

DOINGS OF LOCAL 'Y'

(By the Ghostwriters)
Hostess, Dorothy Garbutt

From the world of sports Hector MacKenzie reports that the Midlands took a severe trouncing from the Ninth Heavy Battery in football on Thursday last. The league worked out very well, especially sections one and two but section three hasn't played a game to date. This situation has been a bit difficult but it is being planned to have a sudden death play-off for the Navy, the Dry Dock, the American officers and the Canadian officers.

The hut was the usual busy place yesterday with games and canteen going well. Bingo was the order of the evening under the direction of Ken Hutchinson. Several of the boys had a good sing-song around the piano and some of them have promised to come back for the padre's concert on Sunday evening. Volunteers of talent for this splendid effort are welcome.

There was a sound of revelry by

night:
The Air Force dance had gathered there
The beauty and the chivalry (or some of it) of Rupert;
And soft the lights shone
O'er fair ladies and brave (or most of 'em are, I guess) men.

But there was, thank Heaven, no Waterloo to follow. Not even a headache, I betcha. It was one of the most beautiful dances one of these ghost writers has attended for some time and those responsible for the conduct and organization of such an excellent affair are to be most heartily congratulated. May all successive dances maintain such high standards of excellence.

The Armory was the scene of a show followed by a dance both of which were well attended. It was plainly evident that the dance was well organized as everything was going along smoothly. And that is about all we have to report.

James Currie left by yesterday morning's train on his return to his duties with the Royal Canadian Air Force at Toronto after spending leave at his home here. Mrs. Currie and child will be remaining here for another month or so.

SIGNALS WINNERS

Take Second Victory in Gilhuly Cup Football Series

In the only game of the Gilhuly Cup football series to be played this week, others having been postponed because of unfavorable weather conditions, Signals defeated Edmonton's Thursday evening

by a score of three to nothing. Sergeant Wells of the Midlands refereed an interesting match. It was the second win for the Signals who have been pace-makers all this season in football. The Gilhuly Cup standing taking into account the three games so far played is as follows:

	W.	D.	L.	F.	A.	P.
Signals	2	0	0	4	0	4
Air Force	1	0	0	11	0	2
United Services	0	0	1	0	1	0
Edmonton	0	0	2	0	14	0

Air Force And Navy Wives In Regular Meet

The regular meeting of the Royal Canadian Air Force and Women's Auxiliary was held on Thursday in the Family Lounge at the "Y" Hut. In the absence of the presi-

dent, Mrs. Kenny was elected to take the chair. A new secretary was also elected in the person of Mrs. Gordon Huff. After the business portion of the meeting Mrs. Muirhead, Mrs. Kenny and Mrs. Doolittle served tea. The next meeting will be held on September 3 when it is hoped other R.C.A.F. and Navy wives will be in attendance.

DAILY NEWS WANT ADS BRING RESULTS. PHONE 98.

This evening's train, due to arrive from the East at 6:30, was reported this morning to be on time.

Harry Thrupp left on yesterday morning's train for a trip to Winnipeg.

Mr. and Mrs. W. M. Watts and family, who have been spending the summer at Lake Katiyn, returned to the city on Thursday afternoon's train.

SUGAR FOR HOME PRESERVING

Sugar rationing is essential. Here are the facts regarding home preserving.

- DOES the Government want canning and preserving done in the home?
YES. The Government encourages every housewife to preserve fruit in season.
- IS extra sugar available for canning and preserving over and above the regular rations?
YES. By signing a voucher at your grocers, adequate sugar may be purchased, but this additional sugar is for preserving and canning only. (Ask your grocer—he has the forms and all particulars.)
- IS it required that sugar purchases be tied to fruit purchases?
NO. You may grow the fruit, collect wild fruit, have fruit as a gift, or buy it from ANY retailer. In any case you are entitled to the sugar required to preserve it.
- WHY, if sugar is rationed, does the Government make extra sugar available for this purpose?
THERE are four reasons why home canning and preserving is encouraged.
1. When fruit is fresh it is perishable. If it is not preserved it may be wasted and valuable food reserves lost.
 2. Home canned and preserved fruits are particularly valuable from the standpoint of nutrition. Such preserves will help maintain the proper food supply of the Nation, especially when fresh fruits are out of season and not available.
 3. Home preserving helps supplement the restricted commercial canning.
 4. Canning done at home eliminates delivery and distribution costs, and thereby saves essential labour, gasoline and rubber.

