T'S A VERY SENSIBLE PURCHASE M'LOVE — WHY DIDN'T YOU BUY A COUPLE?"

you say? Oh — you ity-rich, honey-gold- pe-Nuts Flakes!" me dish!"

cleverly made — of u know — really di- wheat and malted

taste out of this — but you're forget- reason why I go for Nuts Flakes."

mean? The carbo- load you up with en- call you the human

hat are those things that help build up the old muscle?"

"Proteins, Hercules. And Post's Grape-Nuts Flakes sure have got 'em!"

"And phosphorus — what's that for?"

"That's for sturdy bones and sound teeth."

"Eating Post's Grape-Nuts Flakes every day — no wonder I'm such a husky guy!"

"And Post's Grape-Nuts Flakes give you iron for the blood—and other food essentials."

"Say — Post's Grape-Nuts Flakes are ready to eat right from the package, so let's have some, quick."

SKEENA HIGHWAY POPULAR—Becoming increasingly popular with motorists from all parts of the continent. The first car from Hawaii is here today.

THE MARKETS—

Vegetables

Celery, bunch	.45
Cauliflower, head	.40
Swiss Chard, lb.	.21
Parsnips (unwashed) lb.	.09
Turnips, lb.	.06
Mushrooms, lb.	.85
Head Lettuce, bunch	.15
Cucumbers, each	.32
Green Onions, 2 bunches	.15
Australian Onions, 3 lbs.	.39
Cabbage, lb.	.11
Rhubarb, lb.	.10
Spinach, lb.	.15
Beets, bunch	.15
Turnips, new, bunch	.27
Tomatoes, No. 1. lb.	.75
New potatoes, 5 lb.	.35

Canned Vegetables

Dill Pickles, gal.	1.99
Cut Green Beans, fcy.	.17
No. 5 Peas, fancy	.14
Mixed Vegetables	.19
Diced Beets, 2 tins	.25
Wax Beans, choice	.21
Mixed Peas and Carrots	.18
Pumpkin	.16
Corn, choice	.24
Corn Niblets	.24
Baked Beans, 20-oz., tin	.25
Baked Beans, 15-oz., tin	.20

Fruit

Strawberries, pkkt	.45
Bananas, lb.	.24
Apples, cooking, 2 lb.	.25
Fancy Apples, 3 lb.	.38
Lemons, large, doz.	.45
Grapefruit, Texas (white), 96's, 3 for	.23
(pink), 96's, 6 for	.29
Oranges (Navel)	.25 - .49
Dates, lb.	.28

Fresh Milk
Local

Quart	.22
Pint	.12
Cream, * pin	.25

Eggs

Grade A: Large, cartoned, doz.	.65

Butter

First Grade, lb.	.73

Milk

Evaporated Milk, 16-oz. tins, 2 for	.33
Case	7.75

(Continued on Page 5)

Cheese

Canadian Cheese, lb.	.53

Flour

Pastry Flour, 7 lbs.	.59
Flour, 49's, No. 1 hard wheat	2.99
Flour (24's)	1.59
Coffee, lb.	.59
DeLuxe Quality, lb.	1.14

Tea and Coffee

Juices

Tomatoes, 20-oz.	.15
40 oz.	.35
gallon	.59
Apples, 20-oz. tin, per tin	.14
40 oz.	.35
Orange, 20-oz.	.15
Blended (orange and grape fruit, 20-oz.	.16
48-oz.	.36

Canned Fruits

Apricots, 20-oz.	.33
Cherries (fancy) 20-oz.	.38
Loganberries, 20-oz.	.41
Peaches, choice	.29

Lard

Pure, lb.	.29
Shortening	.33

Soap

Soap, face, 2 for	.17
Laundry, cake	.08 - .25
Sunlight, cake	.09
Soap Powders, large	.35

Glace Fruit

Cherries, ½lb. pkt.	.39
Almond Paste, lb.	.42
Coconut, lb.	.72
Fruit Cake Mix, lb.	.45
Dates (fancy), 1-lb. pkt.	.35
Seedless Raisins, 2 lbs.	.4
Seeded Raisins, lb.	.24
Shelled Walnuts, ½ lb.	.47
Shelled Almonds, ½ lb.	.49
Shelled Brazils, ½lb.	.45

Jams—Pure

Strawberry, 24-oz.	.59
Raspberry, 24-oz.	.44
Blackberry, 28-oz.	.46
Cherry, 24-oz.	.69
each, 24-oz.	.44
Apricot, 24-oz.	.46

