

SWIFT'S WEEKLY FOOD HINTS



Martha Logan, Swift's famed home economist, whose weekly, wartime cooking column is a regular feature of this page. Look for the valuable hints each Monday

by Martha Logan



Baked Casserole

the less expensive cuts of beef for delicious stews and casseroles

Get-wise housewives are on the lookout for new interesting ways of serving those economical cuts of beef, which properly cooked, are as delicious and nutritious as the most expensive. This week I am giving you one of my favourite ways of dressing beef to make a casserole. A hungry family really goes for it. Serve with a leafy green vegetable or a fresh spring salad. A meal fit for a king.

ECONOMICAL BAKED CASSEROLE

- 1 lb. beef shoulder, diced
- 1 cup meat or vegetable stock
- 2 cups diced cooked potatoes
- 2 tbsps. grated onion or a little onion salt
- 1 tsp. minced parsley
- 1 tsp. Worcester sauce
- 1 tsp. salt
- 1/4 tsp. pepper

For four people order one pound of beef shoulder. Dice the meat, roll in well-seasoned flour and brown in hot fat, add 1 cup of stock, vegetable liquor or water and simmer gently for half an hour. Now combine with potatoes, onion (if available) parsley and seasonings. Pour into greased casserole and bake in a slow oven for one hour.

Martha Logan

Victory Hollow If Souls Given Up Says Padre

Slogan of the Sixth Victory Loan "Nothing matters now but Victory," was branded an "extravagant" saying for most people by Rev. G. L. Douglas, naval padre, Prince Rupert, during a sermon in the Drill Hall of H.M.C.S. Chatham Sunday morning.

"If we have to give up our souls in order to achieve victory, it will be a hollow victory indeed," Padre Douglas declared. "Above all, our freedom and decency should be preserved."

The final victory over sin was gained by Christ on the cross at Calvary, the chaplain went on, and this victory is even now being consummated. He bore the burden of the sins of the whole world in order to gain victory, Padre Douglas added.

The congregation included officers, ratings, wrens and wives of navy men.

Music was provided by the Royal Canadian Navy Band of H.M.C.S. Chatham, under the direction of Petty Officer G. Noakes.

After inspecting the naval divisions prior to the divine service Commander C. M. Cree, R. C.N., naval officer-in-charge, Prince Rupert, announced that the base had oversubscribed its Victory Loan objective by more than 200 percent.

Legion Women's Dance Success

On Friday evening at the Oddfellows' Hall the dance sponsored by the Women's Auxiliary of the Canadian Legion was a huge success. The hall was filled to capacity with some two hundred and fifty persons who thoroughly enjoyed dancing to the popular strains of De Carlo's orchestra.

Mrs. A. J. Croxford, president, was in general charge and Mrs. R. Muirhead was convener. Assisting were Mesdames William Rothwell, Dan Parent, A. Wilson, C. Michaloff, F. Ellison, Barker and Overend. Cloak room was in charge of Mrs. F. Barber, Mrs. R. Murray and Mrs. Hugh Killin. R. Muirhead and William Rothwell presided at the door.

Raffle of a vanity set resulted in Walter J. Morgan winning with ticket No. 1371. Delicious refreshments were served at midnight.

J. Ritchie of Smithers passed through the city on Saturday night on his way to Vancouver.

Thomas Kelsey left on Saturday night on a trip to Vancouver.

Ross Nicholson, who has been manager of B.C. Packers here, is leaving tonight for Vancouver to which city he has been transferred.

DEATH RATE JUMPS
Holland's general death-rate increased from 8.6 percent per 1,000 population in 1939 to 9.5 in 1942.

"Build B.C. Payrolls"

Restrictions Are Not Heavy

Letters continue to come to us concerning rationing of Pacific Milk. Certain central areas, such as Vancouver, are restricted, but provision is made for infants and invalids or other necessary uses.

Most outside districts have no restrictions.

LOCAL NEWS NOTES

General meeting of the Rod and Gun Club in Legion Rooms, Tuesday, May 9, at 8 p.m. (108)

Jack Dean left on Saturday night on a business trip to Vancouver.

In police court this morning Lloyd Wells was fined \$20 or five days for an offence under the Railway Act.

Canadian Legion (B.E.S.L.) No. 27. Executive meeting tonight at 8 o'clock. (11)



MRS. A. S. CUSSON is now in perfect health. She had stubborn indigestion, constipation and biliousness with bad breath. Fruit-a-liver stimulated her liver—made her feel younger. Buck up your liver with Fruit-a-liver Canada's Largest Selling Liver Tablets.

Mrs. Annette Woods is leaving tonight on a business trip to Vancouver.

B. Thorsteinsson, inspector of schools, left Saturday night for Vancouver. Returning north, he will pay a visit to the Bella Coola district on official duties.

Superintendent G. J. Gray of the Royal Canadian Mounted Police left on Saturday night to return to Vancouver after a brief official visit to the city.

Mrs. A. J. Curzon left on Saturday night for Vancouver, accompanying the body of her husband who died last week. There will be cremation in the south.

E. T. Kenney, M. L. A. for Skeena, arrived in the city Saturday morning from Terrace and sailed Saturday night for a business trip to Vancouver and Victoria.

CARNIVAL MEETING, secretary's office, Wednesday, at 7:30. (110)

Hon. H. G. Perry, minister of education, after spending a few days here on private business, left Saturday night on his return to Victoria.

