

Big Match Coming Up?

"TOP-FLIGHT" performance requires constant practice. But valuable time spent in perfecting your game is wasted if you fail to begin the big day with

A GOOD Breakfast with nourishing, delicious Grape-Nuts!

GRAPE-NUTS help to start the day in the proper way because they contain the valuable carbohydrates, proteins and minerals so essential for round-

energy. And re- Grape-Nuts are a natural, too—for all ages. Two tablespoons of Grape-Nuts make a delicious breakfast. The family will find Grape-Nuts a satisfying breakfast. Extra good when served with fresh fruit. Ask for Grape-Nuts.

Post's Grape-Nuts

A GRAPE-NUTS ECONOMY RECIPE
Let Grape-Nuts Replace Expensive Nuts
GRAPE-NUTS BREAKFAST MUFFINS

1 1/2 cups sifted flour
3 teaspoons Columbian Baking Powder
1/2 teaspoon salt
3 tablespoons sugar
2 1/2 cups Grape-Nuts
1 egg, well beaten
1 cup milk
3 tablespoons melted shortening

* Sift flour once, measure, add baking powder, salt and sugar, and sift again. Add Grape-Nuts and mix. Combine egg and milk. Add to flour mixture, add shortening, then mix. Greased muffin pans 2/3 full. Bake in hot oven (425° F.) 20 minutes, or until done. Makes 9 large muffins.

THE MARKETS—

Vegetables

Radishes, 2 bunches	15
Carrots (New) 2 bunches	25
Celery, bunch	25
Cauliflower, head	40
Swiss Chard, lb.	15
Turnips, lb.	07
Mushrooms, lb.	85
Head Lettuce, bunch	15
Cucumbers, each	10
Green Onions, 2 bunches	13
Australian onions, 3 lbs.	29
Cabbage, lb.	10
Rhubarb, lb.	15
Spinach, lb.	15
Beets, bunch, 2 for	20
Tomatoes, No. 1, lb.	23
New Potatoes, 6 lb.	29

Canned Vegetables

Dill Pickles, gal.	1.35
But Green Beans, fcy.	17
No. 5 Peas, fancy	14
Mixed Vegetables	15
iced Beets, 2 tins	29
Wax Beans, choice	21
iced Peas and Carrots	18
Pumpkin	16
Corn, choice	24
Corn Niblets	24
aked Beans, 20-oz., tin	25
aked Beans, 15-oz., tin	26

Fruit

Cherries, lb.	39
Apricots, lb.	22
Bananas, lb.	24
Apples, cooking, lb.	10
Lemons, large, doz.	40
Grapefruit, Texas (white), 100's, 4 for	27
(pink), 96's, 6 for	28
Oranges (Navel) 2 doz	47-50
Dates, lb.	25

Fresh Milk

Local	22
Quart	22
Pint	11
Cream, 1 pin	25

Eggs

Grade A: large, carton, doz.	79
Butter	73
1st Grade, lb.	73

Milk

Evaporated Milk, 16-oz. tins, 2 for	33
Case	7.73

Cheese

Canadian Cheese, lb.	55
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Flour

Pastry Flour, 7 lbs.	59
100's, 4 for	2.99
Flour (24's)	1.59

Tea and Coffee

Coffee, lb.	59
DeLuxe Quality, lb.	1.14

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

Strawberries, (New Pack)	39
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Peaches, 20 oz.	31
Pears, 2 doz.	33
Apricots, 20-oz.	33
Cherries (fancy) 20-oz.	38
Peaches, choice	29

Large

Pure, lb.	40
Shortening	46

Soap

Soap, face, 2 for	17
Laundry, cake	08-23
Sunlight, cake	10

Soap Powders, large

Cherries, 1/2 lb. pkt.	45
Almond Paste, lb.	42
Coconut, lb.	78
Fruit Cake Mix, lb.	45
Dates (fancy), 1-lb. pkt.	35
Seedless Raisins, 2 lbs.	39

Glaze Fruit

Shelled Walnuts, 1/2 lb.	44
Shelled Almonds, 1/2 lb.	49
Shelled Brazils, 1/2 lb.	46

Jams—Pure

Strawberry, 24-oz.	59
Raspberry, 24-oz.	38
Blackberry, 28-oz.	46
Cherry, 24-oz.	59
Peach, 24-oz.	45
Apricot, 24-oz.	46

Soups

Canned Soups, 13 to	19
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Meats

Ham, boned and rolled, lb.	75
Ham, reg. lb.	72
Bologna, lb.	39
Wieners, lb.	42
Garlic Sausage, lb.	45
Bacon, pkg., 1 lb.	45
Bacon, side, piece	80
Cottage Roll, lb.	70
Liver Sausage, lb.	45
Spare Ribs, .b.	50
Fresh Pork Ham, lb.	58
Pork Chops, lb.	65
Pork Tenderloin, lb.	56
Pork Sausage, lb.	43
Steak, T-Bone, lb.	30
Steak, round, lb.	70

Hotel..

