o Help Care erflow of nial Crowd

ning ceremonies Sept-

MACH TROUBLE? Gold Coast (P) - The

RE-OPENING

DNDAY, AUG. 14

ROCHESTER.

Toddy

Chocolate Malted

Salted Peanuts

Drink, 1-lb, tin

8-oz. cello pkt.

Matches

3 boxes, pkt.

Perfex Bleach

SEE OUR BABY FOOD SECTION

Lifebuoy Soap

Pink Salmon

Sunflower.

Halves, tin

Stafford's

Neilson's.

1-lb. tin

Soup Mix

Assorted, pkt.

Jersey Cocoa

2 tins 23c

Pontiac.

RAINED BABY FOODS AYLMER. 5-oz. tin. Each

Per crate

25c

19c

39c

22c

12 NOON

we celebrate.

ACHES

Lard

Wax

Tissue

ham Wafers

? WHY?

Are Overwaitea

Prices so much

ouse Overwaitea Ltd.

tons of foodstuffs

in their 33 branches.

mpare the prices of

first Overwaitea or-

with what you pay

where and realize your

Better Buy.

GREEN BEANS

0-0z. tins

savings are yours.

lower?

The Experts Say - - -

SMALL TALK: If you are one shredded cabbage and 11/2 cups the large number of Cana- finely shredded raw spinach. Equally is it the same with sugar, dians who prepare special meals Hard cook six eggs. Arrange let- a reasonable quantity of which for the small children in your tuce leaves on individual serv- the island produces, and to a less home, the Pensions Department ing plates and arrange Nutrition Division advises you and carrots in lightly piled cheese, vegetables, fruit are sold to save time and energy by mak- mounds on opposite sides on on the open market and prices ing the same basic meal do for the plates. In between, place are governed by normal laws of both children and adults. And mounds of spinach and cabbage, supply and demand. Foodstuffs it needn't be dull for the adults, Arrange sliced or devilled hard supplied by the Allies are negli- ing to visit Vancouver. either. Build menus around the cooked eggs in centre of plate gible, but there is enough food essential foods listed in Cana- and garnish with parsley or for everybody. In peacetime the da's Food Rules. Serve them watercress. Serve with dressing. island was eleventh - twelveths cooked simply for the children

important foods from a nutri- tend the life of the flowers and with special gasoline allowances ver. tional standpoint and they may your appreciation of them: from the Allies, and main railbe used liberally in our menus When all but the top blooms way lines are in order with the top down and F. A. M. M. M. M. and variety to summer meals. On the stalk have wilted cut sole exception of a stretch on the stalk have wilted cut sole exception of a stretch on the stalk have wilted cut sole exception of a stretch on the stalk have wilted cut sole exception of a stretch on the stalk have wilted cut sole exception of a stretch on the stalk have wilted cut sole exception of a stretch on the stalk have wilted cut sole exception of a stretch on the stalk have wilted cut sole exception of a stretch on the stalk have wilted cut sole exception of a stretch on the stalk have wilted cut sole exception of a stretch on the stalk have wilted cut sole exception of a stretch on the stalk have wilted cut sole exception of a stretch on the stalk have wilted cut sole exception of a stretch on the stalk have wilted cut sole exception of a stretch on the stalk have wilted cut sole exception of a stretch on the stalk have wilted cut sole exception of a stretch on the stalk have wilted cut sole exception of a stretch on the stalk have wilted cut sole exception of a stretch on the stalk have wilted cut sole exception of a stretch on the stalk have will be a stretch on the stalk have will be stretch on the stalk have will be stretched by the stretch of the stalk have will be stretched by the stalk have will be stalk have will be stretched by the stalk have will be stretched by the stalk have will be stalk have will There are any number of ways: off the remaining flowers and the east coast between Messina Brother Peter Almer, in sandwiches, combined with float them in a large shallow, and Fluefreddo. Shortage of Sunday, at 2:30 p.m. other foods as in souffles, add- dish of water. Their resemblance | coal is the only limiting factor ed to sauces for extra smooth- to water lilles will help the in railway services. ness and flavor, in desserts such family cool off these sweltering | Postal, telegraph and teleas fruit whips.

Eggs hard cooked and devilled, sliced or chopped, may course like the following Garden Salad recommended by the Agriculture Department Consumer Section.

