Terrace Parent-Teachers' ing and work. For the occasion, hall had been tsatefully dected in a variety of Easter colw Mrs. S. Campbell, Miss J. ng the wall was an attractive der of bunnies, flowers and eks with pink and green he walls with an eye for bal- arrive to take possession. and design. The tea tables

large crowd, which displayed n interest in the work of the ool children, was in attend-

the afternoon an ater flowers, donated by Mrs. C. King, was auctioned off in holiday in Terrace, went to Mrs. C. L. M. Giggey. art and writing for the vari- day. grades. These were:

Writing, Grades 1-12 Shirley dstiansen, Victor Prestay, raldine Smart, Dolores Honke, rley Reynolds, June Sekora, rie Lindstrom, Clara Warner, riorie Honke, Elsie Crego, en Somerville, Dolly Haugd Harold Whalen.

Grades 1-10-Helene Ben-Dorothy Doroles Honke. Reynolds, Vicki Hipp and a Frank, Jules Perry, Gerald Elizabeth Pongracz, Ronty Bissonnette and Edna Houlden farm on the Bench.

udges were Mrs. D. G. Little.

tted by Grades 6, 7 and 8 are Mrs. M. Lemon. was J. R. Reynolds

Pearl Sekora, Colleen Whalen, Sarah and Margaret Mile, Iren Haughland, Mrs. Patrick, Mrs. Minshall and Mrs. F. Frank made the sandwiches. Those assisting in the kitchen were Mrs. Sparkes, Mrs. F. Frank, Mrs. F. Clifford, Mrs. C. W. Michiel, Mrs. H. Wold, Mrs. J. Haaland. Mrs. Lindberg very was held on Saturday and Mrs. N. Sekora were in soon in the Orange Hall by charge of the sale of home cook-

Timely

Mr. and Mrs. S. Craig and windows. Samples of work family of Prince Rupert have in much the same way as rolled th the High and ele- purchased Gordon Brookes' farm oats is used in Canada. Both are schools were arranged on Braun's Island and will soon made from the whole grain,

> Sigurd Glaim has purchased a house and five acres of land in is passed between heated rollers. Dutch Valley from Sam Hauden- For the more modern quick-

> W. R. Workman of Smithers speeding up cooking time in the was in town during the week.

Prince Rupert are spending a

T. R. Tomlinson of Cedarvale drove to Terrace on Thursday irs. Frank announced winners and returned home the same

> C. W. Michiel left on Thursday for a business trip to the south.

Matt Allard and his nephew, Henry, arrived in town a few days ago with a fine catch of beaver. They have been trapping around Kalum Lake.

Ceeil Muirhead, game warden from Smithers, was in Terrace at the beginning of the week.

E. S. Laird and family arrived Paulsen, Leo Benoit, Charles on Friday from Prince Rupert. Bissonnette, The Lairds have purchased the

Mrs. Peter Simpson left on George Dover and Mrs. F. Thursday for Prince Rupert where she is spending about a week as the guest of Mr. and

CROWLE, Yorkshire, Eng. ()-The War Office ruled that 40 German prisoners of war stationed here could not accept an sF James and Miss J. Mac- invitation from the local vicar ald, while serviteurs were to attend Sunday services.

Be sure to take the necessary

Prescription Specialists

precautions in time.

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Will Not Injure Fabrics — 16-oz. bottle, 75¢

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SCOTCH TYPE SMOKED KIPPERS

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PRINCE RUPERT, B.C.

Deasonable Ideas for Housekeepers

All through the war the Bri- | the following practical sugges- | tish people, of necessity, had to tions: make the best possible use of homegrown foods and are still having to do so even in these post-victory days. The British Ministry of Food, by timely suggestions, has continued to help the housewives throughout the country. The use of potatees, carrots, cabbage and oatmeal has been especially stressed because these foods were relative-

ly plentiful. In Britain, oatmeal is used cleaned and hulled. In making meal, the grain is chopped or ground, while for rolled cats, it

Home economists, while lookpublications, have jotted down reheating.

"Fill up with potatoes rather than bread.

Oatmeal is another good 'filler' particularly for heavy workers and growing boys and girls.

Make the most of meat by first of all cooking it properly and secondly by knowing how to stretch the meat ration.

Food which has aiready been heated and is spoiled if cooked the amounts of some of the intoo much a second time. This is gredients called for in the origespecially important to remem- inal recipes were increased. ber when using up left-over meat, fish and vegetables.

