SUPERIOR FOOD STORES Ltd.

Friday and Saturday Values

PHONE 18

All Seasonal Fresh Fruits & Vegetables in Season For Your Shopping Pleasure

NEW CARROTS—large bunches ... 2 for 15c COOKING ONIONS-No.1 Okanagan, 4 lbs. 23c BANANAS-Golden Ripe fruit 2 lbs. 39c TOMATOES—No. 1 Okanagan Field, 2 lbs. 23c TURNIPS—New Terrace lb. 6c ORANGES-Sweet and juicy 4 doz. 83c CANTALOUPE—Okanagan Jumbos 23c

Peanut Butter-Squirrel Brand . . 16-oz. jar 39c Graham Wafers 1-lb. pkt. 29c Tea-Lipton's Red Label lb. 83c Grapefruit Juice—20-oz. tins 2 tins 25c Canadian Cheese—fresh cut lb. 44c Sodas-Red Arrow pkt. 23c Soup—Libby's Tomato or Vegetable . 3 tins 29c Pickles-Polly Prim, Sweet Mixed jar 32c



Quaker Oats 27c



per pkg. 17c

Better English By D. C. WILLIAMS

What is wrong with this sentence? "The arrangement of the decorations were in good

What is the correct pronunciation of "lanudered?" misspelled? Advertiser, lecurer, contracter, appraiser. 4. What does the word "emawate mean?

Answers

Say, "was in good taste." To issue from a from the hands. in isource. "Nothing but good can

Wall pipise

P.O. Box 648

Glidden Distributors

Painters and Dealers

Inquiries Invited

\$

Household Scrapbook \$

Peeling Onions

Pour hot water over onions, allowing them to remain for few minutes, then drain and pour cold water over them. Then Which one of these words the skins can be removed easily.

Sewing Room Hint

Cut the strips containing buttons and buttonholes from discarded garments and use them under a fly on new garments. It saves time and labor.

Ink Stains on Hands A solution of peroxide of hy-

Pronounce lawn- drogen containing a few drops of ammonia will remove ink stains | Second layer-

no mright thinking." Advertise in the Daily News

Seasonable Ideas for Housekeepers

1/4 cup whipping cream

CUCUMBER CREOLE

inches long)

strips)

2 large cucumbers (approx. 8-9

HERE

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Coffee has been a big favorite for many

years. But now the makers of Chase &

Sanborn have created an even finer new

81 years of experience have gone into

making this new blend. You'll find it

even richer, even mellower, even more

deeply satisfying than the coffee which

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Steamer

from

PRINCE

RUPERT

OCEAN FALLS

(Powell River)

VANCOUVER

Thursday at 11:15 p.m.

To KETCHIKAN

Wodnesday Midnight

(All Times Pacific Standard)

For reservations call or write

City or Depot Ticket Offices.

PRINCE RUFERT

WESTVIEW

Service

blend of the world's choicest coffees!

prepared horesradish

TOMATOES PAY DIVIDENDS ARE EXCELLENT FOR CANNING USE

When first introduced into Garnish-Britain by Sir Walter Raleigh the tomato was prized for its beauty and nurtured carefully in

the gardens of the nobles. What a pleasant discovery it chicken stock. Simmer 20 minwas when this queen of horti- utes. Strain through wet cheesecultural splendor was found to cloth. Add gelatine which has be edible and healthful as well been soaked in cold water. Stir servings.

as beautiful to look at. into large shallow pan which has This one fruit seemed to blend been greased lightly or rinsed in HOW CAN with protein foods so it was cold water. Mixture should fill usually served with the meat pan to a depth of one inch. Chill course, thus today tomatoes are until set and add second layer. toilet perfume? often classed as vegetables rather | Second layer-Heat bouillon to than fruits. boiling point. Add gelatine which

People usually prefer fruits has been soaked in cold water. while they are fresh but tomatoes Stir until thoroughly dissolved. retain most of the natural raw | Cool and pour over first layer. flavor when canned. Chill until set.

matoes rate high. Being one of bons and garnish with cream ed spot? our best Canadian sources of which has been whipped and A. Rub the spot immediately enue West to Mrs. W. F. Eve. vitamin C, a glass of tomato seasoned to taste with prepared with a cloth dipped in diluted Mr. Duhamel first came to juice, served as an appetizer or horseradish and salt. Yield: six peroxide. Then run the iron over Prince Rupert in 1912 and, exas the beverage with a salad or servings. sandwich lunch, adds not only flavor but also vitamins and

Taking the average of many asseys on tomato juice and tomatoes canned it is found that a five-ounce glass of juice or 2/3 cup (five and a third ounces) of canned tomatoes, would provide approximately 1/3 of the daily requirement of ascorbic acid. So tomatoes pay dividends not only when served raw, but when served canned or as tomato juice.

Home economists recommend home canning of tomatoes, which because of their acidity do not require such long processing times as other non-acid vegetables. Complete directions for canning tomatoes and tomato juice are covered in the bulletin "Home Canning of Fruits and Vegetables," which may be obtained free of charge from the Dominion Department of Agriculture of Ottawa.

