greater food conser- measures. as and club meetings onal sacrifices.

Mrs. Ursilla Macdon- Canada.

AX MONEY BABY

burg Clergyman Campaign Against iudice

BURG (P) - Rev. ott, who is refusing taxes here as a prowhat he calls race n South Africa, has or gesture. Recently (\$22,50) to the Inresistance moveat the same time H. Hofmeyr, minisice, saying that the ormally have gone Mr. Hofmeyr adin all friendliness" uty as a citizen and

rivate war with the step further by "buynative baby which had ed by a native woman y had too many chilr own but could not the little mite go nother's care and at-

ds to present "John £2100 and that the other 0. will go to the city coun- glasses. to help defray the child's eep in a suitable home.

ele the child survived.

AIR SERVICES

es covering the island

OOD CAMPAIGN- | the Canadian Federation of Unilave Food" program | versity Women. "Many people nducted from many eat too much anyway. They could

organizations are are backing the "Save Food" orthwhile contribu- campaign, increased production campaign by donat- being a feature of their program meat ration coupons, rather than special conservation

"We have no elaborate proouraging housewives gram of food conservation because conservation comes naturmly of the opinion ally to farm people," said Mrs. y to conserve food is Cameron Dow, president of the at it, not to substi- Federated Women's Institutes of

gston, president of "We feel that we can accomplish far more by urging increased production. We are planting more vegetables, organizing garden brigades, persuading youngsters to garden." Members of the Women's Institutes also have pledged themselves to eat one slice of bread

> "Country people are bread eaters and across Canada that slice of bread saved means a real saving." Mrs. Dow stressed.

Women's annual meeting at Niagara Falls all members expressed intention of doing their share in the conservation of food so that increased shipments could be sent overseas to famine areas.

The Food Information Committee says:

Buy bread only as neededuse every crumb.

Get a few extra slices from each loaf by thinner cutting. Make open-face sandwiches

instead of double or triple deck. and two bounds of sugar.

Place the pears in a preserving stocking under the arch of the by, to Johannesburg kettle in layers, sprinkling each foot a small rubber sponge. It in honor of the city's layer with sugar, lemon juice is surprising what relief and jubilee celebrations, and grated ginger. If dried root comfort they afford; and the ng the city respon- is used break in pieces and tie sponges are easily washed. Mr. Scott will pay night. Cook slowly until clear and thick. Pour into sterilized

LONDON. P-During the Sec-Mr. Scott's experience and Great War, Britain's textile resent "John Q" is industry discovered the manued after him. The original facture of cotton material a European child of five which are completely waterproof who was thrown into a The new materials made their bin some years ago. The first appearance at a fashion was found covered with display in Manchester and have and potato peelings. It had aroused great admiration among e dustbin one night. experts from all nations.

MARKS FAMOUS SPOT

ND, N.Z., (P) - New proximate spot where the "Star perating a network | Spangled Banner" was written.

To keep the morale of the citing the services are zens high throughout the Covthe Royal New Zeal- entry blitz despite the severity orce, using Douglas of the attack, the daily newsaircraft, but will papers were produced and printe taken over by civil ed without a break in the con-





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igles by Canadian well dispense with desserts."

Canadian farm women also

less each meal.

At the National Council of

PEAR MARMALADE - Pear Marmalade is a pleasant treat for the family breakfast and requires, for four pints, four pounds (14 cups) of peeled, cored, sliced pears; two ounces of green ginger root or one ounce of dry ginger root; two lemons feet?

WATERPROOF TEXTILES

A red, white and blue buoy in Cresapeake Bay marks the ap-

tinunity.





MARKET

PHONE 178

EARLY NEWS WELCOME

Local news items, to ensure publication, should be in the office by 10 a.m. Contributors are asked to bear this in mind. Items of social and personal interest are always welcome.

HOW CAN 1 ? ? ?*

LEADER WHEN "BUNDHOOD WAS IN FLOWER"-Fritz Kuhn

was considered top Nazi in the U.S. when he reigned as head of

the German-American bund in the U.S. before the war. His or-

ganization was replete with swastikas, heiling "Jugend" and

goose-stepping storm troops. As a result of investigation of a

bookkeeping inconsistency, he was jailed and then deported to

Germany after the war. He is pictured now at home with his

wife in Munich, Germany. He has been reading want ads lately.

