"How I stopped dosing constipation"

"Sure I'm another booster for ALL-BRAN for constipation like mine. Imagine—no more need for those nasty purgatives which griped, yet helped only briefly. Believe me, eating ALL-BRAN is much better and far gentler. It's my idea of the way to keep regular."

It's simple and gentle. That's the beauty of the ALL-BRAN way—if your constipation is due to lack of "bulk" in the diet. Here's all you do. Eat KELLOGG'S ALL-BRAN every day, as a cereal or in several hot muffins—and drink plenty of water. ALL-BRAN helps to produce smooth-working "bulk" and prepare wastes for easy elimination. The comforting relief convinces you it's wise to eat ALL-BRAN daily to *stay* regular. Remember, it's a cereal—not a medicine. So get ALL-BRAN at your grocer's. 2 handy sizes. Made by Kellogg's in London, Canada.

Funeral of Dr. Carson Is Held

The funeral of the late Dr. J. H. Carson of Prince Rupert took place in Toronto yesterday afternoon. Dr. Carson died early Tuesday morning in Toronto following an automobile accident. G. W. Nickerson of this city was in attendance.

New Officers Boilermakers

Angus MacPhee has been elected secretary of the local Boilermakers' Union in succession to James Nicoll who becomes recording secretary. S. K. Allen, W. White and E. Russell have been elected to the executive. Riley Viereck is the new guard.

CFPR 1240 Kilocycles SCHEDULE

THURSDAY
P.M.

4:00—Sound Off
4:15—G. I. Jive
4:30—Kay Kyser
5:00—Caravan
5:30—Personal Album
5:45—Melody Roundup
6:00—CBC News
6:05—Recorded Interlude
6:15—To be announced.
6:30—The People Ask.
6:45—Rendezvous with Rythm
7:00—Fred Waring
7:15—Front Line Family
7:30—Bing Crosby
8:00—Major Bowes
8:30—Bob Hope
9:00—Front Line Theatre
9:30—Classics for Today
10:00—CBC News Rebroadcast
10:05—Recorded Interlude
10:15—Show Time
10:30—Great Music
10:45—Raymond Scott
11:00—Closing announcement

ONE-WAY SIGHT

Both the halibut's eyes are on its right side.

Paint with ALABASTINE

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EASY to mix EASY to apply

ONLY 75¢

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A 5 lb. package

W1-44

Water Paint for Walls and Ceilings

PRESCRIPTION HEADQUARTERS

Down through the years, almost since Prince Rupert first existed, we have served the people. The prescription laboratory we have always tried to keep modern, using skilled pharmacists, quality, drugs, the best of equipment.

As we start a new year, we are proud of our record, and grateful for the confidence you have shown in us. May we continue to serve you.

Ormes Ltd.
The Pioneer Druggists

THE REXALL STORE PHONES 21 and 22
Open Daily from 9 a.m. till 9 p.m.
Sundays and Holidays from 12-2 p.m. and 7-9 p.m.

Fine, Mild Weather, Is'nt It?

Last winter was mild too, but don't be misled. Next winter may be as cold as 1942-1943, and, if it is, the man with the full coal bin will win.

WE CAN GUARANTEE DELIVERIES NOW BUT NOT NEXT WINTER

Fill up your coal bins with Foothills Lump, Egg or Nut, and Bulkley Valley for furnace heating.

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ACTIVITIES OF Y.M.C.A. and Y.W.C.A.

(By Dorothy Garbutt)

Bruce MacIntyre tells me that there are big doings planned for the Navy on Dominion Day holiday—some sort of special sports day, just what he hasn't said. Mysterious as all get out he was. I shall set my trusty spies Gaspard and Desmond upon his trail and find out for you shortly.

Well what a fuss and pother and a dither and a do there has been over the two dances that were to have been held this week. It was a case of "out again in again Finnegan." The dance scheduled for the island fort was not cancelled for the service girls—they are still to come—but for the junior hostesses. I myself am going over to this dance to find out the possibilities of having hostesses. Then the new regiment at the Eleventh Avenue Camp has postponed their dance until next Thursday. Now is ah that clear! I wonder!

