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# HOUSEKEEPING...

## COOL, COLORFUL FRUIT SALADS ACCEPTABLE FOR SUMMER DAYS

What could be more colorful or more appealing than a fruit salad? When anyone is completely worn out or seems to lack appetite, a fruit salad will usually tempt them. Perhaps the most colorful of salads are the fruit ones. Right now raspberries, cherries, and some peaches and apples are available. These are the fruits which Mrs. Housewife would plan to use as the basis for fruit salads this week, and of course, fresh fruit salads should be served not only this week but every week as long as the season.

Generally fruit salads are very low in calories, so if any member of the family is watching his weight, the dessert problem is solved with a fruit salad. However, this type of salad does not necessarily have to be the end of the meal. It may be the accompaniment to the main course or the appetizer. If it is to be the main course, it should be accompanied by a filling food such as cottage cheese, cream cheese, or peanut butter, while the appetizer should tease the appetite for the food which is to follow, so here the combination of fruits should be light and tart.

These are two recipes for fruit salads:

**CHERRY COTTAGE CHEESE SALAD**  
2½ cups pitted and halved sweet cherries  
1 cup cottage cheese  
Lettuce or watercress  
Salad dressing or mayonnaise

Mix the cherries and the cottage cheese. Serve on shredded lettuce or watercress. Garnish with salad dressing and serve well chilled. This recipe will serve six people. Incidentally, if cherries are not available raspberries or strawberries may be used as a substitute in this salad. When it is served with buttered toast, hot muffins, or tea biscuits it makes an ideal luncheon salad.

**FROZEN FRUIT PERFECTION**  
1 pkg. cream cheese (4 oz.)  
Dash of salt  
1 tablespoon sugar  
½ cup salad dressing or mayonnaise  
1 cup whipping cream  
1 cup sliced peaches  
1 cup diced cantaloupe

Mash the cheese with a fork and beat until smooth. Add salt, sugar and blend with salad dressing. Whip the cream and fold into the cheese mixture. Add the sliced peaches and the diced cantaloupe and pour into a freezing tray and freeze until firm. Serve on crisp lettuce. This recipe will yield six to eight servings.

## Teachers Deplore Manners of Boys

(CP)—British school-children, especially the fat variety, none too pleased about the state they received from the boys at the annual conference of the Association of mistresses.

The boys were bluntly told that they had not shown a show of good manliness in public, while the palm of exemplary behaviour was awarded to the girls—mainly between the ages of 17 and 20.

Miss L. E. Savill, a re-headmistress living in Oxford, said she had heard of parents who don't you move your seat for your seat.

"I watch old people and those coming home after a tiring day's work standing while these boys sit unconcernedly, or dreaming of getting up, or Oxfordshire manners worse than others."

Miss B. A. Tonkin of Harrow, said she had never met a boy who was not the very variety—who had given his seat on a bus or train. "In courtesy," she added, was confined to schoolgirls between 17 and 20 who just left school.

Parents have to be taught consideration and kindness because the school can drill these little into the children," Miss Tonkin said. "If parents say 'I'll get you up,' the parents win."



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## Alcan Tops Visit City

Seeing Local Pulp Mill Before Going On to Kitimat

Top officials of British Columbia's newest, most talked-about, and largest industrial development arrived in Prince Rupert Sunday night. Six directors of the Aluminum Company of Canada are here enroute a sea voyage to the half-billion dollar plant project at Kitimat and Kemano.

Members of the party are: R. E. Powell, Alcan's president and director; also director and senior vice-president of Aluminum Limited, and director of operations of Aluminum Ltd. Nathaniel V. Davis, director and president of Aluminum Limited, and director of Alcan.

Edwin J. Mejia, director and vice-president of Aluminum Limited, chief public and employee relations officer for Aluminum Limited, and director of Alcan.

Dana T. Bartholomew, chief financial officer for Aluminum Limited, and director of Alcan.

P. E. Radley, manager, project British Columbia for Alcan.

McNeely DuBose, vice-president of Alcan.

They were accompanied by their wives.

Beginning their inspection itinerary at Vanderhoof, the party left their special train for a trip to the Nechako dam site Saturday. Sunday they arrived at Terrace where they were guests of Hon. E. T. Kenney, minister of lands and forests, and were entertained at the Kenney summer home at Lakelse Lake by the Terrace and District Board of Trade.

