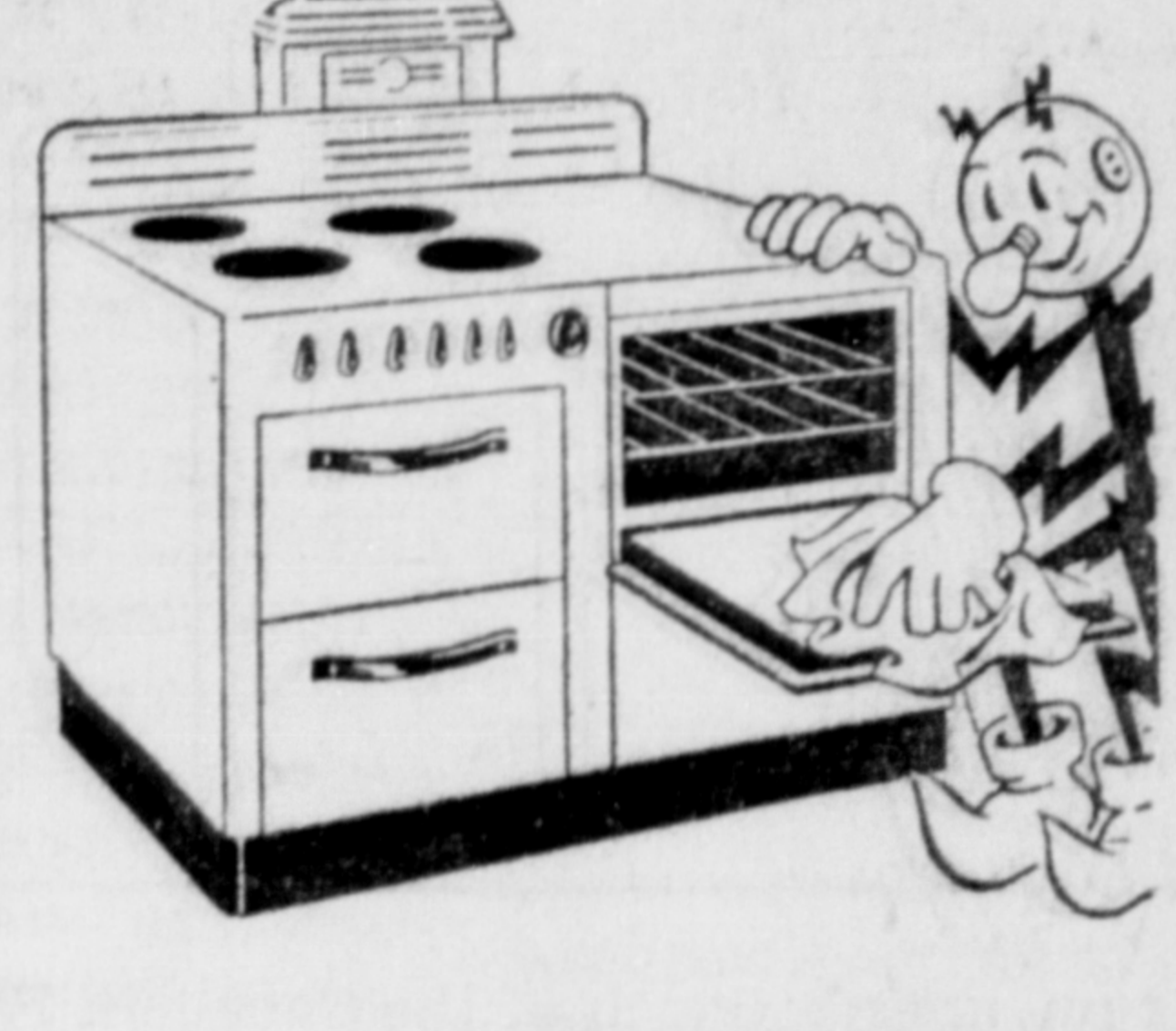




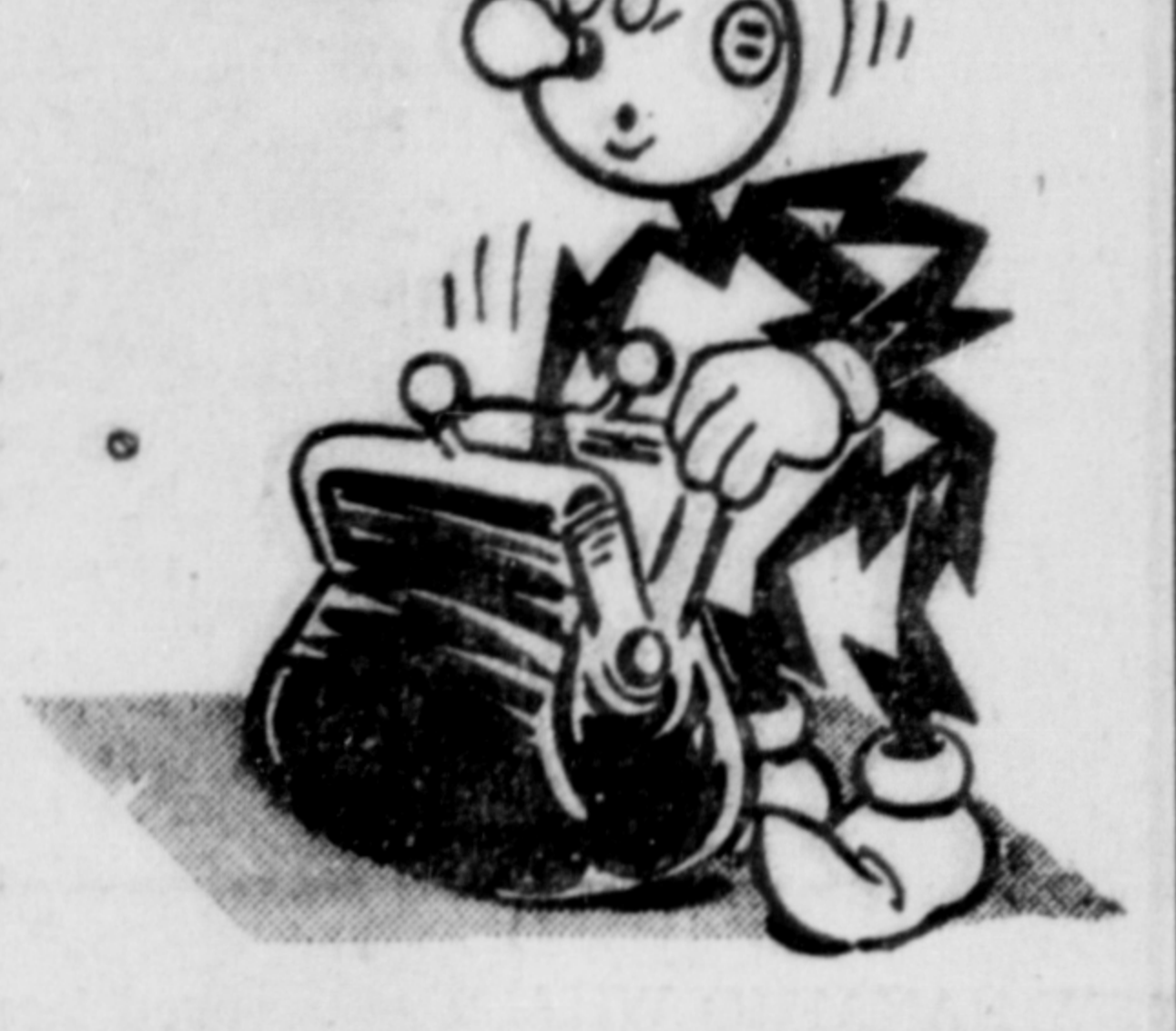
"Isn't it wonderful?"



"Any wife who takes pride in her housekeeping would rave over a sparkling new automatic electric range. Cooking is such a pleasure—cooler, cleaner and more dependable than the old-fashioned cook stove."



"It takes just a few moments and very little 'elbow grease' to keep an electric range in brand new condition. There's no soot or smoky flame to blacken range or pans."



NORTHERN BRITISH COLUMBIA POWER COMPANY LIMITED

LIVE Electrically AND ENJOY THE DIFFERENCE!
Says Eddy Kilowatt

Reasonable Ideas for Housekeepers

Arrange all the way from soups to the hearty kind whole meals. There is soup to suit the type meat and potato meal a cream soup as a first course. Cream soups offer a variety of flavors and this is a way to get every member of the family to eat the full cream of milk.

- 3 cups water
- 1 teaspoon salt
- 2 tablespoons salt pork or bacon, cut in small pieces
- 2 tablespoons onion (optional)
- 1 1/2 cups diced raw potatoes
- 2 tablespoons mild-flavored fat
- 2 tablespoons flour
- 2 cups milk
- Salt and pepper to taste
- Parsley

Pick over, wash and soak the beans overnight in cold water to cover. Drain. Simmer in salted water until tender, about 2 hours. Fry salt pork or bacon, add onion and brown. Combine with beans. Add potato. Simmer 15 minutes. In the meantime, melt fat in pan, blend in flour gradually and add milk, stirring constantly, till thickened. Cook 10 minutes. Add to beans. Season and serve, sprinkled with chopped parsley. Six servings.

