Delicious
"SALADA"
TEA BAGS
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HAY FEVER
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and wheezing, its blowing and
its sore, streaming, itching irrit-
eyes and ears. Just do what thou-
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pleton's RAZ-MAH. You'll sleep
work better, feel better. 50c, $1 at
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CHOICEST VEGETABLES
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Choicest Cooked Meats
Roast Chicken
Meat Pies and Salads Daily

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Phone 21 — Third Ave. West

AIR WAY FOOD MARKET
CARNIVAL SPECIALS

BOB COFFEE— pound bags	49¢
APEFRUIT JUICE— -oz. tins, 3 for	40¢
GATE'S VEL— rvellous for Dishes and ollens. Packet	30¢
ONOMY JARS— nts, doz.	$1.39
uarts, doz.	$1.59
RACE CABBAGE— l sizes. Pound	9¢
RACE BEETS— bunches	25¢
RACE CARROTS— bunches	25¢
RACE CAULIFLOWER— ll sizes, pound	15¢
ESH CORN— for	27¢
rtlett Pears nagan, 2 pounds	27¢
lian Prunes 16-lb. Crates Per crate	$1.80
CHRISTIE'S SODAS— Salted, 1-pound cartons	27¢
APPLE JUICE— 20-oz. tins, 2 for	25¢
PUREX TISSUE— 3 rolls	29¢
CATELLI'S SPAGHETTI— 20-oz. tins, 2 for	27¢
TERRACE POTATOES— 10 pounds	44¢
TERRACE PEAS ARRIVING FRIDAY	
GREEN BEANS— WAX BEANS— Pound	10¢
CUCUMBERS— Large size, 2 for	25¢
FIELD TOMATOES— Large, 2 pounds	29¢

POTATOES
SERVE THEM MANY WAYS!
FOR NUTRITION-ECONOMY

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FOR
COOL SALADS

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(E. C. Wallace, Manager)
"Your Friendly Drug Store"
Third Avenue at Sixth Street PHONE 79

O. P. SMITH AT OTTAWA

(Continued from Page 1)

torrents, waterfalls and whirlpools like Hell's Gate Canyon, the hardest haul of the trip. After he got over the Rocky Mountain watershed it wasn't so bad. In fact he found it all "fascinating."

He switched from the Fraser to the Parsnip River, another British Columbia river which Mackenzie followed to the Fraser and the sea. He traversed to the Peace River, following the South Hart - Pack-Lesser Slave Lake-Little Slave River - Athabaska route to the Saskatchewan.

From there he got into the old, popular trade routes of New France — Lake Winnipeg, the Winnipeg River, the thread-like waterways of the Minnesota-Ontario border. Slipping through Grand Portages, he coasted the north shore of Lake Superior and entered the French River. Then, following the shore of Lake Nipissing, he came down the Matawa to the Ottawa River and the capital.

It was a long haul and sometimes the flies were bad—"he flies were terrible on Lake Superior, but I ran out of them about 50 miles from Sault Ste. Marie."

Some of the portages were "back-breaking," especially the nine-mile grand portage in Minnesota which took him two days to complete with all his equipment. Sometimes he slept out, sometimes he found lodgings in settlements at night.

He made a point of visiting the mayors of all the towns and cities he passed through. Now he has a bulky list of their signatures. In New York he'll present the collection to Mayor O'Dwyer along with greetings from former Mayor Cornett of Vancouver.

He figures his expenses have run something like $50 a month —"a lot cheaper than I could live in a city."

When he gets to New York he's going to look around the big city for a few days and then its back home to Cripple Creek —canoe and all—but this time he's going by train.

Local News Items . . .

● Remember! Port Day, Prince Rupert's marine holiday, August 21. (tf)

Hugo Kraupner returned to the city by air yesterday afternoon from a business trip to Vancouver.

● Regular meeting of International Union of Operating Engineers, Local 510, will be held in the Carpenters' Hall, Friday, August 22, at 8 p.m. (197)

Charlie Wu of Prince George, who has been spending a while in the city, left Monday evening on his return home.

Mrs. R. J. D. Smith and daughter, Mrs. Florence Wilson of Edinburgh, are sailing tonight on the Prince Rupert for a visit in Vancouver and Powell River.

E. E. Hyndman, inspector of schools, returned to the city by air yesterday afternoon from a trip to the Queen Charlotte Islands on official duties.

Mr. and Mrs. C. Ormiston left by air today to spend two months vacationing in the south. Their time will be divided among friends at Vancouver, Victoria and Mission.

