

As an indication of the support for freedom of the press by the Supreme Court of the United States, an order was issued to newspaper reporters access municipal books in one municipality.

BATH, Eng. 6.—When a post-man went to open a mail box here, he got an electric shock. The box was later made "dead."

LONDON 6.—A coin of James V of Scotland made in 1540 sold for £32 (\$144) at an auction.

Seasonable Ideas for Housekeepers

GREEN ONIONS, RADISHES AND LETTUCE POPULAR THESE DAYS

Green onions, radishes and lettuce are the fresh vegetables most plentiful these days in the backyard garden and on the market. People who are lucky enough to have a garden, even a small one, are anxiously watching for the first vegetables which will reward their efforts.

The patriotic homemaker wants to use all food, whether bought or grown, in a way that will reduce waste to a minimum. The world need for food is great and Canadians are asked to avoid waste by all possible means. Green onions for instance are good all the way up, the white and green parts are both edible. They can be used in salads, soups, etc., just like other varieties of onions. Instead of serving the green onions with all the green part and having most of it left in the plate, the green portion may be cut off and used to give a delicate flavor of onion to a soup, salad, cream sauce or gravy. Besides adding flavor it gives a gay colorful touch.

A salad dressing to which chopped green onions and sliced radishes are added, served on plain lettuce leaves, makes a very attractive and quickly prepared salad. Green onions may also be

cooked whole and served like asparagus with a cheese or tangy sauce. Radishes need not be used only as a garnish to be eaten raw, they are delicious when cooked and served as creamed radishes or in soup.

Home economists offer recipes which will prevent unnecessary waste of these vegetables. A recipe uses macaroni but with it there will be no need to serve bread.

Macaroni Spring Salad

2 cups cooked cooled elbow macaroni
½ cup chopped green onions
1 cup sliced or shredded raw carrots
1 bunch radishes, about ¾ c. sliced
2 cups lettuce cut in pieces
½ cup boiled dressing

To cooked macaroni add green onions and boiled dressing and mix thoroughly. Cool and chill for at least ½ hour. Add carrots, radishes and lettuce. Toss lightly but thoroughly. Serve on whole lettuce leaves. Six servings.

Savory Greens

3 cups cooked greens (about 2 lbs. beet tops, lettuce, Swiss chard, spinach, etc.)
3 strips bacon, chopped
¼ cup chopped green onions
Salt and pepper

Mash and cook greens. Meanwhile partially fry out bacon add green onions and cook 2 to 3 minutes. Add to hot cooked greens, season with salt and pepper and serve at once. Six servings.

Green and Red Salad

1 tablespoon gelatine
¼ cup cold water
1 cup boiling water
¼ cup sugar
½ teaspoonful salt
¼ cup mild vinegar
3 cups finely shredded leaf lettuce
½ cup sliced radishes
½ cup chopped green onions

Soak gelatine in cold water. Add boiling water, sugar, salt

and vinegar. Stir until gelatine is dissolved. Lightly grease six individual moulds and pour a little of the mixture into each. Combine lettuce, radishes and green onions and arrange on mixture; cover with remaining liquid. Chill until firm. Unmould on whole lettuce leaves and serve with boiled dressing. Six servings.

NEW WATCH TESTING DEVICE IN RUPERT

John Bulger Ltd. have just purchased one of the new electronic watch testing machines developed by the Bell Telephone Co. of New York and made by the Western Electric Co. This is the second instrument of this kind to come to B. C., the other being in Victoria.

Designed to take the guesswork out of the watch business, it operates by amplifying the beats or ticks of a watch until they are strong enough to print a record. Each variation in performance makes a different picture on a chart, making it a simple matter to know when a watch is perfect.

It is expected this will be a great help to customers in buying a new watch as all new watches are to be tested before going out. *****12

NAME YOUR COOKIE

Nearly every Netherlands town has a cake or cookie distinctively its own.

