## Logan, Swift's famed Home Econovist whose weekly cooking column is a egular feature of this page. Look for these duable hints every Monday by Martha Logan

## ast Beef and Yorkshire Pudding

before we serve old favourite, sure we know

ok it economically ing like roast beef! But ven a 4 lb. roast—like the picture—takes 4 coupons, oly want to make the most And that's where modern methods are so important.

16. on a 4 lb. roast

low temperature cooking, yaring, we can save nearly he precious meat! The safe ollow is to keep your oven ral roasting. Allow about pound for small bonebeef, 35 for lamb, 35 k and veal. If you like well done, increase the or rare beef decrease it. asts (above 5 lbs.), allow less per pound.

salt to taste Sift flour with pinch of salt. Beat the eggs well and add milk. Blend egg and milk mixture with flour and beat vigorously. Cook in hot drippings

meat was served.

'pudding':-

1 cup flour

from roast (a separate pan may be used) for half an hour. Cut into squares and serve. The cooking time-table in Martha Logan's "Meat Complete" is invaluable for economical wartime cooking. Send 10¢ for this famous handbook of meat

cookery to Dept. NE35. Swift

Extend your Roast Beef with

Martha Logan's

Yorkshire Pudding

In Yorkshire the rule used to be

'pudding before meat," to dull the

family appetites before the precious

Here is an old Yorkshire recipe for

1 cup milk

drippings from roast

Canadian Co. Limited, New Westminster. CANADIAN CO. LIMITED . . a Dominionanization devoted to the conservation and distribution of Canada's food resources.

.R. Trains

cept Sunday .... 8 p.m. e and Pacificcept Sunday.... 4 p.m cept Mon ..... 10:45 p.m.

ace and Pacific-

SICILIAN RENDEZVOUS next-door neighbors from London suburb recently met on a troopship headed towards Sicily. They had been in Africa in different regiments and had not seen each other for months.

Try a Classified Ad in the cept Sun.... 11:30 a.m. Daily News for Quick Results.

LADIES'

# ionella' Dress Shoes

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Brown Suede, Brown Crush Kid, Brown f, Black Softie Calf, Black Suede in low, ke and cuban heels. High styled lines to t any taste and priced to suit any pocket-

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## LOCAL NEWS NOTES

C. J. Norrington returned to A Housewives League meeting the city today from a week-end Tuesday, 1337 Overlook St. visit to Terrace.

Wallace's wish to announce that from this date on, the cer in the naval service here, store will be closed at 5:30 p.m. returned to the city this morn-

B. Thorsteinsson, inspector of schools, is leaving this afternoon for a trip to Terrace on official Current (Alberta) Sun, publishes

held in Central Hotel and not the Commodore.

local Sea Cadets Corps for boys \_\_\_\_\_ Axis military power." the Naval drill hall.

was a week-end visitor to the city, returning to her home in; the interior this afternoon.

afternoon for a vacation trip to Vancouver.

Jack McLeod of the Daily News editorial department left on Saturday night's train for a of W. H. Malkin Co. is leaving holiday visit to Biggar, Saskatchewan, where hih wife and three weeks' trip over the local family have been for some time.

Wong Choy was the representative of the Chinese at a meet ing held at the end of last week for the purpose of organizing drive of the Salvation Army for funds.

"Build B.C. Payrolls"

Tribute to the



A lady phoned to say that in LONDON, Sept. 13 (P- Three our tribute to the British Navy a for its convoy of 180,000 cases of Pacific Milk we had omitted mention of the Royal Canadian Navy which she says had the large share in this vital work, which is true, of course. We all are proud of our Royal Canadian Navy and its splendid service, and regret that we did not make this more specific.

NOTICE

All citizens of Greenville should meet at their village not later than October 25 next, as agreed by the council and endorsed at the public meeting.

(Signed) HENRY McKAY, Secretary of Greenville Council.

## SAVOY HOTEL

Carl Zarelli, Prop. P.O. Box 544 Phone 37 FRASER STREET PRINCE RUPERT

For Income Tax RETURNS SEE

R. E. MORTIMER

Phone 88

324 2nd Ave.

Fresh Local Raw and Pasteurized MILK VALENTIN DAIRY PHONE 657

Eric Suffield, who is an offi-(213) ing after spending leave at his home in Vancouver.

The weekly newspaper, Swi a picture of Albert Mah Prince Rupert who has been ▲ Chamber of Commerce mem- accepted by the China Nationa

the city.

Allan Landels, local manager on this evening's train for a ailway line as far as Vanderhoof. He will be accompanied by W. F. Hickmore who is to become traveler for the company in the western part of the central interior, replacing Robert Moore who is being transferred to Prince George.

#### ANNOUNCEMENT.

Due to re-organization and change of ownership, we would respectfully ask that all accounts due and payable to Linzey and Inguam, Limited, be paid immediately to the store at 401 3rd. Avenue.

Any accounts due and payable FOR SALE-Used Grade 10 by us, up to and including Sep- School books. Phone Red 911. tember 7th., 1943, we wish to be rendered immediately to Mr. W. O. Fulton, Smith Block, Third FOR SALE-Piano. Phone 581.

LINZEY AND INGRAM, LIMITED

#### Announcements

All advertisements in this column will be charged for a full month at 25c a word.

Orange Ladies' Meeting, Oddfellows' Hall, Sept. 23.

Irradiated and Vacuum Packed W. A. Coast Regiment Service Men's Dance, Empress "Y" Club September 20.

Presbyterian Tea in the Manse September 22.

Valhalla Invitation Dance. Oddfellows' Hall, Sept. 24, 9:30

Catholic Bazaar, School Hall, Oct. 6 and 7.