CEILING PRICES?

gladioli season in charming swing and the tall spikes of bloom brightening every flower normal. All roads are in order; Barbe were among those leav-EGGS are one of our more lover's home, this tip will ex- bus and truck services operate ing last night to visit Vancou-August days.

water in the pressure cooker when canning will keep the metal interior shining and bright, the Prices Board experts say. Two tablespoons will do

EGG BEATERS: Tap the egg GARDEN SALAD: For six ser- beater on your hand to loosen ing it on the bowl's edge knocks vings grate 11/2 cups raw beets, every last little bit of egg fluff out the air you've been work-1% cups raw carrots, 1% cups when you are cooking. Bang- ing to put in.

Overwaitea Sells Many Items at Less Than

Ceiling Prices Allowed

* Check your require-

ments in Preserving

from our stock.

Sardines

Sandwich Meat.

Sultanas

K-9 Dog Food

Shoe Polish

2-in-1. Black or

Opera Jellies

And Toffees

Roger's Syrup

SIZE 5 PEAS

Lynne Valley.

Brown. Each

Australian.

Custard Powder

Brunswick.

3 tins

Kam

Per tin

25c

19c

12c

and Fittings --

fill your needs

27c

25c

15c

23c

23c

20-oz. tins

McCormick's.

16-oz. pkt.

19c

First Aids

Better

(SEE STATE OF THE SEE

99c

85c

69c

20€

40c

21c

35c

28c

23c

18c

Breakfast

ORANGE SAVINGS

These are juice-heavy

SUNKISTS

Cereal Special!

RED RIVER

CEREAL

Cracked Wheat, Cracked

Rye and Whole Flax

Combination

Quaker Oats

Mushroom Soup

2 dozen

2 dozen

2 dozen

QUICK

Aylmer.

Prunes

Size 30-40.

Size 60-70.

Kraft Dinner

2 lbs.

SOUIRREL PEANUT BUTTER

BUTTER CREAM SODAS

\$2.19

SICILY (Continued from page 1)

at from \$1 to \$1.50 a quart. beets degree with potatoes. Meat self-supporting and there's no reason for it to be less so now.

phone communications have Owing to depletion of the St. Andrew's Cathedral on Sun-VINEGAR ADDED to the been restored. Newspapers are Prince Rupert Garrison Band day afternoon at 2:30. Dean Gibproduced daily, mostly on Can- arising from recent postings of son officiating. Interment in adian newsprint. Only restric- its members, the regular Sun- Fairview Cemetery. tion on freedom of the press is day afternoon band concert at the same security censorship the Court House green will not which applies to correspondents be held tomorrow. and writers, in any Allied theatre of operations.

PHONE 86 TO CONTRIBUTE PERSONAL AND NEWS ITEMS

for Vancouver.

Miss M. Barbeau left last night

J. L. Wright was among those

leaving last night to visit in

▲ The regular meeting of Val-

halla Lodge, 67, will be held

Friday, August 11 at 8 p.m.

Four officials of Pacific Mills

through the city today on way

to spend a few days in Ketchi-

kan. They are H. L. Zellerback,

D. Denman, R. A. Macdonald

Funeral Notice

Pete Almar will be held at

Dance on Wednesday

coming dance will be held Wed-

previously announced.

nesday, Aug. 16, not Monday as

FOUR YEARS AGO

IN THIS WAR

By the Canadian Press

tack on Southern England be-

tween Dover and Portsmouth.

ons for creation of 100 army di-

August 13, 1940-British Com-

mons told that 9,120 nterned

enemy alies had been sent to

concentration camps in Canada

and Australia. Air liner crash in

Australia killed Lt.-Gen. Sir

Cyril B. B. White, chief of army

The army stocks 142 different

TN the versatile

styling of the new

maintains superior quality and workman-

The Adam label is

your assurance of hat

The new Fall Adam

Hats are here . . .

Headquarters.

at your Adam Hat

ADAM

Hats

Also \$6.00

THE ADAM ROYAL

Exclusive at

SERVICES TO

Vancouver, Victoria and

North

Queen Charlotte Islands

Full Information, Tickets

and Reservations

FRANK J. SKINNER

Prince Rupert Agent

Third Ave. Phone 568

W aypoints, Stewart and

wearing pleasure.

ship standards.

and six others.

sizes of shoes.