Arrivals

Prince Rupert
R. Bailey, Kameelon Lake; T. Doucette, Kameelon Lake; J. Parnell, Kameelon Lake; D. W. Sauter, Vancouver; O. W. Forest, Vancouver; W. J. Peters, Vancouver; M. Berg, Victoria; Mr. and Mrs. J. Chell and family, city; R. Cole, Victoria; R. H. Eckstein, New Westminster; J. Smith, Queen Charlotte City; Mr. and Mrs. Smith, Queen Charlotte City; G. Tomlinson, Vancouver; G. E. Fenwick, Ottawa; C. A. Jensen, Vancouver; H. Ashcroft, Prince George; K. Reith, city; C. C. Kelly, Vancouver; Mr. and Mrs. C. Lumars, Carlisle; C. Salter, Carlisle; J. Fraser, Oceanic.

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LOCAL FAMILIES JOINED IN RITE AT CATHEDRAL

Members of two well known local families were joined in marriage by Rev. Basil S. Prockter at St. Andrew's Cathedral at 8 o'clock Saturday evening when Lorraine Muriel, second daughter of Mr. and Mrs. Fred Thornton, became the bride of Glen Milton Smith, youngest son of Mr. and Mrs. E. P. Smith.

Wearing a gown of white, floor-length satin and lace with floor-length veil of embroidered lace, the bride was given in marriage by her father. Encircling her neck was a string of pearls, a gift of the bridegroom, while in her hand she carried a large bouquet of American beauty roses. Matron-of-honor was Mrs. Doris Cottle, the bride's elder sister. Her gown was of pastel blue net. On her head she wore a wide-brim net hat of matching color. Her elbow-length gloves also were of pale blue.

Bridesmaids were Miss June Thornton and Miss Betty Uzick. The former wore a gown of pale blue net, while Miss Uzick's gown was of pale yellow. Both wore headresses of wreathed flowers and carried colonial bouquets of white carnations and pink gladioli. Groomsman was Ralph P. Smith, elder brother of the bridegroom. George Brodie and William Thornton were ushers. During the signing of the register, Mrs. Ralph P. Smith sang "At Dawning." She was accompanied at the organ by Peter Lien, Cathedral organist.

A reception followed at the Valhalla Hall, where scores of friends paid their respects to the newly married couple. They were received by the bride's mother, wearing a two-piece, floor-length gown of pastel blue crepe with black hat and gloves, and the mother of the bridegroom, whose gown was of white floral silk jersey with small white hat and green accessories. Toast to the bride was proposed by Ralph Smith, with response by the bridegroom. Dur-

Prince Rupert Daily News Ltd.
Tuesday, August 17, 1948

A Delicious Cool Drink

Directions: Make tea exactly as usual... While still hot pour into glasses filled with cracked ice... Add sugar and lemon to taste...

"SALADA" ICED TEA

ing the evening the couple cut a decorative three-tier wedding cake. The evening was spent in dancing to music by Andy McNaughton at the piano. Mr. and Mrs. Smith have taken up residence at the Bessner Apartments. Mr. Smith is employed by Canadian National Express in Prince Rupert.

AIR PASSENGERS

To Vancouver—George Green, Mrs. Koinko, J. MacLeod, O. Christiansen, Mr. Woods.

To Sandspit—Ralph Cook, From Vancouver—J. Yates, J. Purcell, F. Senet, Commander G. E. Fenwick, A. Simundson, T. Connolly, Mr. Donaldson, A. Flostran.

From Sandspit—Mr. and Mrs. Smith and daughter, G. Tomlinson.

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WEDNESDAY—A.M.	
Radio Dial	7:30—Musical Clock
1240 Kilocytes	8:00—CBC News
(to change)	8:15—Morning Song
	8:30—Music for Moderns
	8:45—Little Concert
P.M.	
9:00—BBC News	
9:15—Morning Devotions	
9:30—Transcribed Melodies	
9:45—Modern Musicians	
9:59—Time Signal	
10:00—Morning visit	
10:15—Morning Melodies	
10:30—Roundup Time	
10:45—Scandinavian Melodies	
11:00—Bernie Braden Tells a Story	
11:15—Songs of Yesterday	
11:30—Weather Forecast	
11:31—Message Period	
11:33—Recorded Interlude	
11:45—Famous Voices	
P.M.	
12:00—Mid-Day Melodies	
12:15—CBC News	
12:25—Program Resume	
12:30—B.C. Farm Broadcast	
12:55—Recorded Int.	
1:00—Symphony Hour	
2:00—Feature Concert	
2:15—Family Favorites	
2:30—Commentary and My Own Mother	
2:45—Don Messer's Islanders	
3:00—Ethel and Albert	

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JUNIOR CHAMBER PICNIC ENJOYED

Members of the Prince Rupert Junior Chamber of Commerce, their families and friends numbering almost 30 held a picnic Sunday at Kitson Island, enjoying bright sunshine on the beach off the Skeena River mouth. The group travelled in Charles Currie's boat C.R.C., leaving at 9:30 in the morning and returning at 8:30 in the evening. The picnic was organized by S. G. Furk, president of the Junior Chamber. During the day football was played on the beach.

Don't be Blue
Let's Face the Facts
If Business is Not All You Desire,
If You are Tired of Being Passed Up,
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DAILY NEWS



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