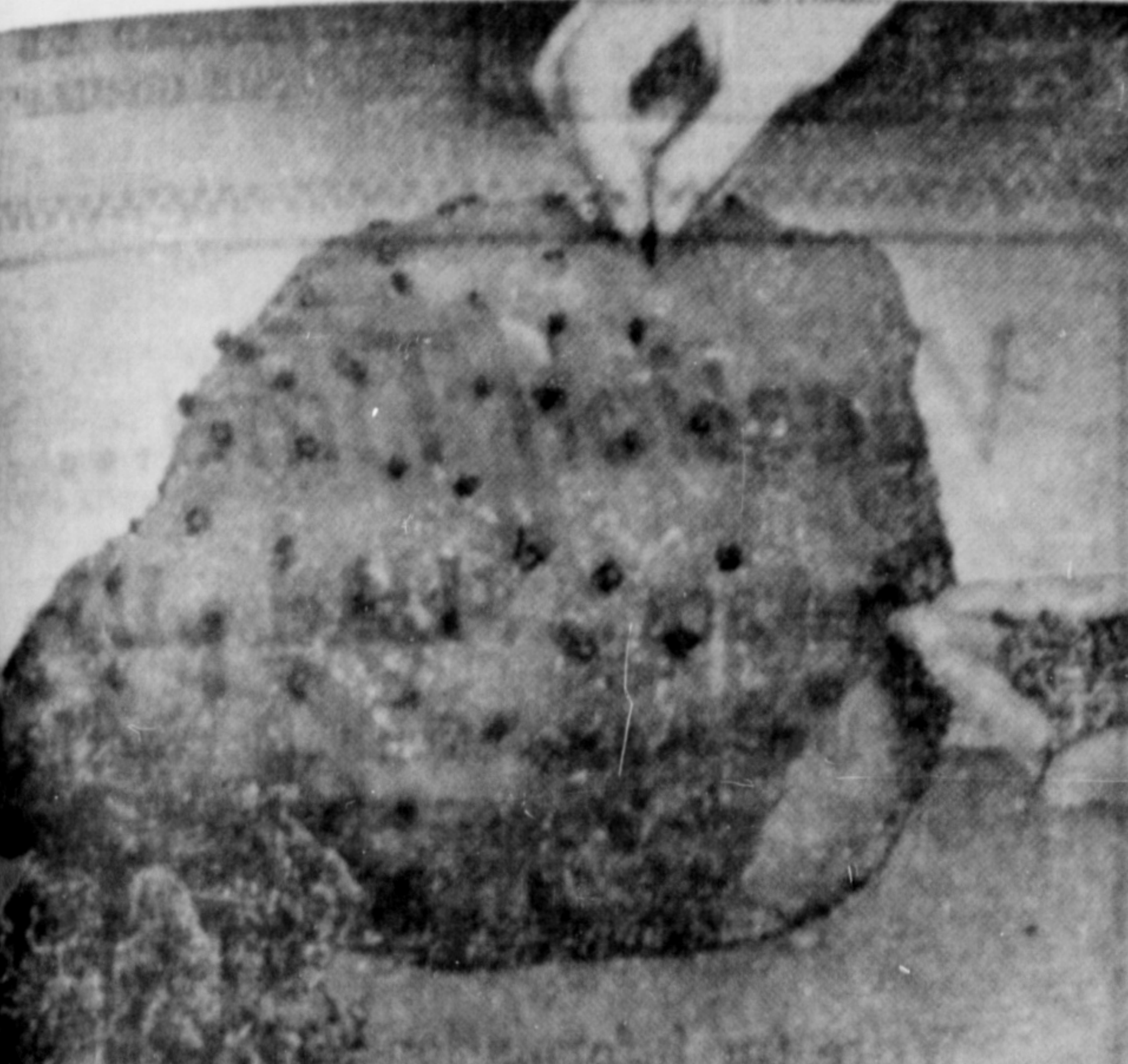


SWIFT'S WEEKLY FOOD HINTS



Martha Logan, Swift's famed home economist, whose weekly, wartime cooking column is a regular feature of this page. Look for these valuable hints each Monday

by Martha Logan



Ham for the Week-end

When you are going to the office or staying at home a Premium Ham is a wonderful stand-by

Hot for a gala meal and kept in the ice box for snacks, lunches or picnics, a ham is a time and labour-saving in the long run.

Make your choice between the Swift's Premium in the wrapper, which you bake yourself, or the 'Quick Serve' in the ready-to-eat wrapper, which is ready to eat cold or just needs heating and glazing if you want it hot.

Remember no Premium Ham is parboiled. Bake in covered

SWIFT CANADIAN CO. LIMITED
Sellers of Premium Ham and Bacon; Silverleaf Lard; Shortening; Brookfield Butter, Eggs and Cheese

Money Savers--Buy Now!

