

Barbara BUYS AND WHYS

A WEEKLY INFORMATION SERVICE

MONTREAL, January 18—Here's a grand way to give your children more milk and make them love it! ... Serve yummy **JELLO PUDDINGS** often! Youngsters adore 'em ... that creamy-rich Caramel and Butterscotch, satin-smooth Vanilla, tempting Chocolate Jell-O Puddings ... and the Jell-O Tapioca Puddings trio—exciting-looking Orange Coconut, Vanilla and Chocolate. Jell-O Puddings take just 5 minutes to make and they're so easy, even a child can make them—when you're in a hurry. And, mother!—another thing you'll like about Jell-O Puddings is their very real economy!

So Nice To Come Home To on a cold winter evening ... a meal that's warming, even to look at! **HEINZ TOMATO PRODUCTS** ... Heinz Tomato Juice—Heinz Chili Sauce—Heinz Cream of Tomato Soup—Heinz Ketchup ... all will give you bright, colourful, heart-warming dishes. Here's one that's a particular favourite of mine:

SPANISH RICE
4 slices bacon
1/4 cup chopped onion
1/4 cup chopped green pepper
1 1/2 cups Heinz Condensed Cream of Tomato Soup
Fry bacon until crisp; remove from frying pan and chop. Sauté onion and green pepper in bacon drippings until onion is tender. Add remaining ingredients and bacon. Bake in a greased casserole in a moderate oven (350 deg. F.) for 30 minutes. Serves 6 to 8.

Touch Of Genius ... that's what the new **BLUE BONNET MARGARINE YELLOW QUICK** bag is! And I know when I buy it that I'll always get the wonderful, country-sweet, fresh flavour. I use it as a spread for bread, for baking, and pan frying, for seasoning vegetables ... oh—for a "thousand-and-one" thing in cooking. And I've discovered I can afford extra milk with the money Blue Bonnet saves me!

Here's A Tail-Wagging SPECIAL
For Your Dog
A FREE BOOKLET
"The Care of Your Dog"
AND A FREE SAMPLE OF
DR. MARTIN'S CONDITION TABLETS!
In addition to good food and plenty of exercise—your dog should be regularly conditioned to keep him fit. And Bob Martin's Condition Tablets supply, in easily digested form, the essential mineral elements your dog needs to keep in the "pink" of condition. Try this: Put your dog on the famous "Three Week Conditioning Test" with Bob Martin's Condition Tablets ... and watch him perk up! He'll be happier, he'll stop scratching, he'll eat more heartily and have a finer glossier coat. Ask for Bob Martin's Condition Tablets at your drug, department store or pet shop ... and write to me, 1411 Crescent St., Montreal, P.Q.—for your FREE BOOKLET AND SAMPLE!

Wom... Enjoys Looking Older Than Her Husband!
... often ... is just a dry skin that makes her older-looking. But there's something we can do about that! The wonderful secret is **PENNYWOOD DRY SKIN CREAM**. A glorious new miracle, it penetrates deeper into the skin ... your dry skin absorbs it ... and 4 other rich lubricating oils fatter than ever before! And with such wonderful effects ... the tiny dry skin lines just seem to melt away! Your skin looks fresher, softer, younger! Get Pennywood Dry Skin Cream today ... it costs just 20c, 30c, 60c and 90c.

Every Minute, every hour, there's something happening in your life that you should look after. Your skin is the first line of defense ... don't wait for a "second" or "third" line of defense ... or the "knit in" of a "mourning" to play the "empress" with Woodbury's famous "COQUETTE" ... if you don't take advantage of its subtle flattery—you can be your new beauty ... one other woman will! For Coquette Powder is the delicate, delightful, golden rachel sand that men like best on you! And, because it's Woodbury, it has that unique ingredient that gives your skin the fabulous satin finish! All this—and clingability and crushed-flower fragrance that lasts for hours! Lovely you!—tantalizing you! ... but precious time's flying—so ask for Woodbury Coquette Powder today ... it costs 30c, 60c and 90c.

Ever Feel "Surrounded" by a "sea" of money worries? That's the way I felt, until I read a booklet called **"PERSONAL PLANNING"** ... issued by the BANK OF MONTREAL ... and I'm sure now that it's the answer to my financial problems! **Personal Planning** is a budget-planning system with a New Idea—it's a highly practical system that tailors your budget to fit your individual needs and wants. Of course, you have to work at it—but if you follow the "rules of game" of this system ... it will pay you enormous dividends in peace of mind and financial freedom! You'll be ahead, financially speaking, you'll be able to give it a try. You'll find it's how to run your money ... it won't run you! Go to your nearest branch of the Bank of Montreal and ask for their **"PERSONAL PLANNING"** ... yes, it's yours only for the asking.

