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CANADIAN NATIONAL

THE EXPERTS *Say . . .*

By KAY REX
Canadian Press Staff Writer

WHY IRISH EMIGRATED

The Irish must have had the right idea—they emigrated when they couldn't get enough potatoes to eat at home.

Now the Canadian Fruit Wholesalers Association comes up with what could be interpreted as an explanation for Ireland's historic dependence on spuds—The tuber is an "energy food," says the C.F.W.A. more than just starch and water, it contains protein, minerals and vitamins.

Finally, if mother thinks cuting potatoes out of her diet means cuting down on her weight—she had better think again.

Health department officials say that 100 calories of potatoes are no more fattening than 100 calories of anything else. In fact, a slice of bread contains about the same caloric content as a medium-sized baked or boiled potato.

Last night's mashed potatoes always can be turned into tonight's potato cheese puff.

Ingredients: one cup grated cheese; two cups masned potatoes; two egg yolks; one third cup milk; two tablespoons melted fat; one-half teaspoon salt; one-quarter teaspoon pepper; one-eighth teaspoon mustard; two egg whites.

Method: mix grated cheese thoroughly with potato. Beat egg yolks until thick and lemon colored and combine with milk, lemon, fat, salt, pepper and mustard. Add the potato mixture and beat until smooth. Fold in stiffly beaten egg whites. Turn into a well-greased baking dish, set in a pan of hot water and oven-poach in a moderate oven (350 degrees fahrenheit) until set, about 40 minutes. Yield: five to six servings.

Any number of cheese recipes are being published these days to coax housewives to use more cheese in their cooking.

For instance—cheese and onion soup:

Ingredients: three tablespoons butter 1½ cups thinly sliced onion; two tablespoons flour; one tablespoon salt; dash of pepper; five cups milk; one cup grated cheese.

Melt butter, add sliced onions and cook covered over low heat, stirring occasionally until clear (about five minutes). Place over hot water, blend in flour, salt and pepper. Add milk slowly and cook, stirring constantly until thickened. Continue cooking about five minutes. Add cheese and stir until melted. Garnish with chopped parsley before serving. Yield: Six servings.

A friend of ours who is a particularly good cook says she always uses a fork when making scrambled eggs. She claims that whipping the mixture around with a fork instead of a spoon makes the eggs much lighter.

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(Subject to Change)

THURSDAY—P.M.
4:00—The Sunshine Society
4:30—20,000 Leagues Under the Sea
4:45—Stock Quotation and Int.
5:00—Int. Comty.
5:10—The Weston's
5:30—Intimate Revue
5:45—Young Man with a Song
5:55—CBC News
6:00—"Canada at Work"
6:15—Vaughan Monroe and Orchestra
6:30—Musical Varieties
7:00—CBC News
7:15—CBC News Roundup
7:30—Eventide
8:00—Radio Cartoons
8:15—Points of View
8:30—Tales of the 7 Seas
9:00—Guestin's with Kestin
9:30—Vancouver Concert Orch.
10:00—CBC News
10:10—CBC News
10:15—Let's Find Out
10:30—Winnipeg Drama
11:00—Weather Report and —Fish Arrivals

FRIDAY—A.M.
7:00—Musical Clock
8:00—CBC News
8:10—Here's Bill Good
8:15—Morning Song
8:30—Morning Devotions
8:45—Little Concert
9:00—BBC News and Comty.
9:15—Music for Moderns
9:30—Sunrise Serenade
9:45—Your Music Appointment
9:59—Time Signal
10:10—Morning Visit
10:15—Morning Melodies
10:30—This Week's Artist
10:45—Invitation to the Waltz
11:00—A Man and His Music
11:15—Roundup Time
11:30—Weather Forecast
11:31—Message Period
11:33—Rec. Int.
11:45—Scandinavian Melodies

FRIDAY—F.M.
12:00—Mid-Day Melodies
12:15—CBC News
12:25—Program Resume
12:30—B.C. Farm Broadcast
12:55—Rec. Int.
1:00—The Concert Hour
2:00—Easy Listening
2:30—Records at Random
2:45—Do what you like; Comty.
3:00—The Music Box
3:15—Don Messer and His Islanders

Blackwood on *Bridge*

By Easley Blackwood

If Mr. Meek had held Miss Brash's hand he wouldn't have doubled even if his opponents had reached seven no trump. But to Miss Brash nothing is impossible.

She doubled four spades because to her the bidding sounded a little forced. She was willing to gamble that both opponents were stretching their hands.

And then, of course, there was the fact that Mr. Muzzy was going to be the declarer.

Miss Brash opened the king of clubs and Mr. Muzzy won with the ace. In a terrible dither to get the trumps out, he immediately laid down the ace of spades. He followed with a small spade and put in the ten from dummy when Miss Brash played low.

Mr. Meek won with the jack and returned a club. Miss Brash won with the jack and led her last trump, the queen.

No Way to Escape

Mr. Muzzy won this trick with dummy's king but all the opponents had to do now was to sit back and wait for one diamond trick and one heart trick. There was no way for Mr. Muzzy to avert defeat.

Mr. Champion had a stricken look on his face. "Three against one again," he said bitterly. "It happens to me all the time."

"You mean I could have made it?" Mr. Muzzy asked.

"Of course," Mr. Champion screamed. "You're always in such a big hurry to bang out your trumps or to take a finesse or something. Take your time. You had a sure losing club. Lead it at the second trick. Put the opponents in and let them guess how to defeat the hand. As it happens they couldn't have beat you."

