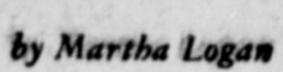


a regular feature of this page. Look for ese valuable hints each Monday





## leisteak and Kidney Pie

#### famous standby wonderful dish or Fall appetites

er popular way of using the mensive cuts of beef, Beefand Kidney Pie is delicious, ous and easy to prepare.

21bs. of round steak and one tidney into 11/2 inch cubes. e in well seasoned flour and in hot lard. Simmer in a saucepan for about two Add 8 tiny onions peeled iced, 4 or 5 carrots scraped iced and 6 potatoes peeled uartered. Cook 15 minutes Blend lard left from browneat, with flour left from ng and work into smooth with stock. Now line sides eep dish with Silverleaf pie -see panel-place a support

for top crust in centre and turn in filling. Moisten top edge of paste with cold water and adjust rolled out sheet of paste slotted for escape of steam. Bake in hot (375 degree) oven until crust is golden brown . . . about half an hour.

Martha Jogan

#### SILVERLEAF PIE PASTE

3 cups sifted flour 1 tsp. baking powder 2 tsp. salt

1/8 cup chilled Silverleaf Lard very cold water Measure and sift into a bowl

flour, baking powder, and salt. Cut half Silverleaf Lard in finely, remainder more coarsely. With a fork work in just enough cold water to make a paste that just clings together and cleans easily from the bowl. Chill before rolling out.

rs of Premium Ham and Bacon; Silverleaf Lard; Shortening; Brookfield Butter, Eggs and Cheese

### TERRACE

Prince Rupert, arrived day and spent the weeksiting Terrace friends.

g a fortnights' holiday at war would cover an area equal to

Mrs. A. B. Giraud of Smithers

CITY OF MUNITIONS

that of the city of Montreal.

is spending a holiday at Terrace N. M. McLean from Seal as the guest of Mrs. N. Sherwood.

Chemicals and explosives, and

and Mrs. W. Wilson have shell filling projects created by ed to Burns Laks after Canada since the outbreak of

## Local News Items..

PHONE 86 TO CONTRIBUTE PERSONAL AND NEWS ITEMS

tonight, 8 o'clock.

after having been south to re-

cuperate from his recent illness,

returned to the city this morn-

couver where he will attend

Provincial Constable E. R.

Bell, of Port Essington, left

Saturday night for Vancouver on

Crawford Moore, of Pacific Log

John Gurvich returned to the

Mr. and Mrs. B. Allen were

among those who left for Van-

KELLOGG'S

city this morning from a brief

Sales, left Saturday night on a

business trip to Vancouver.

escort duty.

Reid's Cafe will be closed on, Mr. and Mrs. H. D. Thain Mondays starting September 25 were among those who left Satand open Sundays as from Octo- urday night for Vancouver.

Mr. and Mrs. C. E. Dodimeaa, day night for Vancouver where who are leaving here to take up she will attend business school. who left for a brief visit. residence at Chilliwack, will sail for the south tonight. Their daughters, Peggy and Charlotte, are remaining here.

▲ All members please attena joint meeting of City and Industrial C. C. F. Clubs, Tuesday duties with the Royal Canadian Sept. 26, 8 p.m. Metropole Hali, Navy on the Atlantic. Third Ave.

▲ L.O.L. Bance, Monday Sept. 25, Oddfellows' Hall. DeCarlo's Orchestra.

Mr. and Mrs. Glen Berry and Relieve Misery With family are leaving tonight for Edmonton where they will take up residence. Mr. Berry, who has been connected with the dry dock for the last two years, has taken a position as engineer with Burns and Company.

Wesley D. Clark, inspector of the Department of Labor with headquarters in Prince George, is paying one of his periodical visits to the city on official business. He will leave Wednesday on his return to the interior.

Mr. and Mrs. William Cruickshank, who have been on a trip south, returned to the city last night from Vancouver. They drove north with Capt. and Mrs. medical conference. Andrew Johnstone of Nanaimo who will visit here for the next

HUMAN HEART The temperature of a healthy human adult body averages from

Announcements

98.4 to 98.6 degrees Fahrenheit.

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

Red Cross Tea, Homecooking, Sept. 27, Workroom.

Nurses' Tea, Home of Mrs. G. trip to Vancouver. Bryant, Sept. 28.

W. O. T. M. Dance, Oddfellows' Hall, Wednesday, Oct. 4, 9:30couver Saturday night.

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, Odd-fellows' Hall, Oct. 26, 2 p.m. St. Andrew's Cathedral Fall

Bazaar, 3 p.m., Nov. 16. St. Peter's Fall Bazaar, Nov-

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

Mrs. G. W. Knipe, who has been visiting her son and daughter-in-law, Dr. and Mrs. R. G. Knipe, left Saturday night on her return to Vancouver.

Among those leaving Saturday Miss Peggy Clee left Saturnight for Vancouver were Mrs. S. Hougan and Mrs. H. Busse

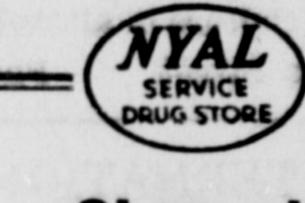
.... Labor - Progressive Club Mr. and Mrs. William Watts, meeting in downtown clubhouse of Kelso, Washington, who have been visiting their son and Petty Officer Dan MacDonalu daughter-in-law, Mr. and Mrs. is paying a visit to his home W. M. Watts, left Saturday night to return south. here, being on leave from his

#### Nelp Norway Dance Draws Large Crowd

The Oddfellows' Hall was crowded with upwards of three hundred persons at a highly enjoyable dance Friday night the local Help Norway committee. With music by Vafeldt's Orchestra, the program featured J. P. Hawkinson returned to Scandinavian dances into the the city this morning from a trip | spirit of which all entered with to Vancouver. His daughter, who enthusiasm from 10 p.m. until went south with him, is remain- 2 a.m. A. O. Morse was master ing in Vancouver to attend the of ceremonies and the com-University of British Columbia. | mittee also included Oscar Haveroy and Rudolph Olsen. John Currie of John Currie & Colbjorn Daly presided at the Son, much improved in health door.

