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pacages look so wonderful, too, all right here.

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B. Marr, Vancouver; Mrs. M. F. Platt, Miller Bay; E. L. Davies, city; J. E. Carlson, Vancouver; D. A. Sutherland, Vancouver; Mr. and Mrs. C. Haugiand, Terrace; P. E. Paulson, Vancouver; C. T. Lee, Vancouver; H. Frelman, J. Raphael, Vancouver; C. Hague, Ocean Falls; J. Collins, Vancou-

GLOVES

PEOPLES

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ver; J. D. Edwards, Butedale; Nomination papers of Hugo

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he Experts Say ...

stalls these days, and if mother "ghost yard" would be agreekeeps an eye on her purse-strings ably surprised to the contrary he dinner table.

While apple-sauce heads the struction days but the number list of favorite apple desserts, is more than quite a few peop there are two schools of thought around town might have though in regard to its preparation. The real sauce, which is fluffy and A. J. Whitmore, western dirthe transparent slices in a clear Dr. D. B. Finn, who has been syrup. For this the syrup is made appointed to a United Nations first and the pieces of apple position. Mr. Whitmore is weil added and cooked until tender. known in the fishing industry in ing up of the pieces.

that one teaspoon of sugar to er appointed to the deputy's post. one medium raw apple comes Dr. Finn was formerly director out about right in sweetening of the Prince Rupert Fisherie the sauce, unless the apples are Experimental Station. extremely tart.

With a supply of apple-sauce | Local boat builders, who have on hand, it is an easy matter been managing to squeeze by to make desserts such as Apple | despite pressure of material Snow for which one cup of shortages on all sides, fear that smooth sauce is folded in the nails might become impossible to stiffly beaten white of one egg. get by the New Year, thereby The egg yolk may be used to throwing their production schedmake a custard sauce to serve ules outof kilter. Previously, they ith the snow.

pudding or gingerbread.

fashioned apple pie, and in these | peeting quantities of nails early days of fat shortages, deep ap- in the New Year. Now, however, ple pie, with plenty of apples | they are depressed by the fear and a single crust, will be easy on the pastry.

A pastry shell, made with oatmeal, filled with apple-sauce. then sprinkled with grated cheese, is pie in a new form. It should be popped into the oven just long enough to melt the cheese and served hot. For a party a touch of meringue may replace the cheese.

CHEESE VALUABLE - Cheese one of our most valuable foods and should have a prominent place in meals of both adults and children. It contains nearly all the proteins of milk, which are body-builders; a large percentage of fat which makes lit a valuable source of energy; a good supply of minerals, all of which are essential to good health. Since it requires approximately 11 pounds or a little more than one gallon of milk to make one pound of cheese, about four cunces of cheese is equivalent to one quart of milk in total caloric value. So if desired cheese can take the place of part of the daily milk requirement.

FERRING, Sussex, Eng. (9) Fire destroyed the £40,000 (\$160,-(900) Ferring Grange Hotel. dozen guests escaped.



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KRAUPNER FILES FOR ALDERMAN

Fred R. Cuff, Vancouver; Mr. Paul Kraupner, seeking office and Mrs. R. Godfrey, Vancou- as alderman for a two-year ver; Miss E. A. Vaughn, Van- term, were filed with Returning Officer H. D. Thain shortly before noon today. Mr. Kraupner's nomination was sponsored by Dr. W. S. Kergin and seconded by Jack Mussallem. Mr. Kraupner is the third candidate to file nomination for the December 12 civic elections. Nomination of (tf) George B. Casey was entered last Tuesday and A. E. Field on

transferring of freight in the will throw Canadian steel pro-TASTY APPLE DISHES-Rosy newly developing traffic with Alharvest apples line the market aska. Anyone who thinks it is a dian mills feed on American soft as well as on her family's health by paying a visit. A staff of fifty she'll be taking advantage of does not, of course, sound very this year's ample crop to turn large when compared with the the fruit into tasty dishes for great crews that were employed during the wartime ship con-

smooth, is best sweetened after ector of fisheries, appears to be cooking as it requires less sugar | slated for the position of deputy that way. The other type has minister of fisheries, to replace The syrup prevents the break- the Prince Rupert area. Western Members of Parliament have Home economists have found been working to have a western-

were checred by the probability Hot apple-sauce makes a de- that nail production would be licious sauce on plain cottage practically back to normal since the end of the Canadian steel Nothing can beat the old- strike last summer and were ex-

Christmas

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ite type of slipper, be

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there in various ways. Many small craft are in the are having a vogue in New York yard for various purposes including repair work. One and bring up to \$1,000. Exportanotable activity is the use of the facilities of the yard for the that the American coal strike

> Among the young servicemen of Prince Rupert who are seriously entering the fishing business is Olav Rysstad, member of a well known local fishing fam-

ily, who served with the Canadian Army in Italy. Olav plans to have a 40-foot troller built this winter, in which he will go after salmon next season. Construction of the vessel will start at the Cow Bay Boat Works about the middle of December.

Capt. Ole Stegavig's 37-foot halibutter Cape Spear is undergoing above-deck repairs at Curiey Skogmo's boat works at Cow Bay. The Cape Spear is getting new bulwarks, and new timber-Although the plant has settled down to a state of | ing above-decks at the stern. comparative quietude in relation to the wartime ac-

tivities, the Prince Rupert Dry Dock is by no means POPULAR IN NEW YORK completely idle. Indeed, there is a good deal of action Australian opposum fur coats ed by Australian restrictions on trapping, but it now is being resumed on a large scale. duction out of gear, since Cana-

Fever. At druggists-50c, \$1.

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To Our Customers:

All invoices and statements rendered to Nov. 30th are due and payable to S. E. Parker Limited, and all bills rendered to that date will be paid by us.

We take this opportunity to thank our many good friends and customers for their loyal support and patronage since we started in business in 1910. We sincerely hope that you feel as we do, that a lasting bond of friendship has been the outcome of our associations with you.

We bespeak your continued patronage for our successors. Bob Parker, manager of Bob Parker Limited, has been actively connected with us for the past twelve years, and we are sure that his firm will endeavour to give you the best of automotive service and will continue to live up to our slogan "The Home of Friendly Service".

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