

# THE EXPERTS SAY . . .

**BUTTER FOR DIABETICS**—For those who are diabetics, the ration administration has provided extra butter. The amount is determined by the local ration board according to the needs of the individual. Sometimes it's as much as an extra half-pound every fortnight. Sometimes there's no string attached, too. In some cases the diabetics have surrendered their sugar coupons in return for the extra butter. Regulation covers this, however.

**VITAMINS FOR VICTORY**—Take care of your vitamins, if you want your ration Ha'low of the Pension Department's Services. Housewives are particularly hard on the very Vitamin C—which is the vitamin that may be most lacking in the diet at this time of year. To make sure this doesn't happen to you, feed your family oranges, grapefruit. Cook raw potatoes in their skins and frequently eat both cabbage and turnips raw. Take a tip from the Chinese, who have

been famous for their vegetable cooking for centuries—steam vegetables in their own juices, and cook them until they are tender.

**CAN CAN NOTES**—Whether you refer to it as "preserving" or "canning," you're going to have to start to worry about it very soon. Applications for sugar for canning must reach your ration board before April 15. The amount allowed is one-half-pound of sugar for each quart of canned fruit, and one-half and one-half pounds for each quart of jam or jelly. Probably you used more than this in pre-war days, but Laura Pepper's staff in the consumer section of the Agriculture Department spent all last summer experimenting and found that these proportions can be entirely satisfactory. The preserves or jelly and jam both keep well and have good flavor.

**HOME SALVAGE**—Our pioneer grand mothers knew how to make their clothes last, and Byrne Hope Sanders, "Mrs. Consumer" of the

Prices Board, says that Canadians today have to learn how to "Use it up, wear it out, make it do, or do without." Men and women are urged to make the most of what clothes they have. Careful patching and mending is one answer to the problem. Another, says Miss Sanders is remodelling. Dig into attics, old trunks and clothes cupboards where yesteryear's smart Easter suit is now a scorned discard. Chances are, it can be remodelled and emerge bright and gay, this Easter. Study fashion books and put your imagination into the job. Old hats can be brought forth and with a bit of ingenuity, veiling and feathers made into bewitching little numbers for spring.

**LENTEN SANDWICHES**—Got a sandwich filling problem now that Lent is here? In the Department of Fisheries recipe book, "One Hundred Tempting Fish Recipes" there's one good answer. For some reason they are called mystery sandwiches. The ingredients are: Three hard cooked eggs, one-half pound of cheese, one small onion, one pint of Canadian sardines. Put all these through the meat grinder, using the finest cutter, mix thoroughly, adding the seasoning. If



Few people realize that one can start gardening very early and keep on planting right into July. Only when the business is extended fully in this way is it possible to maintain a supply of the freshest, vitamin-packed vegetables right through the season. In Victory gardens this year this point is especially important.

There are some things which must get their first growth while the weather is cool and moist. In this line, of course, are shrubs, vines and trees and other nursery stock. One can hardly plant these too early.

There are also those flowers not moist enough, add the oil from the sardines until a creamy consistency is achieved, just right to spread. Let the mixture stand for several hours before using.

which normally seed themselves—things like cosmos, corn flowers, marigolds and alyssum.

Grass is also in this category. Indeed if one waits until the weather really turns warm before putting in a new lawn or repairing an old one, then results are almost sure to be disappointing because grass makes its best growth only during cool, moist weather.

### First Vegetables

And in the vegetable line, too, there are several that must get early growth in cool weather. These include peas, spinach, onions, curly endive, radish and lettuce. One can plant all of these just as soon as the driest part of the garden is ready.

While one can hardly plant these vegetables too soon, one can easily stop planting them too soon. With most vegetables, the experts advise making at least three sowings, about ten days to a fortnight apart. In this way the gardener is protected against damage which might wipe out one sowing, and the season of garden-fresh vegetables will be greatly

extended.

### Started Plants

For speedy results, the use of started or bedding plants will help. These may be secured from the nearest seed firm or florist or professional gardener. They are plants from seed sown indoors, usually in a hotbed or greenhouse and are well grown when set outdoors as soon as danger from frost is over. They now come in a great variety of both flowers and vegetables. Only by the use of certain started plants is it possible to get flowers and vegetable maturity in some parts of Canada. Petunias, for instance, would hardly reach blooming stage in most parts of Canada if sown from seed outdoors. The same is true of tomatoes, and possibly of cabbage and other things. In transplanting these from the flats or baskets in which we buy them, one should water well, and if the sun is hot it is a good thing to provide a little shade for a day or two. Also, if these plants are in flower or are very tall, it is advisable to snip off flowers and pinch back main stems to encourage stocky growth.

### Planting Hints

There are various little ways the experienced gardener uses to hasten things along. With tiny seeds like those of lettuce, onions etc., sowing will be more economical and need less arduous thinning if the fine seed is mixed with a little sand and the mixture spread thinly along the rows. Allow potatoes to sprout in a sunny, warm room for a week or two and see that sprouts are not broken off in planting. Soak the seeds of beans, peas, beets, corn, etc., before planting.

