

MONTREAL, July 20th - Let's keep cool! And, one very sure way I've discovered to guarantee a cool start on a Summer's day is to serve the family erispy-light QUAKER SPARKIES - PUFFED WHEAT one day and PUFFED RICE the next! Yes, Quaker Sparkies come in both Wheat and Rice varieties - so you have a turnabout treat for every day in the week! You should try them with fresh fruit on top, smothered in milk and sprinkled

with sugar - so flavourful, so nourishing, so cool and satisfying! Treat the family from tomorrow on with refreshing Quaker Puffed Rice Sparkies and Quaker Puffed Wheat Sparkies - the best hot weather breakfast idea yet. Save the box tops from Quaker Sparkies. Get a set of Tudor Plate for less than half price. Full particulars on the package.

Just As Popular With Baby as with us grown-ups . . . that famous Heinz "keystone" label that means "tops in quality"! It's true - baby can't read the label - but he can appreate the vummy flavour of the HEINZ BABY FOODS! Meat products—soups—cereals—vegetables and desserts ... all cooked specially for baby in Heinz gleaming kitchens! And here's another Heinz "Special" for babies! ... Three plastic cap covers (to fit over the tops of Heins Baby Food tins when baby doesn't eat a full tin at one mealtime) and two baby food scoops (for scooping out the last morsel of baby food from the tin) are yours if you'll simply write to me - Barbara Brent, 1411 Crescent St., Montreal, P.Q. Enclose just 10x in coin or postage stamps and 3 labels from Heinz Baby Food line. And be sure to tell me if your baby is a boy or girl so I'll know whether to send these five "baby specials" in pink or blue!



You've Never Seen Anything like FRIGIDAIRE "Thrifty-30" ELEC-TRIC RANGE! It's a completely new idea in electric ranges! It's amazingly compact . . . only 30 inches wide

vet it has enough cooking capacitat for the biggest family meals! And . . . this new "Thrifty-30" Range is really a "budget-watcher's" dream. It has a Thrifty Giant Oven ... that stretches clear across the range and cooks more food with no more current. New High-Speed Waist-High Broiler ... with unit recessed in oven top. New 5-Speed Radiantube Cooking Units ... for faster, better "top-side" cooking with less current. New Switch Knobs out in front . . . easy to read and use. Take a tip from me...take a trip to your Frigidaire Dealer without delay. and see the amazing value in the Frigidaire "Thrifty-30" Electric



new WOODBURY DREAM STUFF! It's glorious! . . and it does glorious things for you! Dream Stuff is a tinted foundation and powder magically blended into one make-up. Not a drying cake - nor a greasy cream . . . no "powdery" look. Pat it on with its puff and it clings for carry with you wherever you go - it can't spill! Only 65c in four dreamy shades . . . the "Tropic Dream" shade is particularly lovely for a suntan complexion.

find with Certo that I get up to 50% more jam or jell; from the same amount of fruit. "I'll Take Canada", said Terry Eaton! New Yorker Dick Brengle did too, after their honeymoon in Terry's native Nova Scotia! But Terry's petal-soft skin gives credit to more than Nova Scotia climate ... she keeps it sparkling with extra-mild WOODBURY FACIAL

Thoughtful Mother I know

always keeps a supply of lemons

on hand so her family can have

the luscious refreshment of cool

lemonade whenever they want it!

And she makes sure that the

lemons she buys are SUNKIST

CALIFORNIA LEMONS . . .

they're the finest, juiciest grown.

Just try this sometime when you're

feeling hot and "sticky" ... make

vourself a glass or two of "Sunkist"

lemonade. So wonderfully refresh-

ing - so full of zest and lively

flavour! You'll feel better in a

jiffy! But remember to ask your

grocer for Sunkist lemons to get

the plump, ripe juicy lemons you want for truly delicious lemonade!

There's Nothing Like The

raspberry, grape, plum, cherry -

jams and jellies have a deeper,

more satisfying appeal when you

"do them down" yourself. With

fruits and sugar, it's so easy to

bottle and do my jams and jellies

the long boil method. I actually

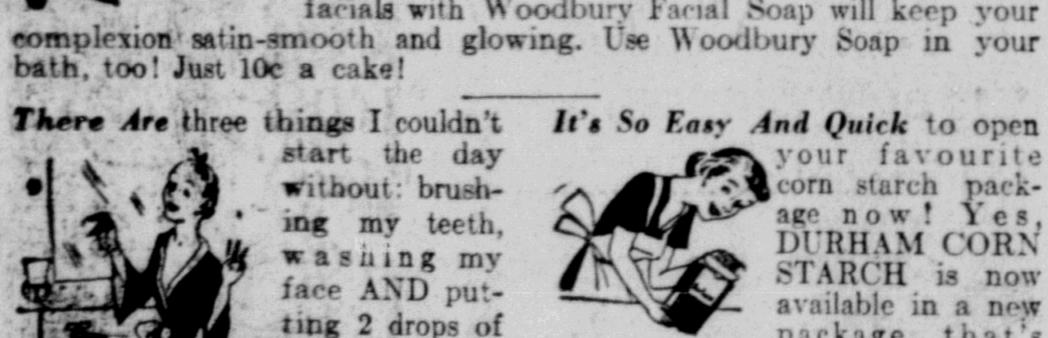
time! I simply follow the

my favourite

fruit flavour of

and jellies to Po

SOAP - the soap with the beauty cream ingredient. Yes, the new Mrs. Brengle says - "No 'skin-burn' for me - not with Woodbury's mild, mild lather!" So take a tip from a Canadian Woodbury bride try Woodbury's "beauty magic" for yourself. Daily facials with Woodbury Facial Soap will keep your complexion satin-smooth and glowing. Use Woodbury Soap in your bath, too! Just 10c a cake!



