

THIS IS SPIRIN WEEK
AT YOUR DRUGGIST'S

SAVE **71¢** by buying the large 100-tablet bottle for **79¢**



ASPIRIN
ACETYL SALICYLIC ACID
GENUINE

FAST, effective relief from HEADACHE, the aches and pains of COLDS, Neuritic, Neuralgic pains

Peas and Peas

At the end of winter, when the feel of re-embers too often of the barrel is anything that's a tempt and tempting—make or to eat. That's combinations lift the table. Especially combinations of peas as this dish cooked peas—fresh, frozen—with rice and simple seasonings cook's finger tips.

Peas, cooked fresh. Canned peas cooked rice. Peas butter or margarine. Grated cheese paprika to taste. Curry, if desired. 1 cup of white rice, 1

teaspoon salt and 2 cups cold water in a two-quart saucepan. Cover with a tight-fitting lid. Set over a hot flame until it boils vigorously. Then reduce the heat as low as possible and simmer for 14 minutes more. During this time the rice will absorb the water and come out deliciously tender. Remove the lid to permit the rice to steam dry. Lift rice with a fork to test its consistency. Never stir rice while cooking—and the grains will be separate and tender. Makes approximately 2½ cups fluffy white rice. Keep left-over cooked rice in a covered bowl in refrigerator—you'll find it handy next time you're in a hurry to fix a quick meal.

Mix cooked rice and peas together and heat thoroughly in a saucepan over a low flame. Add butter and seasonings and blend well but be careful that the peas are not mashed.

Turn out into a hot serving bowl and sprinkle with cheese.

CANADIAN ARMY—"INSURANCE FOR PEACE"



HE'S YOURS

Now you handle her!

Fast and powerful, these giants roar through or over any obstacle. In the Armoured Corps—as in all the branches of Canada's new Army—there are great opportunities for advancement.

Would you like to learn a useful trade like draughting, carpentry, X-ray specialist, accounting, tool-making. You can take your choice of these or many other trades. For example, there are vacancies right now with the Royal Canadian Armoured Corps for drivers, mechanics, gunners and wireless operators. Never before has the Army had so much to offer young men to help them build sound, secure careers.

Visit your nearest recruiting office soon. Get the complete details on career opportunities—pension plans, medical and dental care. You are eligible if you are 17 years of age or over and can meet the Army's requirements.

No. 11 Personnel Depot, 4th Avenue & Highbury Street, Jetches, VANCOUVER, B.C.

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the CANADIAN ARMY ACTIVE FORCE Now!

Porch Paint

It's a simple matter to keep your steps and veranda looking cheerful, using—

BAPCO PORCH PAINT

Thompson Hardware Co. Ltd.

Social Doings
(Contributions to this section will be welcomed)

MUSIC, FOOD AND SOCIAL GRACE WILL ATTEND ROTARY SPRING TEA

The suave touch and delicate social grace of Prince Rupert's Rotarians will be on display next month for the second time in three years when the club puts on its second Daffodil Tea at the Civic Centre.

With similar aplomb to that which won them social distinction two years ago, the club men will don the pink apron and wield the tea and coffee urns in the interests of public well-being, well aware that their proficiency might lead them into the danger of greater domestic chores at home.

But they are willing to take a chance on making their accomplishments known to the public and their wives for, to a man, they have responded to the clarion call of project chairman Martin F. Stuart. Recalling the success of their original effort in this regard, they feel that they can even carry the thing off without the loss of that most cherished possession—their male dignity.

The dowager touch at the pouring table will be lent by Dr. L. W. Kergin, P. H. Linzey, S. D. Johnston and Inspector F. B. Woods - Johnson who have agreed to take that distinctive post for the afternoon.

While they pour, the auditorium will ring lyrically to chamber music by a talented group of instrumentalists made available for the occasion by H. T. Lock. There might, it is anticipated, even be the presence of the Rotary Male Chorus to add a vocal touch.

Through the vernal, floral-banked setting, rugged groups of serviteurs will bustle, providing nourishment to the guests. This team, which has already entered rigorous training under direction of George Mitchell, will consist of W. D. McAra, Stewart Donaldson, George Dybhavn, C. H. Elkins, L. M. Felsenthal, Lee Gordon, J. C. Gilker, Jim Greer, Dr. W. S. Kergin, George Green, John McLeod, Jack McRae, Alderman H. S. Whalen, Sgt. L. A. N. Potterton, A. D. Ritchie, J. H. Thompson, C. L. Youngman and Alderman T. B. Black.