## To Extract Oil From Tar Sands

Sum of \$500,000 Has Been Voted For Purpose by Federal Government

OTTAWA, April 15—Hon. C. D. Howe, minister of munitions and supply, announced in Parliament yesterday that the sum of \$500,000 had been appropriated to develop the extraction of oil from tar sands of Alberta.

## Beer, Beer, Glorious Beer!

(Contributed)  
Beer, beer brings us good cheer Every month and day of the year. Now we haven't much beer to buy. Can anyone tell us the reason why?

In a line for hours, we stand Trying to get just any brand. A' nearer the door we go Our faces begin to glow.

And when we get near the step, To sure do feel full of pep. But then we are beside the door And we are told there is no more.

It makes our hearts take a flop That only a glass of beer would stop. We say we don't give a tinker's — But the very next day we are in the scam.

H. S. CARNIE

### In the Line

(Contributed)  
As I passed by the liquor store, There were lots of guys at the door.

In their faces was determination And they all belonged to a democratic nation.

It is wonderful how many hours they stand Without listening to music or band.

If they had the same determination To go out and help the nation

They would help in the future to come And we wouldn't have any on the bum.

### CARPETS OF THE AGES

The manufacture of carpets has been carried on from very early times by the Assyrians, Persians, Arabs, Chinese and Indians.

## DID YOU SLEEP WELL LAST NIGHT?



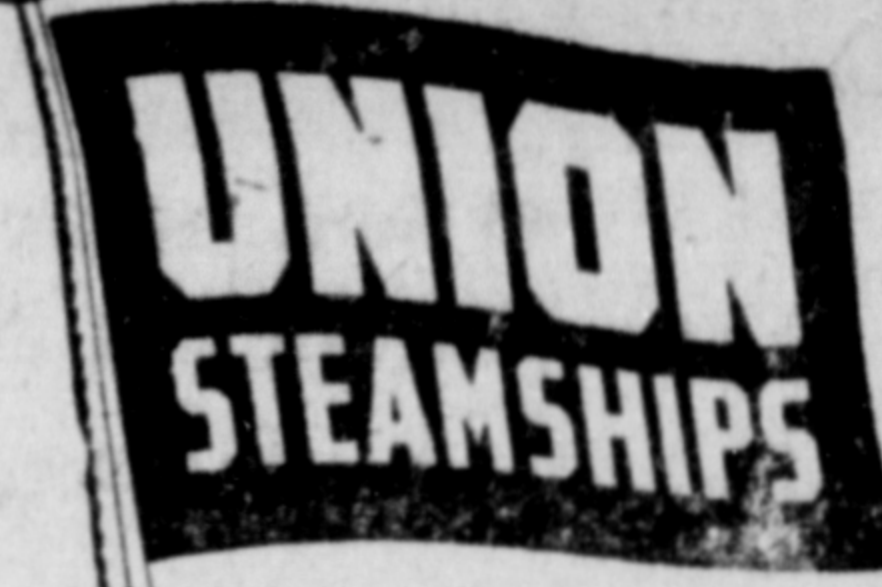
Did you rest well or poorly? If you didn't get a good night's rest—waking up feeling and looking tired—try the bedtime habit of thousands who get sound, restful sleep. Take a cup of New, Improved Ovaltine warm at bedtime.

Taken at bedtime, New, Improved Ovaltine helps to relieve that feeling of nervous tension. Its special food elements, processed for easy digestion, and its rich supply of Vitamins A, B<sub>1</sub>, and D and the minerals Calcium, Phosphorus and Iron help to replenish worn-out muscle, nerve and body cells.

So why not try New, Improved Ovaltine? See if it doesn't help you to wake up fresher and more buoyant. Get a tin at your drug or food store.

MAIL FOR FREE SAMPLE  
A. Wander Limited  
Dept. 56, Peterborough, Ont.  
Please send me a sample of New, Improved Ovaltine and informative pamphlet on its nutritional values. (One sample offer to a person.)  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_  
**NEW, IMPROVED OVALTINE**

**J. L. Curry**  
(Late of Yukon)  
**Chiropractor**  
Westholme Rooms



SERVICES TO  
Vancouver, Victoria and Way-points, Stewart and North, Queen Charlotte Islands.

