

## Cancer Drive Support Urged by City Patient

A Prince Rupert woman with a first-hand knowledge of cancer and all it means, has added her voice to that of the Canadian Cancer Society in urging a generous response to tomorrow night's cancer fund campaign here.

She is Alderman Kay Smith of this city, who for the past year has waged a successful battle against the dread disease, and is full of admiration for the Cancer Society and its work.

Alderman Smith discovered just over a year ago that she was one of the many, young and old, attacked by the malignant disease.

It all started, she thinks, from an irritation of the tongue, due to a jagged tooth, early in 1950. In 1951 a small growth appeared and was treated locally, apparently with success. Cancer was not suspected.

However, late in 1952, the growth started again, and Ald.

Smith is due for another check-up when the Cancer Institute comes to Prince Rupert later this month, and she'll continue having checks for the next few years. The cautious experts on cancer, knowing that it takes only two tiny cells to start another cancer on the road, won't say that a patient is cured until five years after treatment.

Mrs. Smith, in recounting her experience, was full of praise for the institute and its staff. Despite the seriousness of their work, she says, they always have time for a smile and encouraging word for the patient.

She also praised the work of the Cancer Society which supplied much of the equipment for the Vancouver Institute, and which, when necessary, gives financial assistance to Cancer patients, paying their fares to and from the institute, providing a place to stay while in Vancouver, and if required, paying a housekeeper to look after the patient's family while she is absent.

A major project of the society is education of the public, especially emphasizing the importance of early discovery.

Mrs. Smith quoted the constant plea of the society, "At the first sign of anything abnormal in any part of the body... see your doctor," and ended her story with another plea... "give generously to the Cancer Society when canvassers knock at your door tomorrow night. They need the money to carry on their work... a wonderful work, as no one knows better than I."



ALDERMAN KAY SMITH

Smith returned to the doctor, who immediately sent her to the cancer institute in Vancouver.

No verdicts are issued at the clinic until a full therapy conference, involving the doctors of the institute staff, radio technicians, radiologists, superintendent of nurses, welfare workers and members of the attending staff, has been held...

Rowley Miles, craft director at the Civic Centre and in charge of the show said today that the auditorium would be open for groups taking part prior to the show to allow set-up of booths, and asked members of craft classes to be ready to assist in preparing craft displays.

## Sitters To Be on Hand at Craft Show

Displays of individual hobbies are hoped for one or two, including a collection of hand-painted china already have been received.

Adding to the event will be a variety of games of skill, sponsored by the Civic Centre. Another feature will be demonstration of embroidery work on a modern sewing machine with Miss Rusty Thain in charge.

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## Bursary Fund Given Approval By Conrad PTA

Support of the Parent-Teacher Association's bursary fund was approved at this month's meeting of the Conrad Street School P-T-A held last week in the school.

Following discussion of plans for the annual bursary project, the group decided to give \$100 to the fund.

Tentative plans for fall activities were discussed and reports were heard on recent projects including the open house tea, reported on by Mrs. Mackie and the white elephant sale which Mrs. G. Alderson reported had netted \$15.

Two films were shown, "Father to Son" and "Yoho Valley" after which refreshments were served. The parent attendance pennant went to Mrs. McBroom's class at Seal Cove School.

## Accreditation Program Begun

An active program of inspection and rating of Canadian hospitals has been launched by the Canadian Commission on Hospital Accreditation, and two newly appointed field representatives, who started work April 1, will eventually visit Prince Rupert and district hospitals.

The project is in line with the work of the Joint Commission on Accreditation of Hospitals, in the United States and Canada, which endeavors to keep hospitals up to date on modern practices.

Formerly only one surveyor, representing the Joint Commission was active in visiting and grading Canadian hospitals.

The objective of the accreditation program is to recognize those hospitals which meet the services and safety which assure high standards of organization.

## PERSONALS

Mrs. W. H. Rapson of Toronto and her son, William, are visiting in the city for a few days with Dr. and Mrs. M. Wayman, 2390 Graham Street. Mrs. Rapson's husband is professor of chemical engineering at the University of Toronto.

Mrs. M. Little, Metropole Building, is in Vancouver for a two week vacation.



ONE OF THE REWARDS of making the morning coffee is the first whiff of that wonderful "rise and shine" fragrance as it wafts through the house. Mmmmm... smells good, doesn't it? This smart fellow quickly stirs his drip coffee to get an even brew.

## Morning Coffee-Making Easy If Basic Rules Followed

In spite of unavoidable increases in the price of coffee, that typically North American beverage remains the most popular breakfast drink in Canada. Because the price increase is caused by a shortage, Canadians who still want to enjoy their breakfast cup of coffee will be helping themselves, and others, by paying more attention to their favorite brew and avoiding waste.

Statisticians estimate that one out of every four husbands 'grope' his way to the kitchen each morning and makes the family coffee. Particularly in these serious, coffee-shortage days, these husbands are well advised to follow the basic rules of good coffee-making. By doing so, they ensure their own and their family's pleasure, and cut down on coffee waste.