Mr. and Mrs. Kenney joined the party at Terrace for the rest of their trip.

A specially chartered American yacht, the smart Lenore, of the Seattle Yacht Club, was boarded here today for transportation to Kitimat and Kemano.

At noon the Lenore left Prince Rupert to tie up at Columbia Cellulose Co. Ltd. wharf, where the party will make a tour of the pulp mill, leaving southbound Tuesday morning.

Wednesday, the directors will observe progress made at Kitimat on the building of the new port facilities and inspect the planned location of the aluminum smelter and new townsite.

Party will be at Kemano hydro-electric power development on Friday, where work is actively under way on the 10-mile long tunnel and the powerhouse to be located inside a mountain.

Thereafter, directors proceed to Vancouver for conferences on August 7, with Alcan's western officials and staff.

A water-filled mattress that may be warmed or cooled to the desired temperature is being manufactured by a Dutch firm.

## Local Girls to Camp at Ottawa

Two girls and one Guider (leader) will be chosen from Prince Rupert to go to a national Girl Guide camp near Ottawa for which 1000 girls will be selected from all parts of Canada. In order to be one of those chosen a girl must have previously camped for at least 14 days.

In Prince Rupert eight Guides who have completed 10 days of camping and need additional days to qualify are camping at Diana Creek this week-end and next. They are enjoying the outdoor life and the swimming, the duties and the pleasures, under the guidance of Commissioner Honora Silversides, assisted by Mrs. J. Bolton.

The girls at camp are Molly Simmons, Cathie Finlayson, Nancy Lund, Alfield Hardin, Anne Eyoifson, Judy Lloyd, Pat Lemon and Judy Goulds.

## Happiness Sure In Well's Legend

FORMOSA, Ont. (CP)—When Christian Weiler drilled for oil here in 1901 he found no oil but a wealth of romance instead. A United States syndicate asked him to assist in their search for oil and he drilled a hole 945 feet deep and struck a gusher—of water.

Now in this small community, about 40 miles southwest of Owen Sound, a legend surrounds the still spouting artesian well. Residents say that a happy marriage is assured when a bridegroom kisses his bride near the well if, afterwards, the couple drinks from the crystal-clear water.

Mr. Weiler is dead but his daughter looks after the 10-acre park in which the well is located. The park, Palace Gardens, a mecca for tourists and picnicers, is the result of careful planning and interest devoted to the site by Mr. Weiler.

He bought the area in 1918 and spent many years collecting and planting different kinds of trees, plants and shrubs until it became a famous beauty spot, but Formosa's "Old Faithful" is still the centre of attraction for residents and visitors alike.

## Announcements

Port Edward W.A. Bazaar, August 6, 1 p.m., at Community Hall.  
(p)  
Women's Coordinating Tea, Sept. 20.  
Catholic Fall Bazaar, October 3 and 4.  
Rebekah Bazaar, October 20.  
L.O.B.A. Fall Bazaar, October 26.  
Sonja Bazaar, November 2.  
Legion Auxiliary Bazaar, November 7.  
I.O.D.E. Fall Bazaar November 22.  
St. Peter's Fall Bazaar, November 29.

## Local and PERSONAL

● Salt Lake Ferry running every Sunday and Thursday, weather permitting. Green 391 or Black 926. (tf)

Mr. and Mrs. Harry Bapty were passengers aboard the Camosun last evening going through to Alice Arm after a trip to Vancouver. Mr. Bapty is identified with the Torbrit mine.

J. H. Scott of San Francisco, who has been on a week's visit to his Riverside mine on the American side of Salmon River in the Portland Canal district, will be a passenger aboard the Camosun tomorrow returning south.

Mrs. Asa Robinson of Telkwa has been called suddenly to the bedside of her daughter, Betty, in Vancouver. Miss Robinson will undergo an operation at St. Paul's Hospital where she has been in nurses' training for the past year.

Mrs. G. P. Woodside and two children arrived in the city on the Camosun yesterday afternoon from Vancouver to join Mr. Woodside and take up residence here. Mr. Woodside is now with the Columbia Cellulose Co. at Watson Island.

Mr. and Mrs. Thomas S. Mackay left Saturday night by car for Terrace after a visit in the city. Before returning to Terrace they will make a fishing trip into the Babine Lake by plane in company with Mrs. Mackay's father, D. G. Stenstrom.

