

Completely new cleaning towels! Scientific-

ally processed - they're super-strong, wet or

dry. So don't use messy clothes and rags-

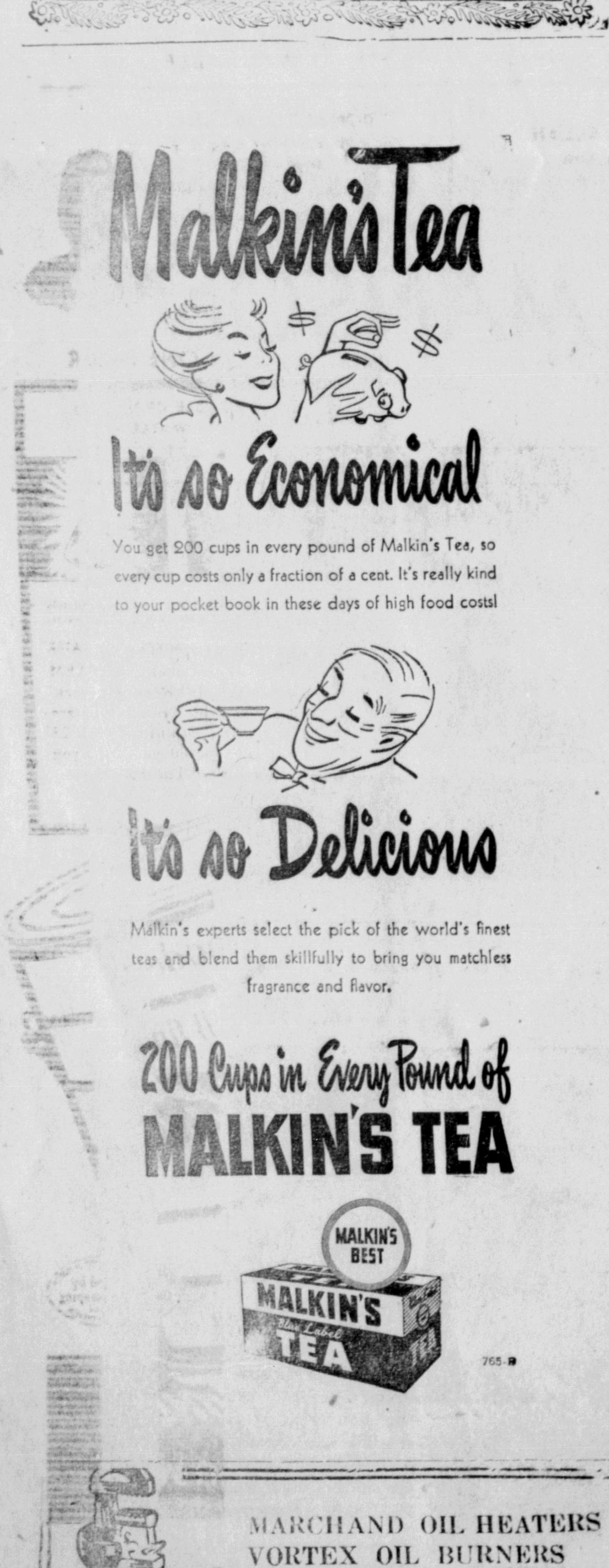
just whish a fresh,

clean Hand-e-wipe

Paper Towel from

the self-dispensing

box.



IRON FIREMAN STOKERS

The second secon

Plumbing & Heating Alterations



second group require all the

the edge of the small plot and

there is a new squash on the

but earlier than the acorn type.

BE SURE SEED IS RIGHT

bulletin: "Good seed can be ob-

tained from the local store; it

can be relied upon as it con-

standards. But it is a good plan

the varieties best suited to your

does not do well because a var-

ohn F. L. Hughes, D.C., Ph.C.

21-22 Besner Block

Phone BLUE 442 for

Appointment

HOURS

10.30 a.m. to 12.30 p.m. and

2 to 5 p.m.

EVENINGS

Monday and Friday, 7.30 p.m. for

day. RECEPTIONIST in attend-

One can usually find room for

MOST FOR THE MONEY

It is truly amazing how fine a garden is possible in a very a few staked tomatoes around limited area, like the average urban lot. But to get this satisfaction one must choose flowers, vegetables and shrubs rather carefully. It just isn't possible to have many big things or vines

that spread and trail. In the flower line it is best to stick to a large proportion of from a Canadian government small plants, tiny edging things like alyssum, ageratum and the dwarf types of marigolds, zinnias and nasturtiums. One can forms to established Government get a fine showing with a few dozen petunias, and this year to ask your supplier to give you it will be possible to include the new flaming red type. Larger flowers like the hollyhock, dahlia and canna should be used iety of seed was used not suited paringly, though there is usu- to the district". ally a corner at the back where one or two of these will add to the picture.

With shrubbery the average person almost invariably plants oo much, too close, and uses too; big kinds. True, when first purchased, these things are tiny but so is a maple or elm tree! when it is a baby. There is a wide variety of small shrubs available and by choosing carefully one can get a succession of bloom or bright colored foliage throughout the entire season. It is never a good plan to plant any shrub nearer than three! eet to a building. Weather conitions are usually more severe! in such locations and the soil dries out too readily. But in any case, as the shrubs grow the walls will restrict natural development.

A LOT FOR A LITTLE

Even if the plot available is only 10 by 20 it is surprising the amount of vegetables that can be produced. Of course where he family is more than average in size more space is desirable.

In these small vegetable gardens it is important to plan rather carefully. There will be no room for tall or sprawly nings. For the amount of room eeded nothing can give greater

tisfaction than lettuce, beets, rrots, radish and beans. The atter are particularly suitable -a twelve foot row well cultiated and fertilized, will furnish many meals of the finest uality.

For such vegetables it will not be necessary to leave more than 12 to 15 inches between rows. One can get still more production by inter-planting; that is. putting very early things like addish, lettuce and spinach in very other row, with the beans. carrots, beets, etc., in between. The first manuring are used and out of the way before the



HERE'S HOW:

Ingredients: 1 lb. Canned Salmon, flaked; 1/2 cup grated cheese; 2 eggs, well beaten; 1 cut milk; 2 tablespoons melted butter; 3 rolled crackers; juice of 1 lemon. Directions: Combine Salmon and cheese, add beaten eggs and milk. Pour into buttered casserole. Cover with buttered cracker crumbs. Over all pour lemon juice. Cover, set casserole in pan of wateand bake in moderate oven, 350-375° F., for 30 minutes. This Canned Salmon Casserole serves 4.



ASSOCIATED SALMON CANNERS OF BRITISH COLUMBIA

With a large list of passengers and heavy freight cargo, C.N.R. steamer Prince Rupert, Capt. Ernest Caldwell, arrived in port at 11 o'clock yesterday ell River and Ocean Falls and Mountain of Tarik." sailed at midnight for Ketchikan whence she will return here small squashes. Incidentally, 11:15 p.m.

Stricken suddenly at his home on Graham Avenue, Westview, early this morning, Frank Dibb was removed unconscious to the Prince Rupert General Hospital. Late this morning, some improvement in his condition was reported.

MOORISH NAME

The Rock of Gibraltar was settled by Moors in 711, who named it Djebel Tarik after morning from Vancouver, Pow- their chief, meaning "the

JAPAN'S FOUNDER

The Japanese empire was also a hill or two of some f the this evening to sail south at founded by Emperor Jimmu Tenno, legendary descendant of the Sun Goddess, in 660 B.C.





EVERYTHING

Because only butter can

that distinctive, whole

butter flavour and good

CHIC YOUNG-















