IDEAS UENCE 'S TOGS

AIDE KERR ress Staff Writer

sketched her idea "Instead of getwill be further cumber pickle: global economy we can't be very e earth are very omic pattern influenced by hour, stirring slowly. on all over the

news to women shion world. For ein has matched technique to three and three differthes-making in rung the bell

Austria n Nettie Rosenria, but grew up w York where her dry goods store. make clothes little girl. She the millinster, married nd mothered Nettie Rosus career. essmaking es-

the first floor t overflowed lay a customer marked her enwholesale trade phase of her wholesale house st 47th Street

ealized the xisted for the designed etting which and sold four

HICROSCOPE

winner

From Home

and Cold

upert, B.C. P.O. Box 196

SANG HING

SUEY

King Tal VE. WEST onage welcome to 1:30 a.m. -10 p.m. to

ers from 2 p.m.

Red 247

The Experts Say - - -

WINDOW GARDEN-The joy cup green peppers, one and oneof watching things grow, says half cups apple and one cup the vitamin. For eight or nine Marion Harlow of nutrition ser- celery, all chopped fine. Cook months of the year in our nor- BRIEFS FROM BRITAIN. vices, can continue all winter if 20 minutes longer and pack in thern country, growing children parsley plants are dug from sterilized sealers. Oct. 23 (P)—Am- gardens and brought indoors in dress queen pots. Besides being decorative, PLANNING MEALS - Most post-war era in parsley is unusually rich in housewives, day in and day out.

by global vitamin C, vitamin A and iron are confronted with the prob--which is another excellent lem of planning and preparing designed for an ironer or iron- daughter of Lord and Lady -chief in the Mediterranean will be global reason for having some growing well-balanced, interesting lunsaid Nettie Ros- in your winter window garden. ches. Lunch or supper dishes dered before taking up its new the Women's Royal Naval Ser- Grand Cross of the Order of PEPPER - UPPERS - Even than dinner dishes. spend a few weeks though the season is getting A basic pattern of soup, salad you'll probably be late, ingredients for some years or sandwich and dessert which winter in India of pickles still are available and can be varied from day to day

gners will have to if you feel that your supply of may prove the answer to the line gasoline in a car to go tral heating systems was lifted othes are suitable them is not all it might be, what-to-have-for-lunch prob- bone will soon be produced on a blackberrying. that and naturally Laura Pepper of the Dominion lem. Nutrition services say that mass scale in Soviet Russia. department of agriculture offers a nutrionally adequate lunch this new recipe for chopped cu- should contain milk, a fruit or vegetable or both, and some Peel, remove seeds and cut in form of protein food such as small dice four cups of green meat cucumbers. Chop one cup oni-

> ons, add to cucumbers with one VITAMIN D-Though autumn one-half teaspoons salt; days may be filled with suncook together slowly for one shine, it is time to start children on supplementary "bottled sun-Now add three-quarter cup shine"-vitamin D, authorities white sugar, one cup cider vine- say. "Bottled sunshine," which gar, one-half teaspoon tumeric, sounds more attractive than one-half teaspoon celery seed, "fish-liver oil," truthfully deone cup sweet red peppers, one scribes cod and other fish-liver

These oils and extracts sup-

ply vitamin D directly, while exposure to the direct rays of the sun enables the body to manufacture its own supply of or other fish-liver oils.

dishes seem more of a problem position. If this is not done, the vice. She is 19. fabric is apt to scorch.

MEDICAL DISCOVERY

DINING ROOM

Under new management. MEALS FROM 35c UP.

Breakfast 6:30 a.m. to 9 a.m. Lunch 12:00 to 2 p.m. Supper .. 5:00 p.m. to 8 p.m.

WE AIM TO PLEASE

Briefs From Britain

need supplementary "bottled road, a London street hawker ant in the Irish Guards. He is sunshine" in the form of cod insisted on being taken to the 21. police station in a taxi.

Margaret C. Harris of Sheppenton, Middlesex, was fined

Lord Derby said in an address at Chormley, Lancashire, "animosity ought not to carried too far after the

Arrangements are being made for home guards in the London area to be given two weeks free from duty at Christmas.

The King wore the wings of the Fleet Air Arm for the first stripped to provide essential time at a recent investiture.

Crown Prince Jean of Luxem- acute shortage of spare parts. Arrested for obstructing the ourg now is a second lieuter.

Air Chief Marshal Sir Arthur IRONING TIP-New material Patricia Mountbatten, elder Tedder, R.A.F., commander-ining board cover should be laun- Louis Mountbatten, has joined area, has been awarded Poland's Polonia Restituta.

