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REGLAS can easily be installed in your
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The Experts Say . . .

By KAY REX
(Canadian Press Staff Writer)

EATING OUT

When "eating out," pick a
clean-looking restaurant to be-
gin with and chances are you'll
find the food will be good and
carefully prepared.

Health department experts
warn that the germs which
cause food poisoning, dysentery
and typhoid are invisible. But
their presence can usually be
determined by certain danger
signals given by the premises
itself; the equipment and uten-
sils used; the way the food is
prepared and served; the ap-
pearance and habits of the staff.

There should be no flies buzz-
ing about; no chipped plates or
cups or greasy dishes.

The good waitress does not
handle the inside of glasses nor
invert a glass over a bottle thus
contaminating the rim.

The customer is served with
a pair of spotless hands which
pick up knives and forks by
their handles, lift ice with a
scoop or spoon and butter with
a fork.

The customer can assume his
responsibility and protect his
health by patronizing safe eat-
ing in places and by reporting in-
fractures of sanitary regulations
to his local health authority.

A new synthetic sweetening
agent (sucaryl) is being pro-
duced in Montreal and its man-
ufacture claims it will be of
great importance in restricted
and low-calorie diets such as
those followed by thousands of
diabetics and reducers in this
country.

It is claimed the new product

Announcements

Vacation School First Bap-
tist Church, mornings 9:30 -
11:30. Children 3-14 years. Aug-
ust 14-25.

Trades and Labor Council
Labor Day sports, September 4.
Dance at Civic Centre.

Catholic Bazaar, October 4
and 5.

Rebekah Bazaar, October 18.

St. Peter's Fall Bazaar, Oct. 26.

Sonja Bazaar, October 27.

Moos' Bazaar, Nov. 2 and 3.

Legion Auxiliary Fall Bazaar
November 8.

Presbyterian Fall Sale Nov. 16.

I.O.D.E. Fall bazaar November
25.

L.O.B.A. Bazaar Dec. 1.

Vacation School Comes To Close

About 70 pupils and parents
turned out Thursday night for
the closing exercises of Conrad
Street Daily Vacation School.

Highlighting the program was
a play about the Nativity pre-
pared and performed by the
pupils and directed by Miss Bev-
erly Parkin. Other features
were a display of craft work
done during the two weeks and
presentation of diplomas. Forty-
five children were enrolled.
Teachers were Miss A. M. Stewart
and Mrs. M. Heise, assisted by
the Misses Beverley Parkin,
Doraleen and Joanna Olson.

Everyone enjoyed the exercises
at the end as did the children
of the school itself.

Archbishop On Alaska Trip

Aboard the Princess Kathleen
on her present Alaskan cruise is
Archbishop Joseph Charbonneau
of Quebec. The Archbishop will
be remembered as a prominent
figure in the miner's strike at
Asbestos, Quebec.

has the ability to sweeten foods
without adding forbidden cal-
ories to the diet; that with it
diabetics and reducing patients
now may include a variety of
foods in their diets which for-
merly were restricted because
of sugar content.

Incidentally there now is a
variety of sugarless tinned fruits
and vegetables on the Canadian
market especially prepared for
diabetics and others who must
watch their sugar intake.

INVALID—An invalid in the
house? Egg noggs are excellent
to help poor appetites along.

Ingredients: Three-quarters
cup milk or milk and cream;
one egg; one tablespoon sugar;
one-half tablespoon vanilla;
salt.

Beat egg, add sugar, salt, van-
illa and milk and blend thor-
oughly. Ingredients should be
well chilled before combin-
ing.

PINEAPPLE—During this hot
weather pineapple can be espe-
cially refreshing for the invalid.

Ingredients: One-quarter cup
orange juice; one-quarter cup
pineapple juice; one-half cup
water; one tablespoon lemon
juice; one tablespoon sugar.

Make a syrup of the sugar and
water. Cool and add strained
fruit juices. Serve with chipped
ice.

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OPEN FROM 3:30 P.M. TO 3:30 A.M.
We Specialize in Chinese Dishes

