


"Take it easy, Darling!"

If everybody and everything irritate you, something should be done. For instance—perhaps the caffeine in tea or coffee is the cause. Perhaps you should drink Postum instead!

Postum is a grand drink! Not like tea, not like coffee, but so downright delicious you'll love it just for its own sake. And Postum contains no caffeine, nor any other drug to affect heart, nerves or digestion. Made instantly in the cup, it costs less than 1¢ a serving. Try Postum today!



Postum
Registered Trade-Mark Brand

A Product of General Foods

Summer Set-Up

"Handsome is as handsome does" — and you will be doing fine in a sports combination like this. You'll find shopping here is pleasant too, because we maintain our policy of courtesy and co-operation at all times.

"WHERE MEN BUY"

MORGAN'S MEN'S & BOYS' WEAR LIMITED

Floor Sanding and Finishing Repairs and Alterations

Val Spidel
Green 186 Box 1430 St. "B"

Fresh Local Raw and Pasteurized MILK

VALENTIN DAIRY
PHONE 657

"The Perfect Gift" for Every Occasion



The VICTOR RECORD GIFT CERTIFICATE

Give a Victor Record Gift Certificate... the perfect gift for birthdays, anniversaries, occasions of all kinds! You give the recipient his or her own choice of the music they love on Victor Records—"the gift that keeps on giving".

VICTOR GIFT CERTIFICATES AVAILABLE AT

McRae Bros. Ltd

WE HEAR New Cars are just around the corner
WE HEAR YOU want a shiny new car...
WE KNOW Ford Cars are best for economical driving...

... SEE ...

S. E. PARKER LIMITED
Ford and Mercury Dealers

Local News Items...

▲ Dry wood for sale. Phone 130. (167)

Senior Clerk G. D. Meade of the provincial police left Sunday on the Catala on a trip to Stewart.

Roy Wolf, maintenance and repair supervisor for the Otis-Fensom Elevator Co., is in the city from Vancouver on business.

Leading Seaman William Murdoch is home on 28 days' leave, visiting his wife and family after two years in the Atlantic convoy service aboard the corvette Strathadam.

A. H. Huggins, publicity director of the B. C. Tuberculosis Society, left Saturday night on his return to Vancouver after spending a couple of weeks here in connection with the visit of the travelling mobile unit.

Flying Officer D. W. Burnip, son of Mr. and Mrs. A. W. Burnip, 1426 Second Ave., Westview, was among repatriated members of the Royal Canadian Air Force who arrived at Halifax from overseas at the week-end aboard the Ile de France. He is coming straight home from the East coast, according to word received by his parents, who are keenly awaiting his arrival.

Relief from NEURITIC Pain

Don't suffer another day from the cruel torment of Neuritic, Rheumatic or Arthritic Pain. Get quick relief as thousands have with Templeton's T-R-C's. Specially made to relieve Rheumatic Pain and Stiffness, Neuralgia, Lumbago, Sciatica, T-R-C's are sold by druggists everywhere. 50c, \$1.

Band Plays, Girls Show

Interesting Hour Last Night At Y.M.C.A. War Services Auditorium


Introduction from the stage of the Young Men's Christian Association War Services auditorium of four charmingly attractive young ladies who are the candidates for Queen of Civic Centre Carnival honors here early next month featured a concert staged last night by the Canadian Army's local band. Each girl, as she was called to the stage, received a warm reception and it was evident, from the volume of applause, that each has many enthusiastic admirers and friends. The girls were Miss Ruth Giske, candidate of the Women of the Moose; Miss Evelyn Bussey, Rotary Club; Miss Lillian Knutsen, Gyro Club, and Miss Beatrice Didrickson, Junior Chamber of Commerce.

FRUITATIVES CONTEST WINNERS ANNOUNCED

List of winners and amounts won in the Fruitatives Contest which closed May 31:

