PRINCE RUPERT, BRITISH COLUMBIA

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SUBSCRIPTION RATES

Friday, March 3, 1944

Finland's Unhappy Lot ...

Finand is on the spot and, no matter what hap- one hundred and forty-four men Oshawa, Ont., former Toronto pens now, it would appear almost inevitable that she in the new quarters and about Maple Leaf tallied for the starmust become another bloody battlefield something many is the week-end they are a game during the regular schelike Italy has become as a result of having chosen to filled to overflowing with the dule. Another Oshawa product co-operate with Nazi Germany at the time when boys even sleeping on mattress- who played for the English Co-operate with Nazi Germany at the time which es. Adjutant Brunsden carries Olympic team before the war. Hitler appeared well on the way to conquer all on as supervisor with a staff of Lieut. J. (Chappy) Chappell Europe in quick order.

The main difficulty in the way of a peace between Fintand and Russia, which may yet be negotiated, the new place and takes a deep Hershey Bears and New York appears to be the disposition of some 100,000 Nazi soldiers now in that country. Their delivery to Russia is demanded in the peace terms laid down to Finland by the Soviet. It is hardly to be supposed potted plants. They are finding ont., Queen's University and these Nazis would be allowed to capitulate without that a lot of boys are coming Kingston Hockey Club. a fight.

The lot of Finland is today an unhappy one as for their forty-eights. Adjutant appears to be that of every nation which chose to the odd bits and pieces of lastside in with Hitler when his tide was running more strongly and favorably than it is today.

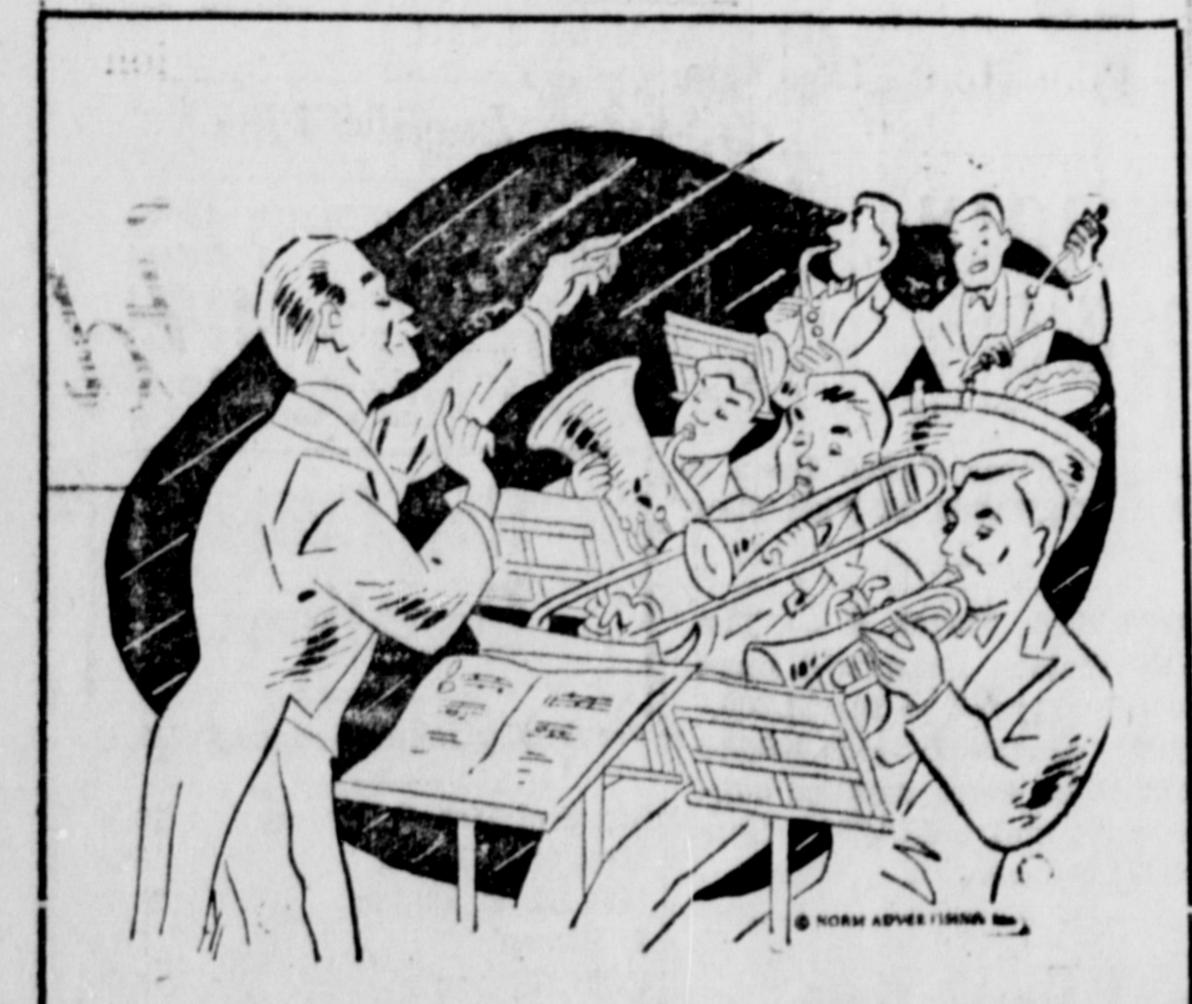
Relax for Health . . .