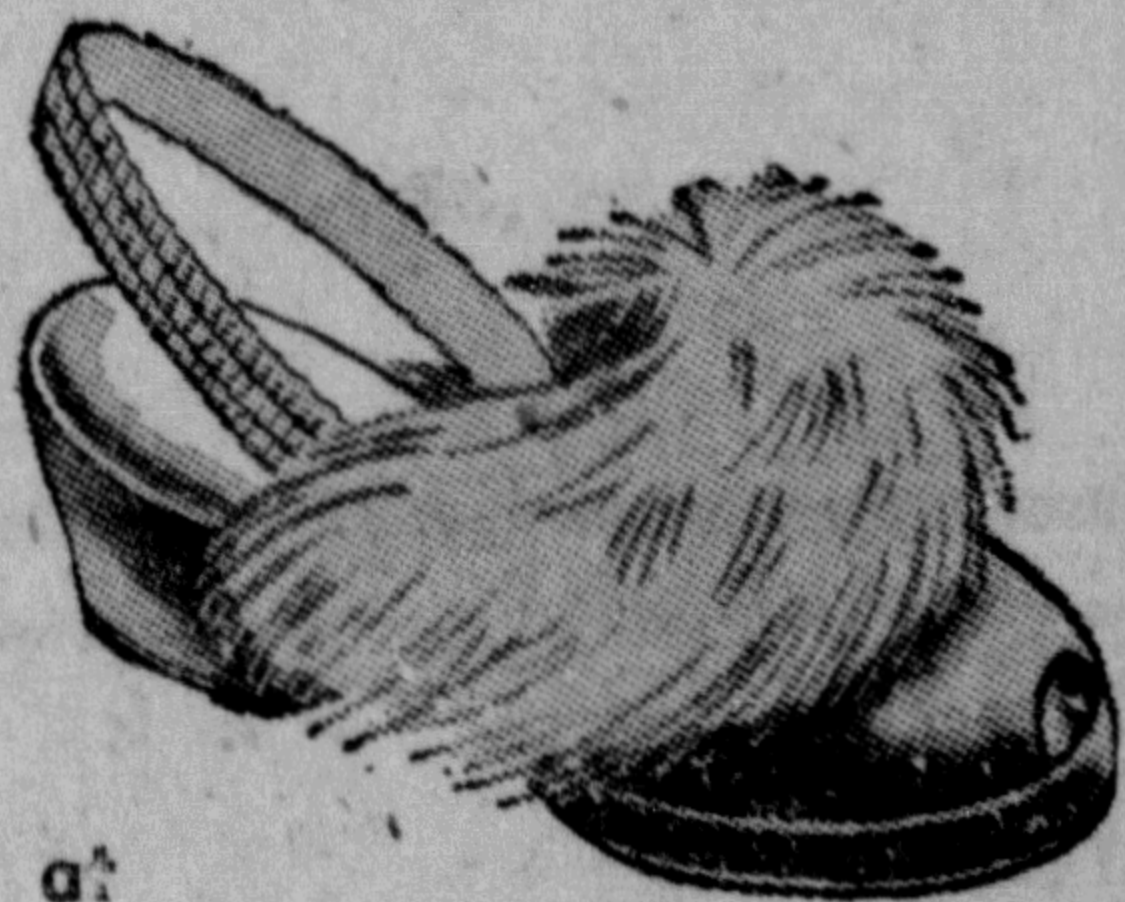
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Sundays 12 Noon to 2 p.m.
7 p.m. to 9 p.m.

SIXTH STREET AND THIRD AVENUE

SOCIAL and PERSONAL

- Cash for old gold, Bulger's.
- A. E. Branch is making the re-
turn trip to the Queen Charlot-
tes on the Camosun this week-
end.
- The Jack & Jill Kindergarten
will reopen September 5 at 510
6th Ave. W. Please phone Black
446 to enrol new pupils. (194p)
- Making the round trip week-
end cruise to Masset and Port
Clements on the Camosun is Dr.
J. F. L. Hughes.
- Meeting of International
Union of Operating Engineers,
Local 115, Sunday, August 20,
Carpenters' Hall, 2:30 p.m. Bro-
ther H. W. Flesher will be
present. All members are urged
to attend.
- Mr. and Mrs. E. R. Gordon and
sons left last night on the Camo-
sun for the Queen Charlottes.
They will spend a two weeks'
holiday at Limberlost Lodge.
- Mr. and Mrs. Joseph Martin
and two children left today on
a motor trip to Banff and Cal-
gary. Enroute they will visit
Mrs. Martin's parents, Mr. and
Mrs. Karasosky, at Nordegg,
Alberta.
- Mrs. J. L. Williams returned
last night on the Camosun to
Port Clements after a visit in
the city.
- Valhalla dance tonight is
cancelled. (11)
- Mrs. S. Simpson and grand-
daughter, Faith Simpson, re-
turned by the Camosun last
night to Masset after visiting in
the city.
- Attention parents of Terrace
Bible School campers. Children
returning home on Sunday mor-
ning's delayed train instead of
Tuesday night. (11)
- G. Thompson, prominent Van-
couver lawyer, and Mrs. Thomp-
son are passengers aboard the
Princess Kathleen for the
present round trip to Skagway
and intermediate points.
- Fred Hemsworth, resident min-
ing engineer, is making an in-
spection tour of the Skeena
Valley. He expects to be back
by the middle of next week.
- Constable Ted Brue of Terrace
was an overnight visitor in the
city on official business, com-
ing in by car yesterday afternoon.

