

Putting on the double windows John Dixon slipped, crashed his hand through the glass, cut a vein in his wrist and literally started to bleed

Fortunately his wife had taken the St. John Ambulance Association First Aid course. She enew where to apply pressure to staunch the flow of blood...she knew how to apply a ourniquet ... she knew what to do until the doctor arrived. And what she knew saved her bushand's life.

In some Canadian home every day an accident happens where a knowledge of First Aid can be of vital importance...and that knowledge is

freely available through the instruction provided by the St. John Ambulance Association.

The Order of St. John, which controls the St. John Ambulance Association and the St. John Ambulance Brigade, initiated and organized throughout the British Empire the science of First Aid. Today in hundreds of cities throughout Canada there are local Branches of the Association ready and willing to provide basic instruction in the vital science of First Aid. If you wish to learn First Aid or Home Nursing get in touch with your local St. John Ambulance Association Branch or write to St. John House, 321 Chapel Street, Ottawa, Ontario.

## Association and Brigade St. Iohn Ambulance

THE RED CROSS CAMPAIGN IN WHICH WE SHARE UNDER WAR SERVICE REGULATIONS

Complete details may be obtained from MRS. RICHARD S. WOODS, Honorary-Secretary, St. John Ambulance Association, 860 Summit Avenue, Prince Rupert, B.C., Phone 38, or by writing to the Provincial Branch, St. John Ambulance Association, 101-2 Union Building, Victoria, B.C.

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AND

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Q. How can I make a lotion to use after a bath?

A. After bathing use the following lotion: 2 tablespoons of

HOW CAN I???

By ANNE ASHLEY

oatmeal in 2 quarts of water, boiled for 3 hours, then strained and cooled. Add juice of 1 lemon and 1 tablespoon of alcohol. The oatmeal softens the skin, lemon whitens it, and alcohol removes that greasy appearance.

Q. How can I make flower pots waterproof?

from staining the surface of the table or other furniture.

of air in a room?

a need of more ventilation.

BIG MIGRATION

of the Civil War, about 5,000,000 persons from England, Ireland and Germany migrated to the United States.



The Seal of Quality

BRITISH COLUMBIA'S



FINEST SALMON

LONDON TO GIB-ONE DAY

in London recently was delivered return to Canada he completed at Gibraltar the following day. It law studies in Nelson with Hamilwas flown by R.A.F. transport ton and Wragge and for three command.

CFDD Radio Dial LITA 1240 Kilocycles

(Subject to change)

PROGRAM HIGHLIGHTS

A preview of the fine entertainment which will be featured at the Air Force Red Cross Carnival and Dance Thursday night A. By dipping the bottoms in will be presented over CFPR at melted paraffin. This closes the 8 o'clock tonight. The program pores and prevents moisture will be highlighted by several original compositions of pianist Bob Fleming, including the first performance of his song, "Did Q. How can I test the purity You Remember?" Other artists to be heard are Angelo Russo, former violinist with Guy Lom-A. By pouring some lime into bardo, and guitarists Cyril Matte a glass. If a thin, white scum and Paul Kelodi. These airmen forms on top, there is an excess are all accomplished musicians of carbonic acid in the air and and the show promises to be one of the best live talent programs ever presented on the local station. Another feature broadcast tonight will originate on Acropolis Hill. A combined program of music by the Sophisticates and the HMCS Chatham dance band will emanate from the post gym at 10:30.

### WEDNESDAY-P.M.

4:00-Words With Music 4:15-G. I. Jive

4:30—Science Magazine 5:00—Music America Loves

5:30—Sports Roundup

5:45—At Ease 6:00—Comrades in Arms 6:30—Information Please

7:00—CBC News 7:15—The Soldier's Return

7:30—Political Broadcast 8:00—Air Force Carnival

Preview 8:30—This Is the Story

9:00-Kay Kyser

9:15—Globe Theatre

10:00—CBC News 10:10-Elmore Philpott

10:15—CBC News Roundup 10:30—Sophisticates and HMCS 11:45—Personal Album

Chatham Dance Band 11:00—Silent THURSDAY-A.M.

