

AUSSIE BRIDES STAY AT HOME

Five Ships Available For Transport to Antipodes
CANTBERRA — Pinning their hopes of an early passage to Britain on a recent statement by the Australian Resident Minister in London, J. A. Beasley, 500 Australian wives of British naval personnel, at present languishing on official lists, shipping space would be provided for 1,000 war brides to sail to Australia shortly, Mr. Beasley said. The British minister for war transport told Mr. Beasley that five ships had been made available to carry brides to Australia and New Zealand in the next two months. Presumably, bride passages would be allocated to, as well as from Britain, in these ships, the demobilization of the Royal Navy speeds up, and men return to the United Kingdom for discharge. British husbands join Australians in anxiously scanning papers for the latest news of the bride ship position.

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Important Announcement!
A Chrysler Service School will be held at the premises of Rupert Motors Limited for the specialized training of our staff. For three days—Thursday, Friday and Saturday, April 25th, 26th and 27th—our shop will handle only emergency repairs to enable our men to attend this school.
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FACES AND THEN LEGS

Millinery Executive Says Men Look First at Girl's Features
NEW YORK — It's the girl's face, not her gams, that attracts masculine eyes, claims Albert E. Schimmel, who annually hats millions of women from six to 60 years of age. In his 15-year study of people's reactions to women's hats, he has found that nine out of ten men look first at a girl's face, then their glances stray over her figure and down to her legs.
As the hat is the frame for the face, therefore the hat is the most important single item of feminine apparel, he says. Schimmel, who at 42 is head of a large chain of millinery operations in major cities, has made a study of hat preferences of women and men.
He can place his finger unerringly on the pulse of feminine millinery foibles. He has found that, if a little flowered number is a hit in Philadelphia, it can be counted on for a smash hit in Chicago and St. Louis.
Mention a city and he can tell you what kind of hats the women in those towns like and what hats they will not buy or wear. New York is a city of black, with more women wearing black dresses, suits, coats and hats than anywhere else in the country. New Orleans is a white-hat city; Atlanta a blue. Brooklyn is a fine proving ground for women's hats. If a hat is a hit there, it's safe anywhere, he says.

Romantic Type Is Favored
Romantic, glamorous hats are in for peak popularity this spring and summer, he predicts. Large hats and open-crown hats of transparent horsehair will be leading summer favorites.
He also points out that American women are the best-hatted in the world, whether they pay \$2.50 or \$25 for their headpieces. The Schimmel study reveals that though she spends only \$2.50 for a hat, a woman buys a hat for its smartness and for its flattering effect when she puts it on. This year, very young women are going in for hats that fit the head, rather than the look knots equipped with bicycle clips and

other gadgets to anchor them on the head.
The casual American custom of omitting the hat from the daytime costume arose from poor salesmanship on the part of milliners, Schimmel believes. The woman who is really convinced that she looks smarter in a hat than without a hat will of course wear a hat; just as the woman who is convinced her figure looks better in a girdle than without a girdle will wear a girdle.
His study of men's pet likes and pet peevishness in women's hats revealed that: Men like hats in high shades, such as red, especially if they harmonize with the costumes worn with them; like small hats on business women, but go for large-brimmed, softer hats for dressy wear, such as dinner. Men dislike any hat that is conspicuous, outlandish or extreme; laugh at the inconsistency of a spring flower hat worn with a fur coat—but like it. Men like "loud" hats—but only on the other fellow's girl.



Weekly Ration Fashion for a family of four

SUN.	MON.	TUES.	WED.	THU.	FRI.	SAT.
Roast Lamb	Cold Lamb	Savoury Baked Eggs	Swiss Steak	Corned Beef	Fish	Meat Croquettes
Group C	left over	unrationed	Group B	Group C	unrationed	left over
4 lbs. 2 coupons			1 lb. 5 tokens	2 lbs. 1 coupon		
3 tokens left-over.						

With Easter's traditional ham meeting a need elsewhere these days, that something special for the holiday dinner might be a roast of lamb, surrounded with browned potatoes and baked orange halves and accompanied by a vegetable favorite. The cold meat will be good eating for Monday, supplemented, if there are guests about, by unrationed tongue. As Easter time is the time for eggs, they could provide the protein meal on meatless Tuesday. Into a shallow pan of tangy tomato or good white sauce, break the eggs, sprinkle generously with grated cheese and place in the oven to bake and brown. Baked stuffed potatoes and a crisp salad for your vitamin tonic would be excellent complements. For Wednesday a Swiss steak is suggested. And on Thursday corned beef will provide a tasty treat. Fish is scheduled to land on your table for Friday's meal. On Saturday the corned beef remnants could be fashioned into croquettes, rolled in dry crumbs prepared from that stale bread you didn't waste, and oven browned to save your fat. Three tokens remain for future use.