- Men's DRESS PANTS. Big variety, well finished. All Wool Tweeds and Worsted. All sizes. Prices \$4.95 to \$6.75
- Men's COTTON SHORTS for summer wear. Size 30. Now, per pair 50c
- BLANKETS, all wool. Colors grey and white. Best quality. Prices from \$6.75
- Men's WORK BOOTS. Plain toe. Black. Solid build. All sizes. Special. Per pair \$4.95
- Men's DRESS SHIRTS. 55c
- Men's DRESS SOCKS. 30c
- Men's WORK PANTS. Stripes. \$2.50
- Men's DRESS SHIRTS, all sizes, assorted colors. \$1.75 to \$2.45
- Men's Fine All Wool Blue SERGE SUITS. Also Pin Stripes, high grade quality. Well tailored, all sizes. Reduced prices. \$30 to \$37.50
- Men's WORK SHIRTS. Big assortment. Wool and Cotton. Well made. All sizes. Prices from \$1.10 to \$2.95
- Men's SWEATERS. All kinds to choose from. Zipper and pullover styles. Reduced prices. \$1.95 to \$4.50
- Children's SHOES for Dress. Straps and lace styles. All leather. Sizes 10 to 2. Clearing at \$1.95 to \$2.95
- Men's fine DRESS OXFORDS. Black and Brown. All sizes. Special, pair \$4.95
- Men's RAIN COATS. All sizes. Fawn and Green Tweed Tops. Special at \$6.95
- Boys' LONG PANTS. Cotton and Blue Cheviot for assortment. Special prices. \$1.95 to \$2.75
- Men's fine DRESS CAPS. Now at \$1.25
- Men's WORK GLOVES. Heavy leather 55c
- Men's BEDROOM SLIPPERS. All leather, well made. Black and Brown. All sizes. Special, \$2.75
- Men's Gabardine RAIN COATS. Made in England. Will stand lots of wear. All sizes. Special \$24

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Locals

PHONE 86 TO CONTRIBUTE PERSONAL AND NEWS ITEMS.

Mrs. R. Franks left Saturday night on a trip to Vancouver.

▲ Moose meeting tomorrow night at 8 o'clock in the Eagles' Hall.

W. G. Sheardown left on Saturday night's train for a brief business trip to Prince George.

Mrs. W. W. C. O'Neill is leaving Tuesday afternoon for a vacation trip to Vancouver.

Mr. and Mrs. W. L. Armstrong left last night on a trip to Vancouver.

County Court Judge W. E. Fisher, left Saturday night for Vancouver on summer vacation.

▲ Notice—Nelson's Barber and Beauty Shop will be closed Thursday all day after August 1. Shop hours 9 a.m. to 5 p.m. (179)

Provincial Constable W. H. Richmond arrived in the city on Friday from Queen Charlotte City on escort duty.

Mr. and Mrs. James McLean, of Winnipeg, will arrive Tuesday to visit the former's brother, John McLean, Bowser st.

Leo Oyer and family are leaving on Monday night's boat for a three weeks' vacation to Vancouver.

Mrs. Thomas Dybhavn left Saturday night to return to Vancouver after visiting her parents, Mr. and Mrs. Victor Essen.

Alderman George Hills and J. E. Boddie were added as members of the Highway celebration finance sub-committee, at a meeting of the committee Friday night.

Mrs. W. R. Brooksbank and daughter, Georgina Elizabeth, left Saturday night to return to Vancouver after visiting Mrs. Brooksbank's parents, Mr. and Mrs. A. T. Parkin.

Mrs. Allan Nobliston, formerly Y.M.C.A. hostess with the W.R.C. N.S. at Galt, Ont., arrived in the city this morning to replace Mrs. Dorothy Garbutt as hostess here. Mrs. Garbutt has been posted to Winnipeg.

▲ This is to advise that the Waitresses' Dance advertised for Friday, August 4, is not sponsored by our Union and we have no connection with it whatsoever. — (Mrs.) Rae Pirie, Sec.-Treas., Local 331. (179)

Mrs. A. Blackhall left on Friday night's train for U.S. She will be returning Sunday accompanied by her son, David, who has been spending a holiday at U.S. and Lieut. Norman Blackhall who is arriving home on furlough.

Are you having an out-of-town house guest? Or are you going away for a visit? Then why not let the Daily News run a news item in its Local column so your friends will know? Just phone 86 or 98 and give particulars. Other news stories also will be appreciated by your newspaper.

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Old English SCRATCH COVER POLISH

Hides Nicks and Scratches in Furniture Use it on woodwork and any wood surface to hide ugly blemishes. Can easily be rubbed to a polish. Sold at MUSSALLEM'S ECONOMY STORE

Children Raise \$45,000 in B.C. For Red Cross

Nearly \$45,000, raised entirely by children, has been the contribution of B.C. members of the Junior Red Cross during the past school year. From tiny hamlets far up the B.C. coast to the largest groups in Vancouver, these school children have devoted hours of their spare time and a great deal of ingenuity to staging carnivals, bazaars, track meets, concerts, sales and the thousand and one events that children devise to raise money.

There were 58,096 members of this junior group during the past term, as compared with 53,789 for the preceding year. But these children raised 67 per cent more money to bring their donation up to \$43,072, an almost unbelievable amount when it is remembered that many of these contributions are in pennies, representing great sacrifice on the part of a child who gives his small savings instead of spending it on himself.