a good reason why this is so. The

seven ingredients of Murine blend

perfectly with the natural eye

fluids and soothe delicate eye tis-

sues ever so tenderly. Just use

Murine regularly for one week.

See how fresh your eyes feel!

rashing my face AND putting 2 drops of I work my eyes hard. So sturally, even though they selcomplain, they must get iced. I never fail to "treat" them Murine - for it rests and refreshes tired eyes instantly! There's

package that's

to open! All you do:-just the seal and inside you'll find Durham Corn Starch neatly protected in a paper bag. No fussing 'n' fuming with a knife or other sharp instrument to open the package. And when you've used as much "Durham" as you need at the time, simply replace the package top. It fits snugly — keeps out dust and keeps the starch from spilling. You'll be delighted, too, with the recipes on the new Durham Corn Starch package. They're Ann Adam - so, of course, they're



RCAF CHANGES - Group Captain J. C. Scott of Bobcaygeon, Cnt., top. has been appointed air attache to the Canadian embassy at Washington, replacing Group Captain Leonard J. Birchail, boltom, St. Catherines. Ont.. who has been named station commander at Goese Bay, Labrader. Birchall became world ramous as "Saviour of Ceylon" when his radio message warned island defenders of the approach of a Japanese invasion fleet. Scott formerly commanded the RCAF station at Frimenton

(CP Photo)



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REAL ESTATE INSURANCE INCOME TAX RETURNS PREPARED

R. E. Mortimer 324 2nd Ave. (Near CFPR

(There may or variations in prices in various stores depending on whether special or standard quaimes are listed.) Fresh Fruit Bananas. Apricots, lb Peaches, lb. Oranges (Navel) Cancaloupe, each Vegetables renuvarb. 3 lbs. Beets, bunch Parsley, bunch Radishes. bunch ..... Och Columbia. Mushrooms, lb. 

Canned Texetaliles .... 2 for Wax Beans, choice Baked Beans, 20-oz. tin ...... Baked Beans, 15-oz. tin. ea. ... Tomatoes. 20-oz. ea.

ream. 4 pint ... Large Grade A ...

anadian Cheese lb. Evaporated Min 10-oz. tins. 2 for Pastry Flour, 7 lbs. Flour. 49's. No. 1 hard

Coffee. lb. Flour, 24's ...... 1.82 Tea DeLuxe quantity lb. Gravetruit l'omatoes. 20-oz. ea.

1000 40-04. Will. - 101 Canned Pruits Pineapple; crushed Loganberries. 20-oz. Peaches, choice

Snortening Soap Powders, large Truit Cake Mix. ID eedless Raisins. 2 lbs eeded Raisins. 2 ibs helled Prazils, 6 oz.

Jams-Pure hickhorm, 4-ib. herry, 24-hz. 'each, 4 lb., ............

> THE BEST in Plumbing Service PHONE 108

PRINCE RUPERT PLUMBING & HEATING

BUD SCHUMAN Old Post Office Bldg.)

THE RESERVE OF THE PROPERTY OF THE PERSON AS A PROPERTY OF THE PERSON AS A PER

Terrace Board of Trade Urges Action - Other Matters at Recent Meeting

TERRACE—Use of the elevator 25 at Prince Rupert, the appoint-58 ment of a director from British 23 Columbia on the board of the Canadian National Railways and .43 economy in government will be advocated in resolutions to be presented by Terrace and District Board of Trade at the forth-2 for 25 coming convention in Prince .10 George of the Associated Boards 2 for 25 of Trade of Central British

.53 Smith, George McAdam, S. N. G. Kilkaldy and Mrs. T. Fraser.

J. H. Smith, chairman of the Vegetable Marrow, lb. ......07 local resolutions committee, presented the resolutions to the Ter-Dill Pickles, gal. ........... 1.65 race Board at its strawberry .25 and they were adopted.

Mixed peas and carrots 2for.35 heard J. D. McRae, M.L.A. for would in the near future be in-23 Prince Rupert, as featured speak- creased two-fold. .14 er, included the receiving of re- The publicity, membership and .17 ports from various committee municipal affairs committees

> Harry King reported on the illustration station at Van Stolk's farm. He himself was disappointed in the results.

