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CHIROPRACTOR
Wallace Block Phone 640

JACKETS
...for Spring

How the young men go for plaids! Full cut, well tailored with flap pockets.

Morgan's Men's and Boys' Wear
Third Ave., next to Orme's

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this district.
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from A. Weixl by
W. Yule.

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Grocery and Lunch
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FREE DELIVERY
6th Ave. E., beside Postal Station "B"
"As Good as the Best Better Than the Rest"

YOUR BETTER SATISFACTION . . .
ty foodstuffs are carried at all times. If want the best, you will find it on our es. You are invited to inspect our stock.
SSALLEM'S ECONOMY STORE
(Opposite Canadian Legion)
s 18 and 19 P.O. Box 575

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URNERS CLEANED
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ME SERVICE

ANNOUNCING . . .
EMPIRE CAFE
(Formerly L. D.)
Completely Renovated and Redecorated
FULL MEALS, LUNCHES
CHOW MEIN, CHOP SUEY
6:30 a.m. to 1 a.m.

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Limited
"A GOOD PLACE TO BUY"

SPRING CLEANING TIME!
0 for all your walls—all tints in stock.
lbs. packets $1.35
SPAR VARNISH for your wood work and . The varnish that will not turn white.
quart $2.25
MAIL ORDERS PROMPTLY FILLED
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FULL-COURSE MEALS AND LIGHT LUNCHES
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Grade "A" Certificate

Local News Items . . .

PHONE 86 TO CONTRIBUTE PERSONAL AND NEWS ITEMS

▲ Cash for old gold. Bulger's.

▲ **Hear Tom Reid speak, I.O.D.E. Hall, 7:45 p.m. Monday.** (118)

▲ Put a fighter in Parliament. Hear Mickleburgh. CFPR 6:45 tonight. (1t)

▲ PROGRESSIVE CONSERVATIVE HEADQUARTERS, Stone Block, next to Boston Cafe, open daily and every evening. Open discussions invited. Everybody welcome. (tf)

▲ CCF Public Meeting, Sunday, May 20, 8:30 p.m., Oddfellows' Hall. Speaker: Colin Cameron, M.L.A.

Olof Hanson will arrive in the city on the Princess Adelaide Monday from Vancouver to resume campaigning in the riding for E. T. Applewhaite, Liberal candidate to succeed him as M.P. for Skeena.

▲ **"The Government Canada Needs." Hear Bruce Mickleburgh, Labor-Progressive Candidate for Skeena, analyze the political situation in Skeena and Canada. Radio Station CFPR, 6:45 tonight.** (1t)

Capt. Edward Gray is leaving tonight for a trip to Vancouver. Formerly master of the Canadian National steamer Prince Rupert, Capt. Gray has for some time been in the United States Army Transport Service here.

▲ CCF Broadcast Monday 6:15 p.m. Colin Cameron M.L.A. (118)

▲ Special Meetings — Saturday May 19, 8 p.m.—Sunday May 20, 11 a.m. 7:30 p.m. Speaker, Major A. H. Hill of Vancouver. Salvation Army, Fraser Street.

Off on a speaking tour of interior centres, Prince Rupert Junior Chamber of Commerce' public health caravan is leaving early Sunday morning on a trip that will take the four-man party as far east as Prince George. Members of the party are Colin McCarthy, president of the Junior Chamber, Dr. R. G. Knipe, director of the Prince Rupert Public Health Unit, M. J. Harper, city sanitary inspector, and C. G. Ham, secretary of the Junior Chamber. The party will hold public health meetings at towns on their way east, returning May 31.

Announcements

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

L.O.B.A. Dance, June 1, Oddfellows' Hall. Refreshments.

Full voting information. Phone 864. Mickleburgh Campaign Headquarters.

Dry Dock Employees' Welfare Association dance, May 24, Staff Dining Hall. Close the holiday by dancing from 9 till 1. Music by the Americans.

Dance every Saturday night, Oddfellows Hall, 9 to 12. Swing Quintette Orchestra.

United Tea, June 2, Mrs. Crawford Moore's, 440 6th Ave. West. Specialty, homecooking, delicatessen.

Hospital Tea, Nurses' Home, June 7.

Election of Major Harvey, Progressive-Conservative candidate, June 11.

Technocracy Inc. Dance every Saturday night, I.O.D.E. Hall 9 p.m.

St. Peter's tea, Mrs. Kelsey's, Seal Cove, June 21.

