

**Colman's Popular Recipes for Summertime**

People should eat sparingly of heavy dishes during the warm summer days. Salads, fresh vegetables, dainty sandwiches, cheese toasts, devilled eggs, tomatoes and other light, but nourishing foods please the palate and lessen the burden on your digestion.

The following recipes will help to make meals more appetizing. Clip them for future reference.

**HOT CHEESE DREAMS**  
 1/2 lb. American cheese or 1 1/2 cups grated; 1 tablespoon melted butter; 1/2 cup milk; 1/2 teaspoon Colman's Mustard; 1/4 teaspoon paprika; 1 teaspoon salt; 1 egg; Mix all the ingredients together into a smooth paste. Spread between slices of bread. Fry the sandwich in butter in a frying pan until nicely browned on both sides. This filling may be prepared and kept indefinitely. A slice of bacon may be used as a garnish.

**TOASTED CHEESE SANDWICH**  
 Prepare a filling as for hot cheese dreams, but toast sandwich on both sides.

**FRENCH DRESSING**  
 1/2 cup oil; 2 tablespoons vinegar; 1 teaspoon paprika; 1 teaspoon powdered sugar; 1/2 teaspoon Colman's Mustard; 2 teaspoons salt; dash cayenne; Place all of the ingredients in a bottle or cruet, chill, shake vigorously just before serving. A little onion juice, garlic or Worcestershire sauce may be added if desired.

**DEVILLED TOMATOES**  
 3 large tomatoes; 2 tablespoons butter; 1 egg yolk; 1 teaspoon Colman's Mustard; 1 tablespoon vinegar; 1/4 teaspoon salt; few grains paprika; Cut the tomatoes in half and over the cut surface of each half spread the butter mixed to a paste with the other ingredients. Bake half an hour in a moderate oven.

**OLIVE AND NUT SANDWICHES**  
 Chop finely an equal quantity of olives and nuts and add to it a good mayonnaise made with Colman's Mustard. Spread this preparation between slices of well buttered brown bread and a leaf of lettuce.

**NEW MAYONNAISE**  
 Give your mayonnaise a new zest by adding 1 1/2 level teaspoons Colman's Mustard for each egg yolk, blending them before you add the salad oil. For boiled dressing allow 1 level teaspoon Colman's Mustard to each egg yolk.

For FREE Receipt Book, write: COLMAN-KEEN (Canada) Limited, Dept. 82, 1000 Avenue St. Louis, Montreal

**Colman's Mustard aids digestion**

**Local and Personal**

Arthur's Taxi. Phone 678. 3t

B.C. Undertakers. Phone 41.

Dentist. Dr. J. R. Gogge. Phone 696.

Baseball tonight at 6:45. Elks vs. Sons of Canada.

Tune up your engines for the boat races on July 24. 171

Get your boats trimmed for the Yacht Club Regatta on July 24. 171

Constable Smith of the Provincial Police at Anyox, is a visitor to town.

Hyde Transfer now agents for Lady-smith-Wellington Coal. Phone 580. 1t

The train from the east, with mail, is reported on time this afternoon at 3:30.

H. F. Kergin, member for Atlin, was a passenger north on the Prince Rupert.

Prince Rupert Rowing and Yacht Club Regatta will be held on July 24, 1927. 171

There were 84 passengers on the Prince Rupert for the east this morning.

Princess Alice with a full passenger list was in port this morning from 8 till 10.

Theo. Collart, who went south to meet Mrs. Collart and son, returned to the city with them on the Prince Rupert this morning.

St. Andrew's Society's Picnic, Sunday July 24. Boats leave Cow Bay from 9 a.m. to 12. Adults 50c. Tea, coffee, milk and sugar provided.

Special meeting of Trades and Labor Council Friday night. W. K. Goddard, B.C. organizer, will address the meeting. Meeting is open to the public. 170

In response to a message from Victoria informing her of the serious illness of her sister, Mrs. Sam Erskine left on the Prince Charles yesterday afternoon.

The aurora and other electrical disturbances yesterday afternoon and evening had a bad effect on telegraphic and radio services locally, especially just at the time the big fight was in progress.

