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## Local and PERSONAL

J. S. Lindsay left on today's plane for a business trip to Vancouver.

● Salt Lake Ferry running Thursday, May 24, every hour from 12 noon. (121c)

J. H. Falls of the Columbia Cellulose Co. left on today's plane for a business trip to Vancouver.

● MUSEUM ANNUAL MEETING, 8 p.m. Tuesday at the Museum. All interested please attend. Refreshments. (120c)

Mr. and Mrs. B. Sprinkle left by plane yesterday enroute to Marion, Virginia, to visit Mr. Sprinkle's parents. They expect to be away a month.

● Regular Moose meeting, Tuesday, May 22, 8 p.m. (11c)

● Attention all Elks—Meeting for May 24 postponed to later date. (121c)

S. S. Leith was a passenger on the Camosun today, leaving for Alert Bay.

● No milk delivery May 24. Please get extra supplies Wednesday. Our milk guaranteed to keep. NORTHLAND DAIRY. (11c)

S. A. Orr and H. L. MacDonald were passengers on the Camosun leaving for Vancouver today.

H. H. Church, department of veterans' affairs, left for Vancouver on the Camosun today for a brief official business trip.

● We have quite a variety of musical alarm clocks in stock at present. Some with fancy carved designs, others square, various tones. Prices \$13.50 up. John Bulger, Jeweller. (11c)

Cpl. A. E. Wales, RCMP, left on today's plane for Vancouver with two prisoners for Oakalla in his custody.

Dr. W. S. Kergin left on today's plane for Vancouver where he will spend a few days attending a course of summer lectures of the British Columbia Medical Association. He will also attend graduation exercises of the Vancouver General Hospital nurses' training school tonight, his cousin, Miss Dorothy Kergin, R.N., being one of the graduates.

● ATTENTION MEMBERS LOCAL 180, U.A.—A special meeting has been called by President G. E. Holliston, for 8 p.m. Wednesday, May 23, to be held in the Common Lounge, Civic Centre. All journeymen entitled to a vote are requested to be in attendance, to nominate a new slate of officers. This is a called meeting. There is a penalty for non-attendance—Geo. S. Weatherly, Business Agent. (121c)

### Announcements

Lutheran tea, May 26.  
Card Party Catholic Hall, May 31.

Job's Daughters Jamboree, May 31, June 1, 2.

Queen Mary I.O.E. tea, June 21, Mrs. F. Thornton's, 400 4th West, 2-5.

Tea and Home cooking sale, Catholic Hall, June 14.

Past Mistresses L.O.B.A. sale of homecooking and candy, June 16.

or they can be otherwise. It all depends on the way you make them. Home economists have come up with a four-point suggestion for assuring that they turn out the way you want them to:

1. Use a reliable recipe and follow it carefully.
2. Use good quality ingredients and unless the recipe says to have them hot or cold, use them at room temperature.
3. Follow the mixing direction carefully.
4. Bake in a well regulated oven.

And, finally, serve quickbreads dripping with butter, honey, maple syrup or jam. Makes your mouth water thinking about it, eh?

### "WEAK" BACK?

Many say they get "cold" in the back—or the kidneys—so easily! That's why thousands keep Dr. Chase's Kidney-Liver Pills always on hand. For this reliable remedy is like two treatments in one—works faster to relieve painful backaches due to faulty kidneys. Dr. Chase—a name you can depend on.

DR. CHASE'S KIDNEY-LIVER PILLS

## Light, fine-textured BUNS

So easy to make with new fast DRY Yeast!



Here, at last, is fast acting yeast that keeps—stays full-strength without refrigeration till the moment you use it! No more spoiled yeast—no more slow yeast! Get a month's supply of the new Fleischmann's Fast Rising Dry Yeast!

### FEATHER BUNS

- Combine  $\frac{1}{2}$  c. water, 3 tbs. granulated sugar, 1 tsp. salt and  $\frac{1}{4}$  c. shortening; heat, stirring constantly, until sugar and salt are dissolved and shortening melted; cool to lukewarm. Meanwhile, measure into a large bowl  $\frac{1}{2}$  c. lukewarm water, 1 tsp. granulated sugar; stir until sugar is dissolved. Sprinkle with 1 envelope Fleischmann's Fast Rising Dry Yeast. Let stand 10 minutes, THEN stir well.
- Add cooled sugar-shortening mixture and stir in 1 well-beaten egg and 1 tsp. lemon juice. Sift together, twice 2 c. once-sifted bread flour and  $\frac{1}{4}$  tsp. ground mace. Stir into yeast mixture; beat until smooth. Work in 1 c. once-sifted bread flour to make a very soft dough. Grease top of dough. Cover and set in warm place, free from draught. Let rise until doubled in bulk. Punch down dough and cut out rounded spoonfuls of dough with a tablespoon and drop into greased muffin pans, filling each pan about half-full. Grease tops. Cover and let rise until doubled in bulk. Bake in a hot oven, 425°, about 20 minutes. Yield—20 medium-sized buns.

