

Use Cleaning tomorrow?

Work ahead! Make it easier by now just what you will do, when - you go

GOOD Breakfast include Grape-Nuts for Balanced Nourishment

YOU can make any breakfast BETTER... and more delicious... by including Grape-Nuts with milk or cream. Get yourself a big share of breakfast enjoyment - and a valuable supply of carbohydrates, proteins, minerals. You need only 2 tablespoons of Grape-Nuts... and it is the most economical part of a good breakfast. All grocers have Grape-Nuts.

Post's Grape-Nuts

GRAPE-NUTS ECONOMY RECIPE

GRAPE-NUTS BAKED CUSTARD
2 eggs, slightly beaten
1/4 to 1/2 cup sugar
1/2 teaspoon salt
2 cups milk, scalded
1/2 teaspoon vanilla
1/2 cup Grape-Nuts

Combine eggs, sugar and salt. Add milk gradually, mixing thoroughly; then add vanilla. Put about 1 tablespoon custard mixture in each custard cup; fill with water and bake in slow oven (325° F.) 40 to 45 minutes, or until knife inserted comes out clean. Serve plain or with cream or sweetened crushed fruit. Makes 5 servings.

CFPR Radio Dial

- 1240 Kilocycles
(Subject to Change)
- WEDNESDAY - P.M.**
4:00 - Edmund Hookridge
4:15 - Stock Quotations and Int.
4:30 - Maggie Muggins
4:45 - Easy Listening
5:00 - Music in a Mellow Mood
5:30 - Musical Cocktails
5:45 - Henri Rene
6:00 - Supper Serenade
6:15 - Sammy Kaye
6:30 - Musical Varieties
6:40 - Rec. Int.
6:45 - Plantation House Party
7:00 - CBC News
7:15 - CBC News Roundup
7:30 - History of Music
10:00 - CBC News
10:10 - B.C. News
10:15 - English Film
10:30 - Recital
11:05 - Weather Forecast and Sign Off
- THURSDAY - A.M.**
7:30 - Musical Clock
8:00 - CBC News
8:15 - Morning Song
8:30 - Music for Moderns
8:45 - Little Concert
9:00 - BBC News
9:15 - Morning Devotions
9:30 - Morning Concert
9:55 - Time Signal
10:00 - Morning Visit
10:15 - Morning Melodies
10:30 - Roundup Time
10:45 - Scandinavian Melodies
11:00 - T.B.A.
11:15 - Songs of Today
11:30 - Weather Forecast
11:31 - Message Period
11:33 - Recorded Interlude
11:45 - Let's Waltz
- P.M. -**
12:00 - Mid-Day Melodies
12:15 - CBC News
1:00 - Symphony Hour
1:30 - Thursday Recital
1:45 - Commentary and Talk
2:00 - B.C. School Broadcast
2:30 - Recordings
2:45 - Western Five
3:00 - Ethel and Albert
3:15 - Sketches in Melody
3:30 - Divertimento
3:45 - BBC News



CALGARY SWEATER GIRLS GO DINOSAUR - Two lovely ladies, Joyce Cleugh and Adess Sheridan, make notes as they look over Calgary, Alberta's zoological park. In the background is a giant life-sized model of a dinosaur, made of cement. These prehistoric creatures roamed the area some 90 million years ago and large amounts of fossilized bones are being discovered on the banks of the weird Red River. Teen-age dinosaur hunters form expeditions and comb the area for bones every week. Discussions then take place between the enthusiasts.

CLEAN SWEEP

(Continued from Page 4)

B. Rudderham	115	152	169
D. DeOrak	97	174	152
D. Rudderham	176	144	124
Totals	62	62	62
Totals	820	789	843

ORANGE

E. Mulder	113	104	86
E. Johansen	112	176	161
A. Lund	97	122	99
C. Adams	83	139	124
Low Score	109	99	
C. Willson			117
Handicap	94	94	124
Totals	608	734	711

SCUBY'S

J. Thornton	181	128	147
D. Word	109	229	209
G. Van Meer	164	152	232
W. Steeves	165	99	85
B. Uzik	225	177	173
Handicap	43	43	43
Totals	887	828	943

SAVOY SWINGERS

D. McPhee	292	170	132
E. Knutson	163	139	163
L. Erickson	82	118	198
L. McCallum	143	160	169
Low Score	133	144	157
Totals	815	722	819

GORDON & ANDERSON

S. Ramsay	260	193	165
I. Garner	186	144	179
D. Smith	201	145	164
L. Anderson	135	221	186
C. Barrie	158	156	172
Handicap	8	8	8
Totals	948	866	845

