

SOCIAL and PERSONAL

S.O.N. Officers Are Installed

Installation of officers for the year took place at a meeting of the Sons of Norway in their hall Wednesday night. Installation was by Past President Hels Gunderson. Mrs. Knute Slatta and Mrs. John Fredheim installed the marshal and assistant marshal. It was announced that a Smorgasbord social will be held May 17 in the organization's hall. The following officers were installed:

- President—John Fredheim.
- Vice-President—Harold Hel-land.
- Judge—Gunner Selvig.
- Treasurer—Arnold Kaardal.
- Financial Secretary—Astrid Pedersen.
- Secretary—Mabel Ritchie.
- Assistant Secretary—Sophia Giske.
- Marshal—Mrs. John Pedersen.
- Assistant Marshal—Mrs. G. Selvig.
- Inner Guard—Hans Pettersen.
- Outer Guard—Birger Bakken.
- Trustee for three years—Oscar Giske.

Miss Dolores Clifford, telegraph operator at Hazelton, and Miss Gwen Langthorne arrived in the city on Tuesday night's train for an Easter week visit. They will return to Hazelton on Monday night's train.

Announcements

- Club stag nights arranged Northern Sports Boxing Club. (103P)
- Card Tournament, Catholic Hall, Thursday, April 27.
- United Church Bake Sale April 15th at Gordon and Andersons 11 to 4.
- Women of the Moose Novelty Spring Tea, April 19, in the new Moose Temple.
- St. Peters Spring Sale April 20.
- Presbyterian Spring Sa's April 27.
- Hobby Show April 27, 28 and 29.
- C. C. F. Tea and Sale, Ladies' Lounge Civic Centre, April 29.
- Orange Spring Sale and Tea, May 3.
- United Church Mothers' Day Sale, May 4th.
- Student Recital, combine violin and piano, May 5, 7:30.
- Gyro Klondyck Night May 5
- Presbyterian Missionary Tea—Church Hall, May 11th.
- Sonja Tea May 13.
- Eastern Star Tea May 18.
- S.O.N. Badminton Dance every Saturday night.

Pillowcase Hoard Fortune in Silver

ST. HELIER, Jersey Channel Islands—Plumber George Bisson, probing pipes beneath the floor of a house, came on a hoard of silver coins worth more than £6,000 (\$18,600) and weighing nearly a ton.

The coins were stowed in pillowcases and leather bags in the home of Walter W. Bisson, a retired fish dealer who died last July. The money will be divided among his heirs.

Would Ban Spring Knives-Stilettoes

TORONTO—The city council approved a resolution asking the Minister of Justice, Hon. Stuart Garson, to ban the import and sale of "spring knives" and stilettoes. This action was taken at the request of the police chief, John Chisholm.

AIR POWER MOST DOMINANT FACTOR

MONTREAL—Lieut. General G. J. Simonds, Commandant of the National Defence College at Kingston, speaking here said: "The dominant factor in modern war is air power. The best means to prevent a shooting war is to prove to any possible aggressor that an open conflict would not pay off."

Rev. Canon W. F. Rushbrook, pioneer Anglican missionary of city and district, is a patient in the Prince Rupert General Hospital. He suffered a heart attack on Wednesday but is now reported to be resting comfortably.

● Winners of the Music and Drama Festival Cups and medals please return to Bulgars for engraving. (87)

Native school teachers for the Salvation Army—Envoys and Mrs. John Walker of Kitselas, Capt. Louise Thomas of Hazelton and Lt. E. McLean and Lt. B. Gordon of Glen Vowell—are returning to their posts in the interior by tonight's train after having spent the Easter holiday season in the city.

● Women of Moose please take novelties to Star Stylewear not later than Tuesday, April 18 (88)

Mrs. W. C. Poulton of the Salvation Army is leaving on tonight's train to visit various Home Leagues of the Army at Prince George, Hazelton, Glen Vowell, Cedarvale and Kitselas. She expects to be away for eight days.

● Co-op Fisherman's Farewell Dance April 14th, Civic Centre Aud. 10-2. Tickets for admission are available at Co-op stores for all members and employees. (87)

● Prince Rupert District Scout Association is conducting a Leader's Training Course in the City from April 20-25 under expert direction of Field Commissioner J. Watson of Vancouver. This course is open to young men or women over 18 years of age, interested in boys' work and welfare. No obligation to stay in Scouts. If interested, write District Commissioner of Scouts, P.O. Box 187, City, before April 15. (90)

● YOUR SPRING PLANTING! The finest selections of gladioli bulbs and rose bushes now at Balagno Florists, Green 787. (h)

● Attention all Scouts and Cubs, Prince Rupert District. Final film programme Friday, 7:30 p.m. at the Anglican Cathedral Hall. Come and enjoy yourselves. (87)

George Green, district manager of Imperial Oil Co., sailed last night on the Prince Rupert for a business trip to Ocean Falls.

● Dance S.O.N. Hall Saturday 9 to 12 p.m. Music by Mike Colussi. Everybody welcome. (88)

● Meeting of Int. Union of Operating Engineers Local 115. Carpenters Hall Sunday, April 16, 2:30 p.m. (88)

Committed for Trial On Charges of Arson

LEYBURN, Yorkshire, Eng. —Thomas Jackson, 28-year-old painter who "longed to be a fireman" was committed for trial by Leyburn magistrate's court on charges of arson.

The prosecution charged Jackson had set fire to a racing stable and a neighbor's house. In one case he had given the alarm and in both he had helped firemen fight the flames.

A statement read to the court said Jackson had "longed to be a fireman." He had applied to the brigade but had been turned down on an eye test and this had been "a great disappointment."

DON'T RUN YOURSELF DOWN!

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

We often unconsciously compare our own body mechanism to that of a watch. You'll hear people say: "I'm run down." Why not carry the analogy one step further? When a watch is run down and doesn't work right, we have it adjusted. We can do the same for the body—through chiropractic adjustment.

The result in both cases is the same. The watch and the body are both made up of hundreds of tiny parts, all of which must be meshed together in perfect co-ordination and balance, and with nothing to impede the flow of vital energy. The mainspring of all our actions—conscious and unconscious. Our system of interlocking gears, to transmit vital impulses from the brain, is our spinal cord. Shock, fatigue, a fall—any one of a hundred causes can throw the spine off balance—interfere with proper channeling of nerve impulses from the brain to the other organs of the body. When we're "run down," it's a symptom that, like our watches, we need "adjusting." The chiropractor corrects this distortion that has altered or obstructed the proper channeling of nervous impulses, restores the body to the desired equilibrium. So the next time you feel run down, visit your chiropractor!

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

ARRIVALS

Prupert
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