

Smith's Grocery

THE RED AND WHITE STORES

Dundarave Phone: West 469
24th and Marine Ambleside Phone: West 46
15th and Marine

Quality Food Bargains
Friday & Saturday, Aug. 7th & 8th

Fray Bentos CORNED BEEF, per tin..... 16c	CHEESE, Servus, 1/2 lb. pkt. 18c
PREPARED MUSTARD, Libby's 8 oz. jar..... 12c	NORTH STAR MEATS
CRAB MEAT, 1/2 lb. tin..... 25c	ENGLISH BRAWN (Head Cheese) 1/2 lb. tin..... 15c
GINGER ALE, Felix Brand, 1 dozen pints..... \$1.15	BREAKFAST SAUSAGE, 1 lb. tin..... 35c
Red & White CHOCOLATE BARS Plain Milk, Nut, Fruit & Nut, 6 bars 25c	RICE
BREAD, Servus, 3 24-oz. loaves 25c	BULK JAP..... 4 lbs. 19c
CAKE, Delicious Pineapple Layer 25c	FANCY TABLE RICE, Red & White, 2 lb. carton..... 20c
Red & White ASPARAGUS TIPS Small tins, tender green tips 25c	Red Arrow CREAM CRACKERS, Family size, packet..... 17c
BONELESS CHICKEN, Aylmer Brand..... 7 oz. tin 35c	SWEET GHERKINS, Victory Brand, 12 oz. bottle..... 29c
CHICKEN SANDWICH PASTE Aylmer, 4 1/2 oz. tin 10c	MALT VINEGAR, Grimble, (Old Country)..... 26 oz. bot. 23c
CRISCO, 1 lb. tin..... 24c	PINEAPPLE, V. C. Brand, Australian, 8 Golden Rings in heavy syrup, per tin..... 25c
	COFFEE, Economy Blend, per lb..... 30c
	3 lbs..... 85c

ROBERTS' BETTER MEATS

Phone West 190

Government Inspected
Meats

No. 1 Grade only

Specials for CASH ONLY

Alberta Creamery
No. 1 BUTTER
3 lbs. for 70c

PRIME STEER BEEF

Stewing Beef..... 2 lbs. 25c
Minced Steak..... 2 lbs. 25c
Boiling Beef, lb..... 9c
Pot Roast, lb..... 10c
Blade Rib Roast, lb..... 12c
Round Bone Oven Roast lb..... 15c
Prime Ribs, lb..... 18c
Rump Roast, lb..... 18c up

Local Spring Lamb
Legs, lb..... 30c

LOCAL VEAL
Stewing, 2 lbs. 25c
Oven Roast, lb..... 18c
and 20c

Cambridge Sausage
2 lbs. 25c
Mutton Sausage, lb 15c
Pork Sausage, lb. 25c

No. 1 New Zealand
Butter
3 lbs. 90c.

Bacon

By the Piece, lb..... 28c
Sliced, lb..... 35c

Last Chance for APRICOTS

No. 1 Moorpark
per crate \$1.20

Proud Parent (to his son): I make you a very liberal allowance, and you should try to save something out of it.

"I do, father. I've already saved about 2,000 cigarette coupons."

"It runs in the best of families."
"What's that, a silk stocking?"
"No, the water in the kitchen sink."

Don't Be Stout

Most women have a tendency to put on weight as they grow older. The stout woman often suffers from fallen arches, high blood pressure, indigestion, headaches and loss of vigor. Avoid all this. Keep your slender youthful figure by watching your weight. If you have already grown stout, begin today to reduce. You will look better and feel better. Unless you have an organic ailment you can regulate your weight by proper diet.

Your body is an engine. It requires a certain amount of fuel (food) to do its work properly. If you eat more today than you need, your body calmly stores up the surplus to be drawn on as needed. If you eat more every day than your body needs, this reserve is never drawn on. It piles up in the form of fat and your weight increases.

To reduce, you must eat less than you need. Then your body will be forced to use up this reserve fund little by little and your weight will begin to go down.

It's as simple as that.

Neighbor Brown: Do you know that Jones has eleven children?

Neighbor Smith: He's gone stork mad, hasn't he?

The News



Why Pay More?

