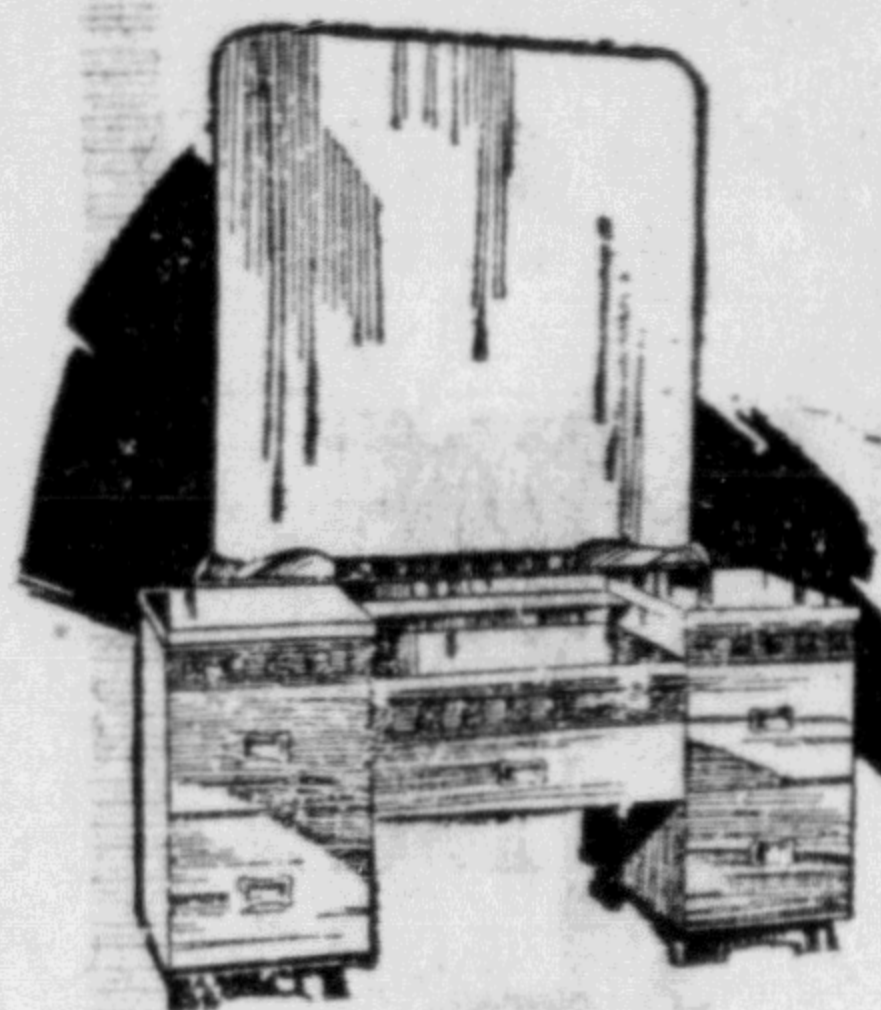


"Best for the REST of Your Life"



Modern Furniture

can suit your rooms and harmonize with walls, rugs and other furniture. Restmore furniture styles live—and you can live with them.

Your furniture dealer has Restmore Suites, Beds, Bed Springs, Pillows, Mattresses, Chesterfields. See his display now.

RESTMORE

Furniture for Every Room

Barbara BUYS AND WHYS

A WEEKLY INFORMATION SERVICE



MONTREAL, Sept. 22nd.—Just imagine how long it would take you to assemble and clean the eighteen choice ingredients that go into SHIRRIFF'S FRUIT PUDDING! And they're such carefully selected ingredients of top quality! Dates and raisins and currants and mixed peel—combined with a rich spicy batter—steamed 'til the pudding is golden-brown and even textured! But wait 'til you TASTE Shirriff's Fruit Pudding! It has that old-time Fruit Pudding flavour that tantalizes and satisfies hearty Fall appetites. Let this delicious fragrance greet your home-from-work husband at the door... often. You'll find Shirriff's Fruit Pudding at your grocer's.