Proper rest helps to keep one on the job. It conserves energy. It enables one to concentrate on hard work. Edison is supposed to have gone on and on with his experiments, yet sleeping very little. Edison may never have slept very long. He certainly slept often. He had a cot in his office for cat naps. He has been reported safe. He is the worked, rested, worked. President Roosevelt does son of Mrs. Maude Campbell the same today. So, probably, does anyone who gets of Cobourg. through a lot of work without fatigue.

The heart is a good illustration. It works, rests, works, rests. A definite rhythm can be applied to almost any kind of job with good results. One can vary the pace. One can lean back and stretch, get up and stroll-around, pause for a glass of milk or a snack.

And it's the same with exercise. Mild exercise is good for most people. Strenuous exercise is good for some-but all exercise should be followed by proper rest and light nourishment.

Let yourself go-relax. You've heard that a million times, but it's an art worth learning, especially by Roy Cox of Myrtle Station. as the tempo of wartime living increases.



IT'S MUSIC TO OUR EARS . . .

To hear people praising the Variety Store. They like our tremendous selection of merchandise and our service. It makes us really proud to know that the people of Prince Rupert can buy with confidence and satisfaction here.

THE VARIETY STORE

ACTIVITIES OF Y.M.CA. and Y.W.C.A. (By DOROTHY GARBUTT)

When the Scottish were here about two years ago a couple of the boys redecorated the Presbyterian Church in their spare time and in doing so made those who remember Bob Terry one of the helpers, will be pleased to hear that he had small son born on December 29. Bob is overseas now but I can \$2.00 | imagine that he's a pretty proud .50 father. Another new service 10 baby is a small son born to Mr. and advanced into the play- thew Kinch of Edmonton, to 75 and Mrs. L. E. Koob on Febru- downs for the Army crown. The Lloyd Irwin Walker, son of Mr. .50 ary 19. Master Koob's name had team's newcomers, who had and Mrs. Arthur Walker of Fort .25 not been selected at the time their skates on almost as they Saskatchewan, Alberta. .50 Mrs. Mitchell left the news with stepped from the boat, were The ceremony took place in \$3.75 me but he weighed eight pounds Capt. Go:die Poirier of Maple the presence of a few immedi-.15 in the Pacific with the Ameri- was a member of Ottawa Com- Dakus. \$7.00 can Engineers and his mother mandos when they won the The couple will reside on Pig- 11:00—Silent is from Winnipeg.

vation Army Hostel. They have problem of fitting immediately enlarged their premises to in- into a team combination, gained clude a lunch room with ten two assists on two of three tables, a very modern and well goals scored by Lieut. G. N. equipped kitchen and writing Hall of Winnipeg. Pte. H. W. and sitting rooms for the boys. Proulx of Edmonton scored They can accommodate about wice. Lieut. Lex Chisholm of thirty-eight in the old and studded Falcons who didn't lose twelve workers. Mrs. Edgar, who banged in two. Other Falcon has been with both the old and players included Pte. Vince Gernew set ups, is very proud of mann of Regina, formerly of interest in all its activities. Rovers; Pte. J. B. Brown of The lounge rooms are most at- Medicine Hat, Alta., once of tractive with comfortable chairs Kimberley Dinamiters, and Lieut and settees and homelike with George Hood of Gananoque. in from points down the line Brunsdon says as soon as all minute settling down are done they will have a formal open- holds the area league lead in ing. But he looked so worried that I suggested he dispense with that formality and just carry on with the very splendid

MIDLANDS

service he is giving.

Flying Officer Douglas Camp bell, previously reported missing after air operations overseas

Red Cross drive which began last Toronto Levers; Pte. A. L. Bruce week is \$10,000. Gunner George Hircock, Spen-

cer Street, had his hand burned while in action in Italy, relatives in Cobourg learned recently Gunner Hircock enlisted with the 347th Battery.

On his way to the Cobourg General Hospital to attend a patient, Dr. Edgar Hayden skidded into the side of a car driven M. Chudnofski of Montreal. Both cars were badly damaged Tuberculosis mortality is much and Cox received a fractured higher among males than fe-

Aided by a couple of professionals just over from Canada, a team of engineers upset railbird calculations by winning the hockey championship of the Canadian Army Reinforcements Allan Cup last season. Bruce gott Avenue. The groom is emwas with Boston Bruins in 1941 ployed at the local dry dock. The other day I went across and later joined the Comman- The bride arrived just recently the street to see the new Sal- dos. Poirier, despite the usual from Edmonton.

