

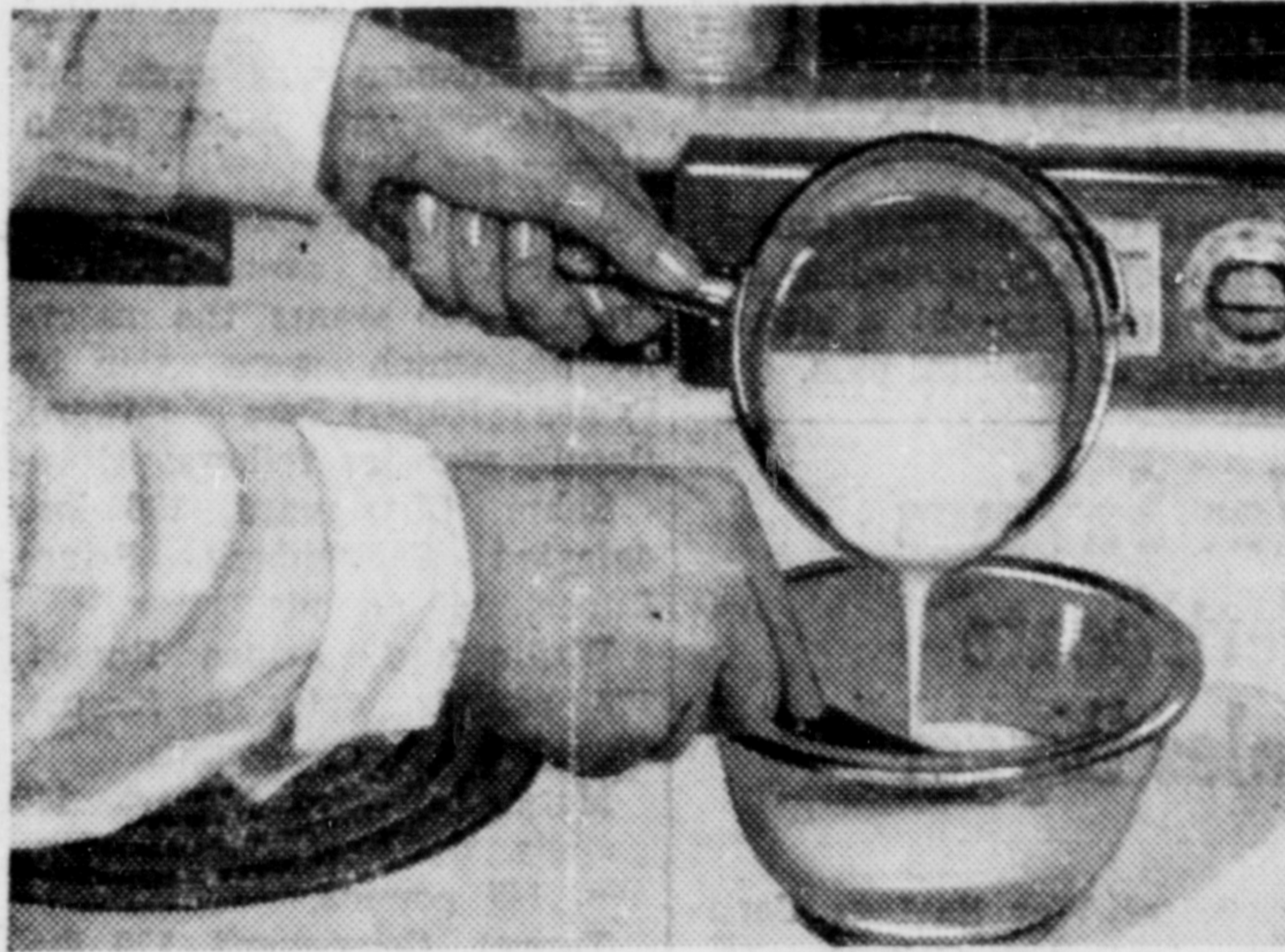
WEEKLY WARTIME FOOD HINTS



Martha Logan, Swift's famed Home Economist, whose weekly cooking column is a regular feature of this page. Look for these valuable hints every Tuesday.

By Martha Logan

Sauces



A good sauce can make a party dish of leftovers

Now that we all must learn to make do with less meat or less familiar meats the importance of knowing how to make appetizing sauces is more important than ever.

So this week's Food Hint tells you how to make the basic 'Mother Sauce' or Béchamel. Once you can do this perfectly you can turn out a wide range of appetizing sauces, for instance:

In each case add ingredients to 1 recipe Mother Sauce.

Barbecue Sauce (Brown base) Add 1 tbs. Worcester Sauce, ½ tsp. mustard dissolved in 1 tsp. vinegar.

Bearnaise Type Sauce (White base) Boil 1 cup cider vinegar with one onion chopped fine, until vinegar is reduced by a quarter. Allow to cool slightly. Add to Mother Sauce with 1 tsp. chopped parsley. Beat the yolk of 1 egg, stir in part of sauce, return to remaining sauce and stir 2 minutes in double boiler. Season with salt and pepper.

