

**PRINCE GEORGE**

The Cariboo Amateur Radio Club has been organized here with B. C. Moore as president, Jack Lennox, vice-president, and E. J. Tate, secretary-treasurer.

In view of the serious housing shortage here due to the building program being held up by scarcity of materials, the city council and Board of Trade decided to ask: Wartime Housing to build 50 houses here as soon as possible and to release Army buildings for immediate occupancy.

Mr. and Mrs. Gordon Bryant are visiting in California. They will stop over in Vancouver on the way home.

Miss J. Lockyer, having just received her discharge after four years in the Royal Canadian Air Force Women's Division, returned to her home here on Saturday.

Owing to lack of interest, the Prince George town band may have to discontinue. A final show-down meeting is called for Thursday night.

In appreciation of his long and faithful services, the city council has decided to increase the annual retainer of City Prosecutor P. E. Wilson K.C.

**SELL HISTORIC INN**

The Green Dragon Inn where Dick Turpin, the famous highwayman, is said to have been arrested before being sent to the gallows, is to be sold by auction.

**VANTISHING BUFFALO**

It is estimated that there were 30,000,000 buffalo in America when the white man first arrived.

- 1:45—Talk, Winnipeg
- 2:00—B.C. School Broadcast
- 2:30—Sheila Presents
- 3:00—Western Five
- 3:15—Serenade to America
- 3:30—Serenade
- 3:45—BBC News and Comment.

**Seasonable Ideas for Housekeepers**

**DESSERTS FOR SMALL FOLK; MILK BOTTLE KEY TO HEALTH**

Healthy, robust children are the "cream line" of the nation. To achieve this end, milk is an indispensable item in their diet. The milk bottle is the symbol of protected health and sturdy growth for every child in the family.

Milk is both a food and a drink without equal and without a substitute. It is all food and no waste. Milk is a rich source of the minerals calcium and phosphorus—so essential in the building of strong healthy bodies.

The care of milk in the home is important. It should be stored in the coldest part of the refrigerator. Always replace it in the refrigerator immediately after use—never let it stand around at room temperature. It is also necessary to cover milk carefully, since it readily absorbs food odors.

The requirement for each child as stated in Canada's Food Rules, is one quart per day. There are several ways of using this quota in the daily diet other than serving it as a beverage. It may be used in soups, cereals, creamed vegetables, escalloped fishes, gravies, sauces, egg-noggs and desserts.

Home economists suggest the dessert course as the most popular way of including milk "to eat" in children's meals.

**Ivory Cream**

1 tablespoon gelatine

**REVEREND WESLEY'S DAY**

NEWCASTLE, Eng. — Rev. Leslie Newman minister of one of the city's biggest Methodist churches, rode through the streets on horseback dressed in period costume, to recall the early days of Methodism when John Wesley travelled around England delivering his new message.

- 1/4 cup cold water
- 2 cups milk
- 1/2 cup sugar
- 1/8 teaspoon salt
- 1 egg yolk
- 1 teaspoon vanilla
- 1 egg white

Soak gelatine in cold water for 5 minutes. Scald milk in double boiler, add sugar and salt. Add slightly beaten egg yolk and cook 2-3 minutes longer. Add soaked gelatine and stir until dissolved. Add flavoring and cool until thick but not completely set. Beat with rotary egg beater until light and frothy. Fold in stiffly beaten egg white. Pour into a mould and chill until firm. Serve with a fruit sauce. Six servings.

**Farina Fig Pudding**

- 1/4 cup farina
- 1 1/2 cups hot milk
- 1 teaspoon salt
- 2 tablespoons butter
- 1/2 cup molasses
- 1/4 teaspoon ginger
- 1/4 teaspoon cinnamon
- 1 cup chopped figs or raisins.
- 2 eggs

Add farina and salt slowly to hot milk and cook till thick, stirring constantly. Cook in double boiler for 30 minutes. Add butter, molasses, spices, beaten egg yolks and figs or raisins. If using figs, cut some finely and leave some about the size of raisins. Fold in stiffly beaten egg whites. Turn into a greased baking dish and place in a pan of hot water. Bake at 350 degrees F. for 25 to 30 minutes. Serve hot with top milk or any desired sauce. This pudding may be reheated by steaming over hot water.

**Children's Delight**

- 4 slices bread
- 4 tablespoons peanut butter
- 3 tablespoons butter
- 1/2 teaspoon salt
- 3 cups milk
- 2 eggs, slightly beaten

**NEW MEDICAL SERVICE**  
SUVA, Fiji Islands, — A South Pacific Medical Service has been established by joint agreement between the governments of New Zealand and Fiji and the British Western Pacific High Commission. The scheme will be concerned with the prevention of tropical diseases, sanitation, mosquito control, child welfare work and general maintenance of health.

**HOW TO START FIRES**  
Many home fires start in waste paper baskets when ash trays are carelessly dumped.

**KIND TO YOUR BUDGET ... EASY TO MAKE!**



**Beef Upside-Down Pie**

- 1 1/2 cups flour
- 3 tps. Magic Baking Powder
- 1 tsp. salt
- 1 tsp. celery salt
- 1/4 tsp. white pepper
- 5 tbs. shortening
- 1/2 cup milk, or half milk and half water
- 1/4 cup sliced onion
- 1 can condensed tomato soup
- 1/2 lb. ground raw beef

Sift together flour, baking powder, 1/2 teaspoon salt, celery salt and pepper; add 3 tablespoons shortening and mix in thoroughly with fork. Add milk and stir until blended. Melt remaining two tablespoons shortening in 9" frying pan, and cook onions until soft. Add tomato soup, remaining 1/2 teaspoon salt and ground meat; bring to boil. Spread baking powder mixture on top of meat mixture and bake in hot oven at 475° F. for about 20 minutes. Turn out upside down on large plate. Serves 8.

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