7:30—Musical Clock 8:00—CBC News

8:15-Music for Moderns 8:30—Morning Concert

## Canada's Front Line Generals

Youngest and one of the "fightingest" members of the Canadian field general staff, Maj.-Gen. Dan C. Spry, born Feb. 4, 1913, has succeeded to a military tradition. .

His father was the late Maj.-Gen. D. W. Spry and young Dan spent his childhood travelling Canada's

Applewhaite Continued from Page 1

his supporters as well as himself must share the responsibility of waging an active cam-As far as he was concerned, he would do his best to justify the confidence which had been imposed in him. .

The major problems of the for a permanent force officernext Parliament Mr. Applewhaite and a lieutenant-colonel lead-

tion of two wars. Second, the handling of post- vice Order in Italy.

international.

were two sure ways of losing— Gen. Spry lived in many cities DIOCESAN W.A. to start with the assumption but spent most of his time at DIOCESAN W.A. was an election to win. There tary district headquarters there

it was "in the bag." est men-Eden, Churchill, Roose- regiment of Halifax.

who worked all had contributed al headquarters in 1941.

success of the campaign.

"My one job now will be to get myself elected," said the candidate. "I have nothing to promise but assure you that I will not spare mystelf in any way to put this thing over and to serve you if elected and I propose to do it the Christian way because I think it is the right thing to

Speaking for the outside delegates, W. C. Little said "your candidate pleases me all right."

Born At Nelson

46 Years Ago

Mr. Applewhaite was born in Nelson November 23, 1898, and went from High School there to serving overseas with the Can-LONDON, (P-A letter posted adian Forestry Corps. On his years practised in Rossland. Moving to Stewart in 1928, he went into the general insurance business with the late H. W. M. Ralston and for twelve years was village clerk there. He was president of the Stewart Board of Trade for four years and thirteen years secretary of the Canadian Legion. In all community activities he took

LOOK, FOLKS! I'VE GOT A

NEW PIN-UP GIRL!

9:00-BBC News

9:45—March Time

10:00—The Old Songs

10:15—Consumer Service

10:30-Melody Roundup

10:45-Alouette Quartet

11:15—Studio Scrapbook

11:35—Weather Forecast

12:45—Spotlight Bands

1:00—One Night Stand

1:30—Intermediate Music

11:33—Message Period

11:36—Recorded

12:00—Showtime

12:30—CBC News

2:00—Silent

9:15—Morning Devotions

9:30—Transcribed Varieties

11:00—Scandinavian Melodies

BETTER TAKE

CARE OF YOUR

AUNT JEMIMA'S!

THE NAVY'S

TAKEN ACTION

STATIONS!

Good for you . Digestible as toast!

# Equally Nourishing... Hot or Cold!

military districts. It was natural for him to lean to an army career and he joined the permanent force soon after graduating from Dalhousie University. After commissioning he was appointed to the perman-

ent force Royal Canadian Regi-

ment just as the first rumblings

of war were heard. He was a major at 27-young ing his regiment in Sicily at 29. First, the successful comple- At 30 he was a brigadier and had won the Distinguished Ser-

war problems both national and Then he was given a division in Gen. Crerar's First Canadian Third, the carrying on of or- Army in the Northwest Eurodinary, normal government func- pean theatre.

Born in Winnipeg when his First of all, of course, there father was connected with milithat it could not be won or to the garrison city of Halifax MEETING HERE start with the assumption that where he was educated at Dal-

Confidence and firmness of His first connection with the conviction should be assured army was when he was comthrough the magnificent record missioned at the age of 19 with of service of the government- the Princess Louise Fusiliers, a a war effort which the great- non-permanent active militia Annual meeting of Caledonia

following year and became a day and Thursday. Those who fought and those general staff officer at division- Miss A. M. Hilliard, of Van-

Sicilian campaign. He continued Hinchcliffe, of Dawson Creek. hoof. in this capacity on the march

Canadian Army later.