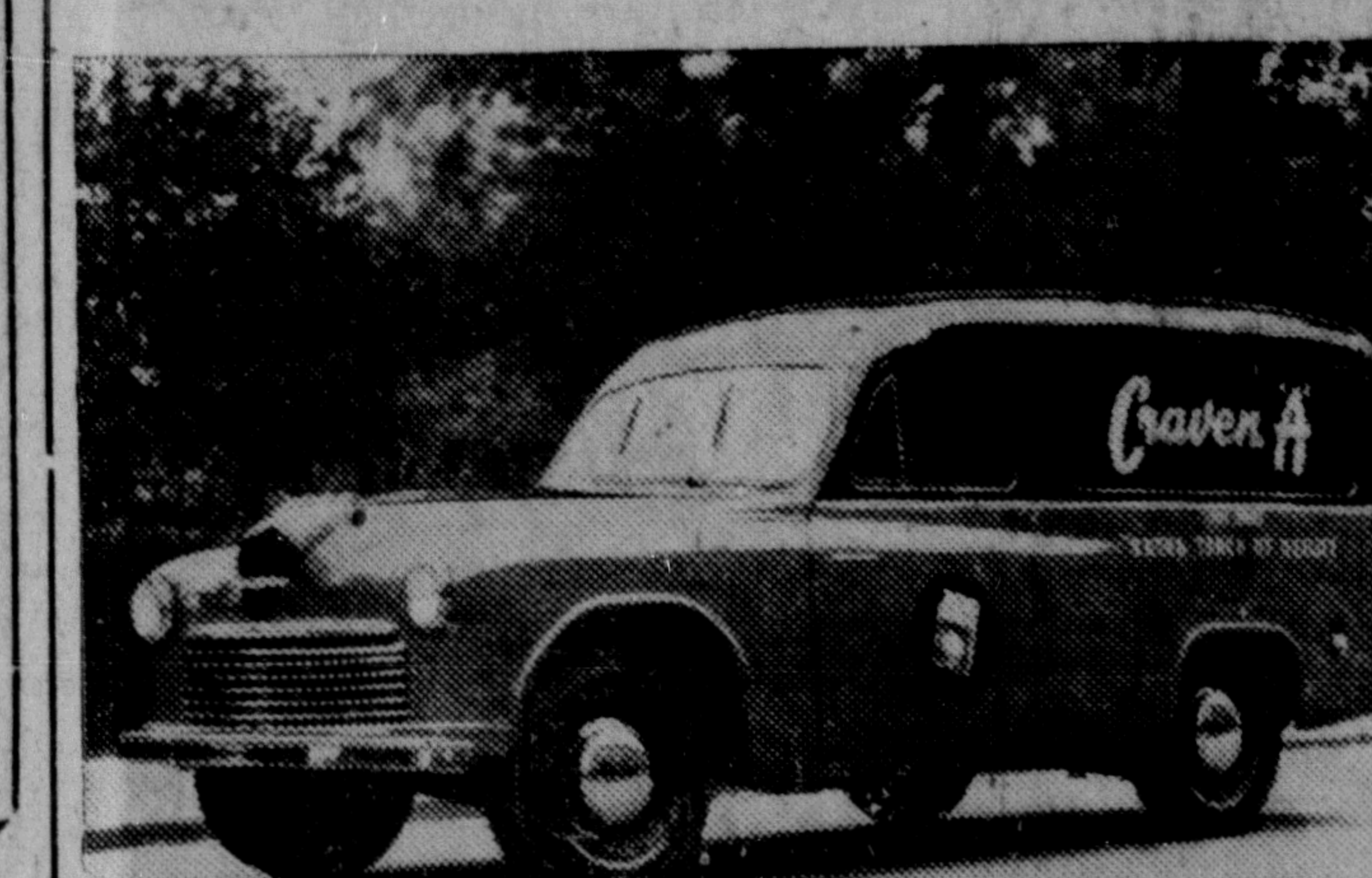
IMPORTANT NOTICE TELEGRAPHS

In view of possible work stoppage due
to labor dispute, the Telegraph Departments
of the Canadian National and Canadian
Pacific Railways announce the acceptance of
all classes of telegrams will be subject to the
following conditions:—

1. Full rate and day letter telegrams for
delivery on Monday, August 21, to busi-
ness addresses should be filed as early as
possible to enable delivery to be effected
before the close of the business day
2. Night letter telegrams will not be accepted
on Monday, August 21, as it will be im-
possible to make deliveries on Tuesday
morning, August 22.
3. Cables filed in Canada destined to over-
seas countries will be accepted until 4:00
a.m. Eastern Standard Time August 22.
4. Telegrams received during the evening
hours of Monday, August 21, and early
morning hours on Tuesday, August 22, in
cases where deliveries cannot be effected
before 6:00 a.m. local time will be mailed
to addressees "Special Delivery."
5. After 6:00 a.m. local time Tuesday,
August 22, all public telegraph services
will be suspended.

CANADIAN PACIFIC TELEGRAPHS CANADIAN NATIONAL TELEGRAPHS

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HOW CAN I ???

- Q. How can I prevent the juice
of a pie from sinking through the
bottom crust?
- Q. How can I change the air
in an invalid's room?
- Q. How can I overcome the
difficulty of threading the sew-
ing machine needle?
- Q. How can I prevent the juice
of a pie from sinking through the
bottom crust?
- Q. How can I overcome the
difficulty of threading the sew-
ing machine needle?
- Q. Slip a piece of white paper
or cloth behind the needle, and
see how much easier it is.



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Individual lots available or will sell entire property for much
needed housing development. Priced to sell below city
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