

You can't buy
better coffee



FORT GARRY COFFEE

A HUDSON'S BAY COMPANY PRODUCT

Timely Recipe

Raisin Caramel Pie

When a pie has plump raisins and crisp almonds in it, you can be sure it will be popular with all the menfolk. Make the filling for Raisin Caramel Pie and then pour it into a baked pastry shell. It is rich and delicious and needs no topping.

1 cup seedless raisins
1 cup sweetened condensed milk
1/2 cup butter or margarine
2 tablespoons lemon juice
3 eggs
1/2 teaspoon salt
1/2 cup chopped blanched almonds
1 baked 9-inch pastry shell and 1/2 cup raisins. Combine milk, butter, lemon juice

SINGER

Immediate delivery of new treadle and electric sewing machines in Prince Rupert and district.

SINGER

Sewing Machine Co. Phone 864 Prince Rupert

The Experts Say...

By KAY REX
Canadian Press Staff Writer

APPLES—Now that the "quota" curtain has fallen over oranges, lemons, and other similar imports, more than ever the Canadian housewife will turn to apples as her "fruit-in-need." She will be grateful for the versatility of this fruit which may be used in salad, dessert, or as part of the main course at dinner.

Early fall apples make light fluffy sauce, but most of the varieties now at their best—such as Alexander, Wolf River, Wealthy, King, Spy, and Rome Beauty—hold their shape when baked or coddled, and also retain their coloring.

Glazed apples are the special apple dish which home economists of the Consumer Section, Dominion Department of Agriculture, are recommending. Ingredients: 1 1/2 cups granulated sugar; two cups water; six apples.

Make syrup of sugar and water. Core apples and pare about 1 1/2 inches down from the stem end. Place in syrup with pared surface down and simmer for five minutes. Invert and cook until tender—about 10 or 15 minutes. When tender place under hot broiler and baste frequently with syrup until well glazed. Six servings.

PLEASANT DESSERT—Fresh apple sauce with hot gingerbread is a dessert that also is sure to please.

Apple Sauce—Wash, cut in quarters, but do not pare or core, eight tart apples. Add one cup boiling water. Cover and cook until tender. Rub through a coarse sieve and add one-quarter cup sugar. If the apples are under-ripe they may require more sugar.

Ginger Bread (hot water)—Ingredients: two eggs; one cup white sugar one-half cup shortening; one-half cup molasses; two cups flour; two teaspoons baking soda, one teaspoon ginger; one teaspoon cinnamon. Beat together shortening, sugar, eggs. Add flour and salt. Stir in one cup boiling water and start baking in cool oven. Bake 45 minutes.

BREAKFAST "MUST"—Now that cold weather days are here again more than ever it's the duty of every mother to see that not a member of her family



PFEIFFERS NOW IN U.S.—Believed slated for arrest by the Communist-dominated government of Hungary, Zoltan Pfeiffer, leader of Hungary's anti-Communist independent party, fled to Austria a few hours before reported cancellation of his parliamentary immunity. Pfeiffer, who is now in the U.S., is shown in New York with his wife and their daughter, Magda.

THE MARKETS

Vegetables	
Cranberries, lb.	53
Sweet Potatoes, 2 lbs.	29
Hubbard Squash, lb.	07
Danish Squash, lb.	09
Spanish Onions, 2 lb.	23
Vegetable Marrow, lb.	06
Citron, lb.	08
Caulliflower, ea.	30 to 45
Leeks, 2 bunches	15
Parsnip (unwashed) 3 lbs.	19
Turnips, lb.	06
Mushrooms, lb.	63
Beets, 6 lb.	25
Lettuce (head), each	20
Celery, 2 lbs.	30
Garlic, lb.	49
Cabbage (new), lb.	08
White Beans, 2 lbs.	33

leaves the house without a breakfast.