To continue with Bob Gibson's letter written enroute to India—"Our voyage thus far has been very good. We have seen some interesting spots—I am only sorry we are not permitted to tell of them. Fortunately, we have a small but fine group of passengers. Among them are several Chinese doctors and students, an Indian doctor, several Canadian missionaries and a number of Americans and a few English folk. Rather a cosmopolitan crowd. In our cabin we have an American, the Indian doctor, a Chinese student and writer and myself. We call it the 'International Settlement.' Such a nice group of passengers has helped to pass the time.

"At present we are experiencing a bit of the heat to come. At night we almost suffocate in our cabins. The heat is very humid and the wind so hot. Those from India encourage the rest of us by saying: 'this is cool in comparison to what you will get.' It seems that we are arriving just in time to enjoy (?) the hottest season. I may wish I could have a little Prince Rupert rain just about then.

"My thoughts often wander back to you all in Rupert. I trust things are going well. No doubt there have been many changes since I left—I hear the new building is under way (what big ears you have Grandma!) It was an interesting spot for me. I enjoyed my year up there. Please say 'hello' to all for me. I had a nice letter from the Winslows—tell them I shall write them from India. Pass along my regards to Major Parkes, if he is still there, and also the Kergins. I have not forgotten the lovely dinner we had in their home. Did I tell you that I had a nice evening with Mrs. McClymont when she was in Winnipeg? I had better stop—when I start on these good Rupert folk I'll never know when to end. Kindest regards to yourself—Bob Gibson."

FOOTBALL SCHEDULE

The schedule of the Prince Rupert Area Football League (Gilhuly Cup competition) for the remainder of the current season is as follows:

May

19—Signals vs. Reserves.
23—R.C.A.F. vs. Yanks.
26—Reserves vs. Navy.
30—R.C.A.F. vs Signals.

June

2—Yanks vs. Reserves.
6—Navy vs. R.C.A.F.
9—Signals vs. Yanks.
13—First Round Dominion Day Cup.
16—Semi-final Dominion Day Cup.
20—Semi-final Dominion Day Cup.
23—Signals vs. Navy.
27—R.C.A.F. vs. Reserves.

July

1—Final Dominion Day Cup.
5—Navy vs. Yanks.
7—Reserves vs. Signals.
11—Yanks vs. R.C.A.F.
14—Navy vs. Reserves.
18—Signals vs. R.C.A.F.
21—Reserves vs. Yanks.
25—R.C.A.F. vs. Navy
28—Yanks vs. Signals.

The Royal Northwest Mounted Police was organized in 1893.

ROBINTEX

LONGER LASTING FABRICS ASK YOUR TAILOR

ARE OUT FOR PLAYGROUNDS

Annual Meeting of Prince Rupert Parent-Teachers' Association.

At the annual meeting of the Prince Rupert Parent-Teachers' Association last evening in the Booth Memorial High School the election of officers for the forthcoming school year was held, resulting as follows:

President: Rev. E. W. Scott.
Past President: Mrs. George A. Hill.
First Vice-president: Mrs. George Howe.
Second Vice-president: Mrs. C. H. Insulander.
Secretary: Mrs. J. C. Gilker.
Treasurer: Mrs. E. W. Becker.
Press Correspondent: S. A. Cheeseman.
Publicity Convener: Mrs. A. L. Haines.
Social Convener for Booth Memorial High School:: Mrs. M. Braun.
Social Convener for Borden Street School: Mrs. J. G. Anderson.
Membership Convener for Booth Memorial High School: Mrs. William Martin.
Membership Convener for King Edward School: Miss Eleanor Moxley.
Membership Convener for Borden Street School: Mrs. R. Webber.

The selection of a program convener was left to the new executivee.

The meeting decided that all the principals of the city schools are to be honary members of the executive.

