

THE DAILY NEWS
 PRINCE RUPERT, BRITISH COLUMBIA

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EDITORIAL

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King's Birthday . . .

The June day, celebrated in the Empire as the King's birthday, has this year none of the holiday atmosphere accorded it in the easier days of peace. In keeping with the busy trend of the times not even the school children of Prince Rupert were given a day off. It is doubtful if the King himself relaxed from his duties on this official celebration of his birth.

While for purposes of celebration this is recognized as the King's birthday the actual anniversary of his birth is December 14. He was born at Sandringham in 1895, on the anniversary of the death of his grandfather, Prince Albert, a fact which disturbed Queen Victoria who was still unconsolated forty years after her husband's death. She was made somewhat happier when it was agreed to call him Albert after his grandfather. His full name is Albert Frederick Arthur George.

The King is well qualified to be a wartime ruler, having a naval and air force background of great merit. In 1916 he saw action in a naval gun turret at Jutland and in 1917 he transferred to the newly formed Royal Air Force. After learning to fly he achieved the succeeding ranks of Squadron Leader, Wing Commander, and Group Captain. These were earned promotions and not honorary titles given out of benefit for his royal position.

It can be said of George VI that he is a real and sincere inspiration for all his peoples.

The Liquor Ration . . .

Of course, the latest liquor ration scheme—whereby the allowance of hard liquor is cut in half while that of beer is doubled—is designed to regulate the proportion of consumption of the former in relation to the latter. Weeks ago the chairman of the Liquor Board intimated that British Columbians were buying the hard liquor in such a heavy proportion that it would be necessary to stiffen the ration. Now this has happened and, instead of twenty-six ounces a month, only thirteen ounces is allowed.

In some ways, it would seem that prohibition is gradually being imposed upon us whether we like it or not. So far, we have heard of no one that has really suffered and, after the rather vociferous protestations at the start, the public, by and large, is accepting the restrictions in a commonsense way.

MILITARY LUNCHEON

Prince Rupert Regiment Featured In Demonstration for Gyro Club

The regular weekly luncheon of the Prince Rupert Gyro Club had a distinctly military aspect as several members of the club who are in the Prince Rupert Machine Gun Regiment, local reserve unit, made their appearance in uniform with the program consisting of a talk by Captain J. R. Hall, instructional officer, on equipment and instruction procedure and a machine gun demonstration under the direction of Company Sergeant Major Mac-

Donald with three Gyros—Lieut. G. D. Bryant and Privates W. J. Scott and W. F. Stone—proving proficient members of the demonstration squad. Lieut. A. Dieldal gave a brief speech, emphasizing the need of further recruits in the reserve and welcoming any such to the company of which he is commander.

President W. J. Scott was in the chair for the early part of the luncheon with Past President G. L. Rorie taking over for the latter part and thanking all those who had taken part in the program for the arrangement of which Lieut. Bryant was in charge.

Guests, besides Capt. Hall and Lieut. Dieldal, were Regimental Quartermaster Sergeant William Broadley and Norman Morrow, the latter of Vancouver.

BUY . . .

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Sole Fillets

. . . At Your Local Butchers

NO WASTE — READY TO COOK

Canadian Fish & Cold Storage

PRINCE RUPERT Co. Ltd. BRITISH COLUMBIA

ACTIVITIES OF Y.M.C.A. AND Y.W.C.A.

By DOROTHY GARBUTT The Hostess

I am trying to contact the heads of all the women's clubs, auxiliaries and organizations in town in order that they may meet Major Leona McIlvena, who is staff officer of the Canadian Women's Army Corps of the Headquarters Pacific Command. Major McIlvena would like to meet as many of these ladies as possible, mothers of enlisted girls and those who are interested in the work the women are doing in the Army. If there are any I have been unable to contact I should like them to accept this as an invitation to attend. The meeting will be at the Y hut on Friday afternoon. Major McIlvena will be here some days and while here is the guest of an old friend of hers, Mrs. George Mead, Fourth Avenue West.

The Support Company of the New Regiment at the "Cy Peck Camp" is holding a dance tonight at the camp. Transportation will be at the Y hut to pick up the junior hostesses and chaperones. Mrs. Helen Speirs and Mrs. Linda Varfeldt, members of the Women of the Moose, will act as chaperones.