Brown Gravy (Brown base) Simmer

meat trimmings and 1 small onion in 1½ cups of water for 1 hour. Add to Mother Sauce.

Hollandaise Type Sauce (White base) Stir sauce into beaten yolks of 2 eggs, return to heat for two minutes stirring constantly and slowly adding 1 tbs. lemon juice.

Experiment yourself with other flavourings and ingredients, tomatoes, pickles and herbs can all be used.

MOTHER SAUCE
1¼ cup milk or stock
1 small onion
1 spring parsley
1 bay leaf
4 or 5 pepper berries
Pinch of mace or thyme
½ tsp. butter
2½ tbs. flour
Salt and pepper

Simmer milk or stock, (use meat stock for brown sauces) with onion and herbs for 30 minutes. Melt butter, stir in flour (for brown sauce allow mixture to brown slightly). Stir in hot milk (or stock). Stir and cook over boiling water until thick and smooth. Strain. Season.



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PHONE 9 3rd and Fulton

It Pays to Advertise in The Daily News

LOCAL NEWS NOTES

Canadian Legion (B.E.S.L.) Executive Meeting tonight at 8 o'clock.

Sinclair, Sorensen, Elliott, Rudderham and Mulrone—labor's candidates for alderman.

Meet Prince Rupert's next M.L.A. Labour Progressive Nominating Convention, East End Hall 8 p.m. tonight.

For victory in the war, prosperity in the peace.

The Ideal Christmas Gift... Books of Theatre Tickets... Prices \$1.00 to \$2.50, now selling at Capitol Theatre. (tf)

The executive of the Prince Rupert Gyo Club was in session today preparatory to the regular monthly business luncheon this Wednesday.

George Cripps, provincial assessor, is still a patient in the Prince Rupert General Hospital after the past few weeks but is reported to be showing improvement and resting easier.

Tommy Fraser, foreman of the Daily News typographical staff, is showing improvement at the Prince Rupert General Hospital where he has been a patient for the past week.

Hon. H. G. Perry, minister of education, arrived in the city on last night's train to conduct a session here of the provincial Postwar Rehabilitation Committee of which he is chairman. He was accompanied by E. T. Kenney of Terrace, M.L.A. for Skeena. Other members of the committee here for the local session are J. A. Paton, M.L.A. for Vancouver, and Harold Winch, also a Vancouver M.L.A.

Keeping Sunday Not Requirement Of Jesus Christ

Sunday sacredness was not embraced in the New Covenant which was ratified by Christ's blood on Friday the Crucifixion Day, declared Evangelist Balmer last evening in the Oddfellows' Hall. Continuing he said every Bible doctrine that is taught today was sanctioned by Christ before He died. What His life's blood sealed could not be changed thereafter according to Paul in Gal. 3:15, Heb. 9:15-17. Keeping Sunday as a holy day was not a requirement of Jesus Christ. It had no part in the great gospel commission given to the disciples. It was not the Sabbath of the law of the New Covenant under which men were saved. It was just three days too late to have any merit or part in the New Covenant ratified by Christ on Friday.

"By working on Sunday or pursuing legitimate pleasure on that day we do not violate any Divine commandment," said Mr. Balmer. "Christ, who is our example (according to the Apostle Peter) kept the seventh day Sabbath—Saturday. It is the Lord's Day (according to Mark 2:28). It was made in the beginning for men (Mark 2:27 and Gen. 2:2,3) and observed by patriarchs, prophets and apostles."

C.N.S.S.

Twice - Weekly

SAILINGS

Will be Resumed Early in December

Full details furnished to prospective passengers by any agent.

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SHRIMPS

FRESH EVERY DAY Boat "W.S.L." First Float west of Imperial Oil Co. daily after 4 p.m.

U & I CAFE

In the Supreme Court of British Columbia in Probate In the Matter of the "Administration Act" and In the Matter of the Estate of Arthur Nordlund, Deceased TAKE NOTICE that by order of His Honor, W. E. Fisher made on the 23rd day of November, A.D. 1943, I was appointed Administrator of the Estate of Arthur Nordlund, deceased, and all parties having claims against the said estate are hereby required to furnish same, properly verified, to me on or about the 23rd day of December, A.D. 1943, and all parties indebted to the Estate are required to pay the amount of their indebtedness to me forthwith. DATED at Prince Rupert, B.C., this 23rd day of November, A.D. 1943

NORMAN A. WATT Official Administrator Prince Rupert, B.C.



MRS. J. H. LALIBERTE now wakes up feeling fine. She never has headaches, backaches or constipation any more. "Fruit-a-tives" gave her the new health and pep of a healthy liver. Back up your liver with "Fruit-a-tives", Canada's Largest Selling Liver Tablets.

