"No kidding — mustn't get below par . . . work suffers . . . my pocket-book suffers . . . got to keep earnings up . . . stay fit."

Don't let your earnings shrink by neglecting your health. Especially guard against "irregularity" - often caused by lack of bulk food in the diet.

Post's - the better Bran Flakes - provide the bulk that helps relieve constipation by keeping food wastes moving promptly. There's wholesome wheat nourishment too - Post's Bran Flakes are made with other parts of wheat.

You'll like Post's Bran Flakes. They're down right delicious as a cereal, or in the form of light, tender General Foods bran mussins made according to package directions. Two package sizes: large or regular. Insist on Post's - the better Bran Flakes.

Sure - she needs POSTS BRAN FLAKES - and likes them!

Seasonable Ideas for Housekeepers

SALAD DAYS ARE HERE AGAIN -MUCH IN VOGUE THESE DAYS

The vogue for salads in every- | dressing.

mall tender radishes are the pleases her own family. favourites. The plainest let- The home economists of the

· RAILWAYS

· AIR LINES

· HOTELS

• EXPRESS

LONDIE

· STEAMSHIPS

· COMMUNICATIONS

day all-year-round diet is com- There are innumerable ideas paratively new, but spring salad on what makes a good salad made from lettuce or "salad dressing. Some like it very plant" is a very old favorite. tart, others prefer a definite Leaf lettuce, crisp and fresh salty dressing while many favfrom the garden, makes the our a slightly sweet one. Seabasis of all summer salads al- sonings also vary greatly acthough early vegetables may be cording to taste. Every homeused with it. Baby onions and maker has her special blend that

tuce salad may vary, from simple | Consumer | Section, Dominion to elegant, according to the Department of Agriculture, say

that such extra ingredients as, well. Keep in a cool place. chutney, cheese, minced onion, Shake well each time before uschopped celery, chili sauce, ing. Yield: 11/2 cups. minced chives, catsup, curry Variations: To 1/2 cup of dressing

seem entirely different and new. Here are several good, standard salad dressings. Try your own variations. Make a salad today and everyday all summer. No salad is better than it

- French Dressing
- 2 teaspoons sugar ½ teaspoon paprika

1 teaspoon salt

½ cup vinegar 1 cup salad oil

Mix salt, sugar and paprika oil. Seal the sealer and shake

poyder or horseradish, to the add one of the following and standard dressing will make it blend thoroughly.

- 1. 2 tablespoons chopped
- 2. 2 tablespoons minced green onion tops or chives
- 3. 1 hard-cooked egg, chopped 4. 3 tablespoons peanut butter
- 5. 1/4 cup tomato catsup
- chili sauce 6. 1/3 teaspoon dry mustard
- Tomato Bacon Dressing

3 slices bacon

Wings of the World's

Canadian Pacific

Most Complete Travel System

Canadian Pacific Air Lines form a link in

Canada, reach to the rim of the Arctic,

offer wings across the Pacific to Australia.

airliners fly a network of routes in

Soon, Canadian Pacific will open

a second trans-Pacific air service

between Canada and the Far East.

This Air Lines service is linked with

Canadian Pacific the world's most

cations and Express to make

complete travel system.

By CHICK YOUNG

THAT WAS NICE

Railways, Steamships, Hotels, Communi-

ask your Canadian Pacific agent for full information.

Canadian Pacific

1949 is the year to see your Canada . . .

a chain of world travel service. Canadian Pacific



HALIFAX'S LOVELIEST - Three blondes and two brunettes reached the finals in their bid for the title of Miss Halifax 1949, decided Saturday at the annual Halifax Press Club Ball. Last year's winner, Betty Jean Ferguson, went on to win the 1948 Miss Canada contest. Shown here, left to right, are: Shirley Hayes, 19, Marjorie Mason, 20, Patsy Logan, 18, Anne Thexton, 22, and Betty Kane, 20. Eighteen other contestants lost out in the preliminary judging. (C. P. Photo)

1 tablespoon granulated sugar wassessessessessessessessessesses

½ teaspoon dry mustard 1 teaspoon salt

1/8 teaspoon pepper 2 tablespoons lemon juice or

vinegar 1/3 cup tomato catsup

1 teaspoon celery seed

l teaspoon chopped chives or green onion tops

Cut the bacon into small pieces and pan-fry until crisp; remove bacon bits from fat and

Cooked Mayonnaise

tablespoons sugar 1½ teaspoons salt

2 teaspoons mustard

teaspoon paprika Few grains cayenne

1/4 cup vinegar

3/4 cup salad oil 4 tablespoons cornstarch

1 cup water

Put egg, sugar, seasonings, vinegar and oil in a mixing bowl without stirring. Mix the cornstarch and water and stir over a low heat until thick. Then cook over hot water until clear, about 15 minutes. Stir the hot cornstarch mixture into the other ingredients and beat briskly with a dover beater until thoroughly combined. Cool and store. Yield: about 1 pint.