There is little opportunity for known Nazis these days For a

while during a period of incarceration in Germany, he worked

as a porter, carrying baggage.

By ANNE ASHLEY

A. Try inserting in each

A. By savings the small brok-

will gradually dissolve.

with mayonnaise dressing.

SIGNIFIES FREEDOM

me'a is the beautifully colored

quetzel. It was chosen because

it is a bird of freedom which dies

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Quality Product, sold only at

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PHARMACY

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PHONE 79

\$3.00.

vou need,

The national bird of, Guate-

lemon jelly salad?

in captivity.

Get ALL

Prince Rupert

in a cup and adding enough Clark, Vancouver. boiling water to stand about an inch above the soap. The soap SAVED BY P. O. W. LUTON, Eng., (P Two-year) Q. How can I make a good old Richard Maidment was saved in pink coats and the two boys A. Add to one package of by a German prisoner-of-war in tan ones. All the same size

Q. How can I relieve tired

F. Reume, Vancouver; J. H. Flatman, Vancouver; T. S. Mc-Ewen, Vancouver; H. J. Bower- tion about them, hardly looks up man, Vancouver; Fred Lowe, from the counter as he gestures Q. How can I make soap Vancouver; G. Gibson, Annette and says: Island; Major Hopkins, Vancouver; K. Malthouse, Vancouver; across the street. Probably they en pieces of soap, putting them N. Fiddler, Vancouver; G. R.

lemon jelly, chopped apples, cel- working on a local housing now, but not looking very much ery, nuts, and a little finely cut scheme when he became stuck alike. cabbage. Serve on lettuce leaves head-first in a mudbank.

"That's where they live-right

QUINTS ARE

THREE NOW

Famous Five

July 15 quietly.

"nothing special."

Scientific Feeding and .

Training Ensures Good

Health for South America's

little Diligentis, one of the two

sets of quintuplets in the world,

celebrated their third birthday

The father, Franco Diligenti,

painty like any other children but

are in the yard now." And so they are—all five of them clustering around a butterfly on the graveiled walk of their gardens, with two uniformed maids looking on. Three girls

The neighbors don't pay much

A six-foot fence of steel pal-



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ings surrounds the acre of flowers and grass in front of the new house. But there is plenty of space to look through-not that many people do. Children coming home from school don't g'ance in; an older weman does, and waves at the quints who wave back. The gates are unlocked and one of them is not BUENOS AIRES ()-The five even closed.

