

More Members For Commerce Chamber

Membership committee of the Prince Rupert Chamber of Commerce was asked at the monthly meeting of the Chamber this week to move into action in the

endeavour to enrol more city business, industrial and professional men in the organization. The desirability of representation of the Columbia Cellulose Co. in the organization was stressed.

You Saw It in The News!

Barbara BUYS AND WHYS



MONTREAL, Oct. 6th — Ready now for you! — a wonderful recipe folder prepared for your cooking delight — and your family's eating pleasure! — by my friend Jan Ashley of Canada Starch's Home Service Department. Such mouth-watering recipes — it makes me hungry just to read them — and lots of others equally delicious, plus basic recipes you'll use again and again! All featuring BENSON'S CORN STARCH. Simply write to me — Barbara Brent, 1411 Crescent St., Montreal, P.Q. — for Jan Ashley's recipe folder!

Not Only Less — Are Falling these days... temperatures are steadily dropping, too! Any day now you'll want a little heat to take the chill off the house. There's nothing quite like that cozy feeling as warmth starts circulating on a bleak Fall day! So don't let it catch in a last-minute rush to the fuel dealer... get in your order now! If you haven't the cash in hand but can repay a loan in easy monthly instalments, have a word with your friendly BANK OF MONTREAL Manager. You can make sure of your fuel supply today — with a B of M Fuel Loan!

Discover a Wonderful Trick for all you mothers!... something to put a happy stop to tiny tots' mealtime-dawdling! A mother I know plays a "Cream of Wheat" game she calls "Guess What!" with her youngest. She puts a spoonful of jelly, seedless raisins, stewed prunes or apricots in the bottom of her youngster's cereal bowl. Then she covers this completely with "CREAM OF WHEAT". The idea is to guess what's hidden underneath! And, of course, it's a well-known fact that all children love the smooth yumminess of "Cream of Wheat" — so good, and so good for them! You see, 5 Minute "Cream of Wheat" contains Iron, Calcium and Phosphorus for diets deficient in these elements. Cooks to complete digestibility in 5 minutes of boiling. No wonder so many thousands of mothers make "Cream of Wheat" a family habit!

Here Are Bright New Ideas For Thanksgiving Entertaining!

— the food you serve — fruit cocktails to salads, cookies and candies — can be made twice as appetizing with the "magic" of SHIRRIFF'S FLAVOURING EXTRACTS AND FOOD COLOURS! A favourite trick of mine is this: — I "dress up" a basic recipe — plain white or golden cake by making layers of "harmonizing" colours... or combining coloured batter with chocolate or spice to make a marbled effect. There are five pure Shirriff's Food Colours to work my "colour magic" with! Then, to the icing of the cake, I add one of the delicious Shirriff's food flavours... Peppermint is delicious in chocolate icing! Or try Rum, Lemon, Orange or True Vanilla — and complementing food colours in a butter cream icing for real favour excitement!

When You LOOK Well, You FEEL Well...

... and there's nothing better for your "beauty morale" than a glowing complexion. Most effective way I know to achieve one is with a daily "Woodbury Facial Cocktail"! Regular use of WOODBURY FACIAL SOAP is truly a boon and blessing to tired complexions! You'll never have "skin-burn" with this kitten-mild soap, nor will it leave you with the taut dry feeling of a skin robbed of its softening oils! You see, Woodbury Soap contains a skin-smoothing, complexion-soothing ingredient of fine fa... creams. No wonder results are so satisfying when you do this every day. Work up a creamy-rich Woodbury lather. Massage thoroughly over face to cleanse and soften. Follow with two rinses — a warm and a cold. Pat dry.

