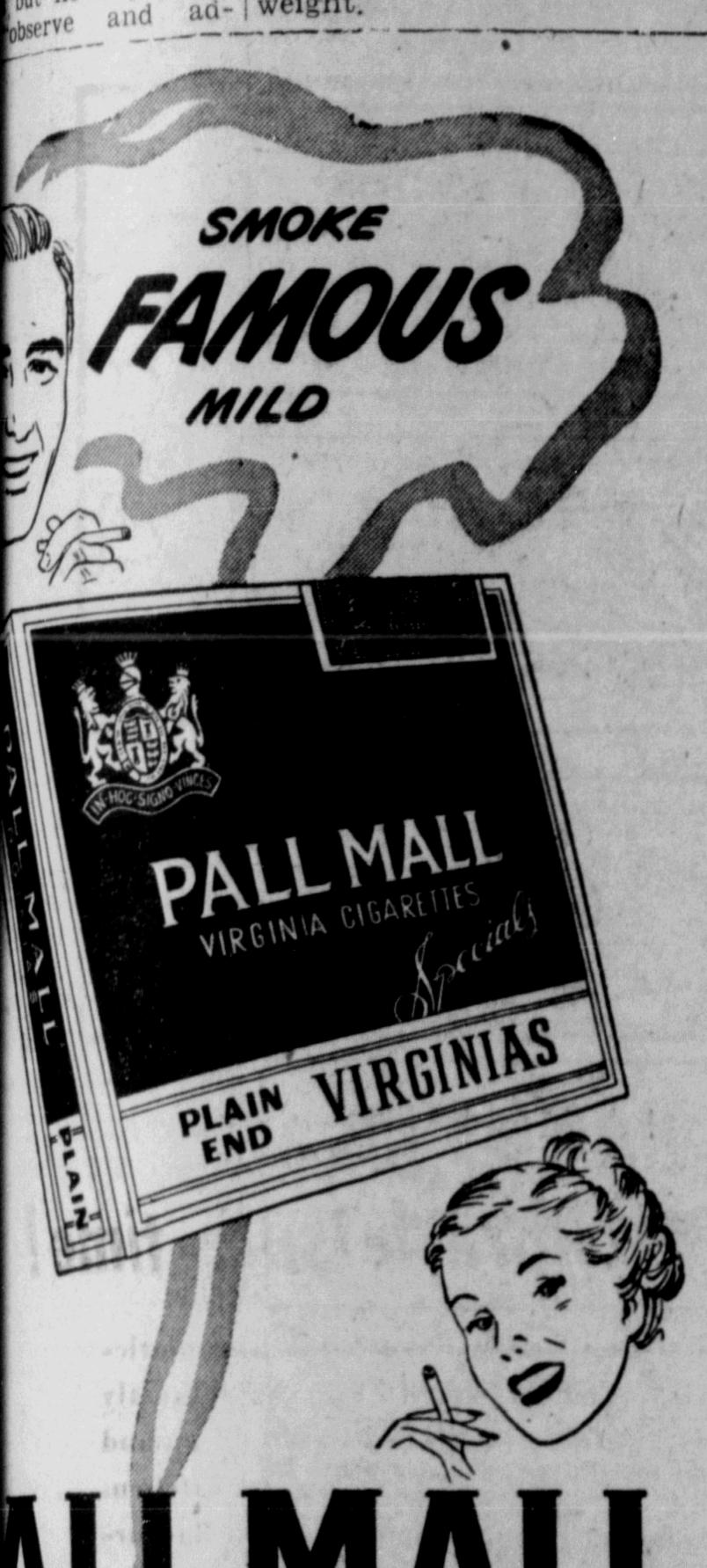
THREAT TO WEIGHTY Diabetes usually comes on between the ages of 40 and 60 among people who are over-





CTION SALE OF HOUSEHOLD GOODS rsday, October 19, at 2:30 P.M. 044—8th E. (Back of Johnson's Grocery)

END or CORK TIP

ucted by the owner I will sell by Public Auction the following articles:

1 Chesterfield Suite-3 pieces. 1 Hoover Vacuum Cleaner.

Trilite Lamp, Silver Ware, Cedar Chest, Jardinieres, Dining Room Suite (oak)

China Cabinets, 9x9 Axminster Rug.

Monarch Range Oil Burner.

3 Dressers, Singer Sewing Machine. Desk, Bookcase, Sewing Table, Camp Bed. Table Linen, Dishes, Pots and Pans.

Washing Machine, Copper Boiler.

TERMS CASH

George J. Dawes



Sow Many Flowers Now To Bloom All Next Summer

spring's garden. They include or border. injured by freezing weather.

earlier and will have a corresponding longer growing season next year. Then, too, the weathering of winter speeds up germination of irises, the gas plant, Dictamnus fraxinella, trollius and phloxes.

