A FIVE-DAY-OLD pony nuzzles farewell to an older sister who's preparing to go on show before one million people. The year-old filly will be the big prize in the "Name the Pony" contest at this year's Pacific National Exhibition August 19 to September 4. Donations will go to the Children's Hospital. Joe Holdsworth of Steelhead Ranch at Coquitlam is donating a saddle and bridle along with the pony.

MISSIONARY LEAVES TO ATTEND COLLEGE

John Murdoch, who has been at the United Church's Skidegate Mission on the Queen Charlotte Islands, has left to attend Union College at University of British Columbia in Vancouver for his initial training in the ministry.

Mr. Murdoch, who is a talented artist, was employed for 32 years by a leading Canadian chain store before becoming a missionary with the United Church.

His wife has accompanied him to Vancouver. They have a daughter and a son.

It is hoped that Mr. Murdoch will return to this area, possibly to Prince Rupert.

CHIEF FORESTER VISITS PRINCE RUPERT DISTRICT

F. S. McKinnon, chief forester, B.C. Forest Service, Victoria, is visiting the Prince Rupert forest district on his annual inspection trip.

Accompanied by J. R. Johnston, district forester, he left Prince Rupert today to visit ranger stations upcountry. He will spend the rest of this week and next week in the district.

Homecoming Scouts tell of "good time" at camp

Four tired but happy Prince Rupert Boy Scouts have returned from the third Canadian Boy Scout Jamboree held in Ottawa July 8 to 15. Brian Eby, Robert Green, Ronald Currie, and Alfred Timms are unanimous in reporting "a good time was had by all".

The city boys were in the same troop, but in different patrols. The local leader, district scoutmaster David Ridsdale, who also attended, was the assistant Scoutmaster of the troop.

Each patrol had two tents and cooked meals outdoors on charcoal grills. Ten pounds of charcoal were issued to each patrol daily, and various troops used unusual methods to augment this supply of fuel. One Ontario troop charged two pieces of charcoal to press a pair of Scout shorts, a troop from Quebec served pea soup daily, and members of yet another troop served slices of two pigs which they had roasted over their campfire for seven hours.

The Jamboree, held at Connaught Ranges, 16 miles from Ottawa, opened on schedule, despite a heavy shower of rain. The 3,000 boys paraded before Governor-General Vanier, who officially opened the affair and gave a welcoming speech.

The boys had a whole day off in which to tour Ottawa and its historic Parliament Buildings and grounds. They also visited shopping districts and the Government Mint.

On the actual camping grounds there were various displays set up for the boys to visit in the afternoons — a van containing a Sabre Jet simulator trainer and a survival display by the Air Force, a government conservation exhibition, an international stamp bureau, and an amateur radio unit.

The lads enjoyed campfires every night, where they had singsongs and skits, and swapped souvenirs. Most of them won an Adventure badge for taking part in an archery and marksmanship competition.

On the last day, the boys thrilled to the sight of the Changing of the Guard to the strains or the pipe band. The ceremony usually takes place every morning on the Parliament Building grounds, but was brought specially to the campsite.

Four other boys who also went to the Jamboree from Prince Rupert will return later. Larry Gordon is at present holidaying in Vancouver, Robert Long went to Toronto to visit a sister, and Laurie Gordon and David Bell are visiting Ottawa and Edmonton.

Bible school to conclude with party

A daily Vacation Bible school which has been in session at the First Baptist Church every morning for the past two weeks, will conclude Friday morning with a party.

Attended by some 40 kiddies daily from the nursery beginner and primary departments of the Sunday school, the school has featured songs, stories, and handcrafts.

Mrs. T. R. Lloyd was in charge, assisted by Mrs. R. B. MacDonald, Mrs. Henry Vanderheide, Heather Moore, Mary White, Pamela Painter, Sheila Garbelya, Sandra Wahl and Hilda Lippett. Mrs. P. H. Linzey was pianist.

✦ ✦ ✦

Rev. Dr. R. W. K. Elliott, minister of the First United Church, announced today that two new vacation Bible schools would be started next week under his direction.

A school will be in operation at Facey Hall in the mornings, and at North Pacific Cannery in the afternoons. Both of these schools will last for two weeks.

Dr. Elliott reported that the vacation bible schools sponsored to date by his church had been highly successful, and that attendance had exceeded all expectations.

MONTREAL (CP) — Too much emphasis is placed on slimness in North America, particularly where adolescents are concerned, Dr. Hilda Bruch of the psy-

CUSTOMS, LANGUAGE DIFFER WIDELY

"Minuteries" aren't all that leave French-Canadian in dark in Paris

By Paquerette Villeneuve
Canadian Press Correspondent

PARIS (CP) — People may all be the same, but their habits differ, and it's the difference in habits here that unnerves a French-Canadian.