Here is a well-balanced menu for that early-morning meal: Fruit, fruit juice, or tomato juice; hot cooked or ready-to-eat cereal with top milk; toast, muffins, or rolls; jam, marmalade, honey, or syrup; coffee or tea for adults and milk or cocoa for children. Bacon, eggs, sausages or fish may be added to the above menu for a variety.

PLANNING MEALS—A truly economical housewife will plan meals for at least two or three days in advance. She will avoid monotony in her meals by varying the ways she cooks and serves food. She will allow up-to-date cooking techniques for good-tasting, attractive-looking meals.

Sugar	
White, lb.	11
Golden Pellow, lb.	11
Fresh Milk	
Quart	19
Pint	10
Cream, 1/2-Pint	25
Eggs	
Grade A:	
Large, cartoned, doz.	64
Cod lb.	59
Fish	
Hallbut, b.	33
Salmon, lb.	35
Cod lb.	25
Black Cod, smoked, lb.	36
Smoked Kippers, lb.	22
Butter	
First Grade, lb.	70
Milk	
Evaporated Milk,	
16-oz. tins, 2 for	27
Flour	
Pastry Flour, 7 lbs.	57
Flour, 49's, No. 1 hard wheat.	2.99
Second Patent	2.35
Flour (24's)	1.59
Tea and Coffee	
DeLuxe Quality, lb.	1.07
Coffee, lb.	59
Juices	
Tomatoes, 20-oz.	17
40 oz.	33
gallon	59
Apples, 20 oz tin, 2 for	23
40 oz.	34
Orange, 20 oz.	19
Blended (orange and grape fruit) 20 oz.	12

Seasonable Ideas for Housekeepers

Afternoon tea is perhaps the most simple as well as a most pleasant mode of entertainment. A cup of tea, well made and accompanied by thinly sliced buttered bread and a cookie, is all that is necessary for a delightful little party.

As the holiday season draws near, it is well to have the cookie tin filled, so one is prepared to extend an invitation to the friends who drop in for a little chat when they are home for a week-end, or for the neighbor who brings her knitting over to check on the intricacies of the pattern. It is nice, also, to be ready to call up several cronies in the morning and invite them to bring their various bits of Christmas fancy work over to sew together and enjoy a little refreshment.

Home Economists have some cookie recipes which may be called "party fare" as they are a bit richer and sweeter than those we have been having during the last few years.

Meringues always makes a hit, and contrary to common belief, they are easy to make. The oven temperature is the important point. Long, slow baking to dry out the mixture, but not brown it, is essential.

When making meringues there is another cookie which uses egg yolks. The difference in texture and flavour of the two types makes them excellent companions.

Extra egg yolks may be utilized in custard or salad dressing.

Meringues

4 egg whites
1/4 teaspoon salt
1 cup fruit sugar
1/2 teaspoon almond extract
Beat egg whites with salt until stiff. Beat in sugar very gradually. Add flavouring. Drop meringues on a lightly greased pan with a teaspoon or pastry tube. Bake 30 minutes in a slow oven, 250 degrees F. Turn off heat and leave in oven until completely dry. Makes about 3 dozen cakes.

Thimble Cookies

1 cup shortening
1/2 cup brown sugar
2 egg yolks

2 cups pastry flour
OR 1 3/4 cups all purpose flour
2 teaspoons vanilla
1/4 teaspoon salt

Cream shortening and sugar thoroughly. Add egg yolks and beat well. Mix in flour, vanilla and salt. Form into balls, place on a greased cookie sheet and dent the top with a thimble. Bake 5 minutes in a moderate oven, 250 degrees F. Then dent again. Bake 15 minutes longer. Put jelly or jam in the depression while still hot. Makes 3 dozen cookies.

