R.C.N. DISPLAYS ANTI-SUBMARINE TECHNIQUE—Twin Bofors anti-aircraft cannon are pointed skyward and beneath the R.C. N.'s white ensign can be seen. Firefly anti-submarine aircraft and Sea Fury fighters on the flight deck of H.M.C.S. Magnificent The carrier's guard-H.M.C.S. Micmac, Tribal class destroyerraces up the port side of the carrier as the navy gives a demonstration of anti-submarine technique for the benefit of members of the Canada-United States permanent joint board of defence in

TIMBER SALE X-47305

he Minister of Forests at Victoria of Kildala Arm, south of Indian Reserve No. 4, Range 4 Coast Land

Forester, Victoria, B.C., or District Forester, Prince Rupert, B.C.



PARIS @-Six Western Furopean countries today met to nool Five years will be allowed for re- coal and steel and something Further particulars of the Chief even more precious, their sove-

Western Germany, Wheat Pelgium, Italy The Netherlands Flour, 24's and Luxembourg have agreed to Coffee lb. the idea, Britain has held back.

The revolutionary idea of surendering sovereignty was made Grapefruit May 9 by France's Foreign Minister Schuman, who proposed the coal-steel pool be controlled ov an international authority with power to tell the industry of each country what it can do.

Try to avoid emotional upsets at mealtime—such upsets tend to upset digestion.



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Year In, Year Out

cut "right".

G-50

for Breakfast

An able food expert

A Product of General Foods

planned a food specially made for

breakfast Grape-Nuts -- the favorite of millions!

NOTHING ELSE Is Quite Like It

(There may or variations in in various stores depending on whether special or standard quanties are listed.) Fresh kauit Bananas, lb. Apples, cooking, 3 lb. Lemons, large Cal doz.

Strawberrys, basket vegetables Beets, bunch Spinach, 2 lbs. cello .... 2 for .1 ..... HEADS MEDICAL ASmusnrooms. lb. Cooking Onions, J 10s. Tomatoes, Calif, lb. H. H. Potatoes, new, 4 lbs. for

Oranges (Navel)-....-

vegetable Marrow, lb. ......07 association's 81st annual meet-Canned Togetailles Dill Pickles, gal. ..... 1.65 Cut Green Beans, fcy No. 5 Peas, fancy ..... 2 for Mixed Vegetables ..... Diced Beets, per tir. Mixed peas and carrots 2for.3 Pumpkin 2 for Baked Beans, 20-oz. tin ...... Baked Beans, 15-02. tin. ea. ... Tomatoes, 20-oz. ea.

.17 surrogate courts of Haldimand Cream, 1/2 pint Large Grade A..... 58-60 the British Commonwealth. Medium cartons Pullets. cartons Butter First grade, lb.

she had a practice in Port Col-Cheese Canadian Cheese lb. Evaporated Milk. Pastry Flour, 7 lbs. Flour, 49's. No. 1 nard

sea and Coffee Tea DeLuxe quantity lb ....1.05 Aupic, 20-oz. tin. 2 for

Canned truits Pineapple, crushed Pieces, 20-oz Apricots, 20-oz. Cherries, ancy, 20-oz. Luganperries, 20-oz. Peaches, choice

Soap Soap, face, bar Soap Powders, large Grace Mi Seedless Raisins, 2 lbs. seeded Raisins, 2 ibs.

Shelled Walnuts. 1/2 lb. Almonds, 6 oz. Shelled Brazils. 14 lb. Jams - are Meats

Roasting Chicken. 1b. Pork Ham lb Garlic Sausage. 1b. T-Bone, lb. Tenderloin, lb.

Concentrates of Vitamins A and D should be measured accurately-drop by drop. Overosage is dangerous and produce calcifications in tissues of children.

## Bing Crosby Never Better

Rated as one of the best of Bing Crosby's many stand-out race track with principal sup- how high Red River water is. porting parts by Coleen Gray, Told Me."

owns a potential champion horse. "Laurier", that's quite accurate. picion that Father's Day was not it to be. SOCIATION - Dr. Norman However, his fiancee, Frances Yet, under all the circumstances, Gosse of Halifax was elected Gifford, wants him to sell the the slip is inexcusable. thoroughbred and take a job with president of the Canadian her father. He refuses to the delight of her younger sister, Coleen Gray, who is also in love ing held in that city. A natwith him and vans the horse to an out of town track for a big race. Unfortunately, there governor of the American Colis an entry fee to be paid and lege of Surgeons and a Fellow Bing cannot raise the money. All of the Royal College of Surgseems lost when Miss Gray appears on the scene with the cash. The picture's climax packs a powerful emotional wallop.