The Experts Say - -

FOOD CONSERVATION

There is a general desire among Canadians to supply food to those in need. Many homemakers who want to make their contribution have found it difficult to buy food and plan meals under wartime conditions

CFPR Radio Dial

1240 Kilocycles
(Subject to change)

TUESDAY—P.M.
4:00—Ann Watt Sings
4:30—Junior Concert
5:00—Marek Weber
5:30—This and That
5:45—Supper Serenade
6:00—CBC News
6:15—CBC News Roundup
6:30—Leicester Square Club Choir
7:30—String Orchestra
8:00—Feidler Conducts
8:30—Musicaliana
9:00—CBC News
9:10—B.C. News
9:15—Books for the Times
9:30—Pacific Pianoforte
10:00—Opera Time
10:55—CBC News and Int.
11:00—Weather and Fisheries News (Local)
11:30—Biltmore Hotel Orch.
11:30—Silent

WEDNESDAY—A.M.
7:30—Musical Clock
8:00—CBC News
8:15—Morning Song
8:30—Music For Moderns
8:45—Medley Time

HOW CAN I ???

By ANNE ASHLEY

Q. How can I make soap jelly?
A. An excellent soap jelly will be the result of dissolving an equal amount of soap shavings in boiling water, then adding a teaspoonful of borax to each pint.
Q. How can I make asparagus more tender?
A. When preparing asparagus, if the tough ends are stripped off the outside skins they will be found when cooked to be tender and palatable.
Q. How can I whiten clothes?
A. Soak them overnight in a solution of one quart of water to one teaspoon cream tartar.



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No lost action—no extra steps. Gives sweeter, tastier bread flavour—light, smooth texture—perfect freshness! IF YOU BAKE AT HOME—always use Fleischmann's active, fresh Yeast with the familiar yellow label. Dependable for more than 70 years—Canada's tested favourite.

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Weekly Ration Fashion for a family of four

SUN.	MON.	TUES.	WED.	THU.	FRI.	SAT.
Breaded Veal Cutlets	Pot Roast of Beef	Mush-room Omelet	Meat Croquettes	Lamb Chops	Fish	Beef and Liver Patties
Group B	Group C	unrationed	left-over	Group C	unrationed	Group C (liver unrationed)
1 lb. 5 tokens	4 lbs. 2 coupons			1 lb. 4 tokens		¾ lb. 3 tokens
4 tokens left over						
Monthly Sugar-Reserves.						
3 lbs. white sugar	2 lbs. brown sugar	2 qts. maple syrup	1 tin fruit and honey	1 tin fruit and molasses		
3 coupons	2 coupons	1 coupon	1 coupon	1 coupon		

Sunday dinner with a maximum of taste appeal and a minimum amount of kitchen drudgery can be provided by veal cutlets, breaded and baked to a succulent state in a slow oven. Two coupons are billed as exchange for a pot roast. Aside from Monday and Wednesday dinners, it should also yield some fixings for lunches. Meatless Tuesday's puffy omelet can be made with fresh mushrooms or canned soup. Thursday is chop day, and Friday spins the eating wheel round to fish. Liver helps you to smuggle extra nutrition into Saturday's meat patties at no ration expense. Left-over are four tokens for future reference, or if available, ½ lb. bacon.

Planned buying is the housewife's duty if she is to keep her family happy now that the sugar and preserves ration is combined so that fewer coupons are used. Aside from the first canning sugar allotment made in May (S9, S9, S10, S11 and S12) which it is assumed you have already earmarked for preserving your family's favorites, two regular sugar-preserves coupons, S13 and S14, become valid on May 16th. Accordingly, a family of four will have a total of eight coupons. The purchase pattern allows for a reasonable amount of sugar for everyday use; some bread spreads; fruit to augment fresh supplies now that simple desserts are recommended substitutes for pies and cakes so that more wheat may be freed for shipment to the hungry abroad; and your last opportunity to get a ration bargain on maple syrup before its coupon value reverts to 48 fluid ounces on May 31st.

and can see no way to adapt their menus to the present situation which requires reduced consumption of wheat products, meat, eggs and cheese.

Home economists say that if every homemaker would appoint herself a committee of one to make the most of food in her own home it would be of considerable assistance to the authorities in conserving the required food.

One good way to make these foods available for shipment is to use up supplies on hand before buying more. Sealers and cans of fruit and vegetables from last year, whether packed at home or in a canning factory—should be off the pantry or cellar shelves before the new crop is ready for canning.

