nty of the latter. g with applying a ? Make a map talk! elled the lofty crags,

This thoughtfulness

ch slant.

modore Cafe

r Than Ever"

and Service in Citys Send-Out Orders? David Chow, Mgr.



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Reflects... . . . and Reminisces

A city can lack much but, if there is good and sufficient at the hotel accommodation, that fact commerce conven- in itself is a first class advertisement. Such a city has drawnames to ing power. Creature comforts f sheer grandeur? remain in demand. Loch Ness has its marine mys-

tery. So has Cadboro Bay and some years ago Prince Rupert glaciers overshadow- thought one had been discovered peak of Rocher de near here. Bathers in Northntain of the rolling umberland Strait in the Maritimes recently experienced their the right idea, even thrill. They vowed they could sight a sea monster half a mile caught in Alaskan out, plain as day. This one had horns. A farmer, peering through the binoculars, calmly remarked y but epicures will be felt sure he had been lookthe right kind of ing at his bull. All piled into a boat. The farmer was correct. Weather was hot and his property had been enjoying a swim off by himself.

> Frank Fisher says Sunday's 'quake was not the first ever felt in Prince Rupert. "About this time, back in the summer of 1928, along in the afternoon, there were tremors," remarked Mr. Fisher. "It was on Sunday too. I remember well. Perhaps the 'quake was not so severe yet it happened."

It has been said of Sir Harry Lauder that, while he had no lack of imitators, no one was ever found who could duplicate him. That simply wasn't done.

Deasonable Ideas for Housekeepers

best in summer.

texture.

The Home economists urge homemakers to make the most of the vegetables available this month.

Spinach Cartwheel

- 2 lb. spinach medium onion
- 8 medium potatoes 2 tablespoons butter
- 2 teaspoons salt
- 1/8 teaspoon pepper 1/4 cup milk
- 1 can cream of celery soup
- 1/4 teaspoon nutmeg
- 1/4 lb. process cheese

During the summer months, just until tender. Drain and fresh vegetables are begging to chop finely. Boil onion and be served and served often. Fresh, potatoes together until tender. tender and inexpensive veget- drain and mash with butter, ables from the garden or mar- salt, pepper and milk until ket are packed full of sunshine fluffy. Heat celery soup, add and health-giving elements. nutmeg and the chopped spin-Crisp greens will fill salad bowls ach. Line a greased casserole with flavor and color. Raw or with 3/4 of the mashed pototoes cooked, vegetables are at their and fill the centre with the spinach mixture. Cut cheese The homemaker has a wide into narrow strips and arrange variety of fresh, abundant veg- on top of the spinach, spokeetables from which to choose fashion. Line the inside rim this month and the rules for of the casserole with the remaincooking vegetables as quickly as ing mashed potatoes, fluffing possible until just tender will them up with a fork. Place give maximum color, flavor and under the broiler until cheese is browned. Yield six servings.

Summer Supper 8 whole small potatoes 12 whole small carrots

l cup green beans, cut in 1-ich pieces

6 green onions, chopped 1 cup boiling water

11/4 cups thick cheese sauce ½ teaspoon salt 1 tablespoon chopped parsley

Cook the potatoes, carrots, beans and onions in the boiling, salted water until tender, about beels 25 minutes. Drain well, Add vegetables to cheese sauce, re-Cook spinach, without water, heat and serve, sprinkled with

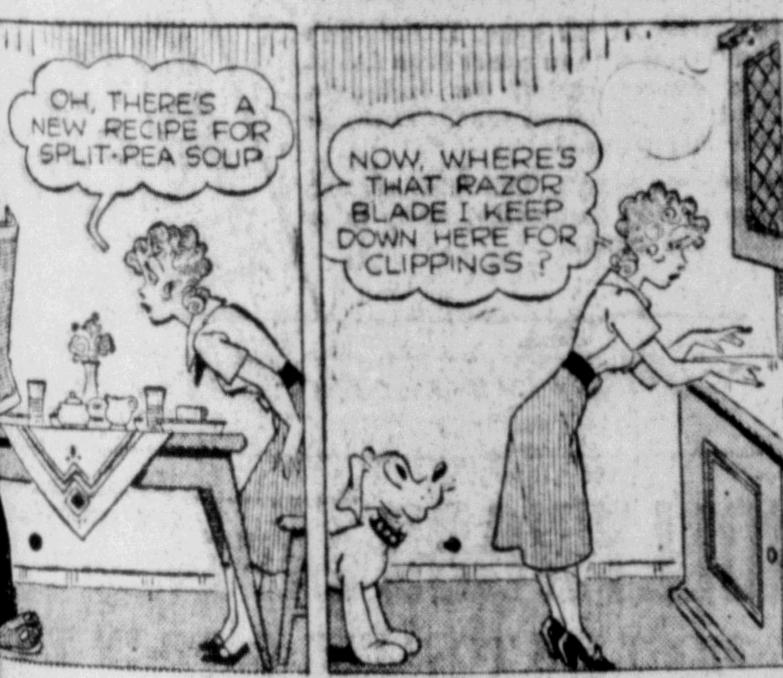


PLANE CRASH VICTIM-Jack Aveson of Winnipeg, 31-year-old reporter for the Canadian Press, was one of 21 persons aboard an R.C.A.F. aircraft which crashed and burned while flying from Churchill, Man., to Winnipeg. Aveson, who specialized in stories of searches for wrecked aircraft in the north, is shown as he flew on another northern assignment-Operation Attache-in September, 1948. Airmen who found the burnt wreckage of the twin-engined Canso, which was carrying Aveson and his companions from Churchill, reported there were no survivors.