TOO LATE TO CLASSIFY

WANTED—Single room for elderly man, west of McBride. Write P. O. Box 1342 Station "B" (289)

FOR SALE—16 h.p. Regal. Inquire at Boat "Adjust," Imperial Oil Dock, or 217 5th Ave. East. (286)

Funeral Notice

The funeral of the late Mrs. Sonie Locker will take place tomorrow (Dec. 7) at 9 a.m. from the Catholic Church.

CLASSIFIED ADS

Classified Advertisements are payable in advance at the Office—No telephone orders—Rate 2c per word per insertion.

FOR SALE

FOR SALE—Almost new breakfast suite. Red leather upholstery, 401 6th Ave. East (284)

FOR SALE—Small kitchen stove \$30.90 1438 Pigot Ave. (285)

FOR SALE—Tenders will be received by the undersigned until noon of December 27th, 1943 for purchase of Lot 9, Block 18, Atlin Township for cash. The lowest or any tender not necessarily accepted. George H. Hallett, Official Administrator, Atlin, B.C. (284)

FOR SALE—8-tube console radio. General Electric, five bands, 146 Fourth Avenue East. Phone Red 127. (284)

FOR SALE—Heintzman upright Grand piano, good condition. \$200.00. Box 637 Daily News. (284)

FOR SALE—Gillnet boat, rigged for trolling. Can be seen at Fishermen's Floats. Name "Albert." Good running order. Phone Red 293 after 5 o'clock. (284)

FOR SALE—Piano in very good condition; dining room furniture, kitchen chairs. Phone Green 714, 221 2nd Ave. (286)

FOR SALE—Empire coal heater, practically new. Apply 1006 Alfred Street. (285)

FOR SALE—Boy's Bicycle, 1103 7th Ave. East. (285)

FOR SALE—3 foot bed, almost new \$20.00, 1001 9th Ave. E. (286)

FOR SALE—Large studio lounge chifffonier, coleman heater, 2 folding chairs, sun lamp. All new, 117 4th Ave. (289)

FOR SALE—Tenders will be received by the undersigned for the purchase of the hereunder noted lots up to noon of Monday, December 20th, 1943: Lots 15 and 16, Block 3 and Lots 29, 30 and 31, Block 22, all in the S. D. of D.L. 3, Plan 948, Graham City Township and the Undivided one-half interest in Lot 499, all in Queen Charlotte Islands. The highest or any tender not necessarily accepted. TERMS: Cash. NORMAN A. WATT, Administrator of the Estate of George Albert Beebe, deceased. (284)

WANTED TO RENT

ROOM or suite. Young married couple. No children. Apply Box 634 Daily News. (286)

ELDERLY couple desire to rent a small apartment from one to four months. Phone 52 up to 6 p.m. (tf)

WANTED TO RENT — By Air Force officer and wife, small furnished apartment, suite or room. Please telephone Mrs. Pallas, Green 830. (287)

HELP WANTED

STENOGRAPHER for accountant's office. Neat and accurate copy - typing essential. Shorthand not so important. Applicants with knowledge of commercial book-keeping, or those willing to learn, will have preference. Written applications only. State experience, if any, Apply U. I. C. AM 96. (tf)

DAILY newspaper office requires competent all around office assistant, man or woman, with knowledge of bookkeeping and salesmanship. Must be able to use typewriter and write in good English as possible reportorial assistant. Good opportunity for right person. Selective Service AM 98. (284)

PERSONAL

WILL the Canadian Soldier who witnessed the fracas at the Knox Hotel please telephone 76 city? (288)

"JET" for polishing hot stoves is a boon. Winter months mean hot stoves always "JET" is safe, handy. Sold everywhere. (284)

GIVE a subscription to "Good Housekeeping," now \$4.00 per year. Phone Green 59. Sole agent. (284)

TENDERS WANTED

SEALED offers, marked offer for building, will be received by the City Clerk up to 5 p.m. on Monday, December 20, for the purchase, dismantling, and removal of material in the frame building standing on lot 20, Block 1, Section 6, House number 219, Fourth Ave. East, City of Prince Rupert. The highest or any tender not necessarily accepted. — George S. Hanes, City Engineer. (284)

LOST

LOST — Suit coat containing army discharge papers and passport. Please leave at Daily News Office. Reward. (285)

Announcements

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

Dry Dock Employees' Association Dance, Friday December 3. Roy Proverbs Orchestra

Lutheran Tea and Sale of Home Cooking, Saturday, Dec. 4. C.C.F. Dance Oddfellows' Hall, Dec. 10. DeCarlo's Orchestra.

Harold Winch, C.C.F., M.L.A., Capitol Theatre, Sunday, Dec. 5. Meeting 12 noon.

Vote solid Labor Dec. 16th.

Advertise in The Daily News.

NO LET-UP
Some 900 attacks on U-boats have been made by the R.A.F. Coastal Command since the beginning of the war.



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