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Senior regent of the Women's Moose is Mrs. C. H. E. Election of officers took place at a meeting held Wednesday night. Others present were Mrs. A. Marshall, Mrs. Lugin, chaplain, Mrs. Armstrong, record-keeper, Mrs. O. Tweed, treasurer, and other members will be elected later.

Special service committee, Mrs. R. B. Skinner, raffled a dinner which was won by Mrs. Wilson. Mrs. Jack name was drawn in the box but she was unable to attend.

Election of officers will take place at the next meeting, and new candidates, as at the last meeting, will be elected.

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**Students Give**  
**Fashion Show**

Culmination of a year's learning in home economics classes was featured in a fashion show yesterday afternoon by Booth Memorial High School, girl students. Dressed in colorful ensembles of various designs, some 50 students paraded across the stage of the Civic Centre auditorium, proud of their accomplishment in making the dresses they wore.

Miss Marjory McPhail, home economics teacher, explained why the course was taught.

Not only did it give the students satisfaction in completion of their project, but "it gives them self-reliance and confidence." It teaches them familiarity with materials and equipment, she said, and she felt the students this year had done "a specially good job."

"It's a lot of work to make a dress," and Miss McPhail asked the audience of mothers to "remember this when you see the models."

**Grade VII students**, taught by Miss Isobel Rogers, displayed white kitchen uniforms, their final project of the year. They were designed with adjustable shoulder straps and hem lines for fitting as the wearers advanced in growth.

**WOOLLEN SKIRT SHOW**

Woollen skirt show was presented by 20 students of Class 30. Fitting was perfect and the skirts featured such materials and designs as flannel, glen checks and gabardine in straight, single piece styles, pleats and fancy pocket designs.

**Grade VIII students** presented the biggest display with three classes showing summer dresses in cotton and rayon. Most popular among these were the plain and checked cotton with slashed neckline or square yoke.

**Grade IX students' projects** were of a more elaborate styling featuring inset pockets, flared skirts and different collar designs.

**Class 20 show** introduced evening dresses, mostly in taffeta with wide V-necklines and flaring, "swishy" skirts.

Each parade appearing on the stage was introduced by a commentator from the class, who described the design as the models displayed their apparel to advantage.

Following the fashion parade, parents were invited to tea and refreshments prepared and served by Grade X "home ec" students.

**Prairies Have**  
**Varied Weather**

WINNIPEG—Frost, rain and snow marked western crop weather during the past week. Temperatures fell to 20 degrees at some Saskatchewan points but light frosts were reported over a wide area in the west. Grain crops, although set-back, will recover. Re-seeding of some flax acreage may be necessary as a result of frost damage, according to the weekly crop report of the department of agriculture of the Canadian National Railways.

Seeding of all crops is rapidly nearing completion in Manitoba and Saskatchewan and good headway is now being made of coarse grains in Alberta. Good rains occurred in most southern sections during the past 24 hours, with heavy snow reported in southern Alberta.

In the Okanagan, weather was dry, windy and cool. Slight damage to tomatoes and potatoes at Rutland is reported but will make little difference in the general crop situation. Light rains fell over the week-end. A complete estimate of the apple crop has not yet been reached, but it is expected this will be known in about two weeks time. Generally, the season in the Okanagan appears to be a few days later than last year.