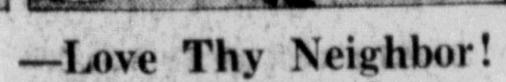
-By CHIC YOUNG

HEY -- WHAT BECAME

F THE ARTICLE WAS READING



-Clip Joint!









-Flap Your Wings, Dagwood!



chopped parsley. Yield: six serv-

Cheese Sauce 2 tablespoons butter

tablespoons flour teaspoon slat teaspoon paprika

Few grains cayenne pepper ½ teaspoon dry mustard 1 cup milk

34 cup grated cheese

Melt butter in top of double boiler. Blend in flour and seasonings. Add milk slowly, stirring until blended. When sauce cheese and stir until cheese is melted. Yield: about 11/4 cups

The Experts Say ...

HEELS - Mhady shouldn't stick to high heels-nor even to low. If she is wise she will vary her heel heights.

Shoe manufacturers say that nothing is better for the foot than a change of heel A balanced wardrobe is one that includes low, medium and high

Besides the satisfaction of being correctly shod for the occasion, there is another advantage in having several pairs of shoes. Perspiration rots leather. The same pair of shoes should not be worn day in and day out but should be allowed to rest properly treed, so that' they become thoroughly dry befor next wearing.

And here are a couple of other tips for extending the life of your shoe wardrobe Avoid wearing rubbers and galoshes over suedes but if you must, then put cotton protectors over the shoes.

Shoes which have become wet Pineapple, crushed should be cleaned of any mud, Apricots, 20-oz. stuffed with soft paper to ab- Cherries, fancy, 20-oz. sorb the moisture and hold their shape. Then they should be fall, although for the early part dried away from direct or ar-; of the season a number of snaptificial heat, oiled and polished. py looking suede suit shoes are treed as soon as taken off. CALF FOR OFFICE

call the best choice of office shoe. The association says this leather is more durable around office furniture, and doesn't scuff easily.

Her high heeled after-five shoe probably will be suede, either in the sandal or classic pump style. Since the working girl oten must make this do double duty as an evening shoe, she will be wise to buy one designed on simple lines—for instance a delicate high-heeled suede pump can always be worn with evening clothes.

The homemaker needs a balanced shoe wardrobe every bit as much as the career girl.

She should have a properly fitted house shoe which will carry her through her many household tasks. She may find the closed wedge casual comfortable, or the tie oxford such as nurses wear. If she wears a comfortable shoe during working hours she can then afford to be frivolous in her choice for a dressy shoe—high heels and very open styles

FALL FASHIONS

In some quarters fall shoe fashions are not placing as much emphasis on straps, although high-riding straps and buckled instep straps are certainly being used. However, a good deal of emphasis is being put on pump styles, with both closed and sling-backs. that new home under

Fine calf may rival suede this It Pays to Advertise!

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Cherries, crate	6.45
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Apricots, 2 lb.	.39
Bananas, lb.	.25
apples, cooking, lb	.14
Lemons, large Cal., doz	.55
Graepefruit, Calif., 3 for	.25
Dranges (Navel) 28	
Dates, 2 lb.	49
Canteloupe, 27's	.38
each Plums, 2 lb.	.39
ears, Bartlett, lb.	.23
Vegetables	
Celery, lb.	.15
Rhubarb, 2 lb	.15
Beets, bunch	15
Parsley, bunch	
Turnips, 1b.	
Spinach 2 lb.	
Radishes, bunch	08
Green Onions, 3 bunches	20
Mushrooms, lb	85
Head Lettuce	10
Cooking Onions, 3 lbs	29
Corn on Cob, 4 for	47
Cabbage, lb.	07
Tomatoes, No. 1 lb.	27
New Potatoes, 10 lb	59
Green Peppers, lb	42
Cucumbers, each	10
Vegetable Marrow, each	15
Squash. lb.	.15
Canned Vegetables	
Dill Pickles, gal	1.79
Cut Green Beans, fcy	20
No. 5 Peas, fancy	19

	19
Canned Vegetables	
Dill Pickles, gal1	
Cut Green Beans, fcy	20
No. 5 Peas, fancy	19
	2300E350 E0
Mixed Vegetbales	
Diced Beets, per tin	
Wax Beans, choice	19;
Mixed Peas and Carrots	.19
Pumpkin, 2 for	25
Baked eBans, 20-oz. tin	22
Baked eBans, 15-oz. tin, ea.	
	23
Fresh Milk	-40
Quart Fiesh Milk	99
Quart	10
Pint	90
Cream, 1/2 pint	ZO I
Eggs	
Large, cartoned, doz	Control of the Contro
Medium	.70
Butter	
First Grade, 1D.	.64
Margarine, lb	.37
Milk	
Evaporated Milk.	
16-oz. tins, 2 for	.33
Case	
Cheese	
Canadian Cheese. lb.	.50
Flour	
Pastry Flour, 7 lbs.	57
Flour, 49's, No. 1 hard wheat 3	
Flour, 24's Tea and Coffee	1.33
	00
Coffee, lb.	:00:
DeLuxe quality. lb	1.14
Jurces Jurces	
Tomatoes, 20-oz. ea	
28-oz.	
gallon	
Apple, 20-oz. tin, 2 for	.29
48-0Z.	.34
	STATE OF THE PARTY

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