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Sailing of Steamer
Prince Rupert for
Vancouver
Thursday, Sept. 6

Steamer
Prince George
will take up service
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Sept. 10

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PRINCE RUPERT,
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Men's Hostels

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Tom Christie—Campaign Chair.
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Campaign Headquarters
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JOHN Q. PUBLIC
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If you want to sell it, advertise
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HOUSEKEEPING

COLORFUL FRUIT, VEGETABLES
WILL SOON BE OVER FOR YEAR

With the market and vegetable stalls so colorful these days, it seems too bad that soon this wonderful array of color will be over for another year. If the production period could be extended a few months longer, wouldn't it make meal time simpler? When such vegetables as green peppers and acorn squashes are available, Mrs. Housewife should serve them often. Home economists say that squash is a vegetable of many uses. It might be combined with other foods in tasty casserole dishes or it may be served as a vegetable in a variety of ways. Its color and shape will add eye appeal to any dinner plate. When selecting squash, keep in mind that different varieties are useful for different purposes. Some are excellent for baking while others are better steamed. Squash which is heavy in size usually has firm and solid flesh. The rind should be firm and unbroken and no decayed or bruised spots should be evident. Uncooked squash should be kept in a cool, dark place in a temperature of about 50 to 60 degrees. Cooked squash should be kept refrigerated. There are several types of fall squash and three of the most common ones are Acorn Squash, Butternut Squash and Hubbard Squash. Acorn squash, as its name suggests, is shaped

very much like an acorn. It is small and dark green with deep ridges. Often acorn squash is called "table queen." Butternut squash has a smooth, tan skin and it is shaped something like a large gourd with a thick neck and bulbous end. Hubbard squash is usually large and heavy and has a wrinkled skin. The color may be golden, blue or green depending upon the variety. Squash may be served steamed, boiled or baked, but it is particularly good when stuffed with left-over meat, sausage meat or well-seasoned hamburger and baked in the oven. If a little dab of butter and a sprinkle of brown sugar is added to plain baked squash, extra flavour will result.

Plump, waxy red and green peppers also add a gay and colorful note to the market stalls. Not so long ago, when sweet red peppers first appeared, many shoppers passed them by thinking they were hot red peppers. Today it is known that there are two kinds; the sweet and the not so sweet variety. To tell the difference between red hot and red sweet peppers, they may always be tasted, but this isn't such a good idea. As a general rule, if red peppers are similar in size and shape to the green ones being sold they are mild. If smaller and more pointed,

they are probably red hot peppers.

Green peppers with which we are all familiar turn red when they ripen, but retain the same mild flavor. Green peppers are rich in vitamin C so when they are plentiful and inexpensive, they make an important contribution to the day's meals. The home economists, Canada Department of Agriculture suggest that peppers are mighty good stuffed and served either hot or cold. Some of the foods which they suggest as stuffings are ground left-over cooked meat, cooked hamburger, sausage meat or a combination of cheese, eggs and corn. Another novel stuffing they suggest is to fill pepper cases with cheese soufflé and bake in a moderate oven until the soufflé is cooked and has popped up over the edge of the cases, that is about 40 minutes in a moderate oven. Thinly sliced green peppers and thinly sliced onions when fried in a small amount of fat are a wonderful accompaniment to hamburgers or sausages.

LABOR CONGRESSES

(Continued from page 1)

of a unified front for all Canadian labor, now split into several camps. However, the prospects are there will be no move beyond the current stage of co-operation, which is the furthest labor has gone towards common action in this country.

The set-up now is that there is a co-ordinating committee for the two biggest congresses, the 90,000-member Canadian and Catholic Confederation of Labor and the Independent Railway Brotherhoods. The committee drafts action on common objectives, such as the drive for controls.

Another topic that will be before both congresses will be that of furthering the aims of the new International Confederation of Free Trade Unions, formed by labor groups of about 50 countries to replace the Communist-dominated World Federation of Trade Unions. Both the TLC and the CCL are leading members of the ICFTU.

