Summertime Care Urged Cooking and Storage of Food

Summertime is when special care is required in preparation of meals

...r of food poisoning ... especially so ... summer months," ... of the department.

... vegetables and ... thoroughly ... cooking, and all should be refrigerated.

... cause food poisoning ... fatal but ... extremely ill— ... foods as potato ... creamed dishes ... Such foods ... be left standing at ... temperature.

... should be particularly careful ... handling ... the bulletin ... should be kept ... cool ... haven't ... A large ... preserving ... insulated container that should be kept ...

kettle with a lid can become an effective picnic ice chest.

Cover the bottom with a thick layer of crushed ice, then place the food in plastic bags or glass jars in the kettle and pack with more crushed ice. Wrap thick layers of paper or towels or a blanket around the kettle as an insulator. At the picnic site the ice chest, still well wrapped to keep out the heat, should be placed in a shady spot.

Another method is to fill small plastic bags with crushed ice or whole ice cubes, close them securely and pack the bags around the food containers. As the ice melts, water will form in the bags but will not spill if they are leakproof and tightly closed.

Agent Promotion

... year as ... Canadian Pacific ... Prince Rupert, Byron ... City Thursday ... he will take ... CPA ... International Airways ... who ... Wednesday ... at Port ... coming to ...

Park Program To Stage Hike On Monday

Prince Rupert's Parks Board supervised playground program will stage a "Hounds and Hare" hike Monday for city youngsters.

Playground supervisor Helen Trapp announced that the event will start at 11 a.m. and end about 3 p.m. Children will meet at Gyro Park and each child is asked to bring his or her own lunch. Assisting Miss Trapp will be Sue Kergin and Alice Jones.

The crowd of children will be divided into two groups, each headed by a supervisor. The first group will be known as "hares" and will leave about 15 minutes before the second group, the "hounds" take up their trail.

When the hounds catch the scent of the hares the two groups will join together for lunch.

Photo By G. K. Martin

LT. S. E. ALEXANDER, (right) of the Captain Cook Sea Cadet Corps shown receiving a silver engraved serving tray from W. D. Smith, vice-president of the Navy League of Canada, Prince Rupert Branch at a special farewell parade, staged by Sea Cadets and Wrennettes June 23. Lt. Alexander inspected parade of Wrennettes and Sea Cadets, with whom he has been connected with for the past 12 years.

PERSONALS

Mrs. James Checkley (nee Anne Stromdahl) left this morning by Canadian Pacific Airlines plane for Victoria to join her husband, Leading Seaman Checkley who left the city Tuesday for HMCS Naden where he has been drafted and is attending a two and a half month course.

Also leaving today is Mrs. Jean Stromdahl, Mussallem Block, on the CPSS Princess Norah for a two week trip to Vancouver.

Mrs. Neil Stromdahl and baby, 946 Tenth Avenue East also left today on the Princess Norah for a two month's holiday in Cranbrook, B.C. for a visit to her father.

Mr. W. C. Collins, 1144 Eighth Avenue East left this morning for Ottawa where he will attend a Civic Defence Course, July 4 to 22 in connection with the local Civic Defense Organization.

Mrs. Anthony Bussanich, 1000 Hays Cove Avenue and three children, Bobby, Billy and Betty, left this morning by CPA plane to spend a month's holiday with Mr. Bussanich's parents, Mr. and Mrs. Anthony Bussanich sr., in Burnaby.

Mrs. Mabel Higham of Los Angeles left this morning by plane for Vancouver after visiting here for a week with her brother-in-law and sister, Mr. and Mrs. Peter McCormick, Seaview Apartments. Accompanying Mrs. Higham was her sister, Mrs. Joseph Groslin, who is going to Vancouver for medical attention.

Miss Margaret Ross, registered nurse in charge of the operating room at Miller Bay hospital, left this morning by plane for Vancouver, Victoria and Seattle where she will holiday with relatives and friends for the next three weeks.

