

THE EXPERTS Say...

By KAY REX

So credit restrictions have been lifted. So the cost-of-living index has dropped two points. "Still no excuse for spending sprees," says the National Council of Women.

For nearly a year now the council has hammered away at its members to watch where the pennies go. Its latest advice deals with summer vacations.

"If you go to a resort, it need not be a high-priced one," suggests the council. "Often the small, less-known spots offer the most restful and enjoyable vacations."

Women are urged to buy only what they need.

"If you don't actually need an article, don't buy it," says the council. "If you do need it, don't involve yourself in the worry and possible hardship of having to meet a series of instalment payments—instead, wait until you can buy it outright."

FISH IS NOURISHING

The council says fish meals are economical, also nourishing, for the whole family.

"Minerals such as calcium, phosphorus, copper and iron are found in fish and vitamin A is found in sea-foods."

KEDGEREE: Two thirds cup raw whole-grain rice, two cups cooked fish, one-half cup melted butter or margarine, one teaspoon finely chopped parsley, one-half teaspoon salt, pepper.

Cook rice in boiling, salted water. Drain. Flake fish, removing skin and bones. Add to rice and heat in double boiler. Stir melted butter into slightly beaten egg yolks. Add parsley and seasonings. Combine with fish. Cook one or two minutes, stirring gently.

SKIM MILK FOR ECONOMY

From the Federal Department of Agriculture comes a recipe for Cream Pie made from skim milk.

Ingredients: One third cup sugar; one-third cup flour; one-eighth teaspoon salt; one-half cup skim milk powder; two cups water; two egg yolks; one tablespoon butter; one teaspoon vanilla.

Mix sugar, flour, salt and skim milk powder and blend with one cup water. Add remaining water slowly and cook 10 minutes over hot water, stirring constantly until mixture thickens. Add beaten egg yolks and cook three minutes. Add butter and vanilla. Cool. Pour into baked nine-inch pie-shell. Top with meringue. Bake in moderate oven (350° Fahrenheit) for 15 minutes.

How "Skinny" Girls Get Lovely Curves

Gain 5 to 10 lbs. New Pep

Thousands who never could gain weight before, now have shapely, attractive figures. No more lanky limbs, ugly hollows. They thank Oxyt. It puts flesh on bodies skinny because blood lacks iron. Pep you up, too. Improves appetite, digestion so food nourishes you better. Don't fear getting too fat. Stop when you gain figure you wish. Introductory or "get-acquainted" size only 10¢. Try Oxyt. Table for new sounds, lovely curves, new pep today. At all drugists.

US Fishing Fleet Leaves For Bristol

SEATTLE — Fifty-two vessels sailed from Puget Sound but they left only one wake. The wake was caused by the motorship Square Sinnet, bound for Alaska's rich salmon grounds of Bristol Bay.

Crowded upon the decks of the Square Sinnet were 51 fishing boats. Some were converted sailboats brought to Seattle from Bristol Bay last year and the rest were newly built motor fishing craft.

Fish and Wildlife Service regulations have been modified to permit fishermen to use motor boats. The Square Sinnet, released along with two other Alaska Line vessels for the Bristol Bay run, also was loaded with 5,203 tons of freight so the cannery will be able to operate during the short red salmon season.

The steamer Nadina will leave tomorrow for Bristol Bay and the motorship Ring Spice on Sunday.

Logger Cuts Park Out of Wilderness

VANCOUVER (CP)—Two British Columbia loggers have joined the "Woodsmen's hall of fame."

One has cut enough lumber to build 73,333 five-room bungalows without having an accident and the other single-handedly cut a park out of the wilderness near Terrace, 450 miles north of here.

Sawyer Carl Lillo was honored recently at the Forest Products Safety Conference here. If the 1,100,000,000 board feet he has cut were placed in one solid log it would stretch from here to Tokyo.

Joel Truelsen, 75-year-old Scandinavian, logged acres of Gold Creek Canyon by hand into a park, built fireplaces and picnic tables and over seven years made the hidden beauty spot available to all.

Lands and Forest Minister E. T. Kenney wanted to name it Truelsen Park.

**Cut Shoe Costs
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10 POPULAR SHADES

Pre-War Food Dollar Cut by More Than Half

Your 1939 food dollar now has an actual purchasing power of 41.8 cents; or, stated another way, the food that cost you \$1.00 in 1939 cannot be bought today for less than \$2.39. This is the sad news reported in HEALTH magazine's fifth annual food budget which has just been published.

This budget, compiled by Margaret E. Smith, Ph.D., M.Sc., director of nutrition for the Health League of Canada, gives all the essential foods adequate quantity for a Canadian family of four—father, mother and two children. It shows the total bill for one week to be \$25.32—which is 23 cents lower than one year ago; but \$14.73 higher than it was for the same food in March, 1939.

