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BUD SCHUMAN (Old Post Office Bldg.)

Advertise through Classifieds.

Switch to This A

• There's a two-way benefit which follows the regular

use of Post's - the better Bran Flakes. First you ban-

ish trouble caused by "irregularity" due to lack of bulk

foods in what you eat. Then, you make breakfast really

appetizing. The reason: Because At Last Here's a

Helps Prevent Sluggish System Easily, Pleasantly

Post's - the better Bran Flakes - help provide laxative

Since this "Keep-Fit" cereal is made with other parts of

Today, start eating Bran Flakes regularly. They're crisp.

Post's Bran flakes

WITH OTHER PARTS OF WHEAT

Available at Hardware, Paint Stores and Lumber Dealers

They're delicious. Can be served in many appetizing ways. Note the tested recipe shown here. Try it. You'll be delighted. Make

APPETIZING "Keep-Fit" Cereal!

"Keep-Fit" Cereal That's GOOD TO EAT.

wheat, you get wholesome wheat nourishment as well.

sure it's Post's-the better Bran Flakes.

action gently and naturally.

## FDR's Cousin In British Election

LONDON (Reuters)—A British cousin of the late President Roosevelt, Oxford-educated Sir Humphrey Orme Clarke, has been chosen as Conservative candidate in the London bor-

eugh of South Hammersmith. It will be his first attempt at politics, although he has tried his hand at banking, a diplo- Miss E. Madsen. matic career, business and gentleman-farming.

daughter of Dr. W. A. Cook, of gers taking the tour to Alaska. Santa Barbara, Calif.

Alfred Roosevelt of New York. Capt. F. C. McGraw, arrived in worked in the family banking p.m. Saturday and sailed for The Complete Works, firm in New York. From 1940 to Vancouver at 6:30 p.m. Passen-1944, he was a secretary at the gers embarking from the city British Embassy in Washington, were G. Skomdal, H. L. Hansen and he then spent two years in and Mrs. Rosendale. the British Foreign office here. Now he has private business

in Gloucestershire. His job as Tory candidate in mer cruise vessel Princess Kath-South Hammersmith will be leen, Capt. G. O. Hughes, arriv-LEER BERNE BERNE tough. In last February's elec- ed in port at 9 a.m. and sailed tions, Labor won the seat with for Alaskan ports at 11 a.m. a majority of 2,600.



This advertisement is not published or dis-played by the Liquor Control Board or the Government of British Columbia.

Almost 300 tourists passed through the city yesterday for Alaskan ports aboard the Canadian Pacific summer cruise ship Princess Kathleen, Capt. G. O. Hughes. The vessel docked here at 9 a.m. and sailed at 11 a.m. Passengers disembarking here included Mrs. G. Madsen and

Disembarking from the C.P. The 44 year old baronet-rifth steamship Princess Louise when a line dating back 120 years she docked here last Friday were He has been married three Johnson, E. Richardson, from times, and the heir to the Vancouver Messrs. Gold, Hanson baronetcy is his elder son, 10- and Brown, and Rev. Mr. Steyear-old Charles, by his Ameri- phens from Ocean Falls. The can second wife Elisabeth, boat was crowded with passen-

Sir Humphrey's mother was Elfrida Roosevelt, daughter of C.P.R. steamer Princess Norah, Before the war, Sir Humphrey port from Alaska points at 5

It was Canadian Pacific day interests and runs his own farm again yesterday when the sum-Passenger embarking for Sitka was Ralph Wilcoxon, a tourist from San Francisco.

A total of 105 Canadian and here from Alaskan points at 5 p.m. and sailed for Vancouver at selves. The ship anchored at Car-7:30. The party journeyed to dena Bay, Kennedy Island. VICKERS' IS DISTILLED IN CANADA Skagway, then boarded the White AND IS DISTRIBUTED BY Calvert Pass Railroad for a trip into the Yukon. Shortly after leaving here last night, they staged galety program, produced directed and acted out by them-

DATE BRAN MUFFINS

To Make Your Mouth Water!