**ACHING BACK?**

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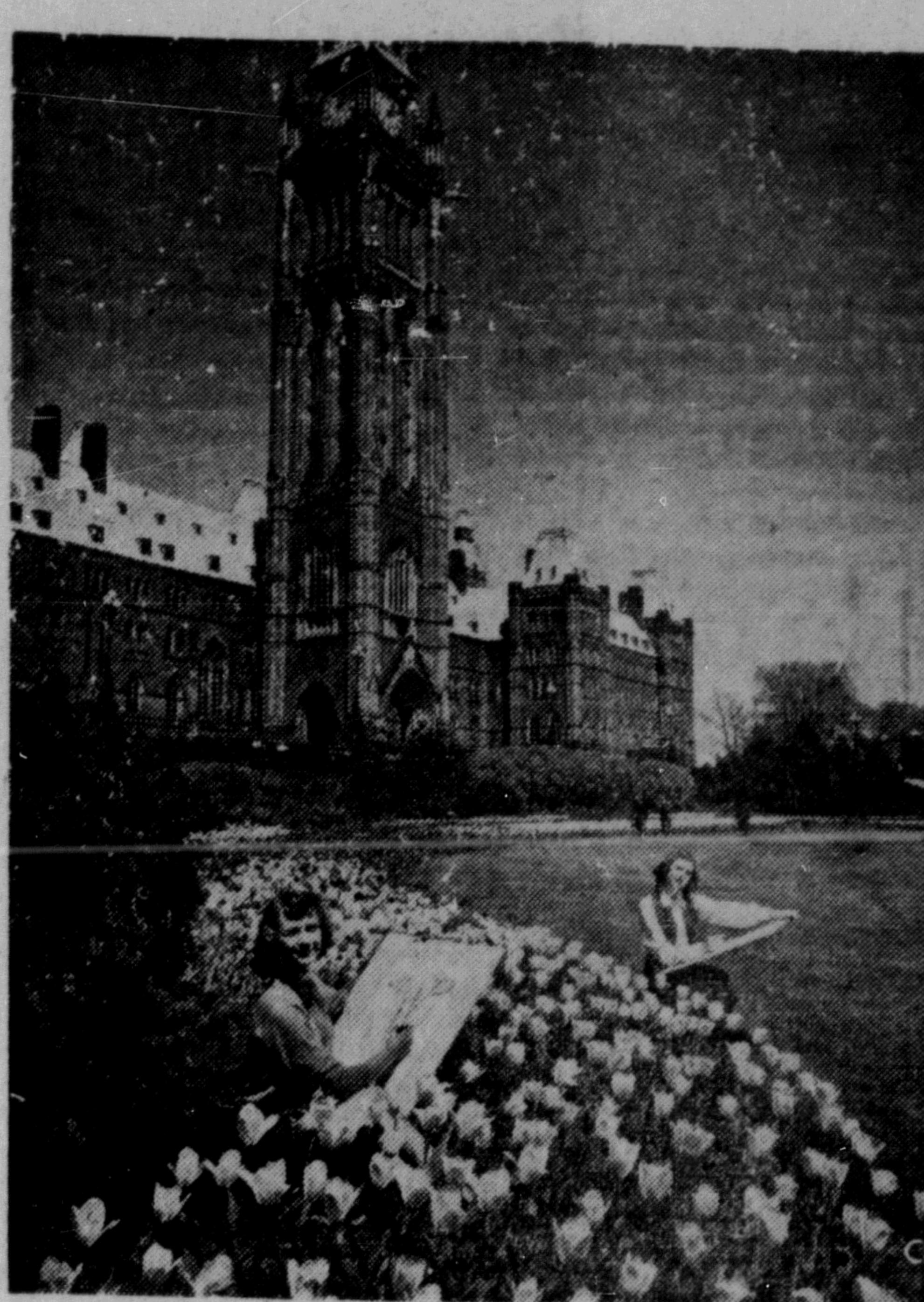
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**CAPITAL COLOR**—Blaze of color of Dutch tulips on Parliament Hill is big attraction for artists, government workers, tourists and civilians. Art students Gale Farmer, left, and Joan Kealey are caught by Malak of Ottawa trying to capture something of the scene on paper. (CP PHOTO)

**... HOUSEKEEPING ...**

**SPINACH, THREE STAR VEGETABLE, SUPPLIES ALL VITAMINS REQUIRED**

Spinach, the three star vegetable, receives one star for supplying needed vitamins to our diets, the second star for all the minerals contained in a good serving of spinach, and it rates its third star because it lends color, variety and good eating to any meal.

**SPINACH SURPRISE**

1 pound trimmed spinach (1 1/2 cups cooked)  
1 cup diced, cooked meat  
1/2 cup grated medium Cheddar cheese  
2 cups hot thick cream sauce  
1/4 cup buttered crumbs  
Cook spinach until tender; drain well and chop. Place, in alternate layers, in a greased 6-cup casserole 1/2 the cooked spinach, then the diced meat and then the remaining spinach. Add grated cheese to cream sauce, stirring until cheese is melted. Pour the cheese sauce over the spinach and top with buttered crumbs. Bake in a hot oven, 400 degrees F., until crumbs are brown, 15-20 minutes. Yield: 4 1-cup servings.

