Dill Pickles, gal. 10 Cut Green Beans, fcv

.25 First Grade, lb. Evaporated Milk. 10-oz. tins. 2 for Pastry Flour, 7 ibs .25 Flour, 49's, No. 1 ZZ Flour, 24's Tea and Coffee

.53 Tea DeLuxe quantity lb

33 Tomatoes, 20-oz, ea Canned Fruits Pineapple, crushed Pieces, 20-oz

Anricots, 20-oz. 3.60 Cherries, ancy, 20-oz. 1.82 Luganuerries, 20-oz.

Vs it your breakfast that's wrong?

Large Grade A.

GALS EVERYWHERE—look this message over. It's built on plain but important facts. Something for your good. How your folks can benefit.

Why Breakfast is Specially Important to YOU

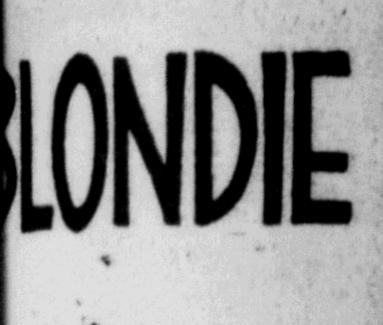
A good breakfast gets you off to a good start for the day. Hard work ahead? At home? At business? Take the nutritionist's tip. (They know.) For mental alertness, getting things done, that first meal of the day is important. Why? Because, for those who eat no breakfast or a poor one, results are fatigue, irritability, lessened efficiency.

Why Grape-Nuts is a Special Breakfast Cereal

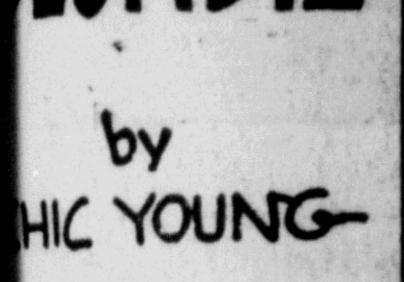
Just two tablespoons of delicious Grape-Nuts provide the cereal share of a good breakfast. Golden kernels of whole wheat and matted barley . . . good . . . good . . . good. Fine food values too, because of useful quantities of carbohydrates, proteins, minerals you need. Grand flavour-lift with milk or cream. Grape-Nuts help you to healthful, economical breakfasts,

Grape:Nuts





Gal says Mighty Handy



























Scouts, Guides-

Jamboree

TERRACE-A Boy Scouts and Girl Guide Jamboree was held at the Oddfellows' Hall here on Friday last and a large crowd of parents and friends watched the proceedings with great interest. Each group went into formation with the Guides in the centre and surrounded by the Scouts and Cubs. On the outer circle were the Brownies.

On behalf of the village commisioners, D. G. Little spoke briefly on the good work done by these organizations in the town where there is no organized sport for the children. Especially did he commend all the leaders who were taking such an interest in the work.

The presentation of the flag to the Girl Guides by Mrs. S. J. Norrington then took place with these words: "On behalf of my husband and myself may I ask you to accept these colors for the first Terrace Girl Guide Company. May they carry them with pride and with a full understanding of the emblems with which It is embroidered.

Captain McIiroy accepted the colors with a few words of thanks and she handed them to the standard bearer, Claudia, King who, with two escorts. Shaaron McIlroy and Marlene, Michiel took them to the company. Then Captain McIlroy presented Guides Bertha Amdam, Shirley Rey-Maureen Kennedy, and Shaaron McIlroy with second class badges. Mrs. Wold, president of the Girl Guide Association spoke briefly and thanked all for turning out that night.

Each group then showed to the audience how part of their evenings were spent when they met

Leading the Cubs were J. Haaland R. Pethwick. The Brownie leaders were Mrs. Giraud, Mrs. Gavan, Mrs. Howlett, Gloria Irv- berg, Dr. McGilvery acted as your paper, please do not

Guide leaders were Capt. Mc-Ilroy, Lt. Clifford and Lt. McGil-

The three Scouts who had been to Ottawa last July for the big Jamboree there each told part of the journey possible for them. These boys were, Aaron Haaland, Francis Gavan and Roy Clifford.

Constable Brue spoke briefly on the work of the Group Committee and asked tht boys to get their parents to attend these meetings which are held monthly. The Guides finished, with their mpfire songs, and this was folPrince Rupert Daily News Wednesday, March 1, 1950



QUEBEC MAN WINS FIRST DOG RACE HEAT— Ten teams were entered in the International Dog Derby race at Ottawa and the first 30-mile heat was won by Wilf Lepine of Quepec City. A lead. dog, Mike, is held by Inez Martinez. Mike led dog team in one of the 30-mile tests open to both U.S. and Canadian entrants. Canadians held the first five places in the first day's run.

and "God Save the King." In the absence of Brock Nor-

Following the closing of the very. Dick Dubeau, as Scout mas- ceremonies refreshments were

ter, put the Scouts through their served by the ladies of the Girl Guide Association with Miss Dorothy Irving in charge. The food their experiences and thanked and many of the parents and those who had donated to make few words of thanks were extended to them all for their kindness.

It your subscription is in arrears and you do not receive blame the publisher, the news boy or the post office. Just do a little straight talking to yourself. Co-operation of subscribers in this regard would be appreciated. It would save tot of trouble and every body would be nappier. Sub. scriptions are payable in ad-

FOR YOUR WALLPAPER HANGING For Your Interior Painting and Decorating Call-SPENCE & MATUIK 233 11 Street

Phone Blue 215

13 sponga C



Say Seagram's and be Sure

Seagram's "V.O." Seagram's "83" Seagram's Crown Royal

Seagram's King's Plate Seagram's Three Star

This advertisement is not published or displayed by the Liquor Control Board or by the Government of British Celur

Pork Ribletts

Locker Plant

Halibut Chunks

Prostie Locker will have many satisfied customers this spring. Customers who have no worries Join these happy peop e rent a locker, save time, money and worry by purchasing quality meats by the quarter from the Locker Plant.

Rupert Freezing Company Ltd.

tishermen!

WHEN IN PRINCE RUPERT TELL YOUR TROUBLES TO THOM THE SHOP THAT UNDERSTANDS MARINE SHEET METAL - CALL -

BLACK 884 THOM

SHEET METAL LTD.

PHONE

PHONE

Wallare

HOURS

Weekdays 9 a.m. to 9 p.m. 12 Noon to 2 p.m.

7 p.m. to 9 p.m.

SIXTH STREET AND THIRD AVENUE