LEGION LADIES SPONSOR TEA

The home of Mrs. Charles Anderson, was the scene of a delightful tea and sale of home cooking Wednesday afternoon sponsored by the Laides Auxiliary to the Canadian Legion.

The rooms decorated with flowers, red, white and blue featuring the centre pouring table which was presided over by Mrs. W. Garlick and Mrs. M. J. Keays. A constant stream of callers kept the serviteurs busy, the visitors being received by Mrs. Anderson and Mrs. J. S. Black, president of the Aux-

Mrs. Harold Anderson was convenor for the affair, with Mrs. E. Heal and Mrs. D. Kerr looking after the home cooking table. Cashier was Mrs. Ciccone. Mrs. A. Holbrook, Mrs. H. G. Archibald, Mrs. Jean Murdock, Mrs. Doris Fossum and Mrs. Alexander acted as serviteurs. Mrs. Guyan was in the kitchen. Mrs. G. V. Hanley conducted the raffles which resulted as follows:

Mrs. G. Ciccone, sponge cake, ticket No. 35. Mrs. W. J. Lineham. Buffet

Set, ticket No. 15. Mrs. S. L. Peachey, pillow cases, ticket No. 24.

Mrs. T. Beattie, large plate

D'oylie, ticket No. 6. Astrid Swang, Box of Candy, ticket No. 96.

Advertise in the Daily News!

I imely Recipe

CEREAL ICE CREAM DESSERT 1/4 cup butter

1/2 pound marshmallows ½ teaspoon vanilla

1 package oven-popped rice cereal (5½ oz.)

Cook butter and marshmallows drain on absorbent paper. Com- over hot water until thick and bine the sugar, mustard, salt syrupy. Add vanilla; beat thorand pepper. Blend in the lemon oughly. Put cereal in large juice or vinegar and catsup. greased bowl and pour on marsh-Beat well with a rotary beater. mallow mixture, stirring brisk-Stir in the celery seeds, chives ly. Press into a large greased and bacon chips. Turn into a shallow pan. When cool, cut into jar with a close-fitting cover. 3-inch squares. Squares should Cover and store overnight in a be about 1/4-inch thick. Top with cool place. Shake well before a serving of ice cream, and with fresh crushed strawberries if desired.

Yield. About 12 squares.

It Pays to Advertise!

Here's Why Paying for a house is tough enough without fixing it as you go along. Our roof is DUROID—and it hasn't cost a cent for painting or repair.

In the beginning—we had a 66 foot lot, a little money and a big desire. Knowing that long years of payments lay ahead, we wanted our home to be worth owning by the time we'd paid in full.

Genuine * Municipality

Prince Rupert Daily Mews

Thursday, June 23, 1949

There's only one nook

Our contractor said, "DUROID will last."

Our friends said, "DUROID is bright and colorful."



And our uncle who loaned us some money said, "DUROID is a good buy." They were all right! We've

made the last payment and our roof is as good as new.

by Sidney Roofing and Paper Co. Ltd. Call your nearest Sidney Dealer today. Easy-to-follow directions for application are contained in every bundle of Genuine DUROID Shingles.



VICTORIA E. 4131

VANCOUVER MA. 2361

IN PRINCE RUPERT

DUROID PRODUCTS OBTAINABLE AT GORDON AND ANDERSON LTD.

CLASSIFIED ADVERTISING IN THE DAILY NEWS PAYS! EARLY ADVERTISING COPY IS APPRECIATED



in making jam or jelly with Certo Fruit Pectin or "Certo" Crystals. You'll save time and work...get up to 50% MORE jam or jelly from your fruit!

Please yourself which you use. Both Certo and "Certo" crystals are fruit pectin, the natural substance in fruit that makes jams "jam" and jellies "jell" - extracted and concentrated for better, easier jam and jelly making. The word "Certo" is a trade-mark.

Boil ONE MINUTE only for both Jams and Jellies

That's all you need when you use Certo or "Certo" Crystals . . . one minute's full, rolling boil! What a saving of time and energy. This short boil gives you other advantages, too:

Since very little juice has time to boil away, you get an average yield of 10 glasses where old-fashioned, long-boil recipes would give you about 6.

O Cooking time is so short it cannot spoil the fresh fruit taste or dull the lovely natural colour. They stay in your jam or jelly.

A Product of General Foods

TURN OUT RIGHT

That's providing you follow exactly the kitchen-tested recipes you get under the label of every bottle of Certo or in every package of "Certo" Crystals. Different fruits need different handling so there's a separate one for each fruit. Don't change a thing and you'll get delicious, sparkling jam or jelly every time.

get CERTO or "CERTO Crystals at your grocer's today E-69

-Tea For Two. MR. BEASLEY COME IN --IS STANDING S THE ICED TEA FOR DINNER?

-Heels Over Head In Love.