Some strange truths are revealed in the full-page table. For example, the once-lonely potato now emerges as the most inflated part of the menu (441 per cent higher than its base period of 22 cents a peck). And stewing meat is no longer to be dismissed as the humble sustenance of the cottage-dweller. Stewing meat is now listed at 9 cents a pound—4½ times its 1939 price of 15 cents.

"Filet mignon is not listed, for the obvious reason that this budget is dealing only with the improbable, not with the utterly impossible," comments Miss Smith. "This budget represents minimum purchases for a family of four. The only concessions

to luxury are the inclusion of tea and coffee, which people are apparently continuing to drink despite their prices. Basis of the choice of foods is sound nutrition; but it will take careful management to stay within the limits set forth here."

ASK FOR TAXES
PRETORIA (CP)—The Gnum tribe of the New Hanover district in Natal asked the government to levy a special tax of 15 shillings a year on tax-payers to maintain tribal schools. The government promptly agreed to the request.

HISTORIC SITE
The present Trinity Church at the head of Wall Street in New York is the third there since the first church was built in 1698.

AS I SEE IT
(Continued from page 2)

of Alexander Muir who wrote our own fine song, The Maple Leaf. It is located at Lesmahagow, which Gilbert says is "a little cluster of houses on the upland moors of Lanarkshire, very bleak in the winter time and very lovely in summer, the moor falling away to a lovely valley

through which runs the Logie burn. Its inhabitants are miners and farming folk. It is full of the memories of the Covenanters."

Can any tree expert tell me whether it would be possible to plant a grove of Canadian maples at that spot? Would they grow there. Mr. MacAllister thinks they would, especially if protected by a belt of Sitka

spruces, planted to windward of the maples.

What a wonderful spot for some Scottish-Canadian society to plant a living link between our two countries.


VITAL AREA

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Canned Vegetables

BEETS	17c
Sliced, Aymer, Choice, 15-oz.	
WHOLE GREEN BEANS	23c
Choice, Aymer, 15-oz.	
FORK & BEANS	22c
Campbell's, 20-oz.	
PEAS	20c
Royal City, Fancy, Size 4, 15-oz.	

Canned Fruits

APRICOTS	28c
Aymer, Fancy, 15-oz.	
BLUEBERRIES	33c
Aymer, Choice, 15-oz.	
FRUIT COCKTAIL	41c
Libby's, 28-oz.	
PLUMS	29c
Royal City, Choice, 15-oz.	

OUR FREE DELIVERY SERVICE
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Canned Juices

V-8 VEGETABLE JUICE	20c
20-oz.	
APPLE JUICE	33c
Sun Bys, 48-oz.	
TOMATO JUICE	35c
Libby's, Fancy, 20-oz.	
ORANGE BASE	21c
Real Gold, Makes One Quart.	

Fresh Fruits and Vegetables

LETTUCE	15c
Head	
RADISHES	17c
2 for	
GREEN ONIONS	17c
2 for	
CABBAGE	10c
Pound	
ORANGES	99c
4 doz.	

Prices Effective June 20th
to June 23rd

Grapefruit Juice Malkin Best 2 for 27c
20-oz.

Strawberry Jam Garden Gate, Pure 99c
4 lb. tin

Perfex Bleach 32-oz. 34c

Whole Chicken Park Lane, 3 lb. 2 oz. \$2.19
Ready to eat

Puritan Meat Balls 43c

Raisins Market Day, Seedless, 2 lb. pkg. 41c

Delta Rice 2 lb. package 39c

Pacific Milk 16-oz. 6 tins 99c

Icing Sugar 2 lb. package 25c

Miscellaneous Items

DATES	21c
Pitted, Lotus, 15	
COCONUT	19c
Martin's, 1/2's	
OLIVE OIL—Sasso	39c
Pure Italian Olive Oil, 8-oz.	
PRUNES	45c
Malkin's Best, Fancy, Large, 2's	
QUAKER OATS	30c
Non-Premium, 3's	
PICKLES	41c
Sweet Mixed, Libby's, 16 oz.	
CATSUP	25c
Del Monte, 11-oz.	
BIRD SEED	22c
Buckerfield's, per package	
BIRD GRAVEL	17c
Buckerfield's, 1 lb.	
TUNA—Cloverleaf	38c
Solid White Meat, Fancy, 7-oz.	

OUR STORE IS AS CLOSE
AS YOUR PHONE

Cookies

MCCORMICK'S	
Fancy Creams and Short	45c
Breads, Picnic Size	
MCCORMICK'S	
Cream and Jam Centres	37c
Family size pack	
DAD'S OATMEAL	29c
COOKIES	

Campbell's Canned Soups

Your Choice—10-oz. Cans

CHICKEN	37c
NOODLE	37c
CHICKEN	37c
RICE	37c
CREAM	37c
MUSHROOM	37c
CLAM	37c
CHOWDER	37c

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