Dr. H. T. James, manager of the well known Pioneer Gold Mine in the Bridge River district and many years ago resident mining engineer here, arrived in the city at the end of the week after a visit to the Stewart district and left yesterday by plane for Vancouver.

## Ottawa Writer Views Rupert

Mixture of Shacks, New Stores and Vacant Lots, He Says

Austin F. Cross, a staff writer for the Ottawa Citizen, has written a number of articles on his recent trip to the West Coast. In one article that appeared a few weeks ago in the Ottawa Citizen he called Prince Rupert the "boom and bust city" in the West and also called it a "shack town" and spoke of the "beautiful" home in Ocean Falls, a company town where every house is alike.

The crowning article by Mr. Cross appeared in the Ottawa Citizen on Thursday, June 14, under the caption: "PRINCE RUPERT MIXTURE OF SHACKS, NEW STORES." He said:

"I was practically kidnapped in Prince Rupert by Lois Stevens who wanted me to go and have a quick look at the new celanese plant on Watson Island. But meantime the Canadian Pacific Airlines took wonderful care of me, keeping contact by phone, answering phone messages and handling me like an expectant mother."

"Prince Rupert, as I said, is a strange mixture of shacks on the main street, bustling new stores and vacant lots where good buildings ought to be. The suburbs seem as if some giant hand had scattered the houses as a farmer scatters seeds. The city extends all over the map, with stumps, weedy plots and rough country between sections. Prince Rupert cries for a town planner, a latter day Jacques Greber who could go and save the city from itself by making a few good rules."

"When you take off from Prince Rupert, the Canadian Pacific Airlines put you in a queer plane. You crawl along the ground first, as you sit in a machine facing each other, as people do in the back of a street car. Then you slip into the water, like some latter day dinosaur. Now you are water borne, and start to gain momentum over the Pacific's waves. Then you are air borne. Prince Rupert is away, and the gloomy contours of Alaska rise and fall to the north. Here Alaska is scarcely 30 miles away. Then you take a look, and far ahead, but barely discernible in its halo of clouds, loom and gloom—the Prince (Queen) Charlottes."

"Engine in Middle." The plane as I said was equipped with five seats on each side, facing each other. Then there is the engine in the middle, and you pass through it on a cat walk to find another compartment, where eight people face each other, four a side, vis a vis. It was here that the drunken lady in the snake skin shoes was and her

G. P. Lyons sailed last night on the Coquitlam for a business trip to Vancouver.

● WANTED: By September, living accommodation for school teachers; a two or three bedroom house, unfurnished; house-keeping rooms, small apartments and boarding places. Please phone information re any vacancies to School Board Office, Red 442. (179c)

Mr. and Mrs. C. W. Post of Texas, after a two weeks' trip to southeastern Alaska, including visits to Ketchikan, Juneau and Sitka, returned here on the Princess Kathleen yesterday morning and sailed last night on the Coquitlam for Vancouver. Taking their car with them, they will drive home.

Henry Hill, well known for many years in mining in the Portland Canal district, arrived in the city by plane yesterday from Vancouver and sailed last night on the Camosun for Stewart. He is now identified with the Indian mine which is being operated in conjunction with Silbak-Premier.

Mr. and Mrs. E. E. Mason and family arrived in the city on the Camosun last evening from Vancouver. Mr. Mason is directing a resumption of work on the Northern Pyrites mining property on the Estclair River. Mrs. Mason and family will return to Vancouver on the Camosun tomorrow.

Charles A. Barber, retired publisher of the Chilliwack Progress weekly newspaper, and Mrs. Barber were in the city yesterday aboard the steamer Prince George on which they are making the round trip to Alaska.

Mrs. W. L. Woods and family, who have been on a holiday trip to Vancouver, returned to the city from the south on the Prince George yesterday morning.

Mr. and Mrs. Harold Thorlakson of Kelowna arrived in Prince Rupert by car at the week-end to visit relatives. Mrs. Ed Martin is a sister of Mrs. Thorlakson and John Ewart is a brother. They are staying with Mr. and Mrs. Martin. By coincidence, Mrs. Thorlakson's parents, Mr. and Mrs. A. Lohie, of Vancouver, also are visitors here.

non-teetotaling consort. The rest was composed of a Chinese cook, two fed-up businessmen and some loggers.

