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PHONE 86 TO CONTRIBUTE PERSONAL AND NEWS ITEMS

Are you entertaining out-of- | Flying Officer Eric Orme artown house guests? You will be rived in the city on Tuesday doing them an honor by having night's train from the East to us publish a personal note spend a week's leave with his about their visit.

February 9, Oddfellows' Hall. Tickets downtown stores. Work of redecorating and painting the Nurses Home is now under way, the hospital board

was advised at its meeting last tember. Sergeant Thomas Meehan of the administration staff of the Prince Rupert Regiment returned to the city on Tuesday night's

where he has been taking

representative of the city coun- in the Alberta capital. cil, and Miss P. M. Mooney R. N., the new lady superintendent, were welcomed for the first time sident of the British Columbia at last night's monthly meeting | Hospitals Association, read at the

Hospital Board.

A Talk and Film. Miss I Brown of the U.B.C. Extension Department will give a short talk o nthe Co-operative Movement in the Metropole Hall on 3rd Ave. West at 8:60 p.m. Fri The following films will conclude the evening program: eration," which shows the great and heaters by members of the advances, that farmer's co-op- staff within the Prince Rupert eratives have made in the U.S.A. General Hospital has been for-33.19) eratives have made in the U.S.A. General Hospital has been lot of the deputy comedy. All welcome.

Buy War Savings Stamps.

parents, Mr. and Mrs. C. H.

A Cambrai Valentine Dance,

W. M. Watts returned to the officiated. city on Tuesday night's train from a business trip to Vancouver, Calgary, Edmonton and Smithers. At Edmonton, where the train from Brockville, Ontario, temperature was 15 below, he met Joseph Greer, formerly of this city, who has one of the Ald. T. A. Sorensen, the 1945 largest men's furnishings stores

A letter from T. B. Walker, preof the Prince Rupert General meeting of the local hospital board last night, expressed appreciation of the active interest taken by the local hospital organization in the affairs of the Association and predicted that many important matters would be coming up in the year 1945.

In the interests of fire preven-"Fruit, Vegetables and Co-op- tion, the use of electric irons

ALBERTA GIRL IS SOLDIER'S BRIDE

Miss Joyce Chapman and Staff Sergeant Baldwin

A quiet wedding took place at First United Church at 8 o'clock Saturday evening when discussion of the evening was in Miss Joyce Chapman, youngest The hospital board was advised | daughter of the late Mr. and | last night that a new mobile x- Mrs. F. Chapman of Acadia ray outfit for the hospital which Valley, Alberta, became the bride had been ordered would not be of Staff Sergeant Clarence T. available for delivery before Sep- Baldwin, son, of Mr. and Mrs Harold Baldwin of Jamestown, New York. Rev. J. A. Donnell

wool dress with navy blue ac- 13, 8:00 p.m. cessories and was attended by United Church Valentine Tea, her sister, Mrs. A. Macfarlane, Feb. 15. wearing a mustard-colored wool dress with brown accessories. The groom was attended by Cpl. Lloyd T. Morris, United States

The reception was held at the home of Mrs. J. R. Murray which | urday. was decorated with pink and white streamers, the three-tier February 22. wedding cake being featured in the decorated archway where the bride and groom cut the cake and received congratulations from some forty guests. Delicious refreshments were served in a form of a buffet sup-

Mr. and Mrs, Baidwin will reside in Prince Rupert where the groom is now stationed with the United States Army.

The board of directors of the highly enlightening picture on fire marshal, H. T. Lock. In his Prince Rupert General Hospital Russia. "The Nose Has It," a report for the month, Chief Lock was in regular monthly session (34) notified the hospital board last last night. President G. P. Tinker night that notices to this effect was in the chair and others in had been put up in the hospital. attendance were Arnold Flaten, The chief advised the board that Thomas B. Black, W. O. Fulton, the fire alarm systems were in T. H. Sorensen, Robert Gordon good order and housekeeping W. M. Watts and Mrs. S. A. Keilounces of peroxine powder from any conditions were satisfactory in back, directors; H. W. Birch, both hospital and nurses' resi- managing secretary, and Miss P. M. Mooney, lady superintendent.

are poor eaters, underweight and nervous is often simply a matter of proper nourishment, especially an adequate supply of vitamins. But vitamins alone are not enough.

elements.

for best results.

