

IT CAN HAPPEN TO YOU! Nobody is immune from polio. Age is no barrier. Anybody can be a victim. Still haunted by epidemics of previous years, it is well to be prepared. Early recognition is imperative. It may save life. It may save permanent paralysis. How to recognize symptomswhat to do to avoid unnecessary exposure is told in "If Infantile Paralysis Strikes". This pamphlet issued by the Canada Life Assurance Company is yours for the asking. Better be safe than sorry. Write me for your free copy, Barbara Brent, 1411 Crescent Street, Montreal, Quebec.

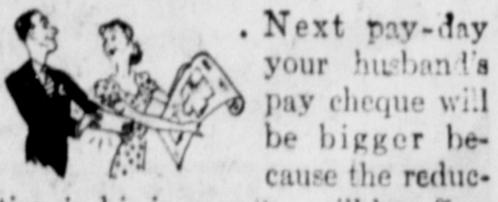
Cool As a Cucumber!

lark! ... that's you, even on the hot-I days! You know how to "Fresh Up" with ! In fact, you've made 7-Up a Family Affair! st the delicious drink for everyone from small Sue to Brother Bill-an after-play snack-a ime treat. Smoothly delicious, with a deli--7-Up is a thirst-quencher on even the t thirstiest of days. Serve it with meals and veen meals. Find it at any store displaying a

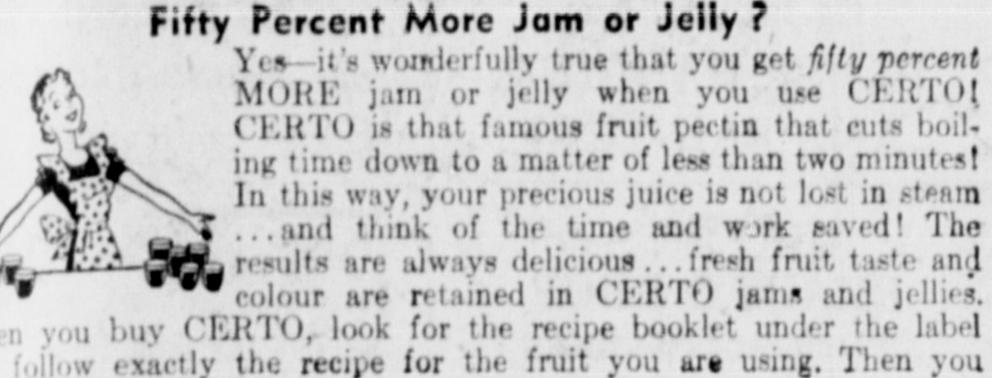


Every woman knows that the right recipe makes a wonderful world of difference to even the best of That's why the makers o

good cooking ... CROWN BRAND Corn their recipes for your use ROWN BRAND Recipe P.Q. - for your free



tion in his income tax will be effective. You'll not want that extra sum to melt away without a thing to show for it. You'll want to make that money a part of your design for living! The smart way to do just that is to open a special "Tax Saving Account" at the BANK OF MONTREAL. Why not talk it over with your husband-and point out the advantage of opening your special account with that first tax reduction. Remember "Money in the bank" makes dreams come true!



Deasonable Ideas for Housekeepers in bottom of a pastry shell,

LITTLE MISS MUFFETT SAT ON A TUFFET EATING HER CURDS-WHEY

COTTAGE CHEESE

ple of every land have eaten it for the dairy as required. for centuries.

other types of cheese, is mild and should be stored in a cold place. therefore blends well with other feeds of decided flavour.

ids and some of the fat from one Department of Agriculture. gallon of milk and mineral matter and vitamin as well.

Cottage cheese was an every day food in pioneer Canadian homes. It was made from the sourced milk. The average home

TIRED. ACHING.

