PRLTA elects new executives

R. R. Whiteley was elected president of the Prince Rupert Little Theatre Association at their annual meeting held at the Civic Centre Wednesday.

Others taking office were Angus McCracken, vice - president; Mrs. Michael Jackson, secretary; Mrs. Gordon Finlayson, treasurer; and Mrs. Robert Gilbert, Mrs. Whiteley and Russell Morrison, executive directors.

Discussed during the meeting were plans for a play workshop and a short course in acting for the fall.

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WINNER of a trophy and a $25 cheque is Livia Fogarassey, 13, of Annunciation School, who received first prize for her essay "Early Parental Guidance Makes Good Citizens". A. J. Beliveau, deputy grand knight of Columbus, makes the presentation from the provincial Knights of Columbus, while Rev. James Tracey looks on. Livia also received a gold medal from the local KC for having the best essay in the school here. — Photo by J. J. Comadina.

3 MEALS A DAY

Nourishing breakfast good start for day

By LOUISE MOORE
Toronto Telegram Food Editor

Time flies — can you imagine it's 22 years come June 17 since I took over "Three Meals a Day" and I haven't lost a reader yet—healthwise that is, for judging by my mail they still are hale and hearty. I hope the unfolding of time will work the same miracle.

However if I can keep you smiling until 10 in the morning the rest of the day will take care of itself. But unless you begin with a good nourishing breakfast — how quickly a grouch can develop.

Breakfast usually is the most neglected meal of the day yet it should supply at least 1/3 of the daily food needs and if you skip it it's difficult to make up the quota.

Luncheons and dinners usually are planned with a thought to nutrition, to attractive table settings but breakfasts lack sympathetic planning. The family gulps coffee, then makes a mad dash to the garage or street car.

You can't run your motor without fuel and the same goes for the old body. After a lengthy fast we need food that is chockful of nourishment to carry us through to lunch time.

PREPARATION FOR BREAKFAST

Much of the preparation for breakfast can be done the night before. The table set, the juice jugged and refrigerated, the cereal ready in bowls or saucepan ready for the cooked variety, blend dry ingredients for muffins or hot biscuits, have coffee pot, cups and glasses for juice at hand so that in the morning it takes but minutes before everything is in readiness.

Last but not least roll out of bed a half hour earlier so that you can come to the table looking fresh as a daisy. This hurry business is purely a matter of habit.

A REAL EYE OPENER

The aroma of sizzling ham and golden pancakes is a great incentive to speed a hungry family to the breakfast table. To precede the ham, serve in attractive glasses chilled frozen pineapple juice which has an affinity for this zesty dish.

Then if you have a package of pancake mix on hand whip up a batch of small pancakes or use your favorite recipe. Serve them hot from the griddle with honey butter — a breeze to make—beat together equal parts of honey and creamed butter—deeelicious.

BAKED HAM SLICE

For 6 servings choose 1½ lbs. sliced ham cut 1 inch thick. Place ham in baking pan. Combine ½ cup brown sugar firmly packed, 1 tblsp. grated orange rind, 1 tblsp. prepared mustard and ½ cup orange juice. Pour over ham.

Cover and bake in a moderate oven (350 F.) 30 minutes. Uncover and place slices cut from 6 peeled oranges — cut ½ inch thick — around the ham and while cooking baste the ham with juices in pan. Baking ham another 30 minute uncovered. Serves six.

This make a delicious Sunday dinner when served with baked sweet potatoes, buttered squash new green peas and a fresh fruit pie.

C. S. JOHNSTON-WATSON of Vancouver has joined the staff of the Skeena Indian Agency as agency assistant. This is Mr. Watson's first appointment with the Indian Affairs branch, as he formerly worked with the National Health and Welfare Department in Victoria. He replaces Peter Franfish, here, who has been transferred to Whitehorse. Mr. Watson is married and has four children.

Skirt lifter used in 1890 to keep long dresses clean

VANCOUVER (CP)—A man probing the history of invention and technology has found that Canadians sometimes invent the strangest things. For instance, a skirt lifter.

It seems a Calgary woman back in the 1890s got tired of her long skirts trailing in the mud of the streets. So she went to work on an invention.

She came up with the skirt lifter, a lever attached to her bustle. With a flick of the wrist, she could promenade unmuddied.

This is one of the inventions Dr. J. J. Brown of Montreal is gathering information about.

Dr. Brown, former professor of English at Cornell University and now head of a Montreal management consulting firm, was here on the first of four 4,000-mile tours to gather material for a book on the history of invention and technology in Canada. The book will be published as a contribution to Canada's centenary by a large corporation.

Egg whites at room temperature beat up better than cold egg whites. Separte eggs and leave white for 30 minutes before whipping. Cover yolks with cold water and refrigerate. Use as soon as possible in custards, scrambled eggs, eggnogs or in baking.

