



## Girl's Summer Outdoor Wear

Sun Suits Shorts  
Swim Suits Slacks  
Tee Shirts Socks

Oh to be young again!  
People's Store have outdoor  
things in fetching  
girls' summer wear. Priced  
right, too.

## Rupert Peoples Store

## RADIO & APPLIANCE SALES & SERVICE

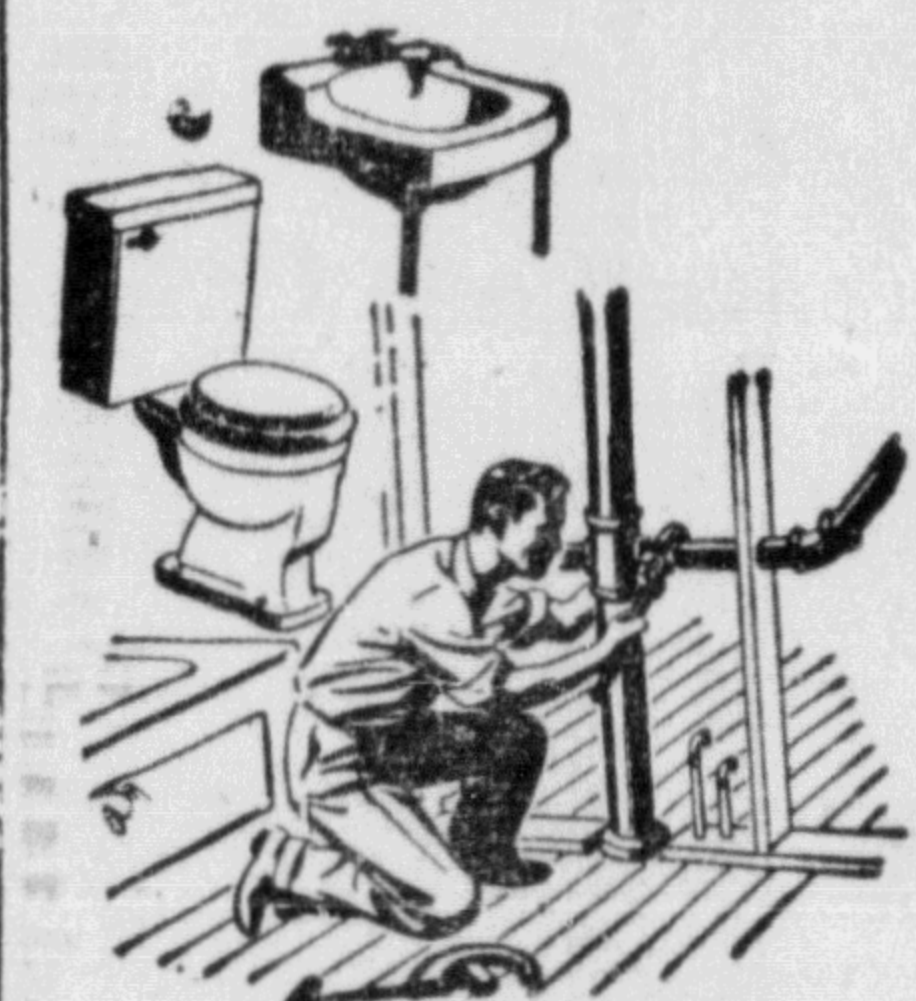
GAS AND  
ELECTRIC RANGES  
PACIFIC ELECTRIC  
Phone Blue 992

## Tailoring for Ladies and Gentlemen

LING the tailor

220 Sixth St. Phone 649

## PLUMBING and HEATING



## MODERN PLUMBING

is a wise investment, in  
terms of family health and  
home economy.

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## PLUMBING SAANICH HEATING

Call 363

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- Repairing



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cient Service. Also agents for  
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for Oxygen, Acetylene and all  
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## LINDSAY'S CARTAGE & STORAGE LIMITED

Cor. 2nd and Park Avenues  
Est. 1910. Phones 60 and 68

## Smiles 'n Chuckles

Sure sign of age: when a man  
pays more attention to the food  
than the waitress.

"Is your new husband a good  
provider?" asked the mistress of  
a former maid.

"He sure is," was the reply.  
"He says he's going to get me  
some furniture for the house,  
providing he can get some  
money. And he's going to get  
some money, providing he can  
get a job, and he's going to get  
a job, providing he likes the  
work. Yeh, he's a good provider,  
all right."

Travelling salesman: "Ma-  
dame, I represent a woollen mill.  
Would you be interested in some  
coarse yarns?"

Grandma: "Certainly would.  
Sit down and tell me a couple."

Running into debt is a poor  
way to get exercise.

Private, at dance: "See that  
cool over there? He's the mean-  
est colonel in the army!"  
Girl: "Do you know who I am?"  
Private: "Do you know who I  
am?"

Girl: "No."  
Private: "Thank the Lord!"

Older people's aren't too sur-  
prised when they hear that some  
modern girls are live wires—  
after all, they don't have much  
insulation.