The CCL likely will give more attention to specific wage problems than the other congress. While the TLC lets its member unions take the initiative on wages, the CCL has a national wage co-ordinating committee, which recently decided to sponsor a concerted drive for a new round of wage increases to meet living costs. The Congress may discuss plans for the drive.

Also up before the CCL will be its political hook-up with the CCF party. While the TLC steers clear of politics, the CCL for some years has designated the CCF as the "political arm" of labor and has a political action committee to work with the CCF. Customarily, the CCF link comes before the convention annually for renewal.

ALASKA PRINCE GEORGE

(Continued from page 1)

mine operator, asked Mr. Murray not to link the two rail extensions.

"The Peace River link is purely a provincial matter. The Alaska link is international and is an entirely different matter. It would open up some of the greatest territory of B.C. and seems vital for defence purposes. B.C. already is committed to extend the PGE north of Prince George."

"I think we should do everything possible to urge connection by rail to Alaska."

Another resolution concerning Alaska calls for a highway from Juneau to Atlin, B.C. This was presented by the Juneau Chamber of Commerce. The convention passed the motion which urges U.S.-Canada joint construction of the road.

Other resolutions passed included elimination of present load limit restrictions on ports between parallel 52 and 56, which includes Prince Rupert, Kitimat and part of Alaskan panhandle.

GRAIN ELEVATOR

A composite resolution by Smithers, Terrace and Prince Rupert Boards of Trade, demanded the Federal government put Prince Rupert's 1,250,000-bushel grain elevator to use, requesting Trade and Industry Minister C. D. Howe to visit Prince Rupert in that connection.

The resolution, which said the elevator had not been in use for 11 years, was amended to read "many" years. The elevator was filled in 1940 and cleared again in 1945, last grain shipment bound for Vladivostok, said T. Norton Youngs.

HIGHWAY

A second composite resolution by Prince George, Smithers, Terrace and Prince Rupert Boards of Trade, demanded the Federal government put Prince Rupert's 1,250,000-bushel grain elevator to use, requesting Trade and Industry Minister C. D. Howe to visit Prince Rupert in that connection.

The convention also passed a resolution of appreciation to

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Complete, Reliable and Efficient Service. Also agents for Canadian Liquid Air Co. Ltd. for Oxygen, Acetylene and all welding supplies.

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If you want to sell it, advertise.

Kansas Gets More Floods

KANSAS CITY — Surging rivers overflowed anew in eastern Kansas today and threatened Kansas City industrial districts which are still recovering from last July's billion-dollar flood disaster.

Rivers, fed by heavy rains, forced evacuation of farms and some town areas.

If you want to sell it, advertise.

They're READY Right NOW!



