KEEP CALM
Emotional tension and excess weight are among causes of high blood pressure in older persons.

Broadway Cafe

FOR TAKE OUT ORDERS
FINEST OF COOKING
BEST OF FOOD
Phone 4332

PERSONALS

Mrs. E. M. Savage arrived on the Prince George yesterday from Vancouver to spend the Christmas holidays with her daughter and son-in-law, Mrs. F. H. Corser, Hays Cove Avenue.

* * *

Mr. and Mrs. J. L. Blaine, 1084 First Avenue West, arrived home yesterday by boat from Vancouver where they have been for the past two months.

* * *

Mr. and Mrs. K. F. Harding, 2115 Graham Avenue, arrived home yesterday by boat from Vancouver where they have been visiting the past week.

Father E. M. LeRay of Terrace, arrived in the city yesterday on the Prince George from Vancouver where he spent the last three weeks. While here for a few days he is staying at the Catholic Rectory before returning to Terrace.

* * *

Mr. and Mrs. W. Leask of Metlakatla, returned home yesterday on the Prince George from Vancouver. While away on a vacation for a month, they visited Seattle, Washington, and Portland, Oregon.

* * *

Mr. Sidney Harper, CNR supervisor of First Aid for British Columbia and Alberta, arrived in the city yesterday on the Prince George to make the presentation of awards to the CNR employees and also to make his semi-annual inspection of this division. He is leaving on tonight's train for Edmonton.

* * *

Mr. and Mrs. C. H. Michaloff and daughter Bernice, 534 Eleventh Avenue East, arrived home yesterday by boat from Vancouver. While away for five weeks they visited relatives in San Francisco and enjoyed a stay in Las Vegas, Nevada, and Palm Springs.

* * *

Mr. H. S. Nickerson of Courtenay, Vancouver Island, arrived in the city yesterday on the Prince George to spend the Christmas season with his sister-in-law and brother, Mr. and Mrs. Art Nickerson, 909 Borden Street.

* * *

Mr. E. T. Kenney, former provincial minister of lands and forests passed through the city yesterday on his way home to Terrace.

Mr. Martin Erickson, 303 Fourth Avenue East, arrived home yesterday on the Prince George after a short stay in Vancouver.

* * *

Mr. Perry York, 1476 Sixth Avenue East also returned by boat yesterday from Vancouver, after a short stay.

* * *

Mr. T. H. Sorensen of Vancouver and manager of the Fishermen's Co-operative Federation, arrived in the city yesterday aboard the Prince George. He is here to attend the semi-annual meeting of the Fishermen's Co-operative Association.

BIG NETWORK

Australia has about 500,000 miles of roads, of which 13 per cent are main highways.

PRINCIPALS in a candlelight wedding ceremony Saturday evening at First United Church were Mr. and Mrs. Harold Lindstrom, who exchanged marriage vows before Rev. L. G. Sieber. The bride is the former Phyllis Taft of this city. The well known couple are making their home at 1237 Park Avenue. —Photo by Chandler's Studio

BUSTER RETIRES

PINNER, England (CP) — Old Buster, an aged milkwagon horse due for slaughter, was bought by the customers he served for 24 years in this Middlesex community and put out to pasture.

Eat a B.C. apple today

Junior Services To Stage Formal Prom Saturday Night

More than 500 Sea Cadets, Air Cadets, Wrenettes and guests are expected to attend a Junior Services prom under the patronage of His Worship Mayor George Hills, Saturday night in the drill hall of HMCS Chatham.

The Junior Services will also be hosts to many dignitaries at the formal affair.

Dinner and coke parties prior to the occasion, are planned by the younger set.

Mayor Hills, Lt. S. E. Alexander, commanding officer of the Sea Cadets, Lt. C. Young, commanding officer of the Wrenettes and FO Norman Haywood, commanding officer of the Air Cadets, will receive the guests at 9:30 p.m.

L-S David Hill, RCN, will be master of ceremonies for a floor show and each service is contributing to the entertainment.

A six piece orchestra will provide the music for dancing.

HISTORIC LAKE

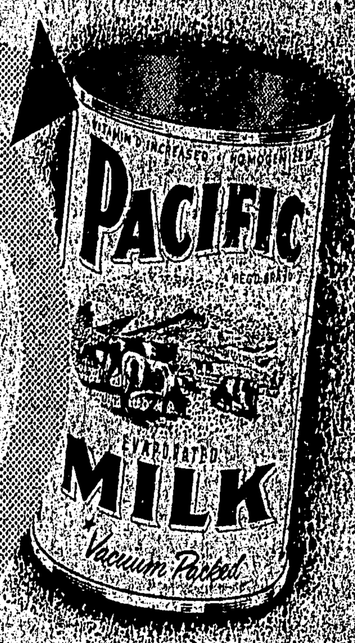
Lake Simcoe, north of Toronto, was discovered by Champlain in 1615 and later named after Governor Simcoe.