Mr. and Mrs. Fred Nash of Terrace are out of town visitors in the city for the Port Day celebration. The arrived on Tuesday nigtht's train and will be returning home tomorrow night.

● **NOTICE—Stewart Public Utilities Ltd.** The Annual General Meeting of the above will be held in the Registered Office of the Company, 5th Street, Stewart, at 3 p.m., Wednesday, Sept. 3rd. A. Russwurm, secretary.

D. G. Stenstrom, consulting engineer for the Celanese Corporation of America in connection with the Port Edward project, is sailing by the Prince Rupert tonight on his return to Vancouver after having been here for the past couple of weeks on official business.

● Boarding places and housekeeping rooms urgently needed for teachers. Mrs. M. M. Roper, School Board secretary, City Hall. Phone Red 442. (197)

C. E. Elliott, supply manager, War Assets Corporation, Ottawa, arrived in the city on the Prince Rupert yesterday in the course of an inspection trip to the local corporation offices.

● Copies of the recent special Industrial Development issue of the Prince Rupert Daily News are still available at the office but the supply is limited and those who desire to send them out are advised to obtain same at once. (tf)

Mrs. Frank Skinner, who has been spending a vacation visiting in Vancouver, will return to the city on the Camosun tomorrow afternoon, accompanied by her two daughters.

Dr. L. W. Kergin and daughter, Miss Dorothy Kergin, returned home last night after a holiday trip into the interior as far as Ootsa Lake.

TOO LATE TO CLASSIFY

FOR SALE—Gramophone. Apply 313 Seventh East. (201)

Announcements

All advertisements in this column will be charged for a full at 25c a word.

Lutheran Tea and Sale August 30.

L.O.B.A. Orphanage Tea and Sale, Sept. 3.

Catholic Bazaar Oct. 1 and 2.

Orange Tea, Oct. 16.

Baptist Sale, Nov. 6.

Women of the Moose annual Bazaar, Nov. 12 and 13, Moose Temple.

Canadian Legion Auxiliary Sale, Nov. 10.

Presbyterian Fall Bazaar, Nov. 20

Salvation Army Home League Sale Nov. 25th.

CCF Bazaar, Civic Centre Nov. 28th.

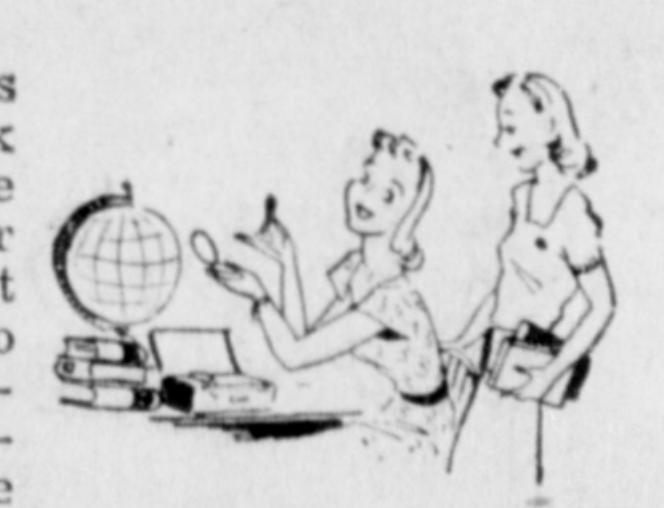
Orange Sale, December 5.

BUYS AND WHYS BY Barbara Brent

21C

A weekly advertising and information service for today's woman

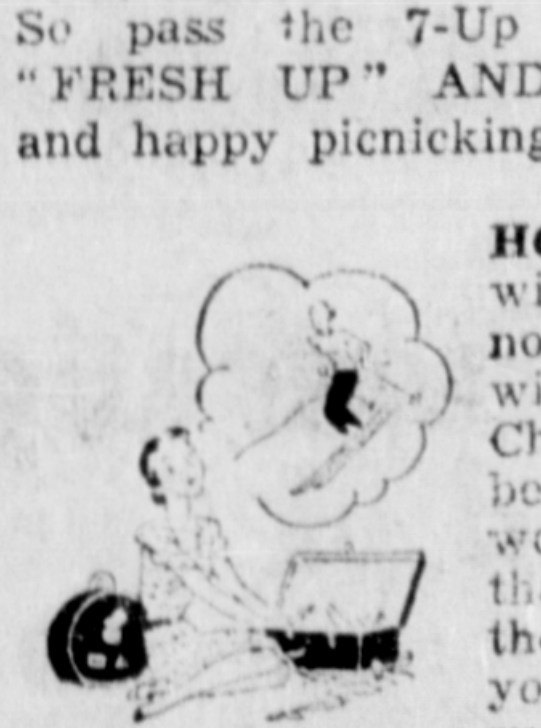
TORONTO. AUG. 21st—**Lucky you!** You're on your way to 1947's Toronto Exhibition—and it's wonderful—I can assure you! Now one display you simply shouldn't miss is the VINYLITE PLASTICS display in the Plastics Building. For the first time you'll see VINYLITE Plastic upholstered furniture — beautiful, washable, scuff-resistant and completely colour-fast! Imagine . . . and think of its joys in your home! Spic-span new too is the cream-and-red VINYLITE Plastic floor—and as you walk on this wondrous discovery—see the displays of rainwear, baby wear, kitchen and bathroom accessories—you'll gaze in amazement, and then, I'm sure, come away VINYLITE PLASTICS conscious and happy.



