

• TESTED RECIPES OF TEMPTING INTEREST •



SIMPLE SAVORY

Start with sausages...

Sausages, sliced onions, canned tomato soup. Place in baking dish the required number of sausages, previously browned with onions and a cup (or less) of tomato soup. Season and put on to cook while you mix the following: 1 cup flour, 1 teaspoon baking powder, 1/2 teaspoon salt, 1/4 teaspoon Colman's Mustard, 1 egg, 1 cup milk. Beat this mixture well and pour over the partially cooked sausages. Bake until nicely browned—and there you are.

A really delicious and nourishing luncheon for four people—at reasonable cost. Simple Savory makes possible a real economy in the family food budget. And its flavour, so subtly appealing, will be the cause of much favourable comment—provided you have not overlooked that 1/4 teaspoon of Colman's Mustard in the recipe.

Colman's D.S.F. Mustard

AIDS DIGESTION

LOCAL NEWS NOTES

CL.D.L. Dance April 13, good music. 87

For the Easter Coat see Wallace's. 87

For day and night Taxi service Phone 32. 11

S. Anderson, arrested on the charge of intoxication, was dismissed in the city police court this morning.

Tom Cook and Tom Hanson were each fined \$25, or fourteen days imprisonment, for intoxication by Magistrate McClymont in city police court this morning.

Mrs. Benny Windle and daughter left yesterday afternoon on the Prince George for Anyox where they will take up residence. Mr. Windle has been working in Anyox for the past month.

Following the closing of the schools for the Easter holidays the following teachers will be among those leaving on the Prince George tonight to spend the vacation in the south: H. Johns, N. McLeod, Miss E. A. Mercer, Miss M. Delaney and Mrs. B. Walker.

THAT DEPRESSED FEELING IS LARGELY LIVER

Wake up your Liver Bile Without Calomel

You are "feeling funk" simply because your liver isn't pouring its daily two pounds of liquid bile into your bowels. Digestion and elimination are both hampered, and your entire system is being poisoned.

What you need is a liver stimulant. Something that goes further than salt, mineral water, oil, laxative candy or cleansing gum or roughage which only move the bowels—ignoring the real cause of trouble, your liver.

Take Carter's Little Liver Pills. Purely vegetable. No harsh calomel (mercury). Safe. Pure. Ask for them by name. Retail substitute 25c. at all druggists. 87

T. Hendrickson and W. Strangell, charged with vagrancy, were remanded until Saturday when brought before Magistrate McClymont in city police court this morning.

Announcements

- Elks' Dance, April 13 Balgownie Orchestra.
- Queen Mary Chapter Daffodil dance April 17.
- Moose Dance, April 17.
- Catholic Spring Sale and Social April 18th.
- Anglican Spring Sale and Tea April 19.
- United Church Easter Sale April 20.
- Recreation Club Scotch dance April 21.
- St. Peter's Church Spring Sale April 27.
- Meeting, Women's Auxiliary Canadian Legion, April 20, Legion Rooms, 8 p.m.
- Anglican Y.P.A. play April 27-28.
- Ridley Home bazaar, May 4.
- Comedy—United Church, May 4 and 5.
- Variety Entertainment Presbyterian Church May 12.

YE OLDE English Fish Shoppe

Phone 854 We Deliver

SPECIALS IN FRESH FISH

Red Cod Fillets, per lb.	10c
Halibut Fillets, per lb.	15c
Halibut, Sliced, per lb.	10c
Red Spring Salmon, per lb.	18c
Crabs, each	15c

Smoked Fish a Specialty

Phone 854 Second Street

UNION STEAMSHIPS LIMITED

Steamers leave Prince Rupert for Vancouver—

T.S.S. CATALA EVERY TUESDAY, 1:30 P.M. via Ocean Falls and Way Points. Due Vancouver Thursday p.m.

T. S. S. VENTURE EVERY FRIDAY MIDNIGHT. Due Vancouver Monday a.m.

Weekly sailings to Port Simpson, Alton Arm, Anyox, Stewart and Naas

Further information regarding all sailings and tickets at—

PRINCE RUPERT AGENCY: Second Avenue. Phone 568

"SALADA" TEA DOWN

10^c a lb.

