THIS AND THAT



"Junior saw how they caught a burglar that way in the movies!"

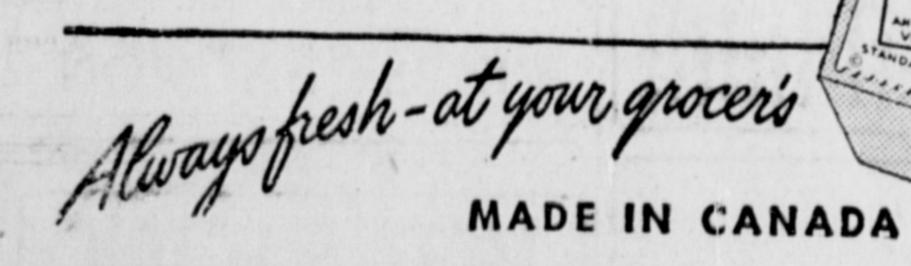


Really Tender Vegetables- along quickly with plenty of cul-Practically any vegetable taken tivation, fertilizer, and water in salted water, to which vinegar paste in cold water. Season with ings. right out of the garden at the when necessary, and if possible. has been added to whiten and salt and pepper and I teaspoon door will be infinitely tastier They also spread sowings out to give a firm texture. They are than those out of can or store- over at least several weeks so both exceptionally good creamhouse, but as any experienced that young stuff is coming along ed, scrambled with eggs or servgardener knows there is a vast continuously. Another trick they ed in a salad. difference between those prop- use is to plant several different orly grown and the other kind. types, an early maturing sort, a The real secret of tender veget- medium and a late. In the seed ables is quick, unchecked growth. catalogue usually will be listed crops instead of a regular feast To get this means planting at the number of days to maturity. followed by a famine. Most exthe proper time, not too early Thus we can purchase, say, peas perienced gardeners continue with tender things that frost or that will be ready for the table making sowings of carrots, beets, cold may check, and then they in 50 days, some in 60 and some | beans, lettuce and spinach from must be harvested when just in 70. By using some of all three | the time the ground is first ready | right. Old gardeners push growth there will be a succession of good up to mid July.



it's fresh! Fleischmann's fresh active Yeast goes right to work-makes sweeter, tastier bread . . . insures tender light texture. IF YOU BAKE AT HOME-use Fleischmann's active, fresh Yeast with

the familiar yellow label. Dependable - Canada's time-tested favourite for over 70 years.



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LAST WEEK . . .

Slogan Contest

The Prince Rupert Public Relations Council desires to select a slogan appropriate to this city for publicity purposes.

IT MUST BE

Concise-

Appropriate-CatchyFirst Prize \$10 Second Prize \$5 OPEN TO ALL

YOU ARE INVITED TO MAKE ENTRIES

Final Closing, April 15

Entries received by Daily News marked "Slogan Contest"

Seasonable Ideas for Housekeepers

The home economists have

Calves Tongues

2 or 3 stalks of celery with

4 cups water

1 onion, sliced

11/2 teaspoons salt

2 calves tongues

6 to 8 peppercorns

1 tablespoon vinegar

grated horseradish. Six servings.

Liver and Sausage Loaf

l pound liver

1 onion, chopped

½ pound sausage meat

1 cup dry bread crumbs

leaves

2 carrots

1 bay leaf

"Variety" Meats Are Of Interest To Family

Give the family a treat. Serve | iety" meats they require a long, piquant dishes prepared from slow cooking, using moist heat. "variety" meats. These include A large beef heart will require liver, heart, kidney, tongue, sweetbreads and brains. You will find these meats not only ed 2 to 21/2 hours. A lamb heart delicious, but also economical. makes a generous individual Each has its own characteristic serving; a veal heart will serve its own method of preparation.

However, "variety" meats have one thing in common—been doing some experimental their perishability. Do not store work on "variety" meats and for any length of time. Brains recommend their favorites. and sweetbreads spoil very quickly so should be pre-cooked as soon as purchased.

Liver is probably the best known of all the "variety" meats. Its distinctive flavor can be utilized to advantage by combining with other foods, such as bacon, mushrooms, tomatoes, onions and other vegetables. It is not necessary to scald liver before cooking, but for grinding Boil together for 3 minutes the or chopping, scalded liver is water, celery, onion, carrots, bay easier to handle. Liver is usually leaf, peppercorns, salt and vinebroiled or pan-fried. To retain gar. Lower temperature to simits natural, delicious flavor, do mering and add calves tongues. Continue to simmer until tonnot overcook.