In connection with the forthcoming visit of members of the Eastern Star from Eastern Canada and the Eastern States which are expected to arrive here a week from tomorrow, Mrs. Vance, worthy matron of the local lodge states that some steps will undoubtedly be taken to entertain them while here. They are travelling in a special train.

Much interest was taken in the big heavyweight fight locally and a good deal of money is reported to have changed hands. While Sharkey was the favorite, there were a lot of fight fans who thought Dempsey would stage a comeback. Details of the fight was supplied to the Empress Hotel through the Canadian National Telegraphs who provided a direct service from the ring-side with relay at Winnipeg only.

**MID-SUMMER CLEARANCE SALE.**  
 Dress lengths at half price. Commences Saturday. Over fifty different patterns in three yard lengths to clear at half price. See our windows and be here early for the best selection Saturday morning. Holeproof Hosiery in over twenty different shades. We are exclusive agents for this popular hose and must maintain a complete range in order to keep this valuable agency exclusively. Phone 776 Dry Goods & Novelty Shop.

Dry Birch & Cedar. Cameron Transfer.

Get the Big 4 habit! When thinking of a Taxi, phone 4. 1t

Charles Balagno is spending his holidays in Prince George.

Shoes rebuilt like new at McArthur's Shoe Store. 1t

Mrs. Grieve, manager for Demers, returned today from a buying trip in the south.

In the local police court this morning on a charge of vagrancy David Riddell was remanded for a week.

Reid McLennan, who has been attending a conference in the east as B.C. University representative returned on yesterday afternoon's train.

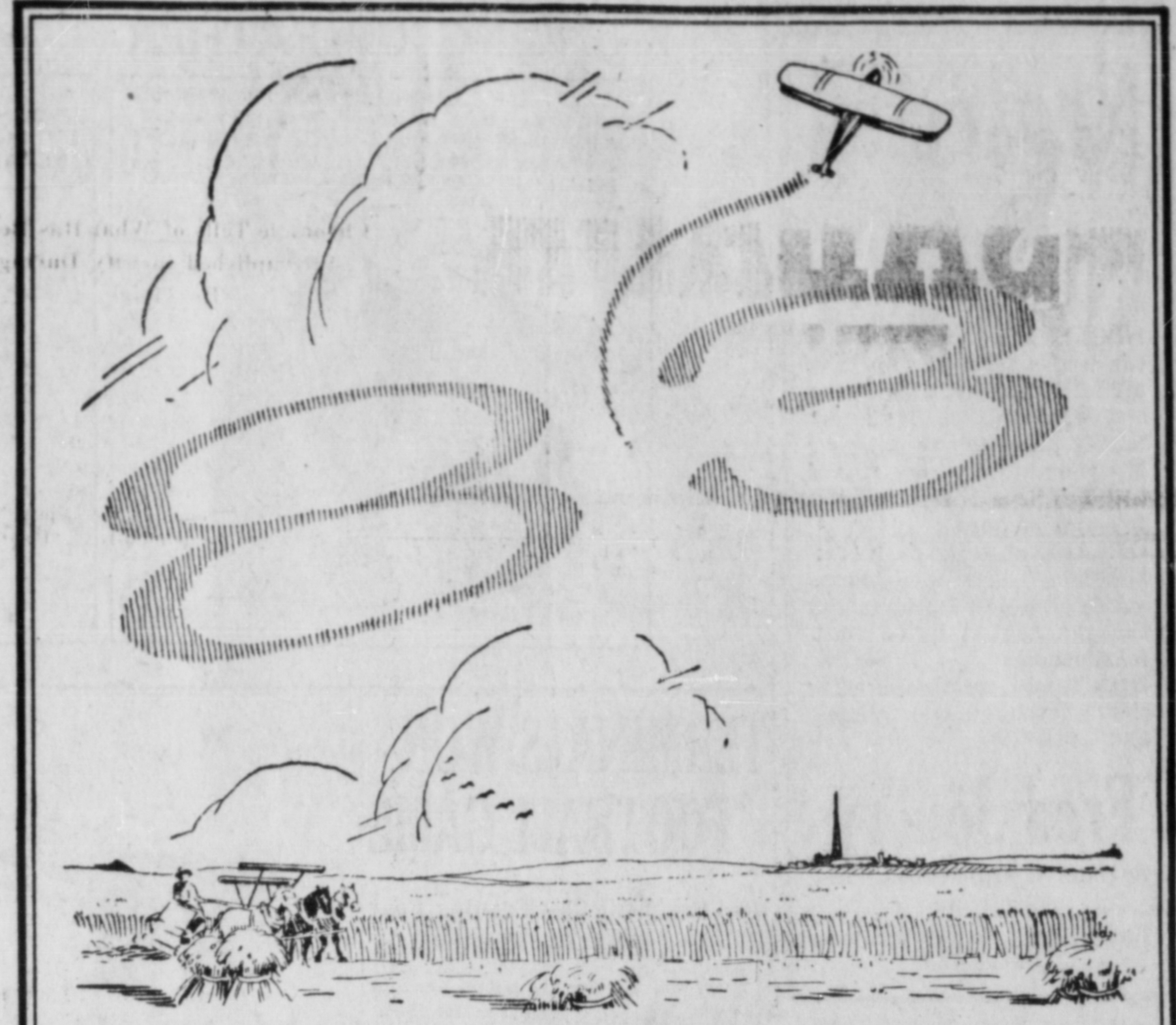
Miss Caroline Mitchell reports that she is enjoying her holiday in California very much. She is visiting with her brother Will, formerly of the Daily News staff but now living in the south.