Medical Association at the

ive of Newfoundland, he is a

eons of Canada. (CP Photo)

WOMAN JUDGE-Helen Kin-

near, judge of the county and

County and local judge of the

Supreme Court of Ontario, is

believed the first woman to be

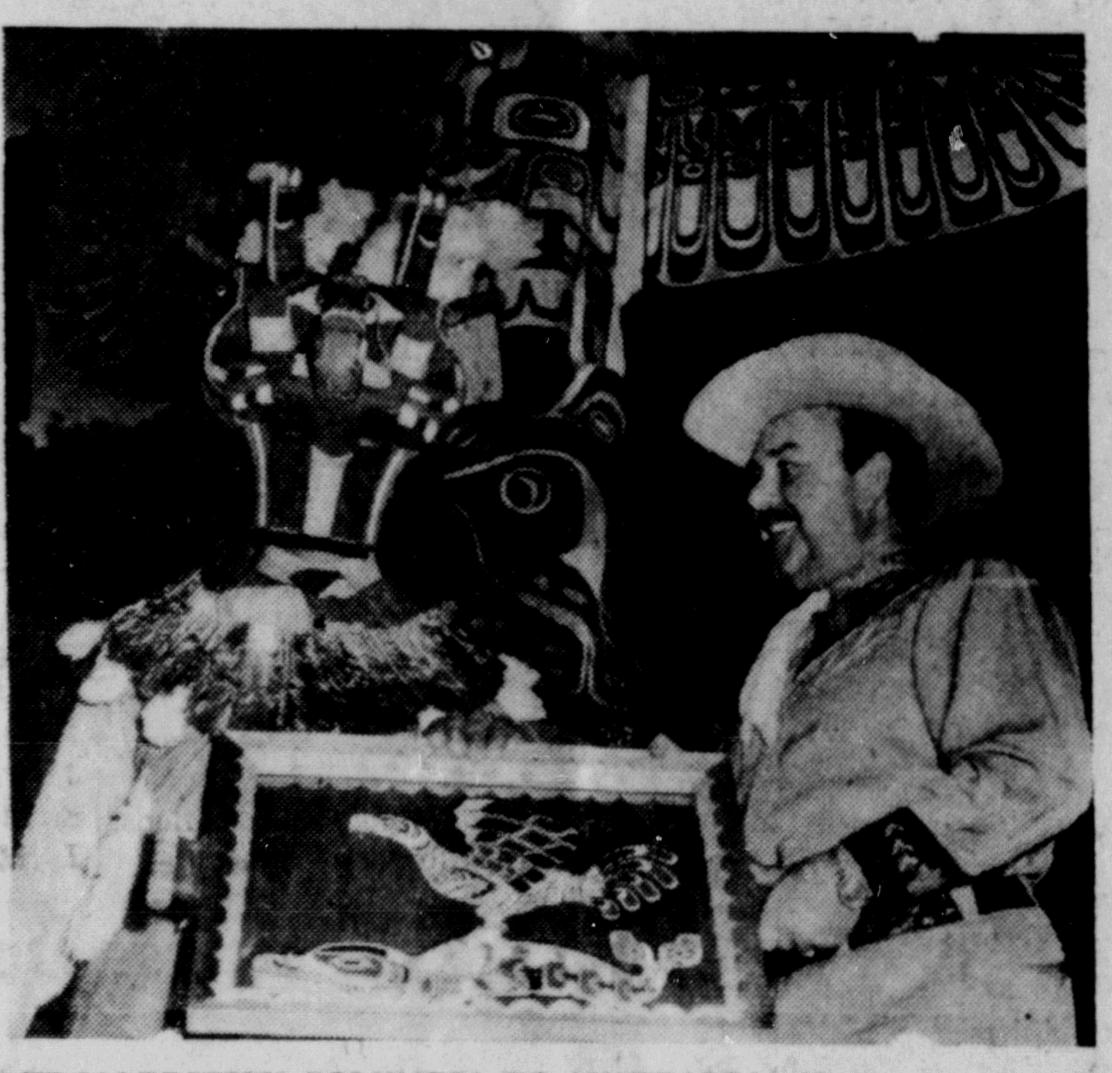
appointed to the Bench within

She was formally sworn in in

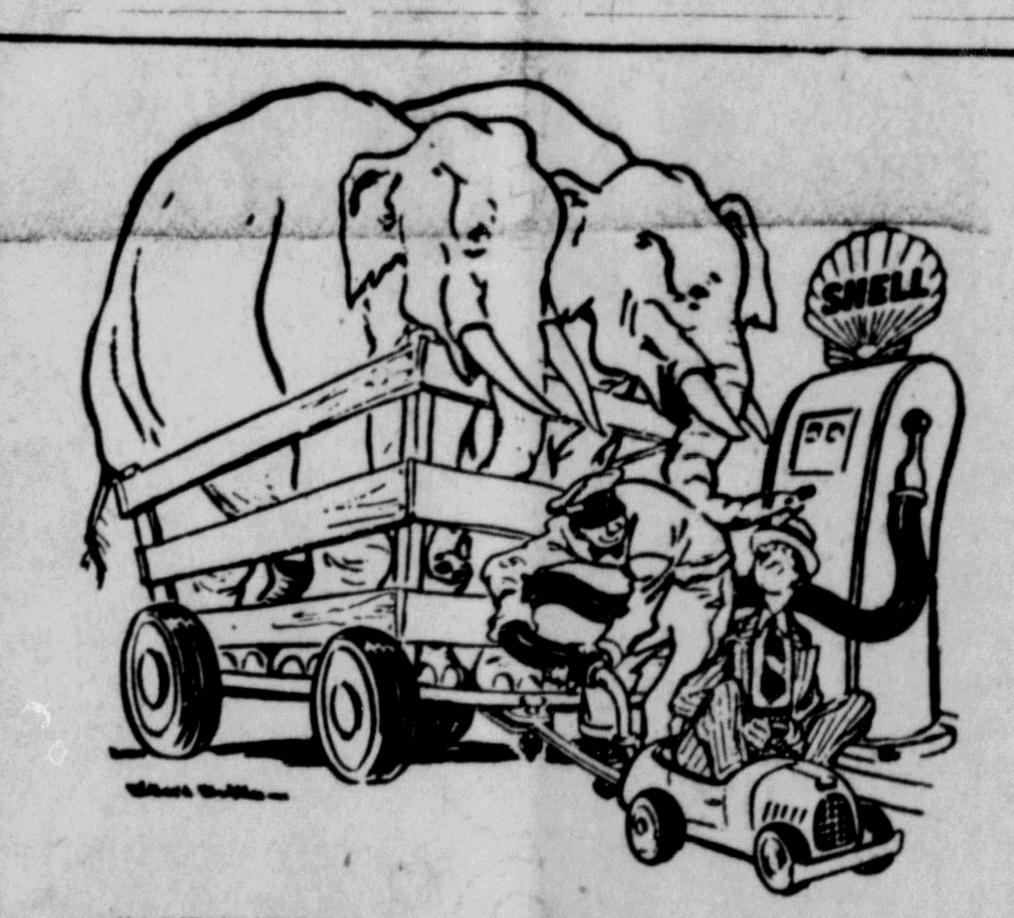
1943. A King's counsel in 1934,

William Damarest, Raymond Walburn, James Gleason, Ward Bond, Clarence Muse, Percy Kilbride and Harry Davenport are also in the cast.

Take care of your eyes-give them good light to read and work borne, Ont., before her eleva- with - protect them against (CP Photo) strain and injury.



FROM BRITISH COLUMBIA TO AUSTRALIA-Vancouver comedian Stan Francis is presented with a carved wooden tray to present to the lord mayor of Sydney, Australia, on behalf of the Native Brotherhood of B.C. The apparition on the left is Comox Indian Chief Andy Paul in the ceremonial mask used in his tribe for generations. The tray shows an eagle riding a whale.



"ACTIVATED" Shell Premium is the most powerful gasoline your car can use!

Is There a Man

in the House? Millions Choose It Chocolate Grape-Nuts Pudding 1/2 cup Grape-Nuts IF you have to be keen . . . sharp . . . at your work DON'T SKIMP BREAKFAST. A good breakfast Millions find Grape-Nuts a delicious taste-treat lessens the risk of later fatigue, irritability - starts you at breakfast. These nutritious, appetizing kernels made from whole wheat and malted barley are crunchy - good. Serve with milk or cream. Then enjoy a unique flavor that's never been Posts imitated or duplicated!