Sweetbreads and brains are gues are tender, about 11/2 hours. poken of in the same breath, Remove the skin. Drain stock since they are prepared in simi- and thicken with flour, which lar ways. They are pre-cooked has been mixed to a smooth

Since heart and tongue are less tender than the other "var-

Garden Tools - With a very small garden all the toois needed are a rake, a hoe and a spade or digging fork. These are minimum requirements. With a little more equipment, however, much labor can be saved. Digging forks, cultivators, special weeders and Dutch hoes, etc., will make the work easier and more interesting. For larger gardens a small garden tractor that will cultivate, plow, etc., might be considered. A sharp hoe or cultivator will also speed the work. It is a good plan to wipe off all dirt between operations, and a the shiny surface is recommended.

The Lawn - Lawn grass only makes its best growth in the cool, moist weather of spring and fall, hence garden experts advise doing lawn work just as soon as possible. This means as soon as one can walk on the lawn without getting the shoes muddy. This advice applies both in starting new lawns or repairing old ones. Seldom is it advisable to sow a straight variety of lawn seed, and never in the case of the general family type of lawn. Seed houses put up special mixtures for this purpose, a blend of several kinds of seeds. In these mixtures are some very expensive seeds and some less expensive, blended together by those experts who know what is best for Canadian conditions. In the mixtures are some tough grasses that will help the lawn to withstand traffic, some quick growing kinds so that one does not have to wait weeks for the green carpet desired, and some grasses that will stay green almost in the dryest weather. Grass will thrive best in good soil and it is never advisable to sow without preparation. This means at least one thorough cultivation before the seed is sown, working up the top as fine as possible, and if necessary also working in a layer of rich, fine loam. It is highly important that all holes are filled in evenly. Sow on a windless ! day and broadcast once across and once lengthwise. Follow directions carefully as to amount of seed to use. Grass on good soil or fed once or twice each season with a good commercial fertilizer, will outgrow most weeds.

Credit Act Going Thru Legislature

VICTORIA (P)—The Consumer Credit Act was given its first reading in the Legislature yesterday. The act, if passed, would continue prices board control of credit which stipulates that on certain commodities one-third of the price of the article must be paid when it is bought and the balance paid in ten months.

Buy more War Savings Stamps.

teaspoon salt

sauce 1/8 teaspoon pepper 2 eggs, beaten slightly

1 teaspoon Worcestershire

½ cup tomato juice Cover the liver with boiling water and let stand for 2 minutes. 4 hours' cooking and will serve ten to 12 persons. Port, lamb

Drain. Force liver through food chopper with onion. Add the reand veal hearts should be cookmaining ingredients. Form into a loaf. Bake in a moderate oven, noon. 350 degrees F., for 1 hour. Serve flavor and texture and each has two and a pork heart one to two with tomato sauce. Six to eight servings.

Fricaseed Heart beef heart (or 3 calves

- hearts)
- 1/4 cup flour
- 3 tablespoons fat (melted) 2 onions, sliced
- 1 cup diced carrots 1 cup canned tomatoes or
- tomato juice
- 1 cup hot water
- 1 teaspoon salt

Wash and clean hearts. Cut into 3/4-inch cubes. If beef heart is used, slice and simmer for 30 minutes before cubing. Rol cubes in flour and brown in hot fat. Place in heavy saucepan or Dutch oven. Add onion slices,

carrots, tomatoes, hot water and salt. Cover tightly and simmer for 3 to 31/2 hours. More water may have to be added from time to time during the cooking period. Thicken gravy with flour mixed with cold water. Six serv-

H. G. Wells attributed the decline and fall of the Roman Empire to the lack of newspapers since there was no method of exchanging information between Rome and outlying regions.

SUN.	MON.	TUES.	WED.	THU.	FRI.	SAT.
Roast	Cold	Cream- ed Egg on Waffles	Braised Short Ribs of Beef	Saus- ages	Fish	Minute
Group	left- over	unrat- ioned	Group	Group	unrat-	Group
4 lbs 2 cou- pons			2 lbs 6 tokens	1 lb 3 tokens		1 lb 5 tokens

2 tokens left over

Roast loin of lamb should prove a popular choice for ushering in another week of good eating. It calls for a flavor partner of mint jelly or sauce, and in honour of Saint Patrick serve a green vegetable favorite. On Monday the cold meat will team pleasingly with a fluffy combine of mashed potato and turnip and a dish of creamed celery. • Vell suited to the meatless Tuesday fashion are crisp waffles topped with creamed eggs and accompanied by some colorful vegetables to keep your family vitamin and mineral healthy. Braised short ribs of beef will provide a succulent meal for Wednesday, and sausages are a token-penny-wise purchase for Thursday. For Friday a jellied fish loaf centering a platter of salad greens would bring an accent of spring to the table, and could be preceeded by bowls of warming soup. Minute steaks make a quickly prepared and tastetempting meal for Saturday. Remaining will be two tokens to augment your purchases for the unexpected guest, or to aid your lunch-time problems.