Because October 3 is celebratl as Communion Sunday in A new serum especially effec- the equivalent of \$17.50 for us- Scotland, the ban on use of cenchurches.

> Lady Beveriage told a meeting that when she and Sir William visited Hollywood, all the stars came to her and said, "Lady Beveridge, I adore your husband," to which she replied "Yes, so do I."

H. U. Willink, M.P., who be-1 came known as "Happy-Heart-Air Vice-Marshal Victor God- ed Harry" for finding homes for dard of Harrow was appointed blitzed families, has resigned as Air Officer in Charge of Admin- | Special Commissioner for Lon-

istration, Air Headquarters, In-, don Rehousing because "the emergency is over."

> Old London taxicabs are being parts for operating cabs, thus alleviating to some extent the

Sir George Campbell has been appointed regional port director for the southeast of England.

MAGNETIC BASEBALL

Major League baseball in New York attracts an annual attendance of \$3,000—31 percent of the total population of the United States.

EARLY NEWSPAPER The first newspaper in the United States of more than one ssue was John Campbell's Bos-

ton News Letter, published in

"Largest Organization of its kind in the World"

Health and Accident

Association JOHN LLOYD WRIGHT Resident Representative Pioneer Rooms No. 6 167 3rd Ave. P.O. Box 952 Prince Rupert, B.C. Phone 741 and I will gladly ROGERS GOLDEN SYRUP MAKES RATION COUPONS GO FURTHER

Lend-lease in 1942 was more than five times the total for

FOR SALE Daily 4 o'clock.

Boat "Mars." Lipsett's Dock

TOTAL

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Lieut. Mollie Entwistle, B. E. M.

A hotel fire is blazing one mid-winter night in Ottawa::: Lance-Corporal Mollie Entwistle, Canadian Women's Army Corps, leads ranks under her command to safety. She's ill with a high fever . . . it makes no difference . . . she returns to the building . . . assists other occupants to safety. Canada's Governor-General pins the British Empire Medal to her tunic : . . the tunic of the same Mollie Entwistle, of Hamilton, who early in the war helped to organize a women's defence corps :.. who is one of the first to enlist in the C.W.A.C. Today, it is Lieutenant Mollie Entwistle . . . C.W.A.C. recruiting officer for Military District No. 2.

Says Mollie: "C.W.A.C.'s are buying Victory Bonds, because, like everyone else, they want to see this war won just as quickly as possible.



A mobile canteen bumps over the English lanes through the blackest winter Britain ever saw . . . a 16-year-old girl driving. No more going to school abroad for a determined young Canadian . . . working in London's Beaver Club . . : the B.C. Canteen, supervised by her mother . : : an air raid :.. her mother is killed ... her brother, an R.A.F. flier injured . . . grounded for the duration. Jill Nicola Humphreys, of Victoria . . . heads home to Canada : . . goes through a torpedoing at sea. Today, at 19, she serves aboard H.M.C.S. Bytown, at Ottawa . . . one of that establishment's hardest working messenger "WRENS."

Says Jill: "I think you know how I must feel about Victory Bonds. There are many reasons for buying them ::: mine is a very personal one.

Corp'l Doris Duncan

There is a burst of flame near a gasoline tender being fueled from a flying school's huge tanks. Without hesitation, a girl races into a building that contains thousands of gallons : : : turns off the pump ... returns quickly to her job as an airwoman equipment assistant. Disastrous explosion averted ::: a grateful Chief of Air Staff commends a pleasant-looking, quiet, young woman for her courage and resourcefulness. Cpl. Doris Duncan is her name . . . an Ottawa girl : . . hers is an Air Force family . . . her father, her brother : : : and her husband, a wireless air gunner.

Says Doris: "When war is over, our Victory Bonds will help us settle back in civilian life. Meantime, we're in uniform, and our dollars are serving Canada too."



Match their valour with your self-denial

These are only three among thousands of Cana dian women who are proud to wear the uniform ... who do the countless, vital tasks behind the front line... who add to the temper of Canada's hard-striking forces.

Canadian women on the "home front" have an obligation to back the Victory Loan in the same way that their sisters in uniform are backing our armed forces. Each housewife can buy additional Victory Bonds by even more careful budgeting ...

salary earners by purchasing bonds from accumulated savings and by payroll deductions. Your stake in victory is not less than that of the women in our armed forces . . . and they, too, buy Victory Bonds.

peed

NATIONAL WAR FINANCE COMMITTEE



company. You can also buy Bonds through your employer for cash or on the Payroll Savings Plan. Or send your order to your \$100, \$500, \$1,000 and larger.