



New Recipe for All-Bran Muffins
Easy and better than ever!

MOLASSES ALL-BRAN MUFFINS
1 egg
1 cup sifted flour
1/2 cup light molasses
1/2 teaspoon salt
1/2 cup milk

Add All-Bran to molasses and milk; let stand for 15 minutes. Beat egg; add to first mixture. Sift flour, salt and soda together; combine with All-Bran mixture. Fill greased muffin pans two-thirds full. Bake in moderately hot oven (400° F.) about 20 minutes.

What a rich, satisfying flavour you get when golden molasses and toasty All-Bran get together in a tender hot

muffin! And what a deliciously mouth-melting texture! That's because All-Bran is milled to make the delicate shreds soft and tender. Enjoy these grand muffins with a glass of milk for a bed-time snack... or spread them with jam for the youngsters when they come home from school. Get Kellogg's All-Bran today. 2 convenient sizes at grocers. Made by Kellogg, London, Canada. Helps keep you regular—naturally!

Kellogg's All-Bran

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SMOKED MILD CURED SALMON

Try them today from your Butcher or at your favorite restaurant.

Canadian Fish
— AND —
Cold Storage
COMPANY LIMITED
PRINCE RUPERT, B.C.

Were Married At Lutheran Church

At a wedding in St. Paul's Lutheran Church Saturday evening, Miss Annie Violet Rosang of 705 Fifth Ave. E., Prince Rupert, became the bride of Rasmus Thomassen Tyse, of Oona River, Porcher Island. Rev. A. O. Aasen officiated. Witnesses were Harald Jensen and Miss Theima Letts, both of Oona River.

Timely TERRACE Topics

Harry Seaton has become public works foreman here.

Mr. and Mrs. G. McAdams were in Prince Rupert over the week-end on business.

Mike Freylinger, district organizer of International Woodworkers of America, addressed a meeting of the woodworkers in the Orange Hall Monday night. He returned to his headquarters at Prince George the same evening.

Vernon Kimball, formerly a machinist with Highland and Kerr, left on Monday night's train on his return to the States.

Classified Ads bring results.

WIN YOUR FAMILY'S PRAISE!

I WISH YOU COULD DIGEST YOUR ARITHMETIC AS EASILY AS YOU DIGEST YOUR AUNT JEMIMA'S!

IF I DIGEST THEM SO WELL - CAN I HAVE SOME MORE AUNT JEMIMA'S!

Seize AUNT JEMIMA'S
PANCAKES OR BUCKWHEATS
Often Good for you Digestible as toast!

BRITISH COLUMBIA'S
FINEST SALMON

The Seal of Quality

BRITISH COLUMBIA'S
FINEST SALMON

Beauty Lane Salon
Beulah Lavigne (late of Modern Beauty Parlor) has purchased the Annette Powell Beauty Shoppe from Peggy Saunders and is continuing as

Beauty Lane Salon
Fourth Street, opposite Post Office Phone Blue 917

We serve you nothing but the best—Special Red Brand Beef, Choicest fresh Vegetables and Fruits Complete line of Groceries

OUR DELICATESSEN DEPARTMENT OPEN DURING REGULAR STORE HOURS

Choicest Cooked Meats, Meat Pies, Roast Chickens, Fish and Chips daily. We are ready to serve you Chinese dishes—Chow Mein, Chop Suey, etc., to take out. Cooked with delicate taste and quick service.

TRY US!

RUPERT BUTCHERS
Phone 21 — Third Ave. West — Next Royal Hotel

LONDON STYLES MUCH CHANGED

Important Trends Shown at 1946 Show Last Week

LONDON—Important changes are shown in the 1946 spring dress collections which were opened in London last week by the Society of London Fashion Designers. Sloping shoulders take the place of square ones, on the very formal dresses in the first three collections shown by Hardy Amies, Charles Creed, and Victor Stiebel, all of whom have just been demobilized from the forces.

The silhouette becomes a pyramid in the Amies collection, narrow at the shoulders, wide at the skirt hem. Hips are padded and artificial even on tailored suits, which alone keep their broad shoulders with waists very narrow.

Dinner and evening dresses show an eighteenth century influence with very wide skirts and closely fitting bodices, with low décolletage only in front. Stiebel shows a very similar evening line, with off-the-shoulder décolletages and Victorian wool embroidery used as stomachers on dinner dresses.

Jackets of many afternoon suits are padded over the hips like the skirts and also break into fullness below the waist, especially at the back. Tiny, pink ostrich feathers are sewn all over a black velvet full skirt gown as trimming. Charles Creed lowers his waist line and makes jackets to wear without blouses since he says women rarely take their jackets off today.

There are bold tweeds in stripes or checks from Cumberland and Scotland, much rayon satin and rayon tie silk (hitherto used only for men's ties) and

some magnificent cottons which are a triumph for British industry. Notable are printed cottons and diaphanous sea island cottons, both used for evening dresses with striped cottons (processed like crepe de chine) for blouses.

Buyers from all over the world were present.

HOW CAN I ???
By ANNE ASHLEY

Q. How can I remove an acid stain that has changed the color of a fabric?
A. Sponge with a solution of one part ammonia to four parts of cold water. Apply carefully, slightly touching the stain, and in most instances the color will be restored.