Mr. and Mrs. Steve King and babe, 805 Borden Street left Wednesday for Ganges Harbour, Salt Spring Island, where they will visit Mr. King's mother, Mrs. Steve King sr. for a three week holiday.

Davy Crockett!

THRILL your little boy or girl with this "Davy Crockett" frontier outfit! Fringe-trim jacket, pants (or skirt) — and of course, that wonderful CAP! Use denim, twill — any sturdy cotton fabric. Easy sewing, mother — such fun to make! Pattern 4665: Child's Sizes 4, 6, 8, 10, 12. Size 10 boys' outfit (jacket, pants, cap) 3⅛ yards 35-inch; girls' jacket, skirt, cap 2⅞ yards.

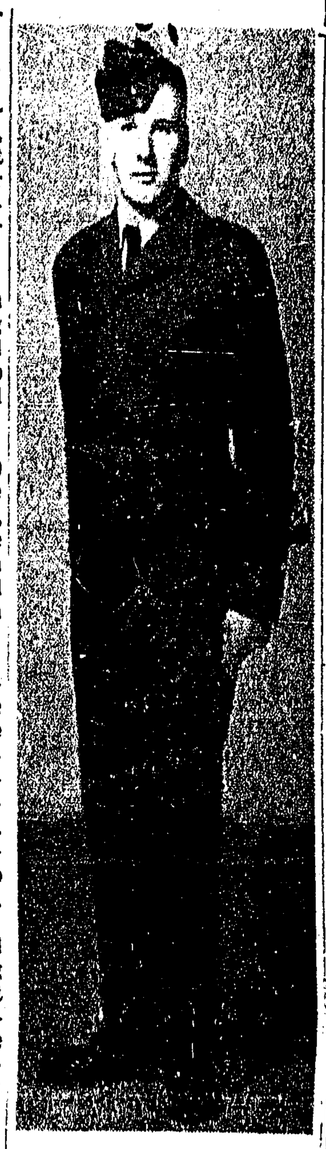
This pattern easy to use simple to sew, is tested for fit. Has complete illustrated instructions.

Send THIRTY - FIVE CENTS (35c) in coins (stamp cannot be accepted) for this pattern. Print plainly SIZE, NAME, ADDRESS, STYLE NUMBER.

Send order to ANNE ADAMS, care of Prince Rupert Daily News, Pattern Dept., 60 Front Street West, Toronto, Ont.

READERS

- Try the Grand Cafe for Jumbo Prawns, Chicken Chow Mein, Chicken Giblet Chop Suey, Sweet and Sour Spare Ribs, Crab Egg Foo Yung, Fried Half Chicken and Red Brand T-Bone Steak. For phone orders dial 3215. (156)
- Salt Lake Ferry operating daily except Monday 2-3-5-7-8 p.m. Continuous from 11 a.m. Sundays. Weather permitting. Phone 2628. (h)
- Attention Members — Moose night Saturday, July 2. Games, Dancing and Refreshments. (153)
- Cash for old gold — Burger's.



CADET CORPORAL ROD BRUCE, of Prince Rupert Air Cadet Squadron No. 559, is one of three members of the local group who will receive a gift for their work in helping with arrangements for the Junior Services Tri-et Prom. Award was announced by the squadron sponsoring committee Monday. Others to receive similar gifts are Cadets Ralph Olsen and Timothy White.

MUSEUM — briefs

— By JOCELYN BOLTON —

We now have our new sign up and thanks to J. B. Scott, who did all the finishing touches, and secured the cedar poles for us, we feel sure that many will consider it a great improvement to the look of the museum.

We hope to have the old sign erected in town as a direction for our visitors. It is hoped that the Junior Chamber of Commerce will erect this sign for us. We also have some "hanging baskets" on the veranda and we hope that they will bloom and be a bit of interest to everyone.

There have been many visitors lately and many towns in the United States are represented. Canada is well in evidence these days, and the Interior is showing more and more in our register.

