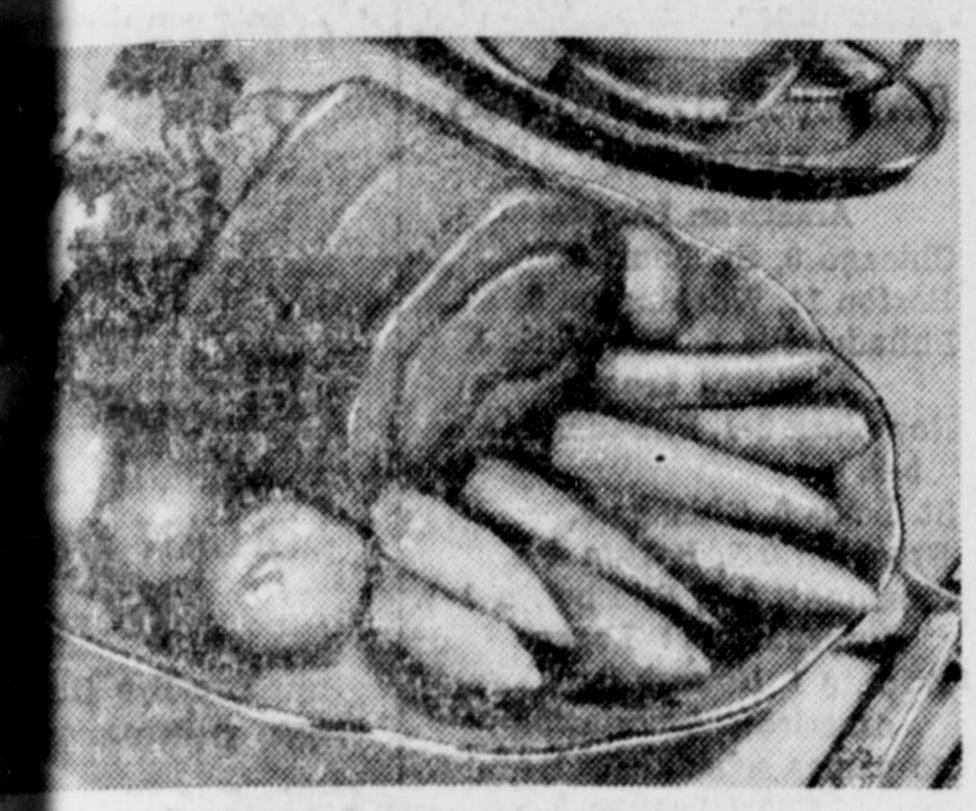


le hints each Monday

by Martha Logan



eef Pot Roast

of meat and next week-end. etables

once in these nows, I have put forhe view that many deliare less popular nev should be just beher are inexpensive. em to think that less can't be as say I, it all dew clever a cook rump or chuck dare often easier some other cuts; cooked as dee panel they are as tender and

d juicy, a pot as juicy, as any hungry family ings you all the could desire. Try a Pot Roast

Martha Logan

TO COOK A POT ROAST

- 4 lb. beef rump or chuck 1 tsp. dry mustard
- 1 thsp. Silverleaf Lard 1 cup well-seasoned stock or bouillon
- 6 onions, peeled 8 carrots, scraped

Rub the meat with dry mustard and brown on all sides in hot lard, Season, Place on rack in heavy pot, add stock, cover closely, simmer - never boil for 3 hours. Add vegetables, allowing just enough time to make them tender.

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remium Ham and Bacon; Silverleaf Lard; ening; Brookfield Butter, Eggs and Cheese

SCRIPTION HEADQUARTERS

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is early, but now is the time to pick your Christfrom fresh, complete stocks, when this depart-

new designs and verses. Also new stocks of for Christmas Gift giving.

THE VARIETY STORE

Local News Items...

PHONE 86 TO CONTRIBUTE PERSONAL AND NEWS ITEMS

PARADE IS HELD

the admiratory comment

Army Corps marched west

diers" and "Col. Bogey."

A smart military parade cap-

tured the interest and excited

Col. and Mrs. D. B. Martyn SMART MILITARY will sail tomorrow afternoon for SMART MILITARY Vancouver.

Mr. and Mrs. W. J. Bond left Saturday night on a trip to Van couver.

▲ Moose meeting tomorrow night at 8 o'clock in Eagles' Hall.

left Saturday night for a trip and also the Canadian Women's complete men's wear and houseto Vancouver.

Miss Vivian Wrathall left Saturday night on a trip to Vancou-

Miss M. Astoria left Saturda; with the taking over by Col. C. C. treble existing floor space. night on a holiday trip to Van- Ferrie of his new duties as the couver.

