



FIGHT COLDS
THIS
Easy WAY

Take a HOT MUSTARD BATH

Dissolve 2 or 3 tablespoons of mustard in a little cold water and pour it into your hot bath. After the bath... a brisk rub-down... then on to bed for a good night's sleep.



Classified Ads Pay



Colman's
D.S.F.
MUSTARD

Social

Soroptimists Offer Bursary

In session for its first business meeting of the year Monday at the home of Mrs. C. Hand the Soroptimist Club of Prince Rupert decided to again offer a bursary of \$100 to a high school girl to help her further education in the field of her choice. A bursary committee, headed by Miss Joy Bryant, and including Miss Irma Irving and President Mrs. Kullander, will draw up the conditions of the bursary.

A satisfactory report on the bursary was held before Christmas and a substantial sum was set aside towards the equipping of a hospital bed which was one of the club's current projects. Mrs. Lillian Alexander reported the club's Christmas work. Plans for a "Theatre Night," to be held early in February, were discussed. Miss Doris Hall, R.N., chairman of the T.B. Seal Committee, reported that returns continue to come in and the total sum received to date is just over \$2500.

Local and PERSONAL

Mr. A. E. Wales RCMP returned to the city on the Prince George today from a trip to Vernon on escort duty. Mr. Forward returned to the city on the Prince George today on a brief business trip to Vancouver. Jack Martin returned to the city on the Prince George this morning from a trip to Vancouver. George Dibb, who has been on ten-day business trip to Vancouver, returned to the city on the Prince George this morning. A. S. Nickerson returned to the city on the Prince George today on a two weeks' business trip to Vancouver and Nanaimo. Sam Joy arrived in the city on the Prince George this morning, having been on one of his personal business visits. Mr. Hanson arrived in the city on the Prince George today from Vancouver, being on one of his medical business visits here to his patients. Mr. Callio, chief accountant for the Pacific Mills at Ocean Falls, returned to the paper town on the Prince George last night on a trip to Vancouver. Hugh Philpott arrived in the city on the Prince George this morning from Vancouver to pay a visit to the local Philpott, Evitt & Co. business. Since he was last here last spring, Mr. Philpott has been on a trip to England. Mr. and Mrs. Elmore Philpott arrived in the city on the Prince George today from Vancouver, and Mr. Philpott is in the course of a Canadian speaking tour. The Royal Canadian Mounted Police detachment in Terrace has increased in personnel to five with the recent arrival of Constable Jack Ross, transferred from the Prince Rupert division. W. H. Brett, representing the Fishermen's Union, and the Halibut Vessel Owners Association, are sailing tonight on the Prince George for the south to attend the International Fisheries Commission. A preliminary conference of delegates in Vancouver will precede the full meeting with the Commission in Seattle.

Mr. and Mrs. George Mostad returned to the city on the Prince George this morning from a trip to Vancouver. Inspector of Schools G. W. Graham and Mrs. Graham returned to the city on the Prince George this morning from a trip to Vancouver. Sam Joy arrived in the city on the Prince George this morning, having been on one of his personal business visits. Mr. Hanson arrived in the city on the Prince George today from Vancouver, being on one of his medical business visits here to his patients. Mr. Callio, chief accountant for the Pacific Mills at Ocean Falls, returned to the paper town on the Prince George last night on a trip to Vancouver. Hugh Philpott arrived in the city on the Prince George this morning from Vancouver to pay a visit to the local Philpott, Evitt & Co. business. Since he was last here last spring, Mr. Philpott has been on a trip to England. Mr. and Mrs. Elmore Philpott arrived in the city on the Prince George today from Vancouver, and Mr. Philpott is in the course of a Canadian speaking tour. The Royal Canadian Mounted Police detachment in Terrace has increased in personnel to five with the recent arrival of Constable Jack Ross, transferred from the Prince Rupert division. W. H. Brett, representing the Fishermen's Union, and the Halibut Vessel Owners Association, are sailing tonight on the Prince George for the south to attend the International Fisheries Commission. A preliminary conference of delegates in Vancouver will precede the full meeting with the Commission in Seattle.