Mrs. Spry, the former Jessie Elizabeth (Betty) Forbes of Halifax, resides in Britain.

elected secretary of the Prince Rupert Chamber of Commerce, an office he now proposes to reenlist in the First Great War, linguish. Mr. Applewhiate is an Anglican and secretary of the congregation of St. Andrew's Cathedral. He is also a member of the Rotary Club and one of his prized possessions is the King George V Silver Jubilee medal he received in recognition of his work as secretary of the Canadian Legion at Stewart.

In 1930 Mr. Applewhaite was married to Mrs. W. C. Cameron, a well known and esteemed pioneer woman of Stewart. His father is a fruit farmer at Nel-

Mr. Applewhaite was this year | For Results-try a Classified.

BRITISH COLUMBIA

IN PROBATE
IN THE MATTER OF THE

"ADMINISTRATION ACT"

IN THE MATTER OF THE ESTATE

OF JOHN ZOGAS, DECEASED

INTESTATE

day of February, A.D. 1945.

furnish same, properly verified, to

me on or before the 10th day of April, A.D. 1945, and all parties indebted to the said Estate are re-

quired to pay the amount of their

DATED at Prince Rupert. B.C., this

NORMAN A. WATT.

Prince Rupert, B.C.

Official Administrator,

indebtedness to me forthwith.

10th day of March, A.D. 1945.

Women From Various Parts of Diocese Meeting At Cathedral Here Today

Diocesan Women's Auxiliary convelt-acknowledged. Were these It was two years later that vened here at 10 o'clock this or the C.C.F. and the Progres- he went with the R.C.R.'s and morning with delegates from sive-Conservatives in the best went overseas with them in seven district points in attendposition to judge the record 1939. He was made a major the ance. Sessions will continue to-

couver, vice - president of the aircraft in the field after having their part to the great Canadian Then he went to the staff of Western Canadian section of the operated a lighter type of airrecord but that record could not the overseas commander—Gen. Dominion Board of the W.A. is craft. have ben achieved without great McNaughton-as personal assist- attending the conference and is leadership and organization ant. In this role he accompan- the guest at the Bishop's Lodge. Other business included the

which the government had given, ind the general to Algiers at the Today's session began with President's address, Diocesan of-Mr. Applewhaite felt that the time the First Division drove Holy communion in the Cathed- ficers' reports and the close of support of the women, youth ashore at Sicily. He later went ral with Very Rev. J. B. Gibson nominations for new officers. and workers was vital to the to Sicily with Gen. McNaughton as celebrant and preacher. At Out-of-town delegates are: and toured the front there. 11:30 the delegates retired to Mrs. Wynn, Burns Lake; Mrs. When Lt.-Col. C. R. Crowe, the Cathedral hall to begin the C. Hinchliffe; Mrs. Bird, Hazel-

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BATH, Eng. (P)—This address was successfully found by the Post Office: "The Draper's Shop near Wool-

SCANTY ADDRESS.

worths. "Ladies' shorts at 18s. 11d. hanging outside, "Bath, Somerset."

VERSATILE S.A.A.F. CAPE TOWN, (P-The S.A.A.F. continues to give support to the partisans under Marshal Tito in YugoSlavia. Recently an S.A.A.F. squadron of the Balkan Air Force was converted to "Maurauder"

Now was the time to stop Hamilton, Ont., was killed, Gen. business session. ton; Mrs. Fynn, Pouce Coupe: talking and get down to work. Spry took over the R.C.R.'s and Address of welcome was made Mrs. Hill, Taylor Flats; Mrs. commanded it in some of the by Mrs. J. L. McIntosh, the West and Mrs. McMillan, Termost hard fought actions in the reply being made by Mrs. C. race; Mrs. McCormick, Vander-

# into Italy but Dec. 18, 1943, saw his promotion to brigadier rank. He won the D.S.O. in the Pontecorvo region of Italy, July, his brilliant handling of his brigade. He went to the First COLLIERIES LTD.

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