

### Experts Say - - -

**CONORS**—Here's a tip from the Services for blood rich foods help at the requirement. Remember following foods have for all who regularly donate occasionally donate (figs are just as prunes and in many localities kidney and heart; leafy vegetables; egg whole grain cereals.

**PLATE**, always the family can proteins, vitamins sufficient variety used and they quickly with little

Department gives these suggestions for winter menus:

vegetable plate potatoes cooked in cooked carrot raw turnip sticks. into the oven baked potato, turnips in cashew.

feature: hot red carrot curls, hot

every day: these sauce, raw pickled beets.

is being those who like the by itself or as a Prices Board says will continue until from South America Victory garden onions and garlic their cellars will the shortage ends find that dishes with other

**STUFFED FISH**—The department recommends for stuffed of Canadian sea or

fresh water. The fish to be stuffed should be of medium size, about four pounds and very fresh.

**How to prepare it:** The fish's first scaled (this work is made easier by adding a little salt rubbed on the hands to facilitate scaling, as it will help to retain one's grasp on the fish). Remove the eyes and gills. Take off about a third of the tail without changing its shape; clip off the fins and then the fish should be split for about two-thirds of its length on the under side. Then by bending the body the backbone is broken near the head and tail, or it can be cut with scissors. Slip a strong sharp knife along the backbone, making the stroke on each side in turn. Then the bone may be pulled out quite easily without removing to a great extent the muscles adhering to the skin. Some small bits of the flesh may come with it and they may be added to the stuffing, which is then put in, after lemon juice and salt have been sprinkled over the inside of the fish. Bake in a moderate oven.

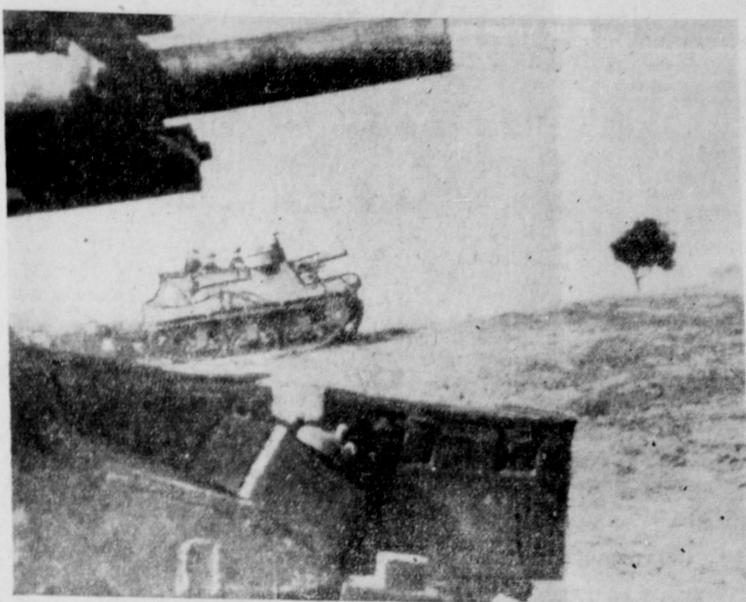
**Stuffing:** 1 cup bread crumbs, 4 tablespoons butter or mild fat, 1/4 cup oyster liquid, 1 cup oysters, 1/2 cup chopped celery, salt and pepper to taste.

### Log Scale This Year Is Higher

Timber scaling in Prince Rupert forestry district for the first two months of 1944 totalled 22,363,620 board feet, being more than double the scale for the corresponding two months of last year which ran 9,701,859 board feet.

The scale of forest products, including poles and piling, was 544,610 lineal feet this January and February as compared with 314,821 lineal feet in the first two months of last year.

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**BRITISH GUNS MOVE UP ON ITALIAN BEACHHEAD** — British guns move forward—tank busting "priests" move in to firing position after establishment of new beachhead south of Rome. This field regiment has used its guns to good advantage against the Nazis in the line between the Appian Way and Anzio.

### VITAMINS IN ITALY

Italian Fruits Give Zip to Rations Provided for Hungry Canadian Fighting Men.

By WILLIAM STEWART, Canadian Press Staff Writer. LONDON, March 13 (C)—Odds and ends about the Canadians in Italy:

The troops in Italy do not want for food. Rations are plentiful and the Canadians eat heartily. There's an unavoidable monotony to the rations but the men rarely complain.

Army doctors have been pleased that Sicily and Italy have provided the troops with vitamins in plentiful oranges and apples, and peaches which were available in early summer.

Enemy aircraft make rare ap-

pearances over the Canadian front which is constantly patrolled by Spitfires. The Canadians have received solid air support during their most difficult fights and the presence of Allied aircraft relieved them of practically all worries from the skies.