"What sort of a dress did  
Gertrude have on at the party  
last night?"

"I'm not sure—I think it was  
checked."

"Gee—must have been some  
party!"

## HISTORIC SYMBOL

The eagle in Christian art  
typifies meditation and is the  
symbol of St. John the Evangel-  
ist.

## Barbara Brent's BUYS AND WHYS

MONTREAL, July 19th—Now's the time and  
now's the hour—before this summer has become  
just a pleasant memory—to take your favorite  
fruits in hand with CERTO LIQUID PECTIN  
and do down your jams and jellies for this year.  
Now, when the summer fruits are most succulent,  
most flavorful and colorful, Certo will help you to  
make sure your jams and jellies will be as tangy  
and delicious as the fruit itself. And don't forget,  
with Certo you'll get up to 50% more jam or jelly from the same  
amount of fruit—in 1/3 the time of the former long boil method.  
Yes, just follow exactly the simple directions found in the booklet  
under the label of each Certo bottle, for zesty, deliciously set jams  
and jellies.

**What Will Penicillin Do Next?** After 5 years of research... a  
penicillin tooth powder is here... with proof that it  
reduces tooth decay far more than ever before possible.  
Its name is DENTOCILLIN. And you'll want your whole  
family to start using it, right away. For Denticillin is the  
tooth powder that reduced tooth decay 55% in a 2-year  
test among hundreds of Massachusetts school children.  
(And it did it without a change of toothbrushing habits!) This is 5 times as much as reported for the excellent  
ammoniated dentifrice formula developed by the Univer-  
sity of Illinois. By the way, it tastes wonderful. Really  
cleans teeth bright. 75c for 3 months' supply.

**Wonderful, Sun-Warm colour to make you look like the very spirit of summer...** like a South Seas siren! That's tantalizing Tropic TAN, the rich colour of WOODBURY POWDER SHADE. And because Woodbury is the powder with the foundation cream ingredient—it smooths your skin to velvet-softness—gives it a natural—not powdery look. You'll love the lovely, crushed-flower fragrance of this fabulous face powder. Wear Tropic TAN—morning, noon and night... it will make you feel like a South Seas temptress! Tropic TAN is just 23c, 45c and 75c... and add Woodbury's "Red Poppy" lip-stick, a luscious, bright red with a touch of sunshine gold—23c and 55c.

**Here's A Brand New "Buyword"** for folks with bothersome corns 'n' calluses... a word you'll use again and again if your feet are a problem to you—Phenylum! It's the new wonder ingredient in BLUE-JAY Corn and Callus Plasters. It took ten years of scientific research by Blue-Jay to develop Phenylum—and it was certainly well worth the effort! For Phenylum is effective in 95% of the cases tested—works 33% faster to get rid of corns and calluses. That's why so many folks are saying—"It's the best news in years for people with unlovely feet!" Ask your druggist today for "Blue-Jay" with the new wonder-working Phenylum!

**It May Be Bad Manners,** but it shows real enthusiasm when baby bashes his spoon for more "Cream of Wheat". Yes, babies love "Cream of Wheat". It's so tempting 5 Minute WHEAT. It's so good—and so good for them! Brimful of valuable nourishment babies need to help maintain normal growth and health! It provides Iron for good red blood—and Calcium and Phosphorus for diets deficient in these elements. And, mother—it cooks to baby-ready digestibility in just five minutes of boiling. So give it to baby often—and make a family habit of 5 Minute "Cream of Wheat", too. It will be a breakfast "favourite" of everyone from grandma to Young Sue!

**"Let's Have Lemon Pie for Expenses Never Go 'On Holiday'"**—that's the sad truth of the matter. There's no escaping the steady demands of day-to-day living at home or away. And, with today's soaring costs, a girl has to be more watchful than ever to make her money go the things she wants it to do. And I don't mean just ordinary budgeting—that's only part of the answer. Today's problems call for a more effective approach to money management! I think you will agree with many of my friends that the BANK OF MONTREAL'S Personal Planning System is just that approach—the kind that enables you to look your expenses straight in the eye—without flinching. Why not get a copy of that interesting booklet, "PERSONAL PLANNING", at a convenient branch of the B of M. It will show you how to cope with the high cost of living—and save money too! Drop in for your copy today.

**Whee!—Hot, isn't it?** Well the best remedy for that "stified" feeling is a cool shower or a refreshing bath—plus the luxury of those new C-I-L COLOURED SPONGES! Blue—Coral—Yellow—Green... yes, those grand C-I-L Cellulose Sponges now come in four lovely pastel shades to blend with your bathroom and kitchen colour-schemes and accessories! You'll love them! They're velvet-soft when wet—ideal for baby's bath and yours. They float—hold twenty times their weight in water—long-lasting and cost so little. And just think! Now, every one in your family can have a "personalized" bath sponge! Ask for C-I-L Coloured Sponges—at department, drug, variety, grocery and hardware stores.