Bernadette Clanson, Monument Cliff, P.Q.	\$100.00
Mrs. J. Veschio, Simon Lehoucq, Ontario	100.00
Mrs. J. E. Sharp, Medicine Hat, Alberta	100.00
Mr. F. W. Adams, Langley Prairie, B.C.	25.00
Mrs. Harold Faulds, Brampton, Ontario	20.00
Mr. J. G. Seip, Toronto, Ontario	20.00
Mr. Pierre Laberge, La Malbaie, P.Q.	18.00
Mme. Herve Boisvert, Montreal, P.Q.	18.00
Miss Anne Nelson, Vancouver, B.C.	18.00
Mrs. L. Day, Langruth P.O., Manitoba	18.00
Mrs. Frank Klindler, Niagara Falls, Ontario	18.00
Mme. Mariette Page, Trois Rivières, P.Q.	18.00
Mme. Alice Bazinet, Montreal, P.Q.	18.00
Mr. J. Alfred Morin, St. Jacques, P.Q.	5.00
Mr. Lewis G. Anderson, Pelly, Sask.	5.00
Mlle. Estelle Fortin, Bourlambaque, P.Q.	5.00
Mr. G. Aime Chevrette, Montreal, P.Q.	5.00
Miss Jean Lawson, Toronto, Ont.	5.00
Mrs. S. R. Robinson, Lonz Branch, Ontario	5.00

SUNTAN?



We've the recipe you want for a lovely golden brown. Just don one of these brief lovelies and let the sun do the rest. A number of sassy little suits to choose from, gay colorful and very easy on the eyes.

COAL and WOOD HYDE TRANSFER
PHONE 580

ANNETTE'S LADIES' WEAR

"WE LEAD— OTHERS FOLLOW"

F. MURPHY LUMBER
General Agent Ace-Tex Products—Tile Flooring Felts and Cement
1st Ave. E. — Phone Black 884

CANCER CANVASS IS SUCCESSFUL

Sum of \$200 Realized as Result of Week-end Canvass— Campaign to Continue

Well over \$200 was realized as a result of the Cancer Fund stamp canvass held Friday and Saturday by local chapters of the Imperial Order Daughters of the Empire. Contributions received at the hut ranged from 2c to \$10 to make a total there of \$75.

Ladies who assisted at the hut and canvassed for donations were Mrs. R. J. Keron, Mrs. D. Orchard McLeod, Mrs. R. S. Scherch, Mrs. V. Parsons, Mrs. J. P. Hutchison, Mrs. J. J. Mulroney, Mrs. J. A. Teng, Mrs. S. A. Kielback, Mrs. D. C. Stuart, Miss Audrey Wrathall and Mrs. Earl Becker. Girls who assisted in the canvassing were from Galloway Rapids I.O.E. and were Mary Bird, Dorothy Hutchison, Helen Hibbard, Mary Adcock, Velma Ingham and Barbara Teng.

Specimens of cancerous organs, selected by Dr. R. E. Coleman, pathologist at the Prince Rupert General Hospital, proved interesting and excited desire for more information.

The campaign will continue through July and August and there will be a cancer booth at the forthcoming Civic Centre carnival.

Local Men Returning

The local Red Cross branch has received information that the following overseas personnel for this district will arrive in Vancouver shortly (next-of-kin is given after each name):

Gnr. Nichols, F. M.; Mrs. M. Nichols (wife), Prince Rupert.
Cpl. Saunders, J. C.; Miss E. M. Saunders (sister), Prince Rupert.
Spr. Rowland, F.; W2120 Sgt. F. M. Rowland (wife), C.W.A.C. Military Hospital, Prince Rupert.
Sgmn. Rudderham, R. F.; Mrs. A. Rudderham (mother), Prince Rupert.
Pte. Gosnell, E. F.; Mrs. Alice Gosnell (mother), Prince Rupert.
Pte. Rudsvik, K.; Mrs. Salme Rudsvik (mother), Prince Rupert.

Funeral of Burns Lake Sawmill Man

BURNS LAKE, July 16—The funeral of Erik Swanson, who was killed at his Tchesinkut Lake sawmill by a flying plank, was held at Burns Lake Thursday, Rev. Robert W. Henderson of the United Church officiating. Pallbearers were Richard Carroll, G. Saul, Oscar Isaacson, Carl Holmgren and Gus Anderson. Chief mourners were Mr. and Mrs. Hoaken Maydahl, Mrs. E. Moe, Mrs. Nels Eklund, Mrs. Christiansen, Mrs. Julia Paulsen. Many floral tributes accompanied the bier. Deceased was born near Jamtiane, Sweden, and leaves a wife, a daughter, and a son to mourn his loss. When last heard from they were at Rolviken, Holagen.

Tom Flewin Home After Five Years Overseas Service

After five years overseas, another member of the old pre-war 102nd Battery returned home last week. He is Gunner Tom Flewin, son of William Flewin and member of a well known Northern British Columbia family. He served in Italy and Western Europe and married an English girl who will be arriving later. Tom crossed the Atlantic aboard the same transport on which arrived Bertie Cross who is now in Vancouver where his parents, Mr. and Mrs. H. T. Cross, formerly of this city, reside.

