

RERS OF THE CANADIAN girl guide delegation to the Coronation stand outside Bucking-Palace. By special invitation of Queen Elizabeth the Canadian guiders watched the start of the state drives through London from the forecourt of the palace.

### pful Hints Make Cooking Easier Arthritis-Stricken Housewives

JOAN BARBERIS dian Press Staff Writer

tism or arthritis.

e or another of the varims of the disease.

IL HINTS

and use of a chair or those who have trouble walking. stand firm

refrigeretar also reduces

weight when purooking pans, mixing other kitchen articles. ampshire of approved arge, heavy sheep, main show condition ofg over 250 pour s; 175 pounds or

COETS rold gold - Bulger's

Il Monday 7 p.m., CYO Meeting Football Tuesday, 8 p.m., Le-1

players and officials

Starting immediatenours earlier.



VANCOUVER

7ia Waypoints SUNDAY Camosun, 8 p.m. FRIDAY

Coquitlam, 8 p.m. ARM and STEWART , Camosun, Midnight R NORTH QUEEN ALLOTTE ISLANDE June 17, July 1

oquitlam, Midnight SOUTH QUEEN ARLOTTE ISLANDS uitlam, Midnignt RANK J. SKINNER

Keep an eye out for such kitchen. Revolving corne things as egg beaters which may shelves, like lazy Susans, put in every 20 persons in be operated by one hand; pot otherwise useless corner space has some form of lids for use by weak fingers; to excellent use and are simple land-handled dippers; rolling- to make,

ing bowls steady. rious type, and its main | Place by the main work cenare housewives between tres in your kitchen-stove, sink, 40 years of age. The mixing centre—the equipment n Arthritis and Rheum- and materials you use for each.

society was formed five Take other shortcuts. Cook go to fight this wide- many vegetables unpeeled and ailment, one of the ma- make one-dish meals to cut evements being 44 mo- down preparation and clean-up vsiotherapy units across time. Drop biscuits or cookies will save you the rolling and handling of dough that goes with most baking.

buseholds, which may important factor for the handiwe a time and strength- capped. A woman working from wheel chair needs a fairly

handy-man around the house can think up many ways to help a disabled person in the

OPTOMETRIST Fred E. Dowdie

Room 10, Stone Building

Phone Blue 593

pins, slicers and graters for use Above all, don't be too fussy. with one hand. Rubber suction Practice what the Arthritis and cups are excellent to hold mix- Rheumatism Society calls "a little intelligent neglect."

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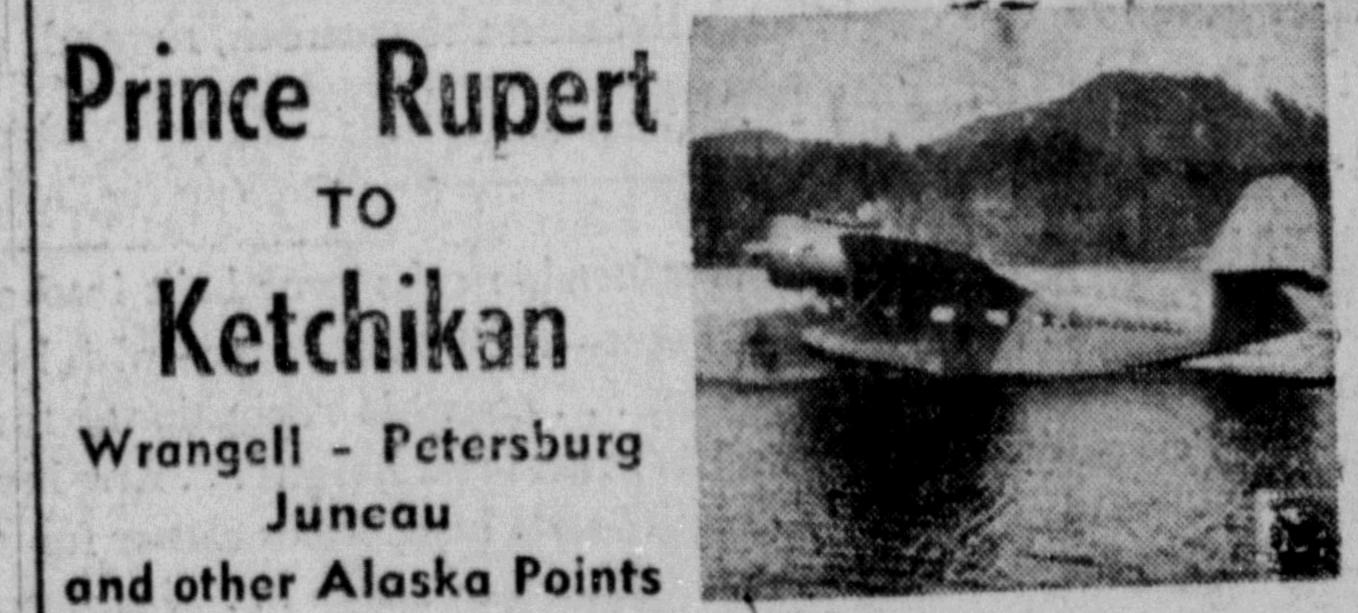
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Prince Rupert Daily News Saturday, June 13, 1953

# Bride-Elect Surprised

A surprise miscellaneous shower was held for Miss Rose Marshall yesterday at the home of R. Morrow with joint hostess Mrs. M. Gilchrist.