Another naval ratings dance is coming up next Monday. More details later. Just try and keep the girls away!

So successful was my drive for wringers for the units that an American unit has asked me if I can appeal for the loan—on hire—for a sewing machine for one month. It seems they have a lot of curtains and fixings and they have tried

HERE WE GO AGAIN!

A new month has brought with it a new flow, or perhaps trickle is a more suitable word, of liquor, and these June days find the thirsty, like the faithful at a mosque, lined before the liquor vendor's to receive their few drams or pints of potable spirits. The well-worn pavement on Third Avenue is burdened with a line four abreast extending the width of the building for a while at least each day. It is not as long a line-up, however, as many previous ones.

Considering the one-purchase-a-month ruling those who buy now will have to care for their mickey or gallon with good husbandry to make it last to the turn of another calendar page. But those who rashly buy a 26 or a 40 ounce bottle are letting themselves in for a respective two and three month wait. A 40-ounce flagon has become a sort of quarterly dividend.

It is doubtful, from the appearance of the crowd in front of the liquor store, that they are a solid representation of the desperately thirsty. In dress and appearance they seem to be a general cross-section of population, civilian and

around at the used furniture places and can't locate one. They only need it for the month and promise to return it in good condition.

Do you remember the Navy steward, Jimmy Dumeah, who played Santa for us at a women's notice last Christmas? Well it seems that he is quite a star in Navy baseball circles down South. What do you know!

military, and with some, at least the season for their early purchases is the vague fear, a throwback to the days of unorganized restriction, that if they did not get it first, they might not get it at all.

SPORT CHAT

Lou Gehrig, then 22, Columbia University's gift to baseball, 18 years ago yesterday took over first base for the New York Yankees to start an iron man stunt unequalled in modern baseball. In 14 years Lou played 2,180 consecutive games for the Yankees. Gehrig died in 1941 and his baseball prowess has been immortalized on stage, screen and radio.

Seven years ago today the Babe Ruth-Boston Braves feud came to a head and the "King of Swat" was given his unconditional release thus terminating a spectacular baseball career of 22 years. He put in 15 years with the New York Yankees before a brief but torrid period with the Braves.

MIDLANDS

A potatoless week-end appeared in prospect for Cobourg households as local stores reported inability to secure new stocks to replace those sold in limited quantities last week. Potatoes are not coming through from further east and supplies from local sources are practically unavailable. Meanwhile citizens are buying more bread and other substitutes to accompany their still ample meals.

Among Canadian Army men

CLOVER LEAF Salmon

BOOSTS BRITAIN'S FOOD SUPPLY

On Active Service

BRITISH COLUMBIA PACKERS LTD., Vancouver, Canada

graduated as second lieutenants at Brockville recently was George A. Mitchell, son of Mr. and Mrs. George S. Mitchell of Cobourg.

O'Brien of Kingston, then Bishop of Peterborough, in 1918. He has been two years at Cobourg.

The pickerel season has opened giving fishermen of Cobourg and Northumberland another opportunity of enjoyment of their favorite pastime. Cold weather and gas and tire shortages have combined to make fishing an unpleasant proposition so far this year but even that is no reason for the fish to feel unduly secure.

The Cobourg railway offices have gone high-hat. During the past few weeks their telegraph keys have been thrown out in favor of the new teletype machines. Their greater efficiency, coupled with the difficulty of getting skilled manual operators is the reason for the change.

MARTHA'S VINEYARD

Rev. G. J. Maher, of St. Michael's parish marked the twenty-fifth anniversary of his ordination to the priesthood on May 25. He was ordained by the Most Rev. M. J.

Martha's Vineyard, an island four miles off Massachusetts, was discovered in 1602 by Bartholomew Gosnold.

10 WAYS TO MAKE MEAT GO FARTHER!

HERE are ten ways to make meat go as much as 40% farther. Ten ways to give extra rich flavour and goodness to meat dishes. Ten ways to use Quaker Oats . . . the food which replaces so many health elements ordinarily found in meat.

For Quaker Oats is high in proteins. As high, ounce for ounce, as pork chops! or eggs! Higher than any other natural cereal, whole-grain or otherwise.