August 12, 1940 - Sixty-two

St. Andrew's A.Y.P.A. forth-

▲ Cash for old gold, Bulger's.

▲ Valhalla Dance, August 25 Oddfellows' Hall, 9:30 to 1:30.

Mr. and Mrs. A. Burnip and daughter, June, left this morn-

service at St. Peter's Church, Seal Cove, Sunday, August 13,

at Grenville Court

| Funeral Parlor.

Announcements

All advertisements in this column will be charged for a full month at 25e a word.

Ladies' Aid Tea at Lutheran Church, Aug. 19, 2 to 6 p.m.

Canadian Legion W. A. Dance, German planes destroyed in at-Sept. 8. Oddfellows' Hall, De-Carlo's Orchestra.

Pioneer Home Benefit Dance, Leslie Hore-Belisha, former sec-Sept. 1. Oddfellows' Hall, 10 to 2. retary of war, appealed to Brit-De Carlo's Orchestra.

Orange Ladies' Dance, Oddfellows' Hall, Aug. 10, DeCarlo's

Orchestra, 9:30 to 1:30.

CHURCH NOTICES

First Baptist Church Ave. and Young Street W. W. Silverthorn, Minister Phone Red 839

a.m.-Morning Worship. Sermon Subject: "Better Than

Per Adventure." 12:15-Church School. 7:30 p.m.—Gospel Service. Topis: "Unconditional Surren

8:45 p.m.—Sinspiration. Wed., 8 p.m .- Prayer and Fellow-

Fri., 8 p.m.-Young People's Jesus said: "I will come back again."-Jni. 14:3.

First United Church 636 Sixth Avenue West

Rev. J. A. Donnell, M.A., Minister Mr. J. S. Wilson, Sr. Choir Leader Mrs. W. C. Taylor, Jr. Choir Ldr. Mrs. Collin Carrell, A.T.C.M., Organist

Dr. R. G. Knipe, Superintendent of Sunday School.

11:00-Morning Service. 7:30-Evening Service. Sunday School at 10:00 a.m. Come and Worship.

Continuing until Sunday, Aug. as in July, the morning serbe taken by Mr. Frank Ball of United College, Winnievening services permission of the Senior Chaplain will be taken by the Rev. K. J. Joblin, B.A., B.D.

First Presbyterian Church Fourth Avenue East Rev. A. F. MacSween, B.A., Minister

. Smith, Choir Leader 11:00 a.m.-Morning Worship.

7:30 p.m.—Evening Worship. Rev. G. L. Douglas, Chaplain, A cordial invitation to wor-

ship with this congregation is extended to all.

DANCE

TUESDAY, AUG. 15 Bobby Reid's Orchestra ODDFELLOWS' HALL

PHONE 678

B. C.

Experienced Carriers to intelligently fill your:

• BAGGAGE

• EXPRESS and FREIGHT

• LIGHT HAULING REQUIREMENTS

Stand-214 4th Street West End of Post Office authentic in style

expressive in quality

attractive in price

ASTORIA SHOES



The

"BEST MAN"

Medium Shade Brown Calf Blucher Oxford Sizes, 61/2 to 111/2 Widths, "B" to "E" Per Pair-

\$10.50

Watts & Nickerson FIVE THREE TWO THIRD AVENUE

POULSEN'S LUNCH

IS NOW OPEN

6th Ave. E., Beside P.O. Station B. "Select Lunches and Select Service"

Our stock fresh and complete, prices right

POULSEN'S GROCERY

Courtesy and Service - Free Delivery - Red 441



HOW LONG SINCE YOU'VE WRITTEN THAT SOLDIER?

He NEEDS those cheerful letters from home! And we make it easy for you to send them by having a complete selection of all the cards, paper, envelopes and other writing aids you need.

Send That Letter Today!

Auction Sale

Every Thursday 7 p.m.

at the Auction Rooms of J. MAIR, Auctioneer

THIRD AVENUE (Next door to Commodore Cafe)

CURRY

CHIROPRACTOR If pain—Chiropractic!

If nerves-doubly so!

Green 995

Smith Block

Electric, Oxygen, Acetylene Welding, Blacksmith, General Repair.

Phone Red 884

Atlas Boiler Works

OVERWAITEA LTD.

29c 2-16. tin.

FREE DELIVERY

2 tins 25c