EEKLY WARTIME FOOD HINTS

tha Logan, Swift's famed Home Econo-, whose weekly cooking column is a lar feature of this page. Look for these able hints every Monday

by Martha Logan

an Applesauce Now!

the rush of canning , it's a good idea to a dozen or so jars of applesauce

e a day keeps the doctor besides which applesauce s a welcome pepper-upper me meals. So, have you ed the wisdom of canning plesauce to have ready for moment's notice. It's easy cost per jar is modest.

h veal, lamb or pork . . . d for bread or toast . . . as for pies or, chilled, with ookies, for an appetizing

NNED APPLESAUCE

e up your very best apple- —adding a little ground a few cloves, shaved lemon a little grated nutmeg, if y.

boiling applesauce into hot ized jars. (As each jar is filled complete points 3, 4 and 5 before proceeding with next jar).

3 Adjust rubber ring (which has been standing for 5 minutes in boiling water).

4 Stir applesauce in jar with a sterilized fork to let any air-bubbles escape.

5 Put on sterilized glass top and metal top (which has stood 5 minutes in boiling water); tighten screw-top, then loosen half a turn. On spring-type jars, close one spring only.

6 Process in boiling water bath, (water 2 inches above top of jars) 10 minutes for pints, 15 minutes for quarts (counting time only from moment water around jars boils actively). Or process in automatically-controlled oven, at 275°, 15 minutes for pints, 25 minutes for quarts.

7 Remove jars and complete seal. (Never open jars to fill them up, or tighten screw again after cooling).

8 Test for leaks, and store in cool, dry, dark place.

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SPEED the VICTORY
5TH VICTORY LOAN

The little things we do at home . . . obeying the rationing regulations . . . doing without luxuries . . . curtailing necessities . . . skimping to buy bonds . . . these are not sacrifices. They are merely self-denial. The men who face the actual brunt of battle make the sacrifices.

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rly Ad. Copy is Appreciated

Locals

Mrs. R. S Woods returned to the city on Saturday afternoon from a trip to Vancouver.

▲To all members of the Labor Progressive Club, this evening's Educational Meeting has been postponed.

▲ Members, Junior Chamber of Commerce please attend Senior Meeting, Tonight 8:00 p.m. Legion Hall.

Commander Charles Cree, naval officer in charge at Prince Rupert, will be the speaker at the weekly luncheon of the Prince Rupert Gyro Club this Wednesday.

▲ St. John Ambulance First Aid Classes start this week—Wenesday 8 p.m., Men's class; Thursday 8 p.m., Women's class; Friday, Industrial class. Health Centre Bldg., rear of Post Office.

Alan Hurst, area secretary of the Young Men's Christian Association war services for British Columbia, with headquarters in Vancouver will arrive in the city this afternoon from the south to be here and in the district for the next few days on an insepction trip. Capt. Frank Guy Armitage, well known Dickensian interpreter and Y.M.C.A. war services entertainer, is also returning here tonight to continue his visit with the forces in this area.

Lieut. Barbara Bullock-Webster, who was to have been here on November 10 and 11 as a recruiting officer for the Canadian Women's Army Corps, will be unable to come to Prince Rupert owing to indisposition but Lieut. Mabel L. G. Brown will be here instead. Major A. S. Parkes, district recruiting officer, is leaving tonight for Prince George to meet Lieut. Brown and accompany her on a tour through the interior.

3-PURPOSE MEDICINE Hits CATARRH Misery Fast!

When acute catarrh makes breathing difficult—causes stuffy head, watery eyes, nasal irritation and distress, put a few drops of Vicks Va-tro-nol in each nostril and enjoy the relief it brings.

Va-tro-nol is so successful because it does three very important things: (1) shrinks swollen membranes of the nose, (2) clears out discomfort-causing congestion and (3) soothes irritation. Many catarrh sufferers say it's the best relief they've found. Try it!

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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.

Captain and Mrs. Groves Both Die

Capt. P. G. Groves, formerly of Prince Rupert and later of Vancouver, died recently at Los Angeles, California, where he had resided since 1935, and shortly after Mrs. Groves, the widow, passed away.

Capt. and Mrs. Groves are survived by a son and a daughter.

NOTICE TO MARINERS

Mariners are advised that all operations in connection with the removal of Ripple Rock, Seymour Narrows, B.C. have been postponed until further notice.

All previous notices in connection with this operation are cancelled.

W. L. STAMFORD, Agent,
Department of Transport.
Victoria, B.C.
Oct. 22, 1943.

"Build B.C. Payrolls"

Breaking Into the Milk

"I started using Pacific Milk years ago, while living away out, where fresh milk could not be obtained," writes Mrs. K. "Now that I am living in town, I still continue using it because I understand its value."

In other words, Mrs. K. had discovered the inner value that is hidden away in the milk.

It's absolutely essential to BUY VICTORY BONDS

PACIFIC MILK
Irradiated and Vacuum Packed

LABOR-PROG. REAL PARTY OF WORKERS

Tim Buck Reiterates Willingness To Collaborate With C.C.F.—Urges Labor Unity.

Speaking in the Capitol Theatre, before a house packed with interested listeners, Tim Buck, national leader of the Labor Progressive party talked yesterday afternoon on national and world political problems for an hour and a half.