- GOLDEN SOUP**
- 1 tablespoon fat
 - 2 tablespoons farina (wheatlets)
 - 1/2 teaspoon salt
 - 2 cups water or stock
 - 2 cups grated raw carrot
 - 2 cups milk
 - Dash pepper
 - Dash of nutmeg
 - 2 teaspoons parsley, chopped fine
- Melt fat in pan, stir in farina

and cook one minute. Gradually add salted water or stock and cook slowly until thickened, stirring frequently. Cook until carrots are tender. Rub mixture through a sieve and add to hot milk. Season with pepper, nutmeg and chopped parsley and serve piping hot. Four servings.

AIR PASSENGERS

From Vancouver (Tuesday)—T. Perry, M. Hokestad, E. A. Smith, J. McIntyre.
From Sandspit—Mr. and Mrs. Fortin.
To Vancouver—C. R. Salmond.
To Sandspit—H. Emde, R. Emde, R. C. Emde, H. Dimor.
To Vancouver—A. L. Dyer, J. E. Wood, Gordon Fraser.
To Sandspit—Mrs. D. Secord, R. Duval, N. Price.

J. C. Gilker, assistant manager, Canadian Fish & Cold Storage Co., made the round trip at the end of the week aboard the Chiloutin to Ketchikan on company business.
Mr. and Mrs. S. J. Cameron left Tuesday on the Coquitlam for Vancouver where Mr. Cameron has been transferred by Standard Oil Co. after spending the last year here as sales representative.

Advertise in the Daily News!

BEEF STOCK

Meat trimmings with carrots, onions, celery, water, cold season whole pepper-

BEAN CHOWDER

White navy beans

Deliciously Recipe

BLACK HORNER PIE
2 cups prunes
1 cup uncooked cranberries
1/2 cup granulated sugar
1/2 cup flour
1/2 cup butter or margarine
1/2 cup cinnamon
For single 8-inch crust
1/2 cup strip top
Prunes with water and minutes; drain and pit. Cranberries and add to. Add sugar, flour, butter. Blend well and pour into lined pie pan. Cover top, arranged lattice and bake 25 to 30 minutes. Very hot oven (450 degrees). Serves 6.

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FITS YOUR DOUBLE-EDGE RAZOR
Minora BLADES
Made in Canada

Only 1 Cup of Meat IN THIS

Delicious Chicken Puff

- 1 1/2 cups flour
- 2 teaspoons Magic Baking Powder
- 1/2 teaspoon salt
- 2 eggs
- 1 cup milk
- 1 cup chicken, cut fine
- 2 teaspoons scraped onion
- 1/4 cup grated raw carrot
- 2 tablespoons melted butter or chicken fat
- 1 1/2 cups chicken gravy

Sift together flour, baking powder and salt; add beaten egg yolks and milk. Add chicken, onion, grated carrot and melted fat and mix well. Fold in stiffly beaten egg whites. Bake in greased baking dish in hot oven at 425°F. for about 25 minutes. Serve with hot chicken gravy. 6 servings.

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"Don't worry, Harold—a few more weeks and you'll be back home!"

LITTLE DRAMAS OF HOME LIFE



Pop was writing the household cheques . . . and suddenly blew his top!

It was as quick as that! All was serene in the household, with the Male Parent working in his den, the rest of the family scattered around. Then, all of a sudden, Pop exploded like a landmine.

What had happened to Pop? — Was it the bills? — no, they came every month. Was it the kids? — no, Pop usually took them in his stride. Was it — yes, this sounds like it — a caffeine hang-over? For Pop had been going it rather strong for tea and coffee recently.

Instant POSTUM
A CEREAL BEVERAGE
There's a Reason

A Product of General Foods

SYMBOLS OF REMEMBRANCE

Borden Street School Observes Armistice

Taking as his topic the symbols of remembrance and their meaning, J. S. Wilson, principal gave an interesting talk to the assembled school at Borden Street on Monday forenoon in connection with the observance of Remembrance Day.