Quaker Oats is the richest, natural source of Vitamin B1. Actually, Quaker Oats provides 70 International Units of Vitamin B1 per ounce! (lean round beef steak, contains an average of only 12 I.U.'s of B1 per ounce). And Quaker Oats contains generous amounts of Phosphorus, Iron and other B Vitamins, that are ordinarily obtained from meat.

Serve full-flavoured Quaker Oats regularly for breakfast! Use these delicious Quaker Oats meat-extender recipes, to stretch your meat ration . . . help family health . . . save your money!

Clip these Practical, Thrifty, Meat-Saving Recipes!

COMBINATION LOAF (Serves 8)

1 1/2 lbs. beef (ground)
 1/2 lb. pork (ground)
 3/4 cup onion (cut fine)
 1 cup Quaker Oats, uncooked
 2 1/2 teaspoons salt
 1 teaspoon pepper

1 teaspoon mustard
 1/4 cup ketchup
 1 egg (well beaten)
 1 cup water

COMBINE all ingredients, in order listed and mix well. Turn mixture into loaf pan (about 5 1/2 x 8 1/2 in.). Bake in moderately hot oven (375° F.) for 1 hour. Serve hot or cold.

TOMATO SAUCE: Heat a can of condensed tomato soup, with 1/2 canful water or stock. Makes delicious sauce for this or veal loaf.

QUAKER'S PORK LIVER LOAF (Serves 8)

1 1/2 pounds pork liver
 2 slices bacon, OR 2 tablespoons dripping
 1 medium sized onion
 1 or 2 eggs (well beaten)
 1 teaspoon salt

1/2 teaspoon pepper
 1 1/4 cups liquid
 1 cup Quaker Oats, uncooked
 1/2 cup ketchup

SLICE pork (or other) liver; cook in water to cover, for five minutes. Save liquid to use in loaf. Grind liver with the bacon and onion. Add all other ingredients except the ketchup; mix thoroughly. Pour ketchup into a greased loaf pan and add mixture. Bake in moderate oven (350° F.) for 1 hour. NOTE—If desired, half liver and half ground beef may be used.

QUAKER MEAT PATTIES (Serves 6)

6 thin slices bacon
 1/2 lb. beef (ground)
 1/2 lb. pork (ground)
 1 egg (beaten)
 Dash of pepper
 1 cup tomatoes (canned or fresh)
 1 tablespoon onion (chopped)

1/4 cup water
 1/2 cup Quaker Oats, uncooked
 1/2 teaspoon salt

LINE 6 large muffin pans with bacon. Combine remaining ingredients and mix well. Turn into muffin pans. Bake in moderate oven (350° F.) for about 1 hour. This recipe can also be made using about 2 1/2 cups ground leftover cooked meat; add 1 1/2 tablespoons shortening to ingredients and bake 25-30 minutes, or until bacon is cooked.

STUFFED SPARERIBS (Serves 8)

4 pounds pork spareribs
 4 cups soft bread crumbs
 1 cup Quaker Oats, uncooked
 1 cup chopped apple
 1/2 cup onion, chopped
 2 teaspoons salt

1/4 teaspoon pepper
 2 tsp. poultry seasoning
 1/4 to 1/2 cup shortening (melted)
 1/2 cup water

COMBINE all the ingredients except spareribs. Pat out in a greased baking pan, cover with the spareribs, and sprinkle with salt, pepper and flour. Or spread stuffing on ribs; roll up and tie. Bake in a moderate oven (350° F.) about 2 hours, or until ribs are tender. *Fire-tee, for other meats.

MEAT OR FISH CROQUETTES (Serves 6)

2 cups chopped cooked meat (or flaked cooked fish)
 2 tablespoons finely-chopped onion
 1 cup Quaker Oats, uncooked
 2 cups meat stock or water

1 teaspoon salt
 Pinch pepper
 1 teaspoon Worcestershire Sauce

STRIP Quaker Oats into rapidly boiling stock or water; cook over low heat, stirring frequently, for 5 minutes. Add meat or fish and seasonings, and combine well. Cook. Shape as 12 croquettes. Chill. Dip in seasoned sifted fine dry crumbs, then in diluted slightly-beaten egg. Finally, coat completely with seasoned sifted crumbs. Fry in deep hot fat at 390° F. (hot enough to brown a cube of bread in 20 sec.)