Leaving tonight on a trip to March Past in front of the Post of the Smithers store. Vancouver are Miss Peggy Wong Office. Col. D. B. Martyn, the reand Miss Emma Lim.

J. Comadina left on Saturday night for a trip to Vancouver.

Mr. and Mrs. A. Shrubsall left Ferrie. There was an inspection re-located in the town. on Saturday night for a trip to by Col. Ferrie at the Court House Vancouver.

will be leaving soon for Vancouver, Mr. Lambe having been transferred to that city in the service of the Canadian Fish & Cold Storage Co.

All members are requested to at- the equivalent of \$67.50 after "interior fever." tend so that work can be started three neighbors complained of on the Christmas parcels for men shocks. overseas.

house left at the week-end for a woman is deemed revoked when Roosevelt and Franklin D. Rooseholiday trip to Vancouver and she marries. other points in the south.

▲ The Well Baby Clinic in the Wartime Housing club house is now open Tuesdays, 2 to 4 p.m. Everybody welcome.

E. T. Kenney, M.L.A. for Skeena, was a visitor in the city from Terrace over the week-end on business.

enlist in the Canadian Army, along with his vitamins. They have been members of the local reserve unit.

When Centennial Rebekah reweek after a two months' vaca deputy president, gave an interesting report on Grand Lodge sessions which she recently attended. The noble grand, Mrs. M. Owens, was in charge. It was de cided to hold a fall bazaar and tea on October 26 when baby clothes and children's wear will be the principal feature of the

Announcements

All advertisements in this column will be charged for a full month at 25c a word.

L.O.B.A. tea, Mrs. Cox's, 533 7th Ave. West, Sept. 20, 3 to 6. you know that tomatoes and cu-Association Dance, Staff Dining bowl into the frying pan and Hall, Friday, Sept. 22. Music by come golden and sizzling hot Swing Quintette.

Help Norway Invitation Dance, Oddfellows' Hall, Sept. 22, 9:30

Bryant, Sept. 28. Catholic Bazaar, October

and 5, K.O.C. Hall. Eastern Star Tea, Oct. 5.

Canadian Legion W.A. Dance

and Grand Drawing, Oddfellows' Hall, Oct. 6. Little Norway Tea, October 7.

Rebekah Fall Bazaar, Oddfellows' Hall, Oct. 26, 2 p.m. St. Andrew's Cathedral Fall Bazaar, 3 p.m., Nov. 16.

St. Peter's Fall Bazaar, November 23.

Cambrai Chapter, I.O.D.E., Fall Tea-Nov. 23.

> YOUR dollars alone make possible the necessary work done through the human touch and the understanding heart of The Salvation Army on the home front. Give generously!

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TO ERECT BUILDING

Local Business Firm Reveals Plans for Expansion At Smithers

Watts and Nickerson today confirmed reports that they have purchased the Evitt Hardware and Electric business at Smith-

of ers from A. L. Evitt. people about town this morning In addition to hardware the Mr. and Mrs. H. B. Eastman when men of the local army units purchasers intend to establish

hold furniture departments. ward along Third Avenue down To take care of the new de-Sixth st. and back along Second partments, plans are being preave. to the Court House grounds. pared for a modern store build-The parade was in connection ing which, when erected, will

James Park, who has been idnew local area commandant. Con entified with the firm here for on the positive side.' Ferrie took the salute from a several years, will be manager

It will be recalled that Smithtiring area commandant, who is ers suffered a disastrous fire this being transferred to Vancouver spring in which several mercanin a similar capacity, was among tile establishments were destroythe officers accompanying Col. ed. A number of these have not

Mr. Watts returned to the city grounds before the March Past. at the week-end from a trip As the March Past took place to Smithers on business in con-Mr. and Mrs. H. M. D. Lambe the area garrison band played nection with the new deal. smartly "The British Grena-

> USED BY LIVINGSTONE JOHANNESBURG (P)-Includ-

"SHOCKED" HIS NEIGHBORS | ed in a medical collection on BIRMINGHAM, Eng. (P) - A view here is a medicine chest in ▲ Meeting Good Cheer Clut, zealous gardener who electrified which is a bottle of pills made Thursday Sept. 21, Community his garden fence to keep people up by David Livingstone, the fa-Club House, 920 Hays Cove ave. from stealing his crops was fined mous explorer, for treatment of

> DUTCH ANCESTORS The ancestors of three Ameri-In many states of the United can presidents were Dutch-