Soups

Canned Soups, 13 to	.19

Meats

Ham, boned and rolled, lb.	.80
Ham, reg. lb.	.72
Bologna, lb.	.40
Weiners, lb.	.40
Garlic Sausage, lb.	.45
Bacon, pkg., * lb.	.45
Bacon, side, piece	.80
Cottage Roll, lb.	.70
Liver Sausage, lb.	.45
Spare Ribs, lb.	.50
Fresh Pork Ham, lb.	.58
Pork Chops, lb.	.65
Pork Tenderloin, lb.	.90
Pork Sausage, lb.	.43
Steak, T-Bone, lb.	.80
Steak, round, lb.	.70

ITCH CHECKED in a Jiffy -or Money Back

For quick relief from itching caused by eczema athlete's foot, scabies, pimples and other itching conditions, use pure, cooling, medicated, liquid D. D. D. PRESCRIPTION. Greaseless and stainless. Soothes, comforts and quickly calms intense itching. Don't suffer. Ask your druggist today for D. D. D. PRESCRIPTION.

DRIVING OF LAST SPIKE—Scenes of completion of Grand Trunk Pacific Railway in 1914 recalled by old Pictures taken at Fort Fraser.

MORE DUTCH COMING OVER

LONDON (AP)—Dana H. Porter, Ontario minister of development, said today, if shipping is available, it is probable 6000 to 8,000 Dutch farm folk will migrate to Canada this year. He recently completed a visit to Holland.

Police Officers Are Transferred

Transfer involving Constable H. O. Jamieson of Atlin and Constable F. J. Payne of Salmon Arm is announced at divisional readquarters of the provincial police here. Jamieson goes from Atlin to Salmon Arm and Payne goes from Salmon Arm to Atlin.

Harry Calderwood, jr., who has been visiting at his home here, is leaving tonight on the Princess Adelaide for Kamloops.

Fred Stephens, jr., is sailing tonight on the Princess Adelaide for a visit in Vancouver.

Miss Ruby Bagshaw is sailing tonight on the Princess Adelaide for a trip to Vancouver.

SELF-INFLICTED BULLET WOUND?

Called from Smithers to Moricetown Indian Reserve early this morning, Sgt. T. D. Brunton, B.C. Police, Smithers, found Pauline Michel, 14-year-old Indian girl, with a rifle bullet wound in her left side above the heart. She was removed to Smithers Hospital where she is expected to recover. A doctor and nurse accompanied the officer on his trip. The wound is believed to have been self-flicted.

DOUBLE BREATHERS

The species of fish called Dipnoi has lungs as well as gills.

INTERESTING LOCAL GARDEN

Is it a "green finger" or interest and industry that makes a garden? Probbaly a well-proportioned mixture of all three and certain it is that where there is a will there can be a productive garden.

Mr. and Mrs. A. Pavlikis on Third Avenue West have proved this. In their front yard they have 50 rose bushes representing many lovely varieties including the Mandalay, the Kathleen Marshall and the Lady Trent. Border flowers and shrubs give a colroful trim to the neat lawn which has for a centrepiece a beautiful Royal Ann cherry tree companioned by a smaller Bing.

The Royal Ann was started from a seed some eight years ago and right now it has a number of healthy - looking cherries that are just beginning to blush. The Bing was started from a seedling but it hasn't the same hardy look as its cousin Ann.

There are three other fruit trees in the Pavlikis front yard. A plum, which had its beginning about 5 years ago from seeds very well. Green fruit is in evidence and, although the harvest dropped in the soil is doing won't be a bumper one, chances are the yield will increase in proportion to the tree's age.

Peach trees apparently aren't too hard to grow here in Prince Rupert. Mr. Pavlikis has one about five feet tall that he obtained from a nursery last year. Right alongside there is a feathery little slip of a tree just a few inches in height, the result of an ambitious peach seed's contact with fertile soil.

This year for the first time, caterpillars are attacking the fruit trees. When the caterpillars attack a tree in force it appears as though a bunch of cigars are hanging from the branches. This illusion is created by the caterpillar pulling the edges of the leaves into an overlapping position, forming what he may fondly consider his house. Besides damaging the leaves they hold squatter's rights on, the young caterpillars are born with a husky appetite.

A good all-purpose spray, according to Mrs. Pavlikis, can be made from nicotine of sulphate, one teaspoon to a gallon of water with a dash of soap flakes added and allowed to dissolve. It can be used on shrubs, trees and flowers and vegetables with good results.

In the Pavlikis back garden there is a good show of vegetables. The peas, carrots, cabbages and celery are particularly healthy-looking. There too is a grape vine but it hasn't reached the producing stage yet.

Perhaps some day Prince Rupert will be known as the orchard port of the north.

A septic tanks in normal use, should be cleaned once a year.

A farm wife spends as many as 12 hours a day in the kitchen.

ADY ORED

orks employees from azelton, Terrace and Charlotte Islands those located in pert Saturday night cial farewell to J. C. retiring district engineer to welcome his successor, W. Stevens. About 50 in all were in attendance at the Valhalla Hall. A reception preceded a dinner over which W. E. Bottomley, assistant district engineer from Smithers, presided.