In just one minute after an

get the surprise of your life. Your tired, tender, smarting, burning feet will literally jump for joy. No fuss, no trouble: you just apply a few drops of oil over the surface of the foot night and morning or when occasion requires. Just a little and rub it in. It's simply wonderful the way it helps all foot misery, while for feet that sweat and give off an offensive odor, there is nothing

better in the world. money back.

today seldom has enough sour Miss Muffett enjoyed her cot- milk to make any quantity tage cheese plain, just as the peo- cheese so it is usually purchased

Because this type of cheese Cottage cheese can also be used does not have all whey expressed as a base for countless delicious it spoils more easily than the dishes. tI is wonderful for cool harder cheeses. It should be summer salads and all sorts of eaten fresh-preferably within cooked main dishes and desserts. two or three days after it is made. Cottage cheese, unlike most If it must be kept longer it

Three excellent recipes using cottage cheese come from Can Cottage cheese is an easily di- ada's Kitchen where they were gested protein. One pound of tested by Home Economists of the cottage cheese contains the sol- Consumer Section, Dominion

Picnic Spread

I hard cooked egg ½ cup cottage cheese 3 tablespoons salad dressing 2 tablespoons chopped chives 1/8 teaspoon celery salt 1/4 teaspoon salt

pepper Chop egg, mix well with cottage cheese. Add other ingredients, mix well. Spread on whole wheat bread Makes filling for application of Emerald Oil you'll 4 sandwiches.

> Cherry Cottage Pie 3/4 cup milk

½ cup cereal cream

½ cup sugar

1/8 teaspoon salt

1/2 teaspoon cinnamon 2 cups pitted cherries pastry shell—unbaked

1 cup cottage cheese

Oil-Satisfaction guaranteed or sugar, salt. milk and cream, and for every 1,000 square feet. The cottage cheese. Spread cherries seeds should be sown in rows 18

A chip on the shoulder always

The following notice was in-

GREAT YARMOUTH, Eng., (P)

up position in North Sea

showers, an electire refirgerator

and comfortable crew quarters

Train Schedule

(Pacific Standard Time)

Monday, Wednesday, Friday-

Tuesday, Thursday, Saturday-

IN THE SUPREME COURT OF

BRITISH COLUMBIA

IN PROBATE

IN THE MATTER OF THE

"ADMINISTRATION ACT"

KNOWN AS MAGDALENE

TAKE NOTICE that by order

His Honour Judge W. O. Fulton, made

appointed adminstrator of the estate

of Magda Jacobsen, otherwise known

All parties having claims against

the 27th day of June, 1947.

IENRIETTE JACOBSEN, DECEASED

For the East-

From the East-

10:45 p.m.

8 p.m.

serted in the columns of a county

## FIRE DAMAGES FURNITURE

A burning cigarette is believed to have been responsible for a fire that damaged a chesterfield sprinkle with cinnamon, cover chair and a rug in the apartment with cottage cheese mixture and of George Eales, manager of the bake in a hot oven, 400oF., for Angus Apartments, during the 10 minutes. Reduce heat to night. City fire department an-3250F. and bake until custard is swered an alarm to the building at 4:30 this morning and found set, about 35 minutes. Six servthe chair and rug smoldering in the smoke-filled apartment. The fire was put out without further damage.

salad dressing. Mix with cheese, squad" preachers who will travel Cut berries in halves and fold in. by motorcycle to out-of-way Pour into a wet mould, chill places.

ANCIENT TRADE

The tamous

with every Jar ot ...

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STEWART and ALICE ARM

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FOR MASSETT AND PORT

CLEMENTS

July 11-25

· Tuesdays, 1:30 p.m.—

Saturdays, 10:15 p.m.—

Fridays, 12:00 Midnight.

Coquitlam.

Fridays, 5 p.m.—

Camosun.

Sundays, 8 p.m.

June 27

Catala.

Phone 37

P.O. Box 544

Lettuce, spinach, Chinese cabbage and radish all may be grown successfully at this late stage, but first the ground should be well worked. Sometimes discing and harrowing will suffice, proceeded by a dressing of 4-8-10 fertilizer at 300 or 400 pounds for each acre. In a Combine milk and cream and small garden this application is scald: Beat eggs slightly, add equivalent to seven to 10 pounds inches apart, or wider if desired. lettuce and radish should be sown one-quarter of an inch deep and spinach and Chinese cabbage one-half of an inch

After the seeds have germin-

August, the others should be

## AIR TRAVELLERS

Outbound passengers on Can-

Classified Advertising Pays!