• Pour milk over bran and let stand 5

minutes. Add 1/2 cup finely cut dates

to bran mixture. Sift flour once, mea-

sure, add baking powder, salt, and

sugar, and sift again Add egg and but-

ter to bran mixture and mix well. Add

flour, beating only enough to dampen

all flour. Bake in greased muffin pane

Posts

A Product of General Foods

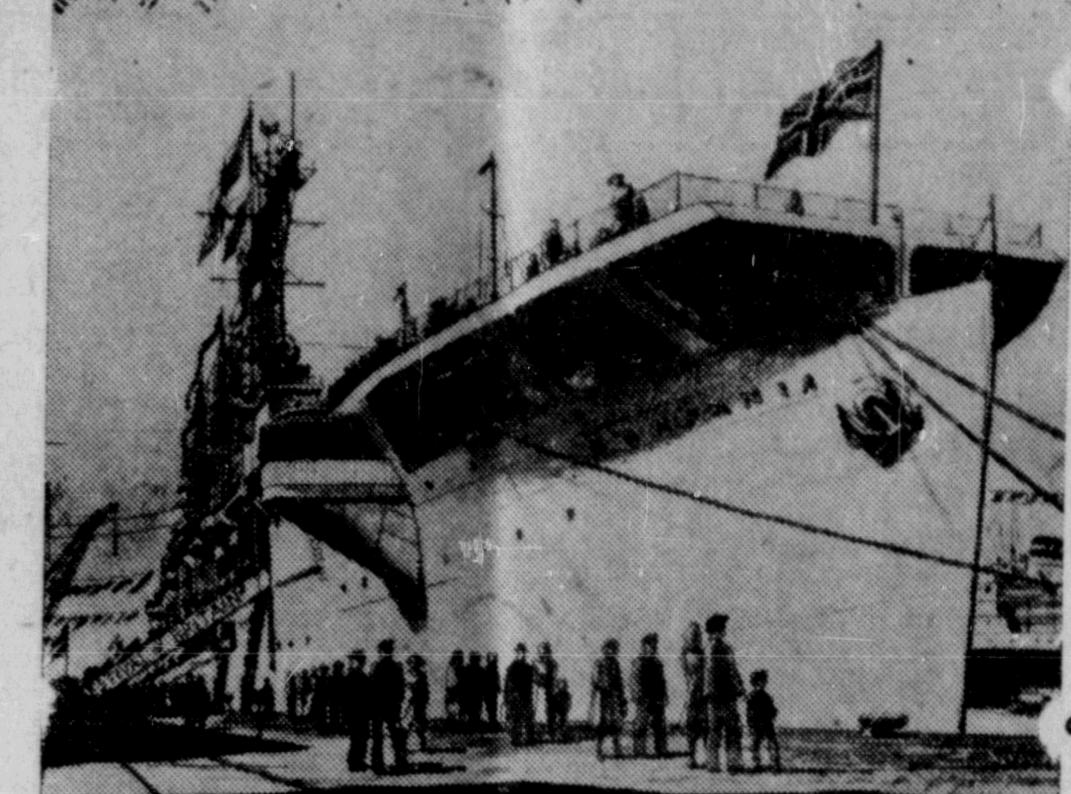
in hot oven (425°F.) 25 to 30 minutes.

\*Raisins, prunes or figs may replace dates.

4 teaspoon salt

melted butter

or other



FLAT-TOP TO BECOME FLOATING HOTEL - The 16,000-ton Wendell Corey has the part Water Line is six-feet-four inches tall. Mrs. N. Allen, Miss S. Bowden, A. British aircraft carrier H.M.S. Compania, now in reserve at Gare- of the husband in the poignant loch, Scotland, is to assume a temporary peacetime role as a trav- drama. The sultry Swedish acteling exhibition ship for next year's festival of Britain. The Com- ress, Viveca Lindfors, is the meeting had been droning on for water line from Shawatla pania's festival attractions will include demonstrations sports dis- other woman. Popular Natalie over two and one half hours. the other side of the pass plays, an open-air cafe, a restaurant and a licensed bar. Her tour | Woods is the little daughter. is planned to begin in April, 1951. Picture shows: A sketch by Mr. It is wholesome adult enter-James Holland, F.S.I.A., Festival co-ordinating designer, of the tainment which, while sad, festival ship on exhibition at a typical festival port.



