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Optometrist in Charge  
Watch, Clock, Jewelry  
Repairing,  
Hand Engraving

VISIT OUR BASEMENT STORE for Fine China,  
Dinnerware, Glasses, Baggage and Novelties

**MAX HEILBRONER**  
Jeweler — Diamond Merchant

**Rupert Peoples Store**

**Sale Of Dresses**  
**Now On**

**2 For The Price Of One**  
**Dozens Of Other Bargains**

**RUPERT PEOPLES STORE**

"In the Heart of Prince Rupert"  
THIRD AVE.—Next to Heilbroners—Phone BLUE 907

**FURNITURE FOR SALE**

9-pee. Dining Room Suite, 6-pee. Dinette Suite,  
Occasional Chairs,  
Coffee Tables, Living Room Tables  
Axminster Carpets, Congoleum Rugs,  
New Plastic Floor Coverings,  
Mirrors, Folding Carriages

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**RUPERT BRAND**  
**Sole Fillets**

... At Your Local Butchers

**NO WASTE — READY TO COOK**

**Canadian Fish & Cold Storage**  
PRINCE RUPERT Co. Ltd. BRITISH COLUMBIA

Try Our New

**PERM WAVE**

for lustrous beauty that can't be beat

**ANNETTE POWELL'S**  
**BEAUTY SHOPPE**

Fourth Street across from Post Office  
Phone Blue 917 for Appointment

If you lose anything, advertise for it

**CFPR**  
(1240 Kilocycles)  
**Schedule**

**WEDNESDAY P.M.**

4:00—Victor Record Album  
4:30—Vocal Variations  
5:00—Tea Dance Time  
5:30—Sports Interviews  
6:00—CBC News  
6:05—Recorded Interlude  
6:15—G. I. Jive  
6:30—Singing for Pleasure  
7:00—Tommy Dorsey  
7:30—From the New World  
8:00—Fred Waring  
8:15—Front Line Family  
8:30—Personal Album  
8:45—Harry James  
9:00—Kay Kyser  
9:30—Impressions by Greene  
10:00—CBC News Rebroadcast  
10:05—Fish arrivals  
10:10—Interlude  
10:15—Yarns for Yanks  
10:30—Eventide  
11:00—Closing announcement

**THURSDAY A.M.**

7:30—Musical Clock  
7:45—CBC News  
7:55—Musical Clock  
8:30—Morning Devotions  
8:45—Jan Garber's Orchestra  
9:00—Kato Mendelssohn  
9:15—Golden Gate Quartette  
9:30—CBC News  
9:35—Transcribed Varieties  
10:00—Musical by Friml  
10:45—They Tell Me  
11:00—Scandinavian Melodies  
11:15—Broadcast of Messages  
11:17—Recorded Interlude  
11:30—Petit Concert

**P.M.**

12:00—Luncheon Music  
12:15—Hi Neighbor  
12:30—Spotlight Bands  
12:45—CBC News  
12:50—Recorded Interlude  
12:55—Program Resume  
1:00—One o'Clock Musicale  
1:30—Tommy Dorsey's Orch.  
2:00—Silent

**C.N.R. Trains**

For the East—  
Daily except Sunday ... 8 p.m.

For Terrace and Pacific—  
Daily except Sunday ... 4 p.m.

From the East—  
Daily except Mon. ... 10:45 p.m.

From Terrace and Pacific—  
Daily except Sun. ... 11:30 p.m.

**\$90,000,000 SEA-AIRPORT**

LONDON, August 4 (AP)—Plans for a three-decker London sea-airport costing \$90,000,000 have been prepared by aircraft designer F. G. Miles. For sea and land planes, it could maintain a 10-minute service for 24 hours a day.

**The Experts Say - - -**

**SUCCESSFUL CANNING** — Now that the canning season is in full swing, Laura Pepper, of the consumer section, Agriculture Department, suggests that housewives be alert to catch the various fruits at the peak of their perfection. For best results, fruit for canning must be fully mature but not over-ripe. Only fruit that is perfectly sound and free from blemish should be canned. Under-ripe fruit will lack flavor, and fruit that is over-ripe will be likely to spoil. "Keep an eagle eye on your local market," Miss Pepper advises, "to be sure to catch each fruit at just the right moment for canning."