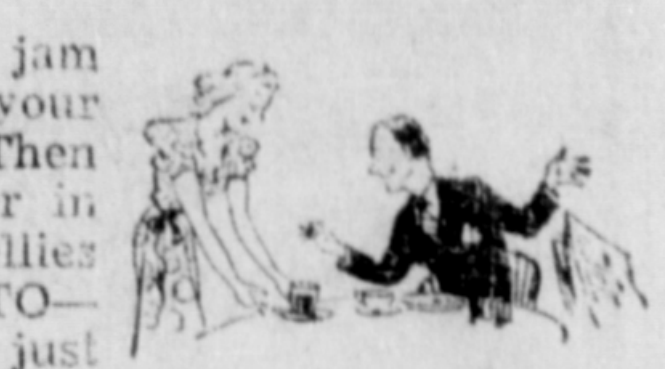
BACK TO SCHOOL or college she goes . . . eagerly looking forward to new work —new friends—new excitement! And she knows that girls who go places take their glamour seriously . . . she knows that HELENA RUBINSTEIN helps them to hold their own no matter what the competition! So—"Just what she wants"—and how she'll love you when you give it to her!—is HELENA RUBINSTEIN'S **Young Modern Kit** (3.50) . . . containing wonderful **Filmpact**—a cake-make-up in five perfect shades; **Plus Cleanser**—a cream that cleanses like finely-milled soap; **Apple Blossom Deodorant Cream**—it perfumes while it protects! **Lipstick** and a **Facial Sponge**.

WHO DOESN'T LIKE PICNICS? My idea of a wonderful way to spend a hot afternoon is to picnic by a cool brook—or even in the shade of the old, backyard apple tree! But, would you believe it—some folks say they don't like picnics! Obviously, they haven't discovered 7-Up — the ideal picnic companion! In its cool, green bottle —it's the best thirst-quencher I know of! Its delicate flavour gives you a cheerful "fresh up" every time . . . on every picnic. So pass the 7-Up around! "FRESH UP" AND SMILE—and happy picnicking!

WANT SOME GOOD RECIPES? Here they are . . . yours for the asking . . . recipes that you'll agree are some of the best you've ever tried! Recipes for **Party Cake—Velvety Chocolate Frosting—Brownies—Glazed Squash** . . . recipes that all have one delicious thing in common . . . CROWN BRAND Corn Syrup! For you'll find that the tasty goodness of CROWN BRAND makes it a most important ingredient . . . and you'll find, too, that you can use it in so many wonderful ways — as a spread on bread — in Junior's milk. And for the recipes, simply write to me, Barbara Brent, 1411 Crescent St., Montreal, P.Q., asking for your free copy of CROWN BRAND **Recipe Sheet C.B.G.**



HOME FROM YOUR SUMMER VACATION with holiday thoughts still filling your head . . . now's the best time to begin planning for your winter weekends in the country, and for your Christmas, New Year's and other holidays! To be practical about it—you'll do as so many wise women do . . . you'll open a **Savings Account** at the BANK OF MONTREAL specially to cover the cost of your winter play-time—and to assure you of money in the bank to come home to! It's such a good idea! Why not plan now to put aside something regularly for those winter outings?



PUT A JAR of your delicious CERTO jam —your wonderful CERTO jelly beside your husband's toast plate at breakfast. Then watch him drop his morning newspaper in a flash! He thinks your jams and jellies are out-of-this-world! Made with CERTO—no matter how much he eats—they go just twice as far as they did when you made them the old, long boil way! For CERTO cuts boiling time to just a minute or two—gives you **fifty percent** MORE jam or jelly! Remember, when you use CERTO, to look for the recipe booklet under the label. For **sure** results **follow exactly** the recipe for the particular fruit you are using.