We Have Done

Seeing is Believing - COME IN - Look for the Red "TODAY'S SPECIAL" Cards with the black arrow indicating one of the Bargains of the Day!

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We serve you nothing but the best-Special Red Brand Beef, Choicest fresh Vegetables and Fruits Complete line of Groceries

OUR DELICATESSEN DEPARTMENT OPEN DURING REGULAR STORE HOURS

Choicest Cooked Meats, Meat Pies, Roast Chickens, Fish and Chips daily. We are ready to serve you Chinese dishes-Chow Mein, Chop Suey, etc., to take out. Cooked with delicate taste and quick service.

TRY US!

BUTCHERS

Phone 21 Third Ave. West Next Royal Hotel

P.O. Box 575

Central Body of Catholic Women's League for Vicariate Is Formed

Mrs. J. J. Gillis, past president of the Prince Rupert Catholic Women's League, was elected president of the Diocesan Council, a co-ordinating body for all the branches of the C.W.L. in the Prince Rupert diocese, at an organizational meeting held in the bishop's house Monday after-

The Diocesan Council was established yesterday to act as a co-ordinating body for the activities of the C.W.L. in this diocese and was organized under the direction of Miss Ann Mc-Masters, national C.W.L. president. Nationally the organization has a membership of more than 50,000.

The complete slate of officers elected yesterday follows: Diocesan President-Mrs. J. J

First Vice-President-Mrs. H. Ludgate, Smithers, Second Vice-President - Mrs.

Joseph Spitzell, Terrace. Third Vice-President-Mrs. W.

Secretary-Miss Nora English. Treasurer-Mrs. J. Yelloway.

IN THE SUPREME COURT OF BRITISH COLUMBIA IN PROBATE IN THE MATTER OF THE "ADMINISTRATION ACT"

THE MATTER OF THE ESTATE wise known as HERMAN HELIN, DECEASED - INTESTATE

TAKE NOTICE that by Order of His Honor, Judge Fisher, made on the 3rd day of April, A.D. 1946, I was appointed Administrator of the Estate of Justus Herman Helin, otherwise known as Herman Helin, deceased, and all parties having claims against the said estate are hereby required to furnish same, properly verified, to me on or before the 15th; day of May, A.D. 1946, and all parties indebted to the Estate are required to pay the amount of their indebted ness to forthwith.

DATED at Prince Rupert, B.C., this 3rd day of April, A.D. 1946. GORDON F. FORBES, Acting Official Administrator, Prince Rupert, B.C.

"GOVERNMENT LIQUOR ACT" NOTICE OF APPLICATION FOR CONSENT TO TRANSFER

OF BEER LICENCE NOTICE IS HEREBY-GIVEN that on the 10th day of May, A.D. 1946, the undersigned intends to apply to the Liquer Control Board for consent to transfer of Beer Licence No. 7399. part of a building known as Knox Hotel, situate at First Avenue in the City of Prince Rupert, Province of British Columbia, upon the lands described as Lots numbered Thirteen (13) and Fourteen (14) of Block Two (2) of Section One (1) Prince Rupert Land Registration District in the BEAUDOIN HOTEL CO. LTD., to KNOX HOTEL CO. LTD., of Prince Rupert, British Columbia, the Trans-

DATED at Vancouver, B.C., this 26th day of March, A.D. 1946. KNOX HOTEL COMPANY LTD By J. C. LABELLE: President, Applicant and Transferee.

LAND REGISTRY ACT Re: Certificate of Title No. 19971-1 to Lots 29 and 30, Block 5, District Lot 369, Village of Terrace, WHEREAS satisfactory proof of

oss of the above Certificate of Title sued in the name of Henry Stewart reelman has been filed in this office, notice is hereby given that shall, at the expiration of one month from the date of the first publication hereof, issue a provisional Certificate of Title in lieu of said lost certificate, unless in the meantime vaiid objection be made to me in writing. DATED at the Land Registry Office, Prince Rupert, B.C., this 4th day of March, 1946, A.D. Andrew Thompson,

Deputy Registrary of Titles.

IN THE SUPREME COURT OF BRITISH COLUMBIA IN PROBATE IN THE MATTER OF THE ESTATE

OF FREDERIC LANZA, OTHER-WISE KNOWN AS FREDERICO LANZA, DECEASED. NOTICE TO CREDITORS AND OTHERS

TAKE NOTICE that letters probate of the last will of Frederic Lanza, otherwise known as Frederico Lanza, deceased, formerly of Prince Ruper's British Columbia, who died at Prince Rupert, British Columbia, on or about the 15th day of December, 1945, were issued to Guiseppe Basso-Bert, sole executor, of Prince Rupert, British Columbia, out of the Prince Rupert District Registry of the Supreme Court of British Columbia, on the 15th day of March, 1946.

