Specials-7 a.m. to 10 a.m.

BUTTER

Our Finest Alberts Creamery sold with 6 lbs. of Beef, Veal or Legs of Lamb.

3 lbs. for 78c

I	Legs Lamb Per lb		19½c	
B	reakfast	Bacon-		

Per 15. 101c

Shoulders of .. 101c

eal Steak—Fer lb. 15¢ tound Steak—Fer lb. . . 15¢ irloin Steak—Fer lb. . . 15¢

Veal Boast 101c ed Bacon—Lb. 25¢

Ramp Roast- 12½c

Stricts Roast 121c

ALL-DAY Extra Specials 7 a.m. to 6 p.m.

BUTTER

Pince New Zealand. Sold with 6 hs. of Boef, Veal or Legs of

3 lbs. for 91c

nes Meat—2 lbs. for., 25¢ nut Butter—2 lbs. for 25¢ Eggs-Storage35c

VEAL

| Ped Fraser Valley Local to Veal. | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20selders | 10. | 125¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢ | 20¢

Tinest Peameal Back Bacon 3 lbs. 89c ed Peamenl Bacon—Lb. 35¢ ed Breakfast Bacon — Per 35¢

Beneless Cottage Roll, P. Burns' Best. 231C

SUGAR

35° EACH All Day

Lean Minord 3 lbs. 25c

BUTTER

Our Finest Alberta Creamery. Sold with 6 lbs. of Beef, Veal or Legs of Lamb.

3 lbs. for 82c

Per lb. 151c

nder Rib Steak—2 lbs.
25¢
ewing Beef—3 lbs. for 25¢

GIRL FLIER'S PILOT HAD CLOSE CALL

The Strange & shrof Strange to Shrow out to Strange to

"A CHILD?"

"I told her mother that Nan's crastness over Mr. Harding was ill reason to the control of the contr

was too surprised and astonished to space.

"I don't believe it!" she snapped to don't believe a word of it." or doubt he words or accent. She did not believe a best of the state of the s

"There are usually ways of Ind-ing out-most anything. Have they been corresponding—writing to each other?"
"How do I know?" she quickly snapped.
"How-indeed. I thought. This

snapped.
"How—indeed. I thought. Thi
"as evidently a tender point tha
the had not yet found out.
"How old is this child?" I asked.

CLEARANCE SALE

LIGHTING FIXTURES

5-Light Bronze and Gold 3-Light Bronze and Gold Fixture \$7.50 Fixture \$5.50 the Gold Brackets for \$6.50 for \$6.50 to match \$1.95

The Minerva Line—

Beautifully finlabed in Gold and Polychrone:
5-Light Celling, Drop or Candle
Private
Brackets
to match \$2.95 \$2.95

The Triangle Line-

| Modernate Trium, natural polithed metal touched with colors and beautifully engraved. | In \$ \$34.50 | Bath, Lights | \$1.50 | In \$ \$24.50 | Lights | 75c | Brackets | \$8.50 | Betton | \$2.50 | Many Officer | \$2.50 | Many Officer | \$2.50 | Many Officer | \$1.95 | Many Officer | \$2.50 | Many Officer |

ALL LESS 25%

SHAW ELECTRIC CO.

Dr. McCoy Recommends Tomatoes*



***MENDED STEEL STATE OF CONTROL Filled with Vitamins and Mineral Salts Absolutely Imperative to Normal, Healthy Growth of Children

In giving your children the great boon of health, you mothers know the vital importance of correct diet. More perfect food combinations for the health the vita hap-perfect food combinations for the health of children are constantly being dis-covered. Now comes the pronouncement by Dr. Frank McCoy, one of the greatest living health authorities on this con-tendances are literally by Br. Frank McLoy, one or me greaces. Bring health authorities on this continent, that canned tomatoes are literally worth their weight in gold in bringing the rosy glow of perfect health to growing boys and girls. While in Vancouver recently, Dr. McCoy made the following statement about British Columbia canned tomatoes, peas and green heams (Refer to footnote re Fraser Gold Brand).

"In the past I have recommended orange juice. NOW I AM RECOMmed tomatoes are rich in all four vitamines, A, B, C and D. They prevent the development of rickets and skin disorders. Canned tomatoes are also valuable for their vitamines, minerals and organic salts. Conned tomatoes, peas and green beans are just as healthful as freel vegetables when grown and canned under such ideal conditions as you have in British ness research.

to any practical extent in the ca

to any practical entent in the canning process. Frace Gold Tomistoes, peas and green beans carry my unsalicated recommendation."—Dr. Frank McCoy.

Dr. McCoy's recommendation is hased on the following factor Frace Gold Tomistoes are riped as its vines in the golden aunshine of Delbah Columbia, giving them full visuants cannot be consistent, imperative to health. This is happossible to obtain in hotheuse tomistoes. They come from the tim, whole, jusipe sad with a delicious fresh-from-the-field favor. Delicious served cold and seasoned to taste, or may be served hot in a variety of appetizing dishes.

Fraser Gold Tender Goliath Peas Fraser Gota Tender Gotach Teus are a new variety, very large III size. They are picked when young, sweet and tender, long before their natural sugar has turned to starch. Grown in the sunny Fraser Delta, the most perfect soil for the growth of green vegetables.

Fraser Gold Green Beans have remarkable nutrition and fine flavor. Grown in the rich Fraser Belta soil under British Columbia's golden sun-shine, packed immediately on picking, they combine perfect freshness, tender-ness and healthful qualities.

Br. McCoy now recommends the juice of canned tomatoes in preference to orange juice. Here is the way to prepare absolutely-pure tomato juice, retaining full vitamin content.

RECIPE FOR TOMATO JUICE MADE FROM FRASER GOLD CANNED TOMATOES

Take one two-and-a-half-pound size on of Fraser Gold Tomatoes and put through a sieve, or collander, pressing all the juice and a large portion of the pulp through by the use of a spoon. That this juice is a deep low and site vigorously with a spoon or Furth this just is a deep low and site vigorously with a spoon or graph through the property of t