BUILD NOW WHEN PRICES ARE LOW

Lumber for 10x16 Garage including floor..... \$25.00
50 Ft. Close Board Fence Shipyard from..... 9.00
2x4 Common, sized..... 9.00
2x6 to 2x12 common, sized..... 10.00
1/2 x 6 Bungalow Siding, Cedar, shorts..... 6.00
1x2-3 and 4 D. D. Fir, per 100 lin. ft..... .50
Cedar Lattice, per 100 lin. feet..... .25
4 in. Clear Gutter, any length, per lin. ft..... .06
No. 1 XXX Shingles..... 2.25
No. 2 Shingles..... 1.70
Wall Shingles..... 1.25

SPECIALS

24x24-2 Light Windows..... 2.00
8x10-4 Light Sash..... 1.00
10x12-4 Light Sash..... 1.15
8x10-6 Light Sash..... 1.25
10x12-6 Light Sash..... 1.40

Gypoc Plaster Board, Building Paper, Fir Veneer and all Building Materials

AMBLESIDE LUMBER CO. LTD.

16th and Marine Drive
Phone West 199.
After 5 p.m. ask for Gerry Dent
Phone West 241R.

WARMER WEATHER COMING

Indications Point to a Fine Week End According to Reports.

All over northern British Columbia, the barometer is rising and fine weather is general on the Pacific slope, the report indicates. In Vancouver and vicinity while the thermometer is scheduled to go up a little, the likelihood of real hot weather in the next 24 hours is offset by the forecast of light to moderate winds.

Thursday the mercury touched 74 degrees at the warmest part of the day here, and dropped to 54 at the coolest. This brought Vancouver within two degrees of being the warmest spot in Western Canada. With a maximum temperature of 76, Dawson City achieved that distinction.

SPAN IS PROPERTY OF SALVAGE FIRMS

The old 300-foot Second Narrows Bridge span, which was raised from the bottom of the Inlet by Burrard Drydock Co. and Pacific Salvage Co. has, for an amount over cost of salvage, become the property of these two firms, reports Mr. Clarence Wallace, president of Burrard Drydock Co. It is planned to cut the span into small pieces for shipment to Japan.

Mr. Wallace expresses confidence that the link could be put back at a comparatively small cost for vehicular and pedestrian traffic and adds that the two firms would not hold out for anything unreasonable, in the event of there being a desire to make use of it again.

Shortly after the span was raised, it was placed in drydock. Following inspection by engineers, acting for the Board of Railway Commissioners, it was condemned. The bridge company's limit of liability for salvaging the bridge was \$20,000.

B. C. TELEPHONE CO. EXTENDS SALES PLAN

Extension of the employee sales plan, so that it embraces the entire personnel of the B. C. Telephone Company and associated companies, has now been put into effect.

Every person in the system now has an opportunity to extend the service. The aim is to be of greater aid to the public by making it more convenient to get telephone equipment that is actually needed. Every employee is now expected to be familiar with the various types of service, so that he or she will be in a position to inform or to sell as the opportunity arises.

Booklets explaining the purpose of the plan, describing equipment, setting forth rates, and containing forms for sales prospect reports and supplemental and miscellaneous equipment orders, are now being distributed, together with an introductory letter from James Hamilton, general manager. They are issued by C. B. Diplock, commercial engineer, upon approval of E. F. Helliwell, general commercial superintendent.

These booklets are small, not over-bulky and can be easily slipped into pocket or purse. It is recommended that they be carried by employees at all times so that they will always be available when there is an opportunity to take an order or to give information.

While the leadership in sales rests with the commercial department, every man and woman of the telephone organization is now to consider himself or herself a member of the sales force.

A school for commercial department employees engaged in selling telephone service was held in Vancouver during the month by the commercial engineer. Three night sessions were held, wiring plans being the principal subject.

JEFFERIES' SUPERIOR MEATS

Government Inspected Only

LAMB, BEEF, PORK, VEAL, Etc.

COOKED MEATS OF ALL KINDS, DELICATESSEN

{Two Stores for your service}

HOLLYBURN STORE West 3 AMBLESIDE STORE West 303

West Vancouver Lumber Co.

15th and Marine LIMITED Phone West 115
W. J. Turnbull, Manager, Residence Phone: West 368L

— SERVICE —
Everything for the Building.