TAKE NOTICE that by order of His Honour Judge W. O. Fulton, made the 26th day of June, A.D. 1947. Letters Probate of the Last Will and Testament of Harris Levin, deceased

ALL parties having claims against the said estate are hereby required me on or before the 21st day MAGDA JACOBSEN. OTHERWISE | filed may be paid without reference

> AND all parties indebted to th said estate are required to pay the amount of their indebtedness to me

DOMINIC ELIO, Executor, c/o M. Willa Ray. Solicitor for Executor, Prince Rupert, B.C.

RANGE FIVE COAST LAND

Recording District of Prince Rupert TAKE NOTICE that the Port Edward Cellulose Company Limited, of Vancouver, B.C., manufacturers, intends to apply for permission to purchase the following described lands for the purpose of use in manufacture of cellulose products, situate between Lot 507. Watson Island and L. 446

Commencing at a post planted

High Water Mark on the Southerly end of Watson Island where said High Water Mark intersects the Easterly boundary of the Canadian National Railway Right-of-Way; thence Southerly along the Easterly boundary of said Right-of-Way 1150 feet more of less to the High Water Mark of Lot 446 on the mainland; thence Easterly Northerly following the High Water Mark of L. 446 6000 feet more or less to a point where false passage enters Wainwright Basin: thence West 1200 feet more or less to High Water Mark of Watson Island; thence Southerly and Westerly following the High Water Mark of Watson Island to point of commencement and containing 120 acres more or less.

DATED June 19th. 1947 PORT EDWARD CELLULOSE COMPANY, LIMITED.

So handy "FLYING SQUAD PARSONS" 4 tablespoons salad dressing LONDON (P)—Plans now being considered by Church of England leaders to overcome the clergy Soak gelatine in cold water. manpower crisis visualize "flying Dissolve over hot water. Add

> Taxidermy was first practised in the 17th century.

# The Experts Say - -

OTTAWA, ()-Midsummer or July. The following seed varienot—there's still plenty of time | ties are recommended: Chinese for amateur gardeners to plant cabbage-Pe-Tsai, Chihili; letsome of those late maturing tuce-Grand Rapids; spinachvegetables such as tomatoes, pep- Bloomsdale, Nobel, King of Denper, squash cucumbers, potatoes | mark; radish-French Breakfast, | late cabbage, carrots and par- Scarlet Globe Saxa or Sparkler.

Cottage Cheese, Strawberry

Salad

2 teaspoons gelatine

2 cups cottage cheese

2 tablespoons cold water

2 cups hulled strawberries

until firm. Turn out on lettuce.

Garnish with remaining berries.

Serve with salad dressing. Serves

thinned out as follows-radish one inch: spinach, four to six inches: lettuce, six to eight in-

adian Pacific Airlines from here yesterday afternoon were A "Anyone found near my chicksap, Cecil Diss, and C. Wilson for Sandspit and A. Findlay, Mrs. Arno, Capt. C. D. Brewster and -Latest British lightship to take C. D. J. Berwick for Vancouver. Inbound on Tuesday afternoon's equipped with central heating, plane were Dr. C. M. Barbeau and Mr. Millsap, from Sandspit, and Cecil Diss, G. Parker, L. B. Stacey, G. A. Thompson, A. C. LONDON, (P)-Returned to the Findlay and T. M. McCaskel! railway company with "thanks from Vancouver.