And you'll benefit from useful amounts of carbohydrates, minerals and proteins.

Use Grape-Nuts in different, delicious ways. For cooking, see various recipes on the package. Try this interesting recipe shown here.

On your next shopping trip select Grape-Nuts. Costs so little - goes so far. As for economy - a serving is just two tablespoonfuls - costing less than a cent.

## Ray Reflects

Frances Gifford and Charles! One would take for granted Frances Gifford and Charles One would take for granted it we'll stay in Prince Rupert. Something of a problem, Hellinger and there are four hit frid" would be correctly spelled. There are more dismaying sights course, but there is ONE ob tunes - "Sunshine Cake," "Sure Yet, in a new and most praise- than a bit of untidiness. Thing," "Somewhere on Any- worthy publicity pamphlet conwhere Road" and "The Horse cerning Canada's progress, it is Reflecting on the number of useful. It's always necessary not. The spelling is "Wilfred" new and rich looking ties, there you wear clothing, and it n A race track devotee, Crosby and that's wrong. And as for seems to be a well founded sus- not be expensive, unless you was

> Just how poor is a poor man? A clergyman has declared that any Canadian earning less than \$35 a week comes within that classification. Yet, much depends. What one man would call poor (and with emphasis). another wouldn't. Some might prefer a steady job the year around, at \$35, while others would rather draw \$75 for a stretch of four months.

The stranger who would never return to the world he knew best. and while awaiting admission to the one he knew least, thought St. Peter was taking his time. From where he stood, he could notice, wtihin, a group of taxidrivers. Their number was slowly increasing; and all were comfortably seated. St. Peter was asked why this seeming preference and favoritism was being displayed toward taxi-drivers.

"You see," came the reply, "it's like this. We know, as a matter of impartial record, that taxidrivers scare hell out of more people than any other class in society. At least a little recognition is deserved."

Nudists are buying land on the

south coast and will be having | Mrs. Murray Henderson, the jolliest old time while warm merly Miss Margaret Smith, weather lasts. This is in the little daughter Kathryn, arr long settled Langley region. in the city Sunday aboard and Reminisces Neighbors feel as sore as all get Coquitlam, from Vancouver, out. Their old homes are be- Henderson is visiting her coming unfit places in which to ents, Mr. and Mrs. Oscar Sm Bing Crosby's many stand-out pictures, "Riding High" comes to Wheat is reported from four raise Christian, familes. The 309 Seventh Avenue East, the Capitol Theatre here this to six inches high in southern Nudists say they are sun-wor- home is in Winnipeg. Thursday, Friday and Saturday. Manitoba. That makes far bet- shippers and have nothing to do It is an hilarious story of the ter reading than a description of with Sons of Freedom, who may settle down somewhere around Victoria or Alberni or Vancouver any old time. Come to think of neglected. What to get for D

Classifieds bring quick rest

that plainly points a way to avenue of escape. It's alw



HIRAM SPECIAL ULD CANADIAN WHISKY

BOTTLED IN BOND

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I quisite spoons to believe this wonderful bargain! Made of gleaming A-1 Plus Quality HERE'S HOW set of Rose Pattern silver with cartons from Swift's famous products - Swift'ning, Allsweet, and

Print your name and address, and send

it with cash and required panels to:

Box 808, Toronto, Ontario. Send only

the carton panels from Swift'ning or All.

sweet or Jewel cartons which have the net

weight of the carton printed on them. Pro-

vided the right panels from the right

number of cartons are sent, you may send

any combination of panels from these three

3 panels and .60

3 panels and 1.00

2 panels and .75

2 panels and .75

3 panels and .90

Swift products.

dessert spoons

3 dessert forks

3 dessert knives

3 butter spreaders

2 serving spoons

3 salad forks

ADDRESS.

CITY.

teaspoons

Here's what you can collect:

Butter knife and sugar spoon

Toronto, Ontario.

