Ready for fun when the day's work is over?

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Second, it supplies essential food elements to rebuild vitality.

Third, it also furnishes important vitamins and minerals in a delicious, more natural way for all-round health and vigour.

So why not start using Ovaltine regularly for morning freshness and buoyant days.

OVALTINE 15

NEW CHAPTER'S INAUGURATION

Important Event in I.O.D.E. Affairs Tomorrow Night

"Duchess of Edinburgh," newest chapter of the Imperial Order, Daughters of the Empire, in Prince Rupert, will be duly inaugurated at a dinner meeting tomorrow evening. The charter will be presented by Mrs. R. J. Sprott of Vancouver and the standard, donated by Mrs. Sprott, will be dedicated by Rev. Basil S. Prockter, rector of St. Andrew's Anglican Cathedral.

Final organizational meeting of Duchess of Edinburgh Chapter, nucleus of which is war brides, was held Tuesday night at the home of Mrs. D. C. Stuart, municipal regent of I.O.D.E., when Mrs. Sprott spoke at some length on the affairs of the order.

The officers of the new chapter are:

Regent, Mrs. L. F. Bevington.

First Vice-Regent, Mrs. Eric Barton.

Second Vice-Regent, Mrs. J. Moran.

Secretary, Mrs. Douglas Stewart.

Assistant Secretary, Mrs. Harold Helgerson.

Treasurer, Mrs. Ewart.

Assistant Treasurer, Mrs. F. Derry.

Echoes Secretary, Mrs. Michaluk.

Educational Secretary, Mrs. D. C. Stewart.

Standard Bearer, Mrs. Whidden.

TO KEEP CARROTS

If carrots are to be kept, tops should be removed as soon as the carrots are pulled. The greens draw nourishment from the carrot when it is not in the ground.

SHIPS and—WATERFRONT

Southbound to Vancouver after delivering a general cargo to Skagway for the Yukon and loading out material from the Canol project for the War Assets C.P.R. freighter Nootka, Capt. John Campbell, was in port for a brief stay Tuesday evening. The vessel, which took on fuel and supplies, is calling on the way south at Butedale to load fish oil from the Canadian Fishing Co.'s reduction plant.

Two more lights in this agency are reported by the Department of Marine office to be out and will be attended to as soon as possible. These are the Hattie Island light in Portland Canal and the Freeman Pass light.

at Civic Centre

FRIDAY

Sports

A. M.—
9:00—Bo-Me-Hi Gym Class
10:30—Rup-Rec Tiny Tots

P. M.—
2:30 — Annunciation Gym Class
3:30—Rup-Rec Junior Girls

Basketball

4:00—Juvenile League—Borden vs Boots, and King Ed No. 2 vs King Ed No. 1

Basketball Practices

6:00—Stones & 65 Taxi
7:00—Sweet 16 & Savoy
8:00—Bo-Me-Hi & Co-op
9:00—Brownwoods & Fashion

Special Events

A. M.—
10:30—Leathercraft Group

P. M.—
5:45 — Community Calendar CFPR
8:00—Camera Club; Rotary Club; I.O.D.E. Municipal

TEN NEW MOOSE MEN INITIATED

Ten new members were initiated at a meeting of the local Moose Lodge Tuesday night with Governor W. B. McCallum presiding over a good attendance of members. There was also routine business at the session which was followed by the serving of refreshments. A nominating committee will be appointed at the end of February. The Moose Lodge has accepted a challenge from the Moose Legion for a cribbage tournament which will be held at an early date.

Modern Etiquette
By ROBERTA LEE

Q. When making a business telephone call, and a man's secretary asks for the name, isn't this somewhat presumptious?

A. Not in the least. No doubt she has been requested to do this. Some busy men are bothered so much by insignificant calls that this is necessary.

Q. How should a man at a dance introduce his partner to another couple?

A. "Miss Crawford (his partner), this is Miss Miller and Mr. Franklin.

19TH CENTURY INNOVATION

Josephine Bonaparte introduced the custom of daily baths with soap in Europe.

INDIVIDUAL RESPONSIBILITY FOR WORLD PEACE

(Continued from Page 1)

Clubs, not only in Prince Rupert but elsewhere. In their work of civic betterment, Mrs. Sprott claimed that the women of service club members had always played an important, although sometimes silent, part.

Declaring that the I. O. D. E. was carrying on its work for the relief of suffering when organizations which functioned during war folded up, Mrs. Sprott spoke of practical aid which was being given in providing amenities to the military hospitals.

Telling of what was going on in Shaughnessy Military Hospital at Vancouver for example, Mrs. Sprott declared that there indeed was to be found a "corner on courage"—courage of men who faced with what seemed often insurmountable handicaps but which were time after time mastered.

"To see what some of those men are faced with just makes one ashamed to grumble at our own little worries," she reflected.

Mrs. Sprott complimented Prince Rupert on its civic spirit and gave assurance that the first women's service club to make its bow here would further contribute to the development of that spirit.

Orme G. Stuart, president of the Gyro Club, was in the chair. Wives of the Gyros joined with the members for a mixed meeting. Mrs. D. C. Stuart, municipal regent of the I.O.D.E., was an honored guest

W. M. Watts proposed a vote of thanks to Mrs. Sprott.

Speaker at next week's luncheon of the Gyro Club will be Father Edward Green, O.M.I., a recently arrived priest from Ireland, whose subject will be "The Palestine Situation."

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SATURDAY
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6:45 - 8:50

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January 30, 31 and February 2

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PEACHES—	Lunchour, Halves, 20 oz.	23c
BLEACH—	Javex, 32 oz. bottle	32c
COCOA—	Fry's 1 lb. tin	39c
DILL PICKLES—	Nalley's Quart Jar	33c
BEANS—	Aylmer, Boston Baked, 2 tins	35c
SOUP—	Heinz Special, 4 tins	44c
EGGS—	Grade 'A' Large, dozen	55c
PEAS—	Royal City, Seive 2 2 tins	43c

NABOB MARMALADE

28 oz. jar 41c

KRAFT DINNER, 8 oz. pkt. 18c

FRESH FRUITS AND VEGETABLES IN SEASON

GRAPES—	Red Emperors, lb.	19c
ONIONS—	No. 1 Okanagan 4 lbs.	29c
ORANGES—	Large Size Navels, doz.	59c
POTATOES—	No. 1 Terrace Gems, Sack	$3.89

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