NEW Apply in Seconds

dries to a lustre; buffs to a polish.
No brush required—apply with dauber attached to cork.

2 IN 1

LIQUID SHOE POLISH
BLACK, BROWN — 15c

Seasonable Ideas for Housekeepers

Out of the Frying Pan Into The Jar For All Possible Fats

Home economists say that among the many questions coming to them these days are requests for information on using fat collected in cooking. With fats in short supply, every homemaker is concerned in making the best use of what fat she can save.

One question which keeps recurring is, "Can chicken fat be used in baking, and what does one have to do to prepare it for use?"

In answer to this question, home economists say. "Yes, it can be used in baking." Chicken fat is a soft, mild, sweet-flavored fat, similar in texture to butter. It may be used in cakes, cookies, muffins, cream sauces, etc. However, extra salt must be added with this fat, as when using any unsalted fat in baking.

TO RENDER CHICKEN FAT—To render chicken fat, so that it may be used in cooking, wipe with a clean damp cloth and cut into small pieces, melt slowly over hot water in the top of a double boiler or in a pan in the oven (using reserve heat after oven has been used for other cooking).

Cool the melted fat slightly, skim and strain through moistened cheesecloth or fine sieve. Store in covered crock, tin or opaque jar, in a cool, dry place, away from light.

Another question frequently asked is, "How can drippings from meat be clarified so that they can be used in cooking?" Here is the answer.

TO CLARIFY DRIPPINGS—Mix equal quantities of water and drippings together and heat for 10 minutes. Strain through double cheesecloth and cool. Remove cake of fat and scrape off sediment adhering to the bottom. Store as directed for rendered fat.

In saving drippings care must be taken that the fat hasn't been scorched or darkened. Fat heated too high tends to deteriorate rapidly. Drippings should be removed from the pan as they collect, leaving only sufficient fat for basting or gravy making. In this way drippings will not become darkened.

Following is a recipe for Hot Water Gingerbread using beef dripping. The Hot Water Pastry recipe is an adaptation of an old favorite and is an example of using chicken fat. When substituting chicken fat in a recipe, allow ¾ cup for each cup of lard or other shortening called for.

Hot Water Gingerbread

½ cup beef drippings (clarified)
1 egg
¾ cup molasses
½ cup sugar
1 teaspoon cinnamon
½ teaspoon cloves
2 teaspoons ginger
2½ cups pastry flour or
2¼ cups all-purpose flour
1½ teaspoons soda
½ teaspoon salt
1 cup boiling water

Cream fat, add sugar slowly, add well-beaten egg. Mix boiling water with molasses. Add alternately with the sifted dry ingredients. Pour into a 9-inch greased pan. Bake in a slow oven for 50 to 60 minutes. Temperature 300 degrees F. to 325 degrees F.

Hot Water Pastry With Chicken Fat

¾ cup rendered chicken fat
½ cup boiling water
1½ teaspoon salt
3 cups sifted pastry flour or
2 2/3 cups all-purpose flour

Cream the fat and stir in the boiling water a little at a time; cool slightly. Add salt and flour, mixing with a quick cutting motion; do not stir. Chill before rolling. Bake in a hot oven, 400 degrees F., 12 to 15 minutes. Yield: 3 dozen 2-inch tart shells or three 9-inch pie shells.

WAR BRIDE IS GIVEN SHOWER

Affair at Home of Mrs. Dan Parent in Honor of Mrs. George Bagshaw

Honoring Mrs. George Bagshaw, war bride of one of Prince Rupert's pioneer boy war veterans, a post-nuptial shower tea was held yesterday afternoon at the home of Mrs. Dan Parent. Mrs. Bagshaw was employed during the war in one of London's airplane factories.

The tea table was covered with a lace cloth and centred with a silver basket of red moss roses. Mrs. W. H. Goodsell and Mrs. C. Boulter presided at the urns.