IN THE SUPREME COURT OF BRITISH COLUMBIA IN PROBATE IN THE MATTER OF THE

"ADMINISTRATION ACT" IN THE MATTER OF THE ESTATE OF HARRIS LEVIN, DECEASED-

TESTATE

who died on the 29th day of May A.D. 1947, were granted to Dominic Elio, the Executor. to furnish same, properly verified to

to any claims of which I then had

DATED this 7th day of July, A.D. as Magdalene Henriette Jacobsen, de- 1947

DISTRICT

AND all parties indebted to the said estate are required to pay the amount of their indebtedness to me Range 5. Coast District:

Prince Kupert Daily Mews

Thursday, July 10, 1947

# Prints Are So Gay



This is just one of the many from our summer print collection. An interesting colorful motif with a touch of black trim for smart decor. You'll want more than one of these beauties.

USE OUR CONVENIENT BUDGET PLAN NO INTEREST NO CARRYING CHARGES



For That Party . . .

at Port Edward, B.C.

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7:00 a.m. to 11:00 p.m.

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Efficient Service, Call Lindsay's Cartage

& Storage Ltd. Cor. 2nd and Park Avenue Established 1910 Phones 60 and 68

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Cameras, Kodak Medalist 1 35 MM Projectors, Amateu Enlargers and a complet line of photographic supplie WRATHALL'

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# DIBB PRINTING COMPANY

# Central Interior Terrace

# lowing on Tuesdays and

Wednesdays ys and Saturdays at 8 p.m. urday matinee at 2:30 p.m.

Friday and Saturday July 11 and 12

Buzzy Henry, Ralph Lewis, er Solderir.g and Ace.

July 15 and 16

esday and Wednesday

Wife of Monte Cristo" John Loder, Lenore Aubert,

Merritt. Helen Brown,

## TERRACE 'Danny Boy" ranster & lax

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(One Mile East of Town)

instrumental services and in the services and

WE MEET ALL TRAINS-SERVICE TO ANY POINT IN THE DISTRICT

(H. Smith)

Terrace P.O. Box 167

## Kortner and Martin Koslek. You saw it in The News!

DINE AT PHIL'S

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BREAKFAST — LUNCH — DINNER Serve:

AND BANQUETS Fine Pastries Quick and Courteous Service Proprietor, Phil Tetrault

SILVER TIP CAFE

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FOR PROMPT SERVICE . . . . See Your

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Lumber Manufacturers Dressed Lumber TERRACE

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Agents For International Harvester Co. Firestone Tire & Rubber Co. Ltd. Philco Radios Willard Batteries

African hunter: "While wandering around a native village I indicates that there is wood higher up.

grow that way." weekly: Wife (trying on hats): "Do you ike this turned down, dear?' en house at night will be found there in the morning."

A few girls want to remain ather knot.

trap, said, "The traps on this

and many apologies after 10 "Yes," said the second golfer years" was a washed and neatlytrying to putt, "would you mind folded towel.

office by 10 a.m. Contributors are asked to bear this in mind

\* Items of social and personal

• WANT TO SWIM, FISH, LAKE KATHLYN

spotted a leopard." Sweet girl: "Don't be silly. They

Wife: "Twenty-five dollars." Husband: "Yes, turn it down."

single, but most of them would

A golfer trying to get out of a course are very annoying, aren't

# closing yours?" EARLY NEWS

# IS WELCOME

Local news items, to ensure publication, should be in the

BOAT OR LOAF? . . . Visit { AUTO CAMP

CAMPERS weekry to Lake Kathlyn.

## \* interest are always welcome IN THE MATTER OF THE ESTATE OF

Supplies delivered twice

ceased, late of Bella Coola, B.C. the said estate are hereby required

## to furnish same, properly verified to me on or before the 1st day of (172) SMITHERS, B.C. October, 1947, after which claims lled may be paid without reference to any claims of which I then had no knowledge.

DATED this 5th day of July. A.D. GOODACRES' GORDON FRASER FORBES Official Administrator, SMITHERS, B.C. Prince Rupert, B.C.

forthwith.

## When in the vacation land of Bulkley Valley SHOP AT Leach Bros.

HOLIDAYERS

FOR GROCERIES AND MEATS Free Delivery to Lake Kathlyn Tuesdays and Fridays

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