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Fridays and Saturdays at 8 p.m.
Saturday matinee at 2:30 p.m.

FRIDAY AND SATURDAY
August 8 and 9
"THREE IS A FAMILY"
with Marjorie Reynolds, Charlie Ruggles, Fay Bainter, Helen Broderick, Cheryl Walker and William Terry.
TUESDAY AND WEDNESDAY
August 12 and 13
"Swing Parade of 1946"
with Gale Storm, Phyllis Regan, Connie Boswell, Will Osborne and Orchestra

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The Experts Say - -

HALF A DOZEN EGGS—If she has half a dozen eggs in the cupboard any wise housewife need never be stumped when she comes to plan a meal. She knows an egg by any other name may be anything from an omelet for supper to a Spanish cream for luncheon dessert—and if she's interested in trying out new dishes—there's always cheese Puffit.

Ingredients: 12 half-inch slices of stale bread, one-half pound sliced cheese, four eggs, 2 2-3 cups milk, three-quarters teaspoon salt, pepper and paprika.

Trim crusts from bread and arrange slices in alternate layers with cheese in greased baking dish. Beat eggs slightly, add milk and seasoning and pour over the bread. Cover and keep in the ice box until ready to bake. Oven-poach in a moderate oven until set—about 45 minutes. (If thoroughly chilled before baking the puffit will puff up like a souffle). Six to eight servings.

BUDGET OMELET — Ingredients: 1½ cups soft bread crumbs, 1½ cups milk, six eggs (separated), salt and pepper.

Mix crumbs and milk, let soak, then beat smooth. Beat egg yolks, add salt and pepper and combine with bread mixture. Beat whites stiff and fold into mixture. Pour into hot greased pan and cook slowly until firm, 25 to 30 minutes. Cook in a slow oven for the last 10 minutes if desired, to brown top. The same mixture may be cooked as scrambled eggs. Five to six servings.

Variations: 1 — Add chopped parsley, green onions and diced celery to mixture before cooking. 2—When cooked, spread omelet with jam or jelly, fold over and serve at once. 3—Add finely chopped, cooked vegetables or grated raw carrots to mixture before cooking.

SPANISH CREAM — Ingredients: 1½ tablespoons gelatin, one-quarter cup cold water, three egg yolks, one-quarter teaspoon salt, 2¾ cups milk, one teaspoon vanilla, three egg whites, one-third cup sugar.

Soak gelatin in cold water. Make custard of egg yolks, salt and milk. Cook in top of double boiler, stirring constantly until mixture coats the spoon. Dissolve gelatin in hot mixture. Cool and add flavoring. When mixture begins to thicken, fold in meringue made by adding the sugar to the stiffly beaten egg whites. Turn into molds and chill. Serve with custard sauce. Six servings.

PRICES GOING UP — If you don't hink food prices are going up ask Toronto's Visiting Homemakers Association. A monthly check on prices in that area showed that in June $15.34 weekly was required if a family of two adults and three young children was to be adequately fed. This figure was $1.61 above the minimum needed in June 1946, and $2.81 over the June 1945 mark.

"And these prices apply only to Toronto where prices, according to bureau of statistics reports, have not increased as much as in some other points," said a V.H.A. official.

Sports Equipment Sales Up 25 P.C.

OTTAWA, (CP)—Canadian production of virtually all types of sports equipment has increased "substantially" during recent years and may open new avenues of export, trade department officials have disclosed.

Basing their figures on surveys of major producers, the trade experts estimate the industry has a present potential production of $125,000,000 annually, 25 per cent more than before the war.

The sporting goods possibilities were emphasized by Ian Eisenhardt, national director of the council on physical fitness, who told the Canadian Bicycle and Sports Goods Association that dealers at present are selling their merchandise to only about five per cent of those who should be using the equipment.

