



**FFBALL**—Norman Terry, 7, holds this bushel-size crop on a farm at Hillsburgh, Ont., 20 miles northeast of Toronto. The mushroom-type product, weighing 16½ pounds, was grown for farmer David Brydson and his neighbors. (CP PHOTO)

## Boys Here Again: Ideas For Little Johnnie's Lunch

By KAY REX

Canadian Press Staff Writer

As that's the school bell ringing, it's time to think about what goes into little Johnnie's lunch.

Most important, the lunch should be nutritious and economical. The school program provides one hot meal for each child in a vacuum bottle.

New foods gradually introduced will accept the school program. If the school program provides one hot meal for each child in a vacuum bottle.

For every lunch are: milk or in food; fruit or both (raw and cooked); tomatoes and oranges; meat (or cheese, eggs or peanut-butter); bread (or muffins); and a vacuum bottle.

Only profitable commercially but nutritionally as well... compared with many cuts of meat, fish is a relatively cheap source of protein-giving food."

**Fried Smelts:**  
Heads and tails should be left on the cleaned smelts, which are then rolled in flour and fried in fat. They also may be dipped in egg and crumbs and deep fat fried. Serve with mashed potatoes and tartar sauce.

**Fried roe and bacon:**  
One and a half pounds roe; 12 slices fried bacon; cooking fat; one egg; cold water; crumbs; seasoning.

Wipe roe dry and dip in crumbs. Dip again in slightly beaten egg to which two tablespoons of cold water have been added. Roll again in crumbs. Fry in deep fat. Serve with strips of bacon.

For a new kind of omelet: One cup cooked fish (flaked); one-half tablespoon flour; two tablespoons butter; one cup milk; five eggs; salt and pepper. Beat eggs slightly. Add all ingredients except butter. Place butter in pan. When hot turn in mixture. As it cooks prick with fork until it is of crumb consistency. Cook as quickly as possible. Serve on hot plates.

## readers

● The Public Library will re-open Tuesday, September 2. (204)

● Don't forget the Independent Food Stores food sale today and Saturday. (11)

● Kindergarten registration at Conrad United Hall, Sept. 2, 9:30 a.m. Ages 4 and 5 years. Fees \$5.00. (205)

● On Tuesday, September 2, Grade VII Booth Memorial pupils will come to school at 9:00; Grade VIII pupils at 10:00; and Grades IX to XIII pupils at 11:00. (205)

● Attention Northland Dairy Customers—There will be no milk delivery Monday, September 1, Labor Day. Get your extra supply Saturday, August 30, from your local route driver. (11)

● Will all pupils who will be attending Booth Memorial High School for the first time (except those coming from Grade VI in the Prince Rupert Schools) register at the school this week? Office hours 9:00 to 12:00, 1:30 to 5:00 and 7:30 to 10:00. (204)

## Moose Women Membership Group Meets

The regular monthly meeting of the membership committee of the Women of the Moose was held at the home of Mrs. Hope Beaton with eight members and two visitors present.

Cards were enjoyed, the winners being Mrs. A. Hamilton and Mrs. Maude Viereck. Delicious refreshments were served by the hostess.

Those present were Mrs. H. Tweed, Mrs. C. Wilkinson, Mrs. A. Hamilton, Mrs. H. S. Harrison, Mrs. M. Viereck, Mrs. H. Beaton, Mrs. L. Fedoruk, Mrs. P. Hubblie, Mrs. K. Faught and Miss Sylvia Johnson.

## Yukon Student Wins Award For Painting

TORONTO (CP)—A tall blonde schoolgirl has flown from the Yukon to the Canadian National Exhibition here to receive on behalf of her school the \$100 prize for the best Canadian mural painted in a high school.

On her way down, six-foot Margaret Hewitt of Whitehorse had her first glass of milk from a bottle in two years, and her first pineapple sundae in that time. Another near-novelty was the sight of green grass again in British Columbia.

Up in the Yukon, she explained, they have no pasture and use powdered milk.

Before going to the Yukon, Margaret attended schools in Ontario, Quebec and Nova Scotia, moving around because her father's job as a flight-sergeant in the Royal Canadian Air Force keeps the whole family on the hop. She says she enjoys seeing new places, and doesn't want to stay in the Yukon forever.

Her prize-winning mural depicts Eskimo fishermen against distant mountains.

## Paper Invites Contributions Of Social News

The Daily News endeavors to give all possible coverage of social and personal news of town and district and will appreciate contributions of such items. Reports of club activities, weddings, teas and personal notes are invited. To contact a reporter, phone 749.

**UNHEALTHY JOB**  
Of Rome's 12 Caesars, six were assassinated and two committed suicide.

## Town and District Notes

### Tom Sherry Elected Treasurer Of Celco Credit Union Group

Tom Sherry, machinist at Columbia Cellulose Watson Island plant, was elected treasurer of Celco Credit Union at a meeting at his home, 1431 Piggott Avenue, last night.

He succeeds Martin Nuyton who resigned.

Mrs. Eleanor Botsford succeeds Mr. Sherry as vice-president.

President of the group is Bob McBride and F. Vanier is secretary.

Mr. and Mrs. C. Stordale have left for a two-week vacation in southern British Columbia. Mr. Stordale is first aid attendant at Atlin Fisheries Limited. They left here by boat for Vancouver.