Delphiniums, columbines, gaillardias, foxgloves, Canterbury bells, reach-leaved bellflowers. coreopsis-in fact any of the hardy perennials can be sown this fall. Primrose seed gives much higher percentage of germination if sown in the fall than in the following spring.

Sow the seed in flats or a seedbed where it may grow along until the plants are sufficient size to transplant. Mulch the beds leaves, pine needles, or fresh with window screen or lath to month. break the force of driving rains and prevent the tiny seedings from being washed out.

A seedbed surrounded by wooden curb is an excellent place to sow fall annuals. A cold frame will do as well; and many sow seeds in the open garden, where experience has shown drainage is good.

Sow thinly, mixing small seed with dry sand to help scatter it, 15 miles six times daily. and do not sow much deeper than you would in the spring. Many gardeners cover the row with a shallow layer of sand after

Annuals which are usually successful from fall sowing include alyssum, snapdragon, cacalia, calendula, calliopsis, candytuft, centauria cyanus, clarkia, cosmos, erchacholtzia, euphorbia, gypsophila, larkspur, lupin, nicotiana, petunia, annual phlox, annual poppies and sweet peas.

Annual vegetables which can be sown this fall include lettuce, spinach, and New Zealand spin-

Perennial vegetables such as asparagus, rhubarb and hardy onions are better planted this fall than next spring. Asparagus and rhubarb will be ready to harvest a full year sooner while the onions will produce a harvest next spring.

For the asparagus bed, roots should be obtoined and placed in a location which need not be disturbed during the life of the garden. Deep, rich soil is required and the plants should be given three feet each way between hills.

Rhubarb is another long-lived plant. Six plants will suffice for the average family and they

UNFLAVORED

30 TABLETS 29

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CAN'T BE MISTAKEN FOR CANDY

flowers and vegetables for next the asparagus in a garden screen her family fully appreciative of hardy annual perennial flowers The hardiest winter onion is and vegetables, which are not the red perennial, sometimes either for housewives who have

top of the seed stalk a bunch of for lack of use. onion sets. These sets should be obtained and planted this fall, a

begins to grow stalks like green two tablespoons melted fat. onions, part of which can be pulled up and used leaving a portion of each clump to maintain

Run-Off in B.C. Rivers Lighter

Weather in September in British Columbia was marked by a below-normal run-off in most with some material that will not of the watersheds. The run-off mat down solidly, such as oak in the Fraser, Skeena, Columbia and Kootenay rivers was listed sponge is light and porous and straw. In the spring the beds may from three fourths to nine more than double in bulk. be protected by frames covered tenths of the normal for that Second mixing: Stir sponge,

NEW BUS SERVICES

GRINDSTONE, Magdalen Islands ()—Two bus services have been established on the Magdalen Islands. One runs between Grindstone and Grand Entry, a round-trip of 75 miles twice daily, and the other began on Grindstone Island in late September making a round trip of

DISEASE TOLL

Who eping-cough causes more deaths in Canada than diph- on the dough. theria, measles, scarlet fever or Cover the bowl and let it stand

By KAY REX

MOTHER BAKING AGAIN (-Home-baked bread may become a fashionable food again as mother tries to curb her jumping food budget.

Canadian Press Staff Writer

With bread ranging around the 16-cent mark she may find it one hour.) A surprising variety of seeds should be placed where they will worth her while to bake the can be sown this fall to provide not be disturbed, perhaps near occasional batch. She will find

Here are a few suggestions called the Egyptian. This is one never before tried their hand at bread, 25 to 30 minutes for rolls). Seeds of many perennial flow- of the onions which, instead of bread-making, or those whose ers sown now will germinate bearing seeds, produces at the skill has become a little rusty

> Sponge Method (overnight)two feet apart; though few fami- water; four cups liquid (water, while still warm. lies will need more than one row. milk or potato water); three This onion never produces a tablespoons sugar; two table- proximately 11/2 pounds each. round bulb, but in the spring purpose flour (approximately); Turn dough over once or twice as soon as the ground thaws, it spoons salt; 12 cups sifted all-

> > Scald liquid, then cool to lukewarm. Crumble yeast cake and uses 52 tons of herring and soak in the quarter cup lukewarm whiting annually-mostly for water for one-half hour. Add sugar ,dissolved yeast and half the flour to the lukewarm liquid. Beat until smooth. Use a bowl sufficiently large to allow the sponge to rise.

Cover and leave sponge at room temperature (65-70 degrees Fahrenheit) overnight or until

add salt and fat, melted but not hot. Add enough of the remaining flour to make a dough that does not cling to the bowl and is easily handled.

Kneading: Turn dough onto floured board or cloth and knead 10 minutes or until smooth and elastic and small bubbles show on the surface.

