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The plated lizard can shed its The zebra-tailed lizard buries tail while running. itself in the sand to sleep.

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Schedule

FRIDAY

4:00—Victor Record Album 4:30—London Palladium Orch.

5:30—Badge of Honor 5:45—Belle McEwen Sings

3:05—Recorded Interlude

6:15—Comrades in Arms

8:15—Front Line Family

8:45—Hymns from Home

9:30—Classics in Cameo

10:10—Recorded Interlude

9:00—Maxwell House Show

11:00—Closing announcement

SATURDAY

A.M.

8:30—Personal Album

7:00—Aldrich Family

:30—Kate Smith

8:00—Harry James

10:00—CBC News

10:05—Fish Arrivals

10:15—Great Music

7:30-Musical Clock

7:50-Musical Clock

8:30—Morning Devotions

8:45—Old Timers Program

9:00-Lud Glusken and Lee

9:35—Transcribed Varieties

10:45—Children's Scrapbook

11:00—Scandinavian Melodies

11:15—Broadcast of Messages

P.M.

10:00-Music by Herbert

10:30—Wilf Carter

11:30—Petit Concert

12:00—Luncheon Music

12:55—Program Resume

1:30—Aldrich Family

classification system.

12:50—Recorded Interlude

1:00—One o'Clock Musicale

2:00-Closing announcement

12:30—Spotlight Band

12:45—CBC News

9:30—CBC News Rebroadcast

7:45—CBC News

5:00—Tea Dance Time

6:00—CBC News

vegetable salad and fresh fruits section: service says those foods provide baking powder called for

efficiency.

Board has the welfare of Canalian babies at heart. Proof of their interest was shown in the recent order restricting the sale of canned fruits and vegetables which specifically exempted the 10:30-Theatre Under the Stars trained foods that go to make up the diet of babies from six to 16 months.

> THE COFFEE RATION-Now tency. that a large percentage of the country's tea drinkers have become coffee consumers, the chances of increasing Canada's coffee ration are extremely slim. R. T. Mohan, Prices Board administrator of tea, coffee and spices, says that coffee consumption has risen more than 15 per cent over the pre-war normal, while tea consumption has declined almost 50 per cent.

SOUR MILK-The Agriculture Department says that just because milk and cream sour quickly in hot weather is no All ranks of the Canadian may be substituted in any cake, with peppy tunes of a popular Army, both overseas and in cookie, biscuit, muffin or griddle Canada, are being re-examined cake recipe—if you know the morning radio program "piped" under the new Pulhems medical rules. And here they are, as to loudspeakers in each hut of given by Laura C. Pepper, chief the camp.

SALADS AND FRUITS - Raw of the department's consumer

should take a prominent place Use one cup sour milk or on Canadian dinner tables this cream to replace one cup sweet summer. Marion Harlow of the milk. For each cup of sour milk Health Department's nutrition used, decrease the amount of the ammunition which helps two teaspoons and add oneand other minor ailments which ingredients, not to the sour toward sabotaging working milk.

to replace eweet milk in a re-BABY WELFARE—The Prices cipe, the rules for decreasing the baking soda are the same but because cream contains so much more fat than milk, the amount of fat in the recipe can be cut by two to three tablespoons for each cup of crea used. An additional two tablespoons of liquid (sweet milk or water) will be needed for each cup of sour cream to give the proper consis-

> flannels go for dusters and strains of Wedding March from scrub cloths? They needn't, says "Lohengrin," played by the orbranch, if you follow the sug- of starlit embossed organza over wrote that the union suits took Princess lines with bouffant to dye successfully and when skirt and fitted bodice. A full the desired shade was reached length veil misted softly from could be cut inte small boys' a circlet of orange blossoms and woollen suits, with long-sleeved she carried a beautiful bouquet pullovers and shorts. As for a of white gladioli, white heather pattern, an old suit may be and sweetheart roses. used successfully.

excuse for waste. Sour milk and Reveille at the C.W.A.C. bar- of Nanaimo, in orchid net, and cream is grand for baking and racks in Edmonton is sounded Mary Queen of Scots headdress

BEAUTIFUL MARRIAGE

Miss Betty Borland Becomes Bride of Robert Benton of Royal Canadian Air Force

St. Andrew's Cathedral was the setting for a beautiful late you resist such home-front foes half teaspoon baking soda. The summer wedding on Thursday as the common cold, sore throat soda must be added to the dry at 8 o'clock in the evening when Robert Charles Benton, younger son of Mr. and Mrs. C. If sour cream is being used E. Benton of Innisfail, Alberta, was united in marriage to Elizabeth (Betty) Jean Borland, eldbaking powder and adding the er daughter of Mr. and Mrs. David G. Borland of Prince Rupert. The ceremony was performed by the Very Rev. Dean . B. Gibson, assisted by Flight Lieut. O. L. Springborn, Royal Canadian Air Force padre.

The altar was beautifully decorated with white gladioli and snapdragons. Baskets of white Shasta daisies were placed at the steps to the chancel.

The bride made a lovely picture as she entered the church PLAYSUITS - Do father's red on the arm of her father to the the prices board consumer ganist, Peter Lien. Her gown gestion of a prairie mother. She ivory satin was modelled on

Four charming attendants were in pastel shades. The Maid of Honor, Miss Evelyn Gulliford to match, carried a bouquet of peach gladioli, snap dragons and baby 'mums.