The Finishing Touch to Fall housecleaning... fresh curtains to hang at your just-washed windows! And they'll stay cleaner longer when you launder them with LINIT Laundry Starch! You see, Linit gently penetrates and protects the fibres of the cloth. It covers and holds down tiny surface hairs that catch the dust. And... important item at housecleaning time... "Linit" will save you many minutes... for it makes ironing so much easier—with such satisfying results!

Keep That Husband Of Yours Proud Of You... keep your complexion satin-smooth with daily "Woodbury Facial Creams"! Regular use of WOODBURY FACIAL SOAP is truly a boon 'n blessing to tired complexions. You'll never have "skin-burn" with this kitten mild soap, nor will it leave you with the taut, dry feeling of a skin robbed of its softening oils! Woodbury Soap actually contains a skin-smoothing, complexion-soothing ingredient of fine face creams. So you do for your round skin loveliness... Work up a creamy-rich Woodbury lather. Massage thoroughly over face to cleanse and soften. Follow with two rinses—a warm and a cold. Pat dry. That's all!—and such wonderful results!—try it tomorrow!

"B.R.R. It's Cold This Morning,

looks like snow." It won't be so long now, and you'll be glad you filled your coal-bin in good time, especially if there's a shortage this year. You'll be glad you and your husband fixed up that Coal Loan with your BANK OF MONTREAL Manager. It's mighty comforting to know that the winter warmth of your family is assured, and a BoM Coal Loan can be paid back in easy monthly instalments. So, if you haven't yet arranged your winter fuel supply, do something about it today... before that cold-snap-rush to Mr. Coal Dealer. And, if you find it a mite difficult to raise all the cash, have a word with your friendly BoM Manager.

Plums, Pears, Grapes... all the autumn fruits are at their best now—full of wonderful, sun-ripened flavour. Enhance their flavour in a sparkling JELL-O mould, such as this: Dissolve 1 package of Lemon Jell-O in 2 cups hot water. Chill until slightly thickened. Fold in 1 cup dried plums and 1 cup diced plums. Turn into mould; chill until firm. Unmould at serving time; garnish with whipped cream. Fresh-fruit tanginess, gay colour, perfect consistency make Jell-O combine beautifully with a variety of fruits... make it delicious served plain, too. There are seven grand "lock-in" flavours of Jell-O Jelly Powders.

Now's The Time To Bring Out Your Fall Outfit and here's a wonderful way to make it look as good as new—and just as smart as the day you bought it—without big cleaner's bills! Get it clean with ENERGINE! Such a "magical" cleaning fluid—makes grease spots of all kinds disappear in a jiffy. Just follow simple directions and it cleans the most delicate fabrics—nylons and rayons, too—without leaving tell-tale rings. Be sure to check your family's sweaters, scarves, gloves, overcoats and suits for spots and stains. You can make all their fall and winter clothing spot-free and new-looking with this sensational cleaning fluid. Enengine is at your drug or department store for as little as 25c.

So Much Better To Know than to guess... and such a good thing for your peace of mind! The facts about feminine hygiene are important to you—as to every woman! And thousands of fastidious women have happily discovered ZONITORS... dainty, convenient and effective vaginal suppositories that are powerfully germicidal, yet absolute safe to delicate tissues! Ask your druggist for Zonitors... and, for further facts about feminine hygiene—write to me—Barbara Brent, 1411 Crescent St., Montreal, P.Q.—for this free booklet. I'll send it to you in a plain wrapper.

Yours For The Asking—knitting instructions for the very latest in sweaters! Designed in New York, "Golden Hours" is a delightfully different sweater for all occasions. (Yes, it's the same sweater you saw illustrated in full colour in the Star Weekly Rotogravure Section last Saturday.) And the knitting instructions are available to YOU! Knit from NEWLANDS yarns, "Golden Hours" is the very latest in stylish, practical sweaters—with patterned front and plain back. Here's lasting loveliness in knitted wear—for—as you know—NEWLANDS nylon re-enforced *kroy yarn is guaranteed shrink-proof and has remarkably long wearing qualities. You'll find "Golden Hours" easy to knit, in sizes 12 to 18. For YOUR knitting instructions, write in today to me—Barbara Brent, 1411 Crescent St., Montreal, P.Q. (And please include 15 cents in coin or postage stamps to cover cost of handling and mailing.)