Some Soufflers just won't drink all the milk they need for strong, sturdy bodies. Here's a wonderful way of getting more milk into the diets of these finicky eaters! Serve them JELL-O PUDDINGS! They'll love the creamy smoothness, the rich deep-down flavour of all the Jell-O Puddings family, and you'll find Jell-O Puddings extremely economical... serve... Sumptuous-tasting Vanilla, Caramel, Buttercream, and Chocolate Jell-O Puddings... delicious... Vanilla, Chocolate and Orange-Cocoanut Jell-O Tapioca Puddings. They're so easy to make too — take just 5 minutes to prepare — and Jell-O Puddings turn out perfect every time.

It's The Perfect Dessert For Thanksgiving Dinner!... and so quick and easy to prepare no matter how many guests and family you have for dinner! That's why I'm going to serve SHIRRIFF'S FRUIT PUDDING this Thanksgiving! It's a pudding lavish with 18 ingredients, carefully cooked for hours and spiced to perfection in Shirriff's spotless kitchen! Shirriff's Fruit Pudding is "old-fashioned" in deep-down richness of flavour... it wonderfully "new-fangled" to serve! Simply steam it in the tin and serve piping hot... for the "star" of your Thanksgiving meal!

Shining, Lustrous Hair can be yours so easily!

... and at a special offer price! For here's a golden opportunity for you to get a 30c-bottle of wonderful K R E M L SHAMPOO... for just 10c! Yes, Kreml Shampoo leaves even lifeless-looking locks radiant with natural sheen... for it has a natural oil base... and in addition, contains the "magic" ingredient, "Folisan" 99-1. It cleanses your hair gently, yet thoroughly, and rinses away quickly! Since seeing is believing — why not take this opportunity to try Kreml Shampoo now? Simply write to me — Barbara Brent, 1411 Crescent St., Montreal, P.Q. — enclosing 10c... and I'll send your 30c-bottle of Kreml Shampoo right away!

The Newest News About Your Favourite Hand Lotion is this...

... it's perfect for baby, too! Yes, JERGENS LOTION does a truly superior job of protecting baby's tender skin from rashes and skin irritation! Test after test proved this amazing fact — that Jergens Lotion is 5 times better for baby-skin than usual hospital skin-care. So smooth and soothing — so "just right" for baby's skin! You see, Jergens Lotion is sterile and simply does not support the growth of infecting germs! And so delightful to use! — After bathing baby — at diapering — smooth on Jergens Lotion all over!

Keyed To Autumn Appetites... luscious HEINZ CREAM OF TOMATO SOUP! I'm willing to wager, it will be your favourite, flavour-rich beginning to many an October meal... and a delicious "wonder-worker" when you cook it into stews, meat loaves, left-overs and all kinds. Ask your grocer for Heinz Tomato Soup now... he has the NEW PACK... fresh-packed tins of tomato soup from the Autumn-picked crop of pedigreed "Aristocrat" tomatoes. Try this taste-test tomorrow... discover how the "magic touch" of the famous Heinz Chef can give you tomato soup flavoured to perfection!

Happy Marriages are made of — not moonlight and roses — but the important, little, everyday things that are done and said. That's what a happy wife tells me. And she believes that every wife should pay a great deal of attention to feminine hygiene. Her favourite method — because she says "It's so dainty and effective!" — is ZONITORE. Zonitors are greaseless, stainless, non-white, saline suppositories — powerfully germicidal, yet absolutely safe to delicate tissues! So why not take this tip from a successful wife?... ask your druggist for Zonitors tomorrow — and write to me — Barbara Brent, 1411 Crescent St., Montreal, P.Q. — for your free copy of this helpful booklet giving frank facts on feminine hygiene. I'll send it to you in a plain wrapper.

In The Midst Of Fe... Housecleaning? Well, if you have that "end-of-my-tether" feeling... let ENERGINE Cleaning Fluid come to your rescue! Don't worry about those stains on upholstery! Energine removes grease stains from fabrics of all kinds — just like magic! When you follow the simple instructions, Energine cleans effectively without leaving tell-tale rings. Energine is wonderful, too, for porcelain surfaces such as refrigerators, bathtubs and wash basins. It really makes them sparkle! No wonder so many homemakers agree that Energine is "priceless" come housecleaning time — and so economical to use, too. You can get Energine at your favourite drug or department store for as little as 25c.