**BIG PROJECT**

SYDNEY, N.S. (CP)—Preparations now are under way for another shipment of rails to the Labrador development from the Sydney steel plant. First shipment of rails and tie plates for the new 353-mile line to Ungava iron ore deposits was made last year.

When buying spinach, look for young, dark, green leaves. Since spinach grows close to the ground, it is likely to be sandy and must be washed thoroughly. It may be washed piece by piece under running water or it may be swished around in a pan of water. This washing in fresh water should be repeated until the spinach is perfectly clean and free from all grit. Never soak greens but always wash them as quickly as possible. To save all possible goodness in the spinach, cook it in the water which clings to the leaves from the last bath. Cover the saucepan and cook it until the leaves are wilted, no longer. When cooked and seasoned with salt, pepper and butter and perhaps a little lemon juice, vinegar or even some hot french dressing, spinach is a family favorite. The wise meal planner often turns spinach into the main course for luncheon or supper, by serving it topped with a poached egg or with a cheese or egg sauce.

Greens such as spinach may be strained or pureed and used as the vegetable base for cream soups. Cream of spinach soup served with cheese croutons or with cheese sprinkled on top is a very tasty dish.

Homemakers should never forget the place of raw colorful greens in a salad. While lettuce in a salad is very colorful and shredded spinach lends that that beautiful dark green color and that crisp texture to salads which no other vegetable can surpass. The home economists of the Consumer Section Canada Department of Agriculture suggest trying a spring salad bowl of shredded spinach, sliced radishes and sliced green onions served with french dressing with a little blue Roquefort type cheese crumbled in it.

**STOPS**  
PAIN AND DISCOMFORT OF  
**SUMMER**  
**COLDS!**

FEEL BETTER FAST!  
**ASPIRIN**

TRADE MARK REG. IN CANADA

Prince Rupert Daily News  
Friday, June 8, 1951

**local**  
and **PERSONAL**

● Salt Lake Ferry running every Sunday starting at 12 noon, weather permitting. (tf)

Dr. R. G. Large returned to the city on yesterday afternoon's plane from a trip to Vancouver.

● Japanese play, Beauty From Ashes, United Church Hall, 8:45 p.m. Sunday. (135p)

William Priest of the Queen Charlotte Air Lines left on today's plane for a trip to Vancouver.

● Come and see The Queen's Carpet and other films at the Civic Centre, Friday evening at 8:30 in the Common Lounge. (134c)

● S.O.N. whist and dance Friday, June 8, 8 p.m. Dance 10 to 2 a.m. Music by Mike Colussi. Refreshments. Everybody welcome. (134c)

R. H. Robertson, general superintendent, Canadian National Railways, Vancouver, arrived in the city on last night's train in the course of a tour over the line and will return by tomorrow night's train to Vancouver by way of Jasper.

Barry West, after an absence from the city of about seven years, is spending a few weeks in town and is renewing old friendships. He has been living in Alberta and, after leaving here, expects to proceed to Ottawa.

**Announcements**

At Catholic Hall, tea and home cooking sale, June 14, commencing at 2:30 p.m. In evening, final tournament card party, prize-giving and raffle, commencing at 8 p.m.

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

Girl Guide Tea and Sale. Announcement Hall June 16.

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

Canadian Legion Auxiliary tea, homecooking sale, Legion Hall, June 28.

Women's Coordinating Tea, Sept. 20.

Catholic Fall Bazaar, October 3 and 4.

Rebekah Bazaar, October 20.

Cathedral Bazaar, November 17. (133c)

Presbyterian Fall Sale, November 22. (133c)

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**New Pastors**  
**For District**

The settlement committee of the B.C. Conference of the United Church has ratified appointments of ministers and charges as from July 1, 1951.

The following names appear in the Prince Rupert Presbytery list:

Hazelton—Rev. H. I. Hare.  
Kitimat—Rev. Ross G. Connel.  
Port Simpson—Rev. T. C. Colwell (one year).  
Smithers—Rev. R. H. Woolam.

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