

PROGRESSIVE, vote
 (133)
 Committee Rooms in
 Hall open evenings
 9-10 p.m. Phone 790 (137)
 of the Order of the
 Purple, Elks' Home, June
 (133)
 whist drive and dance
 till further notice.
 (11)
 E. T. Applewhite, MP
 will speak over CFPR
 June 6, 7:45 p.m. (11)
 June 12th, vote for the
 YOU best,
 CHRISTIE (133)
 work party for ceme-
 at 1:30 p.m. Sunday,
 at Legion headquarters.
 will be arranged.
 (134)
 will be a special meet-
 of Local
 on Friday, June 6, 8
 books must be shown.
 president. (11)
 monthly meeting of the
 Auxiliary Canadian Le-
 will be held in the Legion
 Thursday, June 5th
 (11)
 will be a meeting of
 Credit League at the
 Rooms on 6th St. at
 Thursday. All interested
 attend. (11)
 all the latest type
 at a price you can
 Mr. Powell at Jerry's
 Salon, directly across
 Super-Valu. Phone 855.
 (134)
 all members Cana-
 Legion. Church Parade
 June 8, to First Pres-
 Church. Members will
 at Legion headquarters
 All returned men are
 to join with Legion mem-
 this Commemoration of
 D-Day. (134)
 0—Smallest picture
 at an exhibition of
 was a seascape, slightly
 on a postage stamp. Ex-
 all engaged in publish-
 advertising, ranged from
 office boy to famous
 artists.
 removing the bark from
 where they go to the saw-
 mill waste is made suitable
 for chips.

Former Rupert Woman to Give Liberal Speech

One of British Columbia's leading women's club workers, Mrs. G. W. Kissick, returned to Prince Rupert yesterday.

President of the B.C. Women's Liberal Association and prominent social worker in West Vancouver, Mrs. Kissick will speak at the Civic Centre tonight in support of Jack McRae, Liberal candidate seeking re-election in Prince Rupert.

Mrs. Kissick, resident of this city from 1910 to 1917, is a sister of Captain Reg. Green, of Armour Salvage, and an aunt of Mrs. Ken Harding, whose husband is general manager and secretary of the Prince Rupert Fishermen's Co-Operative.

She first came here with her father, who was engaged in the fishing business in the early days of Prince Rupert.

Mrs. Kissick is vice-president of the board of directors of the Metropolitan Board of the YWCA in Vancouver and for many years has been active in Community Chest campaigns and cancer drives in West Vancouver.

Prominent SA Man Will Conduct Audit

Col and Mrs. Joseph Tyndall, of the Salvation Army, are the guests of Major and Mrs. W. C. Poulton, at the Lodge for Young Women, Sixth Avenue West. They arrived yesterday.

Col. Tyndall will conduct an audit of Salvation Army books in the northern B.C. district.

Col. and Mrs. Tyndall have seen service in various parts of the world as Salvation Army officers. He was trained in the United Kingdom and served at International headquarters. He saw many years of missionary service in India and was financial secretary for Canada for many years prior to his retirement.

He is credited for the state of solvency that obtained in the Salvation Army during the days of depression of the 1930's.

Within 21 years the production of pulp and paper in B.C. has increased from 331,000 tons to 963,000 tons annually.

Olsen Home Scene of Delightful Shower

The home of Mrs. Rudolph Olsen at 134 Fifth Avenue West, was the setting for a delightful shower Monday night in honor of Miss Gerd Lien, who is to be married Saturday. Mrs. Ruth Wick joined Mrs. Olsen as hostess.

The guest of honor was seated in a chair prettily decorated with bows and streamers of pink and white and was presented with a corsage of pink carnations.

A basket decorated in bridal colors and filled with useful gifts was presented to the bride-to-be by Mrs. E. King and Miss Margaret Olsen.

Refreshments were served from a table centred with flowers and a wedding cake, topped by a miniature bride and groom.

The evening was spent playing games, winners being Mrs. O. A. Johnson and Mrs. King.

Those present and leaving gifts were Mesdames G. Fowle, J. Fenness, H. Knutsen, M. Berg, R. Webber, N. Luth, H. Hansen, A. Dybavik, T. Eldsvik, A. Husoy, O. Skog, H. Hagen, P. Lien, A. Jensen, H. Wahl (Dodge Cove), R. Olsen, O. A. Johnson, E. King, R. Wick and Miss Margaret Olsen.

Nurses Hear Report on Convention

Only half as many unfilled positions for nurses exist in British Columbia this year as compared to 1951. Prince Rupert chapter of B.C. Registered Nurses Association was told at its regular monthly meeting.

Mrs. Evanson, the chapter's delegate to the Registered Nurses' convention in Victoria, also reported on present day nursing problem, which were discussed and gave much interesting information.

President Mrs. Bartlett was in the chair and 15 members were present.

THE EXPERTS Say...

By KAY REX

Over a dish of home-grown asparagus and home-made rhubarb pie a friend recently offered his solution for the ills of the world—home gardening.

Every home owner, he believes, no matter how small his plot, should be encouraged to grow as many fruits and vegetables as possible.

If each person with a backyard grew as much produce as he could, he would no longer have to buy many fruits and vegetables at the corner grocery. This would mean fewer buyers for farm produce, of course. Prices would drop for those living in rooms and apartments, those who must buy such food.

To keep the farmers in business each home owner with a food-producing garden would pay an annual tax. This would go to purchase unsold farm produce which in turn might be sent as a gift to starving populations in other lands.

"And think," he said, "if every wealthy country tried the same scheme—wouldn't it be a healthier and happier world?"