The bridesmaids, Miss Joyce Gillett in peach, and Miss Laurel Mahood, in pale green, wore similarly designed gowns of net with matching hats of the net in poke bonnet style and carried bouquets of peach gladioli. mauve asters and cream carna-

Little Miss Ann Borland, junior bridesmaid, young sister of the bride, was sweet in a long white organdy dress. She wore a poke bonnet of white straw with peach streamers and carried a colonial bouquet of rosebuds and candy tuft in her lace mittened hands. The groom was attended by

Sgt. Gordon Butler, R.C.A.F. as groomsman and ushers were Corporal Bert Schroepfer, United States Army and Corporal Fred Armstrong, R.C.A.F. During the signing of the reg-

ister, Dr. R. G. Large sang "Oh Day of Golden Promise," accompanied by Peter Lien on the

Later in the evening a reception was held at the home of the bride's parents on Fourth Avenue East. The guests were received by Mrs. D. G. Borland. mother of the bride, and the groom's mother, Mrs. C. E. Ben-

A beautiful three-tiered wedding cake was cut by the bride and refreshments were served from a lace covered table, centred with a bowl of pale pin.

roses and white tapers. Mrs. J. A. Hinton and Mrs. R. G. Large poured and Mrs. Arnold Flaten and Mrs. C. E. Elkins assisted in the dining room. Serviteurs were Mrs. A. St. John, Mrs. J. Westover, Miss Helen Brown and Miss Alma Dybhavn.

The toast to the bride was proposed by Dr. R. G. Large and suitably responded to by the groom. Arnold Flaten proposed a toast to the bridesmaids to which Sgt. Gordon Mutler

Corporal and Mrs. Benton left for Vancouver and Vancouver Island, the bride travelling in a very smart three piece costume of MacArthur Rose wool, with navy and white accessories and wearing a corsage of gardenias | 1 The couple will return to Prince Rupert to reside.

One of the latest to enlist in the C.W.A.C., Kathleen Wilson. of Hamilton, has a husband and six brothers in the Army.

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Local Tides

Saturday, Au	gust 14	
TT: -1-	M	
High	12:30	19.9 feet
High Low	6:15	2.0 feet
LOW	18:24	5.9 feet
C Jan Aum		0.0 1000
Sunday, Augu	0.25	22.9 feet
High	0:25	
	13:16	21.0 feet
Low	7:03	1.0 feet
	19:15	4.8 feet
Monday, Aug	ust 16	
High		23.2 feet
	13:59	21.7 feet
Low	7:48	0.3 feet
10W	20:04	3.9 feet
Tuesday Ave		0.0
Tuesday, Aug	1.50	23.1 feet
High	14:41	22.0 feet
	14:41	
Low	8:30	0.5 feet
	20:48	3.5 feet
Wednesday, A	August	18
High	2:45	22.8 feet
	15:23	21.9 feet
Low	9:10	1.1 feet
2011	21:34	3.6 feet
Thursday, Au		
High		21.5 feet
mgn	16:05	21.0 feet
Town	9:51	2.7 feet
Low		4.1 feet
	22:20	4.1 1660
Friday, Augu		000 6-4
High		20.0 feet
	16:50	20.1 feet
Low	10:35	4.1 feet
	23:10	5.0 feet
Saturday, Au	gust 21	
High		18.2 feet
	17:46	19.1 feet
Low	44.41.	6.0 feet
		0.0 1000
Sunday, Aug		14.8 feet
High		
	18:40	18.1 feet
Low	0:07	5.9 feet
	12:09	7.9 feet
Monday, Aug	ust 23	
High		15.8 feet
811	19:49	17.7 feet
Low	1.11	67 1001
Low		6.7 feet
Low	1:11	9.0 feet

A Famous Players Theatre TODAY AND SATURDAY Complete Shows 1:00, 2:45, 4:51, 7:00, 9:1/

DIVE"

at 1:00, 3:06. 5:12, 7:21 0:21 In Technicolor ADDED

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Prepare your home now for adequate warmth with smaller fuel consumption

TO SAVE COAL CHECK THESE POINTS



HOW TO GET MORE HEAT

Pipes and furnaces must be clean, and grates in good order. If one or two rooms are hard to heat, you are wasting fuel. A minor adjustment can probably remedy this. Have a competent man check your heating system, and make necessary repairs. Insulate your furnace and pipes where necessary.

HOW TO AVOID HEAT LOSSES

Storm windows and doors must fit snugly and be weatherstripped. Lack of storm windows can cause as much as 20% heat loss. Caulking should be done around windows, doors and in cracks in brick work (some hardware stores have caulking guns for rent). Broken glass should be replaced, and loose panes puttied. Small expenditures on such work will save much fuel.



HOW TO SAVE STILL MORE

You can save fuel and money by having your home properly insulated. It is a proven fact that in many homes lack of adequate insulation (including storm windows) results in unnecessary consumption of fuel-up to as much as 50%. Watch for later instructions on how to fire your furnace properly.

HAVE YOUR HOME INSPECTED FOR HEATING AND INSULATION DEFECTS

Get advice now! Skilled workmen and supplies are scarce. If you delay in getting your home ready for winter you may not be able to get the services you meed:

Save one: ton in five

THE DEPARTMENT OF MUNITIONS AND SUPPLY HON. C. D. HOWE, Minister