All persons indebted to the said estate are required to pay the amount of their indebtedness to the solicitors of Guiseppe Basso-Bert forthwith; and pursuant to Section 28 of the Trustee Act, all persons having claims against the said estate are required to file the same properly authenticated with the solicitors of Guiseppe Basso-Bert on or before the 15th day of May, 1946. after which time distribution of the said estate will be made, having regard only to claims which have been

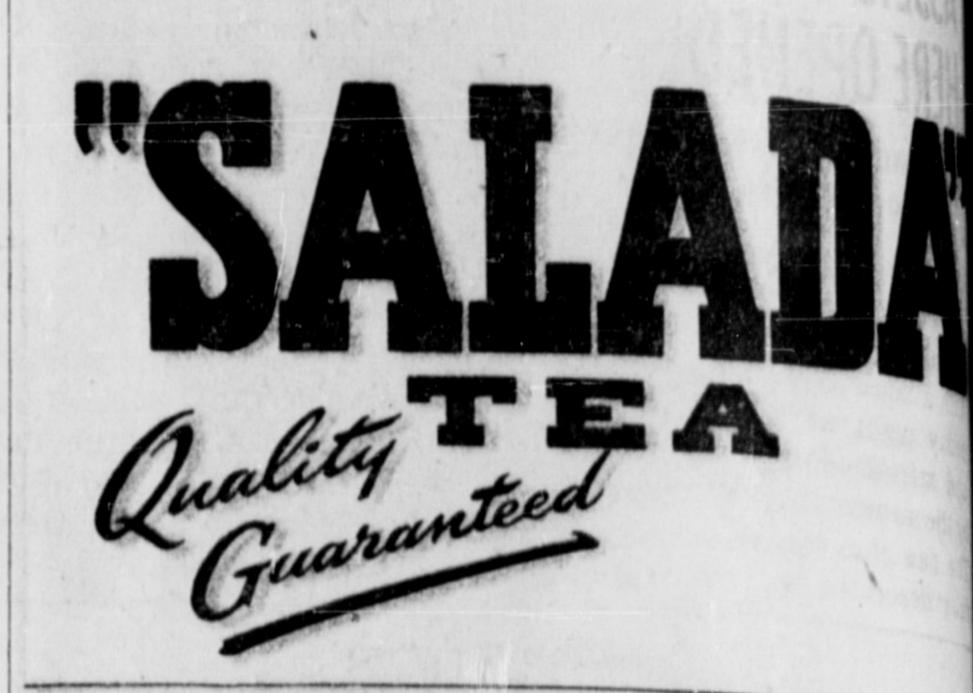
DATED at Prince Rupert, B.C., this 22nd day of March, 1946. BROWN AND HARVEY, Besner, Block. Prince Rupert, B.C.,

Solicitors for Guiseppe Basso-Bert, Executor. IN THE SUPREMF COURT OF BRITISH COLUMBIA

IN THE MATTER OF THE "ADMINISTRATION ACT" IN THE MATTER OF THE ESTATI

OF HENRY SHARP MISNER, DECEASED - INTESTATE TAKE NOTICE that by Order of His Honor, Judge W. E. Fisher, Local Judge of the Supreme Court of British Columbia, I was on the 2nd day of April. 1946, appointed Administrator of the Estate of Henry Sharp Misner, who died on or about the 14th day of January, 1946. All persons indebted to the said Estate are required to pay the amount of their indebtedness to me forthwith and all persons having claims against the said Estate are required to file them with me properly varified on or before the 15th day of May. 1946, failing which distribution will be made having regard only to such claims of which I shall have been notified.

DATED at Prince Rupert, B.C., this 2nd day of April. A.D. 1946. GORDON F. FORBES. Acting Official Administrator, Prince Rupert, B.C.



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Agazex Plain or Compound ASA Rex Tablets, 24's ASA Rev Tablets, 100's Rexall Bronchial Syrup, 6 oz. Revalt Chest Rub. 3 oz. Jaynes Eczema Lotion, 2 oz. Jaynes Erzema Lotion, 6 oz. Fruit Saline, English type, Rexall Hypophosphites Com-Linaseptic, 4 oz. Linaseptic, 16 oz. Rexall Milk of Magnesia, Revall Milk of Magnesia Tablets

Phillips Milk of Magnesia Tablets

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Bayer Aspirin, 24's Bayer Aspirin, 100's McLean's Powder, 4 oz. DDD, 5 oz. Fno's Fruit Salts, family of 15-How's Syrup, 14 oz, Absorbine Janior, 4 oz.

Phillips Milk of Magnesia, Prescription Special

Absorbine Junior, 12 oz.

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finish, very comfortable. THE ARISTOCRAT BABY CARRIAGE—Rubber tires, he and apron. Special

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