George Rorie is leaving tonight for a trip to Vancouver and Victoria.

▲ Liberal Committee Rooms, 3rd Ave. and 1st. St., will be open daily from 10 a.m. till 9 p.m. Phone 635 and 636. Come in and see that you're on the voters list.

▲ Regular dinner meeting of Business and Professional Women's Club, Tuesday, May 22, 6 p.m. at Reid's Cafe. Those wishing to attend please contact Mrs. Arnold, Black 514 or 96. (117)

▲ **Hear Tom Reid speak, I.O.D.E. Hall, 7:45 p.m. Monday.** (118)

Tom Reid, for years M.P. for New Westminster, and Mrs. Reid will arrive in the city on the Princess Adelaide Monday from the south. Mr. Reid will speak at a public meeting here Monday night in support of E. T. Applewhaite, Liberal candidate for Skeena in the federal election.

CFPR Radio Dial
1240 Kilocycles

(Subject to change)

SATURDAY—P.M.
4:00—Words With Music
4:15—G.I. Jive
4:30—Jack Carson
5:00—Dinah Shore
5:30—Pete Wambach
5:45—Supper Club
6:30—Hit Parade
6:05—Waltz Time
7:00—CBC News
7:15—The Old Songs
7:30—Leicester Square
8:00—Service Centre Orchestra
8:30—Jubilee
9:00—National Barn Dance
9:30—Kate Smith
10:00—CBC News
10:15—Dal Richards' Orchestra
10:30—Saturday Night Seranade
11:00—Silent

SUNDAY—A.M.
10:00—Music for Sunday
10:30—Sunday Serenade
11:03—Metropolitan Opera

P.M.
12:00—Music We Love
12:30—CBC News
12:45—Hymns From Home
1:00—Nelson Eddy
1:30—It Pays to be Ignorant
2:00—NBC Symphony
3:00—James Melton
3:30—Family Hour
4:00—Duffy's Tavern
4:30—Village Store
5:00—Charlie McCarthy
5:30—Hour of Charm
6:00—Jack Benny
6:30—USO Program
7:00—CBC News
7:15—Clement Q. Williams
7:30—String Orchestra
8:00—Choir Music
8:30—Music from the Pacific
9:00—Command Performance
9:30—Vesper Hour
10:00—CBC News
10:15—Canadian Yarns
10:30—Silent

MONDAY—A.M.
7:30—Musical Clock
8:00—CBC News
8:15—Music for Moderns
8:30—Morning Concert
9:00—BBC News
9:15—Morning Devotions
9:30—Transcribed Varieties
10:00—Mirror for Women
10:15—Johnny Mercer
10:30—Roundup Time
10:00—Morning Visit
11:00—Scandinavian Melodies
11:15—Studio Scrapbook
11:33—Message Period
11:35—Weather Forecast
11:45—Personal Album

P.M.
12:00—To be announced
12:30—CBC News
12:45—Spotlight Bands
1:00—One Night Stand
1:30—Working Together in Tukwillia Valley
2:00—Silent.

NOTICE

THE PRINCE RUPERT PUBLIC LIBRARY IS CONCERNED ABOUT THE LARGE NUMBER OF OVERDUE BOOKS. MANY OF THESE ARE TECHNICAL BOOKS AND THEIR LOSS SERIOUSLY CURTAILS THE SERVICES OF THE LIBRARY TO THE PUBLIC.

IF THESE BOOKS ARE PLACED IN THE BOX IN THE LIBRARY DOOR BY MAY 31st NO CHARGE WILL BE MADE.

Signed **OLIVE VAN COOTEN**
Librarian.

Men, Women Past 40 Take Special Tonic Tested by Doctors

Feel New Normal Pep, Vitality Be Thrilled—or Don't Pay a Cent

Thousands of weak, tired, worn-out, exhausted men and women over 40, who felt old age had gotten the best of them, have been thrilled at the new tonic, OSTREX Tablets. They were tested and praised by 80 eminent doctors because of fine results with their patients. Now placed in drug stores so everyone can get them.

Contain general invigorators, toules, stimulants often needed by people of 30, 40, 50 who lack normal vim and pep. Introductory size *only* 35¢. Get package Ostrex Tonic Tablets today. If not delighted with vigor, vitality and pep that make you feel normally younger, maker refunds its low price. At all good drug stores everywhere.