**DEFENCE PRODUCTION**—First all-Canadian aircraft is this Orenda-powered CF-100 all weather, long-range fighter. Shown prior to its initial flight, the CF-100 is expected to play a major role in Canada's defence. It is expected to go into mass production at Avro, Canada's plant at Malton, Ont., once test flights are completed. The Orenda engines are in production at the Malton plant. Mass production of the F-6 Sabre fighter plane is a major move in Canadian defence plans. This bottom photo shows the speedy aircraft being turned out in quantity at Canadair plant in Montreal.

## THE EXPERTS Say...

By KAY REX  
FICINICKING?—Then you may want some new ideas for sandwiches.

Home economists have come forth with some suggestions on the art of making sandwiches.

Correct estimate of supplies is important, particularly when it's a case of making sandwiches for large groups of people. One small sandwich loaf cuts into 30 to 40 slices—each slightly less than one-quarter inch thick.

One loaf needs one-quarter pound of butter, say the home economists. Enough moist meat filling for 2½ cups (1¼ pounds) spreads one loaf of bread.

One dozen hard-cooked eggs, chopped and mixed with onion and salad dressing spreads one loaf.

If crusts are to be cut from sandwiches save butter and filling by removing crusts before spreading bread. Crusts can be used for crumbs, bread puddings and so on.

Butter will go farther if creamed until light and fluffy.

**GARNISHES FOR GLAMOR**

Fancy sandwiches always need color. Here are garnishes to re-

member: Red—beets, cherries, cranberries, pimento; Green—aspargus, celery, green pepper, pepper grass, watercress; Yellow—cheese, pears; Orange—pimento cheese, apricots; Black—prunes, pickled walnuts, ripe olives; Brown—dates, figs, potato chips.

Peanut butter mixed with salad dressing, fruit juice or honey; chili sauce and crisp bacon; honey and grated carrot; mashed or sliced banana and salad dressing or marmalade or honey.

## ARTSY-CRAFTSY

Individual rolled sandwiches—Use fresh bread, sliced thinly. Be certain crusts are removed. Spread with salad dressing or butter, then with filling. Roll like a jelly-roll. Seal edge of each roll with salad dressing, butter or filling. Wrap rolled sandwiches in slightly dampened tea towel or waxed paper. Chill until set before toasting or serving plain. Toopicks may be used to keep the sandwich rolled.

## PINWHEEL SANDWICH

Use fresh bread, slice loaf lengthwise and make certain all crusts are removed. Spread filling on slices. Beginning at the end, roll like jelly roll. For a contrasting centre place one of the following across one end of each slice and begin rolling from this end—a peeled banana, a dill pickle (whole or with centre removed and stuffed with cream cheese); halves or quarters of hard-cooked eggs; a row of marachino cherries or stuffed olives. Wrap roll in wax paper and chill. Slice before serving. Each roll will cut into from six to eight pinwheels.

## RIBBON SANDWICHES

Using fresh or day-old bread, stack alternately two slices of brown bread and two slices of white bread, filling with one or more spreads. Firmly press together. With a sharp knife using a sawing motion slice crusts from all sides of each stack. Cover with wax paper or a moist cloth. Chill for at least several hours. Cut in one-half inch slices. After cutting the one-half inch slices cut each slice in thirds, halves or two to four triangles.

## LONG-LIVED TURTLE

A tortoise which is said to have lived 200 years is preserved in the museum at Colombo, Ceylon.

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7 - 9:01

FRANK LOVEJOY - DOROTHY HARRIS  
in "COMMUNIST FOR FBI"

TOMORROW

Savage Apaches led by a renegade white man!



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Selected Shorts  
NEWS—Including shots of the  
opening of the mill at Port  
Edward.

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RONALD REAGAN - RHONDA FLEMING  
BRUCE BENNETT - BILL WILLIAMSON  
NOAH BEERY - PETER HANCOCK  
Evening Shows 7 - 9  
Saturday Matinees 2 - 4

## STARTS THURSDAY "The Greatest Comedy of All Time"



EVENINGS  
7 p.m. - 9:05  
MATINEE SAT. 2 p.m.

## "Last Outpost" Is Thrill Drama

A spectacular and exciting technicolor adventure charged with action and suspense comes to the Capitol Theatre screen this Friday and Saturday in "The Last Outpost," starring Ronald Reagan and Rhonda Fleming. It is a gripping story of violent Civil War struggle in the west containing plenty of drama.

Reagan appears as a Confederate officer leading a daring band of cavalry in assaults against northern supply trains rolling east across the Santa Fe trail. His brother commands the Union forces and both sides are soon locked in a bloody battle that tears importantly on the outcome of the war. In the midst of marauding raids and bloody battle charges, the Apache Indians, led by a renegade white

man, enter the conflict woven into the action story is a stirring southerner and the girl he loves. The story has a climax as the Indians besiege the fort where Reagan and Fleming's southern cause of battle for the man thousands.

FAMOUS VICTORIES  
The Battle of Tenille was at Aboukir Bay, Egypt, when Nelson completely defeated the French fleet.

## Salad Dressing Better with French



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