After delicious refreshments had been served, a basket decorated in pink and white colors and laden with gifts was presented to the bride.

Guests were Mrs. Bagshaw, Mrs. G. V. Hanley, Mrs. W. J. Lineham, Mrs. W. H. Goodsell, Mrs. William Rothwell, Mrs. C. Boulter, Mrs. A. Holbrook, Mrs. S. V. Cox, Mrs. Morrow, Mrs. H. B. Eastman, Mrs. W. Murdock, Mrs. F. Ellison and Mrs. Johansen.

Buy War Savings Certificates

BUSINESS WOMEN SEE PICTURES

Members of the Prince Rupert Business and Professional Women's Club saw colored photo enlargements presented by Miss Audrey Wrathall as the entertainment feature of their monthly meeting held in the Civic Centre last night. The meeting was the first of the fall season, following the summer recess, and was well attended. Installed as new members were Mrs. H. S. Parker and Miss Partridge. The club plans to hold dinner meetings in the future. President Frances Cross was the chairman of last night's meeting.

HOW CAN I ? ? ?

By ANNE ASHLEY

Q. How can I change the flavor of bread pudding?

A. When preparing bread pudding, sprinkle each buttered slice of bread with desiccated cocoanut instead of currants, and strew some on the top. This will be a pleasant change.

Q. How can I wash dress shields properly?

A. Use lukewarm soapy water and a teaspoonful of baking soda when washing them. Rinse in water of the same temperature and dry in a shady air place.

Q. How can I make a good lotion for freckles?

A. An excellent lotion for freckles is lemon juice mixed with buttermilk and applied daily.

"SALADA" TEA BAGS
No waste

Stratford...
Two-Tone Pens
$1.70
THE DEPENDABLE PEN FOR SCHOOL
DIBB PRINTING COMPANY
BESNER BLOCK THIRD AVENUE

QUALITY FOODS
We are here to serve you and guarantee you will be pleased.
FREE DELIVERY OF ALL ORDERS
BLAIN BROTHERS
"HOUSE OF FINE FOODS"
PHONE 547 —:— P.O. Box 174

Phone Red 319 P.O. Box 1464
Green & Kermode
Builders and Painters
All Interior and Exterior Work
Free Estimates and Prompt Service

Box 1308 — Phone 108
PRINCE RUPERT PLUMBING & HEATING
J. H. Schuman - S. Julian
Night Calls:
Blue 170 — Green 787
Cor. 2nd Ave. and 7th St.

LING
THE TAILOR
★
We are taking cleaning and pressing and steam pressing while you wait.
PHONE 649 — 220 Sixth Street

A. MacKenzie Furniture
LIMITED
"A GOOD PLACE TO BUY"
You Could Go Wrong . . .
But not with the genuine La-Z-Boy Chair. Ideas can be copied but La-Z-Boy principles simply can't be imitated.
THERE IS ONLY ONE LA-Z-BOY
Exclusive Features:
Self-adjusting and automatic.
Stays put at the required COMFORT ANGLE.
Seat comes forward as back reclines.
Quiet, smooth and noiseless operation.
Quality-built throughout.
LA-Z-BOY with STOOL ..... $78.50 and up
Phone 775 —:— 327 Third Ave.

Get ALL the Vitamins you need
CONTAIN VITAMINS A B1 B2 C D plus IRON and LIVER CONCENTRATE
Vita-Vim
MULTIPLE CAPSULES
Don't be confused as to which Vitamins to buy. When you take just 2 VITA-VIM Multiple Capsules (one of the golden and one of the black) each day, you supplement the Vitamins in your diet needed for normal health. Twenty-five day supply for $1.75 or a fifty day supply—$3.00.
VITA-VIM Multiple is a Nyal Quality Product, sold only at Nyal Drug Stores.
13

McCUTCHEON'S PHARMACY
E. C. Wallace, Manager
3rd Ave at Sixth St.
PHONE 79

The Grand Old Recipes



made more delicious with Carnation Milk

YOUR cream soups and sauces . . . desserts and creamy entrees—take on an entirely new and luxurious character when you make them with double-rich Carnation Milk. They're smoother, richer, finer in flavor. It's easy to use Carnation—if the recipe calls for milk, use half Carnation, half water; if cream is called for use Carnation undiluted as it pours from the can.

