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The Experts Say...

By KAY REX
Canadian Press Staff Writer

HOME NURSING—The Canadian Red Cross society's new home nursing manual is a "must" for every household—particularly where there are children.

What to do in case of accidents—everything from treatment for frostbites to how to bathe baby is contained in this 200-page volume which the Red Cross says will have real meaning only if studied in conjunction with a course of instruction which consists largely of demonstration and practice.

The society's first reference book came out in 1923 at the time of the organization's plan to provide elementary instruction for homemakers in the care of the sick in the home.

Since then the book has been revised several times and in

this latest revision it has been completely rewritten.

Mention is made in the preface of the Red Cross nursing services department which has gradually evolved a flexible program of home nursing instruction designed to meet the needs of both urban and rural communities in Canada.

To further promote home care for the sick, equipment also has been made available to home nurses and other members of the public by the establishment of sickroom supply loan cupboards in Red Cross branches throughout the country.

While the value of expert care given by professionally trained workers cannot be overestimated, instruction of lay workers in home nursing develops volunteer service which greatly aids the professional worker, Helen G. McArthur, director of nursing services for the society, says in the preface to the book.

VOLUNTARY AID—Instruction of lay workers in home nursing also encourages the understanding and development of public health programs in the community. Thus many nurses, through Red Cross, voluntarily have given of their time and skill to teach Canadian women how to become more resourceful in caring for the sick, handicapped and aged in their own families.

Care of the sick and the aged is dealt with in this book which is made more interesting through introduction of the activities of the hypothetical Harper family at the beginning of each chapter.

Four-year-old Linda Harper awakens during the night with the tummy-ache and her mother after checking Linda's temperature calls the doctor.

BE FAIR TO DOCTOR—Instructions continue from there: "The signs of an oncoming illness are not always readily noticeable... it is unfair... to telephone the doctor for every little ache and pain but it is also unfair to wait to call him until the illness has progressed far beyond its normal degree of severity."

This particular chapter deals with symptoms of illness and how to read a thermometer.

BRIGHT BIT—One of the brightest bits in the book is Mrs. Harper's special recipe for health:

"Take one individual any age,

HARD AGROUND—The Canadian Constructor, 6,745-ton Canadian National Steamships vessel, went aground on a reef off Grenada in the Windward Islands. Passengers aboard the passenger-freighter ship were put ashore. (CP Photo)

SHIPS and— WATERFRONT

Capt. Harry McLean, popular master of the Union Steamship Co.'s liner Chilcotin, will have the sympathy of many friends in the death of his wife which occurred on Monday of this week in Vancouver. Owing to Mrs. McLean's serious illness, Capt. McLean stayed ashore in Vancouver from the current cruise of the Chilcotin to Alaska. Chief Officer James Hunter took over command and Capt. "Wally" Walsh, former chief officer of the vessel and now agent for the Canadian Merchant Service Guild at Vancouver, came out to resume his old duties for the one voyage.

Add daily: three balanced meals; six to eight hours restful sleep.

Garnish with good measure of purposeful exercise; pleasurable recreation; wholesome thinking; fresh air and sunshine.

Flavor with soap, water and toothpaste.

Safeguard by: regular medical examinations; immunization against preventable diseases; co-operation with health department to provide healthful environment."

Modern Etiquette

Q. What expenses of a wedding are borne by the family of the bride?

A. The trousseau, personal attire, invitations and announcements, decorations for the church or home, music, conveyances for the bridal party, the bride's gifts to her bridesmaids, their bouquets, and any entertainment that follows the ceremony.

Q. Should a woman who is travelling alone and registering at a hotel always use the prefix "Miss" or "Mrs."?

A. Yes, always.

Q. When a girl is preceding her escort and comes to a door, would it be correct for her to open it?

A. No; she should stand to one side and allow her escort to open the door and hold it wide for her to pass through.

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FRIDAY—P.M.

- 4:15—Stock Quotations and Interlude
- 4:30—Sleepy Time Stories
- 4:45—Don Messer and His Islanders
- 5:00—Tales of the Minstrels
- 5:30—Supper Varieties
- 5:45—Tunes by the Trio
- 5:55—CBC News
- 6:00—Dinner Music
- 6:15—Henri Rene Orch.
- 6:30—Musical Varieties
- 6:45—Saddle Rockin' Rhythm
- 7:00—CBC News
- 7:15—CBC News Roundup
- 7:30—Charles Peaker, Organ Recital
- 8:00—Eric Wild
- 8:30—Count of Monte Cristo
- 9:00—Burns Chuck Wagon
- 9:30—Beat the Champs
- 10:00—CBC News
- 10:10—CBC News
- 10:15—Bill Good Sports Review
- 10:30—Canadian Short Stories
- 11:00—Weather and Fish Arrivals
- 11:06—Sign off

SATURDAY—A.M.