Date Roll Ups

1 1/2 cups chopped dates
2/3 cup water
2/3 cup granulated sugar
1/2 cup chopped nuts
2/3 cup butter
1 1/4 cups brown sugar
2 eggs
3 cups pastry flour
OR 2 2/3 cups all purpose flour
1/4 teaspoon salt
1/2 teaspoon soda

Cook dates, sugar and water until thick—about 10 minutes. Add nuts and cool. Cream butter. Add sugar and cream well together. Add beaten eggs and beat well. Add sifted dry ingredients. Chill thoroughly. Divide mixture into two parts.

Roll separately into two tangles about 1/4" thick. Sprinkle each with date filling and roll as for jelly rolls, into two rolls. Chill. Cut into 1/2" slices. Bake in a moderately oven 375 degrees F. for 15 minutes.

Makes approximately 4 dozen medium cookies.

RELIEVES MISERIES OF Baby's Colds As He Sleeps

Penetrates deep into bronchial tubes with its soothing medicinal vapors. Stimulates the chest and surfaces like a warming poultice. Warming, soothing relief—comes when you rub old Vicks VapoRub on the throat, chest and back at bedtime. Penetrating-stimulating action keeps on working for hours, invites restful sleep. And often morning most misery of the cold is gone. No wonder most mothers use VapoRub. Try it tonight—home-proved VICKS VAPORUB.



GIVE A MAN Gifts He Would Choose for Himself...

HE'LL LIKE THESE Socks SPARKLING WITH THE RICHNESS OF FINE WOOL... MADE FOR AN OFFICE OR ACTIVE SPORTS WEAR. OUR WIDE RANGE OF Ties ARE A DELIGHT.

MORGANS MENS WEAR

"TAILORED IN THE CUSTOM MANNER"

PRACTICAL GIFTS

... are always acceptable

FOR HIM—Power and Carpenter Tools, Fishing Tackle, Sporting Goods.

FOR HER—Lamps, Dish Pressure Cookers, Electric Irons, Toasters, Mixed Pyrex Ware.

FOR THE YOUNGSTERS—Ice Skates, Skis and equipment, Sleighs, Roller Skates, Wagons, Bicycles and Kiddie Cars.

Gordon's HARDWARE

McBride St., Phone 311



MAKE A DATE...

To see our new selection of BLOUSES JERSEY AND CORDUROY

Housecoats

REGENT SIREN KNITTING WOOL

Rose Marx Brassieres - Lingeries

IRISH LINEN HANDKERCHIEFS AND LUNCHEON SETS

IDEAL GIFTS FOR THIS CHRISTMAS

Rosa-Lee Ladies' Wear

BROADWAY CAFE

(FORMERLY BOSTON) Chinese Dishes a Specialty Banquet Hall for Luncheons, Dinners, Parties

608 THIRD AVENUE WEST Telephone 200

Phone Green 917 P. H. LINZEY 214 4th Street

Prince Rupert Realty Co.

Protect Your Home NOW Against Fire Losses Tomorrow May Be Too Late!

"The roads are terrible - but this flavor is gorgeous"

said Uncle Ned

1 A jaunt in Uncle Ned's gas buggy of the Nineties was quite an adventure. And another big thrill of that time was the appearance on breakfast tables of that new cereal treat Grape-Nuts.

2 Every time his horseless carriage stalled near a grocery store, Uncle Ned couldn't resist the temptation to get himself more of that malty-rich, nut-sweet flavor—just as folks today can't resist that same deliciously-different taste in POST'S GRAPE-NUTS FLAKES as well as Post's Grape-Nuts.

3 There's double reason for the double goodness of Post's Grape-Nuts Flakes. They're made of two golden grains—not just one. Wheat and malted barley are blended a secret way, baked and then toasted to bring out all that distinctly-different flavor of these honey-golden, delightfully crisp flakes.

4 And Post's Grape-Nuts Flakes really set you up for a good morning, with carbohydrates for energy; proteins for muscle; phosphorus for teeth and bones; iron for the blood; and other food essentials. Treat your folks to a big economy package of Post's Grape-Nuts Flakes soon.

Post's Grape-Nuts Flakes

A Product of General Foods