Real
ENJOYMENT

Young folks' eyes light up when Shreddies are on the table for breakfast. And Shreddies' whole wheat nourishment helps keep those eyes bright. Because wheat, with its precious wheat germ, bran and other ingredients, is Nature's best food to keep active young bodies healthy and clear-eyed. Youngsters get their whole wheat the really enjoyable way—in Shreddies.*

Shreddies
WHOLE WHEAT BISCUIT
FLAVORED
SPOON SIZE
READY TO SERVE
THE CANADIAN SHREDDED WHEAT COMPANY LTD
Shreddies

A PARTY TREAT
Dip Shreddies in melted semi-sweet chocolate. Lift out with a fork and allow to set. A wholesome food and a candy-coated party delight.

*Shreddies is a registered trade-mark owned in Canada by
THE CANADIAN SHREDDED WHEAT COMPANY, LIMITED
NIAGARA FALLS, CANADA

Sweet Sixteen
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. . . presents an entirely new line of

feminine
apparel

for your approval. Drop in and pick out that smart ensemble you've been waiting for.

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NEW COLORS
NEW MATERIALS

FOR YOUR CONVENIENCE USE OUR
BUDGET PLAN
NO INTEREST — NO CARRYING CHARGES

There's
Pride in
wearing a
Stetson
Hat

value and satisfaction, too, in the smart, faithful colors, the fine, enduring fabrics and the craftsmanship that says at a glance . . . it's a STETSON $8.00 to $15.00

WATTS & NICKERSON
The Men's Shop

A. MacKenzie Furniture
LIMITED
"A GOOD PLACE TO BUY"
CHESTERFIELD SUITES, BEDROOM SUITES, BEDS,
BEDSPRINGS, SPRING-FILLED AND
FELT MATTRESSES
B.C. Products made by Simmons and Restmore, the
leading Bedding and Furniture manufacturers of Canada
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WILL INSURE YOUR HOME AND
YOUR HOUSEHOLD GOODS
AGAINST LOSS BY FIRE
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HOTEL
A Home Away From Home
Rates 75c up
50 Rooms, Hot and Cold
water
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WE DOCTOR SHOES—
HEEL THEM—
ATTEND THEIR
DYEING—
SAVE THEIR
SOLES—
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PRINCE RUPERT'S NEWEST AND MOST
UP-TO-DATE RESTAURANT
FULL-COURSE MEALS
FROM 11 A.M. TO 6 A.M.
Special Dinner Every Sunday - 5 p.m. to 8 p.m.
CHINESE DISHES A SPECIALTY
WE CATER TO PARTIES
CHOP SUEY CHOW MEIN
FOR OUTSIDE ORDERS PHONE 133
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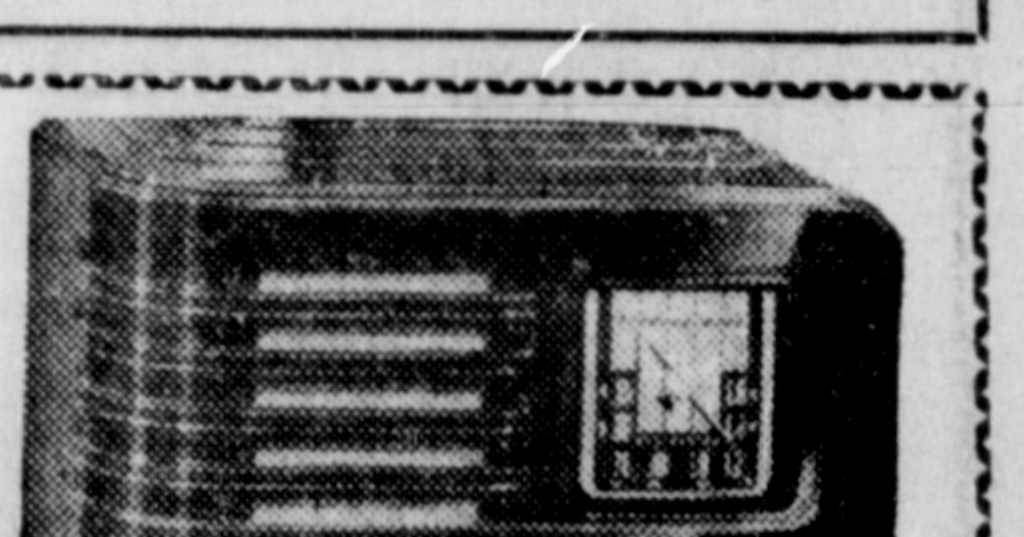
Radios
at their best



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