With generous helpings of fresh vegetables coming along from the plot in the back yard and the few root vegetables still stored, less bread will be needed. Vegetable plates for dinner and one-dish meals and green salads for luncheon or supper are excellent meat and bread savers.

Here is a recipe for one of these good vegetable meals:

Potato creole requires four tablespoons of fat, four cups of sliced raw potatoes, one sliced onion, two cups of canned tomatoes or tomato juice, 1½ teaspoons of salt, ¼ teaspoon of pepper.

Melt the fat in a frying pan. Add the potatoes and onion and cook for 10 minutes. Add the tomatoes, salt and pepper. Cover and simmer for 30 minutes, or until the potatoes are tender and the tomato juice has become thickened by the starchy potatoes. This makes six servings.

HEFTY SALADS—Not so long ago salads were considered food for dainty ladies but now a salad meal is relished by real he-men—but it takes a hefty salad to be the mainstay of a meal.

The basis is a green leafy vegetable like lettuce, endive, cress or spinach and the best salads are the simplest.

Home economists suggest these rules for good salad making: Have everything well-chilled and the greens crisp. Have a good contrast of color and texture of ingredients. Be sure that the first appearance is attractive and lastly use an appetizing dressing which complements and accents the flavor of the salad.

With a pint of cooked, basic salad dressing on hand, one can make many variations to suit different salad combinations.

A tablespoon of chili sauce, catsup, chopped pickle, grated sharp cheese, or a pinch of curry powder, a dash of horse-radish, a few chopped green onion tops or chives added to ½ cup of thinned dressing will be sufficient for a green salad for six.

'COUNTER ATTACK' IS TENSE DRAMA

Paul Muni Heads Cast of "Counter Attack" at Capitol Theatre

Thrilling story of Russian guerrilla fighters and a group of paratroopers in a raid on a German-held outpost, "Counter Attack" will bring Paul Muni in the starring role and Marguerite Chapman and Larry Parks in featured roles to the Capitol Theatre on Wednesday and Thursday.

9:00—Little Concert
9:15—Morning Devotions
9:30—The Violin
9:45—Transcribed Varieties
10:00—Morning Visit
10:15—Thoughts for Today
10:30—Roundup Time
10:45—Women's Forum
11:00—B.C. Farm Broadcast
11:25—Program Resume
11:31—CBC News
11:45—Weather Forecast
11:46—Message Period
11:48—Recorded Interlude P.M.
12:00—To be announced
12:15—To be announced
12:30—Musical Program
12:45—Music Styled for Strings
1:00—From the Classics
1:15—Women's News Commentary
1:18—Mother's Business
1:30—Fairy Tales
1:45—Downbeat
2:00—Messer's Islanders
2:15—Homemakers Program
2:30—Serenade
2:45—BBC News and Commentary
3:00—Jack Allison Show
3:15—Salon Orch., Ottawa
3:30—Doris Veale at the Piano
3:45—Stock Quotations

Advertise in the Daily News.

Centred upon a night attack by the Russian guerrillas and paratroopers on the German headquarters, in order to capture an officer from whom to force information of troop concentrations, the broader scope of the picture shows exciting fight scenes and the construction of an important underwater bridge by the Russians in actual warfare.

Paul Muni as Kulkov, one of the paratroopers, and Marguerite Chapman as a guerrilla guide, are trapped along with eight Germans in the cellar of a factory when the walls are blown in, and the major portion of the film pictures Muni's dogged and desperate struggle to break down the Germans' morale and make one of them confess to being an officer.

Modern Etiquette

By ROBERTA LEE

Q. Would it be permissible for a man to pass in front of a woman, in order to get out of an automobile on the curb side?
A. Yes, it is also safer than getting out on the traffic side. If course it would be more convenient for the driver to get out on the left side.
Q. When giving a luncheon, when should the bread and butter plates be put on the table?
A. Before the guests enter the dining room.
Q. What should a hostess do if the caller refuses a cup of tea or coffee?
A. The hostess should accept the refusal and not make the offer a second time.



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Order Aunt Jemima Pancake Flour today in the Regular size package or the 5½ lb. economy bag.

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Tomato Soup
Aunt Jemima Pancakes with lemon juice and sprinkling of sugar
Crispy Bacon
Preserved Fruit
Coffee or Milk

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