## Registration Not Needed?

OTTAWA (CP)—National registration is not needed now, the National Advisory Council on Manpower told the government Saturday but it advised planning for quick registration in case of an emergency.

The council said its information shows manpower requirements for the defence program on its current scale present no immediate problems warranting national registration.

The council was told by Arthur MacNamara, deputy minister of labor, that general registration might not be needed for even a greatly expanded preparedness program although he said it might be necessary to register specific occupational groups from time to time.

Bride (sobbing): "Oh, Daddy, I'm s-s-so u-unhappy: I baked a nice pie for Henry and he threw it at me."

Daddy (exclaiming): "The brute! Why, he might have killed you."

## Is Facing Three Assault Charges

Three charges of assault—two private and one on a police officer—were placed before Glenn Frein in police court Monday. The case was adjourned until this afternoon.

Frein, pleading "not guilty" to all charges, is alleged to have assaulted two men and a police officer in and around a city hotel Saturday night. Another man, Gert Bouchard, was charged with obstructing a police officer in this connection. The case was also adjourned pending arrival of witnesses for the crown.

Red MacLeod, city barrister, appeared for the defence.

### hotel arrivals

(Prince Rupert)

B. Brunning, M. Young, W. Holmes, V. Thorson, G. C. Upson, J. Parker and L. N. Cook, Vancouver; H. Oldham, Victoria; S. Salmonsens, Portland; C. R. Stien, Victoria.

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For hand-washings, keep a package of PERFEX POWDERED BLEACH in the bathroom. Have another handy in the laundry. It softens water, makes more suds—so you save soap.

## did you know...

There are two different kinds of PERFEX Bleach—the powdered and the liquid. Each has special uses—you need both... With its gentle, controlled action, PERFEX LIQUID BLEACH safely makes linens and cottons dazzling white. Use it also in kitchen and bathroom to whiten and disinfect porcelain or enamel fixtures... Buy PERFEX POWDERED BLEACH to safely bleach wool, silk, nylon or rayon—to make dishes and glassware sparkle.



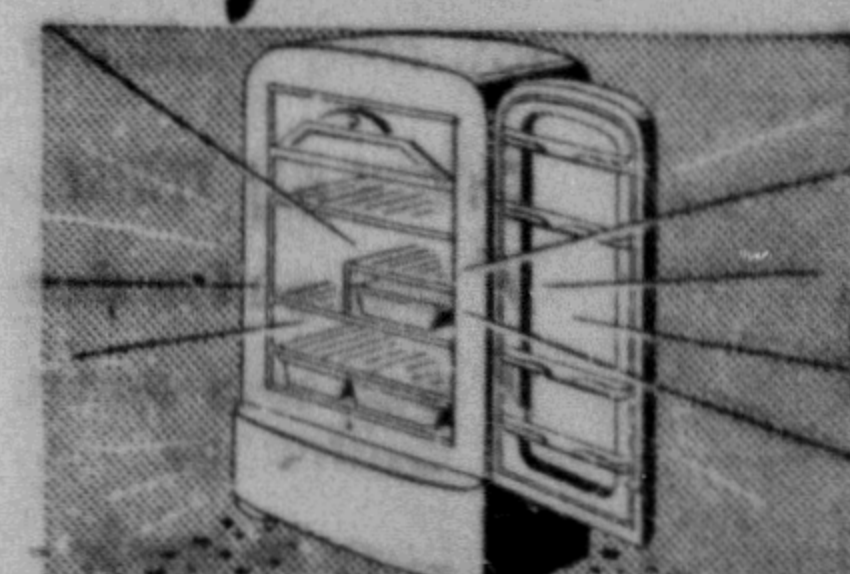
### DIAPERS

Here's the hygienic way to wash diapers—to help prevent diaper rash. For each gallon of water, add one tablespoon of PERFEX Liquid Bleach. Soak diapers in the solution, wash, and rinse well.