FOR PRESERVING
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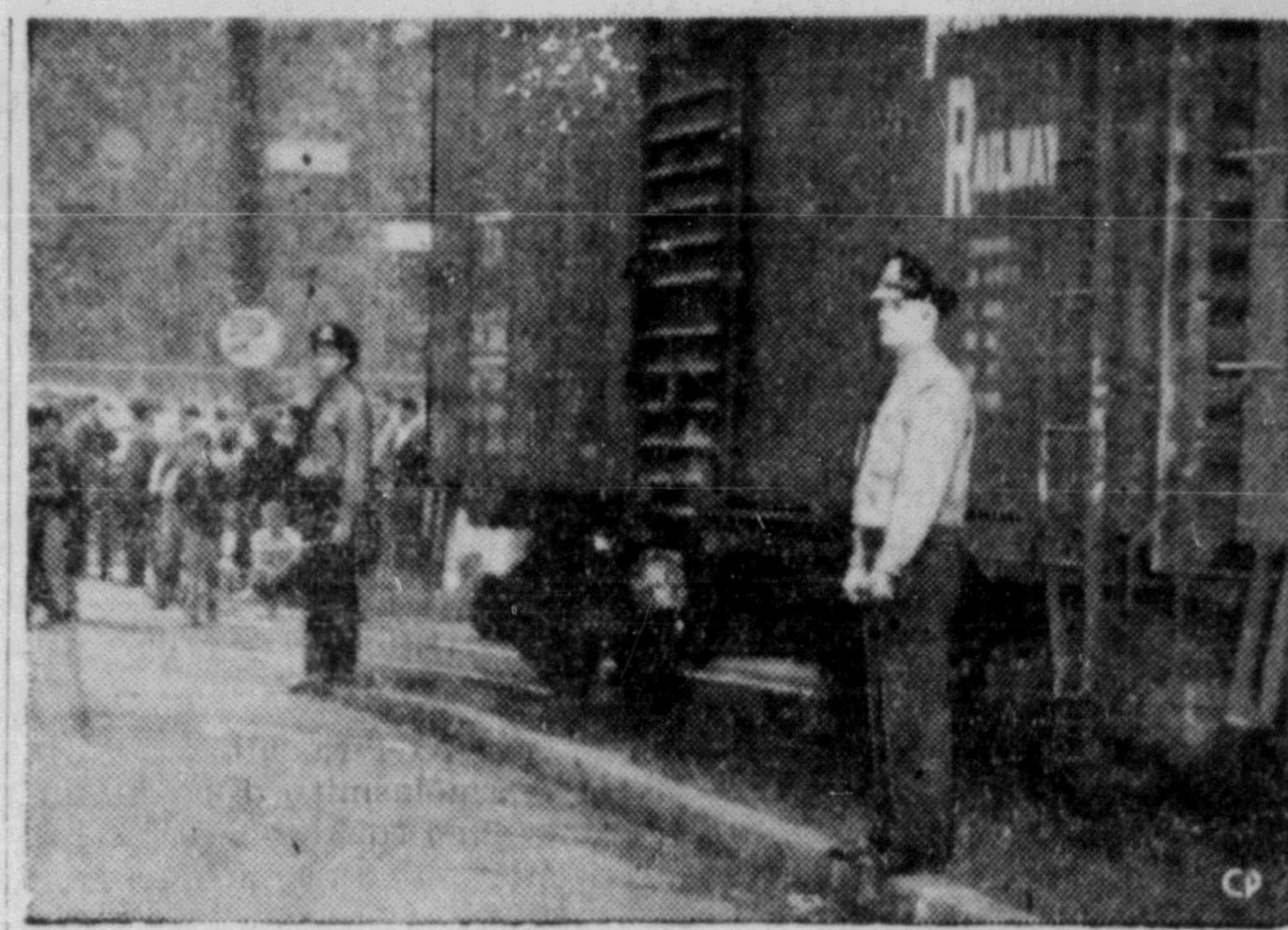
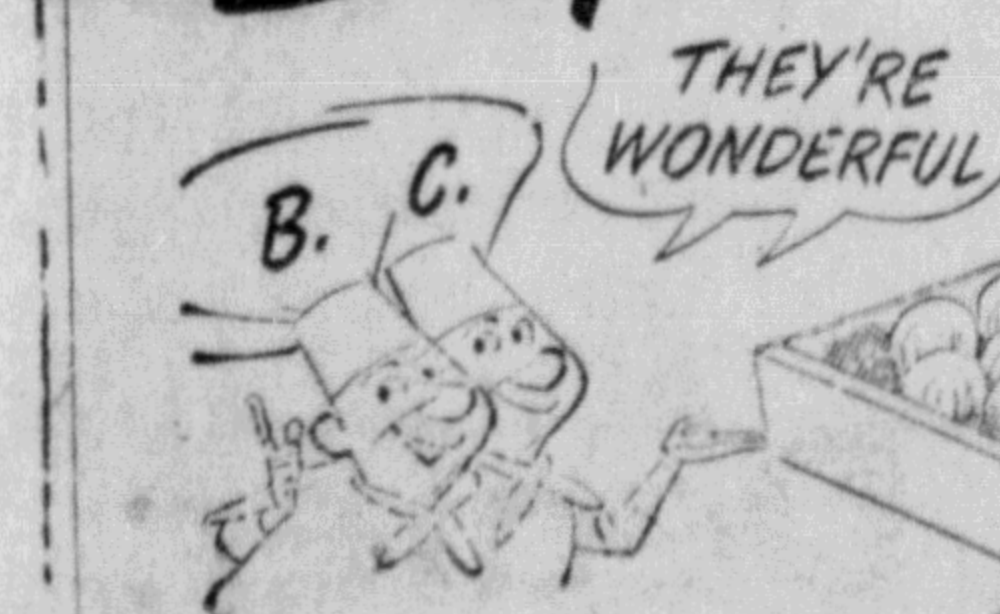
B.C. Freestone Peaches are still arriving at your favorite store, and the quality is excellent. However, the peach season will soon be over . . . and if you haven't preserved your Peaches yet, we urge that you do so right away.