An uncertified glimpse into future events will be made available to anyone wishing to see what lies ahead through the offices of A. P. Crawley, G. R. S.

Thrifty-Savory Ready in a jiffy

Heinz

COOKED Spaghetti

TRY IT WITH LEFTOVER MEATS

57

HEY FELLAS!

SUNDAY isn't the only day you can take the little woman out for dinner.

Try treating her to a dinner during the week—with maybe a show afterward.

CIVIC CENTRE DINING ROOM

For Chicken-in-the-Rough—
For Reservations
PHONE RED 705

GIVE GENEROUSLY

TO

CANADIAN RED CROSS



GIRL PERFORMS SELF-MUTILATION—Pearl Polishchuk, who went east from the Peace River district during war-time labor shortage and worked for a time in St. Catharines, Ont., before going to Toronto, was found in her Toronto rooming house lying in a pool of blood. Police said there was a saw-toothed bread knife beside her and both her legs were almost severed above the knees. For the past five years she worked for a knitting company where she had often told the part-owner she would "like to see the other side." She was a member of the Onward church whose minister says the girl wanted to be a minister. In her purse were a number of religious tracts and a letter from a brother in Manitoba. She is expected to live, according to hospital reports.

GARDEN NOTEBOOK

A Pencil Will Help—A pencil will prove a most useful tool in the gardener's kit, and it should be the first one to use each season. True, it is not much use out in the garden itself, but with a few pieces of paper and perhaps a small ruler it will come in mighty handy for planning. And planning is an important and pleasant part of gardening.

It is not necessary to have an exact blue print, or even a plan drawn to scale, though a rough sketch in the proper proportion, with the prominent features like the house, garage, walks, trees, etc., marked in about the right places, will make things neater and easier.

The main thing about planning, however, is to help get the garden started at the proper time, and to prevent duplication and crowding.

Laying Out the Garden—For the vegetables planning is simple mathematics. It is just a case of determining how much space is available and then laying this out in rows of various widths. For vegetables of medium size like beans, lettuce, carrots and such things it is best to leave at least a foot between rows and up to twice this much will not hurt. More space between makes cultivation easier. Larger growing things like potatoes, peas, corn, etc., should have at least two feet between rows, and a yard will not be too much, especially where a garden tractor is to be used for cultivation.

Three feet apart is about the right distance for tomatoes, too, although they can go closer if they are staked. With sprawling vines like cucumbers, melons and small squash, the best plan is to plant in hills of a foot to 18 inches square and at least two feet between.

Planning Flower Garden—For the flower garden, lawns and shrubbery about the house, the experts usually advise an informal layout. By that, however, they don't mean just planting anywhere or, as one wit suggested, mixing a dozen packets of seeds together and sowing broadcast.

It may sound a bit Irish but what these experienced gardeners have in mind is a carefully planned layout to produce the informal effect, and it is not difficult to accomplish. A few simple rules will help.

First, and of great importance, is the lawn. No matter how small the amount of ground to be landscaped it is advisable to have a piece of lawn in the centre and foreground. Around this the flowers and shrubbery are grouped with the house in the background. There is nothing like a well kept lawn to show off the rest.

One should keep in mind the mature height of the plants, shrubbery and trees to be used. Allow half as much space between as these individuals will finally grow. With an aster,

CFPR Radio Dial
1240 Kilocycles
(Subject to Change)

WEDNESDAY—P.M.

- 3:30—Divertimento
- 3:45—BBC News
- 3:55—U.N. Com'ty
- 4:00—Edmund Hockridge
- 4:15—Stock Quotation—Int.
- 4:30—Maggie Muggins
- 4:45—Easy Listening
- 5:00—Rendezvous Room
- 5:30—Musical Cocktails
- 5:45—Supper Varieties
- 6:00—Supper Serenade
- 6:15—Sammy Kaye
- 6:30—Musical Varieties
- 6:45—Plantation House Party
- 7:00—CBC News
- 7:15—CBC News Roundup
- 7:30—Carmen Torres
- 8:00—Julius Caesar
- 8:30—Juno and the Paycock
- 9:00—The Great Election
- 9:30—Feature on Sir J. Boyd
- 10:00—CBC News
- 10:10—CBC News
- 10:15—Earle Birney
- 10:30—London Studio Concerts
- 11:00—Weather Forecast and Sign Off

THURSDAY—A.M.