TAFT & ODOWES

J. Nowak	131	183	159
E. McKinnon	188	108	198
D. Nelson	187	228	141
B. Saville	134	88	143
Low Score	111	133	146
Handicap	78	78	73
Totals	829	818	885

DE JONG'S

A. Pierce	177	228	216
E. Moxley	111	158	169
A. Wrathall	155	183	183
J. Shenton	204	133	183
V. Wrathall	166	161	181
Handicap	23	23	23
Totals	836	878	918

LOW RAIL FARES FOR THANKSGIVING DAY

MONDAY, OCT. 11
Between All Stations in Canada
ONE-WAY FARE AND ONE-THIRD FOR ROUND TRIP
(Minimum Fare 50c)
GOOD GOING:
From 12 noon FRI. OCT. 8 to 2 p.m. MON. OCT. 11
RETURNING:
Leave destination until midnight Oct. 12
Sleeping and Parlor car privileges at usual rates.
Full information from any agent

CANADIAN NATIONAL

Your Best Eating Place
FULL COURSE MEALS
11 a.m. to 8 p.m.
Banquet Hall for Luncheons, Dinner Parties
Chinese Dishes
BROADWAY CAFE
606 3rd Ave W. Phone 200

Civic Centre Dates

- THURSDAY Sports**
- 9:00 - Bo Me Hi Gym Class
P.M.
2:00 - Adult Casual Badminton
2:30 - King Edward School Gym Class
6:30 - Boys Organized Games
8:00 - Rup-Rec Women Special
- P.M.
2:00 - Ladies Craft Group and Bridge Club
4:00 - Booth School Bible Study
6:00 - Gyro Dinner
7:00 - N.F.B. Film - Children
7:00 - Teen Age Special Interest

Old Unemployment Stamps Available

Date for the sale of old unemployment insurance stamps which had run out at the local Post Office has been extended until October 9, it is announced by E. V. Whiting, Unemployment Insurance Officer, today. Fresh supplies of the old stamps have now reached here which will enable local employers to bring up their current books to date. A new schedule of unemployment insurance rates is now in effect involving the use of the new stamps as from October 4.

NEED SULPHUR

Lack of sulphur in the system will sometimes cause a depressed state of mind.

HOT FLASHES?
Are you going thru the functional "middle-age" period peculiar to women (38-52 yrs.)? Does this make you suffer from hot flashes, feel nervous, high-strung, tired? Then try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms! Pinkham's Compound also has what Doctors call a "stomachic tonic effect!"
LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Reminiscences and Reflections

Business at the vendor's store, usually active, continues good. Perhaps it's because so many folks in Prince Rupert are trying to recover from colds. At any rate, any number of articles wrapped in brown paper are seen being carried somewhere or placed in a car. Others put their faith in lemons and scalding water - which does no harm and is a darned sight cheaper. While some, between sneezes, mutter: "Well, a cold will run its course, anyway." It will indeed.

In the number and variety of needs and conveniences that it fills so thoroughly and with such completeness. Yes, how would you feel if at Second Avenue and McBride Street instead of the city's most popular building there would be a vacant lot

The files that left Port Churchill, crashed and remained lost for nearly two weeks had a close enough call. When finally sighted they were in a bad way and looked it. They were famished and exhausted. But they never suspected that for quite a while they were near a trapper's cabin where there was plenty of exactly what they needed - good food, shelter and fuel. The northern wilderness can sometimes play cruel tricks

The bridegroom, who was in a horribly nervous condition, appealed to the clergyman in a loud whisper, at the close of the ceremony: "Is it klistory to cuss the bride?" The clergyman replied: "Not yet, but soon."

NOTICE OF APPLICATION FOR CONSENT TO TRANSFER OF BEER LICENSE
NOTICE IS HEREBY given that on the 18th day of October A.D. 1948, the undersigned intends to apply to the Liquor Control Board for consent to transfer of Beer License No. 7979 issued in respect of premises, being part of the premises known as the Commercial Hotel situated at the corner of First Avenue and Eighth Street, in the City of Prince Rupert, province of British Columbia, upon the lands described as Lots Thirteen (13) and Fourteen (14), in Block Nine (9) Section One (1), Map 923, Prince Rupert Land Registration District, from Panko Michalczuk of Prince Rupert, to Harold Willard Helgeson of Prince Rupert, the transferee.
DATED at Prince Rupert, B.C., this 16th day of September A.D. 1948.
HAROLD WILLARD HELGESON. (244)