W. R. Love and Norman Moore- States the will of an unmarried Martin Van Buren, Theodore

The Experts Say - - -

the house growls "rabbit food," at the sight of a salad, it's a sure bet that he has been fed on some pretty uninteresting greens in E. L. Mogg, P. Smigelski and W. his day. It's time to change and J. Mogg, who have been employ. turn out a salad so crisp and deed at the local dry dock, left licious tasting that even the Saturday night for Vancouver to worst scoffer will eat his words

Work on a good piquant French dressing and don't just make a salad of lettuce, tomatoes and sumed its regular meetings last cucumbers. Think of the possibilities of endive or escarole as a tion, Mrs. J. E. Boddie, district change from lettuce. Make use of small flowers of raw cauliflower (vitamin C); slivers of turnip (vitamin C); tender young spinach or chard (vitamin cludes tomato juice, home-bakea A and iron); broccoli leaves (calcium, vitamins A and C); bits of green pepper (vitamins A and C); parsley (vitamins A and C plus iron); watercress (vitamins A and C, iron and calcium).

It's important to eat raw vegeables frequently. The Nutrition Division at Ottawa points out that vegetables contain more vitamins and minerals when they

are raw than when cooked. To continue in salad vein, did IN Dry Dock Employees Welfare cumbers can go out of the salad right to the lunch or dinner

The Agriculture Department Consumer Section makes these suggestions on method: allow ! Nurses' Tea, Home of Mrs. G. and one-half inch slices of firm, ripe tomatoes and one one-half 4 inch slice of crisp, peeled cucumber, or vice versa, for each serving. Dip cucumber slices in flour, seasoned with salt and pepper and cook in a small amount of hot fat in a covered frying pan for five minutes. Add tomatoes also dipped in flour and cook uncovered for about five minutes or until both tomato and cucumber slices are lightly browned.

> CANNING CAUTION-To gev best results from the summer's canning the sugar should be warmed before adding it to the boiling juice, the Agriculture Department Consumer Section says.

RABBIT FOOD-If the man of To warm the sugar, place it in a shallow dish in a warm oven.

> SCHOOL LUNCHES - With Mary and Johnny back to school swinging their lunch box along with their school bag, the Agriculture Department Consumer Section and the Pensions Nutrition Services have collaborated on a series of lunch suggestions which are also delicious for the factory or office worker who cannot get home at mealtime. Each menu includes the three essentials of every lunch: meat (or fish, eggs or cheese), a fruit or vegetable other than potato, and milk to eat or drink.

The first suggested lunch inbeans, buttered rolls, cole slaw, fruit tart and milk. The second, potato soup, devilled egg, carrol and cabbage salad, rye bread and butter, fruit cup, muffin and

"Build B.C. Payrolls"

MINING CAMPS



A mining engineer talking to one of our men asked how it is Pacific Milk seems to be used in all the camps he had been in. He said that much of the furniture in "Prospect Camps" was Pacific Milk

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Special Chinese Dishes

Chow Mein Hours 10 a.m. to 1 a.m. BLANCHE CURTIN IS FARM BUYER

Miss Blanche Curtin of this city has purchased one of the well known smaller farms in the Terrace district - the Giggey place on the Lakelse valley road. It consists of about seven acres including a good orchard.

Virtue Must Be Positive, Navy Men Told By Padre

Abstinence from wickedness by a person does not necessarily mean he is virtuous, Rev. G. L. Douglas, naval padre here, pointed out during church service in the Naval Drill Hall Sunday morning.

"You can't be virtuous on the negative side," declared Padre Douglas. "You must be virtuous

There is no evil in the world. but only in the heart of man, he went on. If one thinks he can rid himself of evil with nothing to take its place he is mistaken. The love of God is needed to replace evil in the human heart, he

Previous to the divine service, the assembled divisions were inspected by Commander C. M. Cree, R.C.N., naval officer in charge, Prince Rupert.

OUT OF THE DEPTHS SYDNEY, Australia (P) - Airbags used by United States Navy personnel brought from the depths of Sydney harbor the tug Hero sunk three years ago in a collision. The Hero had been used in the harbor for 57 years.

FARSIGHTED MONARCH The Egyptian king, Rameses II, was the first to excavate a canal between the Nile Delta and the Red Sea.



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Send them to husbands, sons or brothers overseas or to friends and relatives in Great Britain.

Canada's men in the armed forces are the best fed in the world-but there may be times when vitamincomplete meals are uncertain.

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Eaton's. NATIONAL MONUMENT P.O. Box 998. Prince Rupert

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SUNRISE BEAUTY SALON

Esther Tarleck from the Li-Art Beauty Salon of Vancouver will be in charge of the Sunrise Beauty Salon during the absence of Miss Violet Mah.

Specializing in Cold Waving and Hair Styling

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