St. Peter's Fall Bazaar, Nov. 25.

B.C. Furniture

# Company

Doors with Locks and Hinges at a low price.

Sets of A1 Win-

2 Hot Water Tanks.

Water Tank, 60 gallons.

Wash Basins at \$5.50 each.

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Labor-Progressive Movement -Urges Total War.

bers please note: Dinner meet- Aviation Corporation as a pilot the Labor-Progressive Party at great reforms which monopoly ing tonight at 7 o'clock will be to fly from India to Chungking. the Eagles' Hall last night. "In had hitherto blocked, such as this way we will smash the last Dominion government responsi-Lieut. C. H. Weder, who has hope of world reaction, namely bility to provide employment at been visiting his parents, Mr. a negotiated compromise peace socially useful labor for all achieve this without its own front to shorten the war. Neil McElroy of the local and Mrs. G. Weder, left over that would snatch from our Canadians at adequate wages, party of scientific Socialism The question period produced Union Steamship Co. office re- the week-end for Camp Borden hands the fruits of the peoples' full provision for the civil re- which was the means whereby a suggestion by a C.C.F. adherturned to the city this morning where he will take a six weeks' war. Now more than ever a sec- establishment of the armed Socialism was fused with the ent that a public debate be held from a vacation trip to Vancou- course. Enroute he will attend ond front must be opened that forces, social security, the curb- Labor movement. The party de- between C.C.F. members and the Alberta medical convention will draw some 60 Hitlerite di- ing of monopolies and so on. To nounced equally social reform- Labor-Progressive members. This in Calgary and visit for a few visions from the Eastern front achieve these reforms Canada ist illusions that socialism could was accepted by the chair as There are vacancies in the days at Banff. and force the speedy collapse of needed a united labor move- be gained by retaining the essen- helping to lay the basis for

parade nights on Tuesdays at a telegram from their son Bud the speaker said that need to the floodgates of reaction. (1t) stating that he has arrived overcome the ban on the old In practice this meant unity the method of monopoly and safely overseas. He is serving Communist party was a factor, with the C.C.F. and the Labor-Mrs. Will Robinson of Terrace with the Royal Canadian En- but that the main reason why Progressive party would do ways of life. The path to socialthe Communists had formed a everything possible to achieve ism lay through all-sided strugnew party was because deep such unity. It offered to affiliate gle for greater democracy un- , —West Indies primary school George Baker, son of Mr. and changes in the world situation to the C.C.F. Mrs. E. B. Baker, formerly of and one the Canadian scene de-Mr. and Mrs. Frank Skinner this city and now in Vancouver, manded a party adapted to pre- political movement af the workand daughter and Mr. Skinner's has enlisted in the Royal Cana- sent-day conditions. While the mother are leaving tomorrow dian Air Force and is now in present war was not a war for training at Mont Joli, Quebec, Socialism but for national free- of a Socialist Canada, declared Capitol Theatre available for a according to word received in dom it was nevertheless true the speaker. The working class speech by Tim Buck, national

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tric fireplace, excellent loca-

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2 lots, modern, extra warm

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nished interior. Immediate

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sion. Write to R. D Christy.

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five-room suites, choice loca-

tion, harbor view. Occupancy

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10 oz; Kitchen Kook, 3 burn-

er gas stove; Oil Heater stove;

Sport Light Alladin. \$100

cash. Apply J. R. Gingrest.

WANTED TO RENT

WANTED TO RENT - Service

couple, no children or dogs,

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per month for suitable fur-

nished house or apartment.

Would pay three months rent

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LOST-White English Bulldog.

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(215)

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Miller Bay.

Ninth Ave. West.

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suite and coal stove. 350 Big-

8th Ave. East.

Phone Red 103.

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ing of the people was a stern resolve that after the war there should be no going back to 1939. The war has demonstrated the great productive resources of Canada. The people would not permit monopoly to re-establish Bruce Mickleburgh Speaks On a restricted economy of scarcity after the war. Mr. Mickleburg said that the

great upsurge of Canadian labor "Now that the perspective of and the farmers for independent victory lies clearly before the political action away from the United Nations it is more than old line parties held out the ever vital to press for total war prospect of the election of sevto force the unconditional sur- eral labor-farmer governments render of Hitler before Christ, and partliamentary oppositions mas." Bruce Mickleburgh told a in Canada by December, 1944, crowded meeting sponsored by which could carry out those ment, a single working class tial features of capitalism pro- unity. twelve years and over. Prospec- Mr. and Mrs. H. Skattebol, 340 Answering the question "Why party, a united trade union ducts of the influence of capitive members should turn out Biggar Place, are in receipt of the Labor-Progressive Party?" movement so as not to open talist ideas and advocates of nounced that the collection

The only true objective of the ing class was the establishment mous Players Lt. to make the implicit in the anti-Fascist feel- could not lead the people to leader of the workers' move- Ministry of Information will

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WANTED AT ONCE-4 women

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permanent position. Apply

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News.

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force and violence, which was amounted to \$42. fascism to perpetuate outworn der capitalism.

tion greeting as service to the promote a rural basis in the orcommunity any steps by Fa- dinary school courses. ment, a question of intense in- open a theatre in Moscow where terest to Prince Rupert work- British films, particularly those ing people and members of the with a war setting, each will be armed forces and another reso- given a month's run. Programs lution hailing Allied victories will include "shorts" showing urging an immediate second the nation's war effort.

#### PRACTICAL EDUCATION.

KINGSTON, Jamaica. Sept. 13 teachers are attending short ag-The meeting passed a resolu- | ricultural courses established to

#### FILMS TO RUSSIA

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