IN THE SUPREME COURT OF BRITISH COLUMBIA

IN THE MATTER OF THE ADMINISTRATION ACT AND IN THE MATTER OF THE ESTATE OF MIKE KACHMAR, OTHERWISE KNOWN AS MIKE CAZMAR, DECEASED. INTERSTATE TAKE NOTICE that by Order of His Honour Judge W. O. Fulton, Local Judge of the Supreme Court of British Columbia, I was on the 20th day of September, 1948, appointed Administrator of the Estate of Mike Kachmar, or Mike Cazmar, late of Prince Rupert, British Columbia, who died on the 29th day of August, 1948, at Prince Rupert, British Columbia. All persons indebted to the said estate are required to pay the amount of their indebtedness to me forthwith and all persons having claims against the said Estate are required to file them with me properly verified on or before the 30th day of October, 1948, failing which distribution will be made having regard only to such claims of which I shall have been notified.
DATED at Prince Rupert, B.C. this 28th day of September, A.D. 1948.
JAMES TREITZEL HARVEY, Barrister and Solicitor, Prince Rupert, B.C. (242)

You Can Get Quick Relief From Tired Eyes

MAKE THIS SIMPLE TEST TODAY

EYES TIRED? Soothe and refresh them in seconds with two drops of safe, gentle Murine in each eye. You get - **QUICK RELIEF.** Instantly your eyes feel refreshed. Murine's skillful blend of 7 ingredients cleanses and soothes eyes that are tired from overwork or exposure to sun, wind and dust.

MURINE FOR YOUR EYES

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Public Accountant, Auditor, etc.
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DENTIST
SUITE 5, SMITH BLOCK
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New, Modern Equipment
All Work Guaranteed

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HELEN'S BEAUTY SHOP
Permanent Waving
Beauty Culture in all its branches
204 4th Street Phone 653

In a Canada-wide competition the weekly newspapers of British Columbia have scored again. They gained distinction in the past. Fresh renown was won in 1948. The weeklies, once the lowly brothers of a supercilious daily field are accepting condescension from no one these days. They carry more live advertising and more and better written news matter. This is particularly true of the western weeklies. The musty look and "patent insides" are fading out.

The two leadership conventions in Canada this year were not without co-incidence! The votes for St. Laurent and Drew were somewhat similar in size. And the two candidates with the smallest votes each hailed from the west - Gardiner and Diefenbaker from Saskatchewan.

Speaking this week Mayor Arnold inquired how people would feel if they discovered some morning that Prince Rupert was without a Civic Centre. The query was pertinent. Consistent support of the Civic Centre should be the cheerful duty of everyone living here. It is doubtful if there is any other single asset the city has that equals it.

Blue River

REGISTERED
DIAMOND and WEDDING RINGS
Lovely for a Lifetime
at better jewellers everywhere

101 N-48

49 to 15 Dietitians voted HEINZ First Place!

TASTE-TEST shows HEINZ Vegetable Soup favorite of Professional Women

More than 76% of a recent gathering of professional dietitians registered a decided preference for Heinz Condensed Vegetable Soup in a Taste-Test of two leading brands. Asked to base their opinion on the factors of Appearance, Flavour, Seasoning and Consistency, 49 of the experts gave Heinz the verdict on all four counts by a wide margin. One experienced food editor wrote: "I have never liked canned vegetable soup before, but I like this very much." Others spoke of its "garden-like taste" and its "rich and pleasing flavour."

17 DELICIOUS VARIETIES

Cream of Tomato	Cream of Green Pea	Scotch Broth
Cream of Mushroom	Cream of Chicken	Clam Chowder
Cream of Asparagus	Chicken Noodle	Mock Turtle
Cream of Celery	Beef Noodle	Oxtail
Cream of Green	Vegetable	Pepper Pot
Vegetable	Vegetable Withouit Meat	Beans

Heinz Soups

No Friction Please!

Has the Oil Filter on your car been changed at the manufacturer's recommended mileage? And while on the subject have all the other points requiring periodical attention such as:

- Wheel Bearing Repack
- Change of Transmission Lubricants
- Cleaning and Re-Oiling of Air Cleaner, etc.

been taken care of according to the instruction book? Many of these details are overlooked even by the owner who conscientiously has his car lubricated regularly. We remind our "Regulars" as these services become due.

LINDSAY MOTORS LTD.
PHONE 866

Now Available!

LOOK FOR THE NEW RED AND WHITE GOLD SEAL LABEL