A very hearty vote of thanks was accorded the retiring executive and especially to the president, Rev. E. W. Scott, for his work of the past year.

Following a very serious discussion on the condition of city school grounds and on the great need of more playground space it was decided that a committee should interview the school board and council and present concrete suggestion for improvements in these regards. It was felt that something could be done in the summer vacation. The committee, with power to add to its number, consists of C. H. Insulander, Rev. E. W. Scott, Miss K. Meredith, Miss E. A. Mercer, W. W. C. O'Neill and S. A. Cheeseman.

Better and more playgrounds for the schools is to be the major objective of the association in this coming year and hope was expressed that other organizations and citizens will assist the Parent-Teachers' Association in this campaign.

The school board requested further information on the cost of installing bicycle racks at Booth Memorial High School. Mr. Hardwick was instructed to supply the board with the necessary information.

C. H. Insulander stated that, if the meeting wished a series of six fifteen-minute radio talks on "School For Parents," it could be arranged. It was decided to have these. The first, "Jittery Parents," will be on the air Monday night, May 22, at 7 o'clock.

High School examinations came in for some discussion. The merits of written examinations and recommendations came in for attention.

The president, Rev. E. W. Scott, briefly reviewed the association's activities of the past. Mrs. E. W. Becker, rendering annual financial statement, reported that the association had donated $560 to the various schools.

The city council advised the association that its request for its Saturday annual tag day to be held on October 14 was granted.

Mrs. Insulander reported progress for her committee, which is working with other local committees in providing school in the summer holidays for preschool and other young children.

Following the general meeting very enjoyable musical selections were given including violin solo, "Ave Maria," by Miss Olga Zabudney, accompanied at the piano by Miss Frances Moore; piano duet, "Poet and Peasant," by Mrs. J. C. Gilker and Miss K. Watson; vocal solos, "The Lost Chord" and "The Sunshine of Your Smile," by Ed. Henry, and piano solos, "Malaquena" and "To a Wild Rose," by Miss Frances Moore.

Refreshments were served by a committee consisting of Mrs. Braun and two daughters.

There was a large and representative attendance.

"MORNING-AFTER" STYLE

The lids of the chameleon's eyes are fused together, leaving an opening no larger than the pupil.

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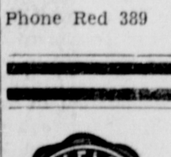

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As the Canadians moved out of a picturesque English village, nobody admitted it was for the last time. "We'll be seeing you," the Canadians called back. "Indeed surely!" replied the villagers. In the old-world way 'Aunty Flo' picked up the empty packages of Sweet Caps, their favourite cigarettes, and put them on the glass shelf 'for remembrance'.

* * *

This story from the London Daily Express serves to illustrate again that Sweet Caps are indeed first with Canadians over here, over there, everywhere!

SWEET CAPORAL CIGARETTES

"The purest form in which tobacco can be smoked"

Sweet Caporal Radio Programme "Light Up and Listen". Every Thursday evening featuring Reynolds. See your local listings for station.

FIRST SOLICITOR-MAYOR

CHELTENHAM, England (Ø) — Mayor A. S. F. Pruen who died recently at the age of 61 was the first solicitor to be appointed mayor of the borough and had served 23 years on the council.

For Clear-Eyed MORNING FRESHNESS

Just Do This at Bedtime Tonight

If your mirror shows you looking tired and you feel listless in the morning, try a cup of *New, Improved* Ovaltine warm at bedtime.

New, Improved Ovaltine helps to relieve that feeling of nervous tension. Its special food elements are processed for easy digestion. These food elements help to replenish the body while you sleep.

New, Improved Ovaltine contains more of Vitamins A, B_1 and D, and the minerals Calcium, Phosphorus and Iron, than ever to replenish worn out muscle, nerve and body cells.

Try *New, Improved* Ovaltine. See if it doesn't help you to wake up fresher, more buoyant. Get Ovaltine today at your drug or food store.

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