Smithers

CAMPERS
Supplies delivered twice weekly to Lake Kathlyn.
GOODACRES'
SMITHERS, B.C.
(202)

BRITISH SEARCH PALESTINE HOUSE—A woman and her child stand by as a British policeman and soldier enter their home in Nathanya, Palestine, seeking two British intelligence officers who were kidnapped from a cafe. The Jewish underground declared the officers had been tried ad sentenced to death in reprisal for the death sentences given to three of their agents.

HAS STRANGEST JUDICIAL BEAT

COCHRANE, Ont., (CP)—A legendary figure in Northern Ontario's vast district of Cochrane who gained international prominence in the war years for his outspoken insistence on strong defence bases in the Hudson Bay area, now has turned campaigner for medical aid to his Indian friends.

He is Magistrate E. R. Tucker, patroller of one of the strangest judicial beats in the world and linguistic equal of the Cree Indian. He introduced the airplane to hundreds of superstitious Indians in the James Bay area and some years ago gave residents of the lonely trading post at Fort Albany their first taste of justice in more than 250 years.

In his role as district coroner, this stocky northern pioneer who has been a magistrate for more than 25 years, was charged with responsibility for investigating the death near Timmins, Ont., of 16 gold miners in the worst tragedy to befall Canadian mining industry in recent years.

PROMPTED DEFENCE

But what really focussed the eyes of North America on Magistrate Tucker was his insistence early in the war on adequate defence installations in Canada's far northland. He was instrumental in ensuring there would be no sneak raids by enemy aircraft on munitions plants via the unguarded, largely uninhabited areas around Hudson Strait.

United States members of the Joint Defence Board were impressed with the urgency of the situation and agreed that they should accept the lion's share of the undertaking. A string of strategically situated air bases erected under the closest secrecy discouraged enemy forays which Allied intelligence officers later proved had been planned.

In recognition of Magistrate Tucker's foresight the R. C. A. F. some years ago placed at his disposal a Lancaster bomber which ferried him into every one o fthe bases set up at his insistence.

Now his chief project is to get medical service for his Indian friends who are suffering from tuberculosis and reported to be dying by the scores for want of proper attention.

At the recent annual meeting in Toronto of the Canadian Red Cross Society, he demanded that immediate action be taken to protect the Indians who for more than a uarter of a century have looked to him for guidance.

VICE DENS IN AFRICA

JOHANNESBURG (CP)—Johannesburg has "vice-dens almost as wicked as any United States speakeasy," where women are "drugged" and "demoralized" and men "robbed and assaulted," according to Rev. A. A. Kidwell, vice-chairman of the South African Temperance Alliance.

Mr. Kidwell said that in Johannesburg there were places to which the young men and women might be lured in search of drink after hours, with "frightful consequences." Sometimes these places go under the innocent name of a boarding house.

He said police informed him there were places in Johannesburg where men and women had been doped, robbed, assaulted. If the police failed to take action against the places which they held under suspicion, it was for churchmen to visit these "dens without their clerical collars and gain the evidence necessary to close them down."

Referring to the evil of the speakeasies, Mr. K... hoped the gov... never permit the ... South Africa go... he had personally ... erica."

VETERAN SC...
MELBOURNE, ...
About 2,747 form... are taking full-ti... the University ... are on a part-ti... full-time category ... ing non-technical ... 1,100 are engaged ... studies. Nearly 10... school of music.

SANCTUARY ...
LUTON, Eng., ... found a man asle... rolled up in the ...