On behalf of the combined staffs, R. A. McLeod presented Mr. Brady with an upholstered easy chair and hassock, reading lamp and ash tray. Suitable sentiments were expressed by Mr. McLeod and also by Mr. Brady who was wished many years of happy retirement.

ely Topics from Terrace

occurred in Terrace day after a lingering Mrs. A. Harris, 30, Charles Nelson. The ices were conducted ited Church on Sunnoon.

graphic survey is be- of the district from D.C. 3 plane with Assistance is being and crew of six with in charge at Lakelse the party is staying ummer home.

en is a patient in spital.

Sherwood left last elton where she will ursing staff of the orial Hospital.

Kenney arrived in Friday and will spend the next four weeks on holiday at Lakelse Lake with her young son, Edward.

Alf Yoxall and his son, Roy, returned on Friday from the south end of Lakelse Lake where they have spent the past few days on holiday.

Mr. and Mrs. Cyril Olson have come from the south to spend a week's holiday with the latter's parents, Mr. and Mrs. Fred Hall.

Mrs. J. R. Ward and small son, Jimmy, spent a few days in Terrace as the guests of Mr. and Mrs. B. R. Dodds and on Saturday left for the south to join her husband.

Mrs. B. Rogers left on Sunday to join Constable Rogers in Stewart. Also leaving for Stewart were Mrs. W. Cooper and Mrs. W. Martin.

THIS AND THAT

"Why run for the Senate again? Be a Congressman, so everyone will write you."

TERRACE

BEST IN AUTOMOTIVE SERVICE . . .
See Your
NERAL MOTORS DEALER
evrolet Buick Chev. Trucks
ontiac Oldsmobile G.M.C. Trucks
MACHINE WORK A SPECIALTY
ace Machine Shop & Garage
TERRACE, B. C.

IN TERRACE . . .
A Modern Department Store
Nationally-known lines in Ladies' Wear, Yard Goods, Men's Clothing, Shoes . . . plus a new Self-Serve Food Section with a Free Delivery Service.
THE SKEENA MERCANTILE

LY IN THE
Seabee Amphibian Plane
Non-Schedule Charter Service
Commercial — Hunting
Fishing — Sightseeing
EENA AIR TRANSPORT LTD.
— PHONES —
race: W. H. Martin, 23; E. T. Kenney Ltd., 35
Prince Rupert: Prince Rupert Hotel, 466

YOUR BEST EATING PLACE
FULL-COURSE MEALS
11 a.m. to 8 p.m.
BANQUET HALL FOR LUNCHEONS, DINNERS AND PARTIES
CHINESE DISHES
BROADWAY CAFE
608 3rd Ave. W. Phone 200

WRATHALL'S PHOTO FINISHING
Developing, Printing Enlarging
QUICK SERVICE
Amateur and Professional Supplies

NEW SHIPMENT OF SUPERBLY TAILORED
SUITS
A well-groomed appearance plus that feeling of confident assurance that springs from being comfortable and correct is yours in any of our new suits.
OTHER NEW ARRIVALS AT ACME INCLUDE
A new range of gabardine and worsted SLACKS, casually correct SPORT JACKETS and these ever-popular CROYDON RAINCOATS.
ACME CLOTHING STORE

Fishermen!
● JUST ARRIVED—A Popular Radio Made for Your Boat.
● Small and Powerful—5 low battery drain tubes giving 7-tube performance.
COVERS LONG AND SHORT WAVE
PHONE — CALL — WRITE
RUPERT RADIO & ELECTRIC
Box 1321 Phone 644

New Stock of WATERMAN'S Pens and Pencils has just arrived.
A fine graduation or going-away gift.
DIBB PRINTING COMPANY
BESNER BLOCK THIRD AVENUE

Vacationing with Your Car?
Points to check before you leave to ensure a carefree holiday:
● ENGINE TUNE-UP—Maximum miles per gallon of gas. —Insurance against engine failure.
● BRAKE INSPECTION—Safety and Confidence.
● WHEEL ALIGNMENT—Driving comfort when at the wheel for long distances—Prevention of excessive tire wear.
And last but not least a thorough LINDSAY LUBRICATION and know that every part of your car has been correctly lubricated and checked—includes under-car inspection.
LINDSAY MOTORS LTD.
● PHONE 866 ●

We can supply all your needs in . . . .
BUILDING SUPPLIES
— including
WALLBOARDS, FINISH LUMBER, PLYWOODS, SASH AND DOOR, NAILS, PLUMBING SUPPLIES
PAINTS
PHILPOTT EVITT & CO. LTD.
"Serving the North Since 1920"
Phone 651 — 652
COAL — LUMBER — PAINTS