**DESIRABLE DRESSINGS** — Dressings can make or mar a salad, and here's a good recipe for a French dressing to perk up such dishes. Put the following ingredients into a jar with a closely-fitting cover: One teaspoon sugar, one-half teaspoon salt, one-half teaspoon dry mustard, one-quarter teaspoon paprika, one-half teaspoon chopped onion or one clove of garlic cut in three; one-half cup vegetable oil and one-quarter cup vinegar. Cover the jar and shake well. Let stand in the refrigerator until well seasoned, then remove the garlic. Always shake well before using, and serve cold. Here are some variations of your favorite cooked dressing that will add interest to salads the year around. Amounts suggested are for one cup of salad dressing.

1. Add two tablespoons horseradish. This one goes well with beet salad.
2. For a salad in which cabbage plays a major role, add two tablespoons chopped raisins and six maraschino cherries, chopped.
3. To add zest to a fish or meat salad, vary the cooked dressing by adding to it one finely chopped, hard-cooked egg and one tablespoon chopped sour gherkins.

**PICNIC HINTS**—Summer time is picnic time, and with so many people holidaying at home this year family picnics are more popular than ever. "A picnic basket is really a glorified lunch box," says Marion Harlow of Nutrition Services, "and some thought should be given to its contents so the meal will supply the foods necessary to round out the day's supply of essential foods." Three "musts" for the well-planned picnic basket, says Miss Harlow, are a fresh fruit or vegetable, preferably both; some form of protein food, such as meat, fish, eggs, cheese or baked beans, and milk in some form for the children.

**COMPARATIVE PRICES** — From a Saskatchewan resident, by way of her diary, comes a comparison of prices in vogue in the first and the present Great War. On Aug. 24, 1919, eggs cost 55 cents a dozen and butter 60 cents a pound. Brown sugar retailed for 25 cents in two-pound lots, and white sugar cost \$1 for seven pounds. Lard was 40 cents a pound and cheese also 40 cents a pound, while bacon cost 70 cents a pound and a pint of milk eight cents.

**SALMON RUN** — Provided there is a good run of salmon, housewives this year will have a larger supply available than in 1942, when the entire output went to England. Salmon prices will be lower, and maximum prices have been set for the canned variety, of which, it is hoped, there will be a quantity for domestic consumption.

**SWELL SHAVES**

**With Minora Blades!**

For real shaving comfort, you can't beat Minora at its price. It's the quality blade in its field.

**Minora BLADES**  
4 BLADES 10¢  
FITS YOUR DOUBLE-EDGE RAZOR

**PROTECT THE GUARDIAN OF YOUR FAMILY'S HEALTH!**

**MAKE YOUR ELECTRIC REFRIGERATOR LAST FOR THE DURATION**

Your refrigerator is a helpful guardian of health in your home! It must be kept in tip-top condition! Here are a few precautions, but when in doubt, call your electric service man!

1. Defrost regularly . . . when frost becomes 1/2 inch thick. For quick defrosting, shut off refrigerator, leaving door slightly open.
2. Don't choke off air circulation in storage compartments by over-crowding. Allow thorough penetration of cold air throughout refrigerator.
3. Wash inside refrigerator and freezer unit with baking soda and water when you defrost to prevent odours from collecting and affecting fresh foods.
4. Have a reliable service man inspect your refrigerator regularly—oiling, adjusting or cleaning as necessary.
5. Set cooling unit at 40 degrees for normal temperature. Worn gaskets should be replaced for maximum efficiency.
6. Place foods according to required amount of cold necessary for protection of each type of food. Never put hot dishes in refrigerator.

**NORTHERN BRITISH COLUMBIA POWER COMPANY LIMITED**

**REDDY says:**  
"The guardian of your family's health, wealth and happiness overseas is the man behind the gun. Protect him by buying more and more War Savings Certificates and Stamps!"

**TODAY AND THURSDAY**

Complete Shows: 1:00, 3:00, 5:00, 7:00, 9:00  
Feature: 1:40, 3:40, 5:40, 7:40, 9:40

Tempestuous!...Tantalizing!...  
Ravaging the souls of men with the lash of primitive hate—the call of pagan love!

**JON HALL · MARIA MONTEZ · SABU**  
**WHITE SAVAGE**  
in **TECHNICOLOR**

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OF THE SAME PROGRAM  
"U.S. MARINE BAND"  
"GREETINGS BAIT"  
WORLD NEWS

**Capitol**  
A FAMOUS PLAYERS THEATRE

**Sport Chat**

Johnny Mowers, winner of the Vezina trophy last year with Detroit Wings, is another National Hockey star to answer the colors. The 28-year-old goaltender will report to the Royal Canadian Air Force on August 23.