Don't miss out on B.C. Peaches . . . do your preserving NOW while they are still available . . . and be sure of plentiful supplies of preserved B.C. Peaches for use next winter.

When you buy Peaches, be sure you get the best . . . insist on B.C. Peaches.

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TOBACCO STRIKE—Police stand guard over freight cars containing 16,000,000 cigarettes after striking workers of the Imperial Tobacco Company's Montreal plant put up barricades and lay across the tracks to stop the shipment. The wage strike affects workers in company plants in Montreal, Granby, Que., and Hamilton, Ont. (CP PHOTO)

face and Prince Rupert—calling for immediate attention to Highway 16 with hard-surfacing to begin at Prince Rupert and simultaneously at other centres along the route.

"Greatly increased activity" in the central B.C. due to Alcan's project and operations of Columbia Cellulose Co. Ltd. "is producing a pounding on the road which the gravel can't stand."

Hard-surfacing of the 480-mile Prince Rupert - Prince George highway was to be completed by 1953, according to election campaign speeches by Premier B. I. Johnson, said the resolution.

But because of sudden industrial development, earlier action "is deemed necessary," said Will Robinson, Terrace, and suggested support be sought from Morrison-Knudsen Company of Canada Ltd., prime contractors of the Alcan project.

The convention also passed a resolution of appreciation to

Canadian National Railways

for installation of a six-day a week passenger service between Prince Rupert and Jasper, as announced Wednesday in the Daily News.

A resolution requesting this service had been on the agenda, Mr. Perry said. (Daily service begins September 30.)

Convention chairman is W. J. Scott, president of the association.

Further business sessions were resumed today after press time.

A full report will appear in Friday's edition of The Daily News.

Barbara Buys and Whys

A WEEKLY INFORMATION SERVICE

MONTREAL, Sept. 6th.—"Look, Mum—I'm dressed!" is the early-morning greeting with your youngsters zzz-zzz-zzz into their clothes with Lightning ease . . . never late for school! Try LIGHTNING SLIDE FASTENERS make dressing so easy to wear—so easy to get in and out of. They make quick work of dressing and undressing and, best of all, they stay secure all day (work or play) because of that famous automatic lock—exclusive to Lightning. Yes, Lightning zippers stand for lots and lots of wear and tear. They were the first fasteners made in Canada—right here in Montreal. They're still the best. They come in a wide variety of lengths, widths and colours. Ask for Lightning Slide Fasteners in the red and black packages—the only zippers with the automatic lock that locks where it stays!

Mother!—Your Baby's Hair Can Be Curly . . . for here's the most gentle, the kindest-to-baby-hair lotion ever . . . just comb it through your baby's hair after her bath and she'll suddenly "sprout" the most adorable ringlets! It's NESTLE BABY HAIR TREATMENT—tested and commended by "Parents' Magazine." As soon as baby's hair is one inch or longer, Nestle can be used every time she has a bath. Diluted according to instructions, a \$1.50 bottle will last four months! Ask for Nestle Baby Hair Treatment at me—Barbara Buys. And to find out how to use it, simply write to me—Barbara Buys, 1411 Crescent St., Montreal, P.Q.—for your FREE COPY of "Care for Your Baby!"