Top-notch soccer clubs in Canada are represented in the line-up of an ordnance reinforcement unit team which Britain. In twelve games since the season opened last October. the team has scored 82 goa's and has been scored upon only six times. Among the footballers are GSM. D. J. Walker of Montreal, who played with Royal Victoria Hospital in Montreal and Dome Miners; GSM. T. Turley of Montreal Carsteels, Royai Victoria Hospital and MacIntyre Falconbridge Mines; Pte. T. A. Williams, Montreal, Royal Victoria Hospital and Kirkland Lake: L.Corp. Bob Weir. To-Objective for Cobourg and the ronto Scottish and Engalnd township of Hamilton in the big United; SQMS. W. T. Smith. of Winnipeg, United Weston and Dome Miners; Cpl. C. R. Camphell. Regina Thistles, and Pte. J. R. Whent, Vancouver St. Saviours and Boeing.

> After 63 contestants had played more than 500 games, Bdr. H. J. Ward of Vancouver emerged as winner of a Canadian Army area table tennis championship. His finalist opponent was L. Cpl.

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Miss Margaret Kinch of Edmonton Becomes Bride of Lloyd Walker, Local Dry Dock Employee.

The marriage took place last Unit in Britain. The victims- evening at the parsonage of Ordnance Group Falcons - had First United Church, Rev. James been considered a cinch to cop A. Donnell officiating, of Miss the title. The engineers won the Margaret Elizabeth Kinch. best-of-three series 2-1 and 5-3 daughter of Mr. and Mrs. Mat-

13½ ounces when born. His Creek, Sask., and Lieut. Gordie ate friends of the contracting 10:00—CBC News father is Corporal Leo Edward Bruce of Ottawa. Poirior played couple and the witnesses were Koob who is on active service with Montreal Canadiens and Oscar Bezaire and Miss Mary

LONDON. (P - Capt. Philip 7:50-Musical Clock Gardner of the Royal Tank 8:30-Morning Devotions Regiment, who was London's 8:45-Old Timers first V.C. of the war, has been 9:00-Musette Time reported safe in neutral terri- 9:30-CBC News Rebroadcast tory. He had been a prisoner | 9:35-Transcribed Varieties of the Italians and Germans 10:00-Children's Scrapbook since July, 1942, and escaped 10:30-Hank Yodeling Cowboy

1240 Kilocycles

FRIDAY

- 4:00—Sound off
- 4:15-G. I. Jive
- 5:00—Dinah Shore
- 5:30—Personal Album
- 6:05-Recorded Interlude
- 6:30-Canadian Pattern
- 7:00-Aldrich Family
- 8:30-Information Please
- 9:00-Morgan and Brice

- 10:15-Yarns for Yanks

SATURDAY

- 7:30-Musical Clock
- 7:45-CBC News

10:45-Music by Herbert

- 4:30-Rebroadcast Bing Crosby
- 5:45 Melody Round-up
- 6:00-CBC News
- 6:15-Sports Interviews
- 6:45—To be announced
- 7:30-John Charles Thomas
- 8:00-Isabelle McEwen Sings
- 8:15-Front Line Family
- 9:30-9:30 Nocturne
- 10:05-Recorded Interlude
- 10:30-Drama From Vancouver

12:00—Shep Fields

- 12:30—Spotlight Bands 12:45---CBC News
 - 12:50-Recorded Interlude 12:55-Program Resume
 - 1:00-One Night Stand
 - 1:30-Hit Parade. 2:00—Closing announcement

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from nasal passages-gives sinuses a chance to drain.

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tril-follow directions in folder.

11:00-Scandinavian Melodies

11:15-Broadcast of Messages

11:17—Recorded Interlude

11:45—Charles Magnante

medication that works right where trouble is—to re-

lieve painful congestion and make breathing easier.

SOLVE MEAT RATIONING Yeasts of high mutritive value | prove his contention to and meat-like flavor have been the most sober of the

MILE-A-MINUTES In North Africa & rier pigeons were che ing a message 35 s

FORMER NAM Cambria is the and

minutes.

of Wales. LEICESTER, England may be local pride b Constable O. J. B. Com

such figures as 56 pm for drunkenness in all developed as possible human largest cities and toes I land and Wales

A Life and death matter to to decide A gill from me neur...

LIKE MANY ANOTHER he fought the good fight on the field—now he fights for his life in a field hospital. An immediate blood transfusion offers his only chance. Thank God for the Red Cross which puts the vital blood serum in the army doctors' hands ... saving countless precious lives.

means life to the wounded!

But from the expanding battle zones, means life to the wounded.

comes the urgent call for MORE blood serum. Volunteer Donors stand ready to donate their blood. But the Red Cross must have YOUR FINANCIAL AID to equip and maintain the necessary Blood Donor Clinics across the Country. Blood Donors must be backed by Money Donors. Give generously—a gift from the heart

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