OFFICIAL SUGAR REGULATIONS

Here is authentic, accurate information to guide your war-time preserving.

PRESERVING: You may obtain sugar on the basis of one pound of sugar to two pounds of fruit for preserving purposes.

PRESERVING SYRUP: All preserving is to be done with a light syrup made from one cup of sugar to two cups of water.

JAMS AND JELLIES: You may purchase three-quarters of a pound of sugar to one pound of fruit for jams and jellies.

METHOD REQUIRED: Jams and jellies are to be made using three parts of sugar to four parts of fruit or juice.

SUGAR RATION COUPONS NEED NOT BE SURRENDERED WHEN PURCHASING SUGAR FOR PRESERVING BUT RATION COUPON NUMBER MUST BE ENTERED ON PURCHASE VOUCHER.

Use the Chart Below When Buying Sugar for Preserving

FRUIT	STANDARD PACK	WEIGHT (Approximate)	Sugar Ration FOR Jams	Sugar Ration FOR Preserving	YIELDS FROM PRESERVING (APPROXIMATE)
CHERRIES	4 BASKET CRATE	20 lbs.	15 lbs. (Not Advised for Jam)	10 lbs.	13 quarts
APRICOTS	BOX	18 lbs.	13½ lbs.	9 lbs.	10 quarts
PEACHES	BOX	18 lbs.	13½ lbs.	9 lbs.	10 quarts
PLUMS	(Also in 9 lb. Basket) LUG	15 lbs.	11¼ lbs.	7½ lbs.	7½ quarts
PRUNES	LUG	15 lbs.	11¼ lbs.	7½ lbs.	7½ quarts
PEARS	BOX	42 lbs.	(Not Advised for Jam) 31½ lbs.	21 lbs.	17 quarts
CRABAPPLES	BOX	38 lbs.	(For Jelly) 28½ lbs.	19 lbs.	FROM PRESERVING 23 QUARTS FROM JELLY 30-35 PINTS
APPLES	BOX	42 lbs.	(When used with other fruits) 31½ lbs.	21 lbs.	17 quarts

This advertisement is inserted in the interest of public information by the **B.C. SUGAR REFINING CO. LTD., Vancouver, B.C.**



Rare in flavor, perfect in quality and pure as mountain air. There is supreme refreshment in . . .

MONOGRAM
London Dry Gin

12 oz. . \$1.15
25 oz. . \$2.25
40 oz. . \$3.35

THE BRITISH COLUMBIA DISTILLERY COMPANY, LIMITED

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

HOUSEHOLD NEEDS

TINCTURE OF IODINE	1 oz.	15c
	2 oz.	25c
OIL OF EUCALYPTUS	1 oz.	20c
	2 oz.	35c
FRIAR'S BALSAM	1 oz.	25c
	2 oz.	45c
CASTOR OIL	4 oz.	25c
	8 oz.	50c
AROMATIC CASTOR OIL	3 oz.	25c
AROMATIC CASCARA	2 oz.	25c
	8 oz.	90c
CAMPHORATED OIL	1 oz.	15c
	2 oz.	25c
HYDROGEN PEROXIDE	8 oz.	35c
	16 oz.	50c
EPSOM SALTS, tins	4 oz.	10c
	16 oz.	25c
BORACIC ACID, tins	2 oz.	15c
	4 oz.	25c
SEIDLITZ POWDERS, tins		40c

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