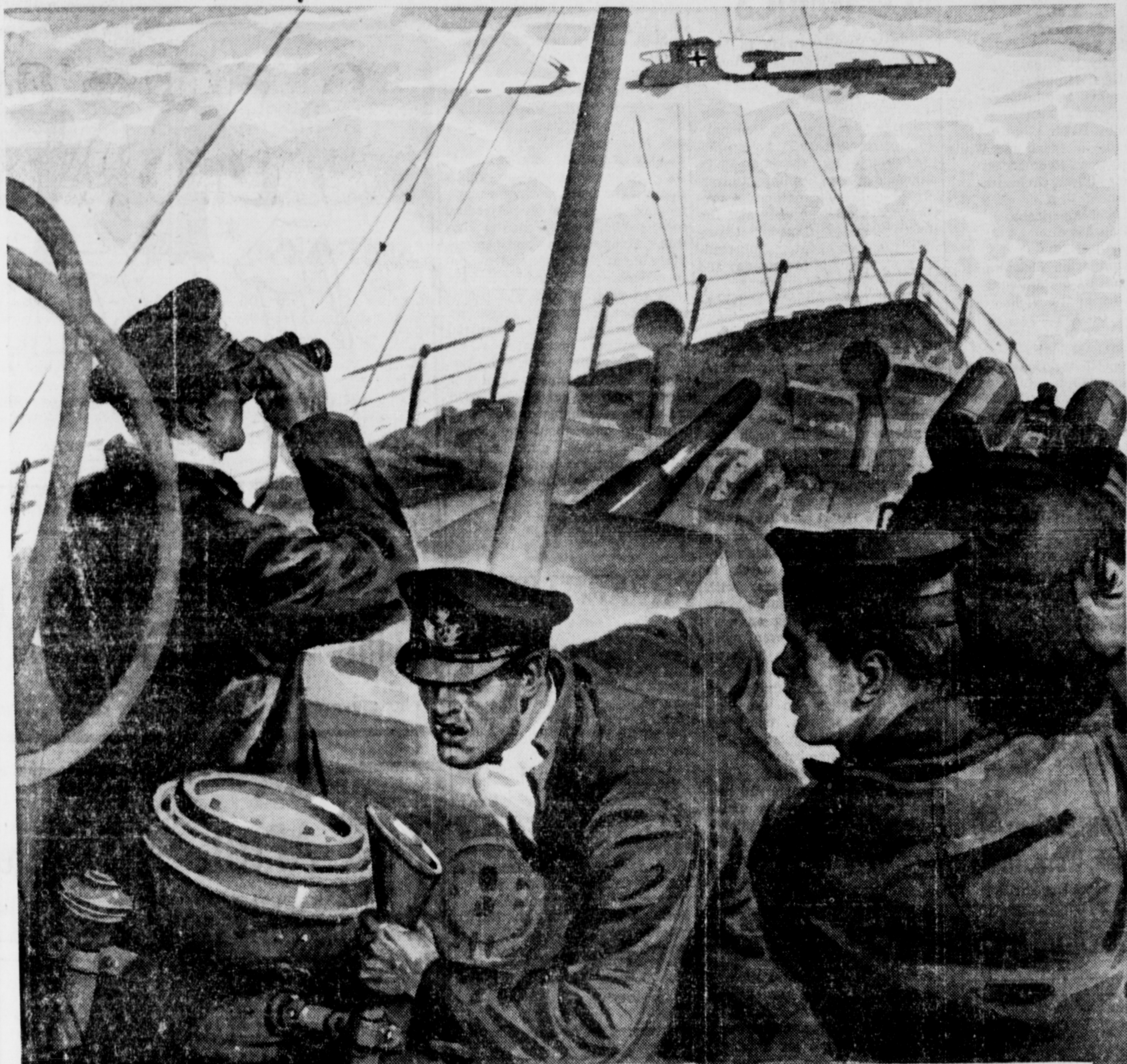
Full Information, Tickets and Reservations  
**FRANK J. SKINNER**  
Prince Rupert Agent  
Third Ave. Phone 568

## GOLD SEAL

Fancy Red Sockeye Salmon

and Herring in Tomato Sauce

are both on active service but will be back on your grocer's shelf soon as conditions permit.



# "STAND BY TO RAM"

Under a starless sky a convoy churns through the Caribbean. Suddenly a lurking German U-boat is sighted. The Canadian corvette "Oakville" wheels to attack before the U-boat can launch a deadly torpedo. Three times the corvette rams, then the order "Away boarding party!" . . . and two fearless Canadians leap down to the sinking sub's deck, guns blazing, to capture the crew. Another Nazi submarine accounted for . . . another step closer to victory!

EVERY CANADIAN feels a surge of pride at the bravery in action of the men of our navy, air force and army . . . determined to sweep the Nazi terror from the seven seas, the skies, the soil of Europe!

And every Canadian knows we must give our fighting men ships, planes, guns and tanks in over-powering numbers . . . to make victory certain, to win quickly, decisively, once and for all.

With the officers and men of the "Oakville" there was not a moment's hesitation in engaging the enemy. And when the Fourth Victory Loan comes, every Canadian on the homefront must be just as determined to do his share. Only we, by our purchases of Victory Bonds, can give our fighting men the weapons with which to strike for victory.

## VICTORY SHOE RENEW

503 RICHARD STREET, VANCOUVER, B.C.

Let us do your Shoe Repairing.  
Mail Your Shoes—We Pay Return Charges and give you

**24 HOURS SERVICE**

High Class Workmanship—Best Material—Reasonable Charges

**TRY THE VICTORY SERVICE!**

Prop. H. Van Berkel (formerly of Prince Rupert)