monthly Review, student publication King Edward elementary school is now in circulation. Assistant editor is Barbara Hyndman and reporters are Joyce Strand, Melvin Moore, Beverly Calderoni, Andrea Veitch, Helen Olson, Ann Windle and Lloyd Mellor.

Leading article is an editorial outlining the background of Hallowe'en — "an interesting fires. children"—which adjures them to have fun-"clean fun, but remember-no damage."

Here are some of the contri-

"Hallowe'en is an interesting time to all children. The ancient Druids of Britain lit bonfires to keep the spirits away. This custom has carried over to today. The ancient Romans held festivals after their harvests, in which they roasted nuts and apples around bonfires. This custom is also carried on today.

"Today we still celebrate Hallowe'en by bonfires, parties and te black cats, lanterns and witches for a ghostly setting. This is what we should do-have fun-lots of clean fun-but remember, fellows, no damage.' -Your Editor.

Hallowe'en

"Funny taces everywhere, Witches flying in the air, Jack-o-Lanterns bright and gay, Because it's Hallowe'en today.

"Cats are meowing all around, Fire crackers on the ground, Because it's Hallewe'en tonight.' -Sonja Hansen Grade 3.

A Visit To Totem Park

"On the day we went to Totem Sgt. Major Pocock, now en- Park it was very nice. There

"There was a stone with all queer shapes on it. One was like fish with about five faces on t. There was some printing on brass sheet.

"There was a canoe. We could see the stitches of vine.

"We enjoyed our visit very

-George Henry.

Fire Prevention

"October 7 to 11 was Fire Prevention Week. Fire Chief Lock gave us a talk on this subject. "People should be careful not

to leave matches around where there are small children. Take the case of an ::-year old boy who stole his mother's matches. He got a pea-gun and when I was playing with my brother, the boy shot at us and burnt my brother's shirt and arm. "Other people are careless

New Glove Factories Opened In Australia

SYDNEY, Australia, (P)—One of

Australia's outstanding women business executives, Miss Hazel Woodhouse has established two successful glove factories at Parkes and Wellington, provincial centres in New South Wales. Miss Woodhouse is associated with A. S. Horne Ltd. of Adelaide nurse, but became a stenograph- ating Council in December. er during the depression years Sydney four years ago.

with campfires and start forest

Many people do not. This is sheer foolishness. Fire is very dangerous. Careless smokers cause fire too. Beware of fire." -Leonard Leigh.

Barbara Hydnman

"Mr. Moore has given motion picture shows related to our

"Our first show was 'The Wonder of the World.' The next, in technicolor, was 'How Birds Feed Their Young." Next was farm animals and the care Farmer Brown took of them.

"We saw one about children in Switzerland, which showed us how they live in the Alps: There was also a musical which everyone enjoyed.

"Our last show was "Our Foster Mother-The Cow.' This showed the care of cows and

shows in the future."

-Barbara Hydnman.

IMPROMPTU FIREWORKS STORNOWAY, Scotland (9)-Stornoway lifeboat searched the North Minch for seven hours after reports of flares and an explosion. The admiralty apologized for holding manoeuvres without advance notice.



you order your coal for next winter NOW. By ordering today you protect your family and yourself against being caught without coal when winter comes.

> Philpott, Evitt & CO. LTD. Phone 651 and 652

Lacking proper clothes, a number of Prince Rupert pioneers are unable to appear downtown and may even miss the annual Christmas banquet given and Sydney. She is a trained them by the Women's Co-ordin-

> An appeal for clothes for the describes the need in some cases and 91/2.

"Some of the men, who have no sources of outside income, ing tonight on the Prince Rupert "Keep matches in a metal box with the possible exception of a for Vancouver. so that rats can't get at them small pension, are badly in need of clothes and we would be grateing. Please heed this warning. bute men's garments for their Vancouver.

Mrs. Richardson recalled that several of the men were unable to attend a dinner given for the pioneers early in September by the Moose ladies and she fears that the same situation may prevail at the annual Christmas dinner in September.

Specifically required are work and dress socks, sizes 11 and 111/2, work and dress shirts, sizes 15, 151/2, 16, 161/2 and 17; overcoats, sizes 40, 42 and 44; trousers, of the early 1930's, and turned elderly residents is being launch- sizes 32, 34 and 36, coats and her business training to account ed by Mrs. Ross Richardson, of vests, sizes 38, 40 and 42; work when she opened a factory at the Women of the Moose, who and dress shoes, sizes 8, 81/2 9

Mrs. Melbourne Bussey is sail

Mrs. T. H. Priest will sail on the Prince Pupert for a trip to "Do not use gasoline for clean- ful if the citizens could contri- the Prince Rupert for a trip to





For an energy food that's tasty as can be, let the youngsters help themselves to Shreddies between meals.

and Shreddies* supplies nourishment too-for the whole wheat is used in making Shreddies - including its bran, protein, minerals and precious wheat germ. Make your breakfasts delicious and nourishing too - serve Shreddies often.

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CONSUMER'S CALENDAR

SUN	MON	TUES	· WED	THURSDAY	FRI	SAT
NO LO	ONGER NS UNNI	VALIL	D: ALL	SUGAR, BUTTER AND MEARING BEAVER DESIGN	1	2
3	4	5	6	7 SUGAR-PRESERVES 533 BUTTER COUPON B31 MEAT COUPON M58 Valid	8	9
10	11	12	13	14 MEAT COUPON M59 Valid	15	16
17	18		To be a second s	21 SUGAR-PRESERVES 534, 535 BUTTER COUPON B32 MEAT COUPON M60 Valid	22	23
24	25	26	27	28 BUTTER COUPON B33 MEAT COUPON M61 Valid	29	30

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