

### Protect Health with a better beverage

**DRINK POSTUM**—cannot overstimulate your nerves or cause loss of sleep. **SAVE YOURSELF MONEY**—as much as 50% per cup compared with other meal-time drinks. 8-ounce tin makes about 100 cups.



"Build B. C. Payrolls"

★  
For Thriving Babies

No wonder doctors recommend popular Pacific Milk for infants. Irradiation adds needed sunshine Vitamin D and vacuum packing ensures farm-freshness from the beautiful Fraser Valley.

**PACIFIC MILK**  
Irradiated and Vacuum Packed

Value Plus!



IF IT'S A SPRING COAT  
**WALLACE'S**  
Of Course

**OCEAN VIEW HOTEL**  
(Formerly Knox)

A Quiet, Pleasant Place to Live  
**COMPLETELY RENOVATED**  
Rooms Redecorated  
Spring-Filled Mattresses  
  
New Management  
Proprietor,  
**TOM PESUT**  
PHONE 71

TRY  
**Rex Cafe**  
FOR TASTY MEALS  
Chop Suey — Chow Mein  
OPEN 8 A.M. TO 2 A.M. CHINESE DISHES OUR SPECIALTY  
SECOND AVENUE, OPPOSITE PRINCE RUPERT HOTEL



Vegetables which occupy the garden all summer, and yield continuously from the time they mature until the frost ends the harvest, usually should be sown only once.

Hardy varieties should be put in the ground as soon as it has been prepared, and tender kinds should not be planted until the conditions are safe for them.

Here, as with the short-season crops, it is important to avoid sowing more than your family can eat, or put up for the winter. How can this be determined?

The table shows how much space each crop requires to produce one serving for a family of four. You must first decide how well you like each vegetable, and how often each week you

### BABY'S CRY IS NOT ALWAYS TEMPER

DISTINGUISH between your baby's cry of pain and cry of temper. The "pain cry" should have instant attention. For the feverish distress due to gas on stomach or bowels or those common digestive upsets, give Baby's Own Tablets at once. Mrs. May Mundy, of Toronto, finds they work every time.

"I am the mother of nine children, three of them prize babies, and Baby's Own Tablets have been my only medicine in raising them to the healthy children they now are. As soon as my children became a little feverish I at once gave them Baby's Own Tablets and in a very short time the fever disappeared and the children were normal again.

Equally effective for constipation, upset stomach, teething troubles and other minor ailments of babies.

Quickly effective. Sweet-tasting—easily crumbled to a powder, if desired. No "sleepy" stuff—no dulling effect. Get a package today. Sickness often strikes in the night. 25 cents. Money back if you are not satisfied.

We Specialize in LUBRICATING and GREASING CARS

**Dan's Service Station**  
McBride Street Green 605

The Popular S.S. PRINCE RUPERT Sails For

**VANCOUVER**  
AND INTERMEDIATE PORTS  
EACH THURSDAY AT 11:15 P.M.

For KETCHIKAN WEDNESDAY MIDNIGHT  
For information call or write City or Depot Ticket Office  
PRINCE RUPERT, B.C.

## SHORT SPORT

The hottest argument to hit western hockey this season—surrounding the five-day suspension of Bill Ramsden of Lethbridge Native Sons for hitting Referee Russ McBride after he had been penalized—hasn't quite cooled off. The high scoring junior had an indefinite suspension slapped on him by President Al Pickard of the Canadian Amateur Hockey Association after he struck McBride during a junior exhibition game at Moose Jaw between Sons and Moose Jaw Canucks. Pickard interviewed a repentant Ramsden five days after the suspension, reinstated him and said Coach Scotty Munro of Lethbridge was partly responsible for the incident. Pickard said that Munro "would do well to remember that C.A.H.A. expects a certain restraint from its coaches" and that Ramsden was "very definitely on probation."

A few days later Referee McBride hung up his skates and whistle for "business reasons" and almost to a man western sportswriters dashed to their typewriters and chorused that Ramsden was the luckiest kid on skates. Murray Brown of Moose Jaw Times-Herald suggested there was more than business involved in McBride's resignation. "Friends of the referees," Murray reported, "say

will be glad to have it appear on the menu.

Broccoli, you will note, takes 2 feet of space in the row to provide one family serving. It should bear until real freezing weather arrives in the fall. How often would you like broccoli to be served this summer on your table? Once a week? Then sow 26 feet of broccoli. Twice a week? Thirty-two feet will be required. And so with all the all-season vegetables.

Space estimates given in the table are based upon fertile soil, and should be increased if you doubt the quality of yours. And remember that in garden planning, you need not make everything fit the estimates to an inch, but can give and take, accepting the table as a general guide, to enable you to balance garden yield with your family needs and avoid having wasteful surpluses of some crops, followed by scarcity of others.

YOU NEED 3 BOTTLES OF JAVEX

ONE FOR THE KITCHEN  
Javex in the kitchen keeps sink, garbage can, glassware, etc., clean and sparkling.

ONE FOR THE LAUNDRY  
Javex in the wash means dazzling white linens and cottons free from all stains.

ONE FOR THE BATHROOM  
Javex whitens, disinfects and deodorizes toilets, bathtubs, basins and drains.

AT YOUR DEALER'S



Here's Speedy Relief for  
**Tender, Aching, Burning Feet**

Your feet may be so swollen and inflamed that you think you can't go another step. Your shoes may feel as if they are cutting right into the flesh. You feel sick all over with the pain and torture; you'd give anything to get relief.

Two or three applications of Moore's Emerald Oil and in a few minutes the pain and soreness disappears. No matter how discouraged you have been, if you have not tried Emerald Oil then you have something to learn. Get a bottle today at Ormes Drugs and all druggists.