J. G. Bridle, Vancouver district supervisor for Woolworth stores, left here by air Thursday for his home.

The president of Timberland Lumber Company at New Westminster.

### Engineer Transferred To Kamloops

L. E. (Al) Smith, resident engineer and head of the Provincial Public Works Department here, has been transferred to Kamloops as divisional engineer. He succeeds S. D. H. Pope, who is retiring.

He will be succeeded by W. R. (Bill) Meighen, district engineer from New Westminster, who arrived by plane Tuesday to acquaint himself with the territory.

Mr. Smith expects to leave next week for his new post. His wife and three children, Sandra, six, Bruce, four, and two-year-old Joan, will remain in the city until Mr. Smith locates a home at Kamloops.

Mr. Smith, divisional engineer for the past two years, came here from Courtenay. Prior to joining the B.C. Government he spent four years with the Alberta highway department and worked at every airport along the Northwest Staging route for the Department of Transport.

Mr. Meighen has been in charge of Delta and Chilliwack district. He joined the Public Works department at New Westminster in 1946.

His wife and two children, Bobby, 10, and Dorothy, seven, will join him here shortly.



**ROLE IN MOVIE**—Carmen Gingras, 12-year-old daughter of a Montreal taxi-driver, has a role in the Alfred Hitchcock movie "I Confess," being made in Quebec city. She will play with such Hollywood stars as Montgomery Clift, Anne Baxter and John Hodiak. She plays the piano and says she has been interested in drama for "some time." (CP Photo)

**FARMING COUNTRY**  
More than 75 per cent of Denmark is under cultivation with more than 200,000 farms.

**SCHOOL SUPPLIES**  
THE KIND THAT MAKES LEARNING EASY

Pencils, Scribblers, Pencil Boxes, Erasers, Rulers, Zipper Binders, Pens, Ink, Fountain Pens, Paints, Crayons and anything else you need for school on September 2nd.

**THE VARIETY STORE**  
Where Your Dimes are Little Dollars  
518 3rd Ave. Box 1118 Red 400

## Rum stories...



"By the great Horn Spoon, those were gales," said the bosun.

"Not only could we not round the Horn, but the fury of the elements was driving us backwards up the coast of America. Only by the unusual feat of using the bowsprit as a rudder could I keep us from perishing on those inhospitable shores. At this point, a flock of gigantic albatrosses sank exhausted on the deck. Hastily reviving them with tots of our cargo, Lamb's Navy Rum, I harnessed them to the vessel and encouraged them to fly in the desired direction. The upshot was that our time for the Boston-Sacramento run stood as a record for thirty years."

"That's a Rum Story," said the unsuspecting guest.

"Thank you, sir. I should enjoy nothing better than a Lamb's Navy Rum."

**Lamb's Navy Rum**  
Imported from Britain

This advertisement is not published or displayed by the Liquor Control Board, or by the Government of British Columbia.

**Boys and Girls!**  
**ROY ROGERS WESTERN RINGS FREE**

**One in every package of POST'S GRAPE-NUTS FLAKES marked on the front "Roy Rogers WESTERN RING"**

You'll want them all — TWELVE splendid picture rings featuring Roy Rogers, Trigger, Bullet and other exciting Western subjects. In bright colors — fit any finger. Get them at Mom's favorite grocery store.

**ROY ROGERS—KING OF THE COWBOYS**

Grape-Nuts Flakes are extra delicious because they're SUGARROASTED. And they provide the nourishment of sun-ripened wheat and malted barley... of TWO grains, not one! Try Grape-Nuts Flakes today.

A Product of General Foods GF-312

COLLECT 'EM!  
TRADE 'EM!  
GET ALL 12!

## Don't Forget...

### LABOR DAY SPORTS

Monday, September 1st, 1:30 p.m.  
ROOSEVELT PARK

There'll be lots of fun for the kiddies and parents, too.

**Gordon & Anderson**  
Phone 46

## CHILDREN'S "Back To School" CLOTHES

BOYS 6 to 14

Gabardine and Wool Jackets \$4.95 and \$7.95

Dress Pants from \$2.95

Denims from \$2.95

Sun Valley Dress Shirts from \$2.50

Sweaters from \$2.95

GIRLS 6 to 14

Coats \$17.95

Dresses from \$2.95

Blouses—Cotton, Silk and Nylon, from \$1.95 and \$2.95

Sweaters—

Cardigans, from \$3.95

Pullovers, from \$2.50



**DOM'S DEPT. STORE**

**1/2 PRICE**

**FALL CLEARANCE SALE**

10 DOZEN **SPORT SHIRTS**  
California Prints - Foulards and Two Tones  
Regular Price \$4.95 to \$6.95 **NOW 1/2 PRICE**

75 ONLY **CASUAL JACKETS**  
Gabardines - Suede Leather Fronts - Two Tone Shirt-Jacks  
Regular Price \$6.95 to \$32.50 **NOW 1/2 PRICE**

30 ONLY **BOMBER JACKETS and STADIUM COATS**  
Satins and Water Repellent Cloths - Fur Collars and Quilted Lining  
Regular Price \$19.00 to \$27.50 **NOW 1/2 PRICE**

NO CHARGES **Watts & Nickerson** NO EXCHANGES  
MEN'S CLOTHING

DON'T FORGET LABOR DAY SPORTS — ACRO POLIS HILL

Your Matter of Business... printing Co.