An airy, ankle-flattering addition to your summer wardrobe.
In velvety black suede; D'orsay cut for style and comfort $6.45

CUT RATE SHOE STORE

WOMEN'S GIRTH IS INCREASED

Clarice MacLevy, Apostle of Slimness, Has Good Hints for Women War Workers

NEW YORK, May 16 (CP)—War, despite rationing, hard work and worry, has helped pad the woman's figure—and in the wrong places.

After a two-year survey of 100,000 women, Clarence MacLevy, director of slenderizing schools throughout the United States, has come to the conclusion that the main figure problem of today's woman is an abnormal development of thighs. She says:

"One of the reasons for this condition appears to be the new types of standing work women have been doing in war plants. Thigh measurements increase as a result of using muscles that hitherto were not developed."

When the war is over, she believes, there will be the same rush to reducing schools that occurred after the First Great War.

"Though my father had established his first slenderizing salon for men only it was after the war that women demanded admittance for themselves. So many of them registered that eventually Dad disposed of the men."

Miss MacLevy carried on for her father. She helped devise various gadgets to make reducing less of a chore. In her salons are machines that can be set to massage the body wherever it needs slimming and a girl can stand, sit or lie in comfort while it is being accomplished.

Used To Slim Women

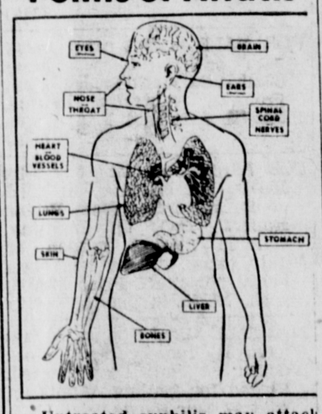
It is too early to predict what the after-war trend in figures will be. The soldier overseas will be used to seeing slim women. Whether or not he will like fleshy thighs, hips and the plump little arms to welcome him home remains to be seen.

If you can't get in to a salon to be rubbed, patted and squeezed by a good masseuse or you can't take advantage of slenderizing gadgets that can be found in the salons, why not try these good home exercises suggested by Miss MacLevy and start them now—don't wait until Johnny comes home.

To reduce the thighs, lie on your back, legs together and straight out. Bend the right leg up to your chest and press with both hands. Return to starting position. Bend the left leg up to your chest and press with both hands. Return to position. Do this rapidly 10 times.

Another good thigh reducer starts by lying on your back, legs together and straight out, arms and keeping the knee straight raised above face. Kick the right leg directly up, touching hands and toes pointed. Lower leg to starting position. Kick the left leg up, touching hands and keeping the knee straight and toes pointed. Lower leg to starting position. When one leg is kicking, do not let knee of the other leg bend. Do this exercise rapidly at least 10 times.

Points of Attack



Untreated syphilis may attack any organ of the body, causing insanity, heart failure and many other tragic conditions. The disease is almost always acquired by intimate relations with an infected person, and can be prevented by avoiding exposure to infection, declares the American Social Hygiene Association, 1790 Broadway, N. Y. 19, N. Y.

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HOP KEE
CHOP SUEY HOUSE
612 7th AVE. WEST
(Next to King Tai)
All your patronage welcome
Open 5 p.m. to 2 a.m.
Outside Orders from 2 p.m. to 2 a.m.
PHONE RED 247

FUNERAL OF NATIVE CHILD

Funeral services for Julia Wright, four - and - a - half year old daughter of Mr. and Mrs. Harold P. Wright, who passed away at north Pacific cannery on Tuesday were held Thursday afternoon from Grenville Court chapel of B.C. Undertakers. Adjutant P. L. Gorrie of the Salvation Army, officiated. The service was attended by relatives and friends of the family. The child was born at North Pacific September 15, 1940. Burial took place at Fairview cemetery.

CANADIAN SPIRIT Y.M.C.A. MIND BODY

By MARGARET WOODWARD

A picnic was held Thursday afternoon in Gyro Park by the Service Wives' Club with a good attendance of 25 wives and 18 children. The raffle was won by Mrs. Gomez. A dinner will be held next Thursday evening at the Commodore Cafe.

Sunday evening a concert under the direction of C.P.O. Sainsbury will be presented from the stage of the auditorium. Guest artists will be Wally Chaluppa, Nate Goldstein and Morris Warnke.