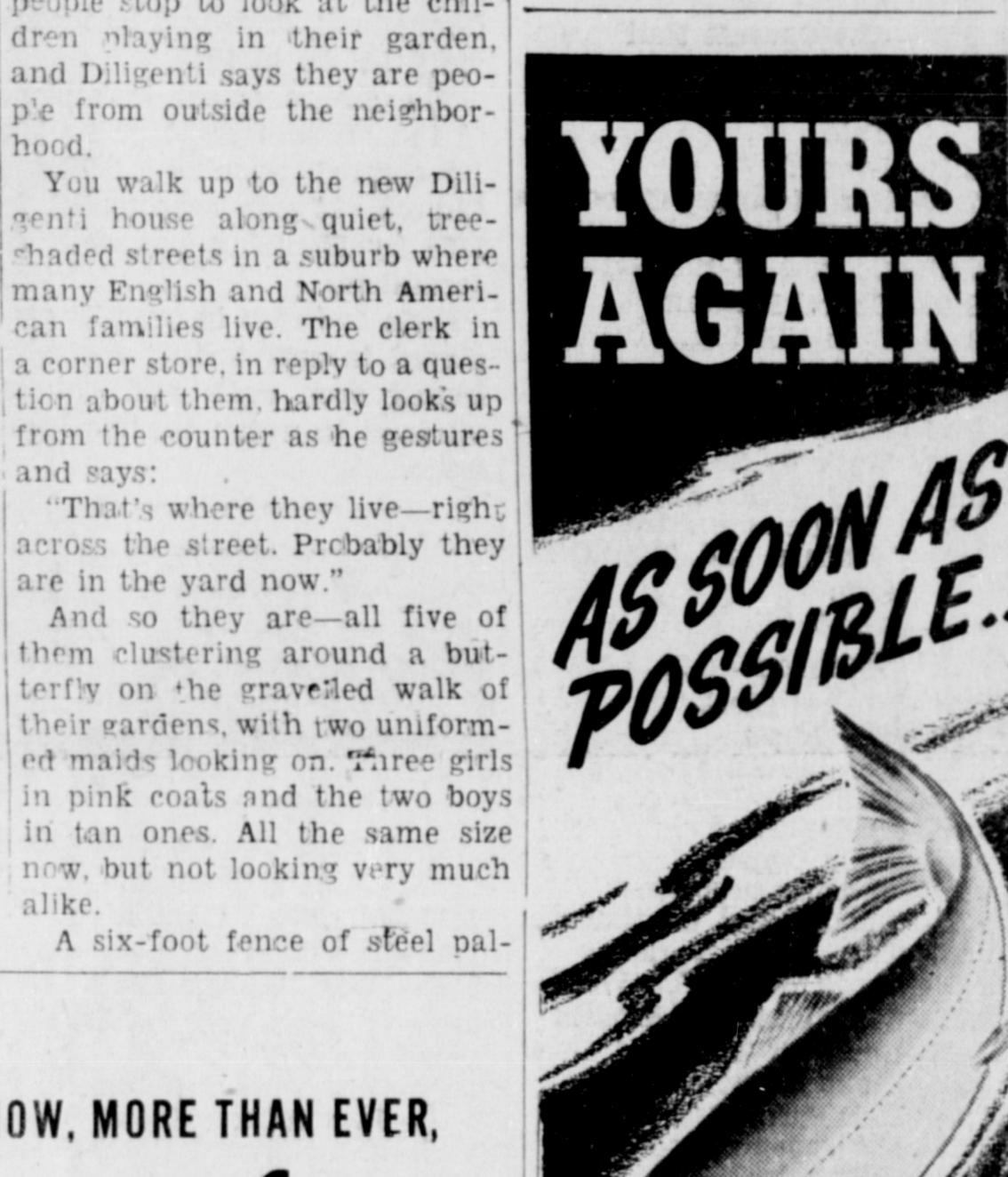
The children are kept to themselves and seldom go away from the house. They have no friends in the neighborhood and are not encouraged to go near the fence whil other children are passing. said they would have a birthday As a result of this care and a rigid regimen of injections-"calcium and vitamins and things like that"-so far they The quints received one pres- have escaped all children's disent in advance—an autographed eases. "Haven't been sick a day picture of the Dionne quintup- in two years," the father said ets sent them from Canada a proudly.

few weeks ago. And some new There is a special staff of five tops, but not too many, because servants who do nothing but they share them and one new care for the quints: a physical one amounts to five new ones. | training teacher, a French gov-The birthday cake, however, erness, a trained nurse and two was a monumental affair. It had maids. The children eat just a centre tower three layers high about any food they like and. with five smaller individual naturally enough, prefer dessert cakes arranged around it in a to notatoes.

sort of scalloped formation. Their day starts around 8 a.m. Each of the individual cakes had when they wake up. They get a its own three candles and the few minutes of relentific exername of the owner: Franco jr., cise "and love it." then break-Maria, Fernanda, Carlos, Al- fast. Play time is until lunch berto, Maria Esther and Maria then there is a nap from 1 to 4 Bedtime comes, reluctantly, at This was the design worked out about 8 or 8:30. Diligenti, who for their second birthday. It | was planning a trip to the Unitgives each one his own set of ed States before the quints were candles to blow out-not that born, has given up the idea now. they had much success along "My wife and I are content here that line last year. Diligenti at home," he said proudly. hopes it will be better this time.

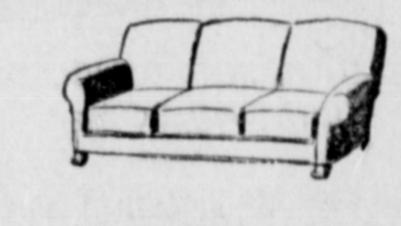
SMOOTH TRAVELLING

attention to the quints, whose Rubber heels are good for all birth was kept secret for eight kinds of shoes because they lesmonths. Only on Sundays do son the jar received in walking. people stop to look at the chil-





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