For example, there are the "minuteries," cleverly designed to save electricity and leave tourists in the dark. If you are visiting someone whose room is on the upper floor, and it is night, you must push a button, generally located in the entrance.

This turns on the light in the corridor for you, but only for a minute or two. Then it goes off.

There are numerous little differences that baffle tourists during their first days here.

Not everybody knows, for instance, that it is ridiculous to try to buy a steak, a comb or a pot of paint between 1 p.m. and 4 p.m. All the shops are closed. And on Mondays, 80 per cent of them are closed for a weekly holiday.

RHYTHMIC HABITS

The French are people of regular, rhythmic habits. Dinner is from 12:30 to 2:30 p.m., and supper from 7 p.m. to 10 p.m. Between these scheduled mealtimes, no restaurant will give a starved stomach anything more than a sandwich.

As for the language, a French-Canadian feels in the same position as any tourist.

The Parisians understand you in general conversation, but when you try to name a specific object, the fun starts. The French vocabulary evolved differently from that in Canada, and in the common, every-day nouns the difference is obvious.

A Canadian calls a skirt "jupon," but in France it is "combinaison." A gas stove known to French-Canadians as "poele a gaz" in Paris is a "cuisiniere."

LANGUAGE QUIRKS

After three years in Paris I still find myself misunderstood on occasion, although I listen attentitively. One day I wanted to polish my shoes, and asked for "poli a chassures." What I should have said was "cirage." To the French, cirage is wax, poli is a liquid polish.

For movie fans, France is not the ideal country. The quality of films is high, but getting around to them is an ordeal.

Since commercials are banned on television, they are shown in the theatres. There is only one show a day, and you have to put up with the commercials flashed on the screen to see it.

There are also two intermissions at each show, during which ushers try to sell chocolate bars. But you quickly get used to the French custom and adopt their old habit: When they are unhappy with the performance and the delays, they shout everything down.

Canadians eat an average of 105 pounds of bread per person each year.

A poll of 6,000 men and women in Tokyo found 42 per cent frowned on smoking by women.

PERSONALS

Miss Diana McCully has left Prince Rupert after two years on the nursing staff of Prince Rupert General Hospital. Miss McCully left by Canadian Pacific Airlines plane today for her home town of Blackwater, Ontario, where she will visit her parents and enjoy an extended holiday.

✦ ✦ ✦

A former resident of this city, Mrs. Marion Bentsen of Vancouver has been visiting her mother-in-law, Mrs. Ray Bentsen, and other relatives here. She will return to Vancouver by plane Saturday.

✦ ✦ ✦

A. H. "Alf" Schlichting, formerly of Kitimat, and district supervisor for the Sun Life Assurance Company of Canada, has arrived in the city to take up residence. He and Mrs. Schlichting and their two children Conny and Dirk have moved into a home on Graham Avenue. Mr. Schlichting, a national quality award winner for insurance companies across Canada in 1960, succeeds Steven King, who was transferred recently to Vancouver in a supervisory capacity.

Served piping hot or ice cold, fish dishes welcome at supper

Fish dishes, whether of the hot or cold variety, are as welcome at supper tables in the summer time as they are in the other seasons of the year.

Fresh halibut, with its firm white, delicious meat, is especially a summer treat. Now is a particularly good time to enjoy this harvest of the Pacific, and here is a new halibut recipe recommended by home economists of Canada's department of fisheries.

CAPTAIN'S HALIBUT BAKE

2 pounds fresh halibut steaks
1 teaspoon salt
⅛ teaspoon pepper
1 can (20 ounces) tomatoes, drained
½ teaspoon sugar
¼ teaspoon basil
1 medium onion, thinly sliced
1 tablespoon butter
½ cup heavy cream

Cut steaks into serving - size portions and sprinkle on both sides with salt and pepper. Combine tomatoes, sugar, and basil; place in the bottom of a shallow, greased baking dish. Top with thinly sliced onion. Arrange fish portions in a single layer on the vegetables and dot with butter. Bake in a moderate oven at (375°F.) for 20 minutes. Pour heavy cream over fish and bake 10 minutes longer. Serve at once from baking dish. Makes 4 to 6 servings.

If desired the liquid in the baking dish may be drained into a saucepan, thickened, and then poured over the steaks. To thicken, add 1 tablespoon of cornstarch blended with a little cold water and cook over medium heat, stirring constantly.

Most varieties of fish and shellfish make delicious cold plates, and incidentally menu possibilities are not limited to canned fish such as salmon, tuna, and sardines. Fillets of cod, haddock, sole, and the like make tasty salads when cooked, chilled, and combined with garden ingredients.

Good ways to cook fillets for use in salads are by baking encased in a covering of aluminum foil, and by steaming.