### Wedding Notice

The marriage took place in Dr. S. G. Mills of Terrace Vancouver September 5, 1944, of left on Saturday night for Van- Duncan A. Fraser, youngest son of Mr. and the late Mrs. Fraser, 3460 West 1st, Vancouver and Miss Gertrude Stangebye left Marjorie Shearman, youngest Saturday night on a holiday daughter of the Rev. and Mrs. trip to Vancouver, Seattle and B. Shearman, Metlakatla, B.C.



### Shop at your nearest NYAL DRUG STORE

The Nyal Druggist is the exclusive agent in your neighbourhood for Nyal Family Medicines and Drug Store supplies-made by the Nyal Company Limited, at Windsor, Ontario. You will enjoy dealing at a Nyal Drug Store-and when you buy Nyal Products, you benefit from Nyal quality and economy.



J. H. MAIR

**Furniture and Auctioneer** 

AUCTION SALES

ARRANGED

AND

CONDUCTED

NEW AND USED

FURNITURE

VALUATIONS

AND

PAINTING

Showcards and Signs

LORNE CORNELL

Phone Blue 142

The Offices of

J. M. S. LOUBSER

Doctor of Chiropractic

Will be CLOSED from Sept. 1st

until Oct. 6th

PRINCE RUPERT

ROOFING CO.

Box 725

Specialists on Builtup

Roofs

Repairs, Re-shingling

Free Estimates

Blue 69

Interior

\* Decorating



### Local Constable Going To Peace

Provincial Constable Sam Fer. guson, who has been with the Mrs. H. Marchildon left on city detachment, B.C. Police, for Saturday night on a trip to Van- the last three years has been posted to Pouce Coupe. He is leaving for the Peace River town with his family Wednesday night.

#### Funeral Notice

Funeral services for the late Christian Knutsen will be held Tuesday, Sept. 26 at 2 p.m. from the Grenville Court Funeral Chapel. Interment at Fairview Cemetery. Rev. M. B. Anderson officiating.



## PACIFIC CAFE

Special:

Chinese Dishes Chop Suey Chow Mein

Hours 6:00 a.m. to 2:00 a.m.

## NEW ROYAL HOTEL

A Home Away From Home

Rates 75c up 50 Rooms, Hot and Cold Water Prince Rupert, B.C.

Phone 281 P.O. Box 196

## This Work Must Go On

• The human touch and the understanding heart of The Salvation Army are needed on the home front. YOUR dollars alone make it possible. Give generously!



GORDON & ANDERSON LIMITED

Space contributed by:

## Elio's **FURNITURE**

Third Avenue, Prance Rupert

STORE

### Atlas Boiler Works

Electric, Oxygen, Acetylene Welding, Blacksmith, General Repair.

Phone Red 884

- Raspberries, Strawberries, Sliced Peaches.

Enterprise Fruit Co. PHONE 343

# "Fashion - Craft"



A by-word with men who appreciate style, fine workmanship and value in their clothing.

We have just received our season's quota of Suits and and Topcoats from this well-known maker and invite you to call and look over the Fall range.

SUITS TOPCOATS

\$30.00 to \$43.50 \$30.00 to \$41.50

Litta & Nickerson

### 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

Phone Blue 943

Cor. 6th Ave. and Fulton Street

## Julia Arthur DRESS PUNIPS

In British Tan and Golden Tobacco Colors with Dress Cuban and Low Cuban Heels. Perfect fitting Elasticized lines

> Black Kid Tango Pumps Just arrived

Family Shoe Store Ltd.

"The Home of Good Shoes"

## SPECIALI

Limited Number Home Work-Shop Mandrells Complete with Bearings and V Pulley. Shaft is approx. 13" long, 5%" round, with 1/2" thread, 2" collars.

PRICE PREPAID TO YOU, \$5.95

Send Post Office or Bank Money Order with order to ACME MACHINERY

1547 Main Street, Vancouver, B.C.

## 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



## Support this Army of Mercy on the Home Front

Work among the needy and unfortunate, casualties of wartime on the home front, is efficiently carried on through the human touch and the understanding heart of The Salvation Army. It is made possible by YOUR dollars. Give generously.

Space contributed by:

Evenson's Ideal Cleaners

P.O. Box 99 Phone 858 HOME FRONT APPEAL



# Things you can't add on your fingers

TT'S hard, almost impossible, to figure out on your fingers the many benefits of life insurance.

The street car you ride on-the electricity that perks your coffee-the home you live in-the school your children attend - the hospital where your baby was born - these are available to you partly because of life insurance investments in Canada's mills, factories, power plants and public works. The money you put into insurance is always circulating to make more jobs for more people. It's hard to add up all its benefits because they are felt in every corner of the land.

ployed as "venture" capital rather than invested in long term bonds and mortgages. Well, life insurance companies must regard the investments which they make from year to year as trust funds, and policyholders would not want it otherwise. Deliberate safeguards have been set up to protect these investments and government laws very properly prohibit the use of life insurance funds for speculative purposes.

that the average man has no conception of how much the development of the country depends on life insurance funds.

LIFE INSURANCE

A Message from the Life Insurance Companies in Canada

ESTIMATES 632 3rd Ave. Prince Rupert, B.C.

Some say that life insurance money would be better em-

The truth is that life insurance assets are safely invested in such a wide variety of local and national undertakings

It is good citizenship to own

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