In explaining his attitude toward the party, of which he is head, and which he founded a few months ago, Mr. Buck said:

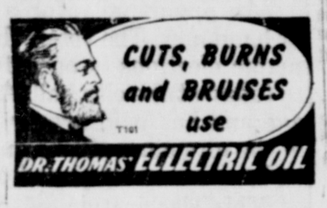
My reason for supporting the Labor Progressive party, and helping to build it up is not merely because it is the only party dedicated to helping the working class but because it is the only party which is trying to create unity among all the parties which view politics from a comparable level."

In this regard he mentioned the willingness of his party to co-operate with other socialist groups, notably the Co-operative Commonwealth Federation, which, he said, while their policies were not in complete agreement, could depend on Labor Progressive support when their policies did agree without reserve, inspired by party lines.

Mrs. J. R. Blakey was chairman of the meeting and the speaker was introduced by Bruce Mickleburgh, chairman of the local Labor Progressive Club.

Following Tim Buck's speech, a collection was taken during which his autograph pictures were given to those who contributed more than $5. A question and answer period closed the meeting.

Ivor Williams, 40, British poultry expert, died at Groesfford Marli, Abergele, Wales.



Given New Command

OTTAWA, Nov. 1 (?)—The appointment of Brigadier T. H. Musgrave, 50, of Winnipeg, as senior artillery officer of the reconstituted Sixth Division now serving as a coastal defence unit in Canada, was announced by coastal defence headquarters.

Announcements

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

Presbyterian Bazaar, Nov. 4.

Dry dock employee's Assn. dance Nov. 5th.

W.A. Coast Regiment Service Men's Dance, Nov. 8, Empress Club.

Little Norway Tea, Nov. 10.

▲ Canadian Legion Auxiliary Bazaar, Nov. 12, Oddfellows' Hall

Cathedral Fall Bazaar Nov. 18.

L.O.B.A. Dance, Nov. 25, Oddfellows' Hall, 9:30-1:00, Jean de Carlo's Orchestra. Refreshments.

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

United Church Bazaar December 2nd.

NOTICE To The Public

The public is advised that the Ambulance is no longer available for the transportation of patients to and from the hospital, the vehicle having outlived its usefulness, and since no responsibility rests upon the Board of Management of the Hospital to provide an Ambulance it will not be replaced.

By Order of the Board.
H. W. BIRCH,
Secretary.

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Back our gallant fighters. They're smashing the pill boxes and clearing the way. Buy 5th Victory Loan Bonds to give them the tools to finish the job. They're counting on you: don't let them down. Buy and speed their Victory!

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WE LEAD . . . OTHERS FOLLOW

CLASSIFIED ADS

FOR SALE

FOR SALE—¾ steel bed. Like New. Also vanity dresser. 537 7th Ave. West. (257)

FOR SALE—2nd hand Monarch Range. Inquire at Heilbroner's. (tf)

FOR SALE — Five room house and cabin at back. Garage and woodshed; on two lots. 11th Ave. Phone Red 486.

FOR SALE—Model B American Curved Needle Stitcher for heavy duty, slightly used. Apply Wide Awake Shoe Shop, P.O. Box 154. Prince George, B.C. (256)

tery radio. 1459 6th Ave. East. (257)

FOR SALE—Modern Bungalow, 4 rooms and bath with 2 unfinished rooms in attic. Located 600 4th Ave. E. on corner lot. A lovely home in an ideal location. Phone Green 245, 6 to 9 p.m. (256)

WANTED — Gentleman would buy for own use man's suit, overcoat etc. size 40 or 42. Apply Box 615 Daily News. (255)

FOR SALE—Piano box, barrels for dishes. Red 183. (257)

WANTED TO RENT

WANTED to Rent—Furnished or unfurnished house. Couple, no children. Very urgent. Box 615 Daily News. (259)

WANTED TO RENT—Furnished or unfurnished house or apartment. Urgent accommodation be obtained; reliable party, and offer suitable reward. Would consider buying furniture. Box 616 Daily News. (260)

ROOM AND BOARD

ROOM AND BOARD, 718 Fraser Street. (tf)

Daily News Advertising Brings Results.

HELP WANTED

WANTED—Meter reader for local power company, male or female, to work in city, apply Selective Service Office A.F. 93. (257)

WANTED—Reliable woman for care of two children. Soldier's wife preferred. Room and board, good wages. Phone American Signals 291. Ask for Gertie MacCarthy. (255)

WANTED—The Daily News is open to receive the names of bright and honest boys or girls who are desirous of obtaining delivery routes. (tf)

WANTED

WANTED—Furnished or unfurnished house for one month to one year. Must find something before November 10. Phone Black 751 after 5 o'clock. References furnished. (256)

$25 REWARD for finder of small furnished or unfurnished house. Civilians. No children. Apply Box 605 Daily News. (280)

WANTED — Use of piano one hour daily. Phone Blue 610. (253)

$25 Reward for information leading to the renting of an unfurnished house, four rooms or larger. Immediate possession. Phone Red 877. (255)

PERSONAL

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

DAY NURSERY — Reasonable rates. Apply 441, 7th Avenue East. (280)

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Esquire	$4.00	Readers Digest	$1.50
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