

so different today

There is no object to Cleopatra when her servants served breakfast. The Cleo of the quick off the mark. So no wonder she was the served-in-a-jiffy, eaten-on Grape-Nuts Flakes. They're not only but delicious and nourishing, too.

Yes—Post's Grape-Nuts Flakes provide useful quantities of carbohydrates, proteins, minerals and other food essentials to start the busy day right. Made with two grains—wheat and barley—to give you that glorious Grape-Nuts flavor in crisp, golden flake form. Ask your grocer for Post's Grape-Nuts Flakes.

GF-17

SOCIAL and PERSONAL

● Canadian Legion Card Party postponed to 15th of Feb. (11)

● The Catholic Hall card Party on Feb. 2 has been cancelled. (27)

Mr. and Mrs. Neville Gerrard called yesterday afternoon on the Consul-General for a trip to Vancouver.

● During the power shortage, Public Library hours will be from 10 a. m. to 3 p. m. (11)

Constable and Mrs. J. J. Ehl arrived in the city on the Prince George this morning from Chilliwack. Constable Ehl comes here to succeed Sgt. G. D. Mead as divisional clerk of the provincial police here. They are taking up residence at Angus Court. Sgt. Mead leaves next Sunday night on the Chilcotin for Victoria, having been transferred to headquarters of the British Columbia Police there.

Miss G. Petit R. N., of Prince Rupert General Hospital nursing staff returned to the city at the first of the week after a vacation trip to Winnipeg, Vancouver and Victoria.

● Meeting of Job's Daughters, Friday, Feb. 3 at 7:30 sharp. Majority Degree, Silver March and Social. Girls and Officers meet in Banquet Hall 7:15 for birthday pictures. (28)

Hugh Aird, district pensions advocate, Veterans' Bureau, Shaughnessy Hospital, arrived in the city today on the Prince George to interview war veterans on pension matters. He will sail south on the vessel's return trip, in the meantime interviewing veterans at the Unemployment Insurance Commission office on Wednesday and at the Canadian Legion Hall on Thursday.

HOTEL ARRIVALS TODAY

Prince Rupert

T.A.V. Tremblay, Victoria; T. Leigh, Stewart; G. Hauson, Alice Arm; N. Fiddler, Vancouver; A. M. Smith, New York; J. Adkin, Vancouver; J. Le Blanch, Vancouver; A. Beguin, Alice Arm.

CHIROPRACTOR
John F. L. Hughes, D.C., Ph.C.
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HOURS
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Monday and Friday, 7:30 p.m. for those unable to come during the day. RECEPTIONIST in attendance afternoons.

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BABY REQUIREMENTS
● Wide Mouth Bottle
● Screw on Nipple
● Side Feeding Nipple
● Snow Suits to Clear

Announcements

Civic Centre Bridge February 10th.

Lutheran Tea and Home Cooking Feb. 11th.

Canadian Legion Card party February 15.

Card tournament, Catholic Hall, February 16.

Boy Scout Concert, Civic Centre, Feb. 17.

Shrine Band Concert, Civic Centre Auditorium, Friday March 3rd at 8:15 p.m. Tickets from members.

Canadian Legion Easter Sale April 5th.

Cathedral Sale April 13.

St. Peter's Spring Sale April 20.

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Fresh Fruit

Japanese Oranges	1.35
Bananas, lb.	.25
Apples, cooking, 3lb.	.25
Fancy Macs, 3 lbs.	.25
Lemons, large Cal. doz.	.75
Grapefruit	3 for .29
Oranges (Navel)	.22-.75
Dates	.25

Vegetables

Celery, lb.	.10-.13
Rhubarb, 2 lb.	.21
Beets, bunch	.10
Parsley, bunch	.05-.15
Spinach, 2 lb. cello	.19
Radishes, bunch	.08
Mushrooms, lb.	.65
Head Lettuce	.13-.18
Cooking Onions, 3 lbs.	.29

So good on so many dishes

Campaign By Scouts

At a special meeting of the executive council of the Boy Scout Association at the home of the President, N. E. Gerrard, final plans were laid for the 1950 Boy Scout Week campaign which will be held from February 6 to 22.

The Scouts and Cubs will hold a concert at the Civic Centre on February 17 which will include plays and displays. Also included will be the presentation of the flag to the Fifth Prince Rupert troop. The colors will be presented by the Canadian Legion and a forty minute film will wind up the evening's entertainment.

It was also reported that insurance had been taken out to cover 200 boys in Prince Rupert against accidents while participating in Scout activities.

A letter was received from Col. Keith Dixon who was recently awarded the Certificate of Merit for his splendid leadership of the B. C. contingent to the Ottawa Jamboree. He mentioned his happy memories of Prince Rupert and his term of office as commissioner here.

Present at the meeting were F. B. Woods-Johnson, W. H. Donmont, A. G. Boas, M. J. Saunders, G. P. Lyons, F. E. Anfield, Fred Conrad, N. E. Gerrard and Carlo Hansen.

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Premium side bacon, sliced one-half pound	.45c
Weiners lb.	.45c
Premium Ham regular half or whole lb.	.57c
Picnic Ham hockless lb.	.45c
Picnic Ham regular lb.	.43c
Garlic Sausage lb.	.55c
Cottage roll lb.	.69c
Fresh leg Pork one half or whole lb.	.50c
Oxtail lb.	.20c
Ox heart lb.	.40c
Ox tongue lb.	.40c
Tripe bleached lb.	.20c
Tripe raw lb.	.16c
Beef Kidneys lb.	.16c
Turkeys lb. from 45c to 67c	
Ducks lb.	.65c
Geese lb.	.65c
Burns Oven ready Fowl lb.	.65c
Burns Oven ready chicken lb.	.80c
Pork Ribs lb.	.25c
Spare ribs lb.	.55c
Pork Chops lb.	.65c
Pork Hocks	.35c
Pigs feet 2 lbs.	.25c
Pork Sausage Swift lb.	.59c
Pork sausage Gamers lb.	.55c
Smoked black Cod lb.	.38c
Small Red Spring Salmon lb.	.34c
Red Cod Fillets lb.	.35c
Ling Cod fillets lb.	.39c
Sole fillets lb.	.39c
Sole fillets lb.	.45c
Oysters One-half pint	.95c
Shrimp meat one-half lb.	.95c

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