Following are some tested recipes for fresh tomatoes recommended by the experts.

STRIPPED BOUILLON First layer-

cup chopped tomatoes 1½ small onion, sliced

cloves dash of thyme

1/4 teaspoon celery seed 3 cups chicken stock 11/2 tablespoons gelatine 1/4 cup cold water

3 cups bouillon 11/2 tablespoons gelatine

1/4 cup cold water

SPRED is here!

The wonder paint that thins

with water

No oils or reducers needed

NO ODOR! — Dries in one hour

- WASHABLE -

Try it and be convinced

All colors

RETAIL PRICES

PHONE 651 - 652

DON'T BOYS

HAVE TO BE

WHEN THEY

PICK OUT

\$4.95 — Quarts \$1.40

First layer-Mix tomatoes onion, and seasonings with

By ANNE ASHLEY

be made by mixing two ounces night on the Prince Rupert for of alcohol with one-half ounce Vancouver where they will take of orris root. Keep in abottle, up future residence in the Kittightly corked, and shake well silano district. The condition of before using.

it and it will be as white as cept for six years speat at Hazoriginally. Do not use this meth- elton, has lived here ever since. od on colored material.

freshness?

1/4 cup mil-flavored fat A. Place the egg in a pan of 3 cups chopped fresh tomatoes OR 2 cups canned tomatoes 2 green peppers (cut in thin) salt and pepper to taste

NEW BLEND

AT VANCOUVER

Wash and pare cucumbers. Cut last week in St. Alban's Angliin quarters lengthwise and re- can Church at Lulu Island with move seeds. Cut in fingers about Rev. W. E. Gilbert officiating 1/2"x3". Melt fat in pan and saute The bride was formerly a memcuember until browned. Remove ber of the nursing staff of the to serving dish and keep warm. | hospital at Burns Lake and sub-Add tomatoes and green pepper sequently matron of the Ridler to pan, cover and cook clowly 15 Home at Prince Rupert. The minutes. Season to taste with bridegroom recently returned salt and pepper. Pour over hot from an overseas tour which took cucumbers and serve. Yield: six him to the Dutch Indies, South Africa and the Canary Islands.

IS MARRIED

HOME IN SOUTH

Q. How can I make a good Residents of Prince Rupert since pioneer days, Mr. and Mrs. A. A good toilet perfume can H. A. Duhamel are sailing to-Mrs. Duhamel's health has made From a health standpoint to- To serve, cut in cubes or rib- Q. How can I bleach a scorch- the change necessary. They have sold their home on Fourth Av-

Recently he sold out his barber-Q. How can I test eggs for ing business. Mrs. Duhamel has been here since 1909.

water. If fresh, it will lie on its Mr. and Mrs. Bernard Allen, side. If a few days old, it will after spending the past few days tilt upwards. If stale, it will in the city, are sailing by the stand on end. If very old, it will Prince Rupert tonight on their return to Vancouver.

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write to me, Barbara Bnt, Dept. 101, 1411 Crescent St. P.Q., for the PRESTO ilstrated folder and three scrum



HERE'S ALEW CIOUS wa to ourite 7-Up . it's a 7-Up a Cream Floa Just try it! Place

a scoop of ic cream in a tal THIS IS THE TIME glass and slowly pour in a bottle no better time! of chilled 7-Up. Watch the saving for your wint creamy bubbles swell to the top -or for next summer m-mmm! The delicate lemonlime flavour of 7-Up combined with the rich flavour of the ice cream is a taste treat right out of this world! 7-Up is the "fresh up" drink that gives you a liftkeeps you smiling! 7-Up is always a flavour treat! Buy yours at any store displaying the famous 7-Up signs!

BAKING CAN BE A LOT OF Wonderful feeling when that lemon pie comes piping hot and M BENSONS

delicious from L STARCH it's bound to be good when you STARCH! Easiest way I know of to win popularity and praise from your family is to buy a box of BENSON'S-try the luscious lemon pie recipe on the box . . . and these wonderful recipes from BENSON'S Recipe Sheet B.E. . . . Fresh Blueberry Pie - Chocclate Cream Pie-Plain Pastry. I'll be glad to send you a free copy of this recipe sheet on request Barbara Brent, 1411 Crescent St. Montreal, P.Q.

e bind name of your

n-twelfth of the

et year's vacation ?

1-time comes - the

dir "Sunshine A

Sings Account_him

py holiday, Why

yes this pay-day!

TIS LINGERIE IS

DEAM-STUFF ...

ris twills-deftly

igles, panties and

MAKE A SURPRISE PACKAGE of your your school lunch box . . . fill it with yummy th eat . . . the biggest, happiest surprise, delicion cakes made with SWANS DOWN CAKE FUR Here's how . . .