Hotel... arrivals

D. Fisher, Kamloops; A. Arvid, Edmonton; H. D. Swabada, J. F. Bales, Vancouver; C. G. Ritchie, Wainwright, Alta.; J. R. Brett, Nanaimo; F. H. Betall, Vancouver; Miss A. Jacobson, Miss E. J. Jacobson, Shirley, B.C.; Mr. and Mrs. L. P. Chambers, Prince Rupert; W. D. Robertson, Edmonton; Capt. W. Mounce, Capt. T. Flood, Vancouver; Mr. and Mrs. Charles Fraser, Seattle; C. M. Scott, Vancouver.

MARINE MONSTER

The whale shark is the largest living fish.

Canada's MOST POPULAR FINE WATCH

Bulova

GODDESSE OF TIME... 17 jewels... \$39.75

SPENCER... 17 jewels... \$49.50

JOHN BULGER LIMITED
Prince Rupert, B. C.

PACIFIC MILK
Irradiated and Vacuum Packed

632 Third Ave., Prince Rupert

J. H. MAIR
Auctioneer
PHONE BLUE 69

NEW ROYAL HOTEL

A Home Away From Home Rates 75c up

50 Rooms, Hot and Cold water

PRINCE RUPERT, B.C.
Phone 281 P.O. Box 196

A. MacKenzie Furniture Limited

"A GOOD PLACE TO BUY"

CHAIRS FOR YOUR DAILY USE AND TO ADD TO YOUR COMFORT

Deck Chairs and Reclining Chairs in contrasting colors
Awning Material
Pull-up Chairs — Coxswell Reclining Chairs — Parlour Chairs — Bodoir Chairs — Chesterfield Chairs — Rocker Chairs — Baby High Chairs — Kitchen Chairs.

These chairs are now in stock, covered in different materials and all vary in colors.

Phone 775 327 Third Avenue, Prince Rupert

Children Allowed Unrestrained Play

Cleric Sponsors Youngsters' Hour Free From Adult Interferences


LONDON, July 16 (AP)—A special children's hour, at which parents are advised "not to interfere with childish freedom they have long forgotten or never possessed," is conducted at Acton parish church by Rev. Percival Gough.

Instructions to grown-ups accompanying the children say: "Do not by glance, word or act attempt to restrain the natural restlessness of the children. Since no one can hope, or should try, to maintain the curiosity of children for long, a room will be provided for play when interest lags. If the children want to sleep, let them, and if they want to play they shall do so. If you don't approve of this don't send your child."

Party For "Chuck" Sunberg Is Enjoyed

Occasion of farwell and birthday was happily combined Saturday night at the I.O.E. Hall in honor of Charles Sunberg, son of Mr. and Mrs. S. Sunberg, Sixth Avenue West, when 100 guests, including many boys home on leave from duty with the forces, enjoying singing and dancing. It was "Chuck's" twenty-first birthday. He is leaving tonight for Pacific duty after having been for three years in convoy on the Atlantic.

Bold Stripes Salute Slimness



Tapering Down to its brief, flaring, ruffled, this city-wise cotton original by Capri of New York shows how prettily front fullness suits a slim waist and hips.

Would a few pounds less let you wear fashions like this? Then write for the "Kellogg Weight Control Plan," a purse-sized guide with 63 reducing menus planned for your own needs.

These menus include Kellogg's All- Bran because it is guaranteed, on a double-your-money-back basis, to help you keep regular naturally. And, being made only from the vital outer layers of the wheat, it is rich in certain "protective" food elements your body must have, diet or no diet.

No wonder this delicious cereal is served by nearly one out of every two families in Canada. Order Kellogg's All-Bran today. To get the "Kellogg Weight Control Plan," cut the box-top from the package; print your address and request on it and mail to Kellogg Co. of Canada, Ltd., London, Ontario, Dept. 136.

NOTICE — Our store will re-open Monday, July 16th

ELIO'S FURNITURE STORE
PRINCE RUPERT, B.C.

FOR YOUR BETTER SATISFACTION...

quality foodstuffs are carried at all times. If you want the best, you will find it on our shelves. You are invited to inspect our stock.

MUSSALLEM'S ECONOMY STORE
(Opposite Canadian Legion)
Phones 18 and 19 P.O. Box 575

for the JULY BRIDE

IN PRACTICAL TASTE...

Are Our Assortments of—

- KITCHENWARE
- ENAMELWARE
- GADGETS
- LINENS

And other Household Requirements

THE VARIETY STORE

"Where Your Dimes Are Little Dollars"