A party of ten from those attending the Girl Guide Camp held recently at Victoria went east on the passenger, having come up on the Prince Rupert. Mrs. E. M. Ruttle, sister of J. S. Wilson, vice-principal of the Booth School, is a division commissioner of Ontario, and was one of the officers on the staff.

**Market Prices**

Retail prices on the local market today are as follows:

<b>LARD</b>	
Pure	25c
Compound	20c
<b>EGGS</b>	
B.C. fresh pullets	37 1/2c
B.C. fresh, firsts	42c
B.C. fresh, extras	45c
Local new laid	50c
<b>FISH</b>	
Halibut, lb.	25c
Salmon, red spring	35c
Salmon, white spring, lb.	15c
Smoked kippers, lb.	15c
Smoked salmon, lb.	25c
Smoked black cod, lb.	20c
Finnan haddies, lb.	20c
Salt mackerel, lb.	25c
Eastern salt herring, 3 for	25c
Salt codfish fillets, lb.	25c
Boneless salt cod bricks, lb.	20c
<b>MEATS</b>	
Fowl, No. 1, lb.	30c and 35c
Roasting chicken, lb.	45c
Ham, sliced, first grade	55c
Ham, whole, first grade	42c
Ham, picnic, lb.	22 1/2c
Cottage rolls, lb.	30c
Bacon, back, sliced	50c
Bacon, side	40c to 55c
Pork, dry salt	35c
Ayrshire bacon, lb.	35c
Veal, shoulder	25c
Veal, loin	40c
Veal, leg	40c
Pork, shoulder	28c
Pork, loin	40c
Pork, leg	40c
Beef, pot roast	12 1/2c to 18c
Beef, boiling	12c to 15c
Beef, steak	30c to 45c
Beef, roast, prime rib	30c
Lamb, chops	60c
Lamb, shoulder	85c
Mutton, leg	40c
Lamb, leg	48c
Mutton, chops	40c
Mutton, shoulder	80c
<b>BUTTER</b>	
Brookfield, Shamrock and Woodland, lb.	47 1/2c
E.C.D., lb.	47 1/2c
Capital, 2nd grade, lb.	42 1/2c
Praser Valley, lb.	50c
New Zealand, lb.	50c
<b>CHEESE</b>	
Camembert cheese, 8 oz. pkg.	65c
Kraft Limberger, 1/2's	35c
Ontario solids	35c
Stilton, lb.	40c
Kraft	45c
Norwegian Goat	65c
Napoleon Limberger	70c
Roquefort	75c
Swift's Brookfield, lb.	45c
Gorgonzola, lb.	75c
McLaren's Cream, jars	45c and 85c
Brookfield Swiss cheese, 1/2 lb. pkg.	30c
Brookfield Canadian cheese, 1/2 lb. pkg.	25c
Gruyere	45c
Golden Loaf, lb.	45c
Jack, lb.	50c
<b>SUGAR</b>	
White, per 100	\$7.75
Yellow, per 100	\$7.25
<b>FLOUR</b>	
Flour, 49's, No. 1 hard wheat	\$2.85
Pastry flour, 10's	65c
Pastry flour, 49's	\$3.00
<b>VEGETABLES</b>	
Romano Sardo, lb.	75c
Gammelst, 1/4 lb.	30c
Beets, 3 bunches	25c
Cucumbers, each	25c
Carrots, new, 3 lbs.	25c
New B.C. bunch carrots, 3 bunches	25c
New Potatoes, 6 lb.	25c
Sack	\$2.90
Potatoes, 100 lbs., old	\$2.25
Potatoes, 3 lbs., old	25c
Green peppers, lb.	50c