Australian girl seeks pen-pal

A letter has been received at The Daily News from a 14-year old Australian girl who is seeking a Canadian girl of 14 or 15 for a pen-pal.

Daphne Newton writes that she is learning about British Columbia and would like to have a pen-friend here. Her address is 96 Fitzroy Street, Warwick, Queensland, Australia.

DIRECTS CAMPAIGNING—Mrs. Robert Thompson, wife of the national Social Credit party leader, sits at her desk at party headquarters in Red Deer, Alta., where she co-ordinates the campaign for her husband for the June 18 election. Mr. Thompson is contesting Red Deer constituency. Mrs. Thompson, mother of eight children, will join her husband for meetings in Calgary and Vancouver. — CP Photo

Problems unravel when you travel by train

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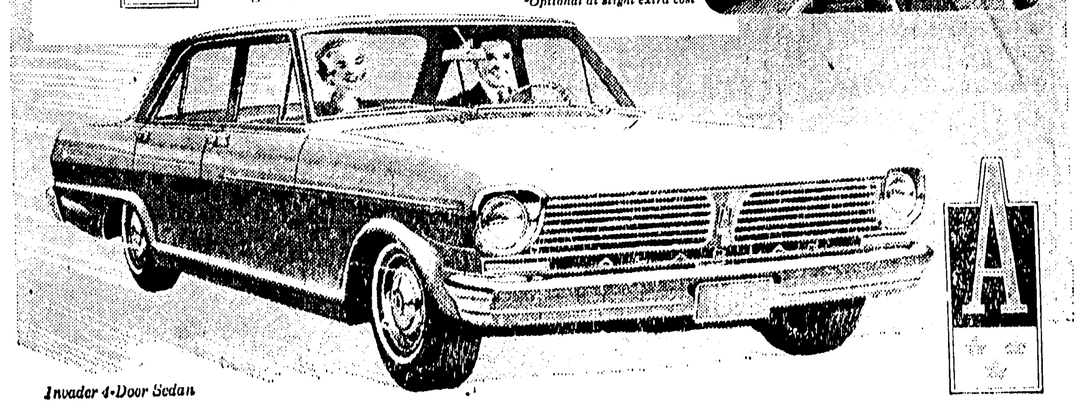

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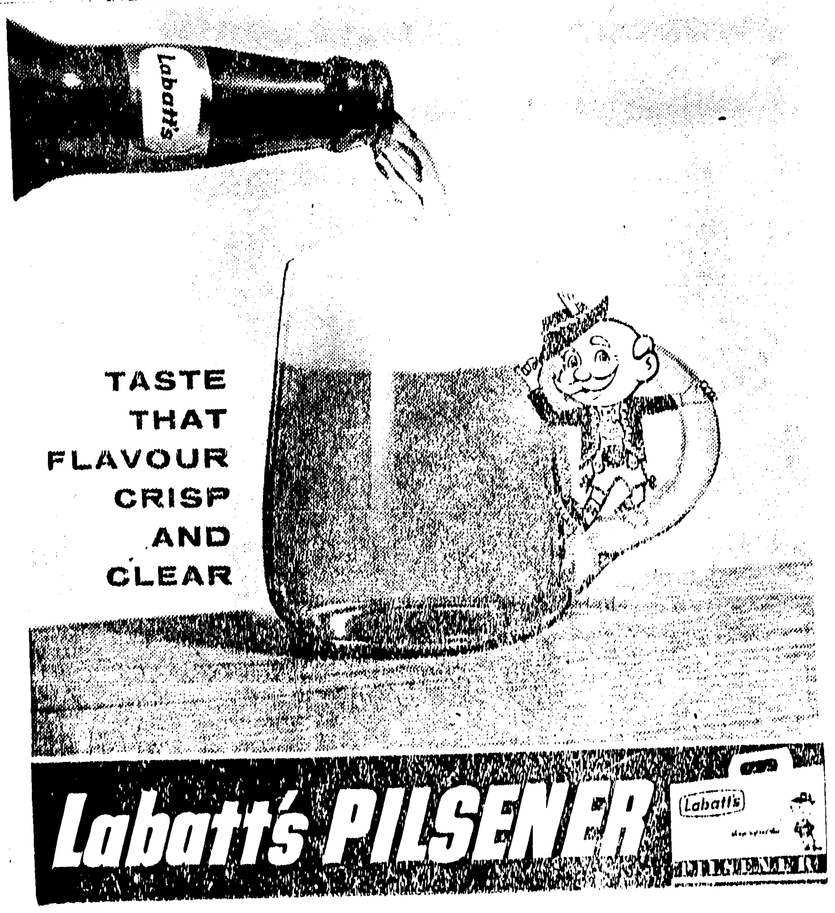
Be sure to see "The Tommy Ambrose Show" on the CBC TV network on Friday evenings. Check local listings for channel and time.



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