Prince Rupert's High School

By Mrs. E. W. Becker

In Lloyd C. Douglas' latest book "The Big Fisherman" the Carpenter explains redemption to David, the Sadducee.

"It is useless," He says, "to sew a new patch on an old garment. The worn-out old fabric has no strength to support the good cloth. It is of no profit to pour active new wine into an old, dried, inflexible, wine-skin."

The same argument might well be offered in support of the school bylaw that is being presented for our approval next month.

The present Booth School is a makeshift, patched-up arrangement; it is a twelve-teacher elementary set-up redeemed by structural shots in the arm and by the assistance of outside facilities to do the job of a twenty-one-teacher Junior-Senior High School. Accordingly, the arrangements are to be thought of as temporary and steps should be taken some time towards the provision of a permanent structure. The Board of School Trustees whom we re-elected last fall on just such a platform feel that the time is now!

THE GYM

Undoubtedly the greatest need is a gymnasium. As nearly every one is aware this is one of the outside facilities enlisted in aid of the present building. The Civic Centre has filled this want admirably, but the arrangement involves the disadvantages of cost, time, weather and administration. An annual rent is paid which is an actual expense borne by the taxpayers; a quite considerable loss of time is suffered in the goings and comings; every single boy and girl is unnecessarily inconvenienced in the wet weather; the smooth though intricate organization of time-tables is disrupted because of the double periods allotted to Physical Education. (Single periods are out of the question for reason of the much greater and prohibitive time wastage.)

THE AUD

Just as a gymnasium is needed at Bo-Me-Hi so is an auditorium. The same inconveniences have to be undergone in making use of the Civic Centre but there is one significant difference. In its Programme of Studies the Department of Education lays down the required number of periods to be devoted to Physical Ed. according to the grade and this programme is adhered to, of course. However, there is nothing so specific respecting Assembly or other general meetings of the student body to witness plays, debates and displays that are a part of education in citizenship and which help to build up school spirit. Consequently, lacking an auditorium on the spot that will hold everyone, full meetings

must be held, regrettably, to a minimum. Further, last year the School Drama Club acquitted itself creditably in competition at the Music and Drama Festival—this, in spite of handicaps. Such effort should be encouraged by our doing something towards providing suitable facilities for activity at the school.

COMMERCIAL

The number of students who choose commercial courses is increasing every year—so much so that some of the classes now have to be limited for lack of space. In time this may mean either that the commercial education of some will have to be taken at other institutions at their own expense, or that students will be forced on less satisfactory options.

PRACTICAL ARTS

Home Economics and Industrial Arts classes last year filled the accommodations at the High School to capacity. Estimated attendance for 1949-50 is an all-time high and will no doubt provide a knotty problem for these departments. A drafting room for metalworkers and woodworkers, an annual difficulty, will be still harder to arrange for this year.

LIBRARY

A lawyer or a scientist could get along comfortably with a library the size of the one at Booth School. For it to serve the needs of approximately 500 boys and girls, however, is not absurd because it is not expected to. It can be readily seen that much of the reference work that could and should be done by pupils of the institution is not done owing to the crowded conditions. This crowding in itself—apart from the competitive angle—is a discouragement to a student bent on the gathering of information.

WASHROOMS AND LOCKERS

In a building designed for an elementary school it is understandable that the washroom facilities also would be inadequate for a fourteen or fifteen division high school. In addition, there are no lockers whatever in the building, a situation that tends to encourage petty, thieving, acts of harmful horseplay and vandalism. Minor occurrences like these—in effect openly invited—depreciate the moral and citizenship habits which the school is endeavouring to build up.

ADMINISTRATION

Just as there are short-comings on the academic side so is there a need for more administrative essentials. The Principal has an office at Booth School, but the Vice-principal hasn't. This is a serious lack affecting the number and the privacy of interviews for counselling and guidance on educational, social, moral and vocational problems. Similarly, the teachers in the special departments of Physical Ed., Home Economics and Industrial Arts are without office accommodation, and in some cases have not even the convenience of desk space.