**SEAGRAM'S 83 Rye Whiskey**

THE MOST CAREFUL selection of grains—the purest of spring water—an unswerving policy of ageing and ripening in individual oak casks, has built a reputation for SEAGRAM'S 83 which is most zealously maintained.

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

**BARGAINS BARGAINS**

at the

**FORCED SALE**

of

**THOR JOHNSON'S**

large stock of

**GENTLEMEN'S CLOTHING AND FURNISHINGS**

GET YOUR SHARE OF THE

**BARGAINS BARGAINS**

**CARD OF THANKS.**

Wm. Robb and Harry desire to convey their deep appreciation and thanks to their many friends for the kind expressions of sympathy received during their recent bereavement and also for the very many acts of kindness done to Mrs. Robb during her long illness.

**CARD OF THANKS.**

Mr. and Mrs. Jas. Batt and family and Mr. and Mrs. Chas. Batt and family desire to convey their sincere thanks to the Moose Lodge and to their friends as follows, for the kind expressions of sympathy and flowers sent during their recent bereavement: Mr. and Mrs. R. B. Morgan, The Loyal Order of Moose, Mr. and Mrs. Hugh Gillies, Mrs. Lear, W. Sherman, Jr., Mr. and Mrs. R. McKay, Mr. George Sutherland, Mr. and Mrs. A. Prince, Mr. and Mrs. Robt. Gordon, Mr. and Mrs. T. D. Smith, Mr. and Mrs. Wicks, Mr. and Mrs. W. D. Christison, Mr. and Mrs. Shepherd, Donald McRae, Mr. and Mrs. Kinsior and family, Mr. and Mrs. L. Fitzgerald, Mr. and Mrs. F. E. Terrien, Mr. and Mrs. Frank Hall, New York.

**LAND ACT.**

**NOTICE OF INTENTION TO APPLY TO LEASE LAND**

In Queen Charlotte Island Land Recording District of Prince Rupert, and situate on the west coast of Burnaby Island.

TAKE NOTICE that British Columbia Fishing & Packing Co. Ltd., of Vancouver, B.C., occupation Packers, intends to apply for a lease of the following described lands:

Commencing at a post planted on the west coast of Burnaby Island, Q.C.I., thence east 3 chains; thence south 45 chains; thence west 3 chains, more or less, to high water mark; thence north along high water mark to point of commencement, and containing 14 acres more or less.

BRITISH COLUMBIA FISHING & PACKING CO. LTD., Applicant.

Dated June 10, 1927.

**LAND ACT.**

**NOTICE OF INTENTION TO APPLY TO LEASE LAND.**

In Coast Range 4, Land Recording District of Prince Rupert, and situate at Captain's Cove, Pitt Island, B.C.

TAKE NOTICE that Gogge Packing Company Limited, of Vancouver, B.C., occupation Packers, intends to apply for a lease of the following described lands:

Commencing at a post planted at the northwest corner of Lot 1253, Range 4; thence south 5 chains; thence west 5 chains; thence north to high water mark; thence easterly along high water mark 5 chains, more or less, to point of commencement, and containing 3 acres, more or less.