Could Grow Lyrical about the sweet, young tenderness of **BIRDS' EYE FROSTED PEAS**. It's no happen-so that Birds Eye folks plant specially selected seed in growing areas where peas grow best. Pick them on the very morning or afternoon when they reach flavour-fulness. Then they shell, wash and double-check the peas for tenderness, and quick-freeze them before they lose a whiff of their farm-freshness! I honestly can't see why anyone ever eats any peas but Birds Eye—especially when you figure out all the work, time and money they save you. Do you know that 1 box of Birds Eye equals 2 pounds of peas in pods? And where can you get peas in pods as farm-fresh as Birds Eye. They're guaranteed the best peas you ever ate—or your money back.

Advertising in the Daily News Brings Results.

RAY ... Reflects and Reminisces

Edmonton has a young boy constrictor that came north from anama along with a bunch of ananas. It's only three feet long but Edmonton, which must always possess the biggest, in everything, will see to it that the eighth must become sixteen or seventeen anyway. Incidentally, it looks like a college education or the reptile. It's dwelling place will be the university of Alberta. But it would never have left home, had there been the slightest notion of what a prairie winter is like.

Speaking of dangerous strangers from abroad and all that sort of thing, this incident occurred in a local store quite a few years back. To fill an order, Mrs. Longwill of this city was picking bananas from a bunch near the window. Something dropped on her arm, to be instantly shaken off and start swiftly crawling for cover. There was a lusty scream—and small wonder. It was a tarantula—about as harmless as a rattlesnake—the first and the last in Prince Rupert, although Peggy (now of Lea's Newsstand) has a clever rubber imitation—the gift of a friend—suck to the fountain mirror.

Life expectancy in Canada increased by twenty-three years is announced by the federal health department. This is explained by improvements in the health services but the individual himself should have something to do with it. Why ought the approach of seventy carry with it reflections not exactly comforting?

But of course, everyone does not "survive" to repining. Some think "grow old, along with me. The best is yet to be."

Now that the ice has been broken—so to speak—prospects are not unfavorable for having eventually in Prince Rupert, facilities for playing hockey and skating. While finance is the prime problem, it is distinctly an encouraging fact in itself to not the spirit of helpfulness and confidence with which the idea received. Nowhere in the world in a country like Canada, is there a community with less reason not to enjoy these sports than Prince Rupert.

Hospitality has been defined as the art of making guests feel at home when you really wish they were.—Houghton Line.

Three major fires have broken out in Anchorage within a period of twelve hours. One meant a loss of five million dollars. It's mid-winter, below zero weather, and serious fires are frequent. Yet, at the railway's general manager says, investigations should not neglect the possibility of sabotage. Three disastrous conflagrations in a few hours can be reckoned a lot.

Can't think of anything but **CROWN BRAND n' Waffles**



Jane Ashley's Crown Brand Recipes FREE
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THE EXPERTS Say ...

By KAY REX
Canadian Press Staff Writer

EAT PIE AND KEEP SHAPE

Here's great news for the gal with the sweet tooth and the double chin. Now she can eat her pie and keep her shape.

At least promoters of a non-caloric sweetener (sucaryl) say the new discovery is the answer to the lady's figure problem. Just to prove it they have released a pie recipe which they claim is sweetness itself but without the caloric content.

APPLE PIE (Nine-Inch Pie)

Ingredients: 15 sucaryl tablets; one tablespoon lemon juice; one-half teaspoon cinnamon; one-quarter teaspoon salt; two tablespoons all-purpose flour; six cups peeled, sliced, tartapples (eight or nine medium-sized apples); two tablespoons melted butter or margarine.

Line a nine-inch pie-pan with standard pie dough (one-third cup shortening to one cup flour). Mash tablets and dissolve in lemon juice. Combine flour, cinnamon and salt; mix thoroughly with butter or margarine.

Put apples in crust and spread butter mixture over apples. Bake in a hot oven (450 F.) for 10 minutes. Lower heat to 350 degrees and continue baking 40 minutes longer. Cool before serving.

SURVEY UNDER WAY

An article in the health department's latest issue of Health and Welfare says that 40,000 persons representing 10,000 family groups or households now are working on the Canada-wide sickness survey which got under way in September.

The publication says the survey is expected to produce "a tremendous mass of new information concerning the health of Canada's people." It is scheduled to continue for a year and this year is expected to cost close to \$187,000. When completed the bill will total something like \$500,000—to be paid for under the \$34,000,000-a-year national health program.

SALES APPEAL

United Kingdom textile manufacturers are hard at work developing sales appeal in their products—to catch the eye of Canadian and United States consumers.

Word has reached us from Manchester that the Cotton Board's color design and style centre recently held an exhibition devoted entirely to ideas for textile packaging. Many of the sample packages on display were brought from this side of the Atlantic.