The Experts Say - -

HINT FROM GREAT BRITAIN FOR CONSERVATION FARE HERE

By HELEN BANNERMAN
Canadian Press Staff Writer
VEGETABLE PROBLEMS—At no time of the year is the housewife's problem more difficult than in the early spring when stored vegetables are past their best and the fresh garden produce is not ready. Canned vegetables are the answer. Sometimes canned vegetables may be served just as they come from the tin. On other occasions it is better to stretch them by combining them with sauces or other foods.
When canned vegetables are prepared for serving, the liquid should never be thrown away as it contains much of the flavor. Drain the liquid into a saucepan and boil rapidly until it is reduced to about half a cup, add the vegetable, heat, season and serve.
Vegetables which may seem flat without the customary melted butter can be pepped up with a piquant sauce like this one suggested by home economists—green beans in custard sauce.
The recipe requires one tablespoon of fat, two tablespoons of flour, two teaspoons of sugar, 1/2 teaspoon of salt, 1/2 teaspoon of dry mustard, three teaspoons of vinegar, one can of green beans (20 oz.) containing 2 1/2 cups, 1/2 teaspoon of minced onion.
Melt the fat, add the flour and sugar, salt and mustard. Blend with the vinegar, slowly stir in the liquid drained from the beans. Cook over low heat until thickened, stirring constantly. Add drained beans and onions;

continue cooking until beans are thoroughly heated. Serve hot. This recipe makes six servings. These spicy beans may also be cooled and served as a relish.
THE LOWLY POTATO—If there were no loss of nutrients in preparation, it is estimated the lowly potato would vie with tomatoes and citrus fruits in contribution of ascorbic acid (vitamin C) and would rank third for thiamin (vitamin B1), nicotinic acid (niacin), iron and carbohydrates.
Unfortunately, the common methods of cooking potatoes in this country cut down its contribution in amazing proportions.
Ascorbic acid, thiamin, niacin and iron are all water soluble and all, except iron, are affected by heat. Ascorbic acid is especially rapidly destroyed by heat in the presence of air.
This method of cooking potatoes is suggested in order to save as much of the food value as possible:
Scrub potatoes thoroughly and cook in their skins: if for variety you wish to peel the potatoes do not do so until you are ready to cook them: cook only in the number required for one meal; when boiling, use only the amount of water necessary to prevent burning; add salt to the water at the start of cooking to preserve vitamin C; place potatoes in boiling water and keep pot well covered; avoid serving mashed potatoes since mashing incorporates air, decreasing the vitamin C value. However, if you must mash them, serve them promptly; potatoes steamed or baked in their skins, will not allow loss of nutrients but the cooking should not be unnecessarily prolonged.



Many are the legends about the discovery of coffee. One tells how the excited and saintly Hadji Omar was faint with hunger on the Mountain of Ousab.
He heard a sweet and heavenly song and a gorgeous bird alighted on a nearby bush. He attempted to seize it. It disappeared! His hands closed only on the fruit of the bush. Inspiration led him to boil this fruit. He obtained a delicious drink... coffee!
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- HELP WANTED**
WANTED—Good, reliable, steady couple to work at sawmill, half-way between Rupert and Terrace. Wife to cook for small sawmill crew and run cook house as a restaurant; also catering to highway tourists' trade. Husband to work in sawmill operations, and help restaurant if needed. For particulars write George Little & Son Ltd., East Kwinitsa, B.C. (96)
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Modern Etiquette
By ROBERTA LEE

Q If there are several men members of a family, may one invitation to a formal affair be addressed to include all of them?
A No; each man, other than the husband, should be sent a separate invitation.
Q When meeting an undesirable acquaintance in a public place, what would be the best way to avoid recognizing him?
A The best way, and really the only way, is to keep the eyes averted.
Q Should the soup plates be set on the tablecloth when serving?
A No; they should be set on the service plates.

GYMNASIUM SCHEDULE AT CIVIC CENTRE

- Tuesday**
2:00-4:00 — Open to servicemen.
4:30-5:30 — Junior boys.
5:30-6:30 — Basketball.
7:00-8:30 — Basketball.
8:30-9:30 — Basketball.
9:30-10:00 — Basketball.
Wednesday
2:00-4:00 — R.C.A.F. sports.
5:30-6:30 — Basketball.
7:00-8:30 — Event night.
8:30-9:30 — Event night.
Thursday
7:00-8:30 — Intermediate boys.
8:30-9:30 — Senior men.
2:00-4:00 — Army sports.
4:30-6:30 — Junior girls.
5:30-6:30 — Basketball.
9:30-10:00 — Men's volleyball.
Saturday
11:00-12:00 — Juvenile classes.
2:00-4:00 — Basketball.
4:30-5:30 — Basketball.
5:30-6:30 — Basketball.
7:00-8:30 — Basketball.
8:30-9:30 — Basketball.
9:30-10:00 — Basketball.
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