COASTAL RIVER

The Skeena river of British Columbia flows 325 miles to its outlet in Chatham sound, about 15 miles south of Prince Rupert.

FIRST IN FLAVOR

First in quality.
ask for... ROYAL CITY
CANNED FOODS 5406

SWEETER, FRESHER FLAVOR!
GOLDEN LINED VACUUM SEALED CAN


The only canned milk processed in B.C.

Sheardown's SUPER-VALU FOOD STORES

SPECIALS FROM DECEMBER 10 TO 15
WHERE YOUR $ GOES THE FARTHEST

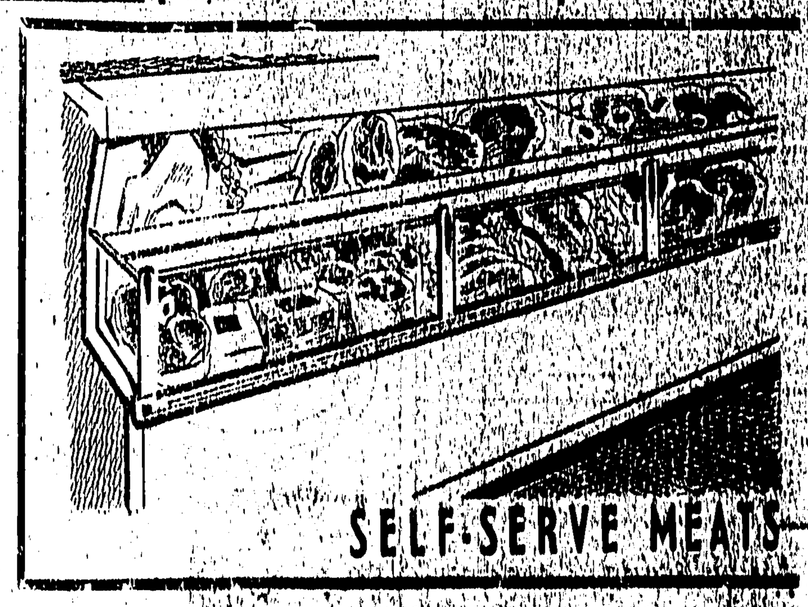
BANANAS Golden Yellow 2 lbs. 45c
GRAPEFRUIT White, 96's 3 for 25c
PEARS Anjours, Doz. 49c
ORANGES Sunkist, 344's 3 Doz 89c
LETTUCE Large Firm Heads, Each 19c
CELERY Pound 15c
ONIONS No.1 Cooking, 3 Lbs. 19c
PEPPERS Green, Large, Pound 25c
TURNIPS Washed, 2 Lbs. 13c
JAP ORANGES Bundle, 2 boxes $2.49
CUCUMBERS Green and Firm, lb. 19c
JAP ORANGES Per Box, ... $1.29

Cut this Coupon out and put it in the ballot box in Super Valu with your Name and Address.
Name .....
Address .....
We are giving away entirely free 2 electric trains Wed. Dec. 22 at 5 o'clock. You are not obliged to purchase anything.

Cranberry Sauce OCEAN SPRAY JELLY OR WHOLE 15 oz. tin 25c
MIXED NUTS No. 1 Ass. lb. pk. No Peanuts 45c
XMAS CANES 5c, 10c, 25c
XMAS CRACKERS $1.10
CHERRIES CHOCOLATE COATED, Box $1.29
WE HAVE MANY VARIETIES OF CHRISTMAS CANDIES AND CHOCOLATES

Mushrooms Moneys Tin 35c
OLIVES Libby's, Ripe Pitted 15-oz. Tin 37c
PEAS Royal City, Size 4's 2 Tins 37c
TEA Lipton's, Lb. $1.05

CANADA DRY, Qts. Plus Bottle Deposit 36c
XMAS PUDDING Several Varieties and Sizes 45c and UP
TOM & GERRY BATTER, Langis 86c
OLIVES, Imperial Mixed, 16-oz Jar 69c
CHEESE WHIZ, Kraft 16-oz. 69c
GRAHAM WAFERS, Christies Pkg. 29c
MARGARINE SOLO 28c
MARGARINE GOOD LUCK 38c
OXYDOL 2 Large Pkgs. 55c
EGGS Grade A Large, Guaranteed, Doz. 52c
SHORTENING SWIFT'S Jewel 2 lbs. 55c


SELF-SERVE MEATS
PORK FEET POUND 15c
PORK HOCKS POUND 29c
PORK RIBLETS POUND 29c
LEG O LAMB POUND 83c
STEAK BONELESS ROUND, lb. 83c
STEAK ROUND, Fresh Ground, lb. 83c
PICNIC HAMS Burns Virginia, While They Last Whole or Half — Lb. 69c
FOWL Fresh Killed, Head and Feet off, lb. 45c
WEINERS Bulk 2 Lbs. 79c