Gunner Haegg, the Swedish running ace, has promised to send Gil Dodds three pairs of the lightweight, needle-pointed running shoes he uses from Sweden. Maybe Gil will catch Haegg with them next time they meet.

**HOME GUARD AT**

LONDON, August 4 (AP)—The War Office announced no objection to Home Guard members wearing their uniforms when Guardsmen go to work to parade and drill. It would not have been necessary to change from civilian to uniform.

Try a Want-Ad for Results.

**Red Ruffing** has finally achieved a great ambition. The former Yankee pitching ace pitched a no-hit game against an American Army team led by famous jolting Joe DiMaggio. Red, in the uniform of the United States Air Corps, made Joe pop up twice and struck him out once.

**THE ARMY NEEDS Men and Women**

Don't wait for a call. BE A VOLUNTEER.

**Local Tides**

Thursday, August 5	High 3:26 19.4 feet
	Low 16:03 19.0 feet
	Low 9:55 4.0 feet
	High 22:11 6.7 feet
Friday, August 6	High 4:05 18.7 feet
	Low 16:40 18.9 feet
	Low 10:30 5.0 feet
	High 22:55 6.9 feet
Saturday, August 7	High 4:48 17.6 feet
	Low 17:22 18.6 feet
	Low 11:08 6.0 feet
	High 23:46 7.0 feet
Sunday, August 8	High 5:45 16.6 feet
	Low 18:16 18.3 feet
	Low 11:54 6.9 feet
Monday, August 9	High 6:58 15.8 feet
	Low 19:20 18.3 feet
	Low 12:47 7.0 feet
	High 12:47 7.9 feet
Tuesday, August 10	High 8:21 15.5 feet
	Low 20:28 18.9 feet
	Low 11:34 6.8 feet
	High 13:50 8.2 feet
Wednesday, August 11	High 9:41 16.0 feet
	Low 21:37 19.8 feet
	Low 13:06 6.0 feet
	High 15:05 8.5 feet
Thursday, August 12	High 10:46 17.1 feet
	Low 22:39 20.8 feet
	Low 14:19 4.9 feet
	High 16:19 8.0 feet
Friday, August 13	High 11:41 18.5 feet
	Low 23:34 21.9 feet
	Low 15:22 3.3 feet
	High 17:26 7.0 feet
Saturday, August 14	High 12:30 19.9 feet
	Low 6:15 2.0 feet
	High 18:24 5.9 feet
Sunday, August 15	High 0:35 22.9 feet
	Low 13:16 21.0 feet
	Low 7:03 1.0 feet
	High 19:15 4.8 feet
Monday, August 16	High 1:11 23.2 feet
	Low 13:59 21.7 feet
	Low 7:48 0.3 feet
	High 20:04 3.9 feet
Tuesday, August 17	High 1:58 23.1 feet
	Low 14:41 22.0 feet
	Low 8:30 0.5 feet
	High 20:48 3.5 feet
Wednesday, August 18	High 2:45 22.8 feet
	Low 15:23 21.9 feet
	Low 9:10 1.1 feet
	High 21:34 3.6 feet
Thursday, August 19	High 3:31 21.5 feet
	Low 16:05 21.0 feet
	Low 9:51 2.7 feet
	High 22:20 4.1 feet
Friday, August 20	High 4:20 20.0 feet
	Low 16:50 20.1 feet
	Low 10:35 4.1 feet
	High 23:10 5.0 feet
Saturday, August 21	High 5:14 18.2 feet
	Low 17:40 19.1 feet
	Low 11:19 6.0 feet

**LADIES'**

**'Gionella' Dress Shoes**

In Brown Suede, Brown Crush Kid, Brown Calf, Black Softie Calf, Black Suede in the spike and cuban heels. High styled lines suit any taste and priced to suit any pocketbook.

**MEN'S "PALMERS" MOOSE HEAD WORKING BOOTS** in 6" and 8".  
Just arrived.

**Family Shoe Store Ltd.**  
"The Home of Good Shoes"

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You haven't the barest notion just how many notions have here! But you can count on this—a store for its completeness with everything from common to complete sets of closet accessories. Its convenience right in the business section and its to-date stocks whether sewing thread or hair curlers—other things you can count on. No matter what your notion for, you'll find it as usual at

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