SAVOURY WIENER SCALLOP (Serves 6)

2 1/2 cups canned tomatoes
 1/2 cup chopped onion
 1 teaspoon sugar
 1 1/2 teaspoons salt
 1 teaspoon prepared mustard
 1 cup Quaker Oats, uncooked

1/2 teaspoon pepper
 1/2 cups canned whole kernel corn
 2 tablespoons butter
 6 wieners

COMBINE tomatoes, onion, sugar, salt, pepper, mustard and Quaker Oats. Place 1/2 of corn in a shallow greased casserole, cover with the tomato mixture and onion. Repeat, until all of the tomato and corn is used. Split wieners in half lengthwise, brush with melted fat and place on top of casserole, cut side up. Bake uncovered in a hot oven (400° F.), about 35 minutes.

HOLLYWOOD MEAT CAKES (Serves 6)

1 pound ground beef (inexpensive cut)
 1/2 pound sausage
 1/2 cup chopped onion
 1 cup Quaker Oats, uncooked
 2 teaspoons salt
 1/2 cup tomato ketchup
 or chili sauce

1/4 teaspoon pepper
 1/2 cup grated raw carrot
 1 egg, beaten
 1/2 cup water or stock
 Seasoned fine dry crumbs

COMBINE all ingredients except crumbs. Mix thoroughly and let stand for 10 minutes. Shape as 12 to 18 flat round cakes. Coat all over with crumbs. Brown quickly in hot fat in frying pan, turning very carefully. Lower heat and cook until done through. Serve with a brown or tomato sauce, and cole slaw.

TASTY VEAL LOAF (Serves 6 or 8)

1 lb. veal (ground)
 1/2 lb. bacon (ground)
 Or, use 1 1/4 lbs. veal (ground) and 3 table-
 spoons shortening
 1 bouillon cube
 1 small onion (chopped)
 1/2 cup boiling water
 1 egg (well beaten)
 1 teaspoon salt

1/4 teaspoon pepper
 1 teaspoon celery salt
 1 teaspoon paprika
 2 tsp. Worcestershire Sauce
 1/2 cup ketchup
 1 cup Quaker Oats, uncooked

DISSOLVE bouillon cube in water and allow to cool. Or use 1/2 cup stock. Combine with all other ingredients thoroughly. Turn into greased loaf or ring pan. Brush with melted fat. Bake in moderate oven (350° F.) 1 hour.

BAKED STUFFED HEART (Serves 8 or more)

Beef heart, about 4 lbs.
 2 cups soft bread crumbs
 1/2 cup chopped onion
 1/2 cup Quaker Oats, uncooked
 1/2 cup water or stock
 3 or 4 tablespoons soft dripping

1 teaspoon mixed poultry seasonings
 1/2 teaspoon salt
 1/2 teaspoon pepper

CLEAN and trim the heart. Wash thoroughly, and dry. Combine the remaining ingredients, let stand for five minutes, then use to stuff the heart. Skewer or tie up to secure. Coat with seasoned flour and brown thoroughly in hot fat in frying pan. Place in baking dish, rinse frying pan with water, and pour over the heart. Add water to half-cover. Cover and bake in a moderate oven (350° F.) until tender (about 3 or 4 hours). Season during baking.

STUFFED LAMB SHOULDER (Serves 6 or 8)

Boned shoulder of lamb (about 3 pounds)
 1/2 cup Quaker Oats, uncooked
 1/2 cup chopped onion
 3 cups soft bread crumbs
 1/2 teaspoon salt

Pinch of pepper
 4 or 5 teaspoons chopped fresh mint
 5 tablespoons dripping, melted
 1/2 cup water

WIPE meat with a damp cloth, and untie it. Combine remaining ingredients thoroughly, and let stand for five minutes. Use to stuff the meat; tie or skewer to secure. Place on rack in roasting pan. Dot with soft dripping. Bake uncovered, in a rather slow oven (325° F.) about 2 hours. Baste often, and season during baking. Grand hot or cold.

ALL THIS . . . and DELICIOUS, HEALTHFUL, NOURISHING BREAKFASTS, TOO!

Yes, a steaming bowl of delicious Quaker Oats is one of the best ways to start the day. And don't forget that the four morning hours make a major demand on your energy and stamina. Quaker Oats gives you Vitamin B1 and other elements so necessary for glowing health.

"In England, where meat is rationed to a minimum, oatmeal is recognized as a bulwark of nutrition."