Dishes using cooked vegetables Original Recipe: should, as far as possible, be served with a fresh salad or a serving of freshly cooked greens to make up for the vitamin C cooking rolled oats, the grain is

lost in cooking and reheating. cut in pieces before rolling, thus All dishes using left overs need more seasoning than when uncooked food is used. This is Canadian Version: because some of the natural Dr. and Mrs. Jens Munthe of ing over British Ministry of Food flavor of the food is lost with

Use oatmeal or rolled oat whenever possible in place flour, because it is home-produced and by its use we shall be

saving valuable shipping space The two tested repices, Oatmeal Farls or Scones and Dock ers Bake were also taken from booklets issued by the British Ministry of Food. Naturally, for use here, the recipes had to be changed from weights to measurements. In addition, certain cooked only needs to be re- liberty was taken with them and

Oatmeal Faris or Scones

4 ounces oatmeal

4 ounces flour heaped teaspoonful baking powder

Small teaspoon salt 1 ounce margarine

Milk and water

1 cup sifted pastry flour

3 teaspoons baking powder 1/2 teaspoon salt

cup fine oatmeal tablespoons mild-flavored

fat 2-3 cup milk

Sift together the flour, baking powder and salt. Add oatmeal. Blend in the fat and add milk. Knead lightly on a floured bard until smooth. Roll out 3/4-inch thicknesses and cut into triangular shapes or rounds. Brush top of each with milk and bake in a hot oven, 425 degrees F., for 15 minutes. Makes 12 medium sized Farls or Scones.

Dockers Bake

Original Recipe:

1 pound potatoes 6 ounces oatmeal 2-3 ounces cooked minced

meat Salt and pepper Mixed herbs

Canadian Version:

2 tablespoons fat 1/2 pound minced beef or left-

over cooked meat 1 onion, sliced

2 cups grated raw potato (4-5 medium potatoes)

1 tablespoon vinegar

1 cup rolled oats (quick-cook) 1 teaspoon salt

Melt fat in frying pan, add

Prince Rupert Daily Mews

Wednesday, April 24, 1946

HOUSEHOLD TRACTOR

LONDON, (P-A compact, enamelled cabinet which, it is claimed, will do more for the housewife than the tractor has done for the farmer was demonstrated here recently. It is an automatic, electric machine that washes both clothes and dishes.

One kettleful of hot water is sufficient to wash a dinner service for six people. Similarly, eight pounds of clothes can be washed, double rinsed and dried in 30 minutes with the minimum of soap powder and attention.

TOO LATE TO CLASSIFY

FOR RENT - Two-roomed furnished cabin. Phone Blue 167.

minced meat and onion and brown, To the grated potatoes add the remaining ingredients, then add the cooked meat Blend thoroughly. Press into a car and truck work. greased loaf pan and bake in a 34 teaspoon poultry seasoning moderately hot oven, 375 degrees F., for 11/4 hours. Six servings.

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Take advantage of our many years of auto and general machine repair experience.

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TEN POUNDS OF CANNING SUGAR PER PERSON

World sugar supplies are pooled for the benefit of the United Nations. Canada, the United

States and Great Britain are allotted an equal share of sugar according to population. Avail-

This year's canning sugar allowance is ten pounds per person—the same as last year. Instead of special canning sugar coupons, ten additional green "S" coupons are being made available for the purchase of canning sugar.

S8 to S12 inclusive become valid on May 2nd; S17 to S21 inclusive on July 4th. Each coupon is good for the purchase of one pound of sugar.

The ten "S" coupons for canning sugar are in addition

to the "S" coupons which regularly become valid each month for the purchase of sugar and preserves.

Those who do not wish to do home canning may use the extra coupons to buy commercially packed, jams, jellies, canned fruit, etc. or sugar to supplement the regular ration.

The ten "S" coupons for canning sugar need not be used immediately they become valid. You will be given ample notice of their expiry date.

VALID JULY 4

THESE ARE YOUR "S" COUPONS FOR EXTRA SUGAR

VALID MAY 2

able supplies must also be shared with other countries.

4th April

18th April

16th May

2nd May .

Any valid "S" Coupon, including those shown here, may be used to purchase sugar for canning, or the amount stated below of preserves.

The green "S" coupons S8 to S12 and S17 to S21 are in addition to the "S" coupons which regularly become valid each month for the purchase of sugar and preserves. They are being validated to make available enough sugar for home canning or for other household uses.

"S" COUPON CALENDAR

55 | 20th June . . S15 and S16 4th July . . S17 to S21

58 to 512 | 18th July . . 522 and \$23

. S13 and S14 | 15th August . S24 and S25

ALTERNATIVE VALUE OF ALL "S" COUPONS

1 lb. of sugar 24 fl. oz. 80 fl. oz. 4 lbs. honey OR 2 lbs. marmalade honey butter

2 qts. molasses maple syrup until May 31, blended table, OR 40 fl. oz. after May 31, cane or canned fruit 48 fl. oz. corn syrup

AMOUNT OF SUGAR USED IN CANNING

Each housewife may use her canning sugar to fit the needs of her particular household. A common method is to allow 1/3 lb. sugar for each quart sealer of canned fruit; and 1½ lbs. sugar for each quart of jam or jelly.

SUGARLESS METHOD OF CANNING FRUIT

Many home economists recommend the sugarless method of canning fruit. Sugar can be added during the winter as the fruit is used. If you have not a copy already, write the Department of Agriculture, Ottawa, for "Wartime Canning" pamphlet.

THE WARTIME PRICES AND TRADE BOARD

SUGAR 15 SCARCE - USE 17 SPARINGLY

The season is rapidly advancing. ELKAY'S MOTH KILLER and

JUST ARRIVED

MOTH CONTROL LIQUID

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HE REXALL STORE

We are pleased to announce that conditions now permit us to place on the market again