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Special business, Carpenters' meeting, Wednesday, 8 p.m., Carpenters' Hall. All members please attend. A general meeting of the workers Local United Fishermen and Allied Workers Union, 7:30 p.m., in the Metropole, Thursday, January 17. Election of officers, and of wage conference. (13c)

Pen Pal Sought By English Girl

A nine-year-old English girl has written to the city clerk's office here in hopes of finding a pen-pal in Prince Rupert. She is Eileen Crossley, 249 Beechwood Rd., Luton, Bedfordshire, England. She says: "I would very much like you to tell a girl in your town to write to me. My age is nine. I would like a photograph and will send one back of myself."

City Clerk R. W. Long thought publicity in the widely-read Daily News should get a few friends for little Eileen.

Hotel Arrivals

Prince Rupert
Phil Allen, R. A. Monrupet, A. A. Lahmer and Robert McWilliams, Vancouver; J. T. Glenn, Flin Flon; A. M. Morgan, West Vancouver; W. Kraft and H. Johnson, Terrace.

W. D. Griffiths returned to the city on the Prince George today from a brief trip to Vancouver. Harry Swaffield returned to the city on the Prince George this morning from a brief business trip to Vancouver. Mr. and Mrs. Knut Uggla returned to the city on the Prince George this morning from a trip to Vancouver. Mr. and Mrs. George Mostad returned to the city on the Prince George this morning from a trip to Vancouver. Inspector of Schools G. W. Graham and Mrs. Graham returned to the city on the Prince George this morning from a trip to Vancouver.

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Miller Bay Dance For Radio Project

Next effort of the Miller Bay Recreational Association in the drive to raise funds on the \$2000 objective required to install a central radio receiver and public audition system throughout the hospital for the comfort and service of the patients as well as the augmentation of the signal set-up, will be a dance to be held January 25 in the commodious recreation hall.

Music for the dance is being donated by Ernest Stevens and his Port Edward Swing Band. President Pete Peterson of the Recreation Association and Mrs. Eunice Davis, R.N., convener of the dance committee, have arrangements well under way with the full co-operation of Dr. J. D. Galbraith, medical superintendent, and Indian Superintendent F. E. Anfield.

The association already has on hand for the project some \$270 derived from a pre-Christmas radio appeal.

Gyro Tops Visit City

To participate in the installation of President Mac Gormely and other 1952 officers of Prince Rupert Gyro Club, two prominent international leaders of Gyro, both from Nanaimo, are in Prince Rupert. Jack Ryan, international vice-president, and Gerald Berry, former district governor, arrived on the Prince George this morning from the south.

At noon the visitors met the executive of the local club at luncheon. The principal function of their stay takes place tonight when the installation dinner is held aboard the steamer Prince George with reception preceding the dinner and dancing party following.

Tomorrow night Mr. Ryan and Mr. Berry will return south with a stag farewell in the Prince Rupert Club preceding their departure.

After Church Meets Popular

At their regular after-church meeting on Sunday evening the Young Adult Club of First United Church had one of their most interesting and informative sessions when the subject was the Canadian Leadership Training School at Vancouver.

The convictions that led up to its formation, the various stages in its development and the tremendous measure of success that has been already achieved, combined to make the story fascinating and compelling. Pictures were shown giving in detail views of present stage of construction as contrasted with the very inadequate physical equipment at the start. Rev. L. G. Sieber told of the early struggles to get the scheme approved by the United Church and then the amazing success of the venture and the equally amazing amount of support from the church officially and from individuals who were so seized with the value of the work done and the unlimited possibilities that they voluntarily assumed the responsibility for financing the plan. While sponsored by the United Church it is not limited to members of that denomination, and indeed the wide range of those in attendance both as to racial origin and religious beliefs is a very commendable feature.

Intimate accounts of the daily routine were given by Mr. and Mrs. Bob Morris who attended sessions there. These accounts were very enlightening. Miss Anita Stewart, a church worker here under the Women's Missionary Association, has also a worthwhile story to tell of the experiences and value of the school. Miss Stewart had attended the first course given there.

The objective is to give leadership in training for church work and similar community enterprises. Rowland Miles was in charge of the affair which was held at the home of Mr. and Mrs. Andrew Thompson. These after-church functions are drawing larger attendances and are particularly appreciated by the more recent arrivals in town who are away from home.

Prince's Bow Tie Now Popular Item

LONDON (AP)—British fashion fad of the season is Prince Charles' bow tie.