American tourists, the majority EVEN THE COPIES ARE WORTH A FORTUNE-The originals remembers of the San Francisco main in England, but the copies of the British crown jewels, dis-Recreational Association, spent played at the International Trade Fair which began on May 29 at an enjoyable two and a half Toronto are themselves worth a fortune. Here Arthur Cook, chief hours in the city late yesterday warder of the jewels, displays the jewelled swera of state to adafternoon following arrival here mirers in London. On the table, back row, left to right: St. Edaboard the Union Steamship's ward's crown, the imperial crown of state and the imperial crown summer cruiser Chilcotin, Capt of India. Centre row: King's orb, archbishop's cross and the altar H. McLean. The vessel arrived cross. In front is the royal sceptre.

Dr. Neal M. Carter, director o the Prince Rupert Fisheries Experimental Station, and Dr. Lyle A. Swain have been in Ottawa recently attending sessions of the Chemical Institute of Canada Both Dr. Carter and Dr. Swain were formerly in Prince Rupert when the Pacific Fisheries Experimental Station was located here.

# To Ship Again

STEWART - Alphonse Thomas has left for his Tide Lake prob- boarded the Coquitlam this erty to work the whole summer afternoon for a holiday visit to high grading. He will ship in the Vancouver. fall. Last year shipments of sensational value were made. G Brown, engineer for Newmont Mine and Metal Company, who are interested in the property, is expected to arrive in August for an inspection of it.

Phillips had some supplies taken in by plane. They have good lot of ore sacked ready for shipment by pack horse as scon as road conditions warrant. M: Phillips brought in more labor last week.

Big Four started a train of 14 pack horses toward their property Sunday.



COME IN TODAY

FIG.

## Predatory Game Close To Terrace

cubs by the sice of the road near in the evening. the cemetery. A little further along the road he came across another female bruin with two cubs. On two occasions while driving the Kaium road, cougar have been spotted. One large one was seen on the road up to Lean to hill. Another was seen on the Lakelse road. Deer are often see: and the occasional wolf.

Mrs. G. Williamson and son

## GRATEFUL FOR HELP WITH CONSTIPATION

"My husband spent much money seeking cures for constipation. Not until he began eating KELLOGG'S ALL-BRAN for breakfast did his trouble disappear!" So

writes Mrs. Fernand Boudreault, 11 rue Hôtel de Ville, L'Abord-à-Plouffe, Conté Laval, P.Q.

One of many unsolicited letters. If you suffer from constipation due to lack of bulk in the diet, do this: Eat an ounce of toasty KELLOGG'S ALL-BRAN daily, drink plenty of water. If not completely satisfied with results after 10 days, send empty box to Kellogg's, London, Ont. Get DOUBLE YOUR MONEY

# LTD.

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Let us help you plan that new home under the N.H.A. Phone Green 883 Box 586

R. W. COLLINS Authorized Dealer for ELECTROLUX

Will be residing permanently in Prince Rupert Contact the above for all Service required and for Parts and Supplies

PHONE 451

Phone today for a Free Demenstration of the 1950 Model Prompt and Efficient Service

## New Medical Film Theme

Movies have often gone in fomedical interest but there is a novel slant to the theme of the new picture "No Sad Songs for Me" which presents Margaret Sullavan, returning to the screen for the first time in six years. She plays the fruity part of a wife who gives herself to her husband and little daughter in entirely different circumstances. Knowing that she is to die shortly of an incurable malady, she fosters the interest of her husband in another woman and even grooms her as her successor as wife and mother.

leaves a pleasant taste.