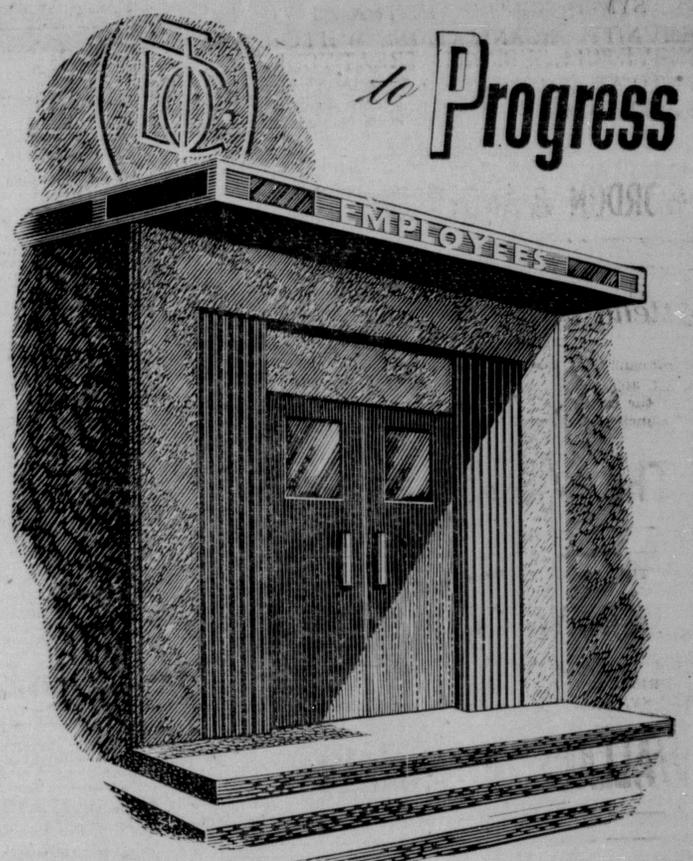
- 7:00—Musical Crock
- 8:00—CBC News
- 8:15—Morning Song
- 8:30—Music for Moderns
- 8:45—Little Concert
- 9:00—BBC News and Com'ty
- 9:15—Morning Devotions
- 9:30—Morning Concert
- 9:59—Time Signal
- 10:00—Ellen Harris
- 10:15—Morning Melodies
- 10:30—Roundup Time
- 10:45—Scandinavian Melodies
- 11:00—Musical Varieties
- 11:15—Songs of Today
- 11:30—Weather Forecast
- 11:31—Message Period
- 11:33—Recorded Interlude
- 11:45—Let's Waltz
- P.M. —
- 12:00—Mid-Day Melodies

12:15—CBC News
12:25—Program Resume
12:30—B.C. Farm Broadcast
12:55—Recorded Interlude
1:00—Concert Hour
1:30—Bernie Braden Tells a Story
1:45—Commentary—Deeds
2:00—B.C. School Bdct.
2:30—Musical Program (Ott.)
3:45—Western Five
3:00—Ethel and Albert
3:15—Spotlight on a Star
3:20—Sketches in Melody

"EXPORT"
CANADA'S FINEST
CIGARETTE

DOUBLE TROUBLE
HURLEY, Berkshire, Eng., fishing in the Thames, John Holland entangled his tackle in the branches of a tree. While trying to free it he tore his upper lip. Then he fell breaking his nose.

Here is a new door to Progress



KEEPING up with the times is the responsibility of every Canadian business. The latest addition to our cotton mill unit at Magog, Quebec, is an indication of Dominion Textile's appreciation of this fact. Designed on the latest structural plans for such plants, the building is air-conditioned throughout, equipped with fluorescent lighting and the most modern cotton textile machinery. It combines healthful, pleasant working conditions for the employees with a production efficiency which means more and better cotton goods for Canadian consumers at the lowest possible prices.

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