The exhibition was the first

stage. Three disastrous conflagrations in a few hours can be reckoned a lot.

Welfare Big Job

Members of the Borden Street school Parent Teachers Association heard an enlightening talk on the work of the social welfare branch of the provincial government when Dyke MacMillan of the local staff was the featured speaker on Tuesday evening.

Mr. MacMillan gave a comprehensive though not long review of the various activities of the Welfare Branch. The qualifications needed by the staff were of a high standard calling for advanced specialized training. The work of the staff in Prince Rupert was varied and exacting. The attitude of the personnel was always one of sympathy and constructive advice with a minimum of criticism. With good personal relations established between the client and the welfare worker the best results could be achieved.

The variety of work done was a revelation. It included Old Age Pensions administration, social allowances, counselling where marital relations were strained and family break-up might be imminent, child welfare within

of its kind ever held at the centre. It resulted from suggestions made by Canadian and United States buyers that the British cotton industry must spruce up the packaging of its goods if it wants to attract North American customers.

the limits of the Protection of Children's Act, care for dependents of parents who may be patients in hospitals or mental homes and the rehabilitation of returning invalids.

Mr. MacMillan spoke appreciatively of the support given by the churches, service clubs, Women's Co-ordinating Council and such groups as the Parent Teacher Associations. Referrals from such organizations were appreciated.

The difficulty of getting suitable foster homes was a real problem at times.

The speaker also pointed out that whereas in Vancouver there were different agencies looking after particular phases of social welfare work, there was only the one government agency in Prince Rupert to cover the city and adjacent districts for all such problems.

A short question period followed and a hearty vote of thanks was enthusiastically endorsed.

108 Members

Mrs. Bush, membership convener, reported 108 members. Mrs. L. M. Greene reported on the concil meeting. Mrs. A. R. Brown reported on subscribers to the P. T. A. magazine. Mrs. Watmough presented the financial statement. The desirability of having another radio in the school revolved a lively discussion with G. A. Watmough presenting considerable material on the ways in which the problem might be met.

Support for the Music and Drama Festival was assured by the association.

Miss Larson's division won the pennant for the class having the largest number of parents present.

Silence Urged As "No. 1 Hit"

NEW YORK—The director of the National Arts Foundation has made his annual bid to make silence the No. 1 "hit" on the nation's juke boxes.

Carleton Smith sent a telegram to all juke box distributors asking them to put a blank disk in all their machines so customers may buy "10 cents worth of silence."

"Nothing is so expensive in the United States as silence," said Dr. Smith. "In 1950 our nerves were jangled by incessant noise."

Mrs. A. J. Dominato presided, with Mrs. M. Greissel, secretary.

An interesting discussion on report cards was reported by J. S. Wilson, principal. Two short films, one on Prince Edward Island and the other an Eye Witness one were enjoyed. Mr. Grissel being the projectionist.

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Guaranteed FRESHER to You!

Only Kellogg's says: "Double your money back if you don't agree these Bran Flakes are fresher!" (Send empty carton to Kellogg's, Dept. 4A, London, Ont.)

Bigger Flakes-Crisper, too!

No other bran flakes are Kellogg-size and so crispy in milk! Delicious way to get extra bulk to help you "keep regular!"



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DELUXE RANGES, RD 41	\$384.00
DELUXE REFRIGERATORS, 9 1/2 cubic feet	429.00
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ELECTRIC IRONS, F30	14.50
ELECTRIC KETTLES, K42	14.50
ELECTRIC HEATING PADS	9.50

Be sure and attend the Annual Meeting of the Canadian Red Cross Society, Civic Centre
Thursday, January 18, 8 p.m.

NORTHERN B.C. POWER CO.
Prince Rupert Phone 210 Stewart, B.C.

Cleanance of **Fine Furs**

The Following Coats Go On SALE **FRIDAY 9 a.m.**

10 CENTRE BACK MUSKRAT full length coats. In many lovely shades. Regular \$450.00 ... \$350.00	2 HUDSON SEAL (Hollander dyed) Regular \$650.00 ... \$550.00
12 MUSKRAT (Side) Coats, 3/4, 7/8 and full length ... Your choice of many shades in this group too. Regular \$325.00 ... \$250.00	6 CANADIAN SQUIRREL, full length, all shades. Regular \$495.00 ... \$395.00
2 BLACK PERSIAN PAW, 3/4 and full. Regular \$250.00 ... \$195.00	11 CONEY'S (Rabbit) Regular \$150.00 ... \$89.50
	2 BERING SEAL (Rabbit) Regular \$195.00 ... \$149.50
	5 LAWLORLAMB MOUTONS Regular \$225 ... \$149.50

Also included in this sale are many more Coats, Capes, Jackets and Neckpieces, too numerous to list.

BILL SCUBY FURS
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