The room was beautifully decorated with masses of pink and white flowers, and a floral chair had been prepared for the honored guest who is to be married to Mr. Bill Osborne on July 4.

Miss Marshall opened many useful and levely gifts which were presented in a gaily decorated basket. Following an ancient Scottish

custom, Mrs. Gilchrist presented Miss Marshall with a flowered vase filled with salt which, the Scots believe, will bring lots of luck to the recipient.

Bingo was played and enjoyed by all. There were 18 guests from the Ladies' Legion Auxiliary who all helped to make the occasion a memorable one for Miss Marshall.

Canadian g-old production equivalent to \$3.602,610,000.



NO SPECTATOR SHE! Carolyn Schnurer has designed this all-over, permanently pleated bathing suit to look lovely after dunking in the briniest surf. Softy moulded in thalspun jersey, woven of DuPont's orlon acrylic fibre, and wool, the suit zips up snugly in the back and wide elastic belt.

# Bosses Entertained by Breakfast Club

Bosses were kings for a day at In other order of business, Olsen, Mrs. Isobel Scott, Mrs. Club this morning.

For the second year members of the club put on a special breakfast to which their employers were invited to see the club in action. With the Coronation as theme, guests were decorated with regal headpieces and received miniature crowns made of soap. Place cards bearing a picture of Elizabeth II were prepared for the occasion by Grade IV students of King Edward School.

Following a welcome by Mrs. Jocelyn Bolton, club president, thanks on behalf of the men were expressed by Phil Linzey who offered the thoughtful philosophy that "where there's life, there's soap."

As guest speaker, Major W. C. Poulton of the Salvation Army spoke of the significant values of the Crown as represented by its five letters. They were the Church, from which the Crown draws its spiritual meaning; the right to succession; the orb carried by the British sovereign as a symbol of the Church and the "global" breadth of the realm; the women who form the greater part of British subjects and who now have one of their number is on the Throne; and the nafrom 1858 to the end of 1951 was nipped tight at the waist by a tional aspect of the Crown as it applies to Canada.

garet Johansen. were given to Mrs. Yvonne Bowes, in raising funds for the museum Mrs. Myrtle Franklin, Mrs. Ethel and stressed the importance of Georgeson, Mrs. Catherine obtaining a new building to Laurie, Mrs. Dorothy Lugrin, Miss house the collection of valuable Donna Macarthur, Miss Mildred Indian relics.

the Credit Women's Breakfast Mrs. Mary McLeod won the Mary Turner, Miss Maresa raffle prize donated by Mrs. Windle and Mrs. Jocelyn Bolton. Isobel Scott. Birthday flowers Mrs. Bolton reported that as went to Mrs. Mary Turner, Mrs. delegates to the recent Credit Catherine Laurie and Miss Mar- | Grantors' convention at Victoria, Mrs. Laurie and she had des-Awards for perfect attendance cribed the work of the local club

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GARRY

# B.C. HOSPITALINSURANCE SERVICE Amounces A REW. EASIER

Starting July 1st, 1953, a new plan for the payment of B.C. Hospital Insurance premiums will go into effect. It's a plan that makes it easier for you to enjoy the full benefits and protection of B.C. Hospital Insurance. All arrears have been suspended—and under the new plan will not accumulate. In addition, all persons who pay their premiums regularly will automatically build up an "insured benefits" period. This period will assure you protection should you be unable to pay a premium because of temporary financial difficulties, seasonal lay-off or unemployment. Here is exactly how the plan works:

### "INSURED BENEFITS"

By paying your premiums regularly, whether by direct payment or payroll deduction, you will become eligible for "insured benefits." One month of "insured benefits" will be built up at the end of each fully-paid six-month period. This will continue to build up, providing all premiums are paid regularly, until a maximum of three months' "insured benefits" has been attained after eighteen months of continuous payment. This means that if you cannot pay a premium by a due date and you have from one month to three months of "insured benefits"-B.C. Hospital Insurance will pay the hospital bill should you or any of your dependents go to hospital during this period.

If you pay your full premium during your "insured benefits" period, you will be fully covered by Hospital Insurance without any waiting period. However, if you pay your premium after your "insured benefits" period has elapsed, you will be subject to a waiting period before being fully eligible for benefits.

The first "insured benefits" period will be available January, 1954, for all persons who have paid their premium due June 30th, 1953.

### IF YOU PAY BY DIRECT PAYMENT ...

If you pay your premium by direct payment, you make payment twice a year—on June 30th,

to cover the period from July 1st to December 31st and on December 31st to cover the period from January 1st to June 30th. Each six-month period is separate. There will be no arrears. If you cannot pay on time, you will not be eligible for Hospital Insurance until fourteen days after you pay, unless you have "insured benefits." It should be noted that "insured benefits" do not constitute exemption from full premium payment. If you have not paid premiums for the previous six months (e.g. January 1st to June 30th, 1953), you will be subject to a one month waiting period.

This one month waiting period is necessary to prevent people from paying premiums and receiving benefits only when they know they are going to hospital.

#### IF YOU PAY THROUGH PAYROLL DEDUCTION ...

If you make payment through payroll deduction, your deduction will be made one month in advance (instead of six months as before.) Each deduction provides Hospital Insurance coverage for the following month. Persons who are now prepaid six months in advance will retain this additional protection, as there will not be any refunds, but persons coming on payroll deduction, from now on, are not required to pay six months in advance. "Insured benefits" will be built up through regular premium payments.

## YOUR NEXT PREMIUM IS DUE JUNE 30th

Please make sure you return the billing notice with your premium payment.

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