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Timely Recipe

BRIDE'S PUNCH
 7½ cups apricot whole fruit nectar (5-12 ounce cans).
 5 cups pineapple juice (2 No. 2 cans).
 2/3 cup lemon juice.
 5 pints ginger ale.
 2 cups sliced sweetened strawberries.
 Ice.
 Chill all ingredients thoroughly. Combine just before serving and pour over ice. Serves about 36 (about 6 quarts).

HOW CAN I ???

By ANNE ASHLEY

Q. How can I clean the hair brush?
 A. Put a small amount of household ammonia in warm water and dip the brush in this solution several times, back of brush upwards. Do not rinse it. Lay the brush on its back to dry.

Q. How should I grease cake pans?
 A. The cake pans and muffin tins should be greased with lard instead of butter. The butter will cause cakes to stick. However, butter should be used to grease casserole dishes.

Q. How can I clean discolored china dishes?
 A. Try using a solution of salt and vinegar.



DROUGHT IN CANADA, FLOODS IN AUSTRALIA—While many parts of Canada have had the hottest, driest June on record, Australia has seen record rain and floods. Here is a home near Sydney where flood waters marooned hundreds of homes, caused six deaths, ruined thousands of acres of farm land.

The Experts Say - -

Canadian Press Staff Writer

COOKING VEGETABLES—Since one of the objectives in cooking food is to make it as nutritious as possible, consideration should be given to the proper methods of cookery.

Health experts suggest that vegetables generally suffer most from improper cooking.

Vegetables are rich in minerals and vitamins, the nutrients so readily affected by water and heat. Great care must be taken to retain as much of the food value as possible.

Vegetables should be prepared close to meal-time. If cut, the pieces should be large because when cut in small pieces a larger surface area is exposed to the water, thus increasing the loss of vitamins and minerals.

For cooking vegetables here are some suggestions:

1. Use the least amount of water possible, since many of the nutrients will dissolve in water.

2. Have the water boiling before adding the vegetables. Experiments show vegetables started in cold water have almost twice the minerals loss that they have if boiling water is used.

3. Cover the saucepan tightly to shorten the cooking period and to cut down oxidation of vitamin C.

4. Cook only until tender—not soft.

5. Use the remaining cooking water in the preparation of soups and gravies.

6. Serve vegetables immediately after cooking because if they are allowed to stand for any length of time high vitamin losses occur.

The health experts also have some suggestions for cooking meat:

1. Cooking with dry heat: roasting, pan broiling, and oven broiling. Shrinkage is reduced when meat is cooked slowly in an uncovered pan.

2. Cooking with moist heat:

CFPR Radio Dial

1240 Kilocycles
(Subject to Change)

FRIDAY—P.M.
 4:15—Stock Quotations and Interlude
 4:30—Footlight Favorites
 4:45—Sleepy Time Story Teller
 5:00—Melodic Moods
 5:30—Don Messer and His Islanders
 5:45—Supper Varieties
 6:00—Supper Serenade
 6:15—Musical Varieties
 6:30—Prairie Schooner
 7:00—CBC News
 7:15—Our Special Speaker
 7:30—Starlight Moods
 8:00—Vancouver Theatre
 8:30—Canadian Summer Concert
 9:15—Canadian Short Stories
 9:30—Beat the Champs
 10:00—CBC News
 10:15—Miscellany
 10:30—Take a Ghorus
 11:00—Weather and Fish Arrivals

SATURDAY—A.M.
 7:00—Musical Clock
 8:00—CBC News
 8:15—Pick of the Hit
 8:30—Morning Devotions
 8:45—Little Concert
 9:00—BBC News
 9:15—Saddle Serenade
 9:30—Melodies for Juniors
 9:50—Time Signal
 10:00—Bandstand
 10:15—Continental Serenade
 10:30—Concert Favorites
 10:45—CBC News and Com'ty
 10:55—Weather and Interlude
 11:00—Musical Program
 11:30—Weather Report
 11:31—Message Period
 11:33—Rec. Int.
 11:45—Personal Album

SATURDAY—P.M.
 12:00—CBC News
 12:03—Saturday Magazine
 1:00—Hi-Roads of Song
 1:15—Musical Program
 1:30—Tie for Music
 2:00—Ballet Club
 2:45—This Week
 3:00—Piano Classics
 3:15—CBC News
 3:25—Rec. Int.
 3:30—Divertimento
 3:45—Gordon Howard's Sports Review

Modern Etiquette

When addressing a letter to a widow, should her late husband's initials be used?
 A. Following her husband's death, a woman is known, socially by the name which she used during his lifetime. Mrs. John Jones continues to be known as Mrs. John Jones.