SUMMER SEAGARDEN

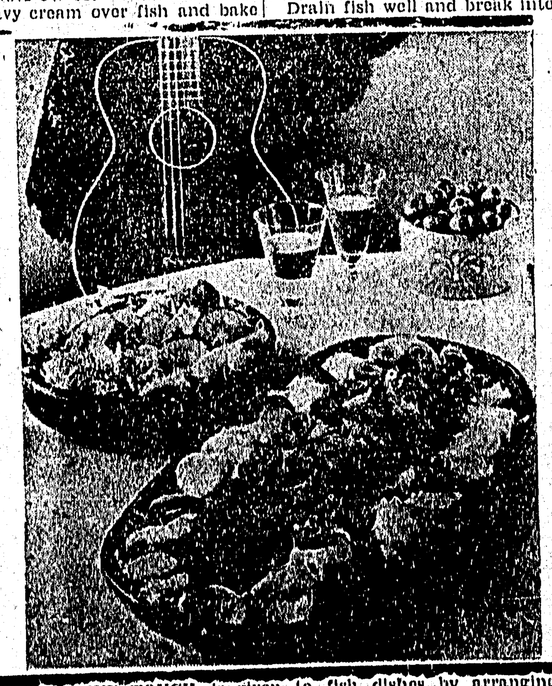
1 pound fish fillets, cooked
½ teaspoon salt
1 tablespoon lemon juice
1 cup chopped celery
2 tablespoons chopped pickle
2 tablespoons chopped onion
2 hard-cooked eggs, chopped
½ cup salad dressing
Lettuce
2 tomatoes cut in wedges

Drain fish well and break into good-sized chunks. Sprinkle with salt and lemon juice; chill. Combine all ingredients except the lettuce and tomato wedges, taking care not to break the fish into small pieces. Serve on lettuce and garnish with tomato. Makes 4 servings.

TUNA TOWERS

1 can (7 ounces) tuna
2 tablespoons chopped celery
2 tablespoons mayonnaise
2 cups shredded lettuce
2 large thick slices tomato
Mayonnaise
2 stuffed olives

Drain and flake tuna. Add celery and 2 tablespoons of mayonnaise; combine well. Arrange a cup of shredded letuce in a round on each of two serving plates. Top each round with a thick slice from a large tomato. Divide the tuna mixture into two equal portions and mould each portion by pressing it into a measuring cup (½ cup size) or a tea cup. Unmould on tomato slices. Garnish each "tower" with a dab of mayonnaise and a stuffed olive. Makes 2 servings.



DECORATIVE TOUCH is given to fish dishes by arranging sliced pimento-stuffed green olives in a circular design as shown above. Served with a tossed green salad, a fish platter constitutes a meal fit for the most fastidious gourmet.

Staff changes at Chatham announced

Recent changes in the staff of HMCS Chatham have been announced.

Administrative Writer Hal Mede, who has been stationed with the local naval corps for the last three years has been transferred to Victoria. He leaves with his wife and children Brian, Donna and Bruce, aboard the Canadian Prince Saturday night for Vancouver on route to his new posting.

Mr. and Mrs. John Ghanum and sons, Ian and Allan, have arrived by car from Victoria. Mr. Ghanum was stationed at Prince Rupert as Administrative Writer four years ago, and Mrs. Ghanum was formerly a nurse at Miller Bay.

Mr. and Mrs. Leonard Jones arrived by car last week, posted to HMCS Chatham from Victoria.

Martin Eastman leaves for Vancouver by car next week to obtain his discharge from the Navy.

Announcements

● The Public Library will close for the holidays, Saturday, July 29th, and reopen Tuesday, September 5th. (147)

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CONFIDENTIALLY YOURS
—by Byrne Hope Sanders

MONTREAL, July 27th—Sign your own holiday money! . . . Look at any dollar bill and you'll see two signatures. Without those signatures, the bill would be worthless. It's the same with the TRAVELLERS CHEQUES sold by the BANK OF MONTREAL—but both the signatures are yours. You sign once at the bank when you buy them and they can't be cashed until you sign them a second time. If you *do* lose them, or if they are stolen, they can be replaced. So why take chances with your holiday funds? Change them into Travellers Cheques sold by the Bank of Montreal . . . they are only good when *you* sign them!

WHAT A GLORIOUS FEELING to come fresh from a swim or shower and get into something crisp, clean and cool. But remember first to use FRESH Cream Deodorant, the deodorant that's so gentle it won't harm normal skin or harm or stain clothing. Yet Fresh is completely effective all day long. That's because it's a long-lasting anti-perspirant. Nothing keeps you fresher than Fresh — whether it's the cool stick, the exclusive upside-down roll-on or the smooth cream. Count on Fresh Deodorant, just as I do!

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Green ONIONS 2 bunches 11c
RADISHES 2 bunches 11c

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