It follows that the need for a new high school is definite and immediate. Our School Board has plans to supply the existing deficiencies so that the aims and objectives of the public edu-

W. J. Alder, formerly City Commissioner here years ago will sail tonight on his return to Victoria after a week's visit at Prince Rupert.

cation system may be achieved more fully.

We should be making a start on a new wardrobe for the High School rather than continually patching up the hand-me-downs. The passing of the school bylaw will do this.

Level Head Needed When Bullion Near

Government Gold Office Buys Over \$4,000,000 Yearly

VANCOUVER (C)—How would you like to work alongside half a million dollars' worth of gold? Employees of the Dominion government assay office here do it frequently, but it doesn't affect their equilibrium in any way. "Why, it's just like a bunch of cheese to us," said one man, as he gazed at a pile of dull, yellow bars on a table.

Workers casually wander around the office with carts bearing the bars, each sufficient to keep a man financially happy for the rest of his days. As government merchants, the employees buy and value gold daily. This is the only office of its kind outside the Royal Mint at Ottawa.

The precious yellow wealth arrives from the provincial mines by airmail or air express. Some consignments are nugget form, which down into ingots. More than \$4,000,000 of gold passed through in 1948. In the common to have amount. Originally open to cope with the from the fabulous fields, the office is a thriving business.

It Pays to

The Canadian Family owes much to... Bel



FOR OVER two centuries, Canada has been the land of opportunity to settlers from almost every country in the world. Much of our strength and vitality stems from this blending of racial and cultural heritages.

It is a matter of pride to all Canadians that so many races, without sacrificing their national characteristics, have united themselves into one great citizenship—the Canadian Family.

Gallant Belgium, whose poppy-carpeted fields of Flanders hold tender memories for many Canadians, has sacrificed much in the cause of

freedom. Comprising two racial groups—the Flemings and the Walloons—she has given of her sturdy sons to Canada.

Among them have been distinguished figures in arts and sciences. They have, however, specialized in agriculture and have done much to become successful dairymen.

A devout, thrifty and determined people, they have earned the respect of their fellow-citizens for their contribution to Canada's progress.

Calvert DISTILLERS (Canada)

AMHERSTBURG • ONT.

Calvert, Secretary of State to King James I, and his famous Calvert family, founded one of Canada's oldest distilleries in Newfoundland in 1622. Calvert and his descendants have followed the principles of religious tolerance and democratic government, thus helping sow the fertile seed of democracy in the New World.

It Pays to Advertise

This advertisement is not published or displayed by the Liquor Control Board, or by the Government of British Columbia.

Men of Distinction CHOOSE Calvert Whiskies ... and VICKERS' London Dry GIN

VICKERS' IS DISTILLED IN CANADA AND IS DISTRIBUTED BY Calvert

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

"BUILD B.C. PAYROLLS"

FOR THE WHOLE FAMILY



There's added flavor, extra nourishment and unvarying quality in the familiar Pacific tin. Hasty, healthy meals are easy with Pacific... and for the babies' formula it's ideal.

PACIFIC MILK
Irradiated and Vacuum Packed

A Gift for baby!

Jewel-Like, Polished Plastic BRUSH and COMB SET

REGULAR \$1 VALUE
ONLY 25¢

WITH 6 LABELS FROM LIBBY'S BABY FOODS

- | | | | |
|------------------------|-----------------|-----------------|-------------------|
| Spinach | Beets | Vegetables with | Apples and Prunes |
| Carrots | Squash | Bacon and | Apples and |
| Peas | Vegetables with | Barley | Apricots |
| Peas, Carrots, Spinach | Beef and Barley | Liver Soup | Peaches |
| | Vegetable Soup | Applesauce | Custard Pudding |

Just send your name and address clearly printed on any slip of paper, or use this convenient coupon. Enclose 6 labels from Libby's Baby Food and 25¢ in coin, and state your colour preference. Mail to Libby's, Toronto, Ontario, P.O. Box 177

Colour (state pink or blue).....

Name.....

Address.....