LUMBER

SASH DOORS ROOFING BUILDING PAPER

Lamato — Gypoc — Plaster Board
Beaver Board — Shingles

WEST VANCOUVER TENNIS CLUB — RESULTS OF CLUB TOURNAMENT

(First Round)

LADIES' SINGLES—	
Miss M. Brand beat Miss F. Johncox.....	1-6 6-4 6-2
Miss F. Achurch beat Miss P. Leckie.....	6-3 4-6 6-1
Miss V. Johncox beat Miss R. Jackson.....	9-7 1-6 6-4
Miss J. Dorchester beat Miss B. Walton.....	6-0 6-1
Miss E. Brine beat Miss D. Gillham.....	6-1 6-1
Miss D. Cleathro beat Miss G. Woolgar.....	6-1 4-6 7-5
Miss Beddard beat Mrs. Davis.....	7-5 6-3
Miss A. Lester beat Miss B. Reid.....	5-7 6-4 6-4

LADIES' DOUBLES—	
Miss Brand and Miss B. Walton beat Mrs. Davis and Miss R. Jackson.....	6-0 6-1
Miss P. Leckie and Miss J. Dorchester beat Miss Vera Johncox & Miss F. Johncox.....	6-4 6-3
Miss A. Lester and Miss D. Cleathro beat Miss J. Leyland & Miss M. dePencier.....	6-1 7-5
Miss P. Beddard and Miss E. Brine beat Miss K. Hampson & Miss M. Crickmay.....	6-0 6-0

MEN'S SINGLES—	
H. O. Eccleston beat D. Purchase.....	6-1 6-0
R. Girard beat F. Dorchester.....	6-6 7-5 6-0
W. Durrand beat H. Purchase.....	6-1 6-1
P. Brine beat E. Cabeldu.....	4-6 6-0 6-1
J. Grisedale beat T. Crickmay.....	6-2 6-2
H. Priest beat E. Crosby.....	6-2 6-4
S. Eby beat J. Cleathro.....	6-2 6-0

MEN'S DOUBLES—	
H. Priest and T. Crickmay beat F. Dorchester and S. Eby.....	3-6 6-3 6-4
P. Brine and G. Gray beat R. Girard and E. Crosby.....	6-3 6-2
W. Durrand and J. Grisedale beat J. Cleathro and F. Cullen.....	6-1 6-2
H. Eccleston and B. McKeen beat W. Irish and H. Purchase.....	6-0 6-2

MIXED DOUBLES—	
Miss P. Leckie and P. Brine beat Miss B. Walton and H. Purchase.....	6-4 6-3
Miss J. Dorchester and W. Eby beat Miss E. Brine and F. Dorchester.....	3-6 6-1 8-6
J. Cleathro and F. Cullen.....	6-1 6-2
Miss A. Lester and T. Crickmay.....	6-1 6-3
Miss A. Woolgar and H. Eccleston beat Miss F. Achurch and T. Cabeldu.....	6-2 4-6 6-3
Miss D. Gillham and G. Gray beat Miss M. Brand and W. Irish.....	6-1 6-2
Mrs. Davis and Tommy Davis beat Miss Ruth Jackson and B. Thompson.....	6-2 7-9 6-0

VANCOUVER ADOPTS NIGHT SPORT

Marking the inauguration of a regular program of sports by artificial illumination the first game of baseball to be played at night in Canada was staged on July 3 at Athletic Park, Vancouver, B. C., thus putting the Pacific port in the van of Dominion cities to adopt this entertainment.

The Athletic Park installation gives a high degree of artificial light, the intensity being 18 foot candles at all parts of the 90,000 square feet area. A total of 54 giant reflectors are used and each projector contains two 1500-watt Mazda C lamps. Thus 162,000 watts are used to illuminate the field.

At the opening game on July 3, W. G. Murrin, president of the B. C. Electric Railway Company, turned on the lights at precisely

9 p.m. ushering in a series of events which will continue throughout the season and include baseball, rugby, lacrosse and soccer.

INSPECTOR PRAISES B.C. MUNICIPALITIES

Warm praise for the manner in which British Columbia municipalities managed their burdens in 1930, despite business depression, is contained in the annual report of Robert Baird, chief inspector of municipalities for the province.

In his survey of the 75 centres for the calendar year ending December 31, that year, presented to Hon. R. H. Pooley, K.C., Mr. Baird makes a significant finding regarding taxation trends on unimproved property, and a careful summary of the financial standing of all centres for the period in question.