At the local Churches

First United Church
636 Sixth Avenue West
Rev. J. A. Donnell, M.A., Minister
Mr. J. S. Wilson, Choir Leader
Mrs. Collin Carrell, A.T.C.M., Organist

Public Worship at 11 a.m. and 7:30 p.m.
Sunday School at 12:15.
"The Friendly Hour" in the Manse at the close of the evening service.

First Presbyterian Church
Fourth Avenue East
Rev. A. F. MacSween, B.A., Minister
Mrs. E. J. Smith, Choir Leader

11:00 a.m.—Morning Worship.
12:15 p.m.—Church School.
7:30 p.m.—Evening Worship.
Rev. P. F. MacSween.
A cordial invitation to worship with this congregation is extended to all.

Prince Rupert Full Gospel Tabernacle
221 6th Ave. West.
Rev. J. Linney, Pastor.

11 a.m.—Devotional.
"Posessing Our Posessions."
7:30 p.m.—Evangelistic.
"Why Doesn't God Do Something and Stop the War?"
Solo: "The Sinner and the Song."
Wed. and Thurs. — Rev. H. Fooleton, Missionary, speaking and showing pictures of his work in the British West Indies.
Friday — Armed Services and Young Peoples.

First Baptist Church
Young St. and Fifth Ave. East
Rev. W. W. Silverthorn, Minister
Phone Red 839

11 a.m.—Morning Worship.
Topic: "Pentecost."
12:15 p.m.—Sunday School
7:30 p.m.—Topic:
"The Science of Human Engineering."
Tues., 8 p.m.—Young People's Union.
Wed., 8 p.m.—Prayer Service.

St. Andrew's Cathedral
Dean, Very Rev. J. B. Gibson
Organist and Choirmaster, P. Lien
S.S. Supt., F. J. Skinner

WHIT SUNDAY
8 a.m.—Holy Communion.
11 a.m.—Holy Communion.
12:30—Sunday School.
7:30 p.m.—Evening Prayer and Sermon.
Preacher: Major the Reverend L. A. Morrant.

Regular Baptist
Services I.O.D.E. Hall
(5th Ave. and McBride St.)
We preach Christ . . .
CRUCIFIED
CROWNED
COMING
12:15 p.m.—Sunday School.
7:30 p.m.—Gospel Service.
Speaker: S. H. Gretsinger.
Topic: "RIGHTEOUSNESS EXALTETH A NATION."
Special Music.
IF YOU ENJOY HEARTY GOSPEL SINGING—COME!
Wed., 8 p.m.—Prayer Meeting. (at 424 Dunsmuir St).
Thurs. (I.O.D.E. Hall).
3:30 p.m.—Mission Band.
6:30 p.m.—Children's Hour.
8:00 p.m.—Young People's Society.
THE WHOLE BIBLE FOR THE WHOLE WORLD.

— NOTICE —

NOTICE IS HEREBY GIVEN that a public hearing will be held at the office of The Workmen's Compensation Board, 411 Dunsmuir Street, Vancouver, B.C., on June 25, 1945 at 7 p.m. for the purpose of considering the adoption of revised Regulations for the prevention of accidents in industries within the scope of the "Workmen's Compensation Act."

Dated this 15th day of May, 1945.

THE WORKMEN'S COMPENSATION BOARD.

The Old Landmark
(REID'S CAFE)

Beg to announce that owing to pressure of special business and limited equipment, the regular daily lunch and dinner will be discontinued from this date.

Lunches, Dinners, Banquets for clubs or parties anytime by appointment.

★

Old Prince Rupert Club Building
2nd Ave., next to Bank of Commerce
Take the short cut up the steps behind Watts & Nickerson's Store.

RUPERT BRAND
:: SMOKED ::
BLACK COD
Canadian Fish
— AND —
Cold Storage
COMPANY LIMITED
PRINCE RUPERT, B.C.

Hair and Beauty

Let us give you a PERSONALITY PERMANENT. We'll style your hair in a flattering coiffure with our new Cold Wave. It will be easy to keep and very becoming. No split or dry ends, no straggling curls. You'll be more than pleased.

PEGGY SAUNDERS
(Annette Powell)
4th St. (across from Post Office)

We can say this in three words . . .

BUY COAL NOW

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ALBERT AND McCAFFERY

For Evening Pastimes
AND PARTY GAMES
Come in and see our:
Jig Saw Puzzles ... 10c, 30c, 70c and $1.45
Lotto 65c
Rummoli 30c
Crown and Anchor $1.20
Chess $2.60
McRae Bros. Ltd