## The Experts Say - - -

SPRING ONIONS, the little green - tipped delicious - tasting ones, are making their debut in shops again and are a welcome treat. After the long winter season of root vegetables their tangy flavor hits the spot. And besides they are important from a health standpoint, Dr. L. B. Pett of Nutrition Services says. Compared with the white onion the spring variety is rich in certain food values. They supply a worthwhile amount of vitamin C and, if a good-sized serving of spring onions is eaten, nearly half the daily requirements of vitamin A will be looked after too.

SPRING CLEANING and fresh air go together. One sure way to keep the rooms fresh and airy is to take special care not to let strong cooking odors develop.

The home economists of the Agricultural Department have several suggestions on how to avoid unappetizing cooking odors. They say that over-cooking at too high a temperature of the so-called strong flavored vegetables causes sulphur compounds in these vegetables to break down, and sulphur, as every one knows, has a strong and penetrating odor. But when properly cooked—just until tender and no more—cabbage and turnip can be counted on to behave better.

The acrid smell of fat on the fire is a warning of wrong cooking technique also. Fat should not be allowed to smoke because at the smoking point it begins to break down chemically and gives off an unpleasant odor as an unpleasant flavor to the foods cooked in it.

SOUP OF THE EVENING—The mock turtle's song reminds us of the old fashioned stock pot, so often kept on the back of the stove in thrifty, well nourished French households. Think of the stock pot the next time you are tempted to throw away a piece of vegetable or a bone. The pot will be all the better for: bones, left-over meat, roasts, chops, trimmings, celery and green onion tops, parsley, raw vegetables and vegetable water, gravy or onion.

SARDINE SALAD BOWL — Warm spring days are just the time to include more salads in the menu, to get over that late winter "tired feeling," Nutrition Bureau experts say. They suggest this substantial luncheon or supper salad with sardine or other salt, cooked fish as its basis:

2½ cups cooked green beans; 2½ cups cooked shredded carrots; 2 cups cubed cooked potatoes; 1 cup diced celery; 2 cups shredded romaine or lettuce; 1 7-ounce can sardines of 1 cup cooked cubed fish; 1 cup French dressing.

Drain beans and carrots, reserving liquor for use in soups, sauces, etc. Combine with potatoe, celery and romaine. Drain sardines and chop, reserving four for garnish. Combine beans, carrots, potato, celery, romaine and chopped sardines. Chill. Toss with dressing. Garnish with remaining sardines. Serves eight.

Daily News Advertising Brings Results.

## MIDLANDS

A total of 10,187 ration books were distributed in Cobourg and surrounding townships under Cobourg jurisdiction during the distribution period.

The 1944 tax rate in Cobourg was brought down one mill under last year's tax rate. It now stands at 40 mills.

Gunner Ernie Foote, former Cobourg newspaperman, is listed on the masthead of "The Spur," Canadian Army paper in the Mediterranean theatre, as being its compositor. He also writes new articles for the soldiers' paper.

## Canadian-Soviet Friendship Move

Rev. A. F. MacSween spoke briefly at the meeting of the Junior Section of the Prince Rupert Chamber of Commerce Thursday night in support of the Canadian-Soviet Friendship movement in Prince Rupert as instituted in the "adoption" by Prince Rupert of the Russian city of Nogaisk. Here Mr. MacSween felt was a good opportunity to develop better international understanding through exchange of knowledge and mutual assistance. It was one of the means by which something could be done to prevent future wars.

Mr. MacSween, who is secretary of the local Canadian-Soviet friendship central executive, told the Junior Chamber members that they would be asked for active help as the organization proceeded.

## Orange Ladies To Assist Carnival

At the regular meeting of the Ladies' Orange Benevolent Association held Thursday evening in the Oddfellows' Hall, seven members were initiated in the second, or scarlet degree.

Mrs. S. V. Cox reported attending a meeting of the Civic Centre committee. Members of the lodge will assist at the bingo games when the carnival is held.

All past mistresses were asked to attend a meeting at the home of Mrs. Cox Thursday of next week.

Plans were completed for the holding of a dance April 27, also for the sending of a delegate to the Grand Lodge convention in May.

### INFORMAL OPENING

Music and hula dancing feature the opening of the Hawaiian legislature.

There are about ... of mosquitoes.

It takes 22,000 ... to make a ton ... paper.

PACIFIC
Will Reop...
Monday, A...
Special Chine...
Chop Suey, C...
Hours 6:00 a.m.