Loud—But Good

Mr. Champion's advice was loud—but good. Often in hands like this, involving a number of broken suits, it is advantageous to throw the enemy in. Sometimes they will have no good return. Or they may guess wrong.

Today's hand is something of a rarity in that Miss Brash would have been end-played at trick two if Mr. Muzzy had won the ace of clubs and fired a club right back. In this spot if Miss Brash had led back a spade, her side would have lost its sure spade winner.

A low heart return would have run to the queen in the South hand. A low diamond would have ruined Mr. Meek's king (or allowed Mr. Muzzy to win with the ten.) The jack of diamonds would have been covered all round, setting up the ten for a second diamond winner.

And a club lead would have enabled Mr. Muzzy to ruff in dummy while throwing the losing diamond from his hand.

South dealer
Neither side vulnerable

North
(Mr. Champion)
S—K 10 5
H—A 10 6 5
D—Q 7 52
C—10 3

West
(Miss Brash)
S—Q 4 3
H—K 8 3
D—J 9 4
C—K Q J 7

East
(Mr. Meek)
S—J 6
H—J 7
D—K 8 6 3
C—9 8 6 5 4

South
(Mr. Muzzy)
S—A 9 8 7 2
H—Q 9 4 2
D—A 10
C—A 2

The bidding

South	West	North	East
1 S	Pass	2 S	Pass
3 S	Pass	4 S	Pass
Pass	Dbl.	All Pass	

Stewart News

It is reported that engineers will be here shortly to examine the Stewart Canal Gold Mine. John Haahti is the principal shareholder in this company. The property is situated at the base of Mount Rainey opposite Stewart, is of easy access and showings of scheelite are reported to be fairly extensive.

Ed Martin of the B.C. Game Department was here during the week on a combined patrol of the district with the Alaskan Game Department.

Mr. Hitchcock of the Fisheries Department has been in the Meziadin Lake and Bowser Lake areas making the annual investigation of the spawning grounds. He was accompanied on his trip by the local representative, Harry Stewart. During the past week Mr. Hitchcock had to come in by plane for medical attention for a slight injury to his face.

Trappers John Tessaro and Frank Petterson left by plane for their trapline in the Bowser River area. They expect to be back sometime in the month of December.

SHIPS AND WATERFRONT

A newly commissioned Frank Waterhouse freighter, Cassiar, Capt. William Gleason, arrived in port on her first West Coast trip Tuesday night. Ports of call northbound included Kemano Bay and Kitimat.

Canadian Pacific Steamship Princess Louise arrived at 4 p.m. Wednesday from Alaska, departing south at 6 p.m. with a full list of passengers.

The following passengers embarked here for Vancouver last night: J. A. Broadbent, F. Brownlow, F. H. Nicholson, Mr. and Mrs. L. A. Johnson, Mr. and Mrs. N. G. Haggart, Miss M. Shaw, and J. D. Campbell.

Canadian National Steamship Prince George, Capt. E. B. Caldwell, arrived in port at 11:15 a.m. Wednesday with 62 passengers for Prince Rupert, including Mr. and Mrs. L. E. Nicholson, Mrs. Moore and two children, Mr. and Mrs. Hammond, Mr. and Mrs. J. Gorman,, Mr. and Mrs. R. Taper, C. D. O'Brien, L. H. Chapman, J. O'Brien, Mr. and Mrs. R. Miller, Mr. and Mrs. J. McKay, R. N. Johnston, A. E. Meyer, Mr. Donald, F. Kohler, Dr. Monat, Mr. McDonnell, Gordon Root, J. S. King, J. C. Burgess, Mrs. F. Peagam, Mrs. McPhee, Mr. and Mrs. G. R. Kelsey, Mr. Ash, Mr. McIntyre, Mr. Simmons, Mrs. A. Toens, Mr. and Mrs. R. Evans, Mr. and Mrs. A. J. Crawford, Mr. and Mrs. H. Pickering, Mrs. R. Cameron, Mrs. Sage, Mr. Turner, Mr. and Mrs. Walker, Mr. and Mrs. Waterman, J. Deschamps, Mrs. J. Bulger, Mrs. Mudd, Miss Chambers, Mrs. A. Holtby, R. V. Robinson, R. Cumming, Mr. and Mrs. C. C. Collins, W. H. Simm, K. Ta[illegible] Child, Miss P. Johnson[illegible] hand, F. Molin, O. [illegible]

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A LAUGH A MIN[illegible]
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ar	TERRACE	11:30 a.m. local time
lv	TERRACE	12:30 p.m. local time
ar	PRINCE RUPERT	1:30 p.m. local time

POINTS EAST OF TERRACE are served as follows:
MONDAYS, WEDNESDAYS and FRIDAYS

EAST

lv	TERRACE	12:10 p.m.
ar	SMITHERS	1:10 p.m.
lv	SMITHERS	1:30 p.m.
ar	VANDERHOOF	2:30 p.m.
lv	VANDERHOOF	2:50 p.m.
ar	PRINCE GEORGE	3:20 p.m.

Connecting at Prince George with C.P.A. and T.C.A. flights North, East and South.

and

WEST

lv	PRINCE GEORGE	8:30 a.m.
ar	VANDERHOOF	9:00 a.m.
lv	VANDERHOOF	9:20 a.m.
ar	SMITHERS	10:20 a.m.
lv	SMITHERS	10:40 a.m.
ar	TERRACE	11:40 a.m.

Connecting at Terrace with daily service to Prince Rupert where connections are made with C.P.A. flights to Vancouver.

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