### STAINS

To remove stubborn stains on children's togs, or tea, coffee or fruit stains on table linen—soak in a solution of PERFEX Liquid Bleach—one tablespoonful to each gallon of water.



### REFRIGERATORS

Your refrigerator will be spotlessly clean, inside and out, if you wash it with a solution of 2 tablespoonsful of PERFEX Liquid Bleach to one quart of water. It removes food odors—leaves the 'frig sweet and sanitary.



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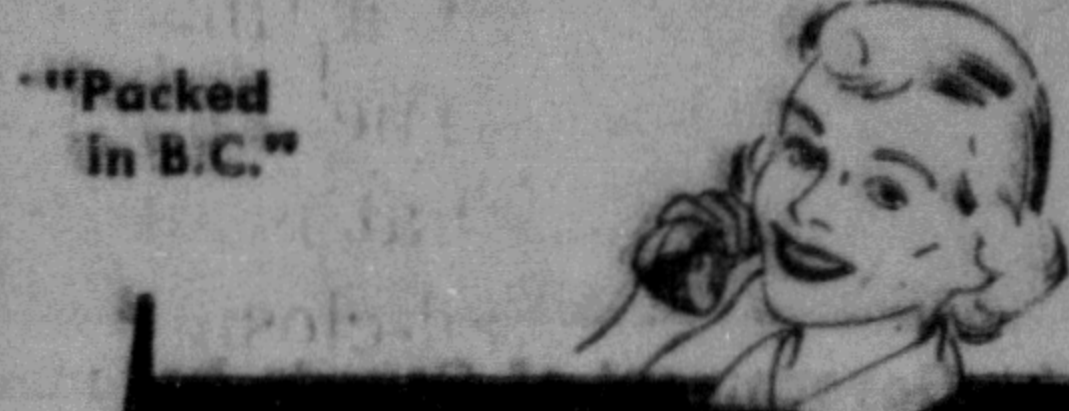
FOR GOOD HOUSE-KEEPING

You'll find hundreds of uses around the house for Perfex Liquid Bleach and Perfex Powdered Bleach—Buy Both!

AMOUS EXPLORER  
The island of Jamaica in the British West Indies was discovered by Columbus, who called it St. Jago, in 1494.

SCOTTISH SHRIKE  
Aberdeen, Scottish city north of Edinburgh, received its charter as a royal burgh from William the Lion in 1179.

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IN THE  
Special Edition of Daily News?

Prince Rupert business people desirous of being represented in a special industrial supplement which is about to be published in connection with the opening of the Columbia Cellulose plant are urged to have their copy in our hands without further delay.

The special sections are now being closed and space reservations should be made at once.

The issue will contain new pictures and articles featuring progress of city and district, with special reference to the Columbia Cellulose.

There will be special nation-wide circulation.

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The Daily News

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ASTHMA RELIEF

THE EXPERTS  
Say...

By KAY REX  
Canadian Press Staff Writer

### TWO-BOILER COOKING

Live, if you must, in a two-room flat but that doesn't mean you have to get all your meals in restaurants.

It's possible to cook some mighty tasty and nutritious dishes on a two-burner grill.

Covered jars are best for staple goods—these could be old lobsters or candy tins painted over.

A pressure-cooker saves time and heat.

A double-boiler also is suggested to save cooking space.

In the food line salads are cheap and easy to arrange:

Grated carrot and cabbage; tomato, lettuce and green pepper; spinach leaves, cabbage and radish slices; celery, cabbage and raisins; orange and grapefruit sections, chopped apples and sliced bananas.

Suggestions for desserts: Puddings such as rice and tapioca served plain or with fruit flavoured; gelatine desserts such as plain jellies, fruit jellies (when a moist set fold in fruit).

BUYING FOR TWO—When shopping for two, you can count on two servings from half a pound of boneless meat, filleted fish, fruits and vegetables.

Three servings from half a pound of cold sliced meat; three to four servings from half a pound of cottage cheese; four to five servings from a 20-ounce can of fruit, vegetables or juice.

ASPARAGUS TIME—This is asparagus time and home economists recommend buying only asparagus that's a good green color. It also should be crisp and moist.

Asparagus may be served hot with a cheese sauce, a cream sauce or just with a little lemon-butter. If any of the stalks are left over they are excellent cut up in salads. Asparagus sandwiches, either rolled or plain, also are tasty.

QUICKBREADS—Tea biscuits, muffins and so on—can be tasty

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