Carnation is just pure, whole, cows' milk, evaporated to double richness by removing part of the natural water, homogenized for smoothness, sterilized for absolute safety.

Carnation Milk
A CANADIAN PRODUCT "from Contented Cows"

For That Party . . .
PARAMOUNT CAFE
at Port Edward, B.C.
CHOP SUEY • CHOW MEIN
7:00 a.m. to 11:00 p.m.

KWONG SANG HING
HOP KEE
CHOP SUEY HOUSE
612 7th AVE. WEST
(Next to King Tai)
All your patronage welcome
Open 5 p.m. to 2 a.m.
Outside Orders from 2 p.m. to 2 a.m.
PHONE RED 247

See us for your
Preserving Supplies
• Jars, Lids, Rubber Rings, Preserving Kettles, Boilers, Pressure Cookers.



Gordon's Hardware
McBride Street —:— PHONE 311

SHORTHAND AND TYPEWRITING
NIGHT CLASSES
Teacher, MRS. HILL (W.C.T.)
PHONE RED 284

UNDER NEW MANAGEMENT !!
Pall Mall Cafe
AND CHOP SUEY
at CENTRAL HOTEL
HAS REOPENED
We specialize in tender, juicy steaks and Chinese dishes.
WE EXTEND A HEARTY INVITATION TO COME AND ENJOY OUR FINE FOOD

GUNNAR SELVIG
General Contractor
We do basements, reshingling, build fences, sidewalks, remodel your kitchen.
Demolish or move buildings.
100% SATISFACTION GUARANTEED
CALL BLUE 610
and we will give an estimate.
P.O. BOX 654 —:— PRINCE RUPERT

Geo. J. Dawes
The Auctioneer
Sales Every Saturday
WE SELL EVERYTHING
Goods Sold On Commission
Household Sales Conducted at Your Convenience
FURNITURE AND HOUSEHOLD GOODS WRAPPED, PACKED AND CRATED
Estimates Given Free
PRINCE RUPERT AUCTION MART
(Opposite Civic Centre Bldg.)
PHONES:
Bus. Blue 145 Res. Red 127
Ask for George

Hollywood Cafe
PRINCE RUPERT'S NEWEST AND MOST UP-TO-DATE RESTAURANT
FULL-COURSE MEALS
FROM 11 A.M. TO 6 A.M.
Special Dinner Every Sunday - 5 p.m. to 8 p.m.
CHINESE DISHES A SPECIALTY
WE CATER TO PARTIES
CHOP SUEY CHOW MEIN
FOR OUTSIDE ORDERS PHONE 133
735 THIRD AVENUE WEST

FOR SALE

E—16-ft. Turner-built oat, like new. Phone , after 6 p.m. (222)

E—Oil burner range, ield, sewing machine, machine. 215 7th Ave. (220)

E—Stove, bed, water irror, tent. Apply En- Fruit Store. Phone 343. (224)

E — '31 Studebaker. nning condition and es. Phone Black 937 510 7th West. (1t)

AL Chair, $10; table w, $6; end table, $2.50; , $1.50; two lamp new, 75c and $1.00; od and reel, new, $4 Avenue East. (220)

—Small business; also urniture. Apply P.O. (220)

—Oil burning kitchen nd high chair. 661 5th hone Green 987. (220)

LE—One Heintzman an be seen at Murphy's Yard, 1st Ave. East. hone Black 884. (220)

—Large 8-room house, rth Ave. West. Phone daytime. (220)