Duncan Kerr said that, as a Mr. Norrington with Mr. Bot-been placed where the recent accident had occurred and they 3.60 had been assured that the curve there was to be widened and a .99-1.02 guard rail installed. There have been two applications of calcium 25 chloride en Lakelse Avenue and some work done on Kalum Road. 36 A new bridge is recommended or Spring Creek and work has 34 already begun on the Hot Springs Road. The highway east and

> Will Robinson reported that \$9,000 had been appropriated for the Remo road south of the 31 Skeena River. Work had gone ahead on it. Portion of it had been done by C. L. M. Giggev

west is reported to be in good

without cost to the government. Junuor buard Leis What had been done was not Reroofing Contract wide but is gravelled. There still remained three miles of it to be gravelled and it is expected to be finished by fall.

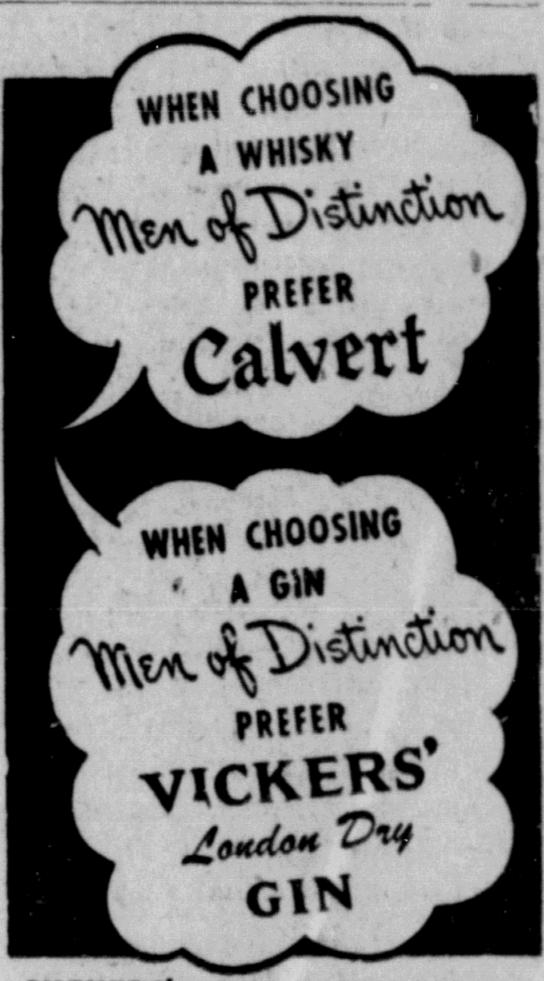
Sam Kirkaldy, reporting for the housing committee, stated that groundwork had been laid for the Central Mortgage Cor- a cost of \$4,100. poration and National Housing

entering this field.

Canadian Broadcasting Corporarecently and had met with the Victoria. council of the Board. The Canadian National Railways, it was stated, was charging an enormous rental for this line and there would be service for a booster station only if the rate was made reasonable for there was a limit to what CBC could pay. The cost of the station would not be

George McAdams, reporting for the utilities committee, stated that he had received information to the effect that electrical Business at the meeting, which power and telephone service

were also heard from.



VICKERS' IS DISTILLED IN CANADA AND IS DISTRIBUTED BY Calvert This advertisement is not published or dis

Yes, beans can be a party dish . . . when they're

Libby's Deep-Browned Beans! For Libby cooks

Shenton's Sheet Metal was Mrs. Jean Towne, R. awarded the contract by the before her marriage was me school board last night to reroof Borden Street School at \$1496. The contract to decorate Mass., arrived on Wedness Booth School went at an earlier plane to visit her sister meeting to Coastal Painting at H. M. Daggett, who has her

Reporting for radio, S. How- Miss Fay Ingram, who has who was seriously ill at that s lett said that the matter of radio been spending a vacation here Since the death of her hos coverage for Terrace had been with the parents, Mr. and Mrs. Mrs. Towne has been resident thoroughly thrashsed out with Ross Ingram, returned by today's her old home in Lambers

irunin N.B. tion officials who had been here duties at Royal Jubilee Hospital,

To Visit Sister

of a hospital in Wincien in the hospital. ... S. LUWIN in Prince Rupert in 1925 nm her nephew H. M .Dagget

Classified Advertising Pays



## LITTLE WORK . . . WONDERFUL

Libby's Exclusive Deep-Browned Cooking Method Makes All The Delicious Difference!

each bean individually till it's plump and tender, deep-browned right through to the centre, mealy and tender, like a well-baked potato. When every single bean is done to a turn, they're smothered in Libby's "secretrecipe" tomato sauce, rich in flavour and appetite appeal. They're a dish that you can serve friends proudly at small cost of time, effort and money. Look for-ask for-reach for Libby's Deep-Browned Beans.

TRY THESE ON A COOL NIGHT!

1 tin Libby's Deep-Browned Beans

cheese melts and bacon is crisp. Serves 6.

I cup grated cheese

D885-50B

BROILED BEAN SANDWICH

6 slices bacon

6 slices bread

You can take it easy and still give your family and guests interesting, different meals when you have Libby's Deep-

Browned Beans on hand. Take this broiled bean sandwich,

Butter bread. Top each slice with beans and sprinkle with

grated cheese. Cut bacon slices in half. Top each sandwich with

two slices of bacon in criss-cross fashion. Broil until the