**COAL**  
FOOTHILLS SOOTLESS LUMP  
EGG — NUT — STOKER  
BULKLEY VALLEY — LUMP  
**PHILPOTT, EVITT & CO. LTD.**  
Coal — Lumber — Building Supplies  
PHONES 651-652

## THIS AND THAT



"I'll have to give you a salary cut, Jones. It costs me more to live these days!"

McBride was burned up over the leniency shown Ramsden.

Brown, who witnessed the game and described it as "sickening"—said "Everyone involved in the Lethbridge-Moose Jaw schlemozzle except the referees got a break." Said Dave Dryburgh (Regina Leader-Post) "There's no doubt about Ramsden getting the break of the year when Al Pickard didn't bounce him for the balance of the season and there is cause for McBride to be disgruntled." The chorus was heard, too, in Alberta, where Bob Mamini (Calgary Herald) added that "Just how a player can be suspended and reinstated all within a week is something of a mystery."

MINERAL ACT  
Notice of Application for Certificate of Improvements  
Evening & Lake—Fractional Mineral Claims, Situate in the Portland Canal Mining Division, Cassiar, at American Creek.  
Lawful holder: Charles Lundstrom. Number of the holder's free miner's certificate: 14039-F.  
Take notice that I, W. H. Forrest, of Victoria, B.C., acting as agent for Charles Lundstrom, of Stewart, B.C., Free Miner's Certificate No. 14039-F, intends, at the end of sixty days from the date hereof, to apply to the Mining Recorder for Certificates of Improvements for the purpose of obtaining Crown grants of the above claims.  
And further take notice that action, under section 85 of the "Mineral Act" must be commenced before the issuance of such Certificate of Improvements.  
Dated this 30th day of August, 1947.  
W. H. FORREST.

## SCHEDULE OF MIXED BOWLS

March 14—Cougars vs. B.C. Packers, Ideal Detergents vs. Miss or Hits, Brownwoods vs. Triple XXX, Islanders vs. C.Y.O.  
March 21—Islanders vs. Ideal Detergents, B.C. Packers vs. Triple XXX, Miss or Hits vs. C.Y.O., Brownwoods vs. Cougars.

## BASKETBALL STANDINGS

Senior League	Junior League	Ladies' League
Co-op..... 20 15 5 750	High School..... 11 1 11 091	Peoples..... 11 9 2 818
Savoy..... 21 13 8 619	Sweet Sixteen..... 11 1 11 091	High School..... 10 6 4 600
Brownwoods..... 21 3 18 143	Stones..... 16 14 2 875	65 Taxi..... 17 14 3 824
Intermediate League	Junior League	High School..... 17 3 14 176
Bo-Me-Hi..... 16 16 0 1000	Gyro..... 18 3 15 167	
Fashion..... 17 7 10 412		
Merchants..... 16 6 10 375		
Port Edward..... 16 6 10 375		
Morgans..... 16 3 13 188		

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.  
3:10—Rup Rec junior girls.



**Bartlett PEARS**  
Dessert is the crowning touch of a meal when you serve "Royal City" Bartlett Pears.  
**ROYAL CITY**  
CANNED FOODS

## TODAY 'til SAT.

M-G-M's BIG, NEW, HAPPY MUSICAL!  
**FRANK SINATRA-KATHRYN GRAYSON**  
ON THE SAME PROGRAM (Cartoon)  
**PETER LAWFORD**  
KING SIZE  
**JIMMY DURANTE**  
CANARY  
**"IT HAPPENED IN BROOKLYN"**  
LATEST NEWS  
TODAY CAPTION

8:00—Rup Rec ladies.  
Basketball Games  
4:00—Borden vs. Booth.  
5:00—King Edward No. 2 vs. King Edward No. 1.

**GREATEST SHAVING COMBINATION OF ALL TIME!**  
**Gillette TECH RAZOR**  
with 5 Gillette Blue Blades  
**49¢**

**Gillette BLUE BLADES**  
5 for 25¢  
look and feel like a Gillette BLUE BLADE  
With the SHARPEST edges ever honed

**Defective Wiring**  
CAN BURN YOU UP  
PLUGS THAT SPARK  
A NUISANCE AND MESS  
TOO  
**RUPERT RADIO & ELECTRIC**  
Box 1321

**VENETIAN BLINDS**  
Tailored to fit the measurements of your windows, made and finished with metal slats. Plans and estimator will call on your window and make an estimate.  
**Gordon HARDWARE**  
McBride Street

... GREETING CARDS  
Save it a Great Day  
FOR St. Patrick's Day  
**EASTER**  
or any occasion  
We Have a Complete and Artistic Selection  
**DIBB PRINTING COMPANY**  
BESNER BLOCK

**YOUR BEST EATING PLACE**  
FULL-COURSE MEALS  
11 a.m. to 8 p.m.  
BANQUET HALL FOR LUNCHEONS, DINNERS AND PARTIES  
CHINESE DISHES  
**BROADWAY CAFE**  
608 3rd Ave. W. Phone 200

Two sailings per week  
VANCOUVER — SEATTLE  
Tuesday, 1:30 p.m.  
Friday, 12 midnight  
STEWART and ALBERTA  
Sundays, 12 midnight  
QUEEN CHARLOTTE  
FOR MASSETT  
February 8 and 15  
FOR SOUTH ISLAND  
February 8 and 15  
FRANK J. SKINNER  
Prince Rupert  
Third Ave.

**GREER & BRIDDEN**  
BUILDERS AND CONTRACTORS  
Repairs — Construction — Alterations  
Floor Sanding a Specialty  
Phone RED 561 P.O. Box 721