Q. What is the correct way to eat canapes?
 A. Canapes served before a meal or with cocktails are eaten with the fingers. At the table, they are eaten, as are other hors d'oeuvres, with a fork.

Q. When should an announcement of an engagement be made?
 A. It should be made upon the day that the bride-elect chooses to wear her engagement ring for the first time publicly.

BOY SAVED, PANTS SUFFER
 ST. CATHERINES, Ont. — Bill St. Amand, 10, was thrown from his bicycle and rolled beneath the entire length of a car. But his only injury—apart from brush burns—was a huge tear on the seat of his pants.

BURNING ISSUE
 OTTAWA — Max Feller of Ottawa won a year's supply of cigars as a result of a wager on the June federal elections. He says he smokes two cigars a day.

Better English

By D. C. WILLIAMS

1. What is wrong with this sentence? "A crowd of young people attended the meeting."
 2. What is the correct pronunciation of "clair"?
 3. Which one of these words is misspelled? Heighth, heinous, heliotrope.
 4. What does the word "Phantasm" mean?
 5. What is a word beginning with fe that means "malicious; villainous"?

Answers
 1. Say, "A group of young people." 2. Pronounce a-klar, first a as in ate unstressed, second a as in care, accent last syllable. 3. Height. 4. An image formed by the mind. "They be but phantasms of apparitions."
 —Sir W. Raleigh. 5. Felonious.

AIR PASSENGERS

To Vancouver—Mrs. W. Knight, S. Knight, T. C. Creighton, W. King, Dr. and Mrs. S. F. Guldager, and daughter; Miss A. Duncan, W. L. Westcott, H. V. Crate, J. Higgins, H. Gilchrist.

To Sandspit—P. Anderson, From Vancouver—M. Rogers, A. Simpson, R. Richards, H. V. Crate, Mrs. Carson and son, R. W. Lefler, R. J. Bulger.

HOMES FOR MONTREAL
 MONTREAL, Q.—If issuance of building permits continues at its present rate Montreal will have nearly 10,000 new dwelling units in 1949, twice the normal number. The 1948 total was 8,352 and in the first six months of this year more than 4,800 units were authorized.

Mort Ferguson, Stewart Hunter, E. S. Turnbull and E. C. Harrison of B.C. Packers are sailing tonight on the Catala for Namu. They are touring the district on company business.

CALLING ALL GIRLS 18 TO 28 YEARS
 The "Miss P.N.E. Beauty Contest" will be held on Stage Monday to Wednesday, August 8 - 9 - 10.
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 SATURDAY
 2 - 4:20 - 7 - 9:25