Mr. and Mrs. G. J. S. Ander- ponsible sources," Ald. Black shortage of labor was son were passengers aboard the said, explaining his questioning, the work behind what C Coquitlam today bound south "to pick faults in the civic ad- gineer Don Stewart had from Stewart to Enderby to ministration and to make sugges- to accomplish this year. which point he has been trans- tions without knowing the fin- ever, in spite of difficultie ferred as manager of the Bank ancial position following those had been accomplished th

### STEWART

staged a pleasant dance in the sary to obtain provincial or fed- drainage in order to recti Premier hall recently. Many eral aid or go back into the manently conditions that Stewart residents spent an en- hands of a commissioner. He causing roads to break up joyable evening there dancing to did not feel anyone wanted that. stabilize road beds. Th the strains of Mrs. Jean Stewart It was hard enough to keep the. mix surfacing plant would on the piano and G. Dick on the mill rate at 60 without going into operation Tuesday and

R. Dunlop, assistant district engineer, took the plane out Friday after completing an inspection visit here.

Mrs. J. F. Bouzek and the infant went to Alice Arm by plane a few days ago to visit grandpar-

The Dominion Day celebration committee-R. Hoadly for Prem-Omineca Heraid reports that ier, C. G. Tran and T. Forsyth for a Terrace cab driver, on a trip to Stewart-are in charge of varithe bench the other day, came ous arrangements. There will be upon a mother bear and three sports, grand parade and dance



IT HAS BECOME GOSPEL

PRINCE RUPERT THAT THE

FINEST DINNERS

ARE SERVED AT THE

CIVIC CENTRE DINING ROOM

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"Chicken in the Rough"

Phone 868 for reservations

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R. E. Mortimer 324 2nd Ave. (Near CFPR)

Graduation Photos Call at CHANDLER'S STUDIO 216 4th St. Ph. Green 389 Open evenings by appointment

Plumbing & Heating

## TODAY 7 - 9 p.m.

Margaret Sullavan in "NO SAD SONGS FOR ME"



Reconstruction Of

The questions went on and on. 90 per cent completed a Ald. T. B. Black was trying to some of the line was obtain from last night's sitting part of the efforts toward "No Sad Songs For Me" open- of the City Council a composite works construction was a ed at the Capitol Theatre last picture of the work the council correcting conditions that was actually accomplishing.

suggestions would place the city been expected with the in." He added that in order to available. implement the programs that That regarding stree Premier Community Club were suggested it would be neces- effort was being turned large scale construction pro- Avenue from McBride to

grams, he said. Among information elicited by as Sixth Avenue from Ald. Black's questioning was the Street to McBride Street; following.

That the council had received erly from Second Avenue no information as to how the change over from provinciai

affect the city financia The time was late and the That reconstruction

under test. That the rupted the service in the "There is a tendency in irres- cold spell last year. T

> Street would be surfaced Street for one half block

Classifieds bring quick i

Another Shipment of the Famous HEEL-HUGGER TIES!

BLACK KID

AA to EE FITTINGS

# Learn to Dance

Expert instruction in Fox Trot, Waltz, Jive Rhumba, Tango—Private Lessons For appointment Green 491

PRINCE RUPERT DANCE STUDIO Learn to Dance

# Auction Sale of Household Good

at 435 - 4th Ave. West on WEDNESDAY, JUNE 28, COMMENCING AT 2.30 P.M. SHARP

Instructed by THE OWNER WHO IS LEAVING TO I will sell by auction the following:

Philco Electric Refrigerator — McClary Electric Stove Oak Dining Room Suite - Walnut Buffet - Walnut Chi Cabinet — 10-Vol. Encyclopedia — 8 x 12 Axminster Carl - 9 x 12 Underfelt (ozite) - Aladdin Oil Lamp and Sha (new) - Walnut End Tables - Walnut Magazine Rack End Tables and Coffee Table - Oak Dinner Wagon Occasional Chairs - 2 Windsor Chairs - Northern Elect Console Radio - 2 Bedroom Dressers - 1 Vanity Hall Mir - 34 Bed Complete with Spring Filled Mattress - 1 Ch fonier - 1 Chest of Drawers - Bench Vice, and Gard Tools, etc.

GEORGE DAWES, Auctioneer, Phone Red 127 or Green TERMS CASH

Give Moths A Cool Reception

SCIENTIFIC FUR COLD STORAGE VAULT WINTER SUITS AND CLOTH COATS ALSO STORE PHONE 974 FOR FREE PICK-UP SERVICE 302 - 3rd Ave.

PRINCE RUPERT