So, if your child is thin, nervous and not developing properly, why not turn to Ovaltine as thousands are doing. Three normal meals plus two glasses of Ovaltine a day give your child all the extra amounts of vitamins and minerals needed for health and top vitality.

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NOTICE

J. H. MAIR has been appointed sole representative of

NATIONAL MONUMENTS for this district. The business has been pur-

chased from A. Weixl by W. Yule.

INCOME TAX Returns Prepared—See

Regiment W.A. Is Gaining Members

At the regular monthly meeting of the Prince Rupert Regiment Ladies' Auxiliary in the Armory Tuesday night 22 members were present. Several new members were greeted including Mrs. Johnstone, Mrs. Hebb, Mrs. Nickerson, Mrs. Prendergast, Mrs. Davidson and Mrs. Daniels. Main connection with the dance next Friday in the Armory.

Announcements

Junior War Workers Tea, Legion Rooms, February 10. (34) Tea, Presbyterian Hall, Febru-

C.W.L. Valentine Bridge, Whist The bride wore a powder blue and Cribbage, K. of C. Hut, Feb.

Dance every Saturday night, Oddfeliows' Hall, 9 to 12. St. Valentine Dance, W.A. of Machine Gun Regt., Armouries, February 16.

C.C.F. Bridge Drive every Sat

Anglican Tea, Mrs. C. C. Mills,

Orange Ladies' Sale, March 28 St. Peter's Sale, April 26.



 Authorities say the difference between husky children and those who

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and so easy to mix!

ALL-BRAN RAISIN BREAD

1 cup Kellogg's All-Bran 1/4 cup sugar 21/2 cups sifted flour 1/4 cup molasses 2 teaspoons baking cup sour milk or 11/2 teaspoons salt ½ teaspoon soda

1/2 cup chopped raisins

Beat egg well. Add sugar, molasses, milk, shortening (melted and cooled) and All-Bran; mix well; let stand until most of moisture is taken up. Sift flour, baking powder, salt and soda together; add to first mixture with raisins; stir only until flour disappears. Bake in greased loaf pan lined with

waxed paper in moderate oven (350° F.) about 1 hour.

Extra good and so different! This rich brown loaf has that heavenly nut-likeflavouronly Kellogg's All-Bran can give ... and that marvelously soft, light All-Bran texture. Perfect for the lunch boxes because it's packed with nourishment and keeps fresh. Clip the recipe now and get Kellogg's All-Bran from your grocer today. 2 convenient sizes. Made by Kellogg, London, Canada. Helps keep you regularnaturally!

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IN THE SUPREME COURT OF BRITISH COLUMBIA IN THE MATTER OF THE "ADMINISTRATION ACT"

COCOA

IN THE MATTER OF THE ESTAT OF JOSEPH SMALWOOD HOWE, DECEASED, INTESTATE TAKE NOTICE that by Order of His Honour Judge Fisher, Local Judge the Supreme Court of British day of November, 1944. All person persons having claims against the me forthwith and all persons having

claims of which I shall have been DATED at Prince Rupert, B.C. this Phone Red 389 P.O. Box 1294 31st day of January, A.D. 1945. NORMAN A. WATT. Official Administrator, Prince Rupert, B.C.

IN THE SUPREME COURT OF BRITISH COLUMBIA IN THE MATTER OF THE "ADMINISTRATION ACT"

INTESTATE indebtedness to me forthwith and all the amount of their indebtedness to

> have been notified. DATED at Prince Rupert, B.C., this 2nd day of February, A.D. 1945. NORMAN A WATT, Official Administrator,

> > Prince Rupert, B.C.

IN THE MATTER OF THE ESTATE OF WILLIAM KIZAK, DECEASED TAKE NOTICE that by Order of His Honour Judge Fisher, local Judge the Supreme Court of British Col February, A.D. 1945, appointed Adistrator of the Estate of William Kizak, who died on the 23rd day of

January, 1945. All persons indebted said Estate are required to file them with me properly verified on or before the 28th day of February, 1945, failing which distribution will be made having regard only to such claims against the said state are required to file them with me properly verified on or before the 10th day of March, 1945, failing which dis-