GOSSE PACKING COMPANY LIMITED, Applicant.

Dated June 13, 1927.

**BETTER DENTISTRY**

**PLATES**

that gives you a natural appearance and lend beauty to the contour of the face.

**Always Dr. MAGUIRE Phone 525**

Open Over Ormes

**SPECIAL SPECIAL**

**NEILSON'S Jersey Milk Chocolate**

large cakes, 20¢ each

NEILSON'S CREAMY TOFFEE large cakes 20¢, 3 for 50¢

**Ormes Ltd.**

The Pioneer Druggists

THIRD AVE. & SIXTH ST. — TELEPHONES 82 & 200

**CANADIAN NATIONAL**

The Largest Railway System in America

**STEAMSHIP AND TRAIN SERVICE**

SAILINGS FROM PRINCE RUPERT FOR VANCOUVER, VICTORIA, SEATTLE, each MONDAY and THURSDAY, 4.00 p.m. SATURDAY, 6.00 p.m. For ANYOX and STEWART MONDAY, FRIDAY, 4.00 p.m. For ALASKA MONDAY, WEDNESDAY, 4.00 p.m. For MASSETT INLET MONDAY, 4.00 p.m. For SKIDGATE INLET and SOUTH QUEEN CHARLOTTE ISLANDS, fortnightly.

PASSENGER TRAINS LEAVE PRINCE RUPERT DAILY EXCEPT SUNDAY at 11.30 a.m. for PRINCE GEORGE, EDMONTON, WINNIPEG, all points Eastern Canada, United States.

JASPER PARK LODGE OPEN MAY 21 TO SEPTEMBER 30. SEE CANADA IN CANADA'S JUBILEE YEAR — 1927.

AGENCY—ALL OCEAN STEAMSHIP LINES.

Use Canadian National Express for Money Orders, Foreign Cheques, etc., also for your next shipment.

CITY TICKET OFFICE, 528 THIRD AVE., PRINCE RUPERT. Phone 260

**ANNOUNCEMENTS**

St. Andrew's Picnic, July 24.

K.C. Picnic, July 31.

Moose Picnic August 7.

Canadian Legion Picnic August 21.

Established 1923.

**SAVE YOUR TEETH**

Office Hours: 9 a.m. to 6 p.m. Saturday: 9 a.m. to 1 p.m.

Any evening by appointment

**DR. F.P. KENNY**

DENTIST

Exchange Block. Phone 109

**SPOONER'S PARK IS LATEST SUGGESTION**

KANSAS CITY, July 22. — Sheriff Harry Powers advocates a "spooners park" where those smitten by Cupid's dart may "bill and coo" without interference. Such a park should be under supervision, however, the sheriff qualified. He said young folks now have no place to spoon. The town is building up in the districts that used to be suburban, and the authorities could not allow parking of cars on the highways because it endangers life, he said.

**FOR Diarrhoea THERE'S NOTHING TO EQUAL**

**D'FOWLER'S EXT-OF-WILD STRAWBERRY**

This valuable preparation has been on the market for the past eighty years, and holds a reputation second to none for the relief of all bowel complaints. Price, 50c. a bottle at all druggists or dealers; put up only by The T. Millburn Co., Limited, Toronto, Ont.

**Prince Rupert Auto Company**

Agents for

**Hudson and Essex**

Super-Six Cars

Second Avenue, opposite Prince Rupert Hotel. Phones 75 and 275

**UNION STEAMSHIPS LIMITED**

Sailings from Prince Rupert.

For VANCOUVER, VICTORIA, Swanson Bay, Alert Bay, etc., Tuesday, 5 p.m.

For VANCOUVER, VICTORIA, Butedale, Alert Bay, etc., Saturday 9 a.m.

For PORT SIMPSON, ALICE ARM, ANYOX, STEWART, Wales Island, Sunday, 8 p.m.

For Naas River Points and Port Simpson, Friday p.m.

123 2nd Avenue. R. M. SMITH, Agent. Prince Rupert, B.C.

Through tickets sold to Victoria and Seattle at a reduced rate and baggage checked through to destination.