The basis of all good coffee-making, no matter what type of coffee-pot is used, lies in the correct proportion of coffee to water. This being so, life can be a lot easier if the proper instruments for speedy and accurate measurement are on hand. A Standard Coffee Measure (equal to two level measuring tablespoons) should be as indispensable to the coffee-making male as is a good mitt to an outfield catcher. Another aid is a generous measuring cup on which you have marked the amount of water you need. It takes one Standard Coffee Measure of coffee to three-quarters of a measuring cup of fresh cold water to produce one serving of a true, manly brew. Therefore, if you normally make four cups of coffee at a time, you'll need three measuring cups of water and four measures of coffee.

Speaking of coffee, did you know that you should not buy more than a week's supply of ground coffee at a time? Kept longer than this, it loses much of its flavor. And it should always be the correct grind for your particular type of coffee-maker—drip grind for all drip methods, fine or vacuum grind for vacuum methods, and regular grind for percolators.

There are a few other rules that add up to a fine, fragrant brew every time. Always use fresh water drawn from the cold tap. Water from the hot tap can give coffee a flat taste. Always start with a coffee-pot scrubbed shiny, soap-and-water clean. Never, under any circumstances, let coffee boil. Finally, brew to the full capacity of your coffee-maker for best results, and serve immediately.

## VARIOUS BREWING METHODS

The brewing process itself depends upon the particular type of coffee-maker you prefer. Here is a step-by-step briefing on the most widely used brewing methods.

**Drip Method.** Bring water to a full rolling boil. Carefully measure the coffee into the coffee basket. Scald the lower part of the coffee-pot, set its water container on top, then measure the rapidly boiling water into it. When all the water has dripped

through the coffee, remove the top part and stir thoroughly to ensure a brew of even strength throughout.

**Vacuum Method.** Measure the correct amount of fresh, cold water into the lower bowl and heat. Into the upper bowl put the filter and the carefully measured coffee. When the water boils, lower the heat and put the upper bowl in place. Let most of the water rise, then stir briskly. Keep over low heat for two or three minutes. Remove from heat and when all the coffee has returned to the lower bowl, remove the upper section. The coffee is ready to serve. Now is the time to take out the cloth filter, rinse it in clear water—no soap, please—and store in a water-filled jar. Cloth filters should never be allowed to dry out.

**Percolator Method.** Measure as much water as you will need into your percolator and bring it to a boil. Turn off the heat and measure the coffee into the basket. Put the cover on, turn on the heat again, and let it "perk" very gently for six to eight minutes. That's all there is to it.

One more word. If you are not yet numbered among the happy throng of breakfast coffee-makers, why not join? The lady of your house would love it—and you have no idea how proud of yourself you'll be!

## ACTIVE ANIMAL

The porcupine does not hibernate, but is active throughout the winter months.

## UNION STEAMSHIPS

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To South Queen Charlottes—Thursday 6:00 a.m. April 1st, 15th and 29th

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## Mrs. Jane Peel Dies Aged 82

Mrs. Jane Peel, born 82 years in Alyansh, died Sunday night while en route from Port Edward to the Prince Rupert General Hospital. She had been ill for some time.

Born in the Nass River area, she was well-known throughout northwest British Columbia. She had been staying with relatives at Port Edward for the past several months.

She is survived by several children and grandchildren at Alyansh and in this area, including grandsons Percy Tait and Pat McMillan of Port Edward.

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## Paris Fashions Bloom Early

PARIS (Reuters)—Paris milliners guide fashion headfirst into an early spring. Straws, flowered toques and gay little coils are already in bloom, before the Champs Elysees gardeners have taken spade in hand.

Shapes continue small and neat. The little head effect is equally endorsed in the forward-tilted toque or sailor, and the snug turbans or draped caplets launched by Dior and Givenchy. Materials and colors are feminine and flattering, often faintly retrospective in mood.

Gilbert Orcel borrows what is best and most beautiful from the 18th century, in miniature head-turning hats. His flattened slightly-oblong shapes are reminiscent of a Dresden shepherdess or suggest the Chinese screen drawings by Boucher and Watteau.

Sometimes are narrow-brimmed toques are gently undulated or fluted, decorated with small flowers or fruits.

## Women of Moose Stage Tea, Sale

The home of Mrs. Fred Grimble, 511 Fifth Avenue West, was the scene last Thursday afternoon of a successful tea and sale sponsored by the Academy of Friendship of the Women of the Moose.

Spring flowers graced the rooms for the event at which Mrs. Grimble received guests.

Serving tea were Mrs. P. Bond and Mrs. C. McIntyre while Mrs. O. Stegavig and Mrs. J. Kasper were in charge of the kitchen and Mrs. T. Glenn convided the home cooking stall.

Mrs. S. Haugan was cashier and also was in charge of the grocery hamper, won by Mrs. Bessie Edgar.

## AYPEA Enjoys Social

Members of the Anglican Young People's Association of St. Peter's Church celebrated the opening of the Easter holidays with a social evening at last week's meeting.

The group waived the business session in favor of games, enjoying basketball, chess, checkers and crokinole, and winding up the evening with refreshments.

## readers

General meeting United Association Plumbers and Steamfitters Local 180, Thursday, April 22, 8 p.m. Civic Centre. (94)

Ladies, don't forget the L.O. B.A. Tea, Thursday afternoon at the home of Mrs. John Johansen, 326 4th Ave. East, from 2:00 to 5:00 p.m. (93)

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