MR. AND MRS. ALEX BROKENSHIRE
. . . with Lynn, Nancy and Penny
(James Kilgour Photo)

Family arrives from Castlegar

Alex Brokenshire, former safety co-ordinator at the Castlegar pulp division of Celgar at Castlegar, arrived in the city recently to take over the position of industrial relations superintendent at Celgar Limited, Prince Rupert pulp division. He succeeeds J. W. Kilgour, who resigned to open his own business.

Mr. Brokenshire has had experience in the mining and lumbering industries and was employed with the Consolidated Mining and Smelting Company at Trail for 20 years. He was very active in community and civic affairs at Trail and was in the Royal Canadian Air Force in World War II

Besides daughters Lynn, 14, Nancy, 13, and Penny, 8, Mr. Brokenshire and his wife, Hazel, have two other daughters, Jacqueline, who is a nurse at St. Paul's Hospital in Vancouver and Judith who will be teaching in Vancouver this term.

No dentists at Smithers

SMITHERS — This area will once again be without a dentist, for Dr. J. R. Groves is relinguishing his practise which he opened in 1957. His family have already left Smithers.

Dr. Groves said that he knew of no one who was lined up to take over his practise, but he had notified the British Columbia College of Dental Surgeons at Vancouver last month of his intention to leave.

He said the Junior Chamber of Commerce had been corresponding with two prospects and was hoping that one of them would come to the area to set up a practise.

The highest peak of the Seven Sisters, which is 9,039 feet high, and four other peaks, were climbed recently by a party of University of British Columbia students. The ascent of the four peaks, the first tmie ever accomplished, took 24 hours as there was fog, fresh snow and much ice to contend with. Another party climbed Hudson Bay Mountain, and there is only one mountain left in that region now to be scaled.

THREE MEALS A DAY

Quick breads easily made

By LOUISE MOORE
Toronto Telegram Food Editor

Smells good — tastes delicious —wonderful to have on hand is a fragrant hot bread moist with fruit and rich with nutmeats.

Here are two wonderful breads which are yours for the baking!

ORANGE MOLASSES BREAD

Sift together ¾ cup sugar, 4 cups sifted all-purpose flour, 1 tsp. baking soda, 3 tsp baking powder and 2 tsp. salt, add 1⅓ cups coarsely chopped nutmeats. Combine 1 cup evaporated milk, ¾ cup orange juice, 3 tblsp. melted butter and ¾ cup light molasses.

Add to flour mixture all at once stirring just enough to blend. Turn into greased paper lined loaf pan (9x5x3 inches) and bake in slow oven (325F.) 1 hour and 15 minutes. Cool 20 to 30 minutes before turning out of the pan onto cake rack.

FLORIDA ORANGE BREAD

You will need about 4 oranges well washed and dried to make ¾ cup rind. Remove the thin orange rind with sharp knife cutting around orange; cut into very thin slivers with scissors or knife.

Combine 1½ cups sugar and ⅓ cup water; add rind; stir constantly over heat until sugar is dissolved; cook slowly 5 minutes. The peel and syrup should measure 1⅓ cups. Add 3 tblsp. butter and stir until melted; add 1⅓ cups orange juice and 3 well-beaten eggs.

Sift together into mixing bowl —4 cups sifted all-purpose flour, 4 tsp. baking powder, ½ tsp. soda and 1 tsp. salt. Add orange mixture and mix only to moisten ingredients. Batter should be lumpy. Turn into greased, waxed paper lined loaf pan (9x5x3 inches) and bake 1 hour and 15 minutes in slow oven (325F.) Turn out on rack to cool.

These breads are better a day old rather than the day they are made.

POSTED TO GHANA . . .Captain Brian M. Munro of Winnipeg will start a two-year tour of duty with the Canadian Armed Forces Training Team in Ghana in September. He has been Manitoba Area Cadet Officer stationed at Fort Osborne Barracks, Winnipeg, for the past 18 months. An officer of Princess Patricia's Canadian Light Infantry, Capt. Munro toured Korea in 1951 and was in Laos and Viet Nam. His wife, the former Olga Sather of Prince Rupert, and three children will live in Ghana during the tour. Prior to coming to Winnipeg he was stationed in Victoria with the 1st Battalion, PPCLI.

National Defence Photo)

PERSONALS

Miss Shirley Thomas, daughter of Mr. and Mrs. Harold Thomas, of 1655 Herman Place, left this morning for Toronto, Ont..

Miss Patricia McQueen left by car today for Vancouver to resume her second year nurses training at St. Paul's Hospital after a three-week visit here.

$ $
BINGO
CIVIC CENTRE
8 p.m. Monday
Cash Prizes
$ $

— NOTICE —

Schools will open on Tuesday, September 4th for registration, grouping and text-book issue

Pupils are required to be at the schools as follows:

BOOTH MEMORIAL JUNIOR SECONDARY SCHOOL
Grade 8 9, 10—Assemble in the Auditorium at 9 a.m.

PRINCE RUPERT SENIOR SECONDARY SCHOOL
Grade 11, 12 & 13—9:00 a.m.
Also students repeating Grade 10

ELEMENTARY SCHOOLS—9:00 a.m.

Regular instruction will start on Wednesday September 5th

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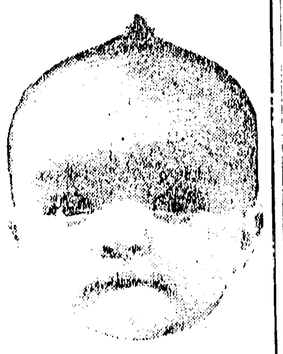

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