Mr. and Mrs. Richard Morgan of Winslow, Washington were very cheerful guests. They came by boat and intend to spend about a month around here and in the Interior, they took a tour of the Columbia Cellulose Co. plant and other spots of interest. Both said they like this country and also that they found the people so friendly.

California cities are very much in evidence in our register, but other states are also Indiana, Michigan, Wisconsin, Illinois, Oklahoma, Utah, Minnesota, Washington. We also had guests from Nova Scotia, New Westminster, Vancouver, Terrace, Kitimat, Ottawa, Burns Lake, Rossland, Victoria, Creston, Montreal, Britannia Beach, Alert Bay, High River, Innisfail, Alta., Niagara-on-the-Lake, Ont., and Egelow, Sask. and a number of local people. We were happy to welcome some of the visiting Masons recently. Among them were A. E. Alder and his wife.

Saturday Sermon

By C. W. Sinclair — Evangelical Free Church

"... in the Love of God looking for the mercy ... Christ" (Jude 21)

... Jude the author has been largely dealing with ... who oppose the Gospel in one way or another. ... judgement that will fall on those who deceptively ... doctrines among the believers — those who ... the teachings of Christ.

Jude also brings to our remembrance the cities of Sodom and Gomorrha, and of the judgment that God rendered to them because of their disobedience and loose living.

In verse 8—he turns to the false teachers. "Likewise ye filthy dreamers, defilers of the flesh, and speak evil of dignities."

He brings out the emptiness of false teachers "They are wells without water." Verse 13 "Raging waves of the sea, foaming out their own destruction." In verse 15, he speaks of Christ's coming, whose duty at that time will be "to execute judgment upon all, and to convince all that are ungodly."

Finally Jude speaks to the believer in verse 20: "But ye, beloved building up yourselves on your most Holy faith, praying in the Holy Ghost."

"Keep yourselves in the Love of God looking for the mercy of our Lord Jesus Christ."

We as Christian people who know the joy of having our sins cleansed by the blood of Christ are told to live a completely new life. We are to keep ourselves in the love of God, in our relationship to God and also to others.

The love of God can be summed up in 1 Cor. 13: 4-8. "Love suffereth long, and is kind; love envieth not; love vaunteth not itself, is not puffed up. "Doth not behave itself unseemly, seeketh no, her own, is not easily provoked, think th no evil. Rejoiceth not in iniquity, but rejoiceth in the truth Beareth all things, believeth all things, hopeth all things, endureth all things."

"Love never Faileth."

Are we guarding our lives and keeping ourselves in the Love of God and looking for the mercy of our Lord Jesus Christ?"

Mr. J. M. Evans, 719 Fulton Street also left today by plane for Vancouver where he will attend summer school at the University of British Columbia. Mrs. Evans will drive to Vancouver the middle of August to join her husband for a three week holiday before returning to the city early in September at which time Mr. Evans will resume teaching at Booth Memorial High school.

ADULT EDUCATION

Japan now has many adult education courses for women, especially housewives.

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Daily.

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7:45 a.m.	2:40 p.m.	Lv. Prince Rupert Ar.	3:15 p.m.	10:05 p.m.

Service to All Intermediate Points on All Schedules

11:00 a.m.	5:55 p.m.	Ar. Terrace Lv.	12:00 noon	6:50 p.m.
(A)11:02 a.m.	(B)5:57 p.m.	Lv. Terrace Ar.	11:57 a.m.	(A)6:47 p.m.(B)
11:15 a.m.	6:10 p.m.	Ar. Terrace Airport Lv.	11:45 a.m.	6:35 p.m.

Note (A)—Trips 1 & 2 operate between Terrace and Terrace Airport: Mon.-Wed.-Fri.
Note (B)—Trips 3 & 4 operate between Terrace and Terrace Airport: Tues.-Thur.-Sat. No local passengers are carried between Terrace and Terrace Airport.
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