Labor Progressive Branch Meeting Tonight, in Downtown Club Rooms, 8 p.m. (11)

The reorganized Prince Rupert Girl Guides' Association has been granted permission by the school board to use the basement of the new Conrad Street School once a week for the activities of the new Brownie pack under Miss Lawrie.

William V. Manson, well known local boy and officer of the Prince Rupert Machine Gun Regiment, left Saturday night for Vancouver to join the Royal Canadian Air Force. He was farewelled Friday night at the officers' mess of the Reserve by fellow officers, a presentation being made.

Announcements

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

Presbyterian Tea, May 24th, Mrs. W. D. Lambie's, 330 4th Ave. East.

Valhalla bridge, May 8, 8:30 p.m. sharp, Valhalla Hall. Everybody welcome. (108)

Cambal Tea, May 11, Mrs. Munthe's.

Dance Tonight I.O.E. Hall, formerly Eagle's Hall, at 5th and McBride, under new management. Each Wednesday and Saturday night. 75c a couple.

C.C.F. dance, Oddfellows' Hall May 12. De Carlo's Orchestra, 9:30 to 1:30 a.m.

Concert by Drydock Male Choir, May 15 and 16.

Hospital Auxiliary Tea, May 18.

Help Norway Tea, Lutheran Church, June 3.

Try a Want-Ad for Quick Results.

Put Victory First

SAVE --- With these Pay-Roll Prices

POTATOES Excellent Cookers From Prince George 100-lb. Sack \$2.95 5 lbs. 17¢	Shinola Wax Per tin24
	Karo Syrup 2-lb. tin24
	Magic Baking Powder 12-oz. tin23

SANDWICH SUGGESTIONS Red Sockeye Salmon. Individual size tin 18¢ Canada Packer's Kam. per tin 30¢ Kreme Whipt Dressing. 9-oz. jar 25¢	EGGS Grade "A" Large Fresh from Smithers Per dozen 39¢	Cream Style Corn or Whole Kernel. 2 tins for 20¢ ORANGES Medium, 252's, 2 dozen 75¢ Large, 200's, 2 dozen 90¢ Larger, 176's, 2 dozen \$1.00
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Shredded Wheat 3 pkts. for25	APPLES WINESAPS "C" Grade. Per box \$3.55 Fancy, per box \$3.95
Giant Chipso Per. pkt.49	
P. & G. Soap Per bar05	

PHONE 843 OVERWAITEA FREE DELIVERY

SWIFT CANADIAN CO. LIMITED
Dealers of Premium Quality Products; Brookfield Butter, and Cheese; Jewel Shortening and Silverleaf Lard.

PUT VICTORY FIRST

Buy Victory Bonds!

Music Lovers!

Come in and see our large assortment of
VICTOR AND BLUEBIRD RECORDS
Prices
50c to \$1.35

CLASSICAL AND POPULAR ALBUMS
\$2.75 and up
McRae Bros. Ltd
Record Headquarters for Prince Rupert

SIGN UP FOR VICTORY

Prime Minister Churchill stated the other day, "Victory may not be so far away, and will certainly not be denied us in the end, but the task is heavy, the toil is long, the trial will be severe."
You can hasten victory—you can lighten the task and the toil—by signing for more bonds this time than ever before.

Put Victory First BUY VICTORY BONDS

Canadian Fish & Cold Storage
PRINCE RUPERT Co. Ltd. BRITISH COLUMBIA

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PACIFIC MILK

Irradiated and Vacuum Packed

CHIMNEY SWEEPING OIL BURNERS CLEANED AND REPAIRED

New equipment and help assure you of a clean job.
Phone Black 735

HOME SERVICE HANDYMAN

Sometimes Scarce...

We are still making this luscious bar, but naturally in lesser quantities. Soon, we hope, war-time restrictions will be over.

MUSSALLEM'S ECONOMY STORE

"Where dollars have more cents"

We have a complete variety of available
Groceries, Fresh Fruits and Vegetables
Tobaccos and Confectionery

FREE DELIVERY throughout the City three times weekly (Tuesdays, Thursdays and Saturdays)
Opposite Canadian Legion

A. MacKENZIE FURNITURE LTD.

"A GOOD PLACE TO BUY"

20 DOZEN WHITE TEA CUPS AND SAUCERS 35¢

The ideal gift for Mother's Day. Send in your mail orders, we forward C.O.D.

BUY VICTORY BONDS
Phone 775 327 3rd Avenue

Atlas Boiler Works

Electric, Oxygen, Acetylene Welding, Blacksmith, General Repair.
Phone Red 884

Cemetery Service

Those wishing plots tended to Phone Blue 615 and leave phone number for Caretaker.

GEO. J. DAWES

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SALES CONDUCTED TO SUIT YOUR CONVENIENCE
FURNITURE AND HOUSEHOLD EFFECTS PACKED AND SHIPPED

Estimates Free Phone for Appointment
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ELIO Furniture Store

THIRD AVENUE

- Folding Baby Carriages.
- Baby High Chairs.
- Baby Cribs.
- Boys' Wagons.

PUT VICTORY FIRST—BUY VICTORY BONDS

Meet Me at . . .
JOHNNY'S
JOHNNY'S SNACK BAR
(Our Coffee is Tops)

PACIFIC CAFE

Special:
Chinese Dishes
Chop Suey
Chow Mein
Hours 6:00 a.m. to 2:00 a.m.

Step Into Spring With HARTT SHOES

We can think of no better way to spruce up for Spring than to order a Pair of Hartt's Handsome New Spring Shoes

SOLE AGENTS . . .
FAMILY SHOE STORE LTD.
"THE HOME OF GOOD SHOES"