E—7-Roomed house, odern, with concrete n and basement; 4 . Good terms at Less for cash. Apply & McCaffery Ltd. (220)

E — 200 special-mated mpshire chickens, six old. $2.00 each. Ship- harges extra. Leroy's Kitwanga, B.C. (tf)

LE—Sawmill with two- alf million feet of camp and kitchen , equipment, tools, 4 good condition. Price Apply Lee Jim, Hazel- C. (tf)

and Sell new and used re and Hardware. Used s, from $2.50. Dressers Chest of Drawers $9 for coal and wood $35. g stands $1.25. Dining ets from $30. Rug 6x10½ 18. 3-piece chesterfield good condition $69.50. oal and wood stoves, . Scatter rugs from Fancy mirrors from $2. irst, it will pay you. B.C. e Co. Phone Black 324. (tf)

LE—Petters 5 h.p. Diesel and generator, with and all equipment, in ondition; also 2 h.p. gas . Buyer must take both. rticulars apply P.O. Box errace, B.C. (222)

ALE—16" Turner - built boat, like new. Phone 365 after 6 p.m. (222)

MACHINERY

W better lumber more mically, use the modern p-to-date type National le Sawmills, manufac- by National Machinery ny Limited, Vancouver, (tf)

LOST

NG Glasses in brown case day evening. Please e 355. (tf)

PERSONAL

AIMED bicycles, watches wallets accumulating at e Office. Please call. (221)

the person who took the sand colored crepe coat the Valhalla Hall last please phone Red 901. (220)

TUITION. For appoint- s phone Black 120. Mrs. M. Anderson. (s22)

HAIR HANDICAPS YOU. Angelique Grey Hair Re- to regain natural color- $1 at Ormes Ltd. (222)

FOR RENT

FOR RENT—Sleeping room. Apply 806 Fraser St. after 5 p.m. (224)

FOR RENT—2 room cabin on Water St. Call 1024 3rd Ave. W. (220)

FOR RENT—Partly furnished 3-room cottage. Phone Green 626. (221)

FOR RENT—2-room apartment, and one sleeping room. Immediate possession. 221 5th Ave. East. Phone Red 867. (222)

FOR RENT—Six-room flat, two furnished bedrooms and kitchen stove at 209 5th Ave. W. Apply Suite 1, Helgerson Block. (220)

ROOM AND BOARD—Home away from home. 622 Fraser St. (222)

WANTED

WANTED — Second-nand safe, 14x16 inside capacity. Write Skidegate Inlet Credit Union, Queen Charlotte City. (221)

HELP WANTED

WANTED — Two mechanics for interior garage. References required. State experience and wages wanted. Interviews arranged. Only first class men need apply. Reply Box 155 Daily News. (tf)

WANTED—Reliable housekeeper for family of 2 adults and 2 children. No heavy laundry or waxing. Large private room. $60 a month. Phone Red 879. (tf)

HELP WANTED—Girl or woman to assist with housework afternoons. 109 5th Ave. West. (3t)

Classified Advertising --
3c per word per insertion, minimum charge, 50c. Birth Notices Cards of Thanks, Death Notices, Funeral Notices, Marriage and Engagement Announcements: $2.

No wonder the kids like 'em



Yes, there's downright breakfast enjoyment in Shreddies. For in these crispy, crunchy, spoon-size morsels, there's the nut-like flavor of whole wheat, tastily mellowed with malt. Nature packs many valuable elements into good Canadian wheat. The whole wheat goes into Shreddies—its bran, minerals, protein and precious wheat germ. To get whole wheat nourishment, eat Shreddies* for breakfast, often.



TASTY APPETIZER
For tasty canapes with tomato juice, dip Shreddies in melted butter, and salt to taste. It's so different.

*Shreddies is a registered trade-mark owned in Canada by
THE CANADIAN SHREDDED WHEAT COMPANY, LIMITED
NIAGARA FALLS, CANADA