

FOODS for SUMMER

The nourishment to maintain strength, the energy to enjoy Summer sports., that is the Balance of Health that everyone must get in Summer Food. It is the Balance they do get in the delicious frozen desserts - and light, cool, smooth blanc manges made with nourishing BENSON'S CORN STARCH, served with a sauce of "CROWN BRAND" the CORN SYRUP with the wonderful flavour and the famous Energy Food. Children love these dishes and thrive on them. They are the most economical of all Health Foods.

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IN SCOTLAND

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

SPORT CHAT

in 1934, English cricket selectors against the Aussies in 1932-33, here under the Highway Act of have been busy watching the taking 15 wickets in four tests country's younger players with a view to injecting new blood into The newcomers, all professionathe team to do the duty in the iss, are C. J. Barnett, Gloucesternext series of tests They realized shire, A. E. Fagg, Kent, Joseph that the main burden would have Hardstaff, Nottinghamshire, L. B. to be taken from veterans like Fishlock, Surrey, James Siris, Jack Hobbs, now retired, Herbert Middlesex and W. H. Copson and Sutcliffe and "Pat" Hendren, T. Worthington, Derbyshire, Sims while R. E. S. Wyatt, popular and Copson earn their places for skipper, has been passed over in their bowling ability, the others favor of a younger man.

to G. O. B. Allen, 34-year-old the batting averages. Australian-born player, who leads Middlesex in the county cham-; Australia has a host of pionship competition. A fast bow-men to call on in addit er and hard hitter Allen is known tried and seasoned playe as a resourceful leader and has the famous Don Bradman, played against the Aussies both in McCabe, W. A. Brown, A. C England and Australia. R. W. V. perfield, F. Fingleton an Robins, Middlesex, E. R. T. Holmes, Kippax. Hitters who are Surrey, and Kenneth Farnes, Es- attention include L. J. Fall sex, complete the amateur repres- and R. H. Robinson, New entation on the touring side, Rob- Wales, and Don. Fallon ins, an all-rounder, has played Allen, Queensland. While many fine games for his country, Grimmett, W. J. O'Re'lly, and Holmes, an old Oxonian, is and L. O'B. Fleetwood-Sm known as a forceful batsman. He expected to bear the brunt led the M C. C. team that toured Australian bowling a nun Australasia last winter. Farnes, players have been develo lanky Worksop College schoolmas- Sheffield Shield cricket w ter, is a fast bowler and played established their right t against Australia on two occa- lenge for places in the Au sions in 1934.

ted have played stellar roles in ory, E. L. McCormick many tests between the two Leather, Victoria. McCorn countries but the others have yet fast bowler, was one of to justify their selection. Walter cesses of Australia's tour of Hammond, great Gloucestershire Africa last winter. Leath player, has frequently defied the puts down fast deliveries cream of Australia's bowlers hav- Chilvers and Gregory a ing seven centuries to his credit bowlers. in international play. He is also Hedley Verity. Both are left-handers. Leyland is one of England's most reliable bats and Verity probably the best spin bowler in the country. They have given several good displays against the Aussies in recent years. George Duckworth, shrill-voiced Lancashire wicket-keeper, returns to the team in place of Leslie Ames of Kent who has not recovered from an operation early this year.

Ames superseded the Lancashire veteran as far back as 1928

LAND ACT

Notice of Intention to apply to Lease

In Prince Rupert Land Recording District of Range 5, Coast, and situate in Hudson Bay Pass midway between Baron and Dundas Islands, being one-half mile south of the most northerly of the Nares Islands.

Take notice that Robert Irvine, of Prince Rupert, occupation Shell dealer intends to apply for a lease of the following described foreshore lands:-Commencing at a post planted on a rock one-half mile south of the most northerly of the Nares Islands, thence west 15 chains; thence south 15 chains thence east 15 chains; thence north 15 chains to point of commencement and containing 22.5 acres, more or less.

ROBERT GLEN IRVINE Dated May 20th, 1936.

LAND ACT Notice of Intention to appply to Lease

In Prince Rupert Land Recording District of Range 5, Coast, and situate fronting on the north shore of the most southerly of the Nares Islands. Take notice that Robert Irvine of Prince Rupert, occupation Shell dealer intends to apply for a lease of the foilowing described foreshore lands:

Commencing at a post planted on a ck 200 feet north of the north shore south 15 chains thence east 15 chains: thence north 15 chains to point of commencement and containing 23.5 acres, more or less.

ROBERT GLEN IRVINE Dated May 20th, 1936.