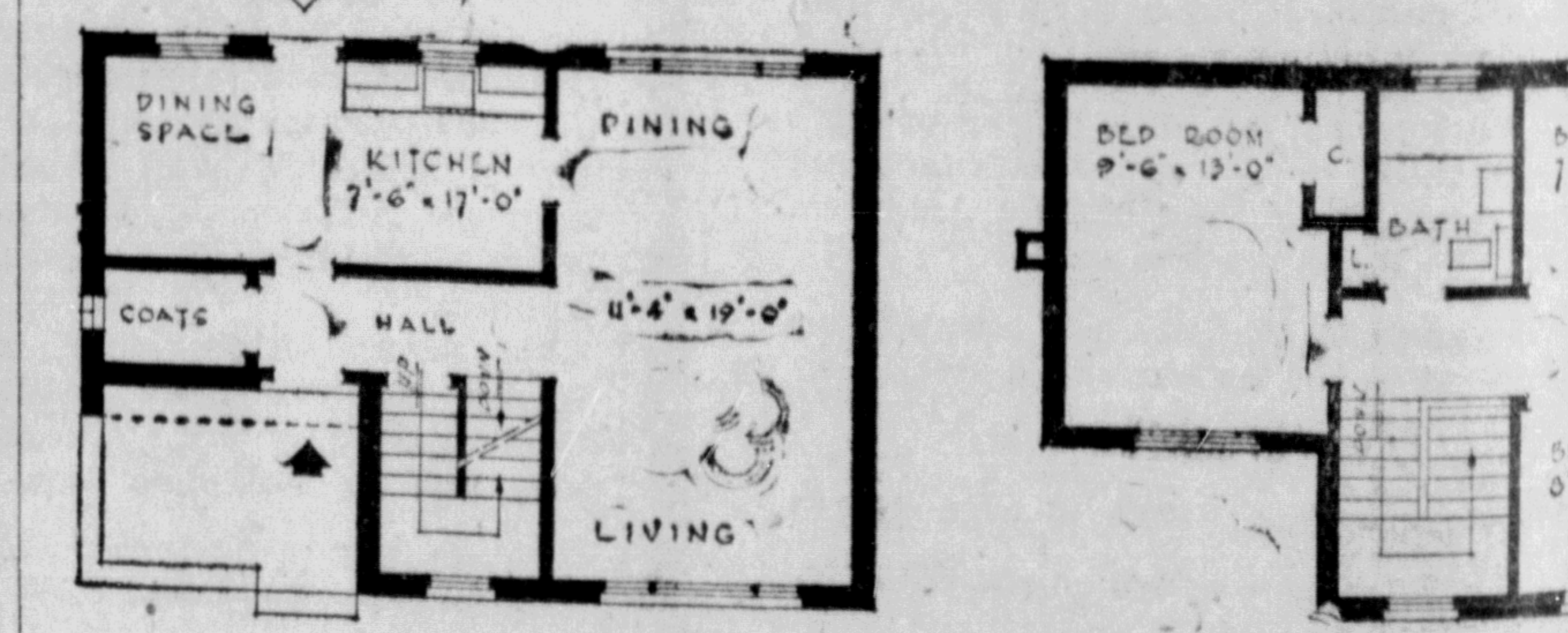
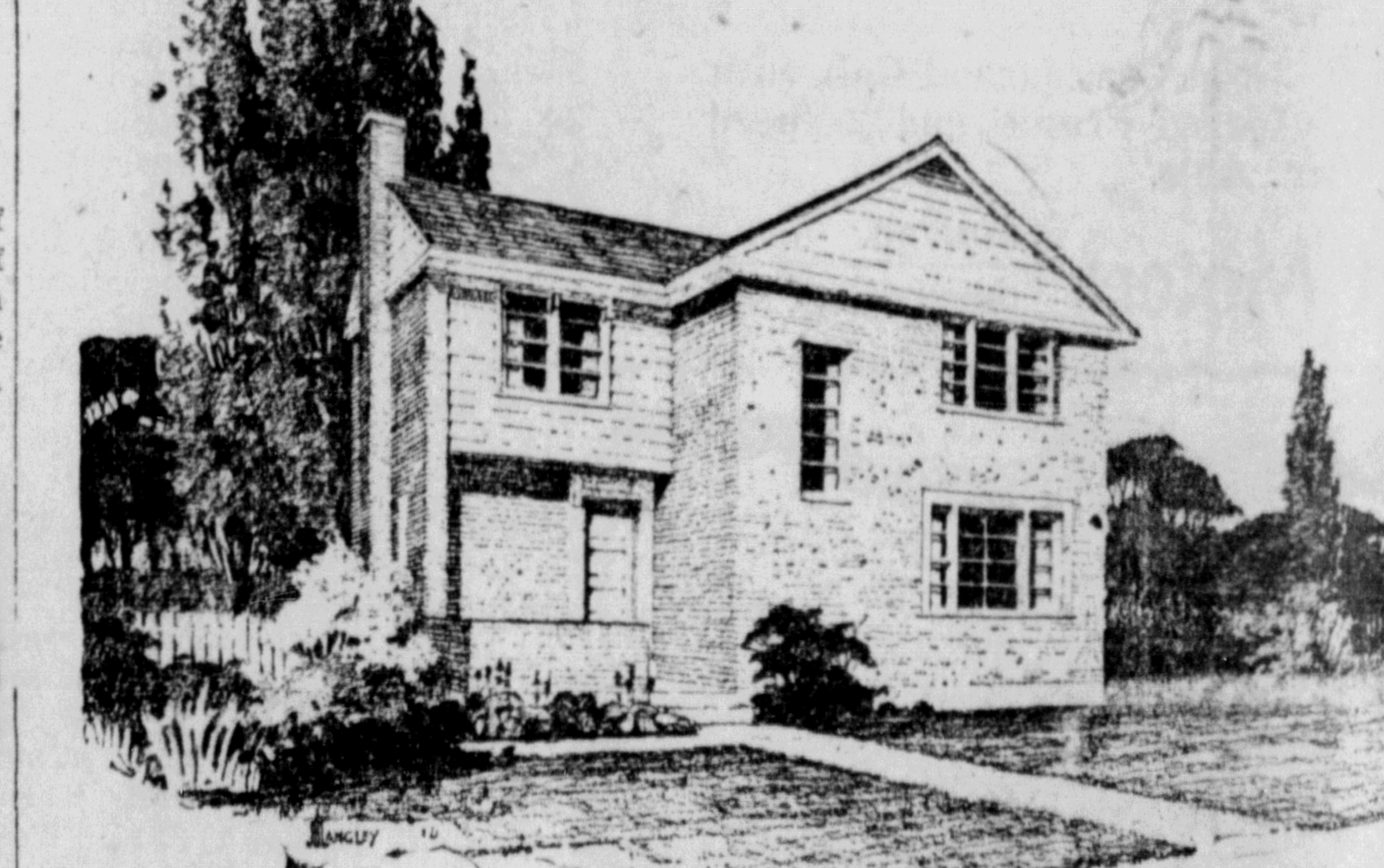
BRANDON, Man. — Employment officials are already busy lining up a force of workers for their needs will be prairie harvesting. They have advance.