## PRINCE RUPERT HONOR ROLL

List of Local Men and Women on Active Service
Are YOU responsible for someone's name not in this list?
(See entry form elsewhere)

**MEN**

**NAVY**

Sidney Alexander
Peter D. Allen
Charles Anderson
Harold Anderson
Stanley Anderson
John Armstrong Jr
Robert Armstrong
Fred G. Barber
Don Arney
Ted Arney
W. G. Barker
Emile Blain
John Bowman
William Bremner
Bernard Bridden
George J. Brown
Harold Bunn
John Bunn
Hugh Burbank
Tony Bussanich
Russell Cameron
Gordon Calderwood
Robert H. Capstick
Douglas Christison
Sydney Croxford
Spencer Davies
George Dibb
Vincent Dodd
John Dohl
Robert Duggan
Donald Eastman
Elmer Eburne
Melvin Eburne
Robert L. Eby
William Earl Eby
Robert Elkins
William P. Elkins
Martin Eriksen
Bernard Fortune
Terry Fortune
Gordon Fraser
Mitchell Gay
Ejner Green
James Greer
Lester Grimble
Terry Grimble
Ian Grimsson
John Grimsson
Carl J. Gustafson
George D. Hague
Hazen Hankinson
Matt Harris
Cecil Hemmons
Trevor Hill
Raymond Hougan
Bill Hunter
Foster Husoy
Peter Husoy
James M. Irvine
Tom Johnstone
Rodney Jones
Harry L. Knutson
Percy Knutson
James G. Laurie
Jack R. Laurie
Richard Leighton
Jantoft Leland
Fred Lewis
Tilly R. Lloyd
Bruce Love
Ted Mills
*Harry Monkley
William Murray
William H. Murray
Daniel McDonald
Jack Macfie
Robert McKay
Robert McLean
E. W. (Ned) McLeod
Norman McLeod
David McMeekin
David McNab
Robert McNab
John D. McRae
John O'Neill
Charles Ormiston
Gordon Parkin
Douglas Payne
Albert M. Phillipson
Clement J. Phillipson
*Bud Ponder
Magne Rabben
David Ritchie
Jack Ritchie
Robert Ritchie
Harry Robb
Jeffrey H. Robinson
Robert Roy
Arthur Saunders
Bud Skattebol
Rexford M. Scherk
Stanley Scherk
J. D. Schubert
Anton Simundson
Melvin Skalmerud
Fred W. Skinner
Henry Skinner
John Skog
Carl Smith
Jack E. Smith
Malcolm Smith
Ralph Smith
Walter Smith
Carl Strand
John Strand
Orme Stuart
Charles Sunberg
James Taylor
Inge Valen
Stanley Veitch
Sid White
Robert Whiting
Oscar Wingham
George Yule
Jack Yule
Jack Storrie

**ARMY**

John Armstrong Sr.
Louis Astoria
Jack Balfour
Clifford F. Bartlett
Eric Barton
Wm. (Sonny) Beynon
Walter Bird
Norman Blackhall
Donald Blake
William W. Bowes
Raymond Bracewell
Ronald Bracewell
William Brass
J. W. Bridden
Earl Brochu
William M. Brown
Frank Bruce
Arthur F. Cade
John A. V. Cade
Alfred Calderone
Aldo Campagnola
*Jack Campbell
Donald Clark
Edward Clark
Jim Colussi
Mike Colussi
Frank Comadina
Desmond J. T. Cook
Martin van Cooten
Grant Coverdale
Walter Cross
Bert Cross
Charles Dennis
Thomas Dennis
Paul Dvornek
R. C. H. Durnford
George Dybhavn
Malcolm Elder
Whitfield Elder
Frank Elliott
Helge Essen
Charles V. Evitt
George Flewin
Thomas Flewin
William Garlick
James Garlick
John Gates
Ralph Gillies
Alfred E. S. Gillis
Joseph D. Gillis
Milton P. Gillis
Andrew Glover
William Gomez
Darrow Gomez
Earl Gordon
Edward Goanell
Thomas W. Graham
Burton Green
Spiro Gurvich
James Hadden
L. J. R. Haynes
R. H. A. Haynes
K. C. W. Haynes
E. D. Head
David Henderson
Howard Hibbard
L. H. Hinton
Frank E. Hodgkinson
Harold Hodgson
David Houston
Robert Houston
Percy Hudson
William Hutson
Harold Iverson
Robert Johnson
Walter Johnson
S. D. Johnston
T. D. Johnston
Nick Kurulok
Everett R. Leek
Oliver R. Leighton
Pierre LeRoss
Clarence Lovin
G. P. Lyons
Danny Magnet
George Marchildon
Murill Mathews
Steve Mentenko
Michael P. McCaffrey
Kenneth McCrimmon
John C. McCubbin
Norman McGlashan
Arthur A. MacDonald
Ian Macdonald
Jack McEvoy
Alex McFarlane
Gerald McIntyre
Victor Miller
Donald M. Montgomery
Robert Montgomery
Roderick Montgomery
Michael D. Montesano
Ford Moran
Jack Moran
James Moran
John K. Murray
Joseph Naylor
William H. Nesbitt
Leonard Ness
Donald Norton
David W. Oland
Robert Parks
Frank Parlette
Robert D. Patrick
George F. Penney
Walter Perkins
Emil Perlstrom
Peter Peterson
Arthur Phillips
William A. Plifold Jr.
L. C. R. Raabe
Ernest Ratchford
Robert Rudderham
Olav Rysstad
William Scherk
Thomas Scully
Bob Shrubsall
Thomas Sibley
Bruce Simundson
Glenn Smith
Hugh J. Smith
James Smith
W. D. Smith
Douglas Stalker
Albert Stiles
A. L. St. John
Alexander Storrie
Jack Storrie
James Suden
Roy Sweet
C. Dan Taper
L. V. Tattersal
James Taylor
Robert Taylor
Arnold Tweed
Jack Unwin
*Rodney Valpy
Allan (Bill) Vance
Clarence Vaughan
Stanley Vickerman
Robert Vuckovich
John Walker
Clifford Wanamaker
Clarence D. Watson
Raymond M. Watson
*Jack Wearmouth
William White
T. J. Williams
James Wood
Harry R. Wrathall
Kenneth E. Wrathall
Thurlow M. Wright