Ray Reflects... and Reminisces

A World Series broadcaster says a lot in the run of a day but he has never been known to utter, in the entire history of ball playing, the following statement: "Words fail me."

School buildings, put up here almost half a lifetime ago, are still doing service. Is there any sound reason why school students should not be entitled to something vastly better?

Why were Monday holidays never thought of earlier? Could it have been suspected that to dare enjoy a little more leisure was sinful, or trifling with conscience or State Rights. Well, Ladies and Gentlemen, the idea is here, and here to stay.

The official comparison of living costs in Canada from month to month is rarely low enough or high enough for one to become excited over it is something to be viewed with

academic calm, along with a feeling of resignation. And it's just as well to say nothing. The government will say it for you.

John Fisher speaks over the radio every Sunday afternoon. He has a rich, clear-cut penetrating voice. Usually, he describes where he speaks from and somehow he makes you see it through his eyes.

Perhaps Fisher has been north, but if so, we missed him. It's an inviting field for a man of his talents. He pictured the Okanagan Valley a week ago. One feels the fragrant warmth and sunlight yet.

CHRIS PARKVOLD BURIED TUESDAY

Final rites for the late Chris Parkvold, well-known coast hall-but fisherman, who died Friday, were held Tuesday afternoon at St. Paul's Lutheran Church before a large number of friends. Rev. Earl Soland officiated.

The theme of "Christian Preparedness," inspired by the twelfth chapter of St. Paul's Epistle to Luke, was the text of the sermon delivered by Mr. Soland.

During the service, the congregation sang the hymn "Wake, Awake, for Night is Flying." Interment took place in the Valhalla Lodge plot at Fairview

An Ottawa daily explains it as follows: The Journal has often called attention to the achievements of some of Canada's senior civil servants but the winning of a mince-pie making contest by Hugh Keenleyside, Deputy Minister of Mines and Resources caps them all. We presume the appropriate greeting him henceforth will be: "What's cooking?"

cemetery with Erling Wick, Reg Webber, Dave Abel, Sam Hausan, Harold Helland and William Husoy acting as pallbearers.

TOO LATE TO CLASSIFY

FOR RENT — Room for gentleman, 508 Fourth Avenue East. Phone Red 967. (235)

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a lot of trouble. If your body would be happy, subscriptions are payable in advance.

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"Good-for-you" Salads are better with nutritious Canned Salmon

CORAL SALAD

- 1 lb. can Salmon
- 2 cups chopped cabbage
- 1 cup diced beets
- 1/2 cup sweet pickle sliced
- 1 tsp. salt
- 2 cups boiled dressing
- 3 hard cooked eggs
- 1/6 tsp. paprika

Flake salmon, add other ingredients, reserving the eggs. Mix lightly and arrange on individual plates lined with small leaves of lettuce. Rice the egg yolks and sprinkle over the top. Chop the egg whites and place in a ring around the border. Sprinkle a little paprika over the egg yolks and garnish with a few hearts cut from beets.

Work your salad magic around Canned

Salmon and be sure of wonderful eating plus exceptional

food value. Every pound of Canned Salmon

you buy yields a full pound of nutritious food, rich in essential food elements. There is

no waste in Canned Salmon—it's all edible and that makes Canned Salmon

a real boon to your budget. For appetite glamour at low cost and

assured nutritional value, use Canned Salmon in your salads.

NUTRITIOUS CANNED SALMON CONTAINS

VITAMIN "A" — To guard against infection.

PROTEIN — Canned Salmon contains more body building protein than almost any other commonly served food.

CALCIUM AND PHOSPHORUS — Builders of sound bones and teeth.

VITAMIN "D" — Rich in the precious sunshine vitamin.

Plus valuable amounts of Iodine and Vitamin "G"