When enemy aircraft do come, it's at great, seemingly frantic,

speed. They strafe and bomb hurriedly and scoot for home. With the few exceptions when they appear, the skies are filled with the roar of formations of medium bombers, kitty bombers and the fighter patrols.

Freedom from bother by enemy planes permits our transport to move unworried on the roads. Convoys move in broad daylight and are attacked rarely.

### Dutiful Mexican Keeps Promise

WINNIPEG, March 13 (C)—When PO. Jose Alvarez of the R.C.A.F. recently graduated at the head of his class and with a commission he was merely keeping a promise to his father. The young Mexican pilot officer was recently posted to No. 3 Bombing and Gunnery School,

Macdonald, Man., from No. 13 Service Flying Training School, St. Hubert, Que., where he graduated.

He said he left school in Mexico to join the R.C.A.F. against his father's wishes. Consent was given only with the stipulation that he lead his class and earn a commission.

Senor Alvarez was unable to come to Canada to attend the wings ceremony, so the Mexican consul substituted.

**NOW WAR PRISONER** LONDON (C)—PO. C. S. Hodgkinson of Wookey Hole, Somerset, who after losing both legs was inspired by the deeds of the legless Wing Cmdr. Douglas Bader and succeeded in becoming a Spitfire pilot, is a prisoner of war in Germany. He was shot down during a sweep.

LONDON (C)—Charles Cundall, painter, and Alfred Hardiman, sculptor, were recently elected to the Royal Academy.



### The Smoke of Sahib Canadian

Globe-circling Canadian airmen—here for breakfast, in Britain for dinner, then off again to the Near East, the Far East—travel fast and far. But on landing—anywhere, everywhere—they are more than likely to be greeted with the familiar, and always welcome "Have a Sweet Cap."

**SWEET CAPORAL CIGARETTES**

Recently a letter from the Knights of Columbus, thanking the makers of Sweet Caps for "very fine service", spoke of acknowledgments from Ceylon and India... showing that over there as over here, Sweet Caps are first with Canadians everywhere.

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### IT IS A CUSTOM OF THE COUNTRY

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### SPORTS

Britain "went to the dogs" in 1943—to the tune of something like \$200,000,000. That amount passed through greyhound race track betting machines. It came from the thousands of service personnel and war workers who jam stadia each Saturday, mostly around London—to wager on the sport that has challenged football as the greatest drawing card in the country. A large part of the money, of course, returned to the pockets of the bettors. Publication of the huge figure—admittedly only an estimate since no official government announcement has been made—recalled that all betting machines are owned by the companies which run the tracks and that by a special act passed 10 years ago these owners receive six percent of the money invested by the public. That means that for every \$100 wagered \$96 is shoved back across the betting wickets to bettors whose choices finished in the money. In addition, the track operators and the government share admission prices which range from 45 to 90 cents at most tracks. From the gross profits come the expenses. At least 20,000 regular employees work for the tracks besides a great number of "casuals." Each track employs expert veterinary surgeons, trainers and kennel maids, timekeepers and engineers.

Behind the scenes are the breeders, private trainers and owners. Dog prices have skyrocketed since the war and the average price for a good racer is \$3,800. The demand is terrific. "To buy a greyhound pedigree puppy without knowing his performance would cost perhaps \$950," one expert said. "A champion dog which would run in London in Saturday's big races would cost its owners \$7,650."

All this wagering didn't escape the eye of the Archbishop of York, Dr. Cyril Barbett. Addressing an annual bank meeting, he said: "I have read of the enormous increase in the amount of money being spent in connection with dog racing. Very large sums are being spent in this way and the increase in the last few years has been remarkable. But surely it would be better for the nation if some of the money were put into an institution like this."

**SWIFT'S WEEKLY FOOD HINTS**

Swift's famed home economist, wartime cooking columnist, features of this page. Look for the hints each Monday.

**Versatile Biscuits**

of the neighbour- Biscuits that are Sweet

Martha Logan

**TASTY FILLINGS FOR PINWHEELS**

1. Spread oblong of dough with a meat or fish paste, sprinkle with chopped pickle, olives or pimento. Roll, slice and bake in hot oven, 450 degrees.
2. Spread dough with 3 tbsps. butter blended with 1/2 cup brown sugar (nutmeats too, if desired). Roll, slice and bake at 425 degrees.
3. Cover rectangle of dough with shredded cheese, paprika or mustard; chopped sardines, broken nutmeats, chopped pimento, green pepper or olives, are good too with cheese. Bake at 425 degrees. Serve hot.

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