3 pc. place setting (knife, fork, teaspoon)

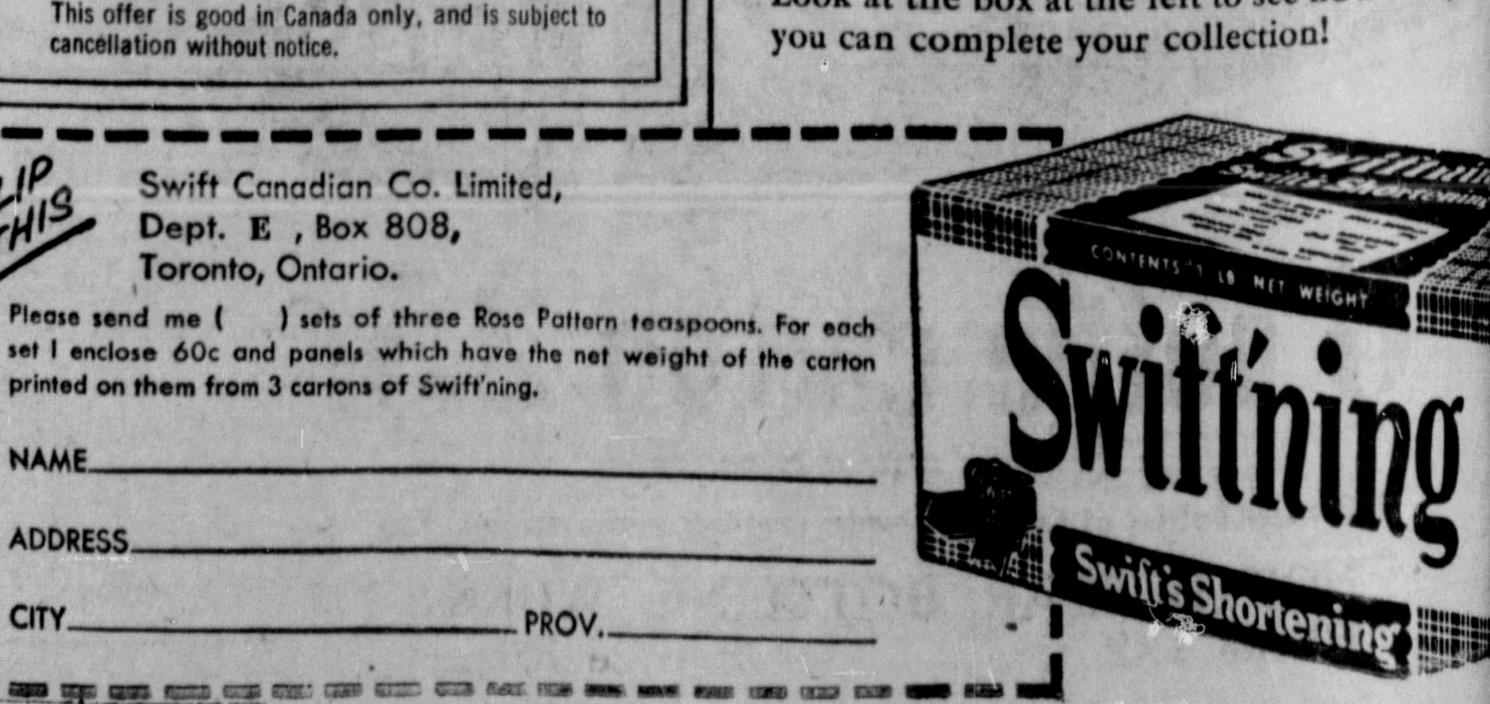
Swift Canadian Co. Limited, Dept. E

silverplate, they add a graceful touch of beauty to your table! Send right away for your teaspoons! You can get your teaspoons for only sixty cents and the panels from three packages of Swift'ning! Just send your name and address

with 60c in cash, plus panels which have the net weight of the carton printed on them, from 3 cartons of Swift'ning, to Swift Cana-, Box 808, dian Co. Limited, Dept. Toronto, Ontario. Swift'ning you know, is Swift's new improved shortening-the quick-mixing

shortening that gives you lighter cakes and flakier pastries every time! Ask for Swift'ning today. There's no difference in the way you use it, but what a difference in your results!

Once you have your teaspoons, you'll want the entire set of Rose Pattern silverware. Look at the box at the left to see how easily



• Prepare Chocolate Pudding as directed on package, but increase milk to 3 cups. Just before serving, fold in Grape-Nuts. Makes NOTE: If desired, Grape-Nuts may be sprinkled on top of pudding instead

Post's