Worn for the first time on his third birthday, Nov. 14, the tie has gone into production in a big way. Harry Culliford, a London manufacturer, said his firm has 12 girls working overtime on British orders for hundreds of bow ties which will be made in many colors, including tartans. One buyer requested the bows be placed on elastic for easy handling. Another style features neat clips for attaching to the collar.

If you want to sell it, advertise in News classified.

For a Smart Figure, Wear
NuBene
FOUNDATIONS
Fitted by a Professional Corsetier
Phone Blue 970, Green 279

POSTUM LETS ME SLEEP SOUNDLY - NO MORE "CAFFEIN NERVES" FOR ME!

SAME WITH ME AND SWITCHING TO POSTUM SURE HELPS OUR BUDGET TOO!

SAVE YOUR NERVES - SWITCH TO POSTUM!

No "caffein nerves" when you drink Postum!
While lots of folks aren't bothered by caffein in tea and coffee - others suffer sleeplessness, nervousness, indigestion. Postum contains absolutely no caffein, nothing that could possibly make you nervous, spoil your sleep.
Postum cuts beverage costs as much as 2/3
Get the big 8 oz. size of POSTUM... it makes up to 100 hearty cups... more than twice as many cups as a full pound of coffee and yet it costs much less. Yes, pocket these real savings—order POSTUM today!
A delicious flavor!
The whole family will enjoy POSTUM'S distinctive, hearty, grain-rich flavor.

INSTANT POSTUM 100% CAFFEIN-FREE!

KEEP THE KITCHEN UPKEEP DOWN!

COME AND GET IT!
A WELCOME AND FAMILIAR CALL AROUND DINNER TIME, AND ESPECIALLY EXCITING WHEN THE EVENING MEAL IS PREPARED FROM THE TEMPTING FOOD DELIGHTS AT OVERWAITEA.

★ WATCH OUR WINDOW SPECIALS ★

OVERWAITEA No. 3 TEA ... lb. 80c
OVERWAITEA No. 1 TEA ... lb. 95c

SUGAR 5-lb. bag 59c } **PUREX TOILET TISSUE 12c**
BUTTER ... lb. 69c } **TOMATOES ROYAL CITY 28-oz. tin 29c**

MAKE EVERY PENNY COUNT

PERFEX BLEACH, 16-oz. bottle	17c	WHITE SPRING SALMON (Glendale)	1/2 Lb. Tin 21c
PERFEX BLEACH, 32-oz. bottle	29c	KOTEX	2 for 75c
PERFEX BLEACH, 64-oz. bottle	53c	KLEENEX (Regular 200's)	18c
PERFEX BLEACH, 128-oz. bottle	89c	MANDARIN ORANGES (Segments)	10-oz. Tin 25c
S O S PADS	13c	BLACKBERRIES (Aylmer)	15-oz. Tin 29c
MATCHES (Redbird)	29c	TOMATO JUICE (Aylmer), 20 oz. Tin	2 for 35c
I.B.C. SODA BISCUITS	1 Lb. Pkt. 29c	MARMALADE (OVERWAITEA)	48-oz. Tin 69c
PEANUT BUTTER, MUG	12-oz. 43c	PURE PLUM JAM	48-oz. Tin 59c
LITTLE DIPPER CAKE MIX	33c	SWIFT LUNCH TONGUE	12-oz. Tin 59c
WHITE NAVY BEANS	2 Lb. Bags 29c	SWIFT HALF-CHICKEN	Per Tin 1.49
KRAFT CANADIAN CHEESE	2 Lb. Pkt. 1.19	CATELLI MACARONI, 1 Lb. Pkt.	2 for 29c
PORK AND BEANS (OVERWAITEA), 15-oz	2 for 25c	JEWEL SHORTENING	2 for 65c

I.B.C. CHOCOLATE CEYLONS 49c pkt.

LIPTON SOUP } **PURE Strawberry Jam 1.19** } **Good Luck Margarene 2 for 75c**
Chicken Noodle, Tomato and Vegetable 10c (OVERWAITEA) 48-oz. Tin

YOUR ORIGINAL CASH AND CARRY OVERWAITEA LTD. YOUR ORIGINAL CASH AND CARRY

Delivery Service for Your Convenience—25c Charge