**AIR FORCE**

Ronald Allen
Harry Astoria
Alex Baillie
Howard Beale
Marcel Blain
J. F. Bouzek
J. J. Bouzek
J. V. Bouzek
Peter Brass
*Wm. M. Brown
Alan Burbank
Denis William Burnip
Peter Cartwright
Elmer Clausen
Jack Corbould
Eddie Crosby
Ray Crosby
James Currie
Arthur Davey
John W. Davey
Pat Deane
Victor Dell
Jack Eastwood
Donald Eby
Thomas J. Evans
Jack C. Ewart
Victor Field
*Clarence Finley
Albert Flaten
*Charles E. Flewin
Hugh L. Forrest
Thomas Forrest
*Louis Orlin Glay
Wm. Hadden (missing)
Harry Hamilton
Elmore Hankinson
Lawrence Hansen
Arvid Hansen
Harold Helgerson
Robert Henderson
Helge Holkestad
*Mike Hudema
John P. Johnson
David L. Jones
Sam Jurmain
Robert Kelsey
Francis W. Leask
Ken Y. Loe
*Alex Leighton
Harold Leverett
Donald Llewellyn
John Lindsay
Albert Mah
Cedric Mah
George R. Mayer
Henry Mayer
Hector W. Macdonald
Don McCavour
J. H. (Hickey) McLeod
Gavin D. Mead
Richard Mills
Herbert Morgan
*Ralph Morin
Edward M. Ormheim
Robert L. Peachey
Paul Postolu
Ken Schubert
Arne J. Selvig
William Shrubsall
Robert Silversides
*Eddie Smith
James D. Stuart
Robert Taper
*James J. Thompson
David C. Tumilson
Robert Turgeon
John A. Walker
Rudolph Warne
William H. Wilson
Henry Worsfold

**U.S. ARMY**

Chester B. Clapp
George A. Clay
Richard Moore
Thomas W. Pierce
Ernest Santurbane

**U.S. NAVY**

Howard Frizzell
Clifford J. Robertson

**WOMEN**

**NAVY**

Lavinia (Winnie) Exley
Frances M. Thomson

**ARMY**

Beatrice Berner
Louise Bird
Phyllis Hamblin
Matilda Larson
Edith Mutrie
Irene Sully
Jane Taper

**AIR FORCE**

Betty Barber
Jean R. Cameron
Iris Corbould
Lilian Croxford
Isobel Mackenzie
Molly Mackenzie
Kay Nickerson

**U.S. ARMY**

Mary McCaffery

**U.S. NAVY**

Viola May Dybhavn

*Made Supreme Sacrifice


# He FIGHTS for Victory

LET US PRAY—so that the expression of our militant faith in a God of Righteousness may be a tower of strength and a shield of protection for those in peril—on the sea—on the land—in the air.

LET US WORK—so that our boys overseas can say to us—"well done"—so that the vital flow of the tools of war may always be sufficient to meet their needs.

LET US LEND—so that our country may buy what our fighting men need—to the last bullet, to the last surgical dressing. Let us be ready to buy Victory Bonds.

6-4

Will YOU Pray

Will YOU Work

Will YOU Lend

NATIONAL WAR FINANCE COMMITTEE