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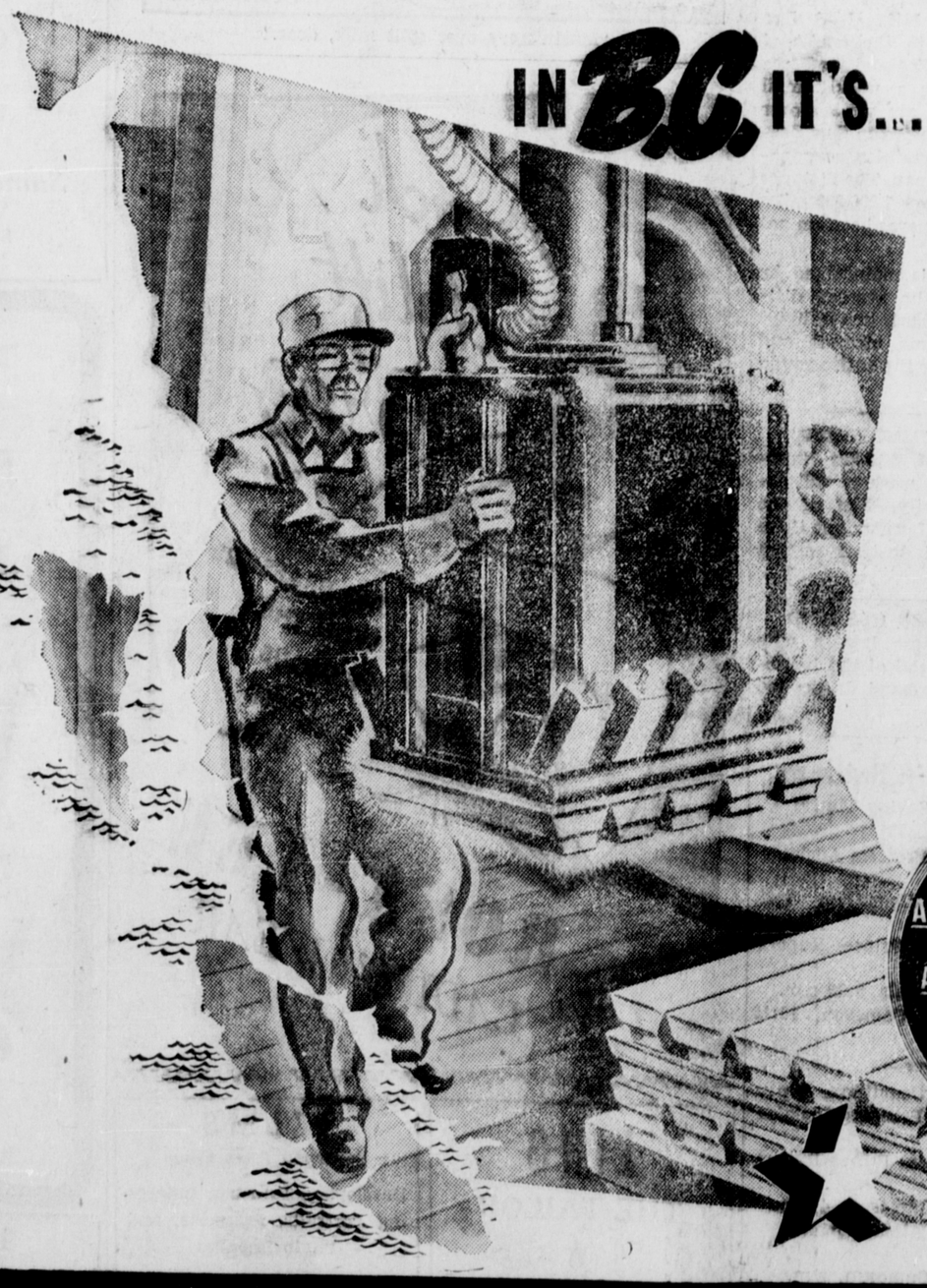

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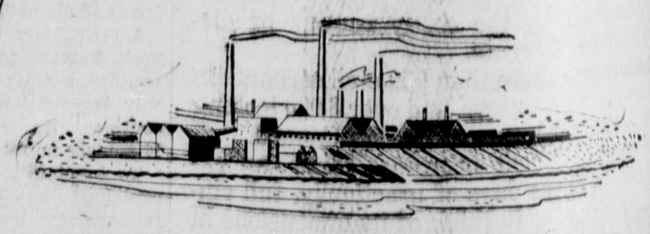

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