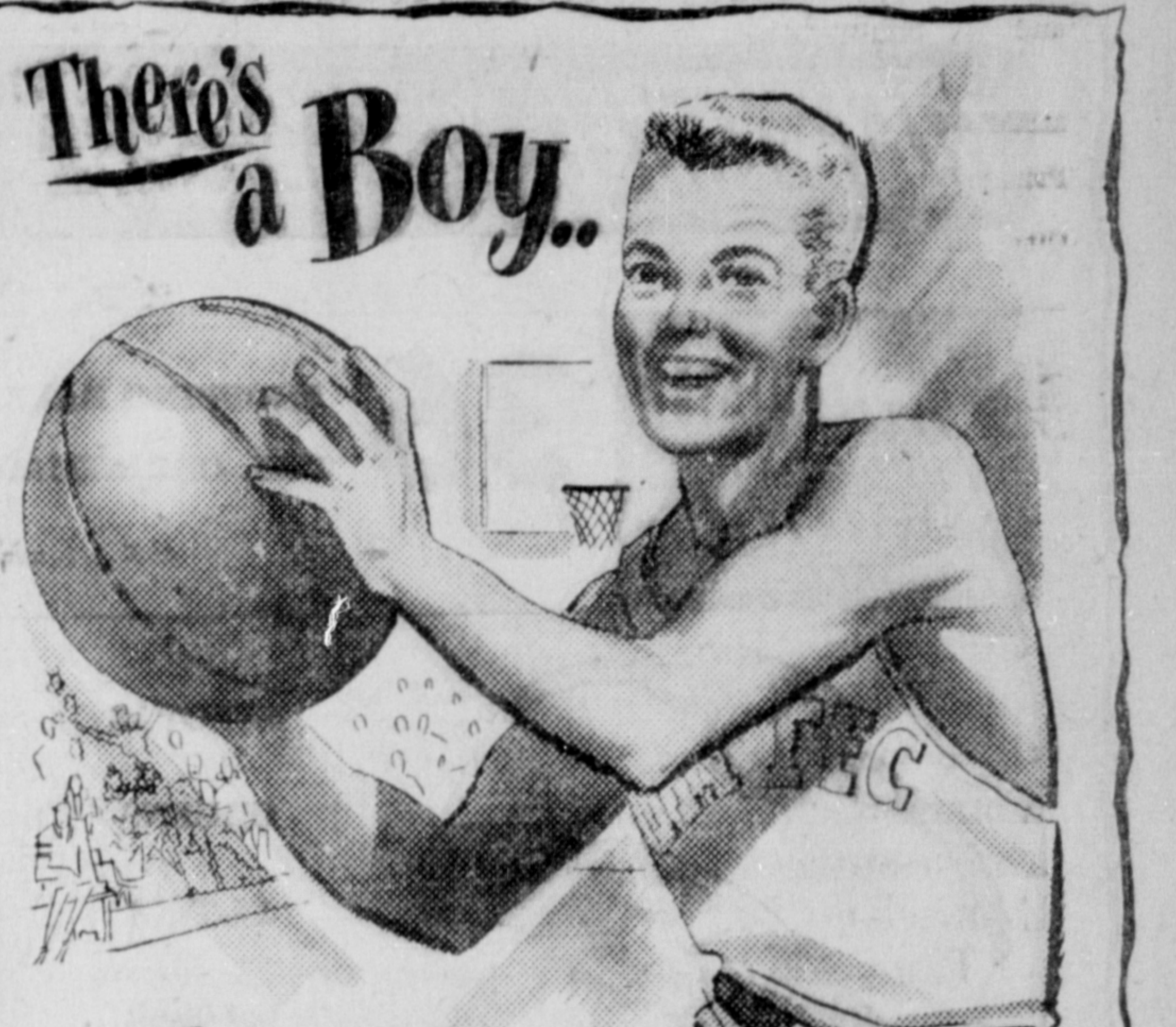
On walls of the room and on a large blackboard were displayed colored copies of the symbols, the Poppy, a soldier's grave with the wooden cross and a vase of flowers, a cenotaph with the sword pointing downward, a rising sun, indicating the dawn of peace. The meaning of each was explained, as a sign of things to be remembered, and something to be worked for.

The program began with the singing of "O Canada" and then "O God, Our Help in Ages Past." Following Mr. Wilson's address came the eleven strokes of a bell. Then Bugler Wm. Rance sounded the "Last Post", signal for "The Silence" after which he sounded "Reveille."

A recording of "In Flanders Fields," made by last year's Borden Street School choir, was then played over the public address system and was critically enjoyed specially by the present school choir.

The presentation of prizes won in connection with the Poppy Tag Day was then made. Mr. Wilson congratulated the sixteen children through whose efforts the total of \$110.57 was collected making them the school with the largest amount in the city. Bob Watts, with \$19.98 and Dorothy Hibbard, with \$19.69, had led the school and, on behalf of the Women's Auxiliary of the Canadian Legion, B.E.S.L. Mr. Wilson presented them with a dollar bill each. To the next best taggers in the school, Olive Strand and Eddie Olsen, each of whom was able to tag for half-a-day only, went a theatre ticket each, also donated by the Auxiliary.

Following three rousing cheers for Mr. Rance, the school sang the National Anthem, and then returned to their classrooms.



There's a Boy..

who eats **NABISCO SHREDDED WHEAT**

Jim's captain of his team! This robust, active lad eats rich, wholesome, hefty-husky, Nabisco Shredded Wheat every morning . . . to help build energy . . . muscles . . . strong bones and teeth . . . steady nerves. You see, Nabisco Shredded Wheat is whole wheat in its most natural form. It is actually baked ready to serve . . . to a digestible, honey-brown! Always temptingly oven-fresh! Always flavourful! Eat Nabisco Shredded Wheat, the original Niagara Falls product, every day.

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