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ENTERTAINMENT FOR CARNIVAL

Topnotch Performers to
Show Here Next Week

Highlighting entertainment at the Civic Centre Carnival this year will be an imported troupe of top-notch international acts from Canadian and American floor shows, all outstanding stars of screen, stage and radio, carnival officials have announced. The stage shows will play two performances nightly — 8 and 10:30 p.m. from Monday through Saturday in the auditorium of the Civic Centre building.

Heading the bill is the Del Rays, an adagio and acrobatic team known throughout the North American show world for their versatile performances. During the war the Del Rays devoted their talents exclusively to the United Services Organizations.

Also appearing in the show are Mary Mack, singer and comedienne, who made a big hit in this city a year ago when she toured northern Canadian Army and Air Force stations, and agile, attractive Marguerite Hewson, billed as a tap dancer extraordinary, another veteran Y.M.C.A. war services performer.

Andy McNaughton, well known Prince Rupert pianist, will provide the piano accompaniment for all performances.

Prior to coming to Prince Rupert the troupe will play an engagement at Alert Bay. On their return trip to Vancouver a show has been booked at Ocean Falls.

"We hope this stage show will be only the forerunner of many similar events which can be held in the Civic Centre during the coming winter," declared director Don Forward.

BANANA FLAKES ARE IN DEMAND

Such will be the demand of young and old alike in every kitchen in the country now that banana flakes are back to stay. Just imagine a rich, creamy, milkshake that tastes just like fresh bananas and cream, only more so. And served up right in your own kitchen, too!

Not only is a banana milkshake made with these flakes tops in fresh banana flavor, but it's nutritious as well. Tetts prove that banana flakes are rich in vitamin A, B, C and G, content, with a high caloric value of almost 600 in each 5 1/2 oz. tin. Actually the flakes are tree-ripened bananas with the moisture removed by a special dehydration process that does not destroy the live fruit cells or lessen the abundant food value of the fruit.

Banana flakes are a time-saver, too, when they are being used in a milkshake. "There's no more fuss or bother in making a banana milkshake than there is in concocting a malted or strawberry milkshake at the local soda fountain. No sugar needs to be added because the flakes themselves are so rich in natural sugar. Banana flakes just seem to melt right into the milk, and there's no trace of lumps.



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Seasonable Ideas for Housekeepers

CANNING AND JAM MAKING HINTS AIMED TO SAVE SUGAR

The canning season has been in full swing now for some weeks and there are still plenty of fruits to come. Homemakers looking at their sugar bin or at their sugar coupons may find that their supply is disappearing very fast so they would be well advised to plan canning some fruits without sugar. The amount of sugar now at their disposal may be stretched to cover a lot of fruits yet, if some sugarless canning is done, say the home economists of the Consumer-Section of the Dominion Department of Agriculture.

Blueberries are one of the fruits which are easily canned without sugar. They may be canned in their own juice or in a very thin syrup. To can blueberries in their own juice, the berries should be washed and part of them crushed in the bottom of the preserving kettle. The remainder of the fruit is then added and the whole heated for a few minutes or until the juice just starts to flow. If the fruit has a tendency to scorch, a little water may be added to prevent that. The fruit is then packed solidly in the hot sealers, crushed down slightly so that the juice covers it. The lids and rubber rings are then adjusted and the filled sealers processed. If the processing is done in the boiling water bath, pint sealers and 20-oz. tin cans are processed for 15 minutes, counting the time from the moment the water comes to a full rolling boil. Quart sealers and 28-oz. tin cans are processed 20 minutes in the boiling water bath. Should the oven be thermostatically controlled, the glass sealers only may be processed in it. The degree of temperature recommended is 275 degrees F. and the time, 25 minutes for pint sealers and 30 minutes for quart sealers.

Blueberries canned by this method and sweetened to taste are excellent for pies and desserts. Blueberries being very sweet don't require much sugar, so a very thin syrup in the proportions of 1 cup of sugar to 3 cups of water is recommended if the berries are to be canned in syrup. The processing times are the same as for the other method.

Most homemakers like to make at least a few jars of jam from their sugar quota even if it takes more of this precious commodity than for canning. But they want to be sure the results will be good. After repeated experiments the home economists of the consumer section have come to the conclusion that a better jam, both in color, texture and yield, is obtained when the fruits are simmered, uncovered, until tender and some of the moisture is evaporated before adding the sugar. This precook varies from 5 to 15 minutes, depending on the tenderness of the fruits and of the skins and the amount of moisture present. The sugar is then added and the cooking (limed from the moment the jar comes to a full rolling boil. To prevent sticking, jam should be stirred frequently. When testing for consistency, the saucepan is removed from heat, a tablespoon of jam is placed on a cold saucer and chilled quickly. If jam does not set to proper thickness, it should be cooked a few minutes longer and heated again.

Currant, Blueberry and Apple Jam
1 quart black currants
1 quart blueberries
3 cups apples, cut in small pieces
1 cup water
5 cups sugar
Combine currants, blueberries, apple and water. Bring to a boil

HOW CAN I ??? By ANNE ASHLEY

Q. What is a good remedy for a weak throat?

A. A weak throat or chest is often benefitted by taking a teaspoonful of olive oil with a dash of lemon juice every night before retiring.

Q. How can I make creole potatoes?

A. Add minced green pepper, a little corn, and a few lima beans, with strips of pimento, to boiled potato cubes. Cream in a double boiler.

Q. How can I take away the shabby appearance of a leather brief case?

A. Rub briskly with the well-beaten white of an egg.

and simmer uncovered for 10 minutes. Add sugar, bring to a boil and boil 8 to 10 minutes.

Yield: About 7 cups.

Green Gooseberry Jam

2 qt. boxes (8 cups) green gooseberries
2 cups water
5 cups sugar

Wash, tip and tail the gooseberries. Add water, bring to the boil, and simmer uncovered for 15 minutes. Add sugar, bring to the boil and boil uncovered for 5 to 7 minutes. Stir frequently to prevent sticking.

The revised bulletin "Jams, Jellies and Pickles" may be obtained free of charge by writing to the Dominion Department of Agriculture in Ottawa.

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