SAME FINEST QUALITY

BROWN LABEL NOW 25c 1/2 lb.

AYLMER Sweet CORN

Its Secret is FRESHNESS

Yes — AYLMER Sweet Corn really is "fresh-from-the-cob" . . . picked just as the kernels are at their plump and juiciest . . . canned the same day!

FRESHNESS! That's the secret of its goodness . . . freshness that is perfectly preserved by special enameled tins.

Other AYLMER CORN varieties are: Golden Harvest, Whole Kernel and Grog's Golden Sweet.

Order a supply today.

FREE For FREE Recipe Booklet by Joan Abbott, AYLMER Dietitian, describing 20 tasty ways to serve corn, write to

CANADIAN CANNERS (WESTERN) LIMITED VANCOUVER, B. C. 8 Canning Plants in B. C. C.P. 1.

FRESH FROM THE COB Natural Flavour

EASTER CANDIES and NOVELTIES

Easter Eggs, Bunnies, Chickens and Egg Cups, Easter Egg Dyes

We Are Now Showing These Lines For Easter

Prices Range From 5c to 25c

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Visit EUROPE THIS YEAR!

... for Europe does such wonderful things for you! It gives you a whole new vocabulary, a new style, a new outlook on life!

This year Europe is closer to you than for years past. Fares are low—exchange rates are all in your favour—holiday or travel dollars go much farther in Europe than anywhere else in the world today! Think of it—a whole month in England for as low as \$30 at the present rate of exchange. Small wonder so many holiday-seekers are going to Europe this year.

Crossby Canadian Pacific—famous White "Empresses," Regal "Duchesses"—popular "Mont" Ships—unsurpassed comfort in every class. Special All Expense Tours will save you still more! Frequent sailings from Montreal and Quebec.

Ask About All-Expense Tours

Full information from your own Travel Agent, or

J. J. FORSTER Steamship General Passenger Agent Vancouver, B.C. C. P. R. Station

CANADIAN PACIFIC

WORLD'S GREATEST TRAVEL SYSTEM

PRESBYTERIAN TEA AND SALE

Highly successful was the spring tea and sale of sewing, home cooking and candy held yesterday afternoon by the Ladies' Aid of First Presbyterian Church in the Church Hall. A large turn-out of ladies visited the hall which had been attractively decorated for the occasion with spring flowers and colors under the direction of Mrs. C. G. Ham. The financial returns were most satisfactory.

Mrs. D. McD. Hunter, president of the Ladies' Aid, and Mrs. W. D. Grant Hollingworth, wife of the pastor, received the guests. Mrs. M. McRobbie and Mrs. D. C. Stuart poured the tea room being in charge of Mrs. J. Walker assisted by Mrs. Robert Cameron, Mrs. Thomas Carlyle and Mrs. Ben Dalgleish with Misses Eusemia Finlay, Beulah McKinley and Daisy Fell acting as serviteurs. Mrs. D. G. Stewart was cashier.

Mrs. W. D. Vance and Mrs. G. W. Abbott were in charge of the sewing table; Mrs. H. M. Foote and Mrs. C. G. Ham, the home cooking, and Mrs. Robert Davie and Mrs. W. L. Sandison, the candy.

A delightful musical program, arranged by Mrs. J. H. Carson, included vocal solos by Mrs. William Cruickshank, Mrs. H. N. Brocklesby and Mrs. R. Giddes Large, accompanists being Mrs. W. M. Blackstock and Mrs. E. J. Smith.

MARKETS 63

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Sterling

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Poultry for Easter

FOWL 25c lb.	TURKEY 27c lb.	CHICKEN 28c lb.
PORK Butts, lb. 14c	VEAL Legs, lb. 20c	BEEF Rump Roast 18c
Shoulder lb. 12c	Shoulder lb. 15c	T-Bone Roll 25c

Swift's or Burns' HAM Half or Whole 20c lb.

Cello Wrap BACON Per pkg. 11c

STERLING COMET SPECIAL Prime Steam LARD per lb. 11c

POT ROAST Per lb. 12c

BOILING BEEF Per lb. 11c