Q. How can I make a polish for oiled or varnished floors, or for linoleum?
A. Use equal parts of kerosene, linseed oil and turpentine. Apply with a mop or soft cloth.

Q. How can I remove burnt stains from saucepans?
A. Cover the spots with wood ashes and water and allow it to stand for several hours. Then wash.

Conductor's Rose Good Luck Charm

HALE, Cheshire, England — Jack Wheeler, a railway conductor, wears a red rose winter and summer in memory of the rose that saved his life 33 years ago.

It was a foggy winter night when he saw the rose on the snow between two sets of rails. He went and picked it up and by doing so escaped being killed by a train he had not heard. Since then he has worn more than 12,000 flowers of remembrance and says "my flowers have brought me through many scrapes."

The Experts Say - -

By HELEN BANNERMAN

VEGETABLES — Vegetables, those busy little mineral and vitamin suppliers in the daily diet, are in the stores in greater quantity now and it is possible again to serve a vegetable dinner once a week, using three or four vegetables. A vegetable pie hits the spot these cold days and

TWENTY-FIVE YEARS AGO

January 6, 1921
A shortage of refrigerator cars was being corrected by the Grand Trunk Pacific Railway which announced that it was sending 25 cars west immediately. Halibut boats were taking their cargoes to Seattle because of a shortage of refrigerator cars here.

It was rumored in Vancouver that the Canadian National vessels Prince Rupert and Prince George would be taken off the Vancouver-Prince Rupert run and placed on a new mercantile service from Vancouver to San Francisco.

H. F. Kergin, M.P. for the "important constituency of Adlin," sailed for the south "imbued with the idea that the south does not understand the north and he will enlighten them."

CREAM OF VEGETABLE SOUP
—To make cream of vegetable soup you will need thin cream sauce made with vegetable water and milk as the liquid and some vegetables to supply the characteristic flavor. The liquid may also be all milk, or milk and vegetable water in any proportion. Thicken with 1/2 to one tablespoon of flour to one cup of liquid for starchy vegetables. Non-starchy ones require from one to 1 1/2 tablespoons of flour to one cup of liquid. Egg yolks are sometimes used to thicken and also to increase the food value—one or two to a pint of liquid.

Vegetables may be cooked specially for the soup or left-over vegetables may be used alone or combined. Use 1/2 cup of vegetables to one cup of liquid. Prepare vegetables by mashing or rubbing through a sieve.

Fresh Local Raw and Pasteurized MILK VALENTIN DAIRY
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FIBRE GLASS JACKETS USED

New Type of Textiles in Britain Now

BIRMINGHAM, Eng. — Fibre glass manufacture developed into two main branches during the war—bat wool and textile—Sir Hugh Chance, chairman of a glass manufacturing firm, said here.

Bat wool, one of the most efficient insulators known, is being used in the construction of prefabricated houses, he said, and is being produced at the rate of 100 tons a week.

Glass is replacing kapok in airmen's life jackets and is particularly useful in Pacific areas where it resists organisms which attack other substances.

Sir Hugh said the glass table cloth is "the housewife's dream, but she won't get it just yet. We have to make it crease-resistant and stronger, so that when the housewife puts it into a tub she won't tear it to pieces."

A fibre glass cloth used to reinforce plastics produced a material lighter than aluminum, stronger than steel and with better elastic and physical properties, he said.

BRITAIN MAKES SYNTHETIC WAX

LONDON, — British scientists have announced development of a synthetic wax known as "abril" which they claim will eliminate the necessity of importing large quantities of natural wax from abroad.

In manufacture abril may be adapted to various uses and can be developed to have a melting point of 250 degrees centigrade compared with the 88 degrees, highest known for natural wax.

ENGLISH LATE

Sir Thomas Moore's "Utopia" was issued in Latin, translated into German, French, and Italian. Not until 35 years had passed and the author had been dead 16 years was it put into English.

LORD MAYOR DECLINES

MELBOURNE, — An Englishwoman wrote to the lord mayor of Melbourne asking him to find her a husband. He passed her request on to the press and three offers were received. Within a week his office was inundated with letters from lonely Australian men and women asking for the same help so he passed the matter to a welfare organization.

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If nerves — doubly so!
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Friday—SS Cardena, 10 p.m.

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Prince Rupert Agent
Third Ave. Phone 568

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TRIPLE RING SET lady's and man's wedding bands matched to the diamond ring in styling

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Plans In Australia Water Conservation

SYDNEY, Australia, — Water conservation projects to cost \$108,000,000 will begin in New South Wales this year. The state government proposes spending \$2,000,000 a year for 15 years on the program. One of the first bills to be introduced when the state department sits in February will make provision for water supply to small farms. This will mean construction of dams and weirs on inland rivers and sinking of bores. Major works include the building of a 100-mile canal in the interior to provide water for an area at present almost waterless. The canal is expected to cost about £2,000,000.

PLANNING IMPROVEMENT

NEW DELHI, India, — The labor department of the government of India has set up a new organization to advise the central and provincial governments on improvement of working conditions in factories. Welfare methods adopted in progressive countries will be among subjects to be considered.

Mrs. A. Carson and small son returned to the city today from a trip to Vancouver. Mrs. Carson, whose husband is overseas, is the daughter of Mr. and Mrs. Max Heilbronner.

Eventually, the government hopes it will lead to larger populations in country districts and increased national wealth.

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