IN THE SUPREME COURT OF BRITISH IN PROBATE In The Matter of The Administration

In The Matter of The Estate of Martin C. Letnes, Deceased TAKE NOTICE that by order of His Honour Judge Fisher, Local Judge of the Supreme Court of British Columbia, made the 6th day of August, 1936, I appointed Administrator of the Estate of Martin C. Letnes, Deceased with the Will annexed, late of Port Essington, B. C. who died on the 15 in or 16th day of June 1936. All persons having claims against the said Estare are hereby required to furnish same properly verified to me on or before the 25th day of September, 1936; otherwise disposition of the said Estate will be made without regard thereto. All parties indebted to the said Estate are required to pay the amount of their indebtedness to me forthwith. Dated this 10th day of August, A.D.

NORMAN A. WATT Official Administrator Prince Rupert, B. C.

cricket since that time. Early this uled for Brisbane, December 4. Seventeen players, eight of a club match, against Hampstead December 18, Melbourne, January whom lack previous experience on but found the strain too much 1, Adelaide, January 29 and Melthe fast pitches of Australia, will While not a batting star, Duck-bourne, February 26. All the battle "down under" this winter worth, 35 years old, is one of the matches will be played to a finish in an attempt to regain world's most brilliant stumpers in Engcricket honors for England. Since land. A reserve wicket-keeper has England lost the mythical "Ashes" yet to be chosen. William Voce, NEWBURY, Eng., Aug. 20: (CP) to the Aussies in the Old Country Nottinghamsire bowler, played -A lorry driver was summoned

being batsmen who have come to the front in the past two years The captaincy has been given and are now among the leaders in

Nabob Coffeeeleven this winter. Best kn E. C. S. White and H. G. Four of the professionals selec- New South Wales, and R

a good medium-pace bowler and Since tests between England one of the finest slip fielders in and Australia were inaugurated in Phone-765 England. Yorkshire supplies two 1876, 134 matches have been playfamous pros, Maurice Leyland and 12d with the Aussies victorious 53

largely because of his batting times England has won 52 and 29 prowess. He was injured last year have been drawn. The first test and has not played in county of the forthcoming tour is schedmonth he tried out for Hythe, in Others will be played at Sydney,

OLD ROAD ACT

1835 "for causing hurt" to a pedestrian. The case was dismissed.

SELVIG'S MARKET

Friday and Saturday Specials

of bats-	Nabob Coffee-	\$1.20
ition to ers like	3-lb. jars	22c
Stanley G. Chip-	Happyvale Pickles—	33c
d Alan claiming llowfield	Roger's Syrup— 2's	18c
w South and T.	Christie's Ritz— per pkg.	19c
	Corn Flakes— 3 pkgs.	25c
nith are	MEAT	
mber of	Shoulder of Veal— per lb.	10c
ho have	Veal Chops— per lb.	
ustralian nown are	Veal Stew— per lb.	8c
Chilvers,	T-Bone Roast-	18c
and T.	Sirloin— , per lb.	18c
the suc-	Round Steak— per lb.	16c
her also	Pot Roast— per lb.	10c
	Boil Beef— per lb.	8c

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KLIM gives you fresh milk-anywhere-in a few seconds. No more trips in the rain to some farm-house. No more milk spoiled by heat. KLIM is whole, country milk-cream and all-in powder form. Vacuum-Packed to assure its keeping qualities in summer or winter. It is compact, easily carried, and light in weight. One pound of KLIM makes over eight pounds of pure, rich liquid milk. Simply add to cold water.



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In every walk of life you'll find men and women who are handicapped by being below par physically. Often the trouble is common constipation -caused by lack of sufficient "bulk" in the diet.

Unfortunately, too many people treat constipation too lightly. They do not realize it is a menace to health until much harm has been done.

Thank goodness, there is a pleasant, easy and safe way to correct this type of constipation. Kellogg's ALL-BRAN is a generous source of "bulk." Within the body, it absorbs moisture, and forms a soft mass. Gently, this exercises and cleanses the intestinal walls. Two tablespoonfuls daily are usually sufficient. Stubborn cases may require ALL-BRAN ftener.

Scientific tests have shown that ALL-BRAN is safe and effective. Also that its "bulk" is often more effective than the "bulk" in fruits and vegetables, as it does not break down within the body. ALL-BRAN also supplies vitamin B and iron.

Doesn't it seem reasonable that you should get this "bulk" in the meals you eat? Isn't it better to regulate yourself by a natural food rather than by unnatural drugs?

Kellogg's ALL-BRAN corrects only common constipation, makes no claim to be a "cure-all." It is

guaranteed by the Kellogg Company. Enjoy this natural laxative food regularly for regularity. Either as a cereal or cooked into tempting recipes.

Sold by all grocers. Served at restaurants and hotels. Made by Kellogg in London, Ontario.

Serve ALL-BRAN regularly for regularity