SWANS DOWN CUP CAKES Sift once, then measure 11/2 cups Swans Down Ca Flour, add 11/2 teasps. Calumet Baking Powder, S teasp, salt and sift together three times, Cream thsps, butter or other shortening, add 2/3 cup sugi gradually and cream butter and sugar together uni light and fluffy. Add 1 egg, unbeaten and best we moderate oven (375° F.) 20 to 25 minutes, or until a minutes, or u large cup cakes. Frost as desired.

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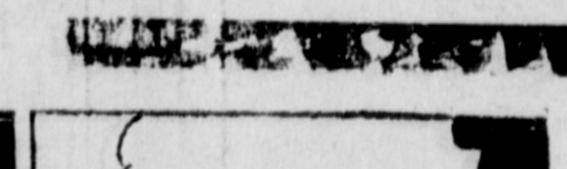
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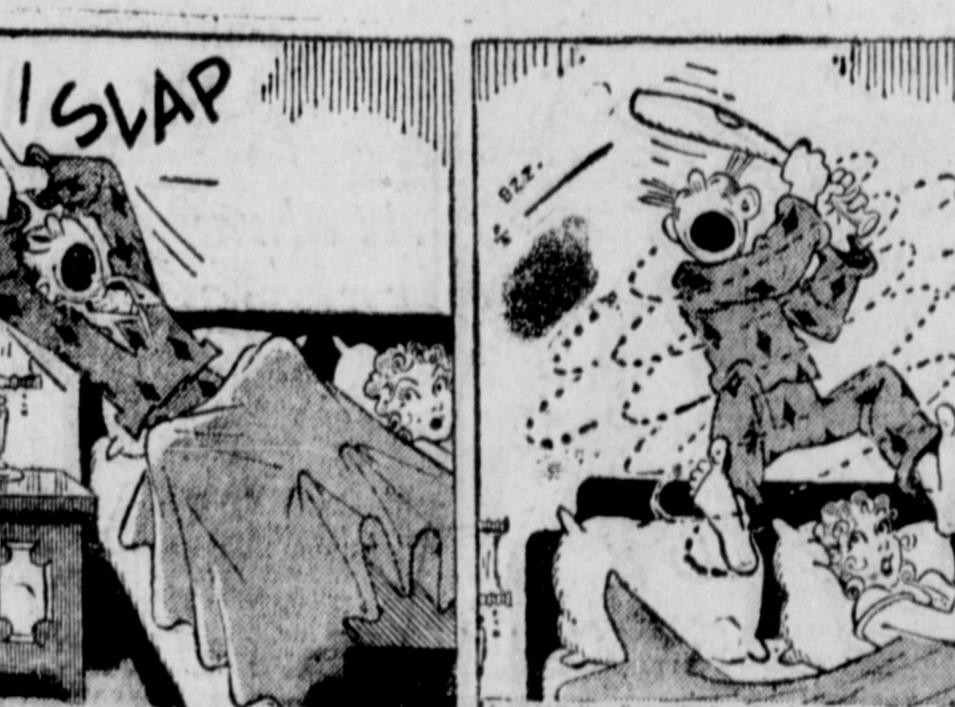
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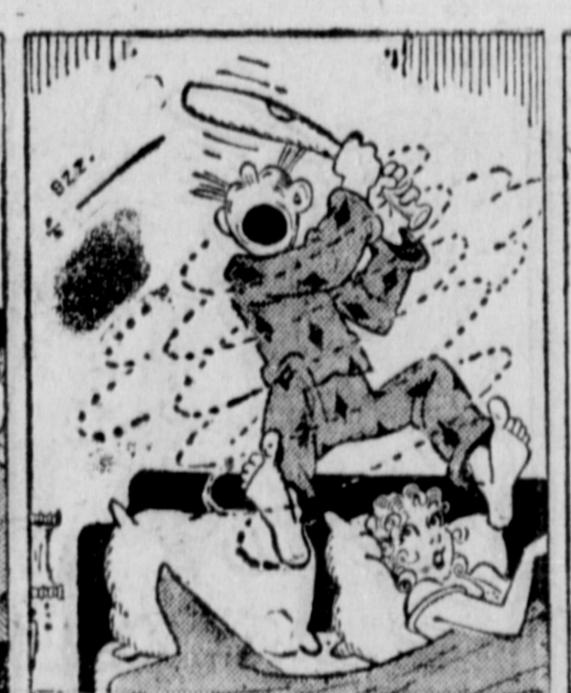
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-The Woman's Angle.













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ALL GIRLS PERFECT

WAR AND THE PROPERTY OF THE PARTY OF THE PAR

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Monday, September 15.

6th Street.

(214)

ANNOUNCEMENT

To Our Friends and Customers

Butchers to Messrs. R. E. Johnson, Edward Thomson

The new owners will continue under the firm name

We take this opportunity of thanking our many

Accounts owing, up to and including September 14

may be paid to our successors or to Ling the Tailor,

customers for their patronage and solicit a continu-

ance of their support for the new owners.

of Rupert Butchers and will take over the business on

We have sold the business operated as the Rupert

LING BO SHONG

WONG LOCK