**QUEEN CHARLOTTE'S**  
"The Queen Charlottes detached themselves from their usual quota of clouds, from their traditional afternoon rains and there below once more lay the two Skidegates. There was crisp Queen Charlotte City. There the old RCAF base at Allford Bay. There was Sandspit and my home a few days before with George Pife at the Northern Lumber Company headquarters."

"Here we changed from our amphibian, which had now come down on wheels, and walked into the CPR land plane. In a trice we were off. Once more I was able to liken the receding Charlottes to Saturn and its ring of clouds, as it looked so remote and storm-stuccoed, there in the rainstorms, in contrast to the bright sun glimmering on Hecate Strait. At forlorn Port Hardy, near the northern tip of Vancouver Island, I had only time to see a girl in pigtails bang a two base hit off a young man's pitching and then we were off."

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## Seek to Fulfill Ship's Destiny

VANCOUVER (CP)—Part of a legend left here for Mexican waters last week when the fishing trawler Lady Royal, owned and worked by two Vancouverites, sailed off to southern tuna grounds.

The owners, Jack Noble and his wife, are the only Canadians making the long trip this year to join Mexican and American fleets in the albacore runs off San Pedro.

And, in a strange roundabout way, their voyage fulfills a prophecy once made by a fabulous character who called himself Brother Twelve.

In Victoria's Dominion Express office in 1901, Edward Arthur Wilson was a pale, ascetic-looking clerk. Only his dark, burning eyes hinted at his strange destiny.

Born in India and reputed to have princely blood in his veins, Wilson shed his commonplace name and emerged as Amiel de Valdez, taking his surname from an island near Nanaimo, where he established his cult, the Aquarian Foundation.

His fervent mysticism took him to Genoa, Italy, where he studied Oriental magic with the "Eleven Masters of Wisdom" and graduated as "Brother Twelve."

In England later, his hypnotic eyes induced a wealthy woman to buy him a 70-foot Brixham trawler, the Lady Royal.

**LOVELY VOYAGE**

Then, with only a map, a compass and the stars, the mystic with the fascinating eyes and dagger beard sailed the Lady Royal singlehanded across the Atlantic, through the Panama Canal, up the Pacific coast and home to his island.

Three years later, 800 persons all over North America were sending money to the Chela of the Great White Circle at the house of mystery on the Gulf Island.

Amounts ranged up to \$1000 a week, provincial police reported later. All in all, he took half a million dollars from his followers by no other magic than his sly tongue.

Converts—including two women with millions, an officer of the United States Secret Service, a lawyer, a chemical engineer, and Roger Painter, the "Poultry King of Florida"—flocked to the island.

But by 1930, Brother Twelve had slipped to using a whip on his followers and they finally sought police intervention.

Police arrived too late. The madman and his "secretary," a Madame Zee, escaped to sea on a powerful, sea-going tug called the Kheunatan, after an Egyptian god.

Brother Twelve—Edward Arthur Wilson—was never seen here again.

**PARTING PROPHECY**

Just before he fled to sea, the madman dynamited and sank the Lady Royal and in a kind of weird threnody, predicted

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**GIFTS FOR CANADIANS**—Hiroshima businessmen sent 20 of their city's girls to take flowers and dolls to Commonwealth casualties in the British General Hospital at Kure, Japan, as consolation for their sufferings in the Korean war. A shot-up but still smiling Canadian veteran, Pte. A. M. Johnson of Winnipeg, shows an obvious interest in the Japanese gift doll and its two graceful bearers. (CP from National Defence)

Mrs. John Bremner and grandson returned to the city on the Camosun last evening from Vancouver where they went to attend the recent wedding of Mrs. Bremner's son, Stephen Bremner.

that whoever sailed the Lady Royal again would find Spanish gold.

A succession of mariners tried unsuccessfully to restore the bulk. Treasure seekers chipped away cement blocks wedged along her keel, vainly seeking a fortune in coin reported hidden on one of the fanatics ships.

Fisherman Noble finally bought and rebuilt the Lady Royal, and last week, rigged for tuna, the fabled ship began a life far more prosaic than her old one.

Still, if an goes well, she'll return with 25 or 30 tons of fish in her hold, and the fish is worth \$300 a ton.

And then there'll be gold in her hold at last, just as Brother Twelve predicted on the night he vanished, 20 years ago.

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