Because of this generosity, prisoners of war have been sent supplies and starving children in Europe and Asia received the first food, milk, clothing and medical supplies they have seen for years from the \$32,124 allocated to the National Junior Red Cross War Fund.

Announcements

W.O.T.M. Dance, Aug. 2, Oddfellows' Hall. De Carlo's Orchestra. Refreshments; 10-2.

L.O.L. Dance. I.O.O.F. Hall, Aug. 5.

Orange Ladies' Dance, Oddfellows' Hall, Aug. 10, DeCarlo's Orchestra, 9:30 to 1:30.



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First in the Hearts
of Canadians Everywhere

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300 SWEET CAPORAL \$1.00 (For overseas only)

NEW GOVERNMENT REGULATIONS FOR OVERSEAS CIGARETTES promise speedier delivery but restrict parcels to 300s only. Order SWEET CAPORAL at \$1.00 per 300s parcel through your tobacconist or from "Sweet Caps" P.O. Box 6000, Montreal, Que.

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Now Open for Business

CHOP SUEY CHOW MEIN

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Hours 6:00 a.m. to 2:00 a.m.

PRINCE RUPERT ROOFING CO.

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Specialists on Builtup Roofs

Repairs, Re-shingling Free Estimates

COUNTRY STORES DOING WELL

Country stores of Canada are doing well. In fact, country storekeepers have forged ahead of all other classes of merchants since the war began, says Ron. Kenyon of the publicity department of Wartime Prices and Trade Board at Vancouver.

An official board survey shows country general stores have improved their sales by approximately 60 per cent over 1939.

The brisk increase is attributed to several factors. The rural merchant finds his supply problem simplified by the Wartime Prices and Trade Board's policy of equitable distribution which assures him a fair share of available goods.

Officials of the retail administration and other administrations of the board who are from "big business" have gone far out to have small traders dealt with fairly, while wholesale administration has been interested in doing everything possible to assist distribution through wholesalers to the independent trade.

TOO LATE TO CLASSIFY

FOR RENT—Room and board; gentlemen only; close in. Ph. Red 976. (183)

LOST—Dark shell horn rimmed glasses and white pigskin wallet between 7th and 8th Ave. W. Please leave at Hawkinson's Laundry. (180)

LOST—Fountain pen, Sunday. Name inscribed. Finder please return to Daily News. Reward. (180)

DANCE

WEDNESDAY, AUGUST 4 Bobby Reid's Orchestra ODDFELLOWS' HALL

GOING TO INDIA (Y.W.C.A.)

Two Canadian Y.W.C.A. workers, Miss Lois Cox of London, Ont., and Miss Margaret McNaughton of Westmount, Que., have been appointed by the National Council of the association to the staff of the Y.W.C.A. in India.

Many country merchants have been able to supply customers with "scarce" goods after city stores have exhausted their stocks, and have added new lines to their already varied assortments. Shortage of sales staff in larger establishments has worked in favor of the friendly independent merchant who takes time to answer his customers' questions, helps them with their ration coupons and extends innumerable small courtesies.

Two Canadian Y.W.C.A. workers, Miss Lois Cox of London, Ont., and Miss Margaret McNaughton of Westmount, Que., have been appointed by the National Council of the association to the staff of the Y.W.C.A. in India.

"Build B.C. Payrolls"

THEY DRINK THEIR FOOD



Pacific Milk is about the cheapest and best food, for the space it occupies, aboard. During the busy season there's little time for cooking, but they drink much coffee, "half and half," with Pacific Milk.

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Irradiated and Vacuum Packed G.S. Canada is Calling. Go!

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The "G.W.G." Label on a garment ensures economy and long wear

Our Stock of this High-grade Union-made Work Clothing is complete

- G.W.G. SHIRTS—Suedes, Drills, Denims, Chambrays. All sizes \$1.25 to \$3.25
- BIB OVERALLS—The Famous G.W.G. Redstrap. Per pair \$2.50
- G.W.G. COVERALLS—Khaki and Blue. Per pair \$4.50
- CARPENTERS' OVERALLS—G.W.G. White Duck. Per pair \$3.00
- IRONMAN PANTS—Noted for long wear. Per pair \$3.25
- JUST ARRIVED—A supply of "Treat-'em-Ruff" Painters' White Overalls, at \$1.75

Watts & Nickerson

MEN'S and BOYS' CLOTHING

PHONE 345 — FIVE-THREE-TWO THIRD AVENUE

A. MacKENZIE FURNITURE LTD.

A GOOD PLACE TO BUY

- 16 ONLY BEDROOM SUITES—Four pieces, Walnut \$110.00
 - BEDS—4/0 and 4/6 sizes. Genuine Slumber King Springs, all Steel, sold with 4/6 Beds.
 - 3 ONLY BEDROOM SUITES—5 Pieces, Twin Beds. Size 3/3 \$135.00 Cable Spring available in this size.
- STORE CLOSED FROM AUG. 5 TO AUG. 21
- Phone 775 327 3rd Avenue

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Seventh Ave. Market

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