With that he served dinner, which included some of his own

home grown food.

The asparagus was served with a French mayonnaise made with the yolk of an egg, salt and pepper, oil and vinegar.

Put the egg yolk into a wooden bowl, first making sure it is dry and free of egg white. Salt and pepper it. Add a little salad oil and begin beating with a wooden spoon in one direction only.

Add a few drops of vinegar and continue adding alternately with the oil, beating all the time.

(Continued on page 4)

DANCE Saturday Night

Legion Auditorium

9 to 12 p.m. Everybody Welcome

Gents \$1.00

Ladies 50c

Modern and Old Time Dancing

MUSIC BY THE WESTERNAIRES



Your baby deserves **HEINZ** THE BEST-SELLING **BABY FOODS** IN CANADA

Stock up with thrifty main course dishes **OVEN-BAKED BEANS** AND COOKED **SPAGHETTI** BY **HEINZ**

Watch for **HEINZ** FAMOUS **VINEGARS** NOW IN NEW BOTTLES Re-designed for cupboard convenience

World's flavour favourites **HEINZ** **TOMATO KETCHUP** AND **CHILI SAUCE** SO GOOD WITH SO MANY DISHES

TRY ALL THE DELICIOUS VARIETIES OF **HEINZ** **Condensed SOUPS** You know they're good because they're **HEINZ**

Try **HEINZ** Prepared **MUSTARD**

Personals

Mr. and Mrs. A. S. Nickerson, returned from a month's visit to Portland and Vancouver Island yesterday, where they took in several Pacific Coast League baseball games.

Mr. and Mrs. C. H. Elkins returned via steamship yesterday from a motor trip to southern Oregon and parts of Washington, also through the Okanagan on the Hope-Princeton highway, then to Victoria and home by steamer.

Mrs. William Cruickshank, Leeds Apartments, returned yesterday by steamship from Vancouver, following a visit to Winnipeg where she and Mr. Cruickshank attended the wedding of their son. Mr. Cruickshank, general passenger agent, CNR, returned earlier.

easy on the budget!

Ask for... **ROYAL CITY** CANNED FOODS

ROYAL CITY pork & beans boston style

SUPER-VALU FOOD STORES

Specials Good June 6th to June 11th

WE ARE OPEN MONDAY—QUEEN'S BIRTHDAY

MARGARINE Swift's All Sweet	Lb.	30c
SOCKEYE SALMON Nabob, Fancy Quality, 1/2's		38c
CROCKERY 20-piece Set, Colorful California, for kitchen use		\$4.95
TOMATO JUICE Heinz, 20-oz. tin	2 tins	35c
APPLE JUICE Aylmer, Clear and Sparkling, 20-oz. tin	2 tins	25c
GREENGAGE PLUMS King Beach, 15-oz.	Tin	15c
PEACHES Peter Pan, 15-oz.		19c
PEAS and CARROTS Dewkist, 15-oz. tin	Tin	15c
JELLY POWDERS Nabob, All Flavors	3 pks.	25c
EGGS Grade A Medium. 600 Dozen—While they last—Cartoned		44c

SUPER-VALU DO NOT ADVERTISE ALL THEIR SPECIALS. SEE OUR LOW SHELF PRICES ON SUGAR, BUTTER AND EGGS

Make **SUPER-VALU** your Food Shopping Centre, where a full variety of Meats, Groceries and Vegetables for your table requirements are kept under the finest of sanitary conditions.

Swift's Jewel Shortening lb. 22c

IT'S NOT TOO LATE TO ENTER THE BEAN GUESSING CONTEST AND WIN A FAMOUS SCUBY FUR COAT

Fresh Milk, per quart carton 28c

Pick up your **TORONTO STAR** at **SUPER-VALU**

Tooth Picks pkt. 5c

Chocolate Bars 4 for 25c

Candy, Lemon or Orange slices lb. 43c

Puffed Wheat, Big Shot pkt. 10c

Puffed Rice, Big Shot pkt. 12c

Colgate's Tooth Paste, giant. 57c
 Brightens the Teeth and sweetens the breath

Jergen's Lotion, 6-oz. bottle 59c
 Keeps the skin baby-smooth

Frozen Waffles pkt. 25c

MEATS at SUPER-VALU

Are Always Freshly Cellophanned for your convenience

CELLO SIDE BACON 1/2 lb. 29c

DEVON SKINLESS SAUSAGE lb. 49c

FRESH GROUND HAMBURGER lb. 59c

FRESH KILLED CHICKEN—At Popular Prices

REMEMBER
 We carry a full line of Paper Cups, Plates and Wooden Forks, Knives and Spoons for your weekend picnics

White Cake Mix, Little Dipper, pkg.	25c
French's Instant Potatoes	pkt. 32c
Apollon's Chicken Noodle Soup 2 pkts.	23c
1 Minute—10 Servings	
Madana Tea Bags	30 bags 29c
Made by Nabob	
Miracle Whip, 32-oz.	87c
Johnson's Paste Wax	65c
AND PRIDE SAMPLE	
Ice Cream, pints	29c
Frozen Peas	pkt. 28c
Table Salt	2 pkts. 25c
Peak Freen Biscuits	large tins 1.39
Orchid Drums	
Magical Baking Powder, 12-oz.	25c
Imperial Cheese	1 lb. pkt. 79c

FRUIT and VEGETABLES

Are Always Fresh at Super-Valu at Low Prices

GREEN ONIONS and RADISHES	2 bunches 15c
LETTUCE—Green firm heads	14c
TOMATOES—Nice firm and Red	Tube 25c