I'm In Favour Of Time Out Of The Kitchen . . . time to spend with the youngsters or friends or with a good book. That's why I'm "out" in the kitchen "time-out" . . . BLUE BONNET MARGARINE in that handy Yellow Quik bag! No pounding a mixing bowl . . . no washing up . . . all you do is press the colour button on the Yellow Quik bag, knead it, and in just two minutes, Blue Bonnet is a scrumptious, golden-yellow . . . ready to put on the table for dinner. Of course, there's more to Blue Bonnet than its great time-saving qualities. It saves you money, too. And it's sure of its wonderful, country-sweet, fine flavour . . . so good in baking, pan-frying and as a spread for bread.

"Decepti" is the word you may apply to that ageing refrigerator or range that's been of yours. But to your Frigidaire dealer they're good, saleable appliances. He can recondition and refinish them so they'll give a lot of service to some other customer of his. That's why he's ready to take them off your hands and give you such a handsome trade-in allowance on a new FRIGIDAIRE REFRIGERATOR or FRIGIDAIRE ELECTRIC RANGE. That trade-in allowance will go a long way on the down payment. And budget terms will take care of the balance. Yes, it's easy to get that wonderful "lift" a really modern kitchen will give you. Talk it over with your Frigidaire dealer soon.

Here's A Dish Fit For A HUSBAND . . . made with the Heinz Soup of the Month for September—delicious HEINZ CREAM OF TOMATO SOUP. Buy it now in the new pack—made of mellow, vine-ripened tomatoes picked every year at this time. And try it tonight in this recipe for Savoury Swiss Steak . . .

1/2 c. flour 1/2 c. medium onion, sliced
2 tsp. salt 1/2 c. chopped green pepper
Dash pepper 1 10-oz. can Heinz Cream of Tomato Soup, diluted with an equal amount of water
2 lbs. round steak
2 tbsp. fat
Rub flour, salt and pepper into the steak with a saucer. Brown on both sides in fat. Circle and top the steak with onion slices and chopped green pepper. Add diluted soup. Simmer slowly, covered, on top of stove for two hours. Serves 6.

Ever Noticed how often men look at your hands? Well, they'll look twice (in admiration) when you give your hands the beauty-care of JERGENS LOTION! No matter what your daily chores may be—dishwashing or the family wash . . . your hands will stay soft and smooth with Jergens-care . . . even if you're a detergent-user, as I am! Just try it!—you'll find there's nothing more soothing to detergent-dry hands than Jergens Lotion. Being liquid, Jergens quickly supplies the softening, smoothing moisture dry, thirsty skin needs. Use it after every watery chore! Keep a bottle of Jergens Lotion in your kitchen and bathroom, too. 15c, 37c, 65c and \$1.15.

There Are A DOZEN Reasons why golden-brown, toasty Quaker Muffins are so popular with everybody. One of them is that QUAKER MUFFINS are 100% whole grain . . . far more nutritious than ordinary cereal because it contains all the valuable benefits of natural grain. Quaker Muffins you get 100% Whole Wheat—yes, the best whole valuable wheat germ are there with the body-building proteins, minerals and energy-giving qualities of the whole grain. For a list of the Quaker Muffins that's really different, try Quaker Muffins with fruit and milk or cream—you'll be back for more and more! Right at the moment I'm adding Quaker Muffins to my shopping list—how about you?

Planning A Fall Wedding? Well, when all the excitement—the ring and the wedding cake and the guests have vanished—here's something I'd like you to remember!—Something every bride should know about is this truly satisfactory method of feminine hygiene . . . ZONITORS. Zonitors are greaseless, stainless, snow-white vagina suppositories—dainty and convenient to use—powerfully germicidal, yet absolutely safe to delicate tissues. Ask your druggist for Zonitors—and for some important facts about feminine hygiene—write to me—Barbara Buys, 1411 Crescent Street, Montreal, P.Q.—a free booklet will be sent to you in a plain wrapper.

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