FIRST RISING Form dough into a ball and place in a lightly-greased bowl. in the bowl so that the surface becomes slightly greased. This prevents a crust from forming

in a warm place (80 to 86 degrees

NEW WAY TO MAKE



No washing! No peeling! No cooking! No mashing! Actually in one minute, with practically no work at all, you can now

serve your family mashed potato that "melts in your mouth"! Just get a remarkable new food

product called French's Instant Potato-now at your grocer's. Then

Wait until your dinner is ready to serve. Then, bring some salted water to a brisk boil, add milk and French's Instant Potato, according to simple directions on package. Stir for a few seconds until

potato has thickened to desired consistency; add butter and whip! until light and fluffy.

That's all-1/2 cup makes 4 to 5 servings of delicious mashed potato, at only a few cents a serving.

There are many other uses for French's Instant Potato. Try it as a topping for Shepherd's Pie; in white sauce; as a thickener for gravy, stews, etc. You will find French's Instant Potato in the canned vegetable section at your grocer's. Try this magic new product today!

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Killas & Christopher Bldg. Air Freight on all Flights

Fahrenheit) away from draughts until dough retains a finger print when lightly pressed (about one hour.)

Turn dough onto board and divide in pieces which will half fill baking-pans. Allow to stand a few minutes before shaping which is done by kneading pieces slightly and shaping into loaves or rolls. Place in greased pans and lightly grease surface of

Cover and set in a warm place to rise until dough reacts again to the finger-print test (about

Baking: Bake in a moderately hot oven (375 degrees Fahrenheit) until the loaves or rolls shrink from the sides of the pan and give a hollow sound when tapped (about one hour for

If a soft tender crust is desired, brush loaves with milk or fat as soon as taken from oven. Remove from pans immediately and Ingredients: One cake dried place on racks or set crosswise foot apart in the row, in rows yeast: one-quarter cup lukewarm on top of pans. Do not cover

Quantity: Four loaves of ap-

HAPPY SEA-LIONS The zoo at London, England.

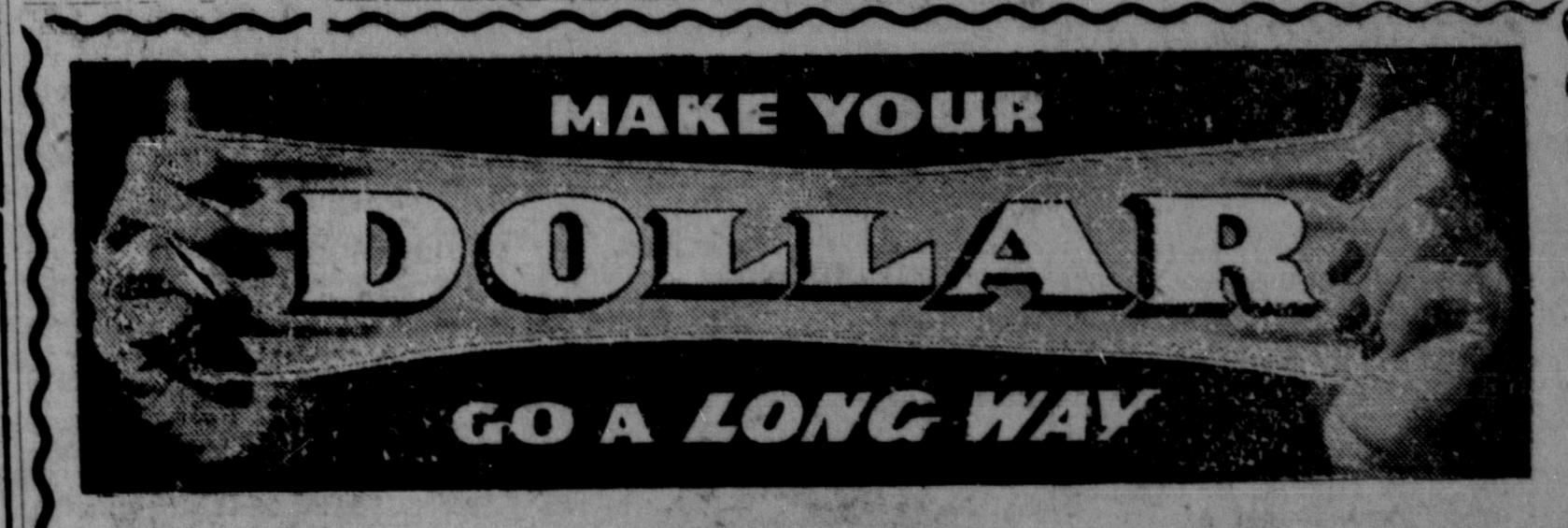
INDIA'S FIRST The first electron microscope in India will be set up at the National Laboratory in New

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