- 7:00—Musical Clock
- 8:00—CBC News
- 8:10—Here's Bill Good
- 8:15—Hits and Encores
- 8:30—Morning Devotions
- 8:45—Little Concert
- 9:00—BBC News
- 9:15—Saddle Serenade
- 9:30—CBC Stamp Club
- 9:45—The Answer Man
- 9:59—Time Signal
- 10:00—Bandstand

Seven Percent School Gain

Enrolment in Prince Rupert city schools at the close of the 1949-50 school year showed an increase of nearly seven per cent over the enrolment one year previous, reports presented at the regular monthly meeting of the board of school trustees Wednesday night disclosed. This year's total was 1,225 pupils, whereas last year it was 1,146.

Increased attendance at district schools was also shown by the reports which were as follows:

School—	Enrol.	Att.	Av. %
Booth Memorial			
High	424	403	95
Borden Street	248	223	90.7
Conrad Street	254	243	95
King Edward	299	270	91
Port Edward	82	65	80
Digby Island	19	15.6	82
Port Essington	46	44	96

- 10:15—Musical Program
- 10:30—"Melody Time"
- 10:45—CBC News and Com'y
- 10:55—Weather and Interlude
- 11:00—Saturday Date
- 11:30—Weather Report
- 11:31—Message Period
- 11:33—Recorded Interlude
- 11:45—Scandinavian Melodies



"I'll call you back later, Doris. I think I hear one of the children calling."

**NOTICE TO
BRITISH and ALLIED VETERANS**
who may be eligible under amendments to the
WAR VETERANS ALLOWANCE ACT

District offices of the Department of Veterans Affairs are now accepting applications from certain British and Allied veterans made eligible to apply for War Veterans' Allowance by amendments to the War Veterans' Allowance Act passed at the present session of Parliament.

Complete details as to those eligible may be secured from the nearest district office of the Department of Veterans Affairs. In general, however, to be eligible a veteran who did not serve with the Canadian forces must have 20 years' residence in Canada, and meet the other qualifications of the Act as to service in the armed forces, income, assets and so forth.

IMPORTANT—These amendments have been made effective April 1st, but retroactive payment can only be made if the veteran qualifies under the Act and makes his application to the nearest district office of the Department of Veterans Affairs by July 31st. Payment in cases where applications are received after that date can only be made as from the date of receipt of such application in the District Office.

Published under the authority of the Hon. Milton F. Gregg, V.C.
Minister of Veterans Affairs

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Shriners Given Fine Welcome

Twenty-three past potentates from various parts of the United States with one from Canada and one from Mexico and other Shriners and their ladies, who spent several hours in the city Thursday evening while returning south aboard the steamer Chilcotin after a cruise to Alaskan waters, were given a tunesome and colorful welcome of distinctive Prince Rupert character.

The visitors were met soon after their ship docked by the Prince Rupert Shrine Band, which serenaded them, and by the patrol team of Job's Daughters, which put on one of their smart marching drill routines, all of which won much applause from the Shriners as well as a large crowd of people which gathered on the wharf to see the show.

After welcoming ceremonies and the making of a number of presentations, the Band and the girls' patrol, with Miss Edith Jordan as their majorette, led a parade to the Crescent Shows grounds and then to the Moose Temple where a reception was held.

The official welcome to the visitors was extended by C. A. Berner, vice-president of the Prince Rupert Shrine Club in the absence of President A. W. Burnip. He referred to the good work of Shriners both in Canada and the United States in their crippled children's hospitals.

W. D. Smith was then called upon and presented to Mrs. Herman L. Englehardt of Oakland, California, wife of the leader of the visiting party, a handsome bouquet. Bouquets were also presented to Mrs. Peter Lein, wife of the leader of the band, and Mrs. Alex Mitchell, guardian of the

local Job's Daughters belle, Dale Morgan of Peoria, Illinois, on behalf of the visiting party, expressed appreciation for the reception.

Before the close of the proceedings, Miss Donna McArthur, honored queen of the Job's Daughters, was called to the platform to receive a check for \$50—a donation to Shriners' Crippled Children Hospital fund which was made for by the local Shrine Club in acknowledgement of the team's assistance on such occasions.

CHIROPRACTIC FOR HEALTH

STOMACH ULCERS

The stomach is an amazing efficient machine. When food enters it produces digestive acids in quantity and of the proper quality to deal with whatever the food and chemical make-up of the food may be. As food leaves the stomach the production of acid ceases.

That is what happens in a healthy stomach. But all stomachs are not healthy. Some produce much acid, or produce it when the stomach is empty. The acid, no food for it to break down, attacks the delicate lining of the stomach, and breaks down stomach wall, resulting in ulcers. To treat the ulcer itself is insufficient. The cause must be moved. As the quantity and quality of acid produced is controlled by the nervous supply, the stomach is not functioning properly, nerves themselves must be at fault and should be examined.

This the Chiropractor does. He locates the vertebrae interfering with the proper flow of nerve impulses over the stomach nerves and chiropractic adjustment, restores to its normal position. The stomach resumes its normal activity and longer irritated by the overproduction of acid, the ulcer heals.

By correcting the cause, a permanent cure usually results, as testified by the thousands of stomach ulcer patients who have been restored to good health by Chiropractic.

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