

Catholic Women Hold Convention

The members of the Catholic Women's League of Prince Rupert were hosts on Wednesday to the Diocesan President, Mrs. J. A. Dunn of Smithers and also to several visiting delegates from Terrace and Smithers.

Mrs. E. L. Coughlin, President of the local League was chairman of the meeting and, in her opening remarks, introduced His Excellency, Bishop Jordan, who proceeded to outline the major activities and objectives of the Catholic Women's League from the standpoint of the entire vicariate.

Following His Excellency Bishop Jordan's address, Mrs. G. R. Brett, then read the annual report, following which the Diocesan President dwelt to some extent on the objects, policy, spiritual program of the League and also gave a brief summary of her attendance at a Provincial meeting held in Vancouver.

Father Rayner, the parish priest, was then called and gave a very enlightening talk on the constitutions and by-laws and their general applications.

Mrs. Coughlin thanked the speakers and after adjournment of the meeting tea was served by members of the local League.

TRAIN SCHEDULE

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8:00 p.m.

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HONOR DIRECTOR—Following the final rehearsal of the season Monday evening, the girls' junior choir of St. Paul's Lutheran Church had a surprise party for the director, Mrs. Earl Soiland. Mrs. Soiland was invited to have a cup of coffee at the home of Mrs. Alf Jensen and, when she entered the door, found the choir members waiting with a big surprise. They presented her with a going-away gift. There have been 24 members of the choir this season. Mrs. Leonard Youngman is the pianist. Back row, left to right, Mrs. Soiland, Edith Haugen, Liv Haugen, Margaret Olsen, Helen Olson, Jonna Olsen, Myrna Knutsen, Judith Stole, Mrs. Youngman. Middle row, Marie Olsen, Beverley Calderoni, Louise Hetland, Nina Mostad, Norma Johnsen, Mardell Soiland, Sylvia Heland, Gail Harvey. Front row, Gladys Grimolson, Sonja Hansen, Sonja Jensen, Sonja Selvig, Edith Olsen, Anne Olsen, Margaret Valderhaug, Verna Fossum. Sandra Giske was not present when the picture was taken.

United At St. Peter's

Miss Betty Jennings Becomes Bride Of Glen Hemmons

Flower decked St. Peter's Church at Seal Cove was the scene of a pretty spring wedding at 7:45 last Saturday evening, when Archdeacon E. Hodgson united in marriage Miss Betty Theresa Jennings and Glenn Bernard Hemmons, son of the late Fletcher Hemmons and Mrs. Hemmons of this city.

The bride was gown'd in a powder blue street length frock with a full accented skirt and topped by a tiny blue lace tiara holding in place her shoulder length veil. She wore a corsage of American Beauty roses.

The bride entered the church on the arm of her brother-in-law, Harry Swaffield of this city.

The maid of honor was Miss Trudy Julia Jennings, RN, sister of the bride, who arrived in the city recently from Holy Cross Hospital in Calgary to nurse in the local hospital. Her gown was of navy blue crepe print accented by white accessories and a corsage of pink and white carnations.

Groomsman was Fletcher A. Hemmons, elder brother of the groom.

A reception following the ceremony was held at the home

GOOD NEWS FOR SINUS SUFFERERS

By JULIUS DINTENFASS, D.C., B.Sc., F.I.C.C.

Many thousands of chiropractic patients are grateful to this healing science for its help in clearing up their sinus conditions. The record of achievement in the field of sinus trouble is one of chiropractic's proudest.

In the winter months, especially, the pain, discomfort and sheer agony of acute sinusitis are widely observed. Yet there is no real need for this prolonged suffering, since sinus trouble can easily be identified and can be eliminated by treatment.

Sinus trouble is actually an inflammation of the lining of the walls of the spaces in the bones of the face. The sinus cavities connect with the nasal passages by small openings. Drainage takes place through these channels. When drainage is interfered with, the sinus becomes inflamed, and a secretion is formed which may cause intense pain from pressure on the sinus wall.

Frequently this whole condition arises from neglect of a common cold. The usual symptoms are interference with breathing and a discharge of a pus-like mucus. Most of the time there is a dull headache or pain over the affected sinus.

The best way to avoid sinusitis, naturally, is to maintain good general health and a strong bodily resistance to disease. That means observing sound rules of personal hygiene, which include a varied diet of wholesome foods, plenty of rest and regular chiropractic adjustments. The adjustments are very important, as they serve to maintain a normal blood and nerve supply to the involved area.

This article inserted by
CHIROPRACTORS ASSOCIATION OF BRITISH COLUMBIA
To Promote Thorough Understanding of This Branch of Healing Art

of the mother of the groom, Mrs. F. Hemmons, 315 Alfred Street. Mrs. Hemmons, gowned in an attractive white and brown striped jersey ensemble, received the forty or more guests who came to offer felicitations to the young couple.

The home was tastefully decorated with pink and white streamers featuring a cluster of huge wedding bells, under which the bride and groom stood to receive the good wishes of the guests.

Following the taking of photographs by Stanley Hemmons, brother of the groom, and Miss Vin Elliott, and the cutting of the three-tiered snow white wedding cake, delicious refresh-

ments were served under the supervision of the hostess, by serviteurs Mrs. Ethel Slaney, Mrs. Harry Swaffield, sister of the bride, Mrs. Bob Menzies and Mrs. William Davidson.

Mr. and Mrs. Hemmons will make their home in the city.

Hon. E. T. Kenney, minister of lands and forests, arrived in the city on yesterday afternoon's plane from Victoria and left today by car for his home town of Terrace and other points in his riding of Skeena. Mr. Kenney recently returned to Victoria from a trip to Ottawa on government business. Mr. Kenney expects to spend the coming two weeks in the central interior.

Rev. P. H. Mallett, pastor of Knox United Church at Terrace, arrived in the city on the Camosun this afternoon from Vancouver, where he attended the recent British Columbia Conference, and will proceed to the interior by the evening train.

Rev. Harold M. Wingfield, noon returning to the Islands United Church pastor at Queen after attending the recent British Columbia conference in Vancouver, is a passenger aboard the Camosun this afternoon.

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