HAPPY REUNION WITH SAVIOUR— Accompanying describes more adequately than mere words the joy year old Felicia Gruenfeder in this moving reunion into the arms of Mrs. Joseph Arens. Eight years ago Nazis were exterminating Jews in Poland, Mrs. Arens, risked her own life by harboring the little girl. The girl and her mother, Maria, arrived in New York. Reunion was staged at the Hebrew Immigrant shelter.



MORE MENNONITES LEAVE CANADA FOR PARAGUAY—En route to begin a new life in Paraguay are Peter A. Buhler, his wife and their 12 children and grandchildren. They are going from Carrot River, Sask., who are going 7,000 miles south "for religious and reasons." Many Mennonites who went to Paraguay from Canada last year died. Others returned. But some remain in spite of hard living conditions.



The interior of this six-roomed house is as distinctive as its exterior. Designed by architect Wilson and Newton, its large bright living room is a special feature. Dining room at the end of the 17' long kitchen for informal meals, but a door also leads to a room which could provide additional space on occasion. There are large closets in each of the three bedrooms on the second floor, with linen closets in the bathroom and hall. The dimensions of this house are approximately 31' wide by 21' deep, and are such that it may be built of solid brick, brick veneer or frame construction. The minimum lot width is 40', and the area—for estimating purposes—is 1,130 square feet.

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MACLEOD REVIVES COLORFUL PAST—These gentlemen with the mattress-faces are citizens of Macleod, Alta., members of the MacLeod Anniversary Whiskers' club who won't touch a razor until the town's anniversary celebrations are over this month. The colorful history of MacLeod will be the basis for a pageant complete with Blackfeet Indians in war paint, scarlet-coated R.C.M.P. and rum-runners. The town's history began in 1874 when a log fort was built on an island in the Oldman river to suppress